

# Veteran Athletics

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## FAST RUNNING AT BARNSELEY

Mike Hurd Champion of Strong Field

report by Wilf Morgan



Alan Warner, Chairman AAA Road Racing Committee, congratulates winner Mike Hurd and Ernie Cunningham. He said: "I am impressed by the depth of competition, the record time and participation by so many. That's what the sport is all about."

The BVAF 10K road championships, held in pleasant autumn sunshine at Barnsley on September 27th, was notable for some fast running at the front of the field and the high placings of the leading M45 runners — five in the first twenty.

The main feature of the two lap course is a hill that goes on for over half a mile and it was on this part of the course, the second time around, that the race positions were effectively decided.

Last year's winner, Alan Rushmer, was missing with injury as was Malcolm Martin, so Mike Hurd was the obvious pre-race favourite. He had taken the Half Marathon Championship in August and won several road races in the US this year.

Ron Smith was first to show as the runners covered about 200 metres of flat before climbing the hill for the first time. But Hurd soon worked his way to the front and at the top, a little less than a mile into the race, had a lead of ten metres over a group that appeared to be over-reaching themselves as they tried to stay with the sharp pace. There were signs, even at that point, that they were running for the minor places. Sheldon Cowles, the 10k track champion, was second with Ernie Cunningham alongside him. A short gap came and then a group which included Tecwyn Davies, leading the M45 group.

At the end of the first lap Hurd had increased his lead and his time for 5k, perhaps not completely accurate but a guide to the pace he was setting, was given as 14:30. Then the hill again. He attacked it with relish and by the time he had reached the top the gap over the second placer, Cunningham, had grown to something like 100 metres. At that stage the race for the M40 championship was over, but Hurd's pace over the last two miles showed no sign of slowing. Indeed, his lead increased; it was getting on for 200 metres as he crossed the line in 30:20. A considerable improvement on the 31:07 by Rushmer last year in weather conditions that were very similar. An outstanding display by a man who claims that 10k is not his best distance.

His training was geared to the marathon, the Twin-Cities, Minneapolis to St Paul, on October 11th. He did no special preparation for Barnsley, merely lowered his 100 miles a week to 80 for a fortnight — no speedwork as such he says. It's difficult to imagine anyone who, on the day, could have given him a race. Rushy maybe, but he would have had to have been at his best.

Hurd's performance overshadowed a gutsy run by Ernie Cunningham who took second place. He made the Northern Ireland team for the World Cross-Country

Championships this year and placed fourth in the Welwyn race, coming back from injury.

It was nice to see Tecwyn Davies back in business after a couple of years off. He won the 45's and although he found it hard going intends, at 49, to run the country again this season in an attempt to recapture the form that won him a string of BVAF Championships. A measure of the stiff competition in this group — the 10k track champion, Keith Summerskill, could only place sixth.

In some ways it's a pity that all groups run together in our road championships for many age group winners miss out on the glory of crossing the line at the head of the field. Cyril Leigh, the M50 winner, is a prime example. He had an outstanding run, 13th in the race and only a few yards behind Tecwyn Davies. Of course it is impossible to make comparisons between performances in different age groups but 'pound for pound' one could say Cyril's run was at least as impressive as that of Mike Hurd. I wonder if anyone has run faster than his 32:02 for 10k on the road in the M50's. Derek Lawson was second in 33:01 and Fred Pendlebury, a good cross-country man in his early forties, third in 33:26.

The first hundred finished inside 36 minutes, among them the first three in the 55's, Eddie Kirkup, Sid Wild and Harry Gamble-Thompson. Eddie is producing some good performances in that age group over road, country and track.

The best showing in the older groups came from Eric Smith of Otley, winner of the M65 in 38:30. Again, does anyone know of a better time for 10k on the road in this group? John Senior is a fair performer at this distance but he was almost two minutes behind Smith.

Dot Fellows was the first lady home to win the W40 and throughout appeared to be well clear of the others. I must confess I did not notice the progress of Julie Beckford, the second lady home, until right at the end. She finished less than 100 metres back and claimed to have had Dot in her sights all through but was unable to close on her. However, neither would have lived with 40 year old Lorna Irving of Scotland who chose to run the open race. She won it in a most impressive 33:55, a time that has only been bettered by Priscilla Welch among veteran ladies.

See 'Success of race' p7.

## OSWESTRY TEN THE BEST YET

Report by Martin Duff  
Athletics Weekly Veterans Editor

The National Veterans 10 Mile Road Race championship at Oswestry on the 9th August proved to be the best yet, with the first four runners inside the year old course record held by Alun Roper. New Vet Steve Edmunds led for the first mile but Harry Clague was soon showing in front, tracked by Edmunds, Roper, Martin Duff, Eddy Lee, Harry Matthews, Derek Littlewood and Dave Cordwell.

After reaching two miles in 10:03, Clague really stretched out with successive mile splits of 4:53, 4:46 and 4:59 to reach the half-distance in 24:39 and an eighty yard lead over Matthews, Lee and Roper (24:50); Edmunds (24:59) and Duff (25:03) were chasing hard but making no impression.

On the return journey, and over the more difficult half of the course, Clague continued to build on his lead, but the chasing trio of Matthews, Lee and Roper kept the St. Helens man in their sights and never gave up hope. Roper eventually came out best of them on the run in but was nearly half a minute behind Clague's superb new course record of 50:38. Lee was in the frame in third place, followed by Matthews and Edmunds. Littlewood



Rob Pannell

caught and passed Duff at eight miles but lost out on the long sprint for home as the Aldershot runner gained twelve seconds in the last half mile to lead his club to a team victory over Elswick.

Taff Davies and Les Presland, the latter making a welcome return to major competition after injury, took the major awards in the O/45 group and were of course also instrumental in Aldershot's team victory. In the O/50's Alf Lennon ducked under 54 minutes and helped Wirral to an O/50 team win over Bristol who had Rob Pannell and Harry Clayton well up.

John Chandler was a close winner over Derek Wood in the O/55's whilst Frank Dobson's over 60 win was also close over Max Jones. Ernie Warwick's O/70 73:12 was better than most of the O/65 times.

As in the men's section, the Women's race was better supported this year, but Zina Marchant still had over 3 minutes to spare with a 60:06 clocking. Diana Illston took the silver medal whilst Brenda Cook in third overall also collected the O/50 award.

Medal Table page 2 Full listing page 13

## MELBOURNE LATEST

The games are to be sponsored by Drake International, the personnel company, who are committed to sports sponsorship in Australia, and will be known as 'The Drake International VII World Veterans' Games'.

Entries amount to 4,800 from 45 countries, which will make this Australia's greatest sporting gathering since the '56 Olympics. Major country tallies are New Zealand 440, USA 323, Germany 262, Great Britain 154, Sweden 135 and Finland 114, reports executive director of the Games, Peg Smith.

Top athletes registered are Carlos Lopes, Al Oerter, Alain Mimoun, Rafael Blanquer, Judy Pollock, Allan Lawrence, Charlene Rendina, Denise Alfvoet, Tracy Smith, Jim McNamara, Kjell-Eric Stahl, Ed Bourke and Ron Bell and Derek Boosey from Great Britain. Full list of GB entrants on page 7.



Ron Smith(A&SV) leads John Offord, Tecwyn Davies and Dave Trickett away from the start at Barnsley.



## VETERAN ATHLETICS

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Editor: Jeremy Hemming

Publisher: Sylvester Stein

Associate Editor: Jack FitzGerald

Contributors: Dr I R Smith E A Caldwell H C Taylor W Morgan M Duff Alastair Aitken  
Bridget Cushen Barbara Dunsford Eric Austin

Printer: RST Hitchen Herts

Photographer: Fred Popplewell

Advertising: Neil Gray telephone 01-637 4383

Design/Layout: Sarah Cawkwell

Typesetting: Mark Gimmack

Production Assistant: Diana Yohannan

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Street London W1N 7TD

## BRITISH VETERANS ATHLETIC FEDERATION

57-61 Mortimer Street, London W1N 7TD.

Telephone: 01-637 4383

Life Vice Presidents: Jack Fitzgerald, George Phipps

Chairman: Sylvester Stein

Vice-Chairman: H C (Bill) Taylor

General Secretary: Wilf Morgan 159 Marsh Lane Erdington Birmingham B23 6JA

Asst Gen Sec (Championships): Mike Wrenn 114 Clapgate La Bartley Green B32 3DH

Treasurer: Keith Whitaker Leeming Barn Thornthwaite Harrogate HG3 2QU

Administrative Officer: Jack Fitzgerald

## Area Secretaries

Eastern: E C Butcher 26 Rycroft Avenue Deeping St James Peterborough PE6 8NT tel 0778 345062

Isle of Man: J Wright 49 Bemahague Avenue Onchan Douglas IOM telephone 0624 25802

Midlands: E C Nicholls "Rainbow Cottage" 15 Meadow Lane Alvechurch B48 7LH

Northern: G Aitcheson 13 Lawns Avenue Orrell Wigan WN 8UE telephone 0695 623786

North East: R Peart 11 Dipton Road Whitley Bay Tyne and Wear NE25 9UH tel 091-252-4263

Northern Ireland: E McAvoy 71a Colinward Avenue Newtonabbey Co Antrim tel 02313 6003

Scotland (General): A Muir 1 Graham Avenue East Kilbride tel 03552-21059 (Membership):

D Wilmoth 49 Waterside Road Kirkintilloch G66 3QW tel 041-776-4941

Southern (Membership): J G Green 12 Hotspur Road Northolt Middlesex

(General): Mrs B Dunsford 71 Hillside Crescent South Harrow HA2 0QU tel 01-422 7157

South West: D G Lord 311 Bournemouth Road Parkstone Poole Dorset BH14 9AL

Veterans A C (Membership): P Blencowe 17 Elms Crescent London SW4 8AE tel 01-622 6093

(General): P J Harvey 51 Buckingham Way Wallington Surrey SM6 9LU tel 01-647 8081

Welsh: D Williams 1 Powys Gardens Dinas Powis South Glamorgan telephone 0222 514267

(Membership) J O'Brien 63 Penllyn Cwmavon Port Talbot tel 0639-896615

## WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED WITH THE INTERNATIONAL AMATEUR  
ATHLETIC FEDERATION)

President: Don Farquharson 269 Ridgewood Road West Hill Ontario M1C 2X3 Canada

Executive Vice-President: Bob Fine 4223 Palm Forest Drive Delray Beach Florida 33445 USA

Vice-President (Road): Jacques Serruys "Fit-Veteran" Postbox 7 8-8800 Brugge 1 Belgium

Vice President (T&amp;F): Hans Axmann Eichendorffstrasse 2, D-8000 Ansbach W Germany

Secretary: Owen Flaherty CN UTR 207 Javea Alicante Spain

Treasurer Alastair Lynn 23 Ruben Street Aurora Ontario L4G 2M3 Canada

Women's Delegate: Bridget Cushen 156 Mitcham Road West Croydon CR0 3JE

Area Delegates:- North America: David Pain PO Box 7479 San Diego California 92107/2890

South American: Juan Kulzer Estrada 3429 Olivos (1636) Buenos Aires Republic of Argentina

Europe: Cesare Beccalli IMITT Via Martinetti 7 20147 Milano Italy

Oceania: Clem Green 46 Hargreaves Street Wellington 2 New Zealand

Asia: Contact Secretary Africa: Contact President

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We rely on Area Secretaries to update us on current addresses, but they are unable to keep  
up-to-date if you don't inform them of changes of address immediately that you make a move.Please ensure that we are able to mail you correctly. There are still too many copies being  
returned to us from the Post Office stating "Gone Away" or "Insufficiently Addressed".

Veterans not receiving their paper should write to me as follows:

Jack Fitzgerald, BVAF, 57-61 Mortimer St., London W1N 7TD

## HELP VETS NEWS - AND IMPROVE YOUR RUNNING TIMES

Vets News needs help in production. It's a big job of work handled almost entirely  
by three people. Can you offer help, particularly if you're the sort who likes to get  
involved with publishing and editing?There's a chance to learn layout, sub-editing, reporting and the new art of  
desk-top publishing. The tuition fees are nil and so are the earnings except for free  
coffee. It's strictly voluntary.We need help on occasional days and especially in production week. But get in  
touch in the first place with me, by letter to 57 Mortimer Street, W1N 7TD, or  
'phone 01-637 4383, to see what can be done.As a helper you'll hear all the gossip and be in a position to improve your  
running times!Sylvester Stein  
Publisher

With the exception of Oswestry and those attributed, photographs are by the Editor.

The next issue will come out in January.

10 MILE OPEN ROAD RACE  
& FUN RUN

(under AAA &amp; WCCA Rules)

11 a.m.

Sunday November 15th 1987

At Barnet/Cophall Stadium

Hendon London NW7

All proceeds for planned new North London Hospice in Finchley (20 Beds)

Entries £3 (Unattached £3.50) to

Rapid Running Results, Green Bank, Thurgoland,  
Sheffield S30 7AE by October 31st.Please send 10" x 7" Stamped Addressed Envelope for Numbers  
and confirmation.

Awards to leading Individual Men and Women, Spot Prizes and Vet categories.

Please state date of birth if Man over 40 or Woman over 35.

Surname ..... First Name .....

Address .....

First Claim Club .....

Date of Birth (Vets Only) ..... Sex .....

Competitors who wish to make a further contribution to the Hospice Appeal Fund  
are encouraged to include a further donation together with their entry fee

Please state amount of donation in Box provided.

All cheques to be crossed and made payable to  
North London Hospice Group Appeal

## BVAF CHAMPIONSHIPS

BVAF 10 MILE ROAD CHAMPIONSHIPS  
OSWESTRY 9th AUGUST 1987

M40	M45	M50	M55	M60
H Clague	T G Davies	A Lennon	J Chandler	F Dobson
A Roper	L Presland	R Pannell	J D Wood	M Jones
E Lee	G Bagnall	H Clayton	L Forster	M Stewart
M65 R Brierly	J Stancombe, L Heald			
M70 E Warwick				

W35	W40	W45	W50	W55
Z Marchant	C Brown	J Aitcheson	B Cook	P Fletcher
D Illston	J Tooze	J Evans	F Classon	J Smith
P Davies			M Darlington	B Norrish

## KODAK BARNESLEY VETERANS 10K 27 September 1987

M40	M45	M50	M55	M60
M Hurd	T Davies	C Leigh	E Kirkup	M Stewart
E Cunningham	B Little	D Lawson	S Wild	H Macpherson
S Cowles	D Quinlan	F Pendlebury	H Gamble-Thompson	E Grocock

M65	M70
E Smith	G Scutts
J Senior	B Spiller
L Heald	G Storey

W35	W40	W45	W50	W55
A Rodgers	D Fellows	A Nally	J Rowntree	P Fletcher
B Brown	J Beckford	Y Miles	L Smal	M Manterfield
S Green	P Hudson	J Aitcheson	V Robson	W60 M Johnson

BVAF MARATHON CHAMPIONSHIP  
STONE 4th October 1987

M40	M45	M50	M55	M60
E Lee	G Bagnall	E Williams	W McBrinn	J Kirk
M65	M70			
J Smart	R Brierly			
W35	W40	W45	W50	
M Savage	P Hudson	A Graham	M Darlington	

BVAF 10K TRACK WALK CHAMPIONSHIP  
Wolverhampton 27th September

M40	M45	M50	M55	M60
R Care	A Smallwood	A Churchill	G Chaplin	H Jaquest
			D Fotheringham	L Creo
M70	M75			
G Mitchell	J Grimwade			

## BVAF 5K WOMENS' TRACK WALK CHAMPIONSHIP

W40	W45	W50	W55	W60
L Millen	P Wilson	A Sayer	M Worth	L Precious



## IAAF FORMS ITS OWN VETERANS COMMITTEE

Delegates representing the 181 countries at the IAAF Congress in Rome gave Council the mandate to appoint a Veterans Committee.

Council nominated the following 11 members:

Hans Skaset (Norway) Chairman  
Hans Axmann (Germany)  
Cesare Beccalli (Italy)  
Bob Boal (USA)  
Clem Green (New Zealand)  
Hugo la Nasa (Argentina)  
Shuhei Nishida (Japan)  
Pascal Mouassiposo (Congo)  
Yilmaz Sazak (Turkey)  
Sydney Pieter (Dutch Antilles)  
Bridget Cushen (Great Britain)

The Committee's terms of reference have not yet been finalised and its exact role and relationship with WAVA has not yet been established.

Bridget Cushen

## THE CROSS COUNTRY TRADITIONALIST

As winter comes, humorist Stan Allen writes a letter you may have meant to write

Dear Sir, I feel that I must write to complain about the state that cross country running has got itself into in this country. Why can't we go back to the good old days, it might teach this present generation to stand tall and become real men.

Goodness, gracious when I started in the early 50's cross country courses were real cross country, none of these show-ground not-a-hill-to-be-seen-and-please-keep-to-the-paths. If we did not have our shoes sucked off within half a mile of start we knew that we were on a cissies course. Our club championship distance was 10 miles, had been since the late 1890's, apart from a year after the last war when it was reduced to 7½ as food was scarce. And, what about all this molly coddling of recent years, and hot showers. We had one tin bath 6ft long that we all got into to get the mud off with a stiff brush and then you ladelled warm water from a boiler into one of the other three baths for a good quick soak and rub down. And we used to hum and sing around the piano afterwards.

