

Veteran Athletics

Sent free to members of BVAf registered clubs.

No. 2

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TWO NEW CHAMPIONS EMERGE AT CORBY

Bell and McNeill



BVAf M40 800m — R. Bell (67) and J. Hanratty (987)

photo Taylor/Churchill

Report by Wilf Morgan

Sprints

A lot of interest centred on the first appearance in a BVAf Championship of George McNeill who turned 40 this year. A product of the Scottish pro circuit he has, in his time, taken all the major pro races — Powderhall Sprint, Stawell Gift, etc. Indeed in the early seventies some thought him to be the world's fastest.

He was certainly a cut above the opposition at Corby and most of us, seeing him for the first time, witnessed a smooth, composed, perfectly balanced sprinter who may have had a bit to spare as he comfortably won the 100 and 200.

Rob Bush of Highgate finished behind McNeill in both races, 4th (11.7) and 3rd (23.5) but saved his best performance for the 400 which he won in 50.9, a championship BP. His time made him the fourth fastest Briton ever in this event. Last year's winner, John Henson, did not look in good condition and struggled over the last 80 metres to finish fourth.

While the M40 races produced clear winners, in the older age-groups there were close finishes. None closer than the M45 200m in which Ron Hooks managed to hold off J McAnany who finished very strongly. The timekeepers could not separate them, both at 24.0.

The M50 sprints were straight finals and minus the World champ, Ron Taylor. It

looked to be a dual between Frank Taylor and Dave Burton, and so it was. Taylor's win in the 100, 12.1 to 12.4, was convincing and he must have been favoured to take the 200 as well, particularly as Burton was engaged in the Pentathlon. It looked that way as Taylor ran a good bend, but in the straight Burton, who holds his running together extremely well in a 200, made it a real battle. He appeared to get stronger and stronger as he approached the line and he got home by about two metres.

Taylor came back to win his best event, the 400. He was European champion last year and there was never much doubt that he would win this one. He steamed away from the field and entering the home straight looked likely to record something under 53 seconds. It still looked likely up to the last 50 metres, but then against the wind he began to 'tread water' and lost concentration, looking around to check that he was clear of the field. He was of course, by a considerable distance, and his time, 53.8, was faster than he ran in Malmo. A really fine effort this, for he was running purely against the clock.

Next on the menu came the Williams-Guy encounter in the M55. Charlie Williams, who was World champion in the M45 at 100 and 200 back in 1977, had

First Open Veterans Half Marathon

This was held at Welwyn Garden City on 26 July for BVAf registered, AAA club and unattached veteran athletes.

Subventions above £2500 were awarded to 36 prize winners in ten year age groups, and BVAf plaques to 41 age group winners.

The 13.1 miles were completed by 573 from an original entry of 800. The course followed undulating roads around the Garden City and back to a grandstand finish on the bowl of Gosling Stadium.

Joint sponsorship was by Hunterprint Group and Running Magazine assisted by Jordans Cereals, Duolith Printers and Willmott Dixon Construction.

Mike Hurd of Bridlington AC was the outstanding winner of the Mens' race by two minutes from Sheldon Cowles of Oxford City. The winner's 65:05, although outside his own veteran best time of 63:63, was impressive in the conditions.

First woman was Bronwen Cardy of Bromsgrove, 77:07, from Ann Roden, 79:17. Both are leading marathon competitors.

Prize winners Table p9; full report next issue

been plagued by an old hamstring injury in recent years and missing from many championships. In the meantime Bill Guy had emerged as world-class, taking the 100 at the World Championships in Rome in 1985 and the Europeans last year.

These two made an excellent match and both sprints could have gone either way. On the day they went to Williams, just .2 the difference in each race. The 200 was riveting as the powerful Guy fought hard to close a two metre gap on the fluent Williams over the final 60 metres.

Another pair who kept close company in the sprints were M60 men George Bridgeman of Scotland and J P Cowler of Blackrock, Northern Ireland. George got

continued page 3

Record breaking style of Pat Gallagher in 800m

photo Hemming



photo Taylor/Churchill

Veterans John O'Groats to Lands End

The 875 mile journey was run by twelve Veterans as a Road Relay in 5 days 11 hours 38 minutes in early July.

Named "Running Sixties JOGLE Relay", the venture was conceived and led by Stan Weber, normally known as 'Supervet' Stan.

The runners were L-R in photo, standing — Peter Neilsen, 62, of Egham — David Gammage, 61, Woking — Alan Lovett, 66, Leatherhead — Jim Miller, 65, Guildford — Frank Dooley, 80, Chesterfield — Stan Weber, 69, Welling — Reg Davies, 69, Wolverhampton — Peter Chivers, 64, Northwich — Derrick Brickwood, 61, Sidcup — Kneeling Jim Bennett, 67, Sanderstead — Eddie Skinner, 61, Billericay — and Ken Mogridge, 62, Freshwater.

JOGLE divided the task up into 131 laps varying from 6 to 8 miles which were completed by continuous running in 131.63 hours. They commenced at John O'Groats at 9am on 4 July and concluded at Lands End at 8.30pm on 9 July, 3 hours up on schedule.

Their 'housing' was in two camper vans with radio communications and 'superb' support was by the back up team of Mary Bennett and Olga Weber.

Anticipate a fuller account of this adventure and achievement in the next issue.

Collections in aid of Polio Plus Campaign were made by Rotary.

BVAf M40 200m final — Winner McNeill (23) shows ahead of Henson (63) 2nd and Bush (953) 3rd



VETERAN ATHLETICS

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British Double

Mike Hurd reiterated his claims to be the Worlds leading M40 distance runner when he won the prestigious 4th of July Peachtree 10K race at Atlanta, Georgia. Hurd won in 30:43 ahead of Antonio-Vilaneuva, Gunther Mielke, Barry Brown and Alan Rushmer.

New Marathon Mark

Derek Turnbull gave notice to all M60 competitors of his intentions in that division at Melbourne when he recently lowered the World Marathon record to 2.38:47 at Adelaide on July 19th.

The changes in the Javelin point of balance recently made it hard to break existing records. However two outstanding performances have been Shara Spragg's 44.90 in W35 at Solihull, and Denis Field's 36.73 in M55 at Sunderland.

full Pentathlon event results table including Age Score Indicators were compiled by Rodney Charnock. As these are not published here we offer copies in return for an S.A.E. into the Editor.

Comment has been made that the Pentathlon might be held at a separate place in future, in order to streamline the T&F Championships.

Welyn Garden City Half Marathon

Full results books of the Vets Half Marathon are available price £1, inc. p&p from J. Fitzgerald, 57/61 Mortimer Street, London W1N 7TD.

Copies of the souvenir programme of the event may be ordered from H.C. Taylor, 17 Poplar Farm Close, Milton under Wychwood, Oxford OX7 6LX, for 50p.

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Monica Darlington, Race Secretary, The Radfords
STONE, Staffordshire, ST15 8DJ

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AGE ON RACE DAY

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SIGNATURE

DATE

home by a metre in the 100 and when they met in the 400 looked like doing it again, but the Irishman closed on him right at the end and got the verdict; it was so close they both got the same time, 62.6.

There were not many closely fought races in the women's finals, most of them were won convincingly. Some of the stars were missing too, notably Judy Vernon, Jeanette Roscoe, Margaret Williams and Rosemary Chimes.

Marjorie Hocknell did the treble in the W40, coming under pressure only once, from Pat McNab in the 100m.

Una Gore, running as smoothly as ever, did the double in the M45 short sprints. Her form shows no sign of deteriorating and it would be interesting to see how she would fare in races with Marjorie Hocknell over 100 and 200 metres. I wonder if one day we will see a vets invitation meeting with matches made across the age-groups. It might be interesting.

Middle Distance

The men's 800's were all straight finals although it is difficult to see why the M40 should have been with 15 entrants.

This size of field is usually a recipe for much pushing and shoving, but the runners behaved impeccably as they made their way round a slow opening lap of 60 seconds. The pace remained fairly sedate until 250 metres from home when Les Duffy, last year's winner, sprinted away with the world-record holder, Ron Bell, close behind. With 150 metres to go it looked as if we might see a major upset as Duffy opened up a gap of 2 to 3 metres. However, coming into the straight he was unable to hold what looked like an incredibly fast pace and Ron Bell edged up to him, and then passed him 50 metres from the line.

The race produced some surprisingly fast times considering the leading group were holding themselves back on the first lap. The first five were inside two minutes. Bell's 1:56.2 was a championship best.

The M45 and M50 finals were 'front running jobs' by Tony Fitzjohn and Brian Bartholomew who set a new British M50 record with 2:05.1. He runs most of his races this way and can always be relied upon to drag the best out of his opponents. It was good to see Brian Bullen, once the M40 world-record holder, back in action in this one.

Ron Bell had to put in another fast finish to hold off Alun Roper in the 1500. As in the 800, it seemed for an instant that he might be beaten. The point was about 60 metres from the line when Roper drew level and it seemed his momentum might carry him past. It didn't, and Bell edged clear once more. Still, a good effort by Roper who showed a surprising turn of pace considering he ran the Potteries Marathon only four weeks before.

Steve Warzee had no intention of leaving his effort to the last lap in the M45, 1500. He locked into a good sharp pace and spread the field over the last two laps. European champion, Mike Wrenn, was never in contention and seems to have gone back considerably on his outstanding form of last year.

A.K. Chromiak putting to win M45 Shot
photo Hemming



The W35 group at these distances badly needs an infusion of new blood. Pat Gallagher, although she is still running superbly in her seventh year as a vet, is presented with no real opposition, but is sure to be a strong contender for a medal in both races in Melbourne. She won the 800 in the W35 group in Rome and has an ambition to improve her best time for this distance, 2:12. This is unlikely to be within her compass; a more likely proposition is an improvement in her 1500 where a time of inside 4:30 is on the cards in the right sort of race.

The Distance Races

Malcolm Martin was missing from the M40, 10,000m line up and one looked to Martin Duff or one of the new boys as a possible winner. It was a new boy, S Cowles of Oxford. He hit the front early and went on to win in a presentable but not exciting time — 31:43.5.

The 5000, held on the Saturday, was a most interesting encounter with Alun Roper, Duff, the European champion, and J Shields of Swindon the most likely candidates for success. J Walton of Wolverhampton got away fast and opened up a gap but he was swallowed up by the pack fairly quickly.

As the race developed a leading group of five emerged, Roper, Duff, Shields, Walton and Cowles. About six laps from the finish Roper, who was leading, moved wide and offered the lead to Cowles. The Oxford man accepted and the race began in earnest.

The group fell into single file and then broke up as Walton and Shields were dropped. Four laps to go and Duff became detached. Roper seemed to be finding it tough but was still there. The last but one lap was crucial for the leader for he needed to get away from the Welshman who generally finishes fast. Cowles did his best and made Roper work hard, but he was still there at the bell and the race then reached its obvious conclusion with Roper surging past on the back straight. But Cowles had made it a worthy championship race.

The women's 10K championships were also confined to one race and the over 65 men ran with them as well. Taking the ladies first: Zina Marchant, W35, 'did a Summersgill' and left everyone else for dead. Before half-way she had lapped the field, including the men. As she lapped the leading two in the W40, Dot Fellows and Carol Wild, they tucked in behind her to 'get a ride' for a lap or two. That's how it seemed at the time but, remarkably, these two stayed close behind Marchant for the rest of the race. Even when Zina quickened her pace as she approached the finish, the other two, taking the bell, stayed right with her! Carol got away from Dot in the last 300 metres to take the W40.

The M65 race was won by W.B. Jenkins of the Eastern Vets from Jimmy Todd of East Antrim; they had run together for most of the race. Todd had a successful two days at Corby; he won the 1500 and 5000 in championship BP's, 5:03 and 19:09.7. He's Melbourne bound where he will meet the mighty Australian, John Gilmour, in both races. If my memory serves me right he is the only man to have beaten Gilmour in a vets race on the track — the 5000m at Puerto Rico in 1983. His best chance this time may come in the 1500m but he will have to run sub 5 minutes to do it.

Recent Records

Corby P. Gallagher W40 800	2:14.3
A. Nally W45 800 2:31.0	
B. Bartholomew M50 800	2:05.1
J. Hulls W45 400	63.2
J. Bryan W45 10K	41:18.9
J. Parrish M45 LJ	6.23m

Basildon A. Churchill M55 800	2:8.8
California K. Dennis M50 100	11.2
pending World Bests	200

See also against symbol [BR] in Results



10,000m — Keith Summersgill at the bell. And Carol Tyler lap judges.

photo Hemming

Among the Athletes at Corby

Alastair Aitken reporting

I can think of no happier sporting occasion in athletics than a Veterans' athletic Championship's, so the little motto on the wall of my bedroom, in a private guest house in Corby that read 'And think not you can guide the course of love, for love, if it finds you worthy shall guide your course' seemed to ring true as I entered the Rockingham Triangle to mingle with the athletes in the Summer sunshine.

RON BELL, possibly the outstanding runner on the track, had interesting views regarding the current climate of paying veterans money for competing at a good level of competition. "On the road, such as in the BVA 5k road race there was £500 winning prize money and yet it does not seem fair when you think, vets' who win National Track & Field titles get nothing out of it in comparison, as the events are not recognised as 'Veteran Championships' in the same way as British Board designated road races are."

CHRIS ELLIS, who beat John Hillier for the Kent Open discus Championship this year was in fine form to begin with at the Rockingham triangle with a 52 metre discus throw in the warm up, which was well over the vets U.K. Over 40 record but the wind kept on alternating and without a favourable wind he had to be content with a winning throw of 48.26 and added that, with the stimulus of international veteran competition, he thinks he can throw a lot further.

DEREK WOOD, who won three IGAL 55-59 titles in Israel this year and recently won the Hungarian Vets over 55 10k track race has a unique vets record if you consider he had won National BVA Vets titles for 10,000 in 81, 82, 83, 85, 86, and now 87, and five National 5000 titles to boot. Derek who retired and married 'at 55' has the stride of a man of 20, a veritable Peter-Pan of athletics!

AMANDA COOPER who was the new name winner of the National Women's Vets cross country was an impressive winner in the 5000. She is not essentially a track runner but has still done her two personal bests this year 800/1500 of 2:20/4.39, and her hero is JOYCE SMITH. Said Amanda: "Joyce has speed and flexibility as well as setting a pace. She has brought her enthusiasm into organising our Shaftesbury-Barnet team and we are likely to go up into Division One of the National league next season because of that."

ELISON CLARKE who won the W35 400 from the 8th lane on the Saturday, as a youngster represented Suffolk in the English Schools four times and was Suffolk senior women's Champion with a best time of 58.7 but had to give up athletics at 28 to have three children before returning to the sport she loves again.

KEITH SUMMERSGILL was perhaps the boldest runner of all at the middle distances, going off from the gun and being relentless with the pace, never being caught in the over 45 5000 or 10,000. There are few veteran men who can get away with it against such 'class' as ex-international Mike Turner in the 10,000!

Last year Keith ran a handy 4.14 for the 1500 and broke 16 minutes for 5k and 33min for 10k. He has also run the London in 2.34 but before vet racing he used to run in Fell Races and Village Sports!

Ex-Royal Marine, TONY FITZJOHN, who led all the way in the 'over 45' 800 to win in 2:01.5 and is coached by Bill King a fellow vet, in 1962 won the Inter-Services 800 in 1:52.4 but with the interest of the 'London', took up the marathon. He ran 2.28 in the event but, sustained injuries to his legs and was advised to give up athletics and concentrate on doing weights to build up his legs again. As a result he has come back to track running as a vet with renewed vigour.

BARRY PARNABY (55) who has been a great supporter of veteran athletics over the years and had never won a National Vets title, at Corby found it was no easy task. In order to win he was involved in one of the most exciting races of the two days to outkick Tom Clowry and Alan Hughes in the last 30 metres, in 2:17. Amazingly, he was invalidated out of the colliery, in 1964 with only 68% lung capacity. He gradually came back to fitness through jogging and is now a school caretaker and of course a veteran runner.

KEN BRUNS (62) was another older notable vet at the middle distances and he told me after his 60-64 win over 800 that he retired on the 19th September last from Ford's Hailwood and for the first time has been able to train for a round 12 months without having time off injured and, as a result, he has won 17 races in his category (11 on the road) since December. About his favourite athletic memory in the 40 years he has been running "I represented Liverpool & Pembroke when we were second in the 4x440 in the relay AAA's Championship at the White City in 1950. We were running about '50 flat' per man behind winners Poly who had the famous Arthur Wint running for them. It was the first time a Northern team had done that well ever in the event, at the time."

Keep abreast too of 58 year old PETER HIGGINS who brought back memories of the majestic high knee lift that took him to international victories in the 50's. He made sure in the first 200 in the 55-54 400 that he would get clear "I had to do that because I have been unable to do any real sprint work since last July because of hip trouble. That has meant I can't race anymore over 100 metres."

JIMMY TODD from Ballyclare Co Antrim was prolific in his events in the over 65 age bracket, winning the 1500/5000 and being 2nd in the 10k. He has the unusual distinction of having beaten World age record holder John Gilmour in a World Championship and in his youth was the Northern Ireland 3, 4, 6 mile and marathon Champion.

your LETTERS

AMERICA

It is not very often I get upset but it is time I put pen to paper.

Having just come back from the USA I read in the new vets paper about the so called brain drain to the USA. I have just run 2:17.53 for the Marathon 8th place 1st vet, 37:33 12km 25th and 1st vet, 65:45 20km, not fast as the course was very tough, won in 62:10, beat Bill Rodgers by 2 mins. As possibly the world's number one master runner I feel it sad that through the magazine you are always knocking us.

1. If you would like to ring Andy Norman of the BAAB, you will find it was myself who talked to Andy at Barnsley, about prize money for the 5km.