They all have it too easy. We used to have to work Saturday morning and then catch three buses to get to our run over the country and it was worth every penny of the fare just to get on to the rough, tough stuff around the farmyards or down the snow-fringed country paths and lanes. And, what is wrong with stiles I would like to know. They sorted out the men from the boys. We always used to look at the inside thighs of our runners for wood splinters to check if they had been hurdling correctly. Of course, we had the odd hospital job or two but only minor fractures and perhaps three cases of exposure. And I think that the ladies should be encouraged to come along to watch races but not actually run over the country. I used to like it when they were not allowed to run further than 150 yards. They looked good in those days. Used to give the heart a real flutter. Yes, they should be encouraged to support the man of the family. I saw a beautiful example of this at a Veterans Championship meeting when one of the chaps had lost his shoes in a good two feet of mud and his young and attractive companion was on her knees, up to her elbows in the mud feeling around for her master's racing pumps. Made me feel jolly humble I can tell you. He was, of course, keeping warm by jogging on the spot while the little lady had a jolly good fish around. We didn't have real toilet facilities but we used to clear our systems before we left home, that is always good training for life.

Let's get the guts back into cross country running, bring a smile back to the faces of our athletes and develop a race of caring human beings.

I am, yours sincerely Neville Bottom (Rear Admiral Rtd)

## CHELMSLEY 10

Eric Austin reports

Having offered to make a report on the Chelmsley 10 at Birmingham on 21st June I discovered that trying to write down all the leading veteran results after the race was almost as demanding as running in it — there were more than 30 awards for vets, and I was anxious to list the prominent runners in each section. Fortunately race organiser, John Walker, was able to send me a list of veteran finishers — all 246 of them.

The course appears flat. There are some climbs on it but not steep enough to break the rhythm of a runner moving well. Organisation is excellent, particularly the control at start and finish zones. A feature is the mile markers: the usual numbers on the side, but also lines painted across the road, blue for the first lap and orange for the second. I tend to ignore intermediate distances myself, but with my head-down style this was not possible.

John had hoped for an entry of around 1,200 but it was a little down on this with just over a thousand. It did happen to be the same day as the Great North Run.

The morning's weather was good, particularly considering what most of June was like. There was a warm sun and a slight breeze which seemed to freshen a little on the second lap.

Certainly there was nothing to upset the winner. Mike Cadman of Wolverhampton and Bilston broke the course record with a time of 48:48. Fellow clubman, Tony Power, was also inside the previous record in 49:26. Last year's winner and former record holder, Ray Gaule, finished fifth.

First veteran was Robert Statham of Coventry Godiva, 19th overall with a time of 54:37. He was closely followed by Jon Hassall of Wolverhampton, 54:19, while third was Stephen Mason in 55:19.

Leaders in the other age groups were:  
O45 Mike Hawkins — 56:32 O60 Douglas Dunn — 67:16  
Richard Cashmore — 58:09 Alan Hitchings — 68:23  
Peter Kidd — 58:48 John Fletcher — 68:30  
O50 John Mills — 56:50 O70 Ernie Warwick — 73:46  
Eric Austin — 57:03  
Joseph Machin — 61:29.

Meanwhile in the lady's race Bronwen Cardy (Bromsgrove and Redditch) was overall winner in 58:50. Bronwen is now a lady vet but John Walker keeps to the same over 40 age groups as for men. Thus winner of the veteran's section was Sheila Carey of Nuneaton in 61:56 followed by Elaine Statham in 62:31. These were in fact second and third ladies overall. Mention must be made of Brenda Cook who was the next veteran lady to finish when winning the over 50 category.

Other results: O40 3rd Valerie Morris — 79:45  
O45 Daisy Dowe — 72:33  
Susan Justice — 81:39  
Magdalene Sloan — 84:52  
O50 Brenda Cook — 70:53  
Barbara Hines — 81:48  
Jackie Pugh — 90:21

I thought that I was having a fair run but was almost twenty places and 94 seconds down on last year's performance. Anyway I am going to blame the 90 seconds on training and racing interrupted by injury and I shall allow the other 4 seconds for being a year older.

## TOUR TO SPLIT

Report by Alan Lovett

Thirty-seven travelled to Split on the Adriatic coast of Yugoslavia for the 4th International Veteran Games in May.

The two day meet suffered a hesitant start in wet conditions and a shortage of officials but ran smoothly once under way.

Fine performances were achieved by Charlie Williams, 24.96 200m, and Don Halliday, 11.29 100m, and the UK 4x100 relay team, aged 40, 55, 65 and 40. See full British placings in Results pages.

Hotel Lav situated on a delightful bay pleased the party with round the clock services. A Physiotherapist, Michelle Chubb had travelled with the group.

An address was made by the Yugoslavian athletics President to Tour organiser Barbara Dunsford for her contributions; this included supplying the Yugoslavian veteran movement with 30 field implements transported out with the party.

## EUROPEAN IGAL IN CZECHOSLOVAKIA

Karlsbad 'plums' for small British party.

report by Martin Duff  
Veteran Editor Athletics Weekly

The small British Party that travelled to Prague for the Euro Vets Road Championships were surprised to find that the championships were being held in the Spa town of Carlsbad Vary (the old Karlsbad) some 80 miles to the North West. Five places were obtained; Derek Wood took a first (10K) and a second (25K), Yvonne Miles, a second in the 10K, whilst Guy Ogden and myself were second and third in the M40 10K.

### 10K 22 August

On a hot afternoon, the course was revealed to be an out and back climb with a rise of some 260 feet before the turn, followed by a descent to the finish. The Belgians Omer Van Noten and Job Van Der Water who had both run well at Bruges were in the leading group early on, with World Road Champion Antoine Borowski of France. I was also there with the East German Duo of Roland Winkler and Klaus Goldammer, whilst Ogden was running steadily fifty yards back. By the half distance, Van Noten and Borowski were clear, having made the climb in 15:50, Goldammer and myself showed 16:00 whilst Ogden, closing fast, was on 16:10.

Borowski tired on the return trip, falling back to fifth, whilst Ogden really came good. He chased Van Noten after moving through to second, but eventually had to allow the Belgian to win in 31:34.

I finally got away from Goldammer only to see him drop out before the line as he revealed, later, that he was under age! My finish eventually took me up close to Ogden (who clocked 31:55), whilst I was just four seconds down.

## MIDLAND VETERANS ATHLETIC CHAMPIONSHIPS

Highlights by Brian Owen

A humid day at the lovely setting at Solihull saw a fine day's Veterans Athletics, with 18 Championships Records established.

With the various frictions of main stream Athletics well away from this event, it was nice to see all concerned, competitors and officials alike, thoroughly enjoying the days sport. Each and every person went away having climbed a little mountain and having proved that ability and age may not of necessity be directly related.

The days entry was 60% up on the 1985 Championship, which would also indicate that retirement from the Sport need not come in the 20s.

The sprints provided fine doubles for new Vet George Cassidy (Solihull & SH), Dave Burton, and John Quantrell whilst the 'Grand Old Man' Colin Fairey (Men 70+) produced a 13.9 (100) and a record 29.1 (200) to Gain the Track Athlete of the Meeting Award.

British Champion Les Duffy scored a great double in the 400/800 as did Double European Champion Mike Wrenn in the 800/1500 (Men 45).

The Men's Field Events saw a fine treble for Sean Power. The Cardiff Educationalist won the Men 40, LJ 6.20, TJ 13.45 and HJ 1.75, all being Championship Records.

Pick of Throws were Hugh Richardson's 41.56 Hammer, and Leicester County Champion Alan Roper's Shot 11.47

Derek Wood was a little perturbed to note in his, the second race (O/50), that there were no marks to distinguish between the age groups. He had planned to take it easy, whilst also doing his utmost to win the O/55 section. In the event, after starting slowly, he moved right up to third overall but was some two minutes clear of the next O/55!

Yvonne Miles, found the course to her liking and secured second in the O/45 age group, being eighth lady overall.

### 25K 23rd August

An early morning start provided much cooler conditions and myself, Derek Wood and Yvonne Miles began slowly. Surprisingly I was again joined by the under age German Goldammer, but up front Job Van Der Water and the Pole Ryszard Marczak were really pushing on. They had the two Czech's Nikos Kametis and Jiri Kana in tow, but by half distance both had been dropped, and racing away back down hill to the finish they opened a two minute gap. Marczak went even better in the closing stages to win in 82:11 nearly a minute clear of Van der Water who had broken 80 minutes for 4th place, on the much easier Bruges course. It was patently obvious that Marczak is a veteran of the highest class and, were he allowed to travel to the West by the Polish authorities, would give Mick Hurd a very good race.

I steadily worked through to fifth overall with Goldammer, whilst Wood, about 40th at the half distance, moved right through to 29th by the finish. This gave him second in the O/55 group, as he passed the third in his class on the run in. Yvonne Miles was never in with a chance of a place in the W/45 group which the East German Maricia Bianchin won in 1:41:37.

Whilst in the Ladies Heather Edwards W35 (400/800) and Rita Hinds (400/800) W40 had fine Doubles. As did Christine Quinn in the 100/80m Hurdles.

Rosemary Chimes rushed from Ipswich from the management of the GB Junior Team, to take part in the proceedings. Which she most certainly did with a record 33.68 Discus, which you may well expect from a past Commonwealth Champion, but add to that a 15.9 80MH, and a 11.34 Shot.

Then came Shara Spragg, a former English Schools Champion. Following a 10.93 Shot, she produced the high point of the Field, a 44.90 Javelin Throw, little more than a metre below her lifetime best.

Thanks to all who helped.

## WOMANS 9.34 miles in Hour

First off the mark in the One Hour Event for Women, a distance very seldom held, was Hilary Johnson of Harborough with a distance that appears to be not only a Vets' record, but a British Women's best of 15,034 metres/9 miles 601 yards. Hilary recently made a comeback after several years to place 3rd in the W40 division at the BVAF Half Marathon at Welwyn.

Whether Hilary's record still stands after the probable mass attempt on the Hour at Tooting in March is problematic, but her performance at Leamington on September 2nd, see 'Results', was certainly praiseworthy and a target for the other top Women Veterans.



## JOHN O'GROATS TO LANDS END

*Relay Leader Stan Weber tells how Running Sixties 'Jogle' Relay prepared for and ran 866 miles in 5½ days.*

The preparation for the event was accomplished in less than four months after Secretary Jim Bennett and I, in March this year, inspected a "mobile home" centre, when we decided immediately to book two camper vans, rather than hiring large coach with the necessary engagement of a qualified driver.

In April my wife and I, after a detailed study of maps, made the whole journey by car, dividing the route into 131 laps averaging 6 to 7 miles each.

The route took the shortest route from O'Groats to Perth, thence Edinburgh and via the beautiful A701 to Moffat. Then a somewhat boring stretch through to Carlisle; then Penrith, Preston, Warrington, Whitchurch, bypassing Telford for Gloucester, Bristol, Tiverton, Okehampton to Land's End.

Having purchased at least 38 Ordnance Survey Maps and many town maps, especially Bristol, we described each lap in detail, made photostats of the appropriate sections of maps and so produced 131 Runners Lap Guides. The whole of the detailed route comprises 22 sheets of closely typed A4 paper.

This is available to any team of runners proposing to tackle the Jogle, or John O'Groats to Lands End, for a donation of £100 to The Foundation for Age Research, and incidentally I think we have discovered the solution to the tremendous problem of how to get in and out of Bristol without being deviously diverted by the road signs there!

We firstly decided on a team of ten:— Camper Van 'A': Jim Bennett (67), Derrick Brickwood (61), (Dr) Peter Chivers (64), Reg Davies (79), Jim Miller (65), Camper Van 'B': Frank Dooley (80), Alan Lovett (66), Peter Neilson (62), Eddie Skinner (61), Stan Weber (69).

... average age 67½ years.  
Stage (of ten laps)

	Distance from start	Time	of Arrival
	miles		hours
1 John O'Groats	0	Saturday	0900
2 Strathstevens Depot, Golspie	69		1846
3 Daviot, 4m S. of Inverness	140	Sunday	0535
4 River Garry	206		1532
5 Fordell Castle gates	272	Monday	0122
6 Moffat	338		1136
7 Thrimby Hall, Shap	406		2207
8 Preston, Lancs	470	Tuesday	0723
9 Whitchurch, Salop	536		1803
10 Northwick, Worcester	602	Wednesday	0408
11 Bedminster Down, Bristol	671		1509
12 Widhayes Pin, Tiverton	731		2357
13 Hendra Downs, Bodmin Moor	794	Thursday	0957
14 Land's End	866		2038

It is interesting to note, the 131 laps took a total running time of 131.63 hours!

Our main concern in pre-briefing the event was to emphasise that this was not to be considered a 'race' between runners, performance-wise. Earnest endeavour was required, but priority was safety — hence our use of reflective, cyclist bibs at night and a brilliant "cyalume" light. We learned also that a runner at night must carry, and use generously a strong electric torch to examine variations in road surface.

We realised this after our oldest runner experienced a nasty fall after being temporarily blinded by car lights, but he was happily treated at Kidderminster General Hospital, without hindrance incidentally to the progress of the relay.

By using two camper vans, we were able to work out a method of maximising rest periods for runners. Each of the five runners of one van would tackle two laps in one stage of ten laps, which allowed the occupants of the other van, theoretically, to have a 10 hours' rest period, after which the role of the van occupants would exchange. After the first day or so, this worked well, and all

runners surprisingly quickly became accustomed to the routine.

Later we thought it wise to pick up two reserves, half way through, who were David Gammage (61) for Van A, Ken Mogridge (62) for Van B, which reduced average age to 66½.

This recruitment was not easily achieved because of late cancellations and a bereavement. Fortunately Jack Fitzgerald provided us with a list of 'supervets' and by means of a circular letter I contacted many new friends (some very generous to our PolioPlus cause for which the event was raised) and introduced speedy Alan Lovett, who proved to be such a stalwart on the relay. Although I was confident our experienced team of runners would easily accomplish the task, Jim Bennett warned me it would not be 'a piece of cake'; hence the change of plan to include two reserves.

Looking back on all the snags and problems we had with the kitchen and other facilities inbuilt in the two camper vans, which incidentally were brand new, we are modestly surprised at our accomplishment. We had a back-up of two people only, Mary Bennett and my wife Olga who were in a separate car spasmodically following behind, sleeping in hotels, but catching up each day to stack us up with all the necessary provisions, vitamins and plenty of fibre!

With the wide variance in ages of runners, there were of course diversities in speed and the overall average pace of just over 9 minute miling may appear somewhat modest; however other duties of the runners included driving, navigating, cooking and tackling the "gremlins" assailing our new camper vans.

The progress of our run can be better comprehended from the following:

	Distance from start	Time	of Arrival
	miles		hours
1 John O'Groats	0	Saturday	0900
2 Strathstevens Depot, Golspie	69		1846
3 Daviot, 4m S. of Inverness	140	Sunday	0535
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12 Widhayes Pin, Tiverton	731		2357
13 Hendra Downs, Bodmin Moor	794	Thursday	0957
14 Land's End	866		2038

One matter in building up our team caused some concern; Jim Bennett had for some weeks been suffering from a badly sprained thigh muscle which restricted his training before the event. However somewhere during his total of 91 miles in the event, the sprain vanished!

Running relays of this type are strongly recommended as a different type of holiday. After reaching Land's End, we all had had such tremendous enjoyment, that we were sorry the event was over.

I am wondering if there are any other teams of Vets who would like the challenge of the July Jogle as we intend to repeat the task next year, but in a much better time, and in fact we would relish the idea of friendly competition with another team of vets.

Memories of relay running are invariably enjoyable ones but I find the most exciting aspect of night-time or early morning running most strange — there seems to be something deliciously illicit about it. Our resident poet, Reg Davies, comes up with his reflection in verse:

## your LETTERS

### DONATIONS

I consider your publication 'Veteran Athletics' absolutely first class and I hope that the funding will be available in order for it to continue publication.

Could I, with respect, make one suggestion with regard to funding contributions such as we made when we entered the British Vets Half Marathon. In one of my clubs we used to make up our annual subscription with a donation to the Gazette Fund, thus the more affluent members were able as they paid their subscription to put a donation towards the Gazette Fund to keep it going.

Bearing in mind that our newspaper is going to all veterans would it not be possible for all of the veteran clubs to ask for a donation to the newspaper when they collect the subscriptions, thus saving an awful lot of administration, postage, etc, for individual members?

C. W. M. McDowell  
Banstead

### MEDALS

Having finished 3rd in the 3000m walk over 55 at Corby I was disappointed to find out only one medal would be awarded. If we are to encourage Vets athletics I would suggest 3 medals should be given regardless of entries. As we get into older age groups we are not going to get the amount of competitors as in the over 40 so why not start soon before a lot of not so good athletes drift away.

P. V. Burns  
Liverpool

### Sixth Claim Poser

I would not presume to think that any club would be concerned about a first claim on my membership but perhaps someone can tell me which club would have sixth claim on me. I have six memberships for the following reasons.

Two years ago I told a fellow jogger at Tooting Bec that I thought I might prefer field events. He gave me Mr Brindley's number who recommended me to VAC.

About the same time I attended a meeting at Regent St Poly, which changed SCVAAA to SCVAC, so I became involved with both clubs.

Although a Londoner I spend a lot of time in Ireland, now I am semi retired, so I joined the IVAC in the Republic, where they also like members to belong to a local club.

This has involved me with Sligo AC but meantime, whilst at a meeting in Exeter, where I had family ties, I was asked to join SWCVAC.

With my first idea about local club membership, I also applied to join Exeter Harriers. So the question I put to the athletics world is 'Who has the sixth claim on my membership?'

Dennis R. Philcox  
Sligo, Irish Republic

### John O'Groats to Land's End Relay, 1987

We ran through our Jogle in five and half days;  
Just ten of us started, from Bristol too more.  
Stan forecast nine hundred, but we reckoned less,  
Eight hundred n' sixty-six miles our total score.

In daytime we sweated, black night gave no sleep,  
Attacking the mountains and fighting the wind;  
With cramps and with blisters, exhaustion so deep  
That the best part of each relay leg was the end.

We paid Jogle's charges, but what did we buy?  
Each dawn brought new magic to hedgerows and trees,  
Each setting sun painted a cloud-feathered sky,  
And sometimes the moon gave us silver-flecked seas.

We ran through the Jogle in five and half days,  
Our vans full of gremlins, the roads full of hills,  
No problems deterred us, no doubts blocked our ways;  
Some faster, some slower, each ran his own miles.

Reg Davies

### OSWESTRY 10

I am pleased to submit to you, results of the BVAF 10 champs 1987. It was a great competition with splendid quality in all age groups.

Numbers were up by over 80%

Weather on the day was perfect for running with a drizzle prevailing and for a change here, no wind, hence some excellent times on Jack Selby's newly measured course; remeasuring was necessary because of recent road improvements in the area.

Three course records in age groups were beaten — by Peggy Fletcher (4m 47s better), Brenda Cook (4m 39s) and Ernie Warwick (1m 32s off his own course best).

Harry Clague fought his way to the front after a mile and a half of running through town and was never headed as he hit out along our country roads and lanes; comment, "one gets the feeling of real speed as you reach 6 miles and enter the high hedged lanes."

The ladies did us proud this year with Peggy Fletcher and Brenda Cook proving that they will be hard to beat in their age groups. It was also nice to have Barbara Dunsford present, she was her usual bouncy helpful self.

Each finisher this year received a medal courtesy Oswestry Tourist Board and more than twenty cakes baked by our ladies in Oswestry Olympians were consumed heartily.

Another great day.  
Doug Morris  
Oswestry Olympians



Doug Morris brings the field to order at the start.

### FIELD EVENTS COVERAGE

Following the two page report on the track events of the BVAF Championships in 'Veteran Athletics' No. 2, should we look forward to an equally full report on the field events in the next issue?

Peter Ferguson  
St Albans

Ed: Brian Owen has reported on page 11





Helpers collect finish discs and record a road race.



## BEHIND THE SCENES

By Bill Taylor, Vice President of BVA

### At the Stadium

I am not able to run these days, although I go to as many meetings as I can. I now get behind the scenes a bit more; reminding myself that the competitors are not the only ones sweating. We are grateful to the long-suffering officials, the results teams and the stewards who carry information back and forth.

But there never seem to be quite enough of them; so when your event is over (or before it, if you aren't too jittery) how about offering your services to the meeting organiser?

He — or she — will appreciate it and you may even learn a bit about the other side of things. Certainly you will help to make the meeting run smoothly. Of course, this doesn't just apply to track and field; road running and walking, and cross-country all need their helpers.

### The Busy Run Up

Help is also required during the run-up to the meeting, entry-taking and acknowledgement; programme compilation; art-work for entry form and programme; preparation of event-cards and recording sheets.

Administrative and key-board skills are always welcome.

Please use the coupon below to offer your help.

### A Key Appointment

Wilf Morgan has been General Secretary of the BVA since July 1985, and he really has been a tower of strength.

He has shown a reasoned and thoughtful approach to our many problems, and is a man of action. His liaison with the AAA led to the introduction of BVA 5 and 10K championships at Hemel Hempstead and Barnsley respectively. He has helped to formulate ideas for integration with the British Athletic Federation in due course, and he burned midnight oil helping to produce the Standards scheme. He is very busy in the athletics world generally — not just the vets scene — and he has said that he would like to step down from the post of Secretary at the next AGM.

So, how do we fill this key post? Are you the person to offer your time and experience, or can you propose a suitable candidate — man or woman — for election next July? Again, clip the coupon.

### Moving Forward

Most of you will have read that the BAAB Council have voted that athletics in the UK should be under one governing body by January 1989. They decided, by 17 votes to seven "to rationalise the financial arrangements of the BAAB; that one governing body be formed, and in the meantime, that the AAA function as the caretaker association for the affairs of the BAAB".

At about the same time, the IAAF has taken a step towards the absorption of veteran athletics by appointing a Veterans Committee under the Chairmanship of Hans Skaset of Sweden, and comprising seven IAAF members and five from the WAVA Executive.

Unification of the sport at all levels does seem to be going ahead. We must watch developments and ensure that we help to produce the best possible structure to carry on our principles of athletics for health, friendship and competition.

To: H. C. (Bill) Taylor, 17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LX

From .....

Tel: .....

I should like to:

1. Assist at BVA Championships  
(Tick Box)

T&F Indoor Road R XC  
☐ ☐ ☐ ☐

2. Help with BVA Administration  
(Please give sphere of interest)

3. Stand for election as General Secretary (Tick Box)

☐

4. Nominate .....  
as a candidate for election as General Secretary.

## INTER COUNTIES T&F TEAM, WARLEY

19th September 1987

Glamorgan made it four wins in a row, and they did it by gaining good points in all events.

Their star has to be Glyn Sutton with 100 and 200 wins plus a Meeting Record in the Pole Vault in pouring rain. Add to this a fine record win by Bernie Plain in the 1500, and a Shot/Discus double from John Walters and the rest was academic.

However, what about Yorkshire? They were not expected to be here, but we were pleased they were. Geoff Peel won by a street over 800 in 1:59.0, and looked real class and likely to challenge Ronnie Bell next season.

Whilst Warwickshire who finished second had a man called Cowley. Dave won the 400 in a record 52.2 and won both the Triple with 12.25 and the High Jump with 1.55.

Bob Care looked superb in the 3000 Metres Walk in his record 13:12.4, and tells me that he plans to compete in the European next year.

Whilst John Potts, a recent Open road winner, looked easy in his 5,000 metres, and could well have been well placed had he competed in Corby.

It is hoped that this fine event will continue next year; however, it is likely to move to a new venue and be staged by the Holders Glamorgan.

Brian Owen

### Isle of Man for Woman Vet

In the Isle of Man Marathon on 23rd August Irene Corlett first lady veteran also won the open ladies race. The second, Dr Zoe Vermaak is the Island's Medical Officer of Health. Third lady veteran was Margery Allen.

Ray Shorter, first male veteran in 2:55.28, against gale force winds, was placed 6th overall. The 2nd, 3rd and 4th veterans were Ray Hampton, Alan Kelly and Mitch Joughin.

Next year's race will be on 21st August.

## BOOK REVIEW

### 99 WAYS TO REACH A 100

By Sylvester Stein

Century Paperbacks £5.95

Sylvester Stein has done more for British and International veterans athletics, than anyone else I can think of not only as an administrator but as an outstanding athlete himself. That he has found time to write a unique book such as this is amazing in itself.

It tackles the ageing process from all aspects of modern day life and its hazards in an easy to read way that I am sure has never been attempted before. The statistics alone at the end of each section are a revelation in themselves.

This book could well have been written by a highly qualified geriatrician who had spent a large part of his medical career studying the many aspects of the 'keep young' process as outlined in this book.

It covers every aspect of modern day life with all the stresses and pleasures from AIDS to Yoga.

Whilst emphasising the value of exercise and aerobics in longevity and the avoidance of heart disease it also deals in detail with all the hazards of present-day society such as drug abuse and smoking. It is not only a guide to reaching a hundred years of age, it is a complete guide to enjoying the later stages of an 'allotted span'.

It is a must for anyone over 60 years of age who wishes to enjoy their retirement years to the full.

I am sure that the wide circulation this book will enjoy will result in many more of us in the next 2 or 3 decades attaining that magical birthday when we get a telegram from Her Majesty The Queen.

H.S. Trafford, M.B., F.R.C.S.

Senior Consultant Surgeon  
North Staffs Hospital Centre

## An appeal from the Chairman

Do you need a reminder to send in your support cheque for Veteran Athletics? Well, here is a list of those who have contributed last month — that should spur you to get a contribution together to help keep the magazine in a healthy financial state.

Remember your vet club subscription doesn't cover the cost of your copies; we rely on voluntary help from all members.

Please send your cheque to the  
Vets Athletics Treasurer, Bill Taylor,  
17 Poplar Farm Close,  
Milton-under-Wychwood,  
Oxford OX7 6LX

Sylvester Stein  
Chairman BVA

D. Worthing	£10
A.W. McLennan	£10
Lionel Tye	£10
Frances Classon	£10
Alf Beckett	£ 3
George Oxbury	£ 2.10
John Headland	£ 5
Pat & Maura Brown	£ 5
Jan & Lyn Foster	£ 5
A. Chromniak	£10
N.H. Stead	£ 1
Marie Grant-Stevens	£10
Maurice Morrell	£10
Peter & Pat Maffia	£ 3
T. Monaghan	£ 5
James Binfield	£10
Ted Peacock	£ 2
Marjorie Hocknell	£10
D W Sudbury	£ 2
Robin Salmon	£20
A Pope	£10
Heythrop Pony Club	£ 6
E. Yates	£ 1
BLV Lash	£10
C. White	£ 9
Hugh Barnfather	£ 1
Derek Harper	£10
Jerry & Sue Barr	£ 5
Arnold Shepherd	£25
Wilfred Morgan	£ 5
Jo Hughesdon	£10
K. Rowe	£10
R. Newey	£10
J. Roberts	£10

### Pentathlon

A possibility of holding the Pentathlon at a separate venue from BVA Track and Field has been suggested. This could also apply to 10K Track races perhaps at area club championships.

Notice of your views by letter to the paper, or to area Vets Club Secretaries by early November, would be appreciated.

### Big US Marathon

In the Twin Cities Marathon, Minneapolis to St. Paul, on October 11th, Mike Hurd (GB) suffered a hip injury and dropped out at 17 miles.

The veteran class winner was again Kjell-Erik Stahl (Sweden) in 2:18.01, from Bob Schlau (US) 2:20.25, Antonio Villaneuva (Mexico) 2:22 and Gunther Mielke (FRG) 2:29.

"It was cold, -4°C at the start, and I wasn't the only one in difficulties" said Mike Hurd "but I hope to be fit to race at Columbus, Ohio in mid November."

## WORLD MARK

### at Wolverhampton Masters

Jim Grimwade of Steyning AC improved the M75 world best mark for the 10,000m Walk by some 3½ minutes when clocking 55:00.6 with a fine performance, reports Peter Worth.

This was 6½ minutes better than the British record.



# INJURY CLINIC

Dr I R Smith, MB, BS, MRCS, LRCP, D Phys Med  
Mr E A Caldwell, LCSP (Assoc)

Advice may be sought by writing with SAE please to Injury Clinic, Veteran Athletics,  
57-61 Mortimer St, London W1N 7TD.

## ARTHRITIS EXPLAINED

**Dr Smith, who has specialised in Rheumatology, writes about more common forms of this affliction. He offers some words of comfort but also warns athletes against ignoring pain.**

The purpose of this article is:

- (a) to extract the types of Arthritis that a veteran could come across out of a total of almost 200 forms.
- (b) to suggest means of coping with it and at the same time trying to continue a veteran running career.
- (c) to indicate ways of prevention.

Strictly speaking the 'wear and tear' type of arthritis, or osteoarthritis, the commonest form in the 35 years plus range, should be called osteoarthrosis. But to avoid confusion and to follow common practice, the word 'osteoarthritis' will be used.

### OSTEOARTHRITIS

This occurs mainly in the weight bearing joints. The most publicised joint prone to osteoarthritis is the hip joint. It has its reputation by being eminently replaceable by a metal or plastic prosthesis, and since they have been going without problems for over a quarter of a century, we know they can in many cases outlive the owner.

The lumbar spine, is also subjected to enormous forces, particularly the joints between the lowest lumbar vertebra and the sacrum, or bottom of the spine. These forces can not only push out the pulp contained inside its envelope, causing a disc prolapse, but also cause osteoarthritis; in this situation it is called lumbar spondylosis.

In the neck, naturally it is given the name cervical spondylosis. But wait a minute, the only weight applied onto the neck is the head. We know that we meet a lot of athletes with big heads! In fact the old swede is quite heavy, metaphorically or not, and when extra forces are applied, usually from poor posture, osteoarthritis can result. Any

veterans who played prop forward in rugby will almost certainly have cervical spondylosis, and any veteran who has been involved in a certain type of motor accident may have had the symptoms, for a while anyway.

The knees are prone, even without pre-existing rheumatoid arthritis or without previous mechanical trauma. Incidentally, statistics do not suggest that removal of a cartilage (meniscectomy) carried out on a huge number of individuals, makes the knee joint vulnerable.

The hand is interesting. The terminal inter phalangeal joints, near to the finger tips, are prone to OA rather than RA and this is commonly seen in wicket-keepers, soccer goal-keepers and such as volley ball players - volley ball is a diversionary game which was popular in athletics, in my day anyway!

Gout! Colonels with large bulbous, purple noses and a bottle of port at the ready don't run as veterans. You are probably right, they probably don't. Gouty arthritis affecting classically the big toe, can occur in any male, usually of veteran age, and any female after the menopause. A high level of uric acid in the blood serum is the cause. A famous 18th Century doctor wrote "it affects the rich more than the poor, wise more than fools" and that, "kings and potentates, generals of armies and admirals of fleets, philosophers and many others such as these are common victims".

In addition to Gout, OA can also pick out the big toe when it has become maligned (hallux vagus or varus), for example by badly fitting footwear.



Doctor Ian Smith.

### HOW LIKELY IS A VETERAN ATHLETE TO GET RHEUMATOID ARTHRITIS?

This disease is not as common as may appear. Uncles, grannies, elderly parents who are crippling around on walking sticks are more likely to have osteoarthritis. This is even more encouraging than may appear at first sight, because RA is the more disabling form. In fact in rheumatology the more appropriate term, rheumatoid disease, is used. The reason for this is that it can affect systems and organs other than the joints and connective tissue such as tendons, adjacent to the joint, but also the eyes, skin, lungs, heart valves and so on.

Locally, the joint itself and adjacent tissues become inflamed, ragged and eroded. See illustration 'the synovial inflammation of rheumatoid arthritis'.

The onset is more acute than the unnoticed appearance of 'wear and tear' osteoarthritis. It is therefore comforting to know that its incidence is not as high as is often thought. Even the figure often given as 2 or 3 out of 100 is not so daunting, as many of these cases are so mild or so transient as to present no abnormal after effects. So, a figure of 1 in 200 in women and 1 in 600 men is more accurate.

Until now, my protective feelings towards the ladies have prevented my saying that RA is three times more likely to occur in the female than the male. But, it occurs more in the 30-50 age group, so, ladies well into veteran status take heart.

### ANKYLOSING SPONDYLITIS

Although this form of arthritis usually originates in young men in the late teens or well into the twenties, it is relevant in veteran athletics. It is said that if you must have arthritis of any kind the one to have is AS, and here comes the reference to veterans. The mainstay of the treatment of AS is exercise.

The main feature of this condition is stiffness, particularly in the morning or following other long periods of immobilisation. The joints mainly involved are the rib articulations with the chest vertebrae. Chest expansion is therefore limited by several centimetres. Involvement of the cervical spine can lead to marked restriction of movement in the neck and back. Later on, hip involvement

can lead to the 'bent man' who can only see his feet as he struggles along.

However, the progress of this disfiguring and disabling condition can be arrested by the exercising of all joints concerned, including deep breathing, and the patient can continue to run well into veteran status.

### PREVENTION OF OSTEOARTHRITIS OR ITS PROGRESSION

In weight bearing joints, as we get older, the onset of OA can be prevented by 'listening' to our joints when they are sprained or strained. And also, by, rather than attempting to run through the pain, giving our joints a bit of that dreaded word 'rest'. Maybe your physician has told you to rest, but surely not a sports physician. I like to think that the occasional injury can be a blessing in disguise.

In treating an injury therefore, its my policy to carry out a useful general clinical examination as a screening medical.

Secondly, I devise a programme of exercise devised to protect the injury and concentrate on any weaknesses. For example, a schedule to improve upper body power; a stretching programme which may, due to the time factor for instance, have been ignored or played down by the fit athlete before his injury; cycling, for a number of reasons; and hydrotherapy, by running in a swimming pool with various levels of water to overcome weight bearing, or to exercise the joint whilst floating in a rubber ring. The list is endless.

On many occasions, and this is without a word of a lie, athletes are fitter than they were before the injury occurred. Many continue all or part of this rest schedule and modify their running schedule if or when they find an improved performance.

### CONCLUSION

I have written about the commoner forms of arthritis, particularly rheumatoid arthritis and osteoarthritis. They are less common than may be thought, particularly rheumatoid arthritis and can be less restricting than is feared as long as joint pains are taken seriously. If you do take joint pains seriously the outcome of the affliction will affect you less seriously.

### OVERSEAS NEWS

**Australian Vet News** has built up Reg Austin, M50 sprinter. Superfit Austin who himself trains a leading Rugby League club declared "I will win everything with my eyes shut".

In contention will be world champion Ron Taylor (GB).