2. An invite to me means travel cost and entry paid. It now looks like 6 of us are getting star treatment at Welwyn which is untrue.

3. Although £250 first prize is a start it will not stop me going to the USA; I just happen to be in England between races.

4. I have lost 2 races in England and got far better write ups through losing and I am and never will be a 5km and 10km runner, although I hold the world best for 10km 29:40.

5. I am not interested in so called world champs where only the people can afford to go, and 2nd rate fields.

6. In England we have the best vets in the world, but with sly comment from yourself and biased, writing from another leading vet, if you think it is that easy over there I suggest you go and take a look at the conditions we have to race in — 90 deg F, 90% humidity.

7. Last year I was over there 3 months out of the year. If I wanted I could race over there week in week out. No, I race and race hard when I want and don't make as much money as I could but most of my performances are world class and have a very good reputation in Europe and USA.

8. I was the first one to go full-time and opened the door for others, and if you do not like it come straight out with it in your magazine.

Mike Hurd
Carterton, Oxon

ONE HOUR RUN

In your article 'Countdown to Melbourne', you mentioned that Alain Mimoun holds the world M50 record for the One Hour run. Could you publish the actual distance please? I'd be interested to see how this compares with the performance of George Phipps. (Leamington C and AC, d.o.b. 9/4/26).

In the Leamington One Hour Track Race on 26th May 1976, George recorded 16,879m. Is this a British record?

I see that Mimoun also holds the M45 world record. In the 1981 Leamington race, John Mills (Sparkhill) recorded 17,537m.

The Leamington race has been held annually since 1976 and its status has been recognised by the Road Runners Club.

Dave Bandy
Leamington C and AC
Ed: Mimoun's age 50 mark is 18,575 metres (11 miles 954 yards), and 18,862m at age 45.

Results of Leamington's and any other UK One Hour events will be welcome for publication.

W35

In receipt of my first copy of "Veteran Athletics" which get the thumbs up.

I agree with Sue Barr about dropping the 35 age group for women. The points she makes are very valid.

Jo Ogden
Basildon

RESULTS

Congratulations on the first issue of the Veteran Athletics News, it is just what was needed.

You ask us to let you know about our pet grievances. I like to compare my times with others in my age group, but find with many races it is impossible because:

1. Ages are not given

2. Results are not available, e.g. Selsey Half Marathon. Despite sending two stamped addressed envelopes and ringing the organiser, I still couldn't get a results sheet.

Even in the London Marathon the only results available seem to have been those in "The Times", which didn't give ages or age group results. And where there appear to have been two J. Fitzgeralds and two A. Good etc., it didn't help a lot.

Your newspaper will certainly help with your results section.

Please find enclosed £10 cheque to help with paper.

R Thorne
Vets AC, Lancing

P.S. Is there anywhere I can get a comprehensive list of London results.
Ed: No.

Congratulations to all concerned on first publication of 'Veteran Athletics'.

May I point out the following omissions from the 20th World Championships — Israel Cross Country:

99 R Jeans (GB) 34:42

164 R Jarvis (GB) 42:09

Ed: An oversight

Sorry!

R.W. Jeans
Bulford, Wilts

Thanks for the copy of "Veteran Athletics", it's great to have our own newspaper, and well done for your efforts.

However, in going through the paper I must comment that we do seem to approach "Track and Field" in a very unprofessional manner.

Firstly the publication of the WAVA specifications, although the Hurdle heights and distance between detail is published there is no mention of toppling weights — the weight that makes a hurdle safe by offering some resistance.

Whilst the weight of implements are given, no mention is made of other specifications: Diameters, Thickness, Length. This is fine where such detail is covered by standard implements.

Shot 7.26k 5k 4k

Discus 2k 1.5k 1k

Hammer 7.26k 5k 4k

Javelin 800g 600g

However, we list a 6k Shot and Hammer, a 6k and 3k Shot, and the 400g Javelin. This last implement I consider to be very dangerous as it is a Child's model and much too short for an adults arm and could be thrown into an Athlete's Neck.

I also note that we are to have a Women's Triple Jump and Hammer in Melbourne. As it is necessary to mark out a special Board for many Men Competitors, boards in stadiums being 9m-11m-13m, I wonder if it might well be an idea to insist that the minimum board to be used should be 9m.

Regarding the Women's Hammer, why not? "Barbara Terry" threw 22 metres at Droitwich last year (4k), but I think it's going to be quite a problem to purchase a 3k Hammer.

Brian Owen
Great Malvern

Welcome to Veteran Athletics! It will be a really useful publication.

I do have a serious criticism though. The layout is appalling — wasteful of space and an incoherent sea of grey.

Ken Greffield
Weybridge

THE SPIRIT OF BRUGGE

The last two years have seen my wife and self travelling across to that wonderful old Belgian town of Brugge, myself to compete in the friendliest of Veteran events of the International type, an event that has become traditional to so many Veterans be they average or elite. In past years my wife just enjoyed the shops and the social side, and we had watched the 3km fun run, held prior to the ladies 10km event. This year my wife was tempted, as she said, "To have a go not to be taken as serious as your run." However during the past winter small amounts of practice were undertaken, to see if those legs which moved in their schooldays at county level could still perform.

We travelled over by car, as now living near the Kent coast the mileage was less to Brugge than to London. The weather was so different to last year, nature having decided to change Flaming June to Soaking June, but it was dry on arrival and the following morning the sun even showed its face. So off to the market we went, mainly to relax my wife who was having nerves, as we all do. The fruit and vegetable market also sold chickens and ducks, but the hassle over the price and the feeling of the bird for quality, makes one realise how different ways are from country to country.

The ladies 3km was at 1.45pm, and as we walked the 20 minutes from Hotel to Stadium I knew how those elite Coaches must feel when their runners start to find all those problems why they shouldn't start. However we registered, and went through the usual last minute toilet, pinning on of numbers, and those usual doubts of ability. It was at this point that the familiar face of Barbara Dunsford came over, and after talking to my wife, showed her organising capability by taking my wife in amongst a group all around the same age.

No one could be more surprised than me to see my other half enter the stadium well ahead of the time she had said. I rushed round to the finishing area; surprise again, no wife, was it a mirage? No she had finished, but had promised the ladies who helped her start, that if she finished first, she would go back to give them moral support. That is the spirit of Brugge.

Sunday morning we awoke to the sound of rain, but by the time to leave for the Stadium, it had ceased and had become one of those dull damp Flemish mornings. Arrival in the grounds meant seeing familiar sights, and meeting old friends, some seen during the year, others only annually, but all of us were glad of the change from last year's hot weather. Soon the band appeared and groups formed among the age placards held proudly aloft by young children and off we moved through the Stadium onto the road leading to the start.

Banter continued as we moved along, but the cooler weather called on many to make a last pit stop before the off.

This year the field moved more briskly along the small loop of roads back to the Stadium, and it is over this part of the course that positions are sorted out prior to the main three laps. Like many others this year I hoped to improve on last year, due to the weather, and perhaps my training. So when the 10km and 15km

SUPERVETS

I can sympathise with John Parker, letters last issue, being in a similar situation myself.

I arrived on the running scene about four years earlier than he, before the boom, and was fortunate enough to pick up a few prizes before the Superstars decided to stay in the sport.

One of them, Derek Lawson, told a nice story. Many locals turned out to a Bingley Harriers 10k road race, the reason being to raise money to send him to Vancouver.

It was one of his own clubmates who said to Derek "Well I hope we only make enough to give you a one way ticket!"

Colin Macartney
Holmfirth Harriers



Brugge Watch Tower

times went by just inside those scheduled, I couldn't believe it, as my reserve was still there. Approaching 20km I was joined by a young lady from Border Harriers, also staying at my hotel, who I knew wanted to finish in the same time as my target. A few quick words were passed, and we decided to share the last 5km. My own battle was with another 2B runner from Switzerland, whose supporters rang large cow bells as he passed them about 3km from the end of each lap. This time he was only two places ahead, and he was aware of me, while the young lady hung on to us battling oldies. As we entered the Stadium to finish the clock, seen quickly on entering, I could not believe it. My Swiss rival produced a final sprint many 30yrs younger would be pleased with, but still I had bettered my best time for the course, and the young lady likewise had the bonus of being fifth in her age group.

There are many memories each year from this event, like one of the oldest competitors, 77yr Ernest Harrison entering the Stadium to finish in 2hr 24mins 48secs, and not last by several places.

The presentation at the Jagershof afterwards is quite an experience with music and drinking to replenish lost fluid, yet it was here we were told that this could be the last time this event is held. Next year it will be the venue for the IGAL Championships, but after that, without a sponsor, no event. Ron Hill went onto the platform and said what all of us felt, "Brugge 25km and 10km weekend is Unique, no other event in the world is so well organised, and so popular. It will be sadly missed; it would be nice if fate could be kind, and allow future veteran runners to share the Brugge experience!"

Ted Smith
Ramsgate

FROM THE STATES

It's an excellent job, and crammed full of useful info.

Al Sheahan
Editor, Nat. Masters News
California

Melbourne

United Kingdom entries now number 105, says Barbara Dunsford at Vest Tours.

Closing date for entries to Melbourne is 31st August at Melbourne.

THE WAY FORWARD

Reaching out for thousands

by Bill Taylor

Vice-Chairman of the BVAF

Elsewhere in this issue is a report of the first-ever BVAF Half Marathon Championship and Open Veterans Race. The event was an attempt to give veteran athletics a higher profile, and to reach some of the thousands of athletes of veteran age who are not yet members of veteran clubs.

The AAA would welcome the opening-up of all BVAF championships on these lines. Its General Secretary, Mike Farrell, has indicated that the Association would provide medals and ensure that these open championships were staffed by adequate suitably-graded officials. Such championships would be open to all veteran athletes who were members of clubs ultimately affiliated to the IAAF, and not simply to members of veteran clubs. We should presumably operate differential entry fees. However, this would not mean the end of our present veteran clubs. They would still provide comradeship and area veteran competitions, particularly important to the many thousands who do not aspire to National championships, but who still want competition at their own level. Our clubs would probably even find that their membership increased as more athletes learned of their activities. This has already happened as a result of the Welwyn Half Marathon, where athletes originally entering in the open category, have since joined veteran clubs.

Underlying all this, is the fact that within, say, two or three years the British Athletics Federation is likely to come into existence, governing and giving representation to all levels and all branches of athletics in the UK. Also, the IAAF has set up a veterans committee. These are steps towards the complete integration of the sport of athletics and a simplification of its structure. Surely the BVAF does not want to remain outside the mainstream; somehow we must become representative of all UK veteran athletes. But I find it difficult to ascertain just what most BVAF members do want. How do we get the 20,000 (or is it 30,000 or 40,000?) athletes of veteran age into our structure so that BVAF can represent all of them?

Our Supporters' Fund benefits from over 100 donations, including several handsome £50 cheques

There's less need than usual this month for me to write a lengthy call for Veteran Athletics funds, as the list of Supporters itself excellently fills out my column, headed by magnificent £50 gifts from Tony Churchill and an anonymous Midland vet. Nevertheless I remind all you vets who haven't as yet come round to joining the Supporters that your cheques are urgently needed.

A newspaper like Veteran Athletics is a very expensive production in modern times, even though almost all the work that has gone into it has been on a voluntary basis. Let alone print and paper costs, think that the postage and packing alone, in sending a year's copies to each reader individually, is the best part of £1. Calculate then that it goes to 6,000 or more vet club members, and that this number is rising steadily, and you can get a glimpse of the financial problems.

The only real source of revenue to take care of those costs is the membership itself. So take your courage and your cheque book in hand and send off a contribution this very day. It will help to ensure that British vets continue to get their interests properly catered for.

Payment should be made out to BVAF Fund and sent to our vice-chairman, Bill Taylor, at his home address, 17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LX.

Sylvester Stein
Chairman, BVAF

Midland Vets AC	£50	Heythrop Pony Club	£3
Ken Gleneak	£25	L.A. Jones	£5
C.E. Manning	£1	David Barrington	£10
Jo Ogden	£3	George Scutts	£5
F.H. Whale	£5	David Sutcliffe	£3
G. Pope	£10	Tony Churchill	£50
H. Barnfather	£5	Jim Ryan	£5
Brenda Ford	£5	Joe Gibson	£20
D. McMullen	£5	J. Riordan	£5
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G. Jones	£2	J. Baker	£1
J. Legge	£2	C. Cooper	£2
E. Smith	£1	J. Millward	£2
D. Mason	£1	K. Crooke	£2
D. Pugh	£1	J. Rogers	£3
P. Cavsey	£3	B. Ward	£1
D. Bird	£1	B. Gould	£1
D. Davies	£1	R. Macey	£2
J. Reynolds	£3	D. Coward	£2
L. Stracey	£3	D. Baker	£2
D. Green	£1	M. Newton	£2
N. Slide	£2	D. Williams	£2
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A. Toomer	£2	R. Pickley	£1
Anonymous	£50		

RACE WALKING NEWS

Introductions first: I am Peter Cassidy, Loughton AC - Loughton is a place in west Essex - and Vets AC, an M1B who retired from athletics at about 18, made a come-back (to running) at 38 and returned to walking two or three years later, thus probably managing to go from junior to veteran without passing through senior. I edit 'Essex Walker' and, to help keep my ear to the ground on the wider walking scene, I am married to Pauline Wilson, Secretary of the Southern Area of the Race Walking Association, and am on the Rules, Records & Standards and the International Committees of the RWA.

So much for credentials! Now, what am I here for?

My aim is to make sure that we walkers get as good coverage as our friends the runners, jumpers and throwers, by bringing news and views from those whose main aim in life - rum though it may appear to other athletes - is never to leave the ground. Now, although I am going to write this column, I shall be relying on you out there in the world at large to let me know what's going on in the parts of the world I don't actually see and what you're thinking; so, for those who wish to get their pennorth in, my address is: Hufflers, Heard's Lane, Shewfield, Brentwood, Essex CM15 0SH. Let's hear from you!

There should be plenty to write about. Not only is walking well represented in veteran ranks - a look at the lists of British medalists in European and World Veterans' Championships at Cosford will prove that - but veterans are by no means

left out of the "ordinary" senior ranks. Only recently, the first two men home in the RWA National 35k Championship were vets Chris Berwick and Adrian James and there is always a very good sprinkling of veteran names in the national ranking lists. Vets are, perhaps not surprisingly, a bit pushed to make the sprint lists, although there are a good few each year inside 14 minutes for 3,000 metres and 50 minutes for 10,000 metres. We also expect to see half a dozen vets among the fifty or so men who beat 100 minutes for 20k each year and twice that many in the ranks of walkers beating 5 hours for 50k.

On the ladies' side, the vets are not quite so prominent, unfortunately, although the name of Mary Worth - now in her last year as a W2B and competing this year in the WAAA championships thirty-five years after her first appearance - is usually to be found in the national lists along with a couple of others.

It is when we get to 50k and the daunting distances beyond - they daunt me, anyway - with 24 hour events and the point-to-points like Manchester to Blackpool, Hastings to Brighton and Plymouth to Dawlish that the vets' names begin to take over. When we get to forty miles and beyond the dominating figures are the likes of Dowling, Dobson, Worth, Shillabeer, Weston, on the men's side, and Corlett, Sayer, Wilson, Bean and Brown on the ladies'.

It's a fair bet that these, and other British vets with the time (and money!) to

spare will be coming back from Australia at the end of the year laden with medals and glory.

Before Melbourne, however, they, and the non-travellers, will be sharpening up and testing the efficacy of their preparations in the BVAF road championships over 20k for men and 10k for ladies. These will be held on the 31st October at the same venue as last year, the Metropolitan Police Sports Ground at Chigwell in Essex. For those who are not familiar with the course, it is one that is hilly enough to be interesting but not so mountainous as to be silly; the kind of multi-lap event that is hard enough to call for careful control, overcoming initial exuberance. It is, in fact, harder than it looks; walkers who go off too fast may well regret it by the end. Start time is noon, so it should be possible to refresh the flagging physique in the bar afterwards.

As I write this (in mid-June) the next big veteran event coming up is the BVAF national championships (although, in view of what I have written above, we can confidently expect an excellent vets' showing in the 100 miles at Ewhurst on the 26th and 27th June). Unfortunately, the first day at Corby clashes with the RWA National 50k and Ladies' 15k in Manchester, though that will not deter some, who will drop in at Corby on the Sunday on their way home. Let's see whether any of the Ewhurst competitors turn up at Tooting for the Southern Vets AC club championships on the 28th June; no doubt there will be some gluttons for punishment who do!

Speaking of the National 50k, there are several vets in sharp form at the moment

and we can foresee that at least one of the medals will go to an over-40.

If there is ever a close season for walkers (which there isn't, really) this is probably it, so we are girding up our aging loins for the high summer; consequently, hard news would all be a bit on the stale side by now. So, the first walking column is all chat and no fact; I finish, then by reminding you all that if you want the spotlight turned on your events and you want your news, views and results to reach your fellow veterans throughout the country, the first step is to let me know what's going on.

The real stuff starts next time!