**Latest USA Best Rankings.** Here are some selections, picked against the Melbourne team.

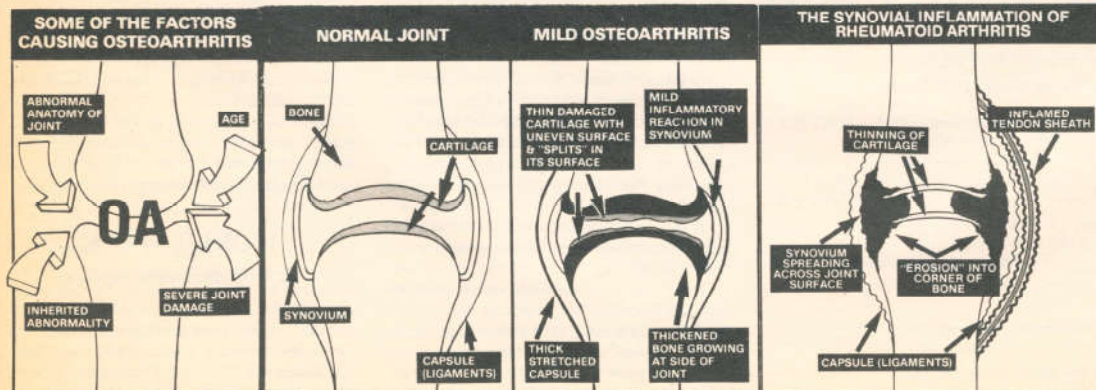
800m W40-45 are 2:25.6/2:37.3 respectively  
M40-45-50-55 1:58.5/1:58.9/  
2:06.6/2:10.1  
200m M40-45-50-55-60 22.0/22.72/23.48  
25.5  
5000m M40-45-50-55-60-65 15:17/15:22/  
15:57/16:54/16:32/19:21

**WAVA.** Cesare Beccalli, President of European VAA will stand for President of WAVA up against Jacques Serruys, Director of Brugge Vets 25K, and WAVA Vice Pres.

**Eugene, Oregon** is the clear bidder for 1991 World Veteran Games. Japan is mentioned but Split, Yugoslavia has withdrawn.

USA National T&F held there this year had to switch when famed Hayward Field was still unfinished but ran off 976 participants on another track.

**Melbourne** staged a Masters Mile at an August VFL football match. Rome 800 and 1500m Gold Tom Roberts won in 5:46 off a 60s handicap to prove his readiness for VII World Veteran Games.





## LAP SCORING OR INEXCUSABLE LAPSES?

asks Jack Fitzgerald

Since first becoming hooked on Athletics generally and distance running in particular and having had a modicum of success in my first 6 mile track race (the 1949 Surrey Championships, for which I am still owed a standard medal), I have long been convinced that the modern day equivalent, 10,000 metres is by far the most important event in any major championship meeting. Unfortunately it is also the event most likely to cause the hardworking officials to suffer coronary or cerebral attacks, which makes me wonder why so many of them are opposed to the practice adopted by some of us lesser qualified administrators, that of individual lap recording cards.

Admittedly you need many recorders crowded round a single timekeeper calling lap times, but it is in my opinion foolproof inasmuch as mistakes (which are rare) are easily spotted on a check back, which are not apparent on a single recorded list.

The added bonus is that after the officials have transferred the relevant information on their records, the athlete concerned can be presented with his individual lap scoring card and so have a record of his individual laps, which is important when one is striving for even paced running.

It is particularly needed in my opinion in Veteran races. I well remember the frustration at White Plains in 1975, when many of the 10,000 metres competitors were suddenly told by the American Officials "Sorry Fellows, we have lost the count, keep running for 25 laps". On that occasion I was lucky enough to be within sight of the leader and eventual winner and managed to finish 3rd legitimately, but many lapped runners were justifiably annoyed to find that after running the full 25 laps, they had been adjudged to have been beaten by others doing only 24. New York is a long way to go to be diddled out of a medal.



In both the World Championships at Hanover and European Championships at Strasbourg, the individual lap scoring system was used and to my knowledge not a single competitor claimed that they had been robbed.

Even at Crawley in 1984, where the British Officials were from the highest echelon, an obvious miscalculation was made in the M65 race which resulted in the wrong man being presented with the Bronze medal, this time a German competitor suffering and a British competitor benefitting. Again conventional methods were adopted rather than lap recording.

Finally, the same thing occurred at the otherwise well organised Track and Field Champs at Corby recently. Because the competitors hadn't reported in advance for their race (which is also inexcusable), too many age groups were running in a single race, with some resultant chaos. In this case I am sure that volunteers could have been raised and individual lap scoring cards could have been adopted at short notice.

Like Gracie Fields who took her harp to the party though nobody asked her to play, I now make a habit of carrying lap scoring cards with me to meetings.

### Notes

1. Four cards can be laid out on one A4 sheet of paper.
2. The Sheet is photocopied and pasted onto card. Quality printing is not necessary, practical cards can be made at home.
3. It is helpful if competitors are 'seeded' as far as possible among the officials.
4. An experienced official can handle as many as four records.
5. One official will call the running time of the race for all competitors as they pass the post on each lap, and this is the data which is recorded for each competitor on each lap.
6. Lap scorers will be able to prompt competitors calling 'how many laps to go?' and bell ringer.
7. In the event of a mistake in recording it will not be difficult to see where it occurred, by reference to the time of each lap.
8. At the end, final times are submitted to the Chief Timekeeper.

Number		Name	
Lap No	Time	Lap No	Time
1	10	19	
2	11	20	
3	12	21	
4	13	22	
5	14	23	
6	15	24	
7	16	25	
8	17		
9	18		

Jack Fitzgerald proves a point.



Photo: John Offord and tall Alan Griffiths enter the second lap.

### World Games Entries

Eleanor Adams, Alex Agnew, George Armstrong, Bill Baker, Roger Bartlett, Carol Bean, Colin Beckwith, Ron Bell, Robert Belmore, Jeanette Bleach, Giles Brindley, Hilary Brindley, Clifford Brooks, Barbara Brown, Roger Bruck, Brian Bullen, Jack Bullock, David Burton, Roger Buzzard, Alan Byers, Colin Campbell, Sarah Cawkwell, William Chapman, Bruce Charles, Jacqueline Charles, James Charman, Gwendoline Charman, Tony Churchill, Stuart Colledge, Andrew Coogan, Alan Cowen, Bridget Cushen, Howard Darbon, Colin Derrett, Bob Dobson, Margaret Docking, John Drakeley, Christine Drewry, Martin Duff, Leslie Duffy, John Dunford, Barbara Dunford, Dic Evans, Judy Farr, Ian Farr, Geoffrey Feast, Tony Fitzjohn, Peggy Fletcher, Douglas Fotheringham, Ron Franklin, Patricia Gallagher, John Garber, Ken Glenesk, Frank Golding, Henry Goodman, Arthur Goodwin, Carina Graham, Patrick Green, Brenda Green, James Grimwade, Bill Guy, George Hallifax, Sally Haynes, Ted Hefford, Danny Herman, Peter Higgins, Jane Holmes, Peter Howard, Bryn Jenkins, Michael Johnson, James Johnston, Max Jones, Ed Kean, Tony Kearns, Joe Kennedy, Alan Lamb, John Linaker, Bert Logan, Jack Magog, Caroline Marler, Nicholas Marler, Angwin Marples, John Marshall, Yvonne Miles, Lilian Millen, David Morrison, Henry Morrison, Michael McDowell, Rod McLeod, Frank McMahon, George McNeill, Pat McNab, James Oakwell, Matthew O'Halloran, Sue Page, Joseph Phillips, Ernie Plimer, Hugh Richardson, Les Roberts, Anne Roden, Joselyn Ross, Ann Sayer, George Scutts, Edward Sears, Colin Shafto, Terry Simons, James Smith, Joyce Smith, Yvonne Smith, Stanley Sonerson, Sydney Spence, Gordon Standen, John Steede, Dave Stevens, Robert Stevenson, Sylvester Stein, Douglas Sudbury, Peggy Taylor, Ronald Taylor, James Todd, David Valentine, Tony Vanderplank, Arthur Walsham, Ray Walters, Leonard Watson, Roy Webb, Keith Whitaker, Carol Wild, Charles William s, Les Williams, Mavis Williams, Pauline Wilson, Denis Withers, Mary Wixey, Derek Wood, Peter Worth, Mary Worth.

List supplied by Vest Tours.  
Names: 137 Events entered: 406 AVer 2.9

As we go to press, entries for the 7th World Veteran Games in Melbourne have reached the staggering proportions of 3629 Men and 1031 Women entrants. This beats the 4330 overall entries in Rome in 1985 which was the previous record. Equally startling is the total number of individual event entries. Whereas the entries in Rome competed in 9365 events, the Melbourne participant will compete in 12,759 events.

Forty-eight countries have entered with obviously the Antipodes consisting of well over 50 per cent. U.S.A. send a team of 380, West Germany are next with 262, while Great Britain and Sweden vie for 5th place around the 150 mark. As usual the distance events are the most popular with 1700 in the Marathon, 1113 in the Cross Country, 1105 in the 10,000 and 1080 in the 5000 metres, but 769 in the 100 metres is a figure few would have forecast, when the series began in 1975.

In such an entry it is almost impossible to mention individuals, but without doubt the appearance of the reigning Olympic Marathon Champion, Carlos Lopes of Portugal will create most interest in a star studded programme.

### KODAK BARNSELEY

Success of the race was thanks to three main parties. Excellent organisation was directed by Max McNally and Barnsley Road Runners, supported by the facilities of Barnsley Council, and the main sponsorship of Kodak and Barnsley Road Running club who gave subventions to the first three vets.

The race was originally a veterans race so support by vets from champion to all levels has been an artery for growth.

Future dates in Kodak Festival of Running are March 6th, Nottingham 10K, and April 6th, Final at Hemel Hempstead, where a veterans race is likely.

## PIET VAN ALPHEN

### A Personal Obituary

To say that I was saddened to hear of the sudden death of Piet Van Alphen would be the understatement of the year.

Only 4 days earlier the great Dutchman had finished first M55 in the International Brugge 25K.

In the month prior to Brugge, Piet had run fast half marathons on May 16th, 30th and 6th of June and 10,000 metres in 33.02 on June 14th. Perhaps there is an implicit warning against this heavy racing programme amongst older distance runners, although I doubt whether many of us will heed that warning.

Piet suffered a massive brain haemorrhage while breakfasting on June 25th and died almost immediately. He had no history or indeed warning of any problem in that area. The best way to go perhaps, but not at the age of 56, with years of competitive running still apparently ahead of him.

The former speed skating champion originally entered my sphere as a statistic when he placed 8th in the 7th IGAL Championships in Paris in 1974. His time of 2:38:49 was reasonable on a course that included a large proportion of grassland, but although the first Dutchman, he was overshadowed by performances from Alastair Wood, who ran 10 minutes faster, Arthur Taylor and the wonderful Swede Erik Ostbye.

What really made me sit up and take notice, was his performance at Brugge the following year. Laurie O'Hara had finished 2nd to Alfons Ida in the 10K in Paris and joined the British party for the second Brugge 25K. However Piet took the bull by the horns two miles from the finish and opened up a gap, that the Belgrave Harrier, try as he might, could only reduce to 8 seconds at the finish. In 1977 the IGAL championships were held at Brugge on what is now the established 25K course and although the great Gaston Roelants won the race easily enough, Piet celebrate his coming of age by winning the M45 title in 82:44.

After that the popular Dutchman was a force to be reckoned with throughout the age groups, one of his peaks being his 2:22:49 marathon at Amsterdam in 1980, an M50 World Best.

Piet will be sadly missed by his many British-Veteran friends and our sincere sympathy goes to his wife Dien and daughter Astrid.

J. Fitzgerald

### SOUTH WEST VAC T&F CHAMPS

The showpiece of the Club's year was its Track and Field at Bournemouth on 5th September.

With barely 5 weeks to go, the original plan to have a joint meeting with Bournemouth AC hit a surfeit of entries; to go it alone at such short notice and without previous experience was a testing task. Panic notes were sent out on a large scale — 'this club has been built by correspondence' wrote Hon Sec David Lord — and the response was a good one.

Two first rate referees from the AAA cupboard were supported by coaches, helpers and a couple of qualified competitors who agreed to play a dual role. A commentator naturally brought it all together.

Blustery winds off the Channel brought problems; it flattened the wind gauge, ruined record prospects and javelin flight but the sun did come out to play and stayed out.

Seventy members, a third of the roll, assembled from far and wide and competed in the 200 starts and made this first solo championship of the young SWVAC a day of pure magic.

### SUBSCRIPTION SERVICE

Subscriptions to Veteran Athletics: £10 a year (6 issues), incl post and package. Add £2 outside the UK. Write for airmail details. Cheques to be made payable to Veteran Athletics Subs, 57 Mortimer Street, London, W1



# BIG DAY AT WELWYN GARDEN CITY

OPEN VETERANS HALF MARATHON  
Jointly sponsored by Hunterprint and Running Magazine  
The First BVAF Half Marathon Championship

Jack Fitzgerald, organiser and competitor, reports on the race.  
Mike Hurd was the outstanding champion of a quality field but numbers were lower than hoped for at 573.



The Field at two miles. Photo Mike Abell

With a programme entry of 778 and finishing field of 573, the organisers of the first Open Veterans Half Marathon which incorporated the BVAF Championships, at Welwyn Garden City shouldn't have been disappointed on July 26th. At the sharp end of the field it was almost certainly the most competitive Championship to date.

And they are hopeful that the message has got through, so that at least a thousand finishers can be anticipated in 1988. Bear in mind that the veteran application to the London Marathon is reported to amount to 16,000. Hopefully the same sponsorship from Hunterprint, Running Magazine, Jordans and Willmott Dixon Construction will be forthcoming to enable them to maintain the level of subventions and the provisional date of August 21st has already been pencilled in the Welwyn Stadium diary.

The race itself seemed to run smoothly enough, thanks to the liaison between Race Director John Strafford and the large bulk of officials from the local Club Verleia AC. Undoubtedly the great experience of Stadium Manager Bill Heague, the Commentary from Brian Peapells and the efficient computerised results service from the Dyson's and Rapid Results Services contributed to the success of the day. Outside of the Committee, Frank and Chris Martindale worked like trojans to keep the competitors in touch.

Of the race itself, it was obvious that after his great success in winning the Bronze 25k by such a large margin in June, that Mike Hurd would be the outstanding favourite. This forecast proved to be a true one as the former Croydon Harrier and RAF representative went into a lead almost from the time that Britain's greatest ever Woman distance runner Joyce Smith fired the starting pistol at 10.30 a.m.

After a first mile of 4:53, he still had a

few adherents, but by two miles the gap had opened. Five miles was reached in 24:32 which was 43 seconds faster than his pursuers. Leading this group were new veteran Ernie Cunningham and Sheffield's Malcolm Martin followed by Southern Cross Country Champion Sheldon Cowles, Potteries Marathon winner Harry Clague, BVAF Marathon Champion Eddie Lee and Des Austin.

By 10 miles Hurd was still running sub 5 minute miles with 49:18, increasing his lead to nearly 2 minutes. Cowles emerged from the pack soon after 11 miles to finally consolidate the runner-up position and Clague eventually got the better of surprise packet Cunningham for third. Austin and Lee made sure they were included in the subventions share-out.

The quality of the field was such that outstanding runners like 10 Mile and National Cross Country Champion Alun Roper, leading North Eastern distance runner Harry Matthews, Ex Marathon Internationals Bernie Plain, John Offord and Roger Clark and European 5000 Verleia AC. Undoubtedly the great experience of Stadium Manager Bill Heague, the Commentary from Brian Peapells and the efficient computerised results service from the Dyson's and Rapid Results Services contributed to the success of the day. Outside of the Committee, Frank and Chris Martindale worked like trojans to keep the competitors in touch.

Mike Palmer formerly a Steeplechase International with St Albans AC returned to the scene of his former glories to win the M45 category from surprise runner-up Ron Toogood of Hallamshire and George Tunnell with, the B.A.B. Treasurer and architect of the new B.A.F. scheme, Mike Turner just out of the medals in 4th place.

After his success in Israel earlier in the year, Cyril Leigh's win in the M50 category was not altogether unexpected, but Tom Ryan celebrated his first major race in this division by running out of his socks for second place over Ron Panell and Bow Sloane.

Jim Dixon showed us in the London Marathon that he has made a remarkable transition from 400 metres Hurdles to

distance running and his M55 win over old faithfuls Eddie Kirkup and Laurie O'Hara was totally in character.

Steve Charlton did surprise many by his M60 win by nearly 5 minutes from BVAF M60 Marathon Champion Jack Kirk.

Five years up the scale and heavy mileage trainer Bryn Jenkins proved his methods by beating many younger men.

'Energy Ernie' Warwick was again out on his own to beat Len Jones in the M70 category with his usual canny (or is it uncanny) pace judgement, while the diminutive Albert Southwell not only won the M75 Championship but easily collected most sponsorship money for 'Muscular Dystrophy'. He was last to leave the start road but far from last home.

The eldest male age category was won by the amazing 80 year young Will Chapman who finished as fresh as the proverbial daisy and announced to the astounded crowd that he was still a newcomer to this distance and hoped to improve his time in 1988.

On early season performances, Brown Cardy had to be favourite for the Women's top subvention of £200, but the Midland based Welsh international had also had her problems. She had collapsed in the Easter Festival in the Channel Islands and only recommenced full training three weeks prior to the event.

However a first 10 miles of 58:30 enabled her to establish a good lead and she duly finished over 2 minutes ahead of fast finishing Ann Roden who took the W40 Championship.

Winner of the Hemel Hempstead 5000 metres BVAF Championship, Marilyn Palmer surprised many by taking 3rd place ahead of 10,000 metres Track Champion Zena Marchant.

Potteries Marathon Champion Elaine Statham was suffering from recent dental injections but ran her usual steady race to finish next and 2nd W40 and the half dozen

who won subventions was made up by the heroine of Isabel Karen Bowler.

The W45 race always looked the most open, but few outside Highgate Harriers would have predicted a win for new girl Anne Hearn. Maureen Sweetlove beat her Dorset neighbour, 1982 European Marathon Champion Yvonne Miles for the runner-up spot.

Class nearly always tells even in W50, and ex 800 metres International Brenda Cook made a welcome return to form to defeat the two Pam's Jones and Davies.

The W55 race looked close on paper with Sheila Jennings probable favourite after her early season successes at Israel and London, where she broke the W55 British Marathon record, but it wasn't to be her day. When the experienced Betty Norrish gave it the gun on the first real hill at 4 1/2 miles she was unable to respond and eventually let in Vera Millward, W60, and Wimbledon's Joyce Smith (who will also be 60 in October) for the other over 55 subvention.

Josie Waller another British record breaker in the London, ran her usual comfortable race to win the W65 title, finding energy to wade to her many supporters.

The presentation ceremony went fairly smoothly, thanks to the early results service from John Dyson at 1 p.m. as scheduled. Perhaps the winner expected more delay as he wasn't present for the award of his trophy. This didn't endear him to some of his critics who don't fully appreciate some of his views on Veteran Athletics. No doubt with a top subvention of £250, he cried all the way to the bank.

There was criticism. Some competitors expected a medal for merely finishing, while others were unhappy that there was no team race.

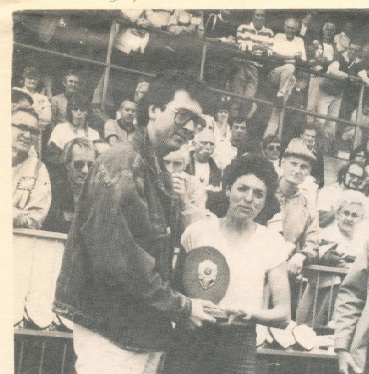
Both of these are under review for the 1988 event. Keep watching this space.



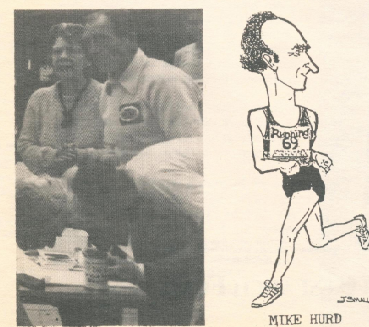
H. Clague leads M. Martin, E. Cunningham, A. Roper, E. Lee, S. Cowles and R. Clark.



Left to right, John Atkinson, Organiser, Joyce Smith MBE and Chris Brunning, referee. Photo Mike Abell



Brown Cardy receives the winners BVAF plaque from Dave Calderwood, Editor Running Magazine.



Outside helpers Frank and Chris Martindale.

Sketched on the day by John Small of Hillingdon AC

1 M HURD 2 D COWLES 3 H CLAGUE 4 E CUNNINGHAM 5 J ATKINSON 6 E LEE 7 A ROPER 8 B CLARK 9 J MATTHEWS 10 J OFFORD 11 J DIXON 12 J SMITH 13 J LEIGH 14 J PALMER 15 J RYAN 16 J WALKER 17 J BOWLER 18 J MILLER 19 J DUFFY 20 J HARRIS 21 J BROWN 22 J GILL 23 J HARRIS 24 J BROWN 25 J GILL 26 J HARRIS 27 J GILL 28 J HARRIS 29 J GILL 30 J HARRIS 31 J GILL 32 J HARRIS 33 J GILL 34 J HARRIS 35 J GILL 36 J HARRIS 37 J GILL 38 J HARRIS 39 J GILL 40 J HARRIS 41 J GILL 42 J HARRIS 43 J GILL 44 J HARRIS 45 J GILL 46 J HARRIS 47 J GILL 48 J HARRIS 49 J GILL 50 J HARRIS 51 J GILL 52 J HARRIS 53 J GILL 54 J HARRIS 55 J GILL 56 J HARRIS 57 J GILL 58 J HARRIS 59 J GILL 60 J HARRIS 61 J GILL 62 J HARRIS 63 J GILL 64 J HARRIS 65 J GILL 66 J HARRIS 67 J GILL 68 J HARRIS 69 J GILL 70 J HARRIS 71 J GILL 72 J HARRIS 73 J GILL 74 J HARRIS 75 J GILL 76 J HARRIS 77 J GILL 78 J HARRIS 79 J GILL 80 J HARRIS 81 J GILL 82 J HARRIS 83 J GILL 84 J HARRIS 85 J GILL 86 J HARRIS 87 J GILL 88 J HARRIS 89 J GILL 90 J HARRIS 91 J 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Jack Buckner,  
European 5000m  
champion.



The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 900 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running on long hard marathons and fun runs helps us by raising money — the charity is totally dependent upon donations and our own fund raising activities

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Vest ☐

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## FIELD IN FOCUS

**Brian Owen, of Midland Veterans AC, field event specialist and outstanding organiser of veteran T&F events, reviews the field Events at the National Championships, Corby**

In going through the BVAF results the impressive nature of the level of performances made me wish that I had in fact been able to make Corby rather than spending the days with our younger relations in Birmingham.

So let's look at each event in turn:

### SHOT

This event provided Indoor and Outdoor doubles for G. Blyton, Adam Chromniak, George Trmal, J. Watson, B. Metcalfe, Sid McSweeney and Bill Baker.

The finest performance came from Geoff Blyton, with the 14.20 (M40) heave which was only 7cm down on his best last season and would place him in the UK top 60. Adam Chromniak produced a fine 12.90 and George Trmal pushed the 6k ball out to 12.84.

Whilst in the ladies event Janis Kerr from Hounslow produced a magnificent 13.04 personal best in the W40. In the W35 event Bronwin Carter from Portsmouth won with 12.43, adding the National Veterans title to her appearance in the WAAA Finals in Birmingham. She should not be confused with Bronwen Cardy the Half Marathon Champion.

### HAMMER

Bruce Fraser was a good winner in the M40 from Chris Melluish who will be competing in the British League next Season with Cambridge Harriers. Bruce was only slightly down on his best of 1986 with 50.06.

Dave Bayes won the M50 after a great tussle with W. Treharne, with 48.32. Whilst talking to Martin Girvan it transpired that Dave has a famous victory over the Commonwealth Silver Medallist this Season.

### JAVELIN

Roger Bartlett had a 50.28 throw to take the M45, and B. McEwan was just short of the 50 metres mark in the M40. Whilst European 6th Place Joe Phillips also exceeded 43 metres with the 800g Spear.

In the Ladies event L. Dewar had the best effort in the W35 with 30.66. However, it was a great pity that former English Schools Champion and now Midland Veterans Champion Shara Spragg was not present.

Pat McNab went near the top of the women's ranking once more with a fine 4.72 in the W40, and only W35 winner V. Bonner was ahead on the day with 4.89.

Whilst who can forget Mary Wixey who goes so close to her World Record on every occasion.

### TRIPLE JUMP

It was a case of third time lucky for Sean Power in this event. But indeed it was Sean at his best with 13.64. Watch out for a World Record because he's 45 next year.



Chris Ellis photographed by Carina Graham.

### DISCUS

European 4th Place Chris Ellis of Blackheath was in top form with a 48.26 heave to take the M40 title. Whilst Cardiff's John Walters won the M45. J. Watson produced a 39.66 to make a Shot/Discus Double in the M55.

Bronwin Smith and Janis Kerr also won their events to take fine doubles. Whilst Barbara Terry added another silver to her collection. However, she did break her own British Hammer Record with 26.78.

### POLE VAULT

A new name to me, J. Fanning, won the High Jump with a fine 1.82, from Cardiff based Sean Power who cleared 1.80. K. Hands won the M45 and Gordon Hickey of Blackheath won the M50.

In the Ladies event Halesowen's Joanne Smallwood completed an indoor/outdoor double over Christine Drewry with a fine 1.55.

### LONG JUMP

H. Duggan smashed the M40 record with 6.80 but with no wind gauge there could be no record; nevertheless a fine effort. George Leete had a fine 4.61 to add to his 1.50 high jump in the M60.

## AROUND THE REGIONS

### SOUTH

Veterans AC after a lengthy period of consideration voted at its AGM on a resolution not to amalgamate with Southern Counties VAC. Both clubs are in the South East with VAC centred on South and West London. The resolution was carried by 36 votes to 3.

There were calls in the debate for more cooperation between the clubs, and this may be stimulated by competition between them in the current cross country season, which is a new development.

Vets AC voted a donation to BVAF to support mailing costs of Veteran Athletics to its members for one year.

The club has also applied to host the National T&F in 1989.

Hon Treasurer Frank Webb, of Belgrave H and former middle distance man, retired from office after no less than 38 years. A presentation will be made and contributions are requested to the Club General Secretary.

Southern Counties VAC arranged new cross country meets with Vets AC, Cambridge H, Thames H&H, and Ranelagh and a new Champs venue at Coulsdon.

Membership figures received an influx through the Vets Half Marathon pulling in previously unattached vets in the South East.

### MIDLANDS

MVAC have completed a Track and Field programme of depth and announced below the winners of their veteran Redditch League.

Local press who give good coverage to Midland vets, announced that Ron Taylor will go to Australia to defend his world titles, following a smooth 200m win at the Wolverhampton Masters. Also featured recently was National runner up Les Duffy.

### EAST

Eastern VAC having successfully staged the National T&F this year went on to further developments within the club. A new design of newsletter was launched, a gloss cover 12 page with photographs and a back page advert, reminiscent of the Corby programme.

The other move was going to 5 year age groups for their club Track Champs. This meant more events and more work for the organisers but many new championships records to be gained, for a year at least. And it turned out that standards rose all round at the new Peterborough track. This is a city centre site with good access.

Another McLean? Not a Duncan, but new member Albert McLean is a 65 year old sprinter with form.

### SOUTH WEST

SWVAC has bussed parties up to the National T&F at Corby and the Half Marathon at Welwyn. They were allowed to enter a team for the Inter Counties by pleading relative inexperience, but held their first sole championships at Bournemouth which are reported separately.

### WALES

Proved the strength of veteran athletics in South Wales by the success of Glamorgan in the Inter Counties Track and Field at Warley.

The South Wales Track League was headed at latest report by Cardiff 428 points from Swansea 408 and Rhonda 268 after 3 matches.

Individual top men were C. Webb (Bridgend) 119, T. Robert (Rhonda) 116, Sean Power (Cardiff) 113, and G. Benson (Swansea) 104.

Newport 465 led Les Croupiers 356 and Cardiff 232 in the Ladies League where C. Fereday 124 and D. Davies 104 were the top athletes.

### SCOTLAND

Negotiations carried on with the SCCU reached a satisfactory culmination when the Scottish national body agreed at its AGM, in the august Royal Scottish Museum, to 5 year age groups in veteran competition. Also a scale for medal awards of 1-2-3 relating to 5-10-5 runners in a group was settled and 4 to count for team prize not 3.

In the SVHC Newsletter, a model any club would be proud of, full of news and encouraging reading, a different personal marathon account was told by a doctor, with his own pulse rates and diagnosis on the run.

And Glasgow Marathon has been approached to seek better veteran prizes; previously only first male vet was recognised. Recent emphasis to this was Lorna Irving's win in the big Open 10K at Barnsley.

Plans for the National cross country are reported in the fixture column.

### NORTH EAST

Report a strong start to the winter season with large entry for the Berwick Walls races — where Scotland meets the North East geographically and competitively. This may have been a substitute Scots v North East match, after the annual fixture had to be cancelled due to fixture congestion.

Authority has been obtained for North East Vets who are not members of another athletic club to run in the popular Cross Country Harrier League (6 fixtures). These are run on a handicap basis with three packs of runners rated Slow, Medium or Fast so serve runners of all abilities. New applicants should contact NEVAC Club Secretary first.

He, Bob Peart, has a plan to celebrate his retirement after a career of 40 years in the Post Office the big way — running the New York Marathon.

### NORTH

Entries for the Barnsley Vets 10K were near a roll call for Northern clubs; strongest by numbers were Hallamshire H 28, Rotherham H 24, Stainforth AC 19, and Barnsley RR 19 and Northern Vets 15.

And that well known Northern correspondent 'Fido' opens his diary to readers after the Oswestry Ten.

'New Faces Steve Edmonds (Sale), after a low profile for some years is making an impact up here; a former 2:16 marathon runner.

Harry Clague New to BVAF events, a full time runner, surprised to see him here, no money for this one. Has got his five mile time below 24 minutes and will take some beating on the roads.

Alf Lennon Back to normal! Very considerate to Fido these days, concerned for my health.

Bristol Good to see them back in BVAF competition.

Evan Williams Must be tired out — even at my relaxed pace he was never even more than 70m ahead until his last sprint over the line — too much competition.

Jack Fitzgerald Where was he? Could have flown up on his new moustache!

Wrexham AC Two good vets were seen training 10 miles in the area. Despite that, Doug deserves a pat on the back for the increased support given this year — keep event in Oswestry and leave a gap after ½ marathon of at least two weeks.

'Fido' resting — long term treatment of back/hamstring injury following a 10:44 'chase I couldn't handle. Wife pleased to see me at home — paint house, dig garden etc.'.

## REDDITCH DISTRICT SPORTS COUNCIL LEAGUE

Veteran Competition, formerly 'Midland Veterans League'

### 1987 LEAGUE FINAL TABLES

League			League		
DIVISION NORTH MEN	Points	Points	DIVISION SOUTH MEN	Points	Points
1 Royal Sutton Coldfield	343	19	1 Bromsgrove Redditch	280	17
2 Tamworth AC	302	16	2 Worcester AC	287	16
3 Nuneaton H	277	13	3 Halesowen A & CC	293	15
4 Coventry Godiva H	103	8	4 Dudley & Stourbridge H	184	8
5 Tipton H	78	7	5 Warley AC	154	7
6 Birchfield H	26	2	6 Droitwich AC	98	3
DIVISION NORTH WOMEN			DIVISION SOUTH WOMEN		
1 Royal Sutton Coldfield	245	21	1 Warley AC	197	19
2 Tamworth AC	217	15	2 Droitwich	150	15
3 Nuneaton H	150	12	3 Bromsgrove Redditch AC	168	13
4 Birchfield H	94	9	4 Dudley & Stourbridge H	108	8
			5 Worcester	74	6
			6 Halesowen A & CC	20	2



## FIXTURES

### Legend

cd closing date

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

### NATIONAL

- 31 Oct BVA 20K/10K Road Walk Champs Chigwell Essex  
£1 by 24 Oct P. Worth 21 Baas Hill Close Broxbourne Herts.  
13 Mar BVA Cross Country Champs Irvine Ayrshire  
26-27 Mar BVA Indoor T&F Champs RAF Cosford W Midlands  
9 April BVA 1st 50K Road Walk Champs Basildon Essex

### INTERNATIONAL

- 28 Nov-6 Dec VII World Veteran Games Melbourne Australia  
13 Dec Calvia Marathon Mallorca  
18-19 June IGAL Veteran 10K and 25K Championships Brugge Belgium  
Tour details available  
26 June-3 July VI European Veteran T&F Championships Verona Italy  
Initial £20 deposit requested by 31 October  
Tours: Mrs B Dunsford VET Tours 71 Hillside Cres S Harrow Middx HA2 0QU

#### Pre Melbourne opportunities

- 4 Nov West London Stadium Open Graded Meeting 6.45 pm Du Cane London W12  
300m, 1200m, 200m, 600m W&M. 3000m Men only.  
60p by 30 Oct Organiser 19 Star Rd Hillingdon Middx  
8 Nov Peterborough AC Graded Meeting 1030am  
150, 300, 600, 1000m SP DT LJ All groups  
50p/£1 day Mrs Torr 177 Broadway Peterborough  
Midland Athletics Event Squad Coaching Programme  
full programme detailed in AW 26 Sept  
Sae for copy: Vet Athletics, 57-61 Mortimer St, London W1N 7TD  
Southern Counties Coaching Programme  
commencing 7 Nov Crystal Palace See AW 10 Oct or  
details Fred Allen 1 Denham Grove Bracknell Berks  
No winter meet at Tooting before January, Crystal Palace before 25 Nov or  
Cosford under repair  
18 Nov Ilford Open Meeting 3.8.15.00 3K cd 10/11

- 29 Nov Midland Open & Club Champs Half Marathon Shire Oak  
£3 + SAE E. Judge 42 Commonsidge Brownhills Walsall  
16 Jan MVAC Cross Country Champs — venue to be decided  
24 April Tipton Veteran Road Relays

### EAST

- 1 Nov Bedford Amptill XC Meeting Vets race 5M to close 21 Oct  
17 Jan EVAC Cross Country Champs Newmarket  
£1 R Grubb 65 High St Little Paxton Huntingdon Cambs

### SOUTH

- 1 Nov Salisbury Plain 15M Aylesbury  
6 Dec Victory 5M Road Race Portsmouth 10v 3wv 3 vet teams cd 23 Nov  
forms Gerry North Victory Sports 172 Fratton Rd Portsmouth  
16 Jan Vets AC Cross Country Champs Wimbledon  
24 Jan Cambridge H Eltham with VAC, SCVAC & Ranelagh  
30 Jan Blackheath Harriers Hayes Kent. Vets self handicap with SCVAC, VAC  
20 Feb Thames H&H Putney Vale with VAC & SCVAC  
28 Feb SCVAC Cross Country Champs Happy Valley Coulsdon  
12 Mar Ranelagh H Petersham with SCVAC & VAC  
30 March One Hour Run Tooting Bee London SW16

### SOUTH WEST

- 1 Nov Exmouth Burrows Garage 10M 7v 7wv to close 25 Oct

### WALES

- 2 Jan Welsh national veterans XC Champs M&W Cwmbran

### NORTH

- 15 Nov Preston 10 11v 5wv £2 cd 5 Nov  
Entries Sec 59 Ribblesdale Drive Grimsargh Preston  
22 Nov Help the Aged 10K Road Bolton. Vets 3x5 yrs. cd 14 Nov  
D Hoggins 4 Harricroft Cotts Smithhills Dean Rd Bolton

### NORTH EAST

- 1 Nov Gateshead Road Races  
7 Nov Heaton Road Races  
14 Nov North Shields Road Races  
21 or 28 Nov Harrier League No.2  
28 Nov Gateshead Cross Country — Veterans  
28 Nov Brampton to Carlisle race  
6 Dec Blyth Sands race  
6 Dec Norman Woodcock 10K  
20 Dec Saltwell Road races  
16 Jan Harrier League Sunderland  
23 Jan Harrier League Prudhoe

### SCOTLAND

- 1 Nov Camberlang H Vets Open 5M Road  
17 Jan SVHC Cross Country Champs East Kilbride  
13 Mar BVA Cross Country Champs Irvine

#### 1988 BVA Cross Country Championships

We hear that plans are well advanced for the championships. IRVINE is on the coast of Ayrshire in central southern Scotland and is a venue well known to Scottish Veteran Harriers Club. They have booked the Magnum Centre for changing and presentations, and the Beach Park for the races. Magnum Centre is the largest covered Sports and Leisure centre in Europe and last year attracted over one million visitors.