Veterans AC 10k Walk

Track Champs

W London Stadium

19 July

M40 A. James 47:37

M45 P. Cassidy 51:27

M50 C. Young 51:54

M40 P. Hannell 53:22

M55 D. Fotheringham 53:31

M50 D. Boxall 53:48

M55 P. Worth 55:01

M50 K. Livermore 55:59

M50 M. Blyth 58:30

M40 C. Bean 59:12

M55 M. Worth 60:13

M35 J. Bleach 60:37

M50 A. Sayers 62:21

M45 P. Wilson 63:17

M60 S. Bennett 63:17

M65 R. Hillier 63:42

M75 W. Symes 70:40

VAC 5M Champs Walk

1 A. James 37:09 1st O/40

2 A. Seddon 38:41 1st O/45

3 P. Hannell 38:56

4 P. Cassidy 40:03

5 C. Young 40:46 1st O/50

6 M. Kockett 41:51

7 D. Fotheringham 41:58 1st O/55

8 E. Holmquist 42:17

9 C. Flint 42:22 Guest

10 P. Worth 42:59

11 K. Livermore 44:25

12 N. Simmons 44:31

13 P. Crane 44:32

14 D. Divers 44:48

15 M. Blyth 45:38

16 Mary Worth 46:36 1st W/55

17 S. Bennett 48:59 1st O/60

18 K. Eastlea 49:06

19 J. Taylor-Walsh 50:07

20 Pauline Wilson 51:00 1st W/45

21 A. Goodwin 52:09

22 W. Symes 57:02 1st O/70

23 C. Gittins 59:34

INJURY CLINIC

Anyone with a problem should write to Injury Clinic, Veteran Athletics, 57-61 Mortimer St, London W1N 7TD

ARTHRITIS

Q I am 47 years old and a member of SVHC. Since finishing my last full marathon at Glasgow (3hr 21m) I have suffered discomfort in my left thigh, this rising pain starts at my knee and travels to my hip, it comes on at about 7 miles in a 1/2 marathon which in turn cases me to walk for short spells, my times have gone back from an average of 1hr 30m to 1hr 45m. After each race my left thigh is very painful for 4-5 hours but usually is ok the following day. I have had an X ray and it shows a touch of Arthritis on my left hip. I am also on Brufen for pain.

I have led a fairly active life before taking up running (4 years). I played part time Professional Football for quite a few years. Should I now give up running? I would be obliged for your opinion.

A Osteo-arthritis of the hips and the weight bearing joints in general is the penalty we all pay for having taken part in body contact sports including professional football.

You are doing the right thing by cycling, and swimming in addition would be even more helpful as this increases the range of movement and power of the hip joint and its muscles

in a non-weight bearing manner without putting stress on the joint.

When you have increased the range of movement of the hip and the power of the muscles around the hip, in particular the rotators, then you may well be able to get back to running.

If you are unable to get to a swimming pool, or you have insufficient time to do so, then simple exercises at home would help. Again these would be designed to increase the range of movement of the hip in a non-weight bearing manner and to increase the power either isometrically (against a moveable object) or isotonicly using weights. These are best done lying down.

I hope this will be helpful to you in getting you back to running.

Yours sincerely
Dr Ian R Smith

HEEL SPUR

Q Last September 1986 I developed a Heel Spur which caused me great pain. I've had ultrasound and cortisone injections (5). I tried to get back to running early in January but only made things as bad as they were in September. At the moment I'm skipping on my toes, and cycling to try to keep fit. I miss my running even though I'm only a 7min miler. I enjoy my 1/2 marathons and would like to get back running.

A The treatment and outcome concerning your heel spur depends on the cause. This applies not only to the mechanics of the spur being irritated

when you run, but in particular any underlying systemic cause of which there are a handful.

If you have had any conjunctivitis, problems with your water works, dysentery, skin diseases, psoriasis, then I would suggest that your G.P. refers you to your local rheumatologist. In any event I feel that X-rays should be taken plus blood tests and urine tests.

As far as the mechanics are concerned, orthotics can relieve symptoms markedly and get you back to running. These can be expensive and I suggest that first of all you go to your local sports wear shop and buy a pair of blue sorbothane inserts. As far as foot wear is concerned, Bournes are offering Brooks Trilogy at a discount as seen in the first edition of Veteran Athletics. You have already had a course, or several courses of ultrasound and five injections of cortisone. I would suggest that you have no further cortisone injections although further courses of ultrasound may be helpful and unharmed.

If there is a bursa overlying the spur then referral to an orthopaedic surgeon may well be indicated to have this excised. This sort of condition can also be associated with gout and a blood test would be of value.

In addition to orthotics it may well be of value to ask your GP to Prescribe one of the anti-inflammatory tablets, unless you suffer from indigestion.

Yours sincerely
Dr Ian R Smith



Mr E.A. Caldwell LCSP (Assoc)

INTRODUCING EDDIE CALDWELL

Eddie Caldwell is a Sports Injury Therapist in private practice with qualifications in Remedial Massage (LCSP) and Osteopathy (MFO).

He has been a Physical Education Teacher in Manchester for 14 years; has played many sports at competitive levels and been a professional wrestler for 20 years.

He runs at all distances with Bolton United Harriers AC and Northern Vets AC, and is currently Lancashire Veterans' Champion 1987 at 100m and 200m over 45.

HAMSTRUNG

Eddie Caldwell
Discusses Hamstring Injuries

It's not often that I sustain an injury that is sufficiently troublesome to prevent me from training and racing. Usually, and I know this to be true of most athletes, I get what is called a "tear", minor damage that, with rest and ice, will clear up in a couple of weeks.

I recently sustained a tear in the belly of my right hamstrings. I did it in the Lancashire Vets Championships at Leigh. It was

a cold evening and the Leigh track is very hard. I did my usual warm-up routine which is forty minutes of drills and stretching. I decided to keep my tracksters on but for some unaccountable reason removed them just before the start.

I don't know how much the cold contributed to the injury or was it the extra effort of racing? I've a lingering suspicion that it was the relative hardness of the track. I'm afraid I've got too used to the luxury of the tartan tracks at Bury, Blackburn and my own club, Bolton. Each stride felt as if I was jumping off a six foot wall. Club mate Steve Entwistle (0-40) pulled up at 80 metres in his race with a similar injury.

The problem with this injury is that after a few days of treatment I was able to jog quite comfortably but I simply could not start to lift my right knee and develop any power. It's this type of injury I want to talk about.

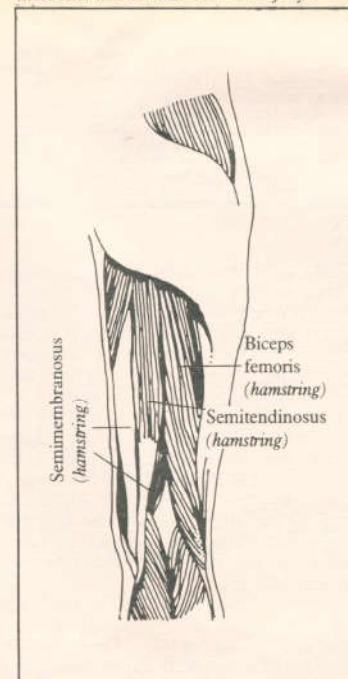
THE HAMSTRINGS - There are three muscles which are collectively known as the hamstrings. All three start on the seat bone right at the top of the leg. They stretch down the back of the thigh and are attached by tendons on either side of the knee. If you sit down it is easy to feel two of the tendons as they travel from the back of the thigh to their attachments at the knee.

The hamstrings have two main jobs: firstly they help take your leg backwards from the hip, and secondly they help bend the knee.

The tendons are very tough and cord-like and the muscles are comparatively tight. Sprinting taxes the hamstrings to their limit. They have to work under terrific stress with each stride, and, unless everything is in balance and warmed-up, injury is likely. For example, sprinters are prone to tearing a few muscle fibres in the hamstrings by over-stretching these muscles by running fast whilst still cold.

Distance runners usually suffer a different kind of hamstring injury. In these cases the damage is done when the muscles become tired and are then subjected to further effort. This often shows as a niggling, stiff ache. Unless treated, it gets worse week by week as the athlete continues to train and race and tries to "run it off".

Another way a distance runner is likely to encounter a hamstring injury is when doing interval training or speedwork. However the injury occurs, there are some things you can do to prevent future incidents and to ease current injury.



PREVENTION AND CURE - It's best to avoid trouble, especially with the hamstrings. To this end, all athletes should spend some time preparing for their training runs and their races. By warming-up the muscles and by stretching them prior to making them work hard you will dramatically reduce the risk of injury. Preparation for sprinting involves a lot of warming up and a lot of time stretching. The longer the distance, it's pretty safe to say, the less of a warm-up you need, depending on distance and conditions. A marathon on a sunny June morning requires very little warm-up.

Stretching is a different matter. I advocate that all distance runners should also

include daily stretching sessions in their training schedules. This will certainly help minimise the over-use type of injury. The more flexible the hamstrings are, the more efficiently they will stand up to the demands made on them by the fifty miles per week men.

If you experience severe pain in the hamstring area you should get expert attention as quickly as possible. Don't wait. Similarly, if you have a pain which lingers for a week or more go to your GP or 'physio'.

A mild injury can easily be treated at home. On the first day use ice. Simply place the ice (or frozen pea pack) on the injured area for 15 minutes several times during the day and evening. Rest the leg. Sit on the settee with a couple of cushions supporting the leg to give some elevation and allow natural drainage. You might also try a tubi-grip bandage during the first 24 hours and take two Aspirin or Nurofen with meals during this period.

On the second day start to stretch the muscles gently. Lean over into the toe-touching position and hang in a relaxed way just so that you feel the beginnings of a stretch. Hold for 15 seconds. Another exercise is to raise your straight leg onto a chair arm and gently lean down towards the leg. Again, when you feel the first sensation of a stretch, hold the position for 15 seconds. The more gentle stretching you do from this stage onwards the better your recovery will be.

Provided there is no sign of swelling or bruising, you do not need to use ice again. Rather, I suggest using a warm hot water bottle for 20 minutes each evening to help the healing process along. Resist the urge to run for three or four days; do plenty of stretching and go for a swim to help maintain fitness. This mild injury will clear up after ten or eleven days and during the second half of the recovery period some jogging will be allowed. But keep off the hills and do not do any speed work at all.

I treat a lot of runners with hamstring problems each week. They require care and attention, even the mild ones. If you recognise your injury for what it is and then look after it correctly it will heal nicely. On the other hand, a hamstring injury can become a long-and-nasty condition if you try to ignore it or run through it.

Blood, Sweat and Tears by Bill Taylor, Vice-Chairman of BVA.

In the early days the major BVAF championships moved around the North, South and Midlands on a fairly regular circuit, each being allocated their responsibility in turn. Latterly, both the East and Scotland have hosted major championships, and Wales will organise the Track and Field in 1988.

Perhaps the time has now come for veteran clubs to bid for the opportunity to host these events. One or two clubs have shown that by intelligent marketing of our sport, financial assistance can be obtained from commercial organisations, resulting in a profit to divide between the club and the Federation.

Naturally, the BVAF Council would still wish to see the Track and Field, and the Cross Country — and in due course the Indoor — move around the country so that in turn they "come to everyone's doorstep." However, the prestige, the possible profit and the satisfaction involved may well encourage clubs to compete for the privilege of organising championships. The amount of work entailed should not be underestimated. Anyone who has read Peter Uberroth's book "One Man's Olympics", on the organisation of the Los Angeles Games in 1984 will see magnified echoes of the problems encountered in smaller events. But there is a lot of expertise in our clubs, and many diverse abilities. Delegation to competent people, and encouragement to more and more helpers to plough back some of their experience for the general good, are the cornerstones of success.

It may be that two clubs could co-operate at a suitable venue, and our Southern area could well provide a pilot-scheme for this sort of joint venture. Shall we open the bidding for 1989? Who is going to be the first to present a brief outline of their plans for the '89 Track and Field location, a short review of facilities, including convenient over-night accommodation, and a draft budget?

DECATHLON INVITATION

The Vets Decathlon has a reputation for keeping its competitors coming back. Organiser and multi athlete Dave Burton emphasises that it's not essential to have done every event before, even Pole Vault; new decathletes are made welcome and other competitors will help. Most competitors have never attempted a decathlon before becoming a vet, he says, and many return year after year, so why not give it a try!

The events are 100m, 400m, 110H, 1500m, Long Jump, High Jump and Pole Vault, and Discus, Shot and Javelin. The scoring tables this year will probably be the IAAF ones, and points scored will be factored up by age group.

This method is planned as it is proposed by WAVA to adopt such a system and feed back on how it works out is wanted, for discussion at Melbourne. And it's hoped there'll be a computer at Sheffield to process results and positions after each event.

The track is about 1/2 mile off the Parkway which is the M1 link road into the centre of Sheffield.

BVAF 9th Decathlon Champs
Woodburne Rd Sdtn Sheffield 9

£4 by 29th August to
David Burton 71 Nethergreen Rd
Sheffield S11 7EH

VETERANS T&F RANKINGS BOOK 1987

Clubs and individuals are invited to send in Results directly the season is completed, to David Burton above,

As we go to press we hear the very sad news of the sudden death of the Worlds leading M55 distance runner, Piet Van Alpen of Holland. What makes this even more poignant from the British angle is that it apparently occurred just 3 days after the Brugge weekend. A more detailed obituary will be included in the next issue.

BOOK FOR 1988 WITH

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CLOSING DATE: 11th SEPTEMBER, PLEASE ENTER EARLY.
NO LATE ENTRIES, NO ENTRIES ON THE DAY.

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NON-AFFILIATED TEAM (Charity Challenge)		Estimated time	
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BRITISH VETERANS CHAMPIONSHIP:

Competitors must be members of the British Veterans Athletics Federation i.e. belong to an area veterans athletics club. Medals and prizes in all categories subject to sufficient entries.

Entrants state membership number and name of area veterans club. Entrants will still count for 1st claim club.

MEMBERSHIP NUMBER BRITISH VETS. CHAMPS. ☐

AREA VETERANS CLUB

DECLARATION: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by the AAA and WCC & RRA and agree to abide by their laws. I understand that the organisers of the event will not be held liable for any injury, loss or illness, however occasioned, resulting from the event.

Postal order/cheque no. Signature Date

CLASS WIN BY CLAGUE IN POTTERIES CLASSIC

Report by Wilf Morgan

The victory of Harry Clague in the 1987 Potteries Marathon on 14th June must be marked down as one of the most impressive by a British vet in any marathon. It was his third successive victory in the race. On what is generally considered to be one of the toughest courses in the country, he led from start to finish and his time, 2:19:10, was just five seconds slower than when he won, as a 38 year old, in 1985.

Another good performance was turned in by the winner of the ladies race, 43 year old Elaine Statham. Her time of 2:50:52 was a personal best and a new course record. A member of the Stone Master Marathoners, she only started running three years ago.

There was never much doubt that this year's 'Potteries' would produce some good performances by vets. The organiser, Don Shelley, had conceived the idea of an international team race. The plan, backed by the BVAF, was to invite eight national associations to send teams of four runners, the first three to count as scorers. On the day, seven teams lined up: England, Scotland, Republic of Ireland, Northern Ireland, Wales, Holland and Belgium. The plan to incorporate a women's race, four Britons against a multi-national team, was thwarted by the late news that ladies from Holland, Belgium and France would not be present.

On paper the English team of Clague, Jeff Norman, Martin Duff and Colin Moxham, looked unbeatable, and that's how it turned out. With Clague 1st, Norman 2nd, Duff 4th and Moxham 5th. Only John Sheridan of Ireland, in 3rd place, prevented a clean sweep for England.

In contrast to last year when the runners had to contend with high temperatures, it rained almost continuously. Sometimes it pelted down, but luckily there was hardly any wind and most of the runners regarded the conditions as ideal for a marathon.

The race started and finished in the picturesque Trentham Gardens, once the home of the Duke of Sutherland. It's a pleasant setting with flower-beds, fountains and ancient buildings, and for the marathon there was a festive atmosphere with floats, fun-fair, hot-air balloons and a sprinkling of outsize Disneyland characters. It's a pity the weather didn't play ball.

Your reporter was not able to witness the progress of the race, just the start and finish. He settled for watching the field flood past at a point about 400 metres from the off, and then listened to the news that was fed back to the announcer's cabin from the lead car. After the race he moved in on some of the leading lights for a 'talk us through it' job with a tape recorder.



photo Ian Weightman

At the front, the eventual winner Harry Clague (25). Also in the picture, John Sheridan of Ireland (37); David Catlow (11); Steve Brown (8); Lionel Gowland (behind Catlow); Paul Kindred (behind Sheridan); and John Davies in the background

This is what he saw and heard: a minute into the race and 'Hustling Harry' had already opened up a gap of about five metres on the rest. After half an hour the report was - 'Clague is still leading and he's moving well clear'. At the 10 mile point - 'Clague through in 52:24'. At half-way, 'Clague's just gone through in 1:12, Jeff Norman is second about 200 metres back'. At 18 miles - 'Clague in 1:34, Norman is about 300 metres back... John Sheridan is third'.

So it was up to and beyond the 20 mile point, where if Harry had got it wrong and gone too fast too early we would be hearing news of people closing on him. Nothing doing. Harry had judged his effort well, at 22 miles he was widening the gap on Norman and according to Radio Stoke... 'still flying up the hills'. The talk now turned to whether he would set a new course record.

When he came into sight he still looked full of running. As he made his way through the gardens, beside the marquees and through the funnel of spectators, the announcer did a count-down, saying that he could still squeeze inside his record time. Harry made an effort to oblige but

was just those few seconds off it as he crossed the line. Nevertheless, it was a splendid run, and this became more evident when it was seen that he had beaten Jeff Norman by something like 800 metres.

This is what he had to say: 'The conditions were perfect, a drizzle but no wind, couldn't have been better... (he obviously didn't notice the occasional deluge)... a group came up to me after three miles but I thought "I'm not having this", I didn't want it slowed down at all, so I went away. John Sheridan came with me for a while but after he dropped back I just kept going... I attacked the hills, on this course it's the only way, no use hanging back'.

Was he concerned about Jeff Norman? 'No, I wasn't concerned with anyone today, I ran my own race... the crowd were great, they lifted me on the hills. They must have helped to knock a couple of minutes off my time I'm sure.' Training? 'I do lots of miles in training, lots of speed-work as well... but you know, half of it is in the head... you're not finished at forty, life is just beginning. You'll see me back next year.'

Jeff Norman - 'I tried to relax and go with the group, but the group did not last long. I could see from the way Harry was running there would only be one winner... The crowd were very good, a lot turned out in view of the weather.'