Sponsorship is being sought and, a ceilidh is being planned for the Saturday night.

## It Pays to Advertise

### By the Publisher

By now, the third issue of Veteran Athletics, it is becoming clear to race organisers and others that the magazine is an important source of vet entries to road races and other events — in fact it is the important source.

The reason is of course that all members of vet clubs get the publication and read it with care and interest.

If you wish to increase your entry number, with race organiser, you can't do better than book advertising space in

coming issues. You will get an ordinary listing in any case just by asking for it, but the extra impact of a reasonably-sized space is tremendous. Vet readers can then readily look over the more attractive features of your event and make the decision to send off an entry immediately.

This applies to regional vets club events as well as to national championships, and even to general outside events where a big vet entry is hoped for.

The rates are very low. Simply send in, in the first place, to:

Jack Fitzgerald at Vets Athletics,  
57 Mortimer Street, London W1M 9HA

## VETERAN INTERVIEW

Colin Fairey, whose sprint start makes him the 'Ben Johnson' of veteran athletics, talks with Alastair Aitken

Q. "What brought you into athletics in the first place?"

A. "Even as a child really I realised I was faster than most other folk. If you are good at something you are going to improve it aren't you! You then take an interest in that thing. What is the point in doing something if you are not very good at it; I knew I could run. The other kids were always somewhat behind me and so I knew that I had got sprint potential and so, consequently I have been interested in sprinting all my life."

Q. "If someone was to ask you to mention which was your most outstanding memory in sprinting over such a long career, which would be the highpoint for you?"

A. "It is a bit difficult to say. I suppose the mere fact that I am still able to do it and when I set a World record for the 60 metres in the Indoor Games for the British Veterans Championships this year, is probably as good a feather in my cap as I have had — M70 60 metres in 8.6s.

If we are going to slip back through time to when I was a young man, of course in those days, it was all handicap running and actually I used to be a 'Great' handicap runner. I have got beautiful prizes at home — clocks, barometers, canteens of cutlery and all that sort of thing which, to-day, would cost a lot of money to buy. Of course the thing was that, before the War, unless you belonged to places like Oxford or Cambridge or City of London Police or something of that sort, or perhaps Milocarian, the little old clubs in the sticks, like the one I belonged to meant that you were not recognised from a National point of view! You did handicaps. The few actual scratch meetings that got the teams to represent the country at that time were in the laps of quite a few people. To-day it is a lot more open really. If you go back before the Wars most of the people that ran for Great Britain were Oxford and Cambridge undergraduates.

Q. "Are there athletes you have admired over the years or perhaps a 'Great' sprinter that you ran against?"

A. "I ran against Eric Liddel who was 3rd in the 200 metres in 1924 the year that Harold Abrahams won the Olympic 100 metres. I suppose Liddel from Scotland was the most celebrated runner I ran against but I did run against a number of ex-Olympic people as well. One's I have admired would include McDonald Bailey and of course the great Jesse Owens and Metcalfe of America. I have always been dead keen on following sprinters; as a sprinter I was not in their class but you

rather go for those people who do your type of event don't you?"

Q. "What were your best times as a young man?"

A. "I was a handicap runner and don't forget even the British Champion in those days hardly ever ran off 'scratch'. They would still probably be 'one or two yards', hardly ever off scratch. I got down to 3 or 4 yards in the 100 yards, as far as start goes.

I won 100 yards race in 9.0 sec off 6 or 7 yards. I would be what you might call an even-timer which was 100 yards in 10.0 seconds."

Q. "Colin, you are known as a character in veteran sprinting throughout the World so what has been the motivation to carry on for so long, and go on longer?"

A. "It is my way of life. I have not got any great intrinsic interest in anything else. I like my job as a French Polisher and I have not got anybody that can show me much about my job locally, as far as I am concerned. If somebody was better at my job than that, I would want to find out why and it is the same with my running. If I ran up against somebody, certainly in my own age group, that began to run better than me I would want to see if there was anything I could do to make me better than him.

I entered veteran athletics at the age of 48. I ran before the War. I had to go in the Army at 24 in 1940. I think I was 29 when I came out. I had 12 months off and then I came back to running and I won a number of Open handicaps and, you really had to RUN, believe you me. 14 to 20 heats, first round, second round and final, 8 men in a heat so, you had to run to win but I ran up to the age of 37.

I then retired for a time as my Father, Thomas, who was a great follower and sportsman, died. As he used to come with me to the meetings the bottom dropped out of my world for a time. Then I started to suffer with my legs and I started to get overweight, which I still am — 12st 8lbs. My best weight is about 11st 4lbs. However, I got these troubles with my legs and had to bandage them up before I got out of bed in the morning and only take the bandage off when I got into bed again at night. It was due to a vitamin C deficiency, although I always eat well with plenty of fruit but I had to go on absorbic acid tablets and have that treatment for about 12 months.

I thought if I was anything like fit again I would come back to athletics and at forty eight I came back and I have been back ever since.

I am now seventy one and I hope that, while there are any records to be broken and while I am capable of lacing my shoes up and running I hope to at least see the year eighty in anyway and see what happens then."

Since this interview, Colin has suffered a slight heart attack. We all wish him a speedy recovery and hope that he will be back to his record breaking best in 1988.

### BRITISH AGE GROUP RECORDS since National Champs

S Busby	M75	200 metres	32.00	EVAC
S Busby	M75	400 metres	72.2	VAC
S McSweeney	M75	High Jump	1.18	BVA
S McSweeney	M75	Long Jump	3.66	BVA
W Prouting	M60	Javelin	38.03	BVA
T Churchill	M55	800 metres	2:07.2	EVAC
LO'Hara	M55	1500 metres	4:24.8	Belgrave H
P Fletcher	M55	1500 metres	5:51.4	VAC
C Fairey	M70	80m Hurdles	16.8	EVAC
B Ferguson	M45	110m Hurdles	16.5	Dartford Open
S Brooks	M60	400 metres	60.2	VAC
R Chrimes	W50	80m Hurdles	15.9	MVAC
R Chrimes	W50	Shot	11.34	MVAC
R Chrimes	W50	Discus	33.68	MVAC
M Wixey	W65	Discus	15.00	SWVAC
M Wixey	W65	Javelin	13.30	SWVAC
D Samuels	W45	Hammer	18.72	SWVAC
B Terry	W40	Hammer	27.50	SWVAC
P McNab	W40	Hammer	32.20	Twickenham Vets
B Care	M40	2000m Walk	8:34.5	Redditch League
S Haynes	W40	2000m Walk	10:36.8	Redditch League
L Williams	M65	100m Hurdles	17.9	Pentathlon



## RESULTS

BVAF 10 MILE ROAD  
RACE CHAMPIONSHIPS  
OSWESTRY  
9 AUGUST 1987

1 H Clague (St. Helens) 50:38	124 R Evans (MVAF) 66:15
2 A Roper (Swansea) 51:07	126 E M Jones (Sneyd Striders) 66:16
3 E Lee (Pegasus Pacers) 51:16	127 J Tiley (Sneyd Striders) 66:30
4 H Matthews (Elsick) 51:27	128 E Critchell (OO) 66:33
5 S Edmunds (WVAC) 51:47	130 L Hughes (Newtown) 66:40
6 M Duff (AF&B) 51:55	131 D Edge (Wolv & Bilston) 66:44
7 D Littlewood (Crook) 52:07	132 J McAlone (L'Pool Pembroke) 66:44
8 D Cordwell (RSC) 52:16	
9 S Mason (RSC) 52:57	
10 T Davies (AF&B) 53:04	
11 F Davies (Liverpool) 53:24	
12 K Chadfield (Sneyd) 53:28	
13 G Owens (Prestatyn) 53:43	
14 M Hinks (Tipton) 53:49	
15 A Lennon (WVAC) 53:55	
16 L Prasad (AF&B) 54:00	
17 B Lloyd (Tipton) 54:04	
18 D Evans (Sefton) 54:05	
19 A Evans (Tipton) 54:25	
20 D Wilkinson (Wirral) 54:33	
21 J Rogers (AF&B) 54:42	
22 G Bagnall (Newcastle) 54:51	
23 P Dring (NVAC) 54:56	
24 J Spels (WVAC) 55:11	
25 R Pannell (Wirral) 55:12	
26 L Carroll (Wirral) 55:13	
27 H Clayton (Wirral) 55:20	
28 J Hassall (Wolv & Bilston) 55:32	
29 J Bayliss (Tipton) 55:40	
30 M Price (Stone) 55:46	
31 C Bolton (Elsick) 55:53	
32 C Goulden (Sneyd) 56:00	
33 J Walton (Wolv & Bilston) 56:15	
34 T Isaacs (Wirral) 56:16	
35 M Hawkins (Brom & Redditch) 56:21	
36 M Frayne (BICC Holsby) 56:27	
37 E Williams (Shrewsbury) 56:36	
38 R Lunn (Tipton) 56:40	
39 P Tyley (Dir) (Crook) 56:43	
40 M Morrell (Wirral) 57:03	
41 L Tythe (Sale) 57:22	
42 K Burgess (Altrin) 57:25	
43 J Chandler (Waverley) 57:27	
44 D Wood (Barnet) 57:36	
45 R Russell (Dudley) 57:37	
46 P Davis (Tipton) 57:43	
47 D Walton (Altrin) 57:49	
48 A Jones (Prestatyn) 57:53	
49 P Nolan (Macclesfield) 58:17	
50 D Darlington (Sale) 58:20	
51 T Mills (Prestatyn) 58:23	
52 J Wadsworth (Wrexham) 58:24	
53 W J Wilson (Fleet & Crookham) 58:30	
54 L Forster (Barnet) 58:35	
55 D Hodgins (Wirral) 58:35	
56 M Peck (Halesowen) 58:38	
57 B Cane (Sale) 58:39	
58 R Bar (RSC) 58:47	
59 P Pollock (RSC) 58:47	
60 R Gashmore (RSC) 58:53	
61 J Monaghan (L'Pool Pembroke) 58:56	
62 C Brown (Wolv & Bilston) 59:04	
63 M Butterfield (RSC) 59:07	
64 A Sidebottom (Warrington) 59:17	
65 G Phillips (Sale) 59:22	
66 D Cowley (MVAC) 59:30	
67 L Bailey (MVAC) 59:32	
68 R Lawton (Thornbury) 59:49	
69 F Stevens (Pegasus) 59:54	
70 K Jones (Wenlock) 60:06	
72 B Frost (Wrexham) 60:06	
73 R Griffin (Wenlock) 60:10	
74 D Seymour (Salford) 60:13	
75 D Brown (AF&B) 60:23	
76 P Paddick (Leic Walking Club) 60:30	
77 P Carmichael (Morpeh) 60:33	
78 P Spratt (Sefton) 60:33	
79 R Parks (Barnet) 60:35	
80 L Earl (Shrewsbury) 60:37	
81 R Webster (BICC Holsby) 60:40	
82 T Williams (Tipton) 61:02	
83 A W Mansley (Spectrum) 61:11	
84 R Williams (Wrexham) 61:13	
85 J Harradine (MVAC) 61:13	
86 R Reddick (OO) 61:20	
87 P Kenley (Wrexham) 61:22	
88 D Uva (GKN Salford) 61:23	
89 S Simpson (Solihull & Smallheath) 61:26	
90 A J Bray (Morpeh) 61:40	
91 T Faulkner (Cannock & Staff) 61:42	
92 B Rogers (RSC) 61:43	
93 K Fiddler (VoA) 61:46	
94 M Morgan (Bristol) 61:49	
95 H Wood (Shrewsbury) 61:53	
96 M McGraw (Wirral) 61:58	
97 R Payne (RSC) 62:00	
98 G Horwich (Manchester) 62:11	
99 P Bowen (RSC) 62:21	
100 K Wilkinson (Braunston) 62:29	
101 J Maxwell (Liverpool) 62:41	
102 M Edwards (Wrexham) 62:43	
103 A Walsham (Salford) 63:03	
104 J Powell (Sparks) 63:09	
105 J Norton (Tipton) 63:22	
106 J Russell (Tipton) 63:24	
108 A Byers (Bristol) 63:42	
109 B Markham (Croft Ambrey) 64:01	
110 G Murphy (Telford) 64:01	
111 P Taylor (Barnet) 64:05	
112 A Norman (Bath) 64:11	
113 D Mathews (Thornbury) 64:15	
114 J Murphy (Tipton) 64:19	
115 B Glover (Barnet) 64:20	
116 K Macdonald (Wrexham) 65:10	
117 D Howell (OO) 65:12	
118 W McCartney (L'Pool Pembroke) 65:22	
119 F Dobson (Hertford & Ware) 65:43	
120 M Jones (Birmingham) 65:56	
121 D Davies (Tipton) 66:00	
122 M Stewart (East Cheshire) 66:12	
123 J Aikman (Barnet) 66:13	

124 R Evans (MVAF) 66:15

126 E M Jones (Sneyd Striders) 66:16

127 J Tiley (Sneyd Striders) 66:30

128 E Critchell (OO) 66:33

130 L Hughes (Newtown) 66:40

131 D Edge (Wolv &amp; Bilston) 66:44

132 J McAlone (L'Pool Pembroke) 66:44

133 J McAlone (L'Pool Pembroke) 66:44

134 J McAlone (L'Pool Pembroke) 66:44

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291 J McAlone (L'Pool Pembroke) 66:44

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## MVAC T&amp;F CHAMPS

## Solihull 28 June

<b>100m</b>	<b>Hammer</b>
M40 G Cassidy 11.8	M40 M Heath 31.40
M45 R King 12.9	M45 H Richardson 41.56*
M50 D Burton 12.5	M50 B Sumner 38.86
M55 K Glenesk 13.3	M55 G Roberts 25.78
M60 J Quantrell 14.2	M60 I Smiths 27.20*
M65 L Redman 15.7	M70 H Karlsson 21.66*
M70 C Fairley 13.9	
W40 C Quinn 14.5	
W65 M Wixey 16.8	

<b>200m</b>	<b>Pole Vault</b>
M40 G Cassidy 24.0	M40 R Ruda 3.05
M45 R Capliss 25.8	M45 K Hands 3.40*
M60 D Burton 24.9	
M55 K Glenesk 26.8*	
M60 J Quantrell 29.7	
M65 L Redman 32.6	
M70 C Fairley 29.1*	
W35 J Armstrong 31.1	
W40 C Morris 33.2	
W65 M Wixey 34.8*	

<b>400m</b>	<b>5000m Walk</b>
M40 L Duffey 53.7	M40 R Care 24.16
M45 R Capliss 56.5	J Paddock 24.36
M50 B Griffiths 61.3	K Richards 24.40
M55 T Goupy 60.9*	M45 A Smallwood 24.51
M60 J Quantrell 66.3*	M55 G Chaplin 25.00 (Record)
M65 L Redman 73.9*	M45 W Wright 26.34
M70 E Warwick 82.9*	M50 P Markham 27.12
W35 H Edwards 63.2	M70 J Grimwade 27.40 (Record)
W40 R Hinds 67.9	M55 D Withers 28.56