Martin Duff - 'I ran with Barry Watson a lot of the way and when he fell back I went after the two in front... I had to give ground over the last three miles though... but it's a personal best... I reckon I was on for 2:22 today... but those hills!'

In spite of the disappointment they must have felt at having the international team event called off, the leading ladies bubbled with enthusiasm after the race. They too saluted the crowd.

Elaine Statham - 'The crowd were fantastic, all of them out there in the rain... I feel great, I could do another one now... I was a veteran before I started running, that was three years ago... I do 65 to 70 miles a week, maybe if I do more I can run a faster marathon, I don't know. I started off by running a half-marathon without any training... my husband talked me into doing some training.'

Ann Reede of Ireland who finished second and improved her previous best by seven minutes - '... the last six miles I found really gruelling... the crowd was super. I thought Dublin couldn't be beaten but the Potteries beat them for enthusiasm... fair play to them, all of them, out there in the rain supporting us.'

Karen Bowler, third lady in 2:56:43 - 'It's not a pb but it's my fastest this year... my watch stopped, I wasn't sure how I was going... I enjoyed it, I really did... I'm not much good on hills but I relaxed on them today, maybe a bit too much, I don't know... I average about 50 miles a week. I do the Cliff Temple three weeks cycle, it suits me.'

The most remarkable thing about this trio, apart from their delightful enthusiasm, was that they appeared so fresh after nearly three hours of running. We will no doubt be hearing more of them.

In 1985 and '86 the runners who 'do the circuit' voted the Potteries as the best marathon of the year. Why? Well, certainly the organisation is good, the prizes are excellent, and the locals turn out in their thousands to give the runners an extra lift. Maybe it is that indefinable thing called 'atmosphere'. Whatever the reason, we will wait to see if this year's race, like this year's winner, makes it a hat-trick of wins.

Team result 1 England, 2 Ireland, 3 Scotland, 4 Wales, 5 Holland.

POTTERIES MARATHON 14th June 1987 (All Sub 3 Hours)

- 1 Harry Clague 2:19:10 V40 Eng Vet
- 2 Jeff Norman 2:21:49 V40 Eng Vet
- 3 Paul Kindred 2:25:23 Walsk
- 4 David Catlow 2:25:50 Cheltn
- 5 John Sheridan 2:25:55 V40 Ireland
- 6 Martin Duff 2:26:15 V40 Eng Vet
- 7 Colin Moxham 2:27:48 V40 Eng Vet
- 8 Lionel Gowland 2:28:38 Staff M
- 9 Colin Martin 2:29:47 V40 Scotland
- 10 Norman Deakin 2:30:01 V40 Neww
- 11 Edwin Oxley 2:30:03 V40 N Ireland
- 12 John Buckley 2:30:49 V40 Ireland
- 13 Alun Roper 2:31:23 V40 Wales
- 14 Jack Greatholder 2:33:03 V45 Cannk
- 15 Dave Attwell 2:33:07 V45 Atr
- 16 Tom Toft 2:33:18 V40 Neww
- 17 Roy Morris 2:34:08 V40 Atr
- 18 John Keir 2:34:26 V40 PMAC Mier
- 19 David Fairweather 2:34:37 V40 Scot
- 20 Derry Odriscoll 2:34:40 V45 Ireland
- 21 Stan Winterton 2:35:09 V40 PMAC
- 22 Frank Wright 2:35:24 V40 Scotland
- 23 Frits Boudewijn 2:36:20 V40 Holland
- 24 Raymond A. Donkin 2:37:43 V40 Sun H
- 25 Alexander Marconi 2:38:30 V40 Neww
- 26 Jan Beremans 2:38:41 V45 Holland
- 27 Evan Williams 2:38:49 V50 Wales
- 28 Leslie Haynes 2:39:10 V40 Bngly

- 48 Michael Morris 2:39:53 V40 Michin
- 51 George Kay 2:40:23 V50 (766)
- 53 Edward Playfair 2:40:44 V40 N Ireland
- 54 Graham Bingham 2:40:52 V40 Milton
- 55 Stephen Coudwell 2:41:04 V40 Walsall
- 63 Michael Wakefield 2:41:39 V40 Neww
- 64 Maurice Pettit 2:41:53 V40 Relais
- 65 Arnold Maxwell 2:41:57 V50 Michin
- 71 Johan Klok 2:43:33 V40 Holland
- 75 Derek Williams 2:43:50 V45 Wales
- 81 Jeff Aston 2:44:39 V40 Wales
- 83 Les West 2:44:54 V40 Stoke
- 86 Peter Axon 2:45:07 V40 R Doult
- 87 Joseph O'Brien 2:45:10 V45 Huncie
- 91 Ronald Donkin 2:45:28 V45 Sund H
- 95 Paul Smith 2:45:58 V40 Holland
- 96 Tom Cronin 2:46:04 V40 SMM
- 98 Kenneth Jenner 2:46:26 V40 Sund H
- 100 Gerald Calvert 2:47:14 V45 PMAC
- 102 Ernest Johnson 2:47:20 V45 Stoke
- 103 Colin Chambers 2:47:32 V40 SKF
- 115 Clive Pickthorne 2:48:49 V40 PMAC
- 121 Lew Badger 2:49:16 V40 SMM
- 122 Brian Dale 2:49:22 V45 Neww
- 131 Lawrence Kilkenny 2:50:16 V45 Cannk
- 133 Fernand Tonneau 2:50:25 V50 Belgm
- 136 Charles Mainwaring 2:50:42 V40 Liv RC
- 138 Elaine Statham 2:50:52 L40 Gt Brit
- 140 Dave Gosling 2:51:04 V40 Staff M
- 159 John Hunter 2:52:35 V40 All Byw
- 160 Anthony White 2:52:37 V55 Lea Val
- 176 Michael Laffey 2:53:31 V40 Wakef Mnr
- 177 William Mitchell 2:53:43 V40 Cannk
- 183 Ian Avison 2:53:58 V45 Oldham
- 186 Ann Reede 2:54:10 L35 Europe
- 188 Alan Mills 2:54:15 V40 Neww

- 191 Steve Shields 2:54:25 V40 Burton
- 194 Larry Austin 2:54:36 V45 Michel
- 198 Michael Leckenby 2:54:49 V40 ABAC
- 202 James Nolan 2:55:03 V40 Blackb
- 204 William Maraley 2:55:06 V45 Spectrm
- 205 William J. Hunt 2:55:06 V45 Woly & B
- 209 Graham Phillips 2:55:24 V40 Sale
- 210 Robert Howe 2:55:28 V40 LRRC
- 211 Stanley Fitzpatrick 2:55:32 V45 Anfld
- 212 Tony Vernon 2:55:45 V40 Staff M
- 217 William Hall 2:56:05 V40 Sandwl
- 218 David Walker 2:56:24 V40 (1056)
- 220 Victor Perez 2:56:34 V40 Rugely Mnr
- 221 Rafael Ortega 2:56:36 V40 Stragg
- 223 Anthony Coldlock 2:56:41 V40 Neww
- 225 Karen Bowler 2:56:43 V45 Gt Brit
- 226 Alan Evans 2:57:06 V40 PMAC
- 236 Maggie Thompson 2:57:16 L35 PMAC
- 241 Dave Gillick 2:57:28 V40 SMM
- 245 Bernard Deakin 2:57:44 V40 Wedgew
- 248 Neil Panton 2:57:56 V40 Michin
- 249 Frank Evans 2:57:58 V45 (1562)
- 256 Jane Willey 2:58:13 L35 Gt Brit
- 261 Tony Bell 2:58:23 V45 (867)
- 262 Bernard Moston 2:58:28 V40 Iford
- 264 Barry Mureto 2:58:34 V40 Sneyd
- 268 Michael Otoloo 2:58:37 V50 Crewe
- 270 Paul Graetz 2:58:48 V40 PMAC
- 272 George Bruce 2:58:58 V45 (970)
- 276 Peter Nixon 2:59:27 V45 (847)
- 277 Brian Highwood 2:59:40 V45 Telford
- 280 Trevor Goodwin 2:59:52 V50 PMAC
- 284 Chris Tanner-Tremaine 2:59:56 V40 CLAC

POTTERIES MARATHON Ladies Race (All Veteran Finishers)

- 1 E. Statham 2:50:52 L2 Gt Brit
- 2 A. Reede 2:54:10 L1 Europe
- 3 K. Bowler 2:56:43 L1 Gt Brit
- 4 J. Davis 2:56:56 L1 Charnw
- 5 M. Thompson 2:57:16 L1 PMAC
- 6 J. Willey 2:58:23 L1 Gt Brit
- 7 S. Cothall 3:00:45 L1 (3892)
- 8 M. Savage 3:04:24 L1 Centur
- 14 E. McMurray 3:18:14 L2 Dundee
- 18 C. Marshall 3:29:36 L1 PMAC
- 21 C. Hammond 3:33:50 L2 (3897)
- 22 S. Taylor 3:36:02 L1 Neww
- 26 I. Edwards 3:40:35 L2 Hasting
- 27 M. Derlington 3:42:04 L4 SMM
- 30 D. Holden 3:46:06 L1 Stockp
- 33 G. Taplin 3:46:10 L1 Leamin
- 31 J. Fuller 3:49:45 L1 SMM
- 34 M. Freeman 3:51:07 L1 PMAC
- 36 C. Howard 3:54:47 L1 (3819)
- 38 R. Lawrence 3:56:15 L1 Fairld
- 39 V. Jones 3:56:29 L1 PMAC
- 40 G. Weatherall 3:57:12 L3 PMAC
- 41 P. Brown 3:57:48 L1 PMAC
- 47 G. Doherty 3:58:26 L1 M (3786)
- 45 B. Harrison 3:59:49 L1 PMAC
- 47 L. Brain 4:00:41 L1 M Silver
- 45 S. Thomas 4:01:04 L2 Michin
- 48 L. Woodward 4:01:47 L1 PMAC
- 50 L. Badger 4:03:18 L2 SMM
- 51 M. Masling 4:06:19 L1 Bath
- 53 J. Turner 4:06:28 L1 Crada

- 54 J. Couchman 4:06:48 L2 Fairld
- 55 C. Thorpe 4:07:25 L2 (3817)
- 57 J. Bate 4:08:43 L1 Stragg
- 59 J. Cycles 4:10:27 L2 NSRRC
- 62 E. Finney 4:10:51 L1 PMAC
- 65 J. Neale 4:11:54 L2 (3823)
- 66 M. Fincher 4:13:35 L1 PMAC
- 68 M. Talbot 4:15:66 L4 (3810)
- 70 M. Black 4:16:37 L1 Helsby
- 72 K. Adams 4:18:54 L1 Stragg
- 73 S. Cartmell 4:18:55 L2 Prest H
- 77 L. Radford 4:20:07 L1 Hertfd
- 79 G. Caldwell 4:21:53 L3 Cannk
- 80 C. Lee 4:24:07 L3 PMAC
- 81 M. Corrigan 4:27:58 L2 (3854)
- 83 E. Ingram 4:29:16 L1
- 85 S. Flower 4:30:53 L1 Steel C
- 91 I. Wakefield 4:36:19 L1 Stoke
- 92 V. Rushton 4:37:02 L4 Milton
- 95 S. Jones 4:44:43 L2 (3844)
- 98 J. Dolan 4:45:31 L1 (3816)
- 99 J. Hollingworth 4:46:01 L2 Michin
- 106 M. Birkes 5:04:50 L4 Wheelc
- 107 S. Fowell 5:06:24 L2 PMAC
- 109 L. Miller 5:20:02 L2 PMAC
- 110 C. Fletcher 5:20:56 L1 PMAC
- 111 M. Bailey 5:20:42 L1 PMAC
- 113 M. Tonge 5:31:55 L3 (3878)
- 119 P. Simmons 5:45:00 L3 Holm Pr
- 120 M. Sharples 5:45:12 L6 Winch
- 125 J. Pearce 5:45:54 L2 N Dairly
- 127 V. Bramley 5:49:34 L4 (3911)
- 131 P. Bandler 5:49:34 L4 (3911)
- 132 G. Doherty 5:50:42 L1 Bath

L1: Over 35; L2: Over 40 etc; M: minor

MARATHON ROUND UP

Official results for the London Marathon have not been available from the organisers, or published in the press with age data. We therefore lay out our best compilation from reports received.

We are indebted to Roger Rowe of Midland Bank, (he ran 2:39) for the special 'First 100 Veterans' listings. These were produced to his personal request by *Tandem Computers*, the race processors, but not surprisingly they were unable to release staff to create further listings, these meant writing computer programmes, for higher age groups or for W35.

LONDON MARATHON Principal Placings reported

Men

M40	B Natvig (Nor) 2:21:22	M Hunt (NL) 2:23:52	D Austin (High) 2:24:14
M45	G Bagnall (Newc) 2:29:32	W Harvey (Ran) 2:29:44	K Summersgill 2:34:35
M50	C Bryant 2:39:05	D Finn 2:40:16	D Pickering 2:44:19
M55	J Dixon (Weston) 2:35:33	W McBrinn 2:40:05	E Kirkup 2:43:41
M60	H Currie 2:49:48	N Paul 3:12:54	E Joynson 3:14:16
M65	R Brierly 3:17:55		
M70	E Warwick 3:36:35		

Women

W35	Paula Fudge 2:32:29	Glynis Penny 2:38:23	Renal Walendziak 2:38:57
W40	Priscilla Welch 2:26:51	Britta Sorensen 2:43:55	Anne Roden 2:44:51
W45	Ria Kern 2:59:34	Esme Thomson 3:10:04	June Aitchison 3:16:25
W50	Ann Chapman 3:03:22	Mary Gartrell 3:17:24	Pamela Davies 3:19:29
W55	Sheila Jennings 3:38:47 [BR]		
W60	Monica Shone 3:53:47 [BR]		
W65	Jose Waller 3:46:25 [BR]		
W75	Jenny Wood Allen 4:46:15		

First 100 Veterans 40-44

from Tandem Computers listing, with Overall and (Veteran) Position, fractions of seconds omitted

59(1)	Bent Natvig 2:21:32	72(2)	Murray Hunt 2:23:51	74(3)	Des Austin 2:24:13
79(4)	Michael Critchley 2:24:36	80(5)	Roger Clark 2:24:57	81(6)	Larry Pratt 2:25:06
92(7)	Bernard John Plain 2:25:43	97(8)	John Potts 2:25:57	112(1)	Priscilla Welch 2:26:50
113(9)	Paul Ryan 2:27:01	118(10)	Derrick Littlewood 2:27:34	119(11)	David Wilde 2:27:48
126(12)	Roy Marshall 2:28:12	134(13)	Vic Holman 2:28:43	143(14)	Graham Astill 2:29:07
149(15)	Patrick Clark 2:29:23	170(16)	John Bolton 2:29:23	176(17)	Thomas Toft 2:30:44
186(18)	Roy Greasy 2:31:02	188(19)	Alan Lamb 2:31:13	195(20)	Rose Jackson 2:31:22
202(21)	David Lenn 2:31:46	211(22)	James Boyle 2:32:01	248(23)	2:33:11
256(24)	George Wood 2:33:55	281(25)	Paul Trimmell 2:34:16	284(26)	Harold Chadwick 2:34:25
300(27)	Thomas Roden 2:34:40	311(28)	John Clarke 2:34:50	314(29)	Mark McNally 2:35:04
317(30)	Keith Davies 2:35:08	320(31)	Clifford Astley 2:35:18	324(32)	Keith Robertson 2:35:24
340(33)	Richard Horswood 2:35:45	342(34)	Peter Kemp 2:35:48		
349(35)	Raymond Auerback 2:35:53	355(36)	Robert Mahoney 2:35:58		
365(37)	Charles Love 2:36:11	368(38)	Christopher Tomlin 2:36:20		
373(39)	Michael Richardson 2:36:27	374(40)	Michael Preece 2:36:30		
375(41)	Raymond Udall 2:36:31	378(42)	John Rogers 2:36:33	380(43)	Terence Davies 2:36:34
385(44)	Robert Davies 2:36:38	387(45)	Brian Salter 2:36:46	388(46)	Thomas Lawrenson 2:36:46
392(47)	David Leahy 2:36:50	399(48)	Neville Barton 2:36:58	408(49)	Graham Trimble 2:37:10
413(50)	David Sutton 2:37:16	421(51)	Jeffrey Marples 2:37:28	427(52)	Roger Low 2:37:36
443(53)	David Stephenson 2:37:58	449(54)	Jeffrey Corkill 2:38:00	463(55)	David Yaffe 2:38:19
466(56)	Leslie Wright 2:38:21	479(57)	Michael Burgoyne 2:38:33	484(58)	Alan Friend 2:38:36
487(59)	John Whitley 2:38:37	492(60)	Keith Scudamore 2:38:39	495(61)	Roger Elkin 2:38:41
506(62)	Brian Webb 2:38:57	516(63)	Jack Cook 2:39:11	517(64)	David Grayson 2:39:11
518(65)	Colin Kirkham 2:39:13	525(66)	Andrew Windsor 2:39:19	527(67)	Roger Rowe 2:39:20
528(68)	James Hogan 2:39:20	539(69)	Donald Williams 2:39:33	543(70)	Leonard Kay 2:39:36
551(71)	Harry Pardy 2:39:46	557(72)	James Steele 2:39:52	560(73)	Dennis Williams 2:39:55
574(74)	Adrian Singer 2:40:07	576(75)	David Goodwin 2:40:09	577(76)	Kenneth Jenner 2:40:09
583(77)	Peter Mason 2:40:16	585(78)	William Moffat 2:40:19	591(79)	Geoffrey Scott 2:40:31
599(80)	Michael Gallivan 2:40:39	602(81)	Chaimers Caldwell 2:40:42	608(82)	Ian Farley 2:40:51
612(83)	William O'Connor 2:40:54	614(84)	David Cox 2:40:57	621(85)	Keith Cook 2:41:09
631(86)	Alan Jefferys 2:41:24	633(87)	Peter Newton 2:41:28	636(88)	Paul Henry 2:41:39
644(89)	Roger Ashby 2:42:23	649(90)	Leon Ingold 2:42:28	672(91)	Roger Panther 2:42:30
673(92)	Douglas Smith 2:42:30	679(93)	Colin Marshall 2:42:33	691(94)	Ian Barber 2:42:46
694(95)	Derek Walton 2:42:52	702(96)	Christopher Moore 2:43:05		
713(97)	John Williams 2:43:18	716(98)	Frank Thomas 2:43:20	718(99)	Steve Barrow 2:43:21
723(100)	Brian Cassidy 2:43:23				

First 100 Women 40-44

from Tandem Computers Listing

756(2)	Britta Sorensen 2:43:54	815(3)	Anne Roden 2:44:50	1877(14)	Anne Bland 2:56:33
1950(5)	Elaine Statham 2:57:04	2180(6)	Elizabeth Leivers 2:58:27		
2532(7)	Sammy Green 3:00:25	2621(8)	Martino Smith 3:01:02	3069(9)	Valerie Lemmis 3:05:14
3236(10)	Carol Tennison 3:06:26	3668(11)	Rose Gillick 3:09:29	3749(12)	Ruth Mann 3:09:57
4139(13)	Christine Walker 3:12:37	4363(14)	Deborah Sandringham 3:14:00		
4406(15)	Maria Morley 3:14:13	4465(16)	Helen Foster 3:14:35		
4808(17)	Kathleen Brightman 3:15:24	4649(18)	Patricia Card 3:15:37		
4828(19)	Patricia Ashwell 3:16:32	4843(20)	Emma Fiewitt 3:18:01		
5258(22)	Barbara Stringer 3:21:02	5523(23)	Emma Savage 3:20:38		
5562(24)	Rosaline Grimley 3:21:03	5742(25)	Tin Yoo 3:21:52	6221(26)	Nancy Tyrrell 3:24:25
6251(27)	Doreen Lend 3:24:40	6321(28)	Rita Banks 3:25:08		
6326(29)	Jean Paul Gariglio 3:25:11	6618(30)	Pauline Clifton 3:26:41	6645(31)	Gill Lea 3:26:51
6725(32)	Dorothy Smith 3:27:18	6759(33)	Susan Vernon 3:27:31		
6753(34)	Loretto Denley 3:27:41	6813(35)	Christine Thompson 3:27:47		
7260(36)	Ruth Monaghan 3:29:50	7344(37)	Anna Trowhill 3:30:12		
7397(38)	Margaret Dunn 3:30:30	7444(39)	Susan Taylor 3:30:48	7598(40)	Myra Garrett 3:31:28
7661(41)	Margaret Brooke 3:31:55	7687(42)	Helen Burns 3:32:03	7720(43)	Eileen Grant 3:32:12
7860(44)	Jill Stanyard 3:32:50	7941(45)	Anne Briggs 3:33:18	7977(46)	Marie Fourt 3:33:31
8000(47)	Maggie Govenor 3:33:39	8074(48)	Anne Radley 3:33:58		
8111(49)	Pauline Baker 3:34:12	8352(50)	Janet Bower 3:35:24	8417(51)	Molly Fisher 3:35:42
8482(52)	Jean Pattison 3:36:05	8583(53)	Viviane Francois 3:36:33		
8644(54)	Christine Flood 3:36:48	8723(55)	Ann Dex 3:37:14	8799(56)	Diane Shippides 3:37:43
8895(57)	Andrew Milner 3:38:10	8922(58)	Wendy Hill 3:38:19		
8937(59)	Jeannette McCullaghan 3:38:24	9295(60)	Maureen Grieve 3:40:09		
9334(61)	Gail Barry 3:40:26	9344(62)	Josephine Blackston 3:40:29		
9460(63)	Linda Dean 3:41:06	9538(64)	Sandra Hughes 3:41:36		
9584(65)	Patricia Davies 3:41:49	9778(66)	Patricia Kendrick 3:42:43		
9912(67)	Janet Towler 3:43:28	9961(68)	Paula Bourne 3:43:42	9996(69)	Carole Tomlin 3:43:52
10042(70)	Carolyn Llewellyn 3:44:11	10057(71)	Vivien Crowe 3:44:24		
10080(72)	Angela Wray 3:44:31	10084(73)	Jackie Toose 3:44:33		
10218(74)	Moya Denny 3:45:10	10330(75)	Pauline Lynch 3:45:44		
10445(76)	Gisela Mitchell 3:46:14	10481(77)	Margaret Daniels 3:46:24		
10668(78)	Marie Jones 3:47:31	10728(79)	Judith Ashton 3:47:53		
10788(80)	Mary Braithwaite 3:48:14	10876(81)	Christiane Heydon 3:48:48		
10991(82)	Lesley Badger 3:49:33	11006(83)	Janet Rimmer 3:49:39		
11046(84)	Patricia Edwards 3:49:51	11071(85)	Carol Hammond 3:49:57		
11148(86)	Barbara Cain 3:50:24	11239(87)	Georgina Little 3:50:51		
11439(88)	Julia Boas 3:51:58	11444(89)	Anne Johnstone 3:51:59		
11600(90)	Wendy Morrison 3:52:47	11626(91)	Janet Cook 3:52:53		
11632(92)	Betty Brodie 3:52:54	11633(93)	Paulette Crossfield 3:52:54		
11652(94)	Eileen Leary 3:53:01	11713(95)	Christine Middleton 3:53:20		
11727(96)	Emma Scoggins 3:53:26	11735(97)	Jamila Parsley 3:53:30		
11900(98)	Wendy Woodbridge 3:54:26	12029(99)	Gillian Milliken-Smith 3:54:55		
12100(100)	Gillian Constable 3:55:19				



Mike Hurd

Isle of Wight Marathon 16 May

M50	1 P Kindred 2:26:48
M50	7 P Lawrence 2:42:58
M40	11 J Jolliffe 2:45:53
M40	13 J Jones 2:47:20
M40	14 B Laith 2:47:54
M50	15 M Keough 2:48:07
	16 L Ingold 2:49:46
	18 C Gray 2:52:54
	24 M Leatherdale 2:58:23
	R Hazell 2:58:36
	26 R Pearson 2:59:57
	30 M Richards 3:04:07
	31 D Stead 3:04:34
	32 G Parry 3:05:05
	34 J Parker 3:05:43
	35 P Collins 3:06:25
	37 R Wynberg 3:06:32
	38 C Fyfe 3:06:49
	40 D Allum 3:06:50
	44 J Cook 3:08:52
	46 D Perkins 3:09:19
	47 J Trimmer 3:09:22
M50	48 A Torm 3:09:24
	49 S Lee 3:10:07
	91 J Fulcher 3:10:45
	92 P Beattie 3:12:47
	93 W Morgan 3:13:06
	95 M Knight 3:15:15
	97 E Barrett 3:15:44
	98 S Laith 3:16:39
	99 A Kent 3:18:19
	65 M Williams 3:18:49
	67 L Littlejohns 3:19:22
	70 J Mattinson 3:20:24
	76 D Whiting 3:23:05
	78 J Gordon 3:24:24
	84 W Vet Pat Allen 3:27:37
	86 H Fletcher 3:30:09
	87 G Donaldson 3:31:13
	88 W Day 3:31:13
	90 R McAdam 3:33:25
	94 P Collins 3:35:09
	95 Roger Young 3:35:10
	97 Peter Webb 3:36:53
	101 Colin Godding 3:38:43
	103 David Cooper 3:40:59
	105 M Hayward 3:41:14
	106 L Mathers 3:41:14
	108 M Gulliver 3:44:51
	109 R Collins
	P Littlejohns
	113 H Martin 3:49:16
	114 R van Dyck 3:49:36
	116 A Manice 3:50:08
	120 J Schofield 3:51:54
	121 B Hackney 3:52:01
	120 R Wilson 3:57:04
	133 W Vet E Knott 4:06:18
	136 T Braines 4:08:51
	139 J Jackson 4:13:35
	141 J Powell 4:14:13
	144 D Woodman 4:16:24
	152 finished
Teams	
	1 Woodstock H 7:53:03
	2 Ryde H 8:43:26
	3 Crawley AC 8:47:14
	4 Basingstoke AC (Vets) 8:53:15
M55	143 Edward Jones 3:48:10
	148 Geoffrey Smith 3:50:22
M50	149 Vernon Swallow 3:50:50
	151 Edward Stables 3:51:32
	152 Barry Sinar 3:51:45
M55	159 Jean Swallow 3:53:26
	160 Arnold Pickett 3:53:29
	163 Philip Duffy 3:54:22
	165 Eddie Gutteridge 3:55:40
	168 Alan Heath 3:57:37
	169 Joseph Wareing 3:59:14
	170 John Legge 3:59:44
	172 Brian Lister 3:59:45
	175 Neil Tansey 4:00:44
	177 Bill Donson 4:01:44
	178 Ken Jackson 4:01:45
	179 William Brownlie 4:01:50
	180 Keith Walton 4:01:57
M55	181 Alan Turner 4:01:58
	193 James Whitaker 4:04:18
	198 Richard Hatfield 4:06:35
	199 Leon Moss 4:07:16
M60	203 Peter Tchakovsky 4:08:20
	205 David Tullitt 4:09:22
	206 John Ramsbottom 4:09:22
	207 Gordon Earley 4:09:36
	209 Brian James 4:10:11
	210 Michael Bedford 4:10:14
	211 Raymond Dalley 4:10:43
	214 Michael Faraday 4:13:42
M60	215 James Wilkinson 4:13:43
	217 Christiana Vermaak 4:13:51
	218 Norman Bonnett 4:13:53
	219 Peter Barrett 4:14:40
	222 Roy Hughes 4:16:26

1st Open Veterans Half Marathon Welwyn Garden City 26 July

Open Race M40-49	£££	BVAf Champs M40
1 65:05 M Hurd	250	M Hurd
2 67:10 S Cowles	150	S Cowles
3 67:22 H Clague	120	H Clague
4 67:29 E Cunningham	80	M45
5 67:31 D Austin	60	16 70:03 M Palmer
6 67:56 E Lee	50	22 72:12 R Toogood
		25 72:48 G Tunnell
		M50
23 72:35 C Leigh	140	C Leigh
32 73:25 T Ryan	90	T Ryan
38 74:19 R Pannell	60	R Pannell
44 74:46 R Slowe	50	M55
46 74:54 J Dixon	40	J Dixon
49 79:03 H Clayton	30	50 75:18 E Kirkup
		53 75:33 LO'Hara
		M60
102 80:33 S Charlton	60	S Charlton
105 85:23 J Kirk	50	J Kirk
189 85:40 R Dare	40	R Dare
209 86:51 W B Jenkins	30	M65
213 87:12 R Lucas	25	W B Jenkins
215 87:22 F Dobson	20	245 88:59 J Senior
		306 91:59 R Brierley
		M70
371 96:30 E Warwick	40	E Warwick
444 102:13 L Jones	30	L Jones
514 112:36 A Southwell	20	536 118:36 A Leverdier
		M75
		A Southwell
		520 114:10 L Rolls
		566 136:38 W Symes
		W35
67 77:07 B Cardy	200	B Cardy
92 79:17 A Roden	140	M Palmer
94 79:50 M Palmer	120	Z Marchant
105 80:47 Z Marchant	80	W40</

'Run like me — for a winning team'

Jack Buckner,
European 5000m
champion.



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VETERAN PROFILES

RON BELL

	Progression	
	Pre Vet	Vet
800m	1:49.7	1:53.5
1500m	3:45.3	3:53.8
5000m	14:40.0	15:03.0

We hear so much of the increasing number of vets taking part in the sport and the regular setting of new records, that we obviously assume the general standard of performance to be improving. Maybe it is, but it is strange to note that many British records in the M40 age-group have stood for a decade or more.

So, there are some impressive records there to be shot at and the man doing some accurate shooting this year is Ron Bell of Wrexham, a first-year vet.

Ron turned vet in February and lost no time announcing his presence on the scene. His 800m win at the Indoor Championships at Cosford in a world best of 1:57.2 indicated that he was likely to produce some fast times this summer, and he has. In the space of three weeks he set two British records and a World record.

On May 19th he ran 1:55.8 at Stretford to better the 1:56.3 by Ron Anderson back in 1978. On June 14th in a G.R.E. Cup match at Coventry he came up with a couple of truly outstanding performances. Firstly he improved his British 800m time and set a new World record with 1:53.5, then he ran 3:57.0 for 1500m, just .4 slower than the British best set by Nat Fisher in 1977. Obviously this one had to go too and nine days later at Stretford he produced 3:53.8, the fastest time since the Frenchman, Michel Bernard, set the World record of 3:52.0 in 1972.

Ron was fast, very fast, but could he compete, could he accelerate off a slow pace? The Corby Championships answered the question as he took the 800 and 1500 in just this fashion. A man with the potential to take a World Championship, there can be no doubt.

Ron's a Geordie, born in South Shields. He was a good junior runner doing 400, 800 and 1500 and took a Northern Counties Junior Championship. Almost all his running has been confined to the track; he dislikes cross-country. In 1964 he moved to London and joined Highgate Harriers but moved back to Tyneside two years later, running first for South Shields and then Morpeth. It was there he met Jim Alder who he says helped him tremendously.



Bell, Roper in BVAF 1500m

In 1972 his job took him south again, to Dartford, and he rejoined Highgate. He won the Kent 800m and competed for them in the Inter-Counties. At that time he was getting invitations to international class races and making inter-area matches. In '76 he moved from London to Wrexham and gave up running. He kept fit by playing badminton.

His daughter's interest in the sport brought Ron back to the track. He watched her training and once more got the bug, jogging at first but then the competitive urge came back. 1982 saw the second coming of Ron Bell. The difference this time is that he does see the value of cross-country and road, but only as an assistance to his 800/1500 training; he still dislikes the country.

He says his membership of the Wrexham club has much to do with his recent success and the support and encouragement he gets from his club-mates gives him an extra lift. It is with a feeling of pride that he pulls on the club's maroon vest.

Melbourne and the World Championships is his next big test, but he feels the financial pinch of making such a long journey and is looking for sponsorship. The British vets have only a handful of M40 World Champions and there can surely be no more deserving case for sponsorship.

Ron is an example of the generally held belief that the most successful vets are the good class club athletes who never quite made the top grade in their twenties or thirties but who kept going and lost only a little of their ability as they got older. His 'before and after' PB's indicate this.

Wilf Morgan

VETS AC

Their summer 5M road races and 10M champs have acknowledged an outstanding new champion in Mike Hartley, of Cambridge H, who is also a further ex-cyclist, against strong competition, with Dennis Williams his rival.

10K track champs drew a small but quality field and proved its lap judging with Jack Fitzgerald's method.

VA readers have been running as guests in Battersea mid weekers

SOUTH WEST

Exeter H held the 3rd and valuable Open Vets meeting on 31 May and this will be reported in the next issue.

We hear Keith Deathridge, a prominent and former midland vet, has set up shop at: Running Free, Torbay, 29 Church St, Paignton.

SOUTH

SCVAC held a well staged T&F at Tooting Bec, London SW17 - results are listed. Outstanding were ex international Ian Green, 100m, Derek Wood, who cut back pacemaker R. Higgs, new to vet track racing, late in the 5000m, Giles Brindley, also 5000m, and with Javelin, D. Palmer and R. Bartlett, exceeding 50m into the breeze.

Other track meetings were the Cophall Show, previously named Barnet Gala, strong in a limited range of events, and Bromley Vets evening meet at Norman Park, results awaited for the latter. Blackheath H stage this useful mid weeker with Bromley Ladies but it would be good if the former's black vest were as familiar in Veteran competitions as in the blue and cerise of Bromley Ladies.

AROUND THE REGIONS

MIDLANDS

MVAC were glad when they got sponsorship from Redditch Sports Council for their Veterans Track League which drew 12 clubs. The only casualty of the summer programme was the Tamworth handicaps meeting. But not forgetting Cosford and Cheltenham in the spring, they will see an ambitious season through with a flourish with the busy September programme in the West Midlands.

Wilf Morgan, and also Brian and Phil Owen were those men at the mike at Corby.

NORTHERN IRELAND

Were represented at BVAF Champs Corby by medallists J. Todd, distance races, J.T. Glover 400H, J. P. Cowler sprints and T. Alderdice. Results in Ulster are printed in full within.

SCOTLAND

In the Luddon Half Marathon near on a hundred competed for the Scottish Veteran Harriers Championship. A highlight was the over 70 battle between past president David Morrison, 91:09, and Treasurer Gordon Porteous coming back from injury, on 93:48, and they're both 73!

Raiding south to Corby in the Midlands were a dozen or more Scottish listed veterans. The majority were medallists and outstanding of course was the new sprint champion George McNeil.

Scotland's team were 3rd in the Potteries Marathon.

NORTH EAST

Bob Peart sends report of two famous Northern races.

BLAYDON RACES. This was the 125th Anniversary of the Blaydon Races — theme of the Geordie National Anthem Song. Blaydon Harriers organise this race from the original site in Newcastle upon Tyne via the famous Scotswood Road to Blaydon. The race is always held on the 9th June. The race this year was over 5.7 miles, and its popularity was reflected in the 2,280 entrants for a Tuesday evening race. It may be that the free bottle of Newcastle Brown Ale plus ham and 'stotty cake' sandwich with a slice of black pudding at the finish line encourages the competitors to finish. A terrific tussle is always assured in the Veterans section and this year was no exception.

Elswick Vets won the Team Race ahead of Gosforth and Morpeth.