<b>800m</b>	<b>Ladies 5000m Walk</b>
M40 L Duffy 2:01.5	M40 S Haynes 30:10
M45 M Wrenn 2:07.6	W40 G Cann 31:22
M50 E Williams 2:11.8	W50 Y Smith 31:52
M55 A Hughes 2:13.8*	
M60 H Tremain 2:26.7*	
M70 E Warwick 3:06.6*	
W35 H Edwards 2:22.2	
W40 R Hinds 2:34.1	

<b>1500m</b>	<b>100m Hurdles 40-50</b>
M40 G Carter 4:33.2	D Charles 45 20.2
M45 M Wrenn 4:21.3	C Knowles 55 21.0
M50 E Williams 4:23.6*	G Birch 40 21.0
M55 A Hughes 4:37.8*	J Day 50 21.7
M60 H Tremain 5:03.7*	
M70 E Warwick 6:24.4	
W35 C Rollason 5:08.0	
W40 C Vincent 5:23.0	

<b>5000m</b>	<b>100m Hurdles 60-65</b>
M40 H Parker 16:11.1	L Williams 65 18.4
M45 M Price 16:13.2	A Lovett 65 19.8
M50 M Merrell 17:30.1	G Brindley 60 21.6
M55 V Harris 16:31.6*	
M65 W Holmes 21:32.9	
M70 E Warwick 22:36.8*	
W40 G James 19:58.7	

<b>80m Hurdles</b>	<b>80m Hurdles 70+</b>
M70 C Fairley 16.8*	B Metcalf 70 17.2
W40 C Quinn 13.7*	R Evans 70 19.8
W50 R Chimes 15.9*	
	<b>80m Hurdles W45</b>
	N Cross 45 14.5
	J Charles 45 15.0

<b>110m Hurdles</b>	<b>100m</b>
M40 R Rudd 19.3	J Treadwell 40 12.3
M45 M Watson 20.1*	C Toozie 40 12.9
M50 D Burton 19.1	G Pope 40 12.7
M55 J Cross 24.0*	T Ryan 40 12.8
	I Newcombe 40 12.6
	J McNamee 45 12.8
	M Masters 45 13.0
	D Whitton 45 13.2
	W Woods 45 13.3
	R Bruck 45 13.3
	F Taylor 50 12.1
	A Blackman 50 12.3
	W Guy 55 12.5
	G Cheetham 55 13.9
	J Farmer 50 14.2
	G Joyce 55 14.6
	C Knowles 55 15.0
	S G Brooks 60 13.7
	L Williams 65 14.6
	A Lovett 65 14.9
	L Brown 65 15.2
	D Sykes 65 16.1
	B Metcalf 70 15.6
	S Busby 75 15.9
	L Batt 70 16.3
	S McSweeney 75 16.4
	J Searle 75 19.4
	R Alcock 75 19.4
	C Roberts 75 19.4
	V Harvey 75 19.4
	J Burns 75 19.4
	N Cross 75 19.4
	H Knowles 75 19.4

<b>3x400 Relay</b>	<b>200m</b>
Men	J Treadwell 40 25.1
Tamworth 3:35.2	C Toozie 40 25.1
Women	G Pope 40 26.7
Royal Sutton 3:40.0*	T Ryan 40 25.7
	P Edwards 40 27.1
	R Roberts 40 29.0
	F Taylor 50 24.4
	A Blackman 50 24.7
	B Charlton 45 25.7
	D Whittles 45 27.6
	R Bruck 45 27.1
	W Woods 55 26.1
	W Guy 55 26.7
	S Brooks 60 26.7
	G Feast 55 27.2
	G Cheetham 55 28.7
	G Joyce 55 30.5
	P Howe 55 31.2
	A Lovett 65 30.2
	L Brown 65 31.3
	D Sykes 65 32.0
	B Metcalf 70 32.6
	J Swinton 65 33.7
	S Busby 75 33.7
	R Alcock 75 33.7
	C Roberts 75 33.7
	V Harvey 75 33.7
	J Burns 75 33.7
	N Cross 75 33.7
	M Farrah 75 33.7

<b>High Jump</b>	<b>3000m Walk All</b>
M40 S Power 1.75*	P Hannell 40 13:48
M45 K Hands 1.80	C Cassidy 45 14:33
M50 D Burton 1.85	D Fotheringham* 55 15:00
M55 J Cross 1.35*	G Boxall 50 15:24
W40 J Smallwood 1.45	K Livermore 50 15:41
	A Lovett 65 15:56
	C Bean 40 15:58
	J W Taylor 50 16:06
	M Worth 55 16:49
	S Bennett 60 17:57
	P Wilson 75 18:13
	A Goodwin 55 19:14
	M Miller 75 20:20
	V Symes 75 20:23
	G Halifax 75 21:04
	J Magog 70 21:07
	C Gittins 55 21:13
	W Ruffell 80 25:24

<b>Triple Jump</b>	<b>5000m 40-50</b>
M40 S Power 13.45*	M Hartley 40 16:16.8
M45 C Green 11.24	M Forrest 40 16:41.7
M55 J Cross 9.53*	N Newnham 50 16:50.9
	T H Thomas 40 17:03.6
	A Stone 45 17:06.4
	M Kilner 45 17:24.5
	M Minshott 40 17:27.8
	J Thomas 45 17:38.2
	D Case 50 17:56.4
	J Leith 50 18:33.9
	A Blackman 55 19:41.6
	R Roberts 40 20:14.4
	R W Wood 45 20:32.5

<b>Shot</b>	<b>800m</b>
M40 A Roper 11.47	A Painter 40 54.7
M45 H Richardson 9.73*	M Hartley 40 55.0
M50 B Sumner 10.51	G Pope 40 55.1
M55 K Glenesk 8.59*	P Edwards 40 59.4
M60 I Smith 8.61*	H Jacobs 40 62.9
M65 J Geres 9.52*	W O'Connor 40 63.5
M70 C Fairley 8.30*	G Birch 40 63.5
W35 S Spragg 10.93*	J McNamee 45 63.5
W40 J Smallwood 8.44*	R Alcock 45 65.5
W50 R Chimes 11.34*	M60 I Smiths 32.74*
	C Roberts 45 66.7
	R Jeans 45 70.4
	A Blackman 55 70.4
	M60 I Smiths 33.68*
	F Taylor 55 70.4
	C Portsmouth 55 70.4

<b>Javelin</b>	<b>5000m 55-75 and W40-55</b>
M40 P Owen 38.80*	Gst 17:48.5
M45 R King 29.94*	D Case 55 18:02.0
M50 B Sumner 29.66*	L Forster 55 18:02.0
M55 J Cross 28.72*	R Belmore 55 18:22.1
M60 I Smiths 29.84*	K Pople 55 18:22.1
M65 J Geres 27.22	D Lodge 55 18:42.0
M70 H Karlsson 29.42	G Brindley 60 18:48.1
W35 S Spragg 44.90*	R Franklin 55 19:36.5
W40 C Morris 27.90*	M Garrett 55 20:18.0

<b>Discus</b>	<b>Eastern Veterans AC Club</b>
M40 M Leath 30.68	<b>Open Veterans and 9th T&amp;F</b>
M45 H Richardson 32.48*	<b>Championships, Peterborough</b>
M50 B Sumner 26.22	<b>30th August 1987</b>
M55 K Glenesk 25.32	
M60 I Smiths 32.74*	
M65 J Geres 33.64*	
M70 H Karlsson 26.34*	
W50 R Chimes 33.68*	
W65 M Wixey 12.62	

	<b>100m</b>
	M40-44
	I Foster 11.7
	D Pickering 11.9
	R James 12.4
	M Everitt 12.5
	G Brooks 12.6
	D C Williams 12.7
	G B Morgan 13.2
	M45-49
	R Poulter 12.5*
	M Watson 12.9
	J W Wood 12.6*
	K K Griffiths 13.2
	K C Wall 15.8
	M55-59
	W Guy 12.6*
	G R Darborn 13.6
	C Knowles 14.8
	M60-64
	G Lee 14.3
	R Clarke 15.0
	K Clarke 17.9
	M55-69
	D H J King 14.7*
	J Geres 15.6
	T Swinton 15.8
	M70-74
	C Fairley 13.9*
	B Metcalf 15.3
	M75-79
	S Busby 15.8
	M Garrett 55 20:30.8
	C J Skatchley 13.8*
	M55 5:51.4
	M55 5:53.6
	L Rolls 75 6:52.6
	A Southwell 75 7:16.5

	<b>Long Jump</b>
	M40 C Toozie 5.61
	I Newcombe 5.26
	R Rawlings 5.09
	G Birch 4.87
	M45 B Charles 5.37
	M Masters 5.29
	D Whitton 4.81
	M50 F Taylor 5.48
	M55 A Kallir (G) 4.80
	C Knowles 4.45
	P Rowe 4.16
	M65 L Williams 4.41
	A Lovett 4.34
	J Swinton 3.45
	M70 B Metcalf 3.57
	M75 S McSweeney 3.47
	R Evans 3.09
	J Searle 3.01
	W40 C Roberts 3.72
	W45 J Charles 4.47
	N Cross 3.57
	W50 H Knowles 2.42

	<b>High Jump</b>
	M40 I Newcombe 1.55
	T Ryan 1.30
	M45 B Charles 1.45
	M50 J Day 1.30
	M55 C Knowles 1.35
	P Rowe 1.35
	M60 G Brindley 1.25
	M65 L Williams 1.35
	A Lovett 1.25
	J Swinton 1.02
	M70 B Metcalf 1.09
	M75 S McSweeney 1.15
	J Searle 1.02
	J Swinton 1.02

	<b>3000m Walk All</b>
	P Hannell 40 13:48
	C Cassidy 45 14:33
	D Fotheringham* 55 15:00
	G Boxall 50 15:24
	K Livermore 50 15:41
	A Lovett 65 15:56
	C Bean 40 15:58
	J W Taylor 50 16:06
	M Worth 55 16:49
	S Bennett 60 17:57
	P Wilson 75 18:13
	A Goodwin 55 19:14
	M Miller 75 20:20
	V Symes 75 20:23
	G Halifax 75 21:04
	J Magog 70 21:07
	C Gittins 55 21:13
	W Ruffell 80 25:24

	<b>5000m 40-50</b>
	M Hartley 40 16:16.8
	M Forrest 40 16:41.7
	N Newnham 50 16:50.9
	T H Thomas 40 17:03.6
	A Stone 45 17:06.4
	M Kilner 45 17:24.5
	M Minshott 40 17:27.8
	J Thomas 45 17:38.2
	D Case 50 17:56.4
	J Leith 50 18:33.9
	A Blackman 55 19:41.6
	R Roberts 40 20:14.4
	R W Wood 45 20:32.5

	<b>800m</b>
	A Painter 40 54.7
	M Hartley 40 55.0
	G Pope 40 55.1
	P Edwards 40 59.4
	H Jacobs 40 62.9
	W O'Connor 40 63.5
	G Birch 40 63.5
	J McNamee 45 63.5
	R Alcock 45 65.5
	M60 I Smiths 32.74*
	C Roberts 45 66.7
	R Jeans 45 70.4
	A Blackman 55 70.4
	M60 I Smiths 33.68*
	F Taylor 55 70.4
	C Portsmouth 55 70.4

	<b>5000m 55-75 and W40-55</b>
	Gst 17:48.5
	D Case 55 18:02.0
	L Forster 55 18:02.0
	R Belmore 55 18:22.1
	K Pople 55 18:22.1
	D Lodge 55 18:42.0
	G Brindley 60 18:48.1
	R Franklin 55 19:36.5
	M Garrett 55 20:18.0
	J Stephenson 55 20:30.8
	F Fletcher 55 20:58.7
	C Knowles 4.31*
	M60-64
	C Sheppard 4.57
	R Clarke 3.55
	M55-59
	J Swinton 3.71*
	H Goodman 3.21
	M60-64
	B Metcalf 3.48*
	C Knowles 4.31*
	C Skatchley 4.64*
	W50-54
	H Knowles 2.48

	<b>Shot Put</b>
	M40-44 (7.26 Kg)
	J P Curtin 10.03
	M45-49 (7.26 Kg)
	P A Hallett 11.59*
	D Jolly 3.30
	M50 J E Day 2.80
	<b>Shot</b>
	M40 P Rees 7.26kg
	K Whittle 7.26kg
	R Dearsley 7.26kg
	G Lee 9.96
	M55 K Glenesk 6kg
	M60 G Prowing 5kg
	M65 R Spikes 5kg
	M80 B Baker 4kg
	<b>500m</b>
	M40 C North 2:13.6
	J Brumfield 2:14.0
	G Scott 2:19.3
	P Coutts 2:20.4
	J Liddle 2:27.0
	M45 T Cochran 2:33.1
	M50 M Woods 2:33.1
	M55 R Fry 2:55.6
	M60 P Hammond 3:31.8
	M50 S Dunn 25:52.5
	M55 A Middleton 33:31.8
	<b>Long Jump (Pen)</b>
	M40 C Toozie 5.27
	P Jackson 4.78
	M50 J Phillips 4.91
	C Sheppard 4.20
	M55 K Glenesk 4.38
	<b>Javelin (Pen)</b>
	M40 C Toozie 38.54
	P Jackson 33.96
	M50 J Phillips 42.66
	C Sheppard 20.94
	M55 K Glenesk 24.90
	<b>200m</b>
	M40 C Toozie 24.6
	A Robinson 24.7
	I Cann 26.2
	P Jackson 26.4
	J Wakeman 26.7
	J Robinson 27.3
	S Fricker 29.2
	M45 D Whitton 29.2
	W Honeymann 29.0
	J Gregory 31.2
	M50 J Phillips 27.8
	B Bennett 28.3
	C Sheppard 28.5
	M55 K Glenesk 28.1
	W Davies 29.5
	R Walters 29.9
	M60 E Clayton 40.8
	M80 B Baker 40.8
	<b>Javelin</b>
	M40 D Jolley 35.38
	R Fox 34.18
	M Moyle 33.02
	K Whittle 30.68
	R Dearsley 28.48
	M45 G Eccles 43.96
	M50 J Phillips 41.52
	M55 K Glenesk 24.66
	M60 G Prowing 32.50
	A Marchant 20.58
	M80 B Baker 16.74
	<b>Long Jump</b>
	M40 M Maidment 4.56
	M45 D Whitton 5.10
	M Sturmy 3.48</



### European Veteran 10k Road Championships 23rd August Karlov Vary (Czechoslovakia)

M40-49	
Omer Van Noten (Belgium) 31:34	
Guy Ogden (GB) 31:55	
Martin Duff (GB) 31:59	
Antoine Borowski (France) 32:33	
Roland Winkler (GDR) 32:48	
Job Van Der Water (Belgium) 33:21	
M45	
Ivo Rezac (Czech) 33:23	
Miroslav Tuma (Czech) 33:39	
Hermand Jansen (Belgium) 34:07	
Vladimir Bartko (Czech) 34:19	
M50	
Robert Schelfhaert (Belg) 33:52	
Hans Kirschke (W Ger) 34:05	
Derek Wood (GB) 34:45	
Edgard Knoghruf (Belg) 34:57	
Harry Der Praeter (Belg) 35:31	
Kvetoslav Hana (Czech) 36:06	
Fritz Heiber (W Ger) 36:39	
Rene Marcky (Belg) 36:45	
Böhumil Zacharda (Czech) 36:49	
Helmut Hagedorn (W Ger) (V55) 36:58	
W35 Maricia Bianchini (GDR) 1:41:37	
W35 Venceslova Pokorna (Czech) 1:43:04	
W50 Hilma Jaeger (W Ger) 1:46:11	
W45 Eva Seidlova (Czech) 1:48:39	
W35 Karen Jahn (GDR) 1:48:51	
W45 Y Miles (GB) 1:54:18	

### European Veterans 25K Road Championships 23rd August Karlov Vary (Czechoslovakia)

M40 Ryszard Marczak (Poland) 1:22:11	
M40 Job Van Der Water (Belg) 1:23:07	
M45 Nikos Kametis (Czech) 1:25:07	
M40 Jiri Kana (Czech) 1:25:40	
M40 Martin Duff (GB) 1:27:03	
M50 Michal Wojciak (Poland) 1:27:42	
M40 Hermand Jansen (Belg) 1:27:48	
M40 Hubert Roadhammer (Austria) 1:27:51	
M40 Jaroslav Vich (Czech) 1:28:18	
M40 Dietmar Neubauer (GDR) 1:28:26	
M55 Derek Wood (GB) 1:42:53	
Women	
W35 Jarmila Urbanova (Czech) 37:08	
W50 Hilma Jaeger (W Ger) 38:21	
W35 Jarmila Popovova (Czech) 39:31	
W35 Karen Jahn (GDR) 40:07	
W40 Maria Trachova (Czech) 42:05	
W40 Jarmila Suniarova (Czech) 42:05	
W40 Gabrielle Bayer (W Ger) 42:08	
W45 Yvonne Miles (GB) 42:37	
W45 Sigrid Eichner (GDR) 42:56	
W45 Hilda Lang (W Ger) 43:03	

### SCVAC & Open Track 10,000m Rocheater, Kent, 27th September 1987 (Ch) = Championship

M40 (Ch) R Friend	32:33.6
S Birkin	32:36.9
M Herley	32:41.1
(Ch) R Williams	33:15.8
(Ch) R Dickson	34:18.9
T Collins	34:27.0
T Hendon	34:38.0
R Hilliard	35:20.8
T Fairclough	35:44.0
D Bradley	36:02.0
M55 (Ch) J D Wood	36:47.0
M50 (Ch) R Heywood	37:19.0
M50 (Ch) V Withers	37:39.0
A Lamb	37:41.0
M55 (Ch) W Clapham	37:54.0
M50 (Ch) D Porter	37:54.0
M45 (Ch) J Adams	40:43.0
M55 (Ch) R Franklin	40:48.0
M60 (Ch) R Hale	41:04.0
G Watts	41:04.0
K Crooke	43:33.0
M45 (Ch) L Lawton	44:05.0
M60 (Ch) J Fitzgerald	44:05.0
W45 (Ch) B Cusden	47:29.0