GREAT NORTH RUN 21 June. For the organisers the Great North Run was a huge success with a record entry of almost 28,000 runners. The field lined up behind one starting line on both sides of the Newcastle radial motorway and made an amazing spectacle. Rob De Castilla won in 62:04. However, North East Veteran and Elswick Harrier Harry Mathews was 1st over 40 Veteran in an outstanding 44th place with a time of 68min 45seconds. Unfortunately, no Veterans prizes are awarded in the GNR. All athletes however agree that recognition should be given by the organisers of performances such as Harry's and other veteran age group winners.

Since then Mathews and Derek Littlewood were close open 2nd and 3rds in the Northumberland Coastal Run on 19 July.

NORTH

NVAC send a report of their Bolton Track Champs.

"The Gods did not smile kindly on the Northern Veterans this year, Bolton's new eight lane all-weather track being subjected to deluges which seemed to be thrown direct from nearby Winter Hill.

However throughout the gloom of the day one ray of sunshine appeared every time Marjorie Hocknell set foot on the track. Starting her career as a veteran, Marjorie has boundless enthusiasm which is transferred into superb performances, and four victories at 100m, 200m, 400m and 400m Hurdles were inspirational.

Two solo wins for Wrexham's Ron Bell in the M40 800 and 1500m were effortless time trials.

Bob Hooks scored a good sprint double in the M45, his 200m time 23.4, being particularly outstanding in the conditions.

Field events men had a miserable day, but a solid nucleus of competition ensued throughout the events."

signed FIDO

The well reputed Pennine race held the area Marathon championships. It drew strong veteran support and a fine race overall win for Mike Critchley, who had been 3rd in the very strong National cross country. The top 40 of that one have been winning races alright.

EASTERN

EVAC put on the National Championships at Corby.

This was surely a smooth running occasion, the product of much planning and organisation by Ted Butcher, Dick Hughes, Tony Churchill & Co.

They got the Focus deal for sponsorship and took a fine, accessible track. There were many features — a glossy, illustrated programme, regular results from Tony's computer, IBM PC, — he wrote the programme for the job — convenient catering and bar, a snacious level camping site, and informed commentary

Their results book is now published

WALES

Put out a national team for the Potteries Marathon, Hon Sec Derek Williams was third member, but short of Dic Evans only placed fourth. The South Wales League has been running, with a strong Ladies league. And Wales VAA confirm they will put on next years BVAF track gathering at Swansea.



Harry Mathews and Derek Littlewood at Welwyn



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SUPPLIERS OF SPECIALS SINCE 1977

FIXTURES

Legend

cd closing date

v wv total number of Men's Vet Prizes and Women's Vet Prizes

[bracketed denotes fixture held in previous years]

NATIONAL

12-13 Sep	BVAF Decathlon Sheffield cd 29 Aug see page 7
19 Sep	'Athletics Today' Inter Counties T & F Warley Forms Tony Crocker Croft Cottage Upton Snodbury Worcs
27 Sep	BVAF & Kodak Barnsley Vets 10k cd 11 Sep see page 7 Forms 29 Havercroft Rise S Hiendley Barnsley S Yorks
27 Sep	BVAF 10k Track Walk 5k Women Wolverhampton
27 Sep	North v South v Mid v Wales T & F Wolverhampton
Midlands to pick from own Champs. South Team Manager Vic Smith, below.	
4 Oct	BVAF & Flying Fox Marathon Stone. See p2
31 Oct	BVAF 20k/10k Road Walk Chigwell Essex P Worth 21 Baas Hill Close Broxbourne Herts

MIDLAND

30 Aug	MVAC Pentathlon Champs Droitwich - Brian Owen
19 Sep	Nuneaton H 10M inc MVAC Champs cd 12 Sep
27 Sep	Boro of Wolv'n Masters T & F Wolverhampton cd 13 Sep Brian Owen 'Railway Cuttings' Thorngrove Rd Gt Malvern WR14 3BX
11 Oct	Droitwich Throws meet 11am
25 Oct	Focus 10k Veterans Challenge Trentham 1045am cd 5 oct Forms details Don Shelley PMP Trentham Gdns N Staffs

INTERNATIONAL

9-11 Oct	Italian Open Masters T & F Sardinia
25 Oct	Split Marathon Yugoslavia
28 Nov-6 Dec	VI 1 World Veteran Games Melbourne Aus
13 Dec	Calvia Marathon Mallorca
1988	
18-19 Jun	IGAL 10 & 25k Brugge Belgium
26 Jun-3 July	VI European Veteran Games Verona Italy
8-9 Oct	IGAL Seoul Korea Tour enquiries - Mrs B Dunsford VEST Tours 71 Hillside Cres Harrow Middx

SOUTHERN

23 Aug	Veteran AC Track Champs W London Stadium (members)
29 Aug	Dartford Open & Vets T & F 11 Vet events to close 17 Aug
6 Sep	Twickenham AC Vets open T & F Barn Elms SW13 13 events Mrs Neal 4 Blandford Av Whitton TW2 6HS
13 Sep	Horsham Parkland Races Vets 3m - F Jordan
13 Sep	SCVAC 10M 11am Forbanks AC Beckenham £2 ed 1 Sep B Dunsford
27 Sep	Open Vets & SCVAC Track 10k Deangate Rochester £2 ed 14 Sep Vic Smith 88 Gardiner St Gillingham
3 Oct	Haywards Heath XC Meeting Vets M & W 5K - John Gill
26 Sep	Bognor & Chichester Parkland Vets 6k - Geo Scutts
4 Oct	Vets Open Meeting Palmers Park Reading details 10 Fullbrook Cres Tilehurst Reading
25 Oct	Harlow Marathon & SCVAC Champs (£1 extra) & Essex details John Williams Harlow Sports Centre Harlow CM20 2JF

Note: Woodford XC Relays will not be held before '88

SOUTH WESTERN

9 Sep	SWVAC Track Meeting Kings Park Bournemouth events info D Lard, p2
18 Oct	Newton Abbot 10k inc SWVAC Champs
15 Nov	Cornish Marathon inc SWVAC Champs

WALES

12 Sep	Welsh VAA T & F Swansea Stadium 15 events Champs also open to BVAF Vets holding Welsh qualifications Guests may run. Entries accepted on the day - Derek Williams, p2
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WOMEN ONLY

31 Aug	Ketley Ladies 5K Road Telford AC Salop
5/6/13 Sep	Womans Own Nike 10k Run many locations to close 14 August
12 Sep	Dartford H Kent Vet Ladies 2.75M Road £1 by 7 Sep Drew 23 Claremont Cresc Crayford DA1 4RJ
[27 Sep	Mitcham Surrey Ladies XC 10k]
10 Oct	Vets AC Open Lady Vets XC 2 1/2 M Wimbledon SW19 - P Harvey p2

NORTH EAST

6 Sep	North East Marathon, Whitley Bay inc NEVAC Champs NB support wanted for only Tyneside Marathon
20 Sep	Berwick Walls Vets 3M
10 Oct	Houghton Road Races - Vets race
7 Nov	Heaton Road Races Newcastle-upon-Tyne - Vets race
28 Nov	Gateshead International XC Meeting - Vets race
5 Dec	Elswick H Woodcock 10K - Vets race
6 Dec	Blaydon Sands - Vets race

SCOTLAND

23 Aug	SVAC Marathon
20 Sep	Glasgow Marathon

ISLE OF MAN

23 Aug	Isle of Man Marathon & 1/2 M to close 10 August
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NORTHERN

13 Sep	Bury Sports Council 10M Road 11am 15v 9wv £250 - BSC 112 Bury Rd Ratcliffe M26 9UX
[15 Nov	Preston 10M with 11v 5wv]

Note Hull Masters T & F will not be held before '88

EASTERN

30 Aug	EVAC Champs & Open Vets T & F Peterborough subject track surface completed 13 events cd 25/8 Forms J R Hughes 37 High St Market Deeping Peterborough
6 Sep	Ipswich Marathon inc EVAC Champs

Two Championships in the autumn complete the distance schedule.

The 10K Road race first run as a BVAF Championship last year and won by Alan Rushmer continues at Barnsley under the Kodak banner and Northern Classic 10K programme. Veterans will be well looked after by the town team of Barnsley Council and Barnsley Road Runners, and Kodak, the first sponsors of a BVAF Champs at the Hemel 5K, are putting up £1500 for Veteran prizes. This will be chiefly sports equipment and is sure to represent extra value for those further down the prize list, see ad page 7.

The course is described as a fast 2 lap town centre course with a steep hill - Rushmer's time was 31:09.

And the late news is that Barnsley have obtained subventions for the first three Vets past the post. They will be £300, £200 and £100.

Second is the *Flying Fox Marathon* for Veteran ninth running [see ad page 2]. Flying Fox is the symbol of Stone Master Marathoners, the remarkable veterans club. The fox is a large fruit bat, light enough to hang upside down and fly a hundred kilometres a day with 'Wisdom and Lightness of Heart' as their Latin motto says, There's inspiration for you!

The Stone marathon has, a very solid reputation for organisation, and atmosphere. It offers prizes, BVAF trophies and ceramic medals. The course is flat and fast. Men winners times range from 2:25 to 2:35 and women from 2:57 to 3:12. Monica Dartington, Elaine Statham and the others, who wear the distinctive cherry colours of Stone, hope for many more women this year.

And a new feature to encourage Club teams, who have to finish 5 or more, under the 5 hour race limit, is a draw for a £250 voucher.



New Veterans Race

10k Veterans Challenge is the title of a special event promoted by Don Shelley and Potteries Marathon Promotions. It is born out of the previous Focus 20k Classic and is staged in the woods and parklands of the historic Trentham Estate, on Sunday 25 October at 10.45. Supporting events of the Focus Festival of Running are a fun run, 3m, and an open 10k Classic, 17 years and over, at 12 noon.

Graham Bagnall and Elaine Statham, '86 Focus winners, are expected to compete against some quality opposition. Forms and details from Don Shelley, PMP, Trentham Gardens, North Staff, ST4 8AX.

Sylvester Stein's new book "99 ways to reach 100", step by step advice for a long healthy happy life, is published by Century Paperbacks, price £5.95.

TS • RESULTS

MEN

1000m		800m	
M40 G McNeil	11.4	M40 R Bell	1:56.2
G Sutton	11.6	L Duffly	1:58.6
D Green	11.6	J Hanratty	1:58.6
R A Bush	11.7	J T Glover	1:59.6
I Foster	11.8	T Alderice	1:59.6
M J Toole	1.8	A Painter	2:01.0
D M Pickering	11.8	I P Pearce	2:02.3
W Thomas	12.3	J Dwyer	2:05.4
M45 R W Hooks	12.0	M O Cockwill	2:05.9
J McAnany	12.0	B L Mackay	2:06.8
R W Wright	12.5	D C Green	2:07.5
C Derrett	12.7	J Carter	2:12.4
A Duckett	12.8	R J Robinson	2:14.4
M Watson	12.9	C V James	2:16.8
A Treacher	13.7	R J Roberts	2:25.9
R D Robertson	13.2	M45 A B Fitzjohn	2:01.5
J F Ross	13.3	F Hearn	2:04.6
M50 F Taylor	12.1	J B Garber	2:06.1
D Burton	12.4	M S Wrenn	2:07.2
D Herman	13.1	M H Robinson	2:07.5
G R Daborn	13.6	J R Newcombe	2:08.5
A A Bowman	13.7	I B Paterson	2:11.0
J A Baron	13.8	A L Snowden	2:11.2
M55 C S Williams	12.3	G N Johnson	2:20.4
W Guy	12.5	M Duggan	2:30.9
K Gleneak	13.0	J Neary	2:36.0
D R Howarth	13.9	M50 B Bartholomew	2:05.1 [BR]
W Ellison	13.9	L Cooke	2:09.0
M60 G Bridgeman	13.7	B Bullen	2:09.5
J P Cowler	13.8	C Beckwith	2:13.8
J Moran	13.8	I E Addison	2:20.8
J O Quantrell	14.3	N Hamilton	2:20.9
R Clark	15.2		
V A Rivero	15.2		
W Roberts	15.5		
M65 W Williams	14.3		
D H King	14.8		
L M Brown	15.4		
S Stein	15.5		
J A Swinton	15.9		
M70 C T Fairley	14.9		
B D Metcalf	15.4		
M75 S B Busby	15.9		
S McSweeney	16.5		
A G Beckett	16.9		
M80 W Baker	19.4		

200m	
M40 G McNeil	22.9
J L Henson	23.4
R A Bush	23.5
G Sutton	23.5
I Foster	23.7
M J Toole	24.2
D M Pickering	24.2
J A Topless	24.4
M45 R W Hooks	24.0
J McAnany	24.0
J B Steele	24.4
R L Austin	25.2
J Goody	25.5
R Caplis	25.8
M50 D Burton	24.0
F Taylor	24.2
J W Wood	25.5
B K Griffiths	27.0
G R Daborn	27.7
J A Baron	27.9
A A Bowman	27.9
K J Creffield	29.0
M55 C S Williams	24.9
W Guy	25.1
K M Whitaker	26.6
K Gleneak	26.6
W Ellison	27.8
D R Howarth	28.1
J C Cross	30.1
M60 J Moran	27.5
J P Cowler	27.7
W Roberts	31.9
M65 D H King	30.6
L M Brown	30.8
M70 B D Metcalf	31.3
M75 S B Busby	32.3
S McSweeney	33.3

1500m	
M40 R Bell	4:04.6
A F Roper	4:04.9
R R Bryan	4:09.1
M J Duff	4:09.9
J Walton	4:10.7
I P Pearce	4:14.0
M R Theobald	4:19.0
J Carter	4:21.8
R M Porter	4:23.1
B L Mackay	4:23.8
S F Colledge	4:25.4
T Attey	4:26.6
T O'Brien	4:30.3
D Rainbird	4:32.0
J Robinson	4:43.5
R J Roberts	5:27.4
M45 C Vazee	4:11.6
C Bolton	4:15.2
M H Robinson	4:16.9
K Summersgill	4:20.8
M S Wrenn	4:22.4
M Duggan	4:34.5
O Cowgill	4:36.8
G N Johnson	5:01.9
J Neary	5:08.3
M50 B Bartholomew	4:22.2
E Williams	4:24.3
K W Sutton	4:25.0
N Hamilton	4:40.8
I E Addison	4:41.7
P Wilks	4:44.5
P Harrison	4:55.0
M55 A Hughes	4:42.1
L W Forster	4:45.6
P J Harvey	4:55.9
L A Green	5:04.5
B Hood	5:08.3
J M Dean	6:09.7
M60 K C Bruns	5:03.3
R Lucas	5:04.6
B C Nielsen	5:11.1
E Joynson	5:22.0
F H Dobson	5:30.4
T Rowley	5:31.3
M65 J Todd	5:03.9
J W Senior	5:14.9
J Snelson	6:31.8
M70 E Warwick	6:06.8
M80 R White	11:50.6



Brian Bartholomew leads Clive Beckwith

5000m	
M50 A F Roper	14:55.4
S Cowles	15:00.2
M J Duff	15:17.4
J R Offord	15:39.7
J A Shields	15:49.3
J Walton	16:12.1
M J Holt	16:28.8
M Dixon	16:39.5

RESULTS • RESULTS • RESULTS • RESULTS • F

BVAF Championships 1987
Rockingham, Corby
11-12 July 1987



Championship Secretary Tony Churchill

A Nixon	16:42.7	D Linton	37:14.4
AB White	16:51.4	E Cooper	37:58.4
T O'Brien	16:56.2	B Hood	40:02.6
T Attey	17:11.1	ED Thompson	
DA Forman	17:22.4	DW Sudbury	
CJ Bosley	17:51.9	R Pace	42:53.2
T Farrow	18:03.7	R Franklin	42:21.4
GR Slack	18:19.8	M60 DH Robinson	39:48.9
JL Searl	18:32.3	G Brindley	40:15.2
J D Neville	18:34.4	A Hitchings	42:02.4
M50 K Summersgill	16:05.0	G Meach	42:18.8
RE Grubb	16:33.3	J B Foden	46:56.1
C Bolton	16:39.4	D G Lord	53:28.4
B Purvis	16:44.9	M65 W B Jenkins	40:02.3
M C Rosbrook	17:40.4	J Todd	40:21.3
PW Howard	18:22.9	R F Brierley	42:11.7
G Treacher	18:54.1	M70 L A Jones	46:15.1
AM Tucker	19:27.6		
DJ Briggs	20:40.2		
M50 Isaacs	16:09.6		
A Griffiths	16:35.0		
J A Mills	16:37.9		
M C Morris	16:53.1		
PM Rogers	17:06.7		
RG Snelling	17:16.0		
BB Shave	18:09.3		
J F Godbeer	18:56.7		
BJ Gore	18:58.6		
J Atkinson	19:10.4		
A Prouse	19:11.6		
M55 JD Wood	16:50.7		
LW Forster	17:26.6		
A Hughes	17:38.3		
W Clapham	18:36.2		
A J Walsham	18:40.1		
E Cooper	18:46.7		
R Franklin	19:56.3		
M60 G Meach	19:21.3		
K C Bruns	19:33.8		
E Joynson	19:35.2		
D H Robinson	19:43.6		
F H Dobson	20:01.6		
J F Fitzgerald	20:49.8		
D B Lord	25:36.7		
M65 J Todd	19:07.9 [BR]		
WB Jenkins	19:22.8		
J Broughton	20:00.8		
RF Brierley	20:24.4		
M70 E Warwick	21:56.7		
M80 W H Chapman	28:00.0		

M40 S Cowles	31:43.5	M40 R G Care	13:23.6
H Mathews	32:11.1	P C Hannell	13:44.4
M J Duff	32:19.8	L W Scrivens	15:45.8
J A Shields	32:39.7	M45 A Smallwood	14:06.2
D J Peggs	33:43.9	W K Newhill	15:29.9
B Tate	33:55.0	M50 D Stevens	13:23.6
J Walton	34:01.7	C P Stapleford	15:02.5
R F Williams	34:05.3	CE Dunn	15:06.8
S F Colledge	34:30.0	J F Godbeer	15:54.1
T O'Brien	34:41.9	J Marshall	16:31.3
B C Webb	34:44.3	W Rawlins	16:38.9
D J Blount	37:40.6	M55 D Fotheringham	15:14.6
GR Slack	38:53.7	P Worth	15:54.8
J D Neville	39:30.5	P V Burns	16:22.8
R J Roberts	42:17.6	M60 L Croo	15:51.8
M45 K Summersgill	33:04.8	GT Pask	17:55.8
M Turner	33:41.4	M65 C Colman	16:18.1
J Pelling	33:44.1	M70 E Warwick	18:15.2
G Neville	39:16.5	A H Poole	19:06.9
A M Tucker	43:34.2	M75 J A Grimwade	16:19.5
D J Briggs	44:25.0		
M50 A Lennon	33:18.9		
D J Cannon	35:19.4		
P M Rogers	35:38.3		
R G Snelling	35:42.9		
N Hamilton	36:20.1		
BB Shave	37:51.7		
B J Gore	39:18.8		
J G Green	40:50.3		
DM Sutcliffe	41:49.1		
M55 JD Wood	34:54.7		
LW Forster	36:29.5		
A Hughes	36:49.4		

Legend: [BR] New British Record

M70 B D Metcalf	17.6 [BR]
M75 R E Evans	20.2 [BR]
M40 J T Glover	57.8
AR Barrington	58.4
B B Scott	58.9
N A Johnson	60.9
G C Long	61.5
IG Carr	62.2
M45 DR Barrington	63.3
B D Charles	64.7
M50 W S Lane	62.5
C Shafto	63.1
G R Daborn	66.1
C Sheppard	72.0
N Hamilton	77.2
M55 K M Whitaker	66.2 [BR]
E K Ficken	77.0
ID Steedman	70.7

M65 L Williams	53.2
M75 R E Evans	74.0

M40 B Fraser	50.06
C J Meiluish	48.38
J D How	36.74
M Leath	29.84
DE Jolly	29.76
J P Curtin	27.72

M45 J Kee	46.22
H E Richardson	43.00
J Scott	40.10
E Coyle	35.22
M50 D A Bays	48.32
W T Trehanre	47.76
J T Caton-Mason	45.32
B Sumner	41.08
D C Birch	32.32
J D Howell	25.08

M55 P J McEvoy	38.98
R Buzzard	30.10
G H Roberts	27.98
M60 W J Kingsbury	32.62
I Smiths	29.50
W C Kearney	26.68
M70 H E Karlsson	22.14

M40 C S Ellis	48.26
M Leath	33.60
B Fraser	33.26
K D Williams	32.16
J P Curtin	28.58
J D How	22.98
DD Harris	18.98
M45 J Walters	38.42
A K Chromniak	37.66
J Kee	35.40
E Coyle	33.20
P A Hallett	30.96
G P Smith	30.94
B Young	27.28
A M Chapman	27.10

M50 W F Trehanre	38.80
G A Ratcliffe	33.34
B Sumner	31.82
J T Driver	31.74
J T Caton-Mason	30.52
B Lewis	30.40
J D Howell	29.72
M55 J A Watson	39.66
I Briggs	35.94
P J McEvoy	28.24
R Buzzard	19.48

M60 W J Kingsbury	34.12
W G Prowing	33.22
I Smiths	31.38
G Bridgeman	28.40
W Smith	27.66
W C Kearney	25.18
M75 S McSweeney	21.96

M40 B I McEwan	49.52
J Fanning	46.00
K D Williams	43.48
C J Brooks	42.40
R Masson	39.10
DE Jolly	37.06
DD Harris	30.94
M45 R Bartlett	50.28
J F Ross	44.26
T F Gill	42.18

A K Chromniak	40.92
A M Chapman	34.44
M50 J J Phillips	43.54
G A Ratcliffe	43.50
J T Driver	36.46
G J Osborne	32.46
M55 A Woods	33.06
M60 W G Prowing	38.08
I Smiths	28.98
M65 J A Swinton	25.96
M70 H E Karlsson	24.96
C Fairry	22.0

M80 W Baker	19.80
M40 G Bryton	14.20
B I McEwan	12.45
M Leath	11.74
K D Williams	10.55
J D How	9.38
M45 A K Chromniak	12.90
J Scott	12.70
E Coyle	11.07
A M Chapman	9.40
G P Smith	9.36

M50 G J Trmal	12.84
G Hickey	10.72
W B Whyte	12.15
B Sumner	10.78
J T Caton-Mason	10.31
I Buckley	10.26
G J Osborne	9.94
J T Driver	8.64
M55 J A Watson	10.89
A Woods	9.69
K Glenesk	8.19
P J McEvoy	7.58

M60 J Ogden	10.22
W J Kingsbury	10.13
F Laudobell	9.49
M70 B D Metcalf	9.70
CT Fairry	8.34
M75 S McSweeney	8.30
M80 W Baker	7.12

M40 H Duggan (IRL)	6.80*
S Power	6.22
C J Brooks	6.14
P S Jones	5.92
I W Amos	5.90
P Dukes	5.71
W Thomas	5.50
K F Moore	5.08
J E Craaby	5.01
G C Long	5.01

*Exceeds British Record

M45 J Parish	6.22 [BR]
DT Everett	5.69
AB Treacher	5.53
C Green	5.35
M50 F Taylor	5.64
D Burton	5.22
J A Baron	4.56
K J Creffield	4.12
M55 A S Kalirai	5.03
A Woods	4.66
CW Knowles	4.58
J C Cross	4.43

M60 G R Leete	4.61
J Moran	4.33
R Clark	3.86
W Roberts	3.81
M65 J A Swinton	3.71
D Sykes	3.69
M70 B D Metcalf	3.58

M40 S Power	13.64
J A Vernon	12.91
P S Jones	12.83
I W Amos	11.70
IC Newcombe	10.76
M45 J R Newcombe	11.82
C Green	11.31
DT Everett	11.30
J Parish	11.21

M50 D Marshall	10.72
J J Phillips	10.07
M55 A S Kalirai	10.13
C W Knowles	9.88
M60 G R Leete	10.28
R Clark	7.42
M65 J A Swinton	7.50
M70 B D Metcalf	7.82
M75 R E Evans	7.05 [BR]

M40 J Fanning	1.82
S Power	1.80
K F Moore	1.65
A Black	1.65
G C Long	1.60
IC Newcombe	1.55
R Rudd	1.50
DE Jolly	1.45
L Dunn	1.45
M45 K W Hands	1.55
C Green	1.50
M Watson	1.45

M50 G Meach	1.55
C Shafto	1.50
J T Driver	1.40
E Hamer	1.20
M55 A Woods	1.40
CW Knowles	1.35
M60 G R Leete	1.50
G Brindley	1.20
M70 B D Metcalf	1.10
M75 S McSweeney	1.18

M40 D G Ford	3.60
R Masson	3.60
J Wakeman	3.50
DE Jolly	3.30
R Rudd	3.10
M45 W G Benson	3.80
A J Mackay	3.60
K W Hands	3.40
M50 J E Day	3.00
P R Ferguson	2.90
R A Thomas	3.00
A Woods	2.90
G Brindley	2.40

M40 P R Fuller	2767
J Charlton	2637
C Toote	2403
P M Owen	2305
R Masson	2248
T Roberts	2097
P Jackson	2091
K R Johnston	1674
IC Newcombe	1638
DD Harris	1548
L B Monahan	1546

M45 J F Ross	2354
B D Charles	2100
B Harlick	1813
C Deirret	1872
W M Thomas	1257
L G Thomas	876
M50 D Burton	2157
D Marshall	2011
M E Morrell	1977
J P Phillips	1906
J T Driver	1870
G C Edwards	1173
M55 K Glenesk	1660
S Sonerson	1219
J M Dean	681
M60 G R Leete	1373
M65 J A Swinton	732
D Sykes	668

M40 P R Fuller	2767
J Charlton	2637
C Toote	2403
P M Owen	2305
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M40 P R Fuller	2767
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T Roberts	2097
P Jackson	2091
K R Johnston	1674
IC Newcombe	1638
DD Harris	1548
L B Monahan	1546

Dave Clark Trophy: D Burton

WOMEN

W40 D Fellows	18:41.6
C A Wild	18:53.7
W45 J L Bryan	19:59.0
M A Sweetlove	20:23.7
I Hornsey	20:57.4
Y Miles	21:12.7
B Cuschen	22:13.1
W50 P Jones	20:47.5
S E Thompson	22:14.0
B Smith	22:54.7
W60 M L Shone	23:39.7
W55 J Ross	21:54.6
W65 J E Waller	24:04.2 [BR]

W35 Z Marchant	36:56.8
S Cawwell	40:42.1
CL Mason	48:11.4
W40 C A Wild	38:15.1
D Fellows	39:23.2
M E James	40:41.2
K Yewer	41:19.5
W45 J L Bryan	41:18.9 [BR]
M A Sweetlove	43:01.1
I Hornsey	43:52.7
Y Miles	44:12.8
B Cuschen	46:57.5
W55 J Ross	44:48.3 [BR]
W65 J E Waller	50:03.7 [BR]

W35 J A Bleach	17:17.0
W40 L Millen	15:31.6
C A Bean	16:00.7
S Haynes	16:40.4
G S Cann	17:15.0
W50 A Sayer	18:04.0
W55 M H Worth	16:40.4

W35 J A Bleach	17:17.0
W40 L Millen	15:31.6
C A Bean	16:00.7
S Haynes	16:40.4
G S Cann	17:15.0
W50 A Sayer	18:04.0
W55 M H Worth	16:40.4

W40 P A McNab	13.3
W45 C Marti	15.3
J R Charles	15.6

W40 M J Hocknell	68.8
W45 N Cross	83.9

W35 B M Carter	37.26
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BRUGGE BELGIUM INTERNATIONAL VETS 25K 21 June

	Place	in Cat
1 M Hurd GB 1:18.08 1A	1	
2 H Parmentier B 1:19.37	2	
3 B Brown USA 1:19.40 1A	3	
4 J Van de Water B 1:19.47 1A	4	
5 L Roberts GB 1:19.46 1A	5	
6 J Norman GB 1:20.17 1A	6	
7 G Schmitz BRD 1:20.50 1A	7	
8 O Van Noten B 1:21.49 1A	8	
9 K West GB 1:22.46 1A	9	
10 P Voets B 1:23.05 1B	1	
11 H Carmol B 1:23.29 1B	2	
12 T Kearns GB 1:23.54 1A	10	
13 D Clark GB 1:24.07 1A	11	
14 H Kosmalia 1:24.08 1A	12	
15 J Van Onselein B 1:24.14 2A	1	
16 J Baldwin GB 1:24.27 2A	2	
17 J Hansen B 1:25.02 1A	13	
18 D Lem GB 1:25.59 1A	14	
19 P Van Alphen NL 1:26.37 2B	1	
20 W Van Veen B 1:26.54 1A	15	
21 W Davies GB 1:27.03 1A	16	
22 K Summersgill GB 1:27.16 1B	4	
23 K Mayor GB 1:27.26 1A	18	
24 A Lennon GB 1:27.41 2A	3	
25 M Martin GB 1:28.33 1A	19	
26 E Thomas GB 1:28.51 1A	20	
27 N Nettleton GB 1:29.21 1B	5	
28 D Sutton GB 1:29.36 1A	21	
29 C Woodcock GB 1:30.03 1A	22	
30 B Barwell GB 1:30.11 1A	23	
31 P Newton GB 1:30.34 1A	25	
32 M Miller GB 1:30.50 1B	7	
33 M Cronin GB 1:31.04 1A	26	
34 D Beane GB 1:31.26 1B	40	
35 I Walton GB 1:31.36 1A	28	
36 D Beckett GB 1:31.37 2A	42	
37 J Allsopp GB 1:31.43 1A	29	
38 J Dean GB 1:31.46 1B	39	
39 S Toolan GB 1:31.51 1A	30	
40 R Jerns GB 1:32.05 1B	11	
41 A Stone GB 1:32.36 1B	12	
42 D White GB 1:33.05 1A	34	
43 T G Smith GB 1:33.09 1A	35	
44 R Hill GB 1:33.09 1B	13	
45 J D Wood GB 1:33.17 2B	3	
46 D Smith GB 1:33.21 1A	36	
47 G Gibson GB 1:33.59 1A	37	
48 J W Gordon GB 1:33.59 2A	5	
49 G Wakely GB 1:35.10 1A	39	
50 L Forster GB 1:35.12 2B	64	
51 K Robson GB 1:35.13 1B	15	
52 P Carr GB 1:35.15 1A	40	
53 S Cox GB 1:35.17 1A	41	
54 P Taylor GB 1:36.20 1B	22	
55 P Wyatt GB 1:36.43 2A	7	
56 J Coppin GB 1:37.14 1A	46	
57 D Gent GB 1:37.28 1A	47	
58 J Banville GB 1:37.43 1B	24	
59 D Nicholson GB 1:37.43 1A	48	
60 R Bolton GB 1:38.07 2A	10	
61 C Willis GB 1:38.22 1A	2	
62 J Rowe GB 1:38.40 1B	26	
63 D Brown GB 1:38.49 1A	51	
64 R Blastland GB 1:39.05 2B	6	
65 P Newby GB 1:39.11 1A	55	
66 A Walsh GB 1:39.24 2B	7	
67 J Rowe GB 1:39.32 1A	58	
68 R Lamb GB 1:39.41 2A	12	
69 A Graham GB 1:39.49 1B	27	
70 A Allen GB 1:39.53 1B	29	
71 A Bland GB 1:39.59 1B	3	
72 R Webb GB 1:39.59 2A	14	
73 J Jones GB 1:40.03 1B	30	
74 L Cousins GB 1:40.28 1B	31	
75 K Fidler GB 1:40.35 2A	15	
76 J Carpenter GB 1:40.38 1B	32	
77 J McKenna GB 1:40.40 2A	16	
78 J Whittier GB 1:40.43 1B	33	
79 G Brindley GB 1:41.02 3A	2	
80 M Overton GB 1:41.34 1A	66	
81 J Kirk GB 1:41.57 3A	7	
82 G Slack GB 1:42.38 1A	73	
83 J Seard GB 1:42.38 1A	74	
84 D McWilliam 1:42.41 1A	75	
85 G Neville GB 1:42.52 1B	38	
86 H Wood GB 1:43.12 1B	40	
87 M Crimmin GB 1:43.19 1B	41	
88 J Knowles GB 1:43.29 1A	77	
89 S Norris GB 1:43.43 1B	43	
90 R Martin GB 1:43.47 1A	78	
91 E Hudson GB 1:43.57 1B	44	
92 B Houchin GB 1:44.02 1A	79	
93 D Weston GB 1:44.18 2A	24	
94 E Smith GB 1:44.21 3B	2	
95 G Knight GB 1:44.32 2A	26	
96 A Sinclair GB 1:44.44 1B	45	
97 C Jarvis GB 1:44.54 1A	84	
98 R Wigley GB 1:44.56 1A	85	
99 P Hudson GB 1:44.57 1B	18	
100 M Ball GB 1:45.06 2A	6	
101 G Gould GB 1:45.09 1B	30	
102 P Kerrison GB 1:45.11 1A	86	
103 A Hancock GB 1:45.16 1B	47	
104 P Lusardi GB 1:45.27 1B	48	
105 A Trembath GB 1:45.33 1A	88	
106 R Beales GB 1:45.33 1B	49	
107 P Kingsley GB 1:45.41 1A	89	
108 G Hill GB 1:46.04 2A	32	
109 M Kirkwood GB 1:46.17 2A	34	
110 B Wright GB 1:46.25 3A	6	

National Teams

1 Great Britain 3:58.13	M Hurd, L Roberts, J Norman
2 Belgium 4:01.13	
3 Luxembourg	
4 Switzerland	
5 Netherlands	
6 Switzerland	
7 France	
8 Scotland 5:05.32	
9 Ireland 5:11.10	

Club Teams

1 Blackheath Harrier 4:14.18	L Roberts, J Baldwin, C Woodcock
2 Hillingdon AC 4:26.44	W Davies, E Thomas, M Miller
3 Tadcaster Harriers 4:36.47	J Nettleton, W Allan, P Carr