### Horsham Parkland Vet Men 3m 13th Sept

M40 M Duff 15:35	
R Simmet 16:20	
D Barry 16:35	
R Burrows 40	
A Matson 49	
K May 17:00	
M50 B Bartholomew 17:22	
46 ran	

### DARTFORD KENT OPEN MEETING VETERANS 29 August

200m	
J Goody (Guildford) 25.4	
J Jarman (Cambridge) 25.8	
M Edwards (AFD) 26.4	
P Field (Dartford) 27.1	
G Somes (Cambridge) 27.3	
800m	
J Garber (Croydon) 2:06.9	
J Hemming (VAC) 2:40.1	
3000m	
R Friend (Dartford) 9:08.6	
P Williams (VAC) 9:36.5	
R Williams (Cambridge) 9:49.8	
L Wright (Cambridge) 9:51.0	
P Lewis (Cambridge) 10:38.2	
M Burgoyne (Dartford) 10:50.0	
W Chapman (Blackheath) 11:00.2	
B Owen (Invicta) 11:46.4	
110m Hurdles	
B Ferguson (Cambridge) 16.5 [BR]	
B. Loten (Yeovil) 19.1	
Field 19.6	
400m Hurdles	
Field 66.8	
3000m Steeplechase	
M Cuddy (Dartford) 11:38.7	
G Brindley (Thames) 12:31.5	
High Jump	
Ferguson 1.50	

### 3rd Vet Open Meeting Exeter 31 May

MEN	
5000m Walk	
V50 C Dunn 26:16	
V40 P Jennings 28:12	
V65 A Middleton 33:11	
400m Hurdles	
M45 B Harlick 73.3	
M40 T Godley 81.5	
Hammer	
V40 J Jolley 31.74	
V40 J Curtin 30.42	
V50 B Trearne 38.58	
V70 H Karlsson 20.35	
400m	
V40 A Robinson 55.2	
V45 D Whittin 61.3	
V50 H Hemming 70.6	
Long Jump	
V40 J Toote 5.24	
V45 D Whittin 4.70	
V40 M Marshall 5.10	
V55 B Brown 5.00	
V65 D Philcox 3.69	
5000m	
M40 C Abrahams 16:54.9	
M40 T Beighton 17:33.6	
M45 C Windle 18:48.0	
M45 P Meheffey 18:11.5	
M50 B Robinson 17:46.0	
100m	
V40 J Toote 12.7	
V40 A Robinson 12.8	
V45 D Whittin 13.0	
V45 G Godbeer 13.2	
V40 M Clayton 14.9	
V75 A Beckett 16.6	
High Jump	
V40 R Gianfield 1.30	
V40 G Gray 1.25	
V40 Guest 1.45	
Long Jump	
V35 S Martin 4.17	
V35 R Chappell 3.47	
V40 E Stagg 3.56	
V40 J Herbert 3.30	
800m	
V40 J Butler 2:09.3	
V40 P Sawbridge 2:11.6	
V45 C Windle 2:19.5	
V45 T Cochrane 2:21.5	
V55 P Harvey 2:26.8	
V50 J Willis 2:19.0	
110m Hurdles	
V40 D Gray 27.4	
V50 D Marshall 20.2	
High Jump	
V40 E Stagg 1.15	
V40 J Phillips 1.37	
V55 R Brown 2.50	
SHOT	
V40 G Squires 9.99	
V40 J Curtin 9.12	
V45 B Godbeer 9.00	
V45 T Gilt 7.73	
V50 B Trearne 10.41	
V60 W Prowling 9.57	
V65 D Philcox 9.71	
V75 D Bandy 7.69	
V70 H Karlsson 8.08	
200m	
V40 A Robinson 28.1	
V40 C Toote 26.1	
V45 D Whittin 29.3	
V45 J Burrows 29.8	
V50 D Marshall 28.6	
V50 J Phillips 29.2	
V75 A Beckett 39.1	
1500m	
V40 P Sawbridge 4:30.8	
V40 D Bandy 4:43.2	
V45 C Windle 4:25.3	
V45 T Cochrane 5:00.5	
V55 P Harvey 5:21.2	
5000m Walk	
V35 R Chappell 34:02	



Chris Windle, Exeter 5000m winner.

### REDDITCH DISTRICT SPORTS COUNCIL LEAGUE - WARLEY CENTRAL WEEKEND TELEVISION TROPHY MEETING 3rd September \*League Record

CENTRAL WEEKEND TELEVISION TROPHY RESULT	
1 Royal Sutton Coldfield	394
2 Tamworth AC	369
3 Nuneaton H	300
4 Bromsgrove & Redditch AC	258
5 Birchfield Harriers	256
6 Warley AC	238
7 Coventry Godiva H	183
8 Halesowen A & CC	182
9 Dudley & Stourbridge H	177
10 Droitwich AC	142
11 Worcester AC	116
12 Tipton H	16

MENS MATCH 200 METRES HURDLES MEN	
RACE A	
A Ruxx	Tamworth 29.2*
A Codd	Nuneaton 31.6
G Swain	Worcs 33.9
B Fox	Birch 36.8
E Horwill	Dudley 37.4
B Bryan	Warley 38.8
R Bunn	Hales 39.9
RACE B	
M Green	Birch 29.7
P Hickman	Hales 34.9
J Parry	Cov G 35.3
R Farndon	Nun 36.0
M Lawrence	Sutton 37.0
RACE C	
P Hoare	Birch 33.0
P Owen	Tam 34.2
B Banks	Worcs 35.8
D Haynes	Birch 38.9
T Brown	Sutton 42.7
A Kiernon	War 45.0

200 METRES MEN	
RACE A	
D Headley	Tam 25.2
D Hoare	Birch 26.6
A Cox	Nun 27.0
B Sturman	Hales 27.4
E Asbury	Dudley 28.7
R Banks	Worcs 28.7
T McIvor	War 29.4
RACE B	
G Cassidy	Guest 25.1
M Green	Birch 25.2
J Topliss	Sutton 25.5
P Carey	Nun 28.0
B Griffiths	Hales 28.4
J Parry	Cov G 28.5
E Horwill	Dud 28.1
RACE C	
J Conboy	Birch 27.3
T Brown	Sutton 27.8
A Highton	Tam 28.1
A Ricketts	Worcs 29.0
A Kiernon	War 29.8
R Statham	Cov G 29.9

800 METRES	
L Duffey	Sutton 2:11.4
R Davies	Birch 2:11.8
R Smith	Hales 2:14.3
T McIvor	Warley 2:20.7
D Headley	Tam 2:21.3
J Gumbley	Cov 2:22.6
B Hughes	Nun 2:23.9
R Banks	Worcs 2:25.6
T Bates	Birch 2:28.0
RACE B	
P Hickman	Hales 2:18.7
T Brown	Sutton 2:23.4
T Morris	Birch 2:28.9
G Swain	Worcs 2:29.3
G Hawkins	Birch 2:30.4
B Bryan	Warley 2:33.9
R Suddens	Nun 2:36.2
A Highton	Tam 2:39.3

5000 METRES	
J Potts	Birch 15:38.5*
R Statham	Cov G 15:39.9
D Peggs	Cov G 15:50.7
S Mason	Sutton 15:53.0
M Parker	Birch 15:55.8
R Davies	Birch 16:00.7
B Lloyd	Tipton 16:13.5
R Penter	Nuneaton 16:15.2
E Knight	Hales 17:02.1
M Knott	Hales 17:10.0
M Hawkins	Birch 17:15.4
B Hughes	Nuneaton 17:24.3
J Murray	Warley 17:52.3
R Payne	Sutton 18:05.2
M Fitch	Warley 18:31.2
P Owen	Tam 19:02.7
J Culsham	Tam 22:36.6
E Horwill	Dudley 23:46.3

2000 METRES WALK	
B Care	Warley 8:34.5 [BR]
G Chaplin	Cov G 9:27.9
W Wright	Nuneaton 9:37.0
A Smallwood	Hales 9:45.4
D Withers	Hales 10:44.9
W Rawlins	Birch 10:52.8
T Simons	Birch 11:15.4
E Horwill	Dudley 11:28.8
R Payne	RSCAC 11:56.3
R Farndon	Nuneaton 11:56.7
M Lawrence	Sutton 11:56.7
T Parker	Birch 12:01.8
P Ransome	Tam 12:08.0
A Poole	Worcs 12:18.3
J Culshaw	Tam 12:26.0
A N Other	Birch 13:01.1
A Brindle	Cov 13:15.7
T Kiernon	War 14:05.9
L Farndon	Guest 19:39.5
MAXWELL HOUSE MILE (1st Three Only)	
M Knott	Hales 5:11.3
R Platt	Birch 5:18.9
B Fox	Birch 5:18.9

POLE VAULT	
R Rudd	Tam 3.25*
D Fish	Cov G 2.40
DISCUS	
P Owen	Tam 25.34
G Hawkins	Birch 24.68
J Topliss	Sutton 24.22
J Darlington	Hales 21.06
G Swain	War 20.52
W Adams	Worcs 20.22
M Parsons	Birch 19.80
A Cox	Nun 19.86
E Horwill	Dudley 18.30
A Brindle	Cov 17.52

LONG JUMP	
J Topliss	Sutton 5.91*
A Cox	Nun 5.38
J Conboy	Birch 5.31
C Green	Tam 5.28
M Green	Birch 5.21
R Banks	Worcs 4.71
E Asbury	Dudley 4.56
B Griffiths	Hales 4.15
D Fish	Cov 4.10
J Murray	Warley 2.16

1600 MEDLEY	
1 Tamworth	4:07.5
2 Halesowen	4:10.0
3 Sutton	4:13.2
4 B Redditch	4:14.6
5 Nuneaton	4:15.6
6 Coventry	4:18.0
7 Birchfield H	4:18.7
8 Warley	4:35.7
JAVELIN	
P Owen	Tam 36.84
P Miller	Cov 36.78
M Johnson	Birch 33.46
G Swain	Worcs 32.24
P Carey	Nun 32.52
W Addis	Warley 28.80
J Topliss	Sutton 28.18
J Darlington	Hales 26.50
M Price	Birch 25.40
E Asbury	Dudley 23.32

MENS MATCH	
1 Tamworth AC	208½
2 Royal Sutton Coldfield	208½
3 Bromsgrove & Redditch	198
4 Birchfield Harriers	189
5 Nuneaton Harriers	188
6 Coventry Godiva	183
7 Halesowen A & CC	182
8 Warley AC	140
9 Worcester AC	116
10 Dudley & Stourbridge	69
11 Tipton Harriers	16

LADIES MATCH	
200 METRES HURDLES	
S Carey	Nun 38.4
S Galligan	Droit 39.1
G McLean	Droit 41.2
J Hadley	Tamworth 42.4
R Cox	Sutton 45.7
M Perry	Sutton 46.8
200 METRES RACE A	
S Carey	Nun 29.4
R Hinds	Sutton 31.5
J Hadley	Tam 32.1
C Morris	Birch 33.1
P McIvor	War 37.8
200 METRES RACE B	
S Galligan	Droit 31.1
G McLean	Droit 32.5
V Jones	Sutton 34.1
B Graham	Tam 35.3
S Hott	War 36.3
J Greenfield	Dud 40.6
J Cox	Nun 43.2

1500 METRES	
A Roberts	Sutton 5:28.4
R Hinds	Sutton 5:50.7
P Bryan	Warley 5:55.7
J Neal	Tam 6:03.8
P Roe	Birch 6:22.7
P McIvor	War 6:30.7
Y Smith	Dudley 7:03.2
P Honwill	Dudley 7:13.1
2000 METRES WALK	
S Haynes	Birch 10:36.8 [BR]
Y Smith	Dudley 12:02.4
P Honwill	Dudley 12:11.3
M Graham	Birch 12:48.7
A Mason	Sutton 13:15.9
H Payne	Sutton 13:22.9
D Highton	Tam 15:06.1
S Pickett	Guest 15:41.3
J Allcock	Drt 15:55.7
C Clarke	Tam 15:59.7

800 METRES MEDLEY	
1 Sutton	2:19.8
2 Tamworth	2:27.9
3 Nuneaton	2:30.2
4 Droitwich	2:32.0
5 Warley	2:36.7
6 Dudley & Stourbridge	2:53.2

MAXWELL MILE (1st Three Only)	
P Bryan	Warley NT
P McIvor	Warley NT
J Walsh	Warley NT
JAVELIN	</



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**Panache.** Reebok look after the women, in fact we spoil them. A serious running shoe suitable for the woman who wants a tough but feminine go anywhere shoe. Colour: White/Grey/Yellow. 3-8. £25.99.

**Etoile.** Arguably the best selling womens running shoe in the U.K. Modelled on the top-selling Rapide, but built exclusively for women. Colour: White/Peach. 3-8. £19.99.

**Phase Two.** Durable carbon outsole, tri-part mid sole. An incredibly tough shoe for the women who want durability, protection, support and shock absorption of the very highest standards. The best seller of '86 now updated and up-graded with 3M Scotchlite reflective material for safety and a notched heel tab for comfort. Colour: Pale Blue. 3-8. £35.99.

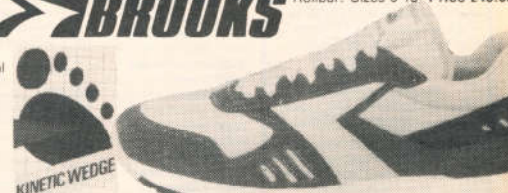


**Brooks Kinetic Wedge CHARIOT.** Over two million Chariots already sold. USA's favourite running shoe, with 'Kinetic Wedge' and the diagonal Rollbar, there simply is no finer shoe for overall motion control. Sizes 5-5 1/2. Price £34.85. Sizes 6-13 Price £39.99.

**Ladies CHARIOT KW.** Sizes 4-10 W. Price £39.99



**Brooks Kinetic Wedge NEXUS.** High performance shoe with the fit and comfort refinement of a full anatomical last. Also features deflection cushioning 'cut out' sole section, and the unique Brooks diagonal Rollbar. Sizes 6-13. Price £49.99



**Brooks Kinetic Wedge TRIAD.** Medium priced 'Kinetic Wedge' model superbly cushioned compression moulded eva midsole and anatomical contour last. Excellent sole durability, plus extended heel counter. Counter Reinforcer for maximum rearfoot stability. Sizes 5-5 1/2. Price £30.50. Sizes 6-13. Price £34.99

## Special Offer

**Brooks TRILOGY.** Four density outsole. Three density compression moulded midsole. 360 degree reflectivity. Dipped Achilles Heel tab. 10.2 ounces (Men's size 9).

Size 5-5 1/2 £43.46 £32.50. Sizes 6-13 Price £49.99 £37.50

## Reebok RACING SHOES

**Paris.** British made. Combination lasted, road racing version of the Cologne Spike. Sheet speed, not for spectators! As worn by Steve Jones to win the 1985 Chicago Marathon 2 hours 7 minutes 13 seconds. Colour: White/Royal Blue/Red. 6-12 £39.99.

**PB.** The shoe to match performance with looks. Soft Nappa pigskin, hardware Goodyear outsole—simply the shoe to run in be it 10k, 10 miles or the marathon! Colour: White/Royal Red. 4-5 1/2 £28.95, 6-12 £32.99



**New X-C SPIKE** Grey/black/yellow. Made to the same specification as the Fjellrunner, the new X-C Spike is a light, responsive cross country spike with a 7-spike plate and a studded outsole. (size 8-220 grms). Sizes 4-5 1/2 £30.50 Sizes 6-12 £34.99

## Reebok

**CLOTHING & ACCESSORIES.**  
**T-Shirts.** Short sleeved 50/50 Poly/Cotton. Colours: White/Red/Black print. White "Runner" print. Yellow: "Rainbow" print. Grey: Red/Black print. Sky Blue: Red/Royal print. Navy Blue: Red/Sky print. S, M, L, XL. £4.99.  
**T-Shirts.** Long sleeve 50/50 Poly/Cotton. White "Runner" print. S, M, L, XL. £7.99.  
**Shoe Goo.** The superior shoe repair material. Ideal for restoring the worn areas on sports shoe soles and heels. 5 1/2 oz. tubes. £3.99.

## Reebok CHILDRENS SHOES

**Royale.** The shoe to set the youth market alight—with the tough, durable, proven "go-anywhere" Road Star carbon rubber sole. Colour: Blue/Yellow. 2, 3, 4, 4 1/2, 5, 5 1/2. £19.99.  
**Rapide.** The best selling childrens shoe, now available in a new distinctive colourway—so important for the aspiring athlete. Colour: Charcoal/Black/Red, Grey/Green/Black. 11, 12, 13, 1. £13.99, 2, 3, 4, 4 1/2, 5, 5 1/2. £16.99. Adult sizes 6-12 £19.95

## Reebok

**New Reebok Wristband.** white/red £3.50  
**New Reebok Wristband.** white/purple/jade £3.50  
**New Reebok Headband.** white £3.25  
**New Reebok Headband.** white/purple/jade £3.25

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