217 R Oliver GB 1:47.04 1B	54
222 P Holland GB 1:47.19 2A	37
225 B Kirk GB 1:47.28 1B	4
232 N Saxby GB 1:47.55 1B	60
234 M Wood GB 1:48.00 1B	61
236 J Neville GB 1:48.12 1A	96
238 B Jenkins GB 1:48.30 3B	3
241 C Bennett GB 1:48.36 1B	63
242 A Byers GB 1:48.39 2B	18
257 E Smith GB 1:49.30 2B	20
259 A West GB 1:49.38 1B	5
266 A Parker GB 1:50.05 1A	103
268 B Hargreaves GB 1:50.15 2B	22
276 J Kemp GB 1:50.42 2B	23
282 F Fourke GB 1:51.22 1B	73
285 J Ritchie GB 1:51.31 1A	107
287 G Robinson GB 1:51.45 2B	25
289 J Breen GB 1:51.53 1B	74
291 R Speers GB 1:52.01 1B	75
293 R Borman GB 1:52.05 1A	110
298 J Porter GB 1:52.19 1B	76
303 S Richardson GB 1:52.39 1A	112
308 J Atkinson GB 1:53.04 2A	54
309 I Whitecross GB 1:53.05 1B	10
311 G Scuffs GB 1:53.17 3B	6
312 J Brothers GB 1:53.18 2A	56
318 D Waring GB 1:53.52 2A	58
327 K Cresswell GB 1:54.37 1A	114
330 A Risley GB 1:54.45 2A	60
340 A Coaker GB 1:55.29 1B	88
347 H Wild GB 1:56.14 2A	63
353 R Crameri GB 1:57.03 2A	94
362 T Workman GB 1:57.44 1B	64
363 S Barr GB 1:57.49 2B	4
365 H Clayton GB 1:57.55 2B	36
373 R Davies GB 1:59.13 3A	17
377 W Hill GB 1:59.47 2A	69
380 M Graham GB 2:00.27 1A	124
385 B Jepson GB 2:00.59 2B	40
393 M Gunston GB 2:01.43 2A	74
399 G Lee GB 2:02.30 1A	126
400 N Cressy GB 2:02.42 2A	7
402 J Jarrold GB 2:02.48 1B	103
404 E Burgess GB 2:03.11 1B	104
407 B Norrish GB 2:03.32 1B	4
409 M Walton GB 2:03.53 1B	105
410 B Cushman GB 2:03.53 2B	6
415 S Walker GB 2:04.26 1B	106
420 P Rockall GB 2:05.27 2A	81
430 W Beckett GB 2:07.42 2B	45
431 J Turpin GB 2:07.42 3B	46
432 E Denman GB 2:07.44 2B	10
433 L Myers GB 2:08.07 2B	47
438 D Mann GB 2:08.36 1A	51
441 S Wood GB 2:08.43 1B	12
444 S Read GB 2:10.15 1B	13
447 D Sargeant GB 2:10.53 1B	110
448 R Taylor GB 2:11.17 1B	111
449 V Phillips GB 2:11.17 1B	112
452 B Martin GB 2:11.40 1B	15
462 G Moore GB 2:13.01 2A	88
463 M Price GB 2:13.12 2A	89
466 D Searle GB 2:13.17 2B	50
468 P Repton GB 2:14.23 2B	51
476 G Mumford GB 2:16.05 2B	52
477 E Matthews GB 2:16.14 3A	22
481 R Easton GB 2:16.38 3A	23
487 M Tucker GB 2:17.27 2B	55
491 A Nogaes GB 2:18.52 2B	57
492 P McGovern GB 2:18.59 2B	96
495 F Brennan GB 2:19.50 2A	58
496 J Gent GB 2:19.51 1B	18
498 J Shave GB 2:19.54 2B	59
502 B Beal GB 2:21.17 1A	142
504 J Small GB 2:23.38 3A	25
507 H Loveridge GB 2:24.43 1B	118
508 E Harrison GB 2:24.48 1B	1
511 P Suter GB 2:29.23 1A	143
512 W Chambers GB 2:29.38 3A	26
523 J Coker GB 3:06.53 1B	3

BRUGGE WOMENS VETS 10K 20 June

W35 B Kirk GB 40.43	
S-L Stevens GB 57.50	
W40 C Gould GB 40.07	
L Whitecross GB 42.01	
M Cousins GB 48.05	
C Brown GB 48.27	
A Lem GB 50.37	
D Richardson GB 52.13	
L Smith GB 1:07.40	
W45 R Van Laerhoven GB 42.18	
S Barr GB 45.27	
G Cushman GB 45.43	
M Surrey GB 58.14	
W50 J Rowntree GB 41.53	
B Atkinson GB 49.10	
B Forster GB 50.51	
M Hill GB 57.32	
H Brindley GB 57.35	
E Holland GB 1:00.38	
E Good GB 1:02.12	
J Coker GB 1:06.45	
M J Waring GB 1:06.45	
W55 B Norrish GB 45.56	
J Ross GB 46.13	
W60 B Myers 1:12.03	

National Teams

1 Belgium 1:51.49	Maton, Mico & Herteleer
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Club Teams

1 Shaftesbury H	Gould, Kirk, Van Laerhoven 2:03.08
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Cophall Show Vets 10k Road

14 June	
M40 1 T Davies 31:50	
2 D Wright 32:15	
3 G Ogden 32:59	
4 B Barry 33:05	
5 C Windle 33:17	
6 L Beavais 33:34	
7 D A Wray 33:41	
8 T Ryan 33:49	
9 B Grant 34:04	
10 J Pelling 34:12	
11 A Hardy 34:14	
12 R Williams 34:17	
13 D Marsh 34:27	
14 J Sawkins 34:32	
15 B Thomas 34:45	
16 D Sutton 34:54	
17 K Lee 34:58	
18 H Benjamin 35:03	
19 T Pollard 35:08	
20 D Surry 35:21	
21 J Shirley 35:29	
22 J Southey 35:52	
23 E Kimber 35:58	
M60 24 R Higgs 36:00	
25 M Sawyer 36:12	
M50 26 J Green 36:21	
27 J Clare 36:32	
28 C J Winward 37:01	
M50 29 J Shannon 37:15	
30 I Parrott 37:15	
31 J Ross 37:20	
32 B Shaw 37:23	
33 J Jenkins 38:04	
34 D H Fareday 38:05	
35 B G Richardson 38:17	
W36 36 J Webb 38:44	
37 G Neville 39:01	
38 B Yeaton 39:20	
39 H Hayes 39:22	
40 J Richardson 39:28	
41 N Fox 39:41	
42 McCarthy 40:16	
M60 43 B Jenkins 40:24	
44 G Poole 40:36	
45 P Gaze 40:40	
46 J Atkinson 40:55	
47 R Franklin 41:29	
M60 48 R Blois 41:30	
49 C Chaplin 42:29	
50 S Y Miles 42:45	
51 T J Briggs 42:55	
52 J Farmer 43:21	
53 C C Blacker 44:09	
54 B Ryan 45:01	
55 A Briffa 45:10	
M60 56 J Fitzgerald 45:16	
W40 57 C Brown 45:20	
W55 58 M Shirley 45:39	
W45 59 B Cushman 47:53	
W45 60 D Warren 48:20	
W45 61 J Evans 51:05	
M70 62 P Fearn 53:34	
W50 63 H Brindley 57:55	
W50 64 K Coker 62:47	

South Wales Veterans League Cyncoed College Cardiff

2nd Match 23 June

100m A (7 ran) R Austin 12.2	
100m B (6) G Benson 17.3	
400 A (6) B Plain 58.3	
400 B (6) T Smith 60.8	
1500 A (9) Plain 4:23.4	
1500 B (8) D Dalling 4:37.6	
LJ A (7) S Power 5.68	
LJ B (4) Benson 4.98	
HJ A (5) Power 1.70	
HJ B (4) T Knight 1.35	
Shot A (5) J Walters 12.22	
Shot B (5) J Loney 7.30	
Discus A (5) Walters 38.50	
Discus B (4) Loney 23.90	
Teams: Match (Overall points)	
1 Newport (12), 2 Les Croupliers (9)	
3 Cardiff (9), 4 Rhonda (5)	
5 Beddan (3), 6 Bridgend (3)	
7 Peggus (2), 8 Abertherry (1)	

Women

100 A (6) Pengelly 13.4	
100 B (4) D Davies 14.3	
300m A James 10:54.2	
400m A (6) C Fareday 64.7	
400m B (3) C Collier 70.9	
LJ A (4) Fareday 4.22	
LJ B (4) C Smith 3.61	
HJ Smith 1.20	
Shot A (5) A Williams 8.08	
Shot B (4) S Blake 7.28	
Javelin (9) Williams 21.00	

Teams: Match (Overall points)

1 Newport (12), 2 Les Croupliers (9)	
3 Cardiff (9), 4 Rhonda (5)	
5 Beddan (3), 6 Bridgend (3)	
7 Abertherry (1)	

Liverpool Womens 10k Run

31 May

1 Sheila Catford (Leeds) 34:51	
4 W35 Jane Holmes (Liver H&AC) 36:13	
40 W45 Jane Atcheson (NWac) 42:01	
58 W40 Sandy Schuster (SWW) 44:04	
140 W55 Joyce Smith (Windmills) 47:50	
211 W50 Ivy Williams (Liv Pern) 49:55	
413 W60 Delia McDonald 103:45	
2173 finished	

Northern Veterans AC

T&F Championships Bottom 7 June

Bolton 7 June	
100m	
M40 D Pickering	11.37
K R Johnston	11.70
G Barratt	12.0
M45 R W Hooks	11.56
J Parish	11.93
A Duckett	12.50
M50 D Herman	12.66
T Bowman	12.90
J Baron	13.40
M55 F P Higgins	12.40
K Glesnek	12.65
D Howarth	13.15
M60 J Moran	13.10
A Bowler	13.20
R Clark	14.70
Ladies	
M Hocknill (W40)	13.10
Rita Smith (W40)	14.13
Maria Williams (W35)	
200m	
M40 D Pickering	23.57
K R Johnston	24.31
G Barratt	24.50
M45 R W Hooks	23.40
A Duckett	25.04
H Howard	25.60
D Ron Anderson	25.25
M50 Herman	25.59
T Bowman	27.30
M55 P Higgins	25.00
K White	27.81
B Ellison	29.61
M50 J Moran	28.60
A Bowler	28.90
E Cheetham	31.64

Scottish VHC T&F Championships

Crown Point, Glasgow

28 June 1987

* - Best championship performance

100m

M40 G McNeill 11.3*

A Stirling 12.1

C G Coulter 12.2

S Hogley 12.3

W Aiken 12.3

R Bolton 12.5

W McCann 13.3

R Masson 13.7

M45 J B Steade 11.8*

K Turner 12.3

J Ross 12.6

A Dingwall 13.1

A Johnston 13.3

W Gentleman 13.6

M50 D Marshall 12.4*

J Sharp 12.7

J M Foggo 13.2

P R Thompson 14.0

H Fletcher 14.0

J Haldane 14.0

J Brough 21.2

M55 J E Bryce 12.9

J Christie 14.6

E McCrostie 14.9

M60 G Bridgeman 13.6

J McInally 14.2

M65 D H J King 14.5

J A Swinton 15.5

M70 E Palmer 13.7*

A Coogan 14.9

L Watson 15.2

M75 H W Smith 18.4*

W35 J Brydone 13.8*

A Lindsay 17.0

W40 S Wood 15.3*

P Spence 15.5

W45 E Linaker 14.1*

W55 C McLennan 15.4*

200m

M40 G McNeill 22.7*

S Hogley 24.3

A Stirling 24.7

W Aiken 24.8

C G Coulter 24.8

D Low 25.6

M45 J B Steade 24.1*

K Turner 25.0

J Ross 25.6

A Johnston 27.4

K Race 27.9

M50 C Shafto 26.0

J Sharp 26.1

J M Foggo 27.0

R Sykes 28.2

H Fletcher 28.4

J Haldane 28.9

M55 J E Bryce 25.9

B Parnaby 26.4

J McQuiggin 30.3

E McCrostie 32.0

Cupthall Show '87

Veterans T & F

110m Hurdles (SCVAC)

M40 C Brooks 16.9

G Long 17.2

M50 C Shafto (G) 17.8

G Daborn 23.0

M55 A Woods 20.2

C Knowles 21.0

80m Hurdles (Men) SCVAC

M70 B Metcalfe 16.7

80m Hurdles (Ladies) SCVAC

W40 P McNab 13.0

P Oakes 13.5

W45 N Cross 14.7

W60 H Farmer 16.9

Pole Vault

M50 J Day 2.90

P Ferguson 2.70

M55 B Thomas 2.80

A Woods 2.60

M60 G Brindley 2.20

Long Jump - Men

M40 R Roach 5.40

G Long 5.13

I Newcombe 5.11

M45 D Everett 5.63

D Whittion 4.76

M50 F Taylor 5.74

D Marshall 5.21

M55 A Kallirai 5.45

C Knowles 4.45

M65 J Swinton 3.78

D Philcox 3.39

M70 B Metcalfe 3.13

Long Jump - Ladies

W35 V Thompson 4.47

W45 J Hulls 4.20

I Marti 4.09

N Cross 3.61

W60 H Farmer 3.43

1500m - Men

M40 L Pearce 4.22

R Porter 4.27

W O'Connor 4.31

M Kinshott 4.39

J Robinson 4.42

I Paterson 4.40

M50 T Churchill 4.27

P Freeman 4.54

I Addison 4.45

C Beckwith 4.49

M55 L Forster 4.44

W Clapham 5.00

K Powley 5.03

P Harvey 5.06

M60 G Brindley 5.08

M60 J McNally 29.3

D H Jones 30.4

M65 D H J King 30.8

M70 E Palmer 28.8*

A Coogan 32.1

L Watson 33.9

W35 J Brydone 27.8*

W40 S Wood 32.5*

P Spence 32.5

W45 E Linaker 29.9*

W55 C McLennan 31.4*

400m

M40 A Stirling 55.5

D Low 56.4

J Neil 57.0

W Aiken 57.0

C G Coulter 60.0

M45 J Ross 57.3

C Bolton 58.9

K Turner 61.4

K Race 62.5

M50 P R Thompson 62.2

H Fletcher 62.9

J M Foggo 65.8

M55 B Parnaby 59.9

W Russell 62.1

F Cowan 62.9

I Steedman 67.2

M60 B Bickerton 71.2

M65 D H J King 73.4

W50 E Palmer 74.5

W50 M Wilmoth 87.6

800m

M40 J Bremner 2:09.9

J Brennan 2:10.9

J Neil 2:13.2

W McCann 2:14.7

A M Casey 2:14.9

H Barrow 2:16.2

M45 J Linaker 2:10.9

J Moses 2:15.0

K Morrison 2:27.9

M50 K W Sutton 2:17.3

P R Thompson 2:19.4

T O'Reilly 2:22.0

P L Bowers 2:24.0

G Brown 2:26.5

D Hendry 2:31.6

W Russell 2:22.9*

R Caldwell 2:37.5

M60 A McInnes 2:36.9

B Bickerton 2:42.8

M65 B Adams 2:58.0

M70 D Morrison 2:53.0

W50 M Wilmoth 3:16.3*

W55 A Lusk 3:07.4*

1500m

M40 R Young 4:20.5

P Cartwright 4:21.3

C Martin 4:24.2

J Bremner 4:32.4

A J McCall 4:37.0

W McCann 4:41.1

M45 J Linaker 4:19.3

C Bolton 4:20.3

J Moses 4:33.9

W Parker 4:39.0

P Cowan 4:42.5

M50 K W Sutton 4:48.1

T O'Reilly 4:52.1

P L Bowers 4:52.7

A Martin 4:56.6

D Hendry 5:12.4

M55 W Russell 4:51.9

F Cowan 4:54.4

G S Lawson 4:58.9

T Miller 5:05.6

H Gibson 5:09.9

J McGuigan 5:18.4

M60 A McInnes 5:25.0

H McGinlay 5:32.9

T Monaghan 6:06.7

J Geddes 6:39.8

M65 J A Swinton 7:47*

W Laing 7.41

W40 S Wood 6.79*

P Spence 6.81

5000m

M40 C Martin 16:12.7

R Young 16:17.9

J Brennan 16:25.9

J R Spills 16:34.9

J Donnelly 16:39.4

A J McCall 16:56.8

A M Casey 16:59.0

M45 J Linaker 16:19.8*

B Purvis 16:52.2

P Cowan 17.01

J Moses 17:24.2

K Morrison 18:34.5

M50 D Fraser 16:45.6*

P Keenan 17:14.4

A Martin 18:14.5

G Brown 18:29.7

P L Bowers 19:07.4

W Drysdale 19:33.7

M55 H Gibson 17:51.7

G S Lawson 18:09.9

T Miller 19:17.4

A McLennan 20:14

M60 A McInnes 19:53.4

H McGinlay 20:45.4

T Monaghan 22:27.6

J Geddes 24:15.2

M65 D G Causon 24:59.3

M70 D Morrison 21:04.9

M75 J E Farrell 22:42.8

H W Smith 26:24.2

I Hamilton 29:10.2

W35 S Belford 20:34.6*

A Lindsay 23:46.9

W55 A Lusk 23:24.5

110m Hurdles

M40 J Gelder 17.3*

M50 C Shafto 17.3*

D Marshall 19.0

R Sykes 21.5

M55 I Steedman 19.9

400m Hurdles

M40 J Gelder 61.2*

M50 C Shafto 66.6

M55 I Steedman 73.2

Shot - Ladies SCVAC

W35 V Thompson 10.98

W40 J Kerr 13.03

B Terry 11.64

P McNab 9.25

W45 D Samuels 7.83

J Evans 7.12

W50 B Dunsford 6.94

W55 M Grant-Stevens 7.35

H Brindley 4.97

High Jump - Men

M40 R Roach 1.72

R Roach 1.60

I Newcombe 1.50

M45 M Watson 1.50

S Davis 1.45

M50 C Shafto 1.45

J Day 1.25

M55 A Woods 1.40

C Knowles 1.35

M70 B Metcalfe 1.10

W35 S McSweeney 1.15

High Jump - Ladies

W35 V Thompson 1.40

W45 J Hulls 1.35

I Marti 1.30

200m - Men

M40 B Bush 23.5

I Foster 24.4

R Roach 24.7

M Ryan 25.3

I Novelli 25.5

S Davis 26.3

C Martin 26.4

M45 M Wright 25.2

H Vogel 29.2

M45 M Wright 25.2

J Goody 25.6

M Watson 26.0

R Bruck 26.3

D Whittion 27.1

M50 F Taylor 25.0

D Marshall 25.8

J Wood 26.1

M65 J Swinton 32.2

M70 C Fahey 29.2

M75 S Busby 32.4

200m - Ladies

W35 V Thompson 28.8

H Vogel 29.2

W40 P Oakes 28.7

C Roberts 29.7

S Lodge 32.2

P Tison 35.0

W45 J Hulls 28.5

Y Williams 30.5

N Cross 30.8

J Burns 31.5

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