

# Veteran Athletics

Sent free to members of BVAF registered clubs.

No. 4

The Newspaper of the British Veterans Athletic Federation

January/February 1988

£1.50

## This is your newspaper — do you want it killed off?

### A statement by the Publisher

Is there or is there not a need for this Vets Newspaper of ours? Do you readers find it worthwhile, do you want it to continue?

That's the big political issue of the moment, which has suddenly come up after a vote at the regular BVAF delegates meeting in November. A number of the regional delegates there expressed a lack of interest in the paper, and by a small majority the committee overturned a proposal that the BVAF should pay the postage costs of sending it to its members.

I was at that meeting, as its chairman (though without a vote myself, as the constitution lays down), and could not persuade the committee that the vets movement needs a communication link to help it grow and provide the best competition and fellowship for members. It's my belief that your Editor, Jeremy Hemming, makes a fine job of getting across the most important and interesting news for us all.

I believe Veteran Athletics is among

the most important tools we have in our efforts to improve things for all vets, men and women, northerners and southerners, Over 40s and Over 80s. It's there to keep everyone in touch, to put our views across and to provide entertainment and edification. I can only hope that the delegates who would not authorise the expenditure had not thought things out properly.

It was not a constitutional change they

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some seeding controversy involving the eventual winner — the Rev. Norman Green) in the 10,000, improved to second in the 5,000, before winning the Cross Country with a strong last half mile burst and then convincingly winning the marathon in 2 hrs 40 mins and 30 seconds.

### Seven Field Event Medals

Gwendoline Charman collected Gold Medals in the W55 group Discus and Shot Putt, but these were two of only seven field event medals gained by the British squad — emphasising perhaps that at Veteran level too, UK field standards fall below the World best — just as they do in open competition. Nevertheless the Silver and Bronze by Mary Wixey (W65 Long and Triple Jumps) and the Javelin medals by Roger Bartlett (M45 silver with 53.0 metres) and Carina Graham (Bronze W50s) cannot be too highly praised. The only other field event medal came from Pat McNab who compensated for her 4th place Hurdles with a Bronze in the W40 Hammer — which with the Triple Jump was a full Women's championship event.

### Class of the Long Distance

The Men's Long Distance races were classy affairs with the Mexican Antonio Villaneuva dominating: he won the 10,000 in a new World M45 record of 30:02 before adding the 5,000 in 14:44! The only British Medal in the 10,000's came from David Morrisson in the M70's but British based John Sheridan came close in the M40's with 30:48, a race in which I was sixth (31:14) and Dic Evans 10th (31:55), but as shown by the times, British performance was good in depth.

The 5,000's provided more success; Eleanor Adams and Carol Wild were second and third in the W40 despite

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breaking form Lee continued to pour on the pace and threatened to come close to his personal best of 2:19:40 set in Barcelona earlier this year.

At 10 miles (53:02) he was 2 minutes clear of Toft and Bagnall who continued to lead the chase, but he slowed visibly from 20 miles.

"I developed a calf muscle problem at 16 miles and because I had no-one to push me along I opted to maintain my form and concentration to make sure of the title," said Lee.

The only question that remained was whether or not Lee could overhaul his own course record. He came agonisingly close as he romped home to claim his second successive title in 2:23:56 — just one second adrift of his record!

The genial silver haired Welshman explained how winning the title last year had spurred him on to even greater achievements. "Winning the title has created several benefits for me. Initially, it gave me the confidence and incentive

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## Chigwell Champs and Race Walking Report

The National Veterans' 20 Kilometre Championships were held at the Metropolitan Police Sports Ground, Chigwell, Essex for the second year on the 31st October, reports Peter Cassidy.

At the sharp end, there was a race-long battle between Bob Dobson, Amos Seddon and Ed Shillabeer, with the "youngster" just holding off the two over-45s. In fourth place David Stevenson won the over 50 division ahead of Adrian James who, not at his best, was engaged in a long struggle with your correspondent. James won it, though not without looking back over his shoulder towards the end of the race.

The ladies' 10k was a clear win for Lillian Millen, with Carol Bean edging out Mary Worth, the Over 55 winner.

There can be no argument but that the star performance of the day was put up by Steynning's Jim Grimwade in winning the Over 75 division in a sparkling 116:22. This was only one second short of knocking a whole three minutes off the World Best time held by Australian Tom Dainty.

Last year, Jim set a World Best of 118:10 in the Over 70 grouping and he is clearly wasting no time in making his mark in his new category. The UK best by an Over 65, is 123:02, which is equivalent to a gap of about 1,200 metres! And it is

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## Indoor Track & Field

The BVAF Champs at Cosford will be held over two days this year instead of one. This bold experiment is to accommodate the strong demand and increased numbers anticipated, says Meet Director Brian Owen.

The first day, Friday 25 March, will start at 6pm and run to conclusion

60mH 60m 800m LJ PV  
for Men & Women (exc PV)

The rest, including Pentathlon will commence Saturday at 1030am. For Women, Pentathlon will run 800 in place of 1000m, and by popular request the Triple Jump will be held; Club Relay will be 4 x 200m, not 100m, this year. Accommodation at £12.50 will be offered at Post House, Great Barr, 30 minutes drive.

Entry form on page 4.



Ron Bell (186) goes for Gold in the 800m

photo Taylor

## MELBOURNE

The British team of 150 athletes won 15 Gold, 21 Silver and 20 Bronze medals in individual competition in the seventh World Championships in Melbourne, Australia.

The weather for the duration varied tremendously between monsoon and drought, baking temperatures and cold for late night races, with the best weather coming on days when the 10,000, Cross-Country and Marathon were in progress.

### Over 55s Outstanding

The Over 55 age group provided the majority of the British Gold Medal successes with Charlie Williams being the star performer. He comprehensively disposed of triple Olympic Medalist Thane Baker in the 100 and 200 metres with Baker pulling up, allegedly lame in the latter, before going on to break the

world best M55 time for 400 metres with 53.98 seconds. Third in that race was Tony Churchill, but he had by that time already secured two individual Gold Medals in the middle distance races by sprinting away from the fields in convincing manner. Derek Wood, also in the M55 group, began the championships with what was for him a disappointing fourth place (after

## GLORY DAY FOR WALES and Newcastle (Staffs) AC

**Defending Champion Eddie Lee of Pegasus RC retained his British Vets Marathon title in impressive style at Stone on 4th October 1987.**

Entries were again up by 25%, as the popularity and prestige of this marathon, hosted by the homely Stone Masters Marathoners, grows in pace with the expansion of veterans competitive running, reports Dave Edwards.

The cool overcast conditions were ideal for marathon running and Lee kicked off in determined mood,

completing the first 2 miles in 10 minutes.

"I came here determined to do well, because this title means a great deal to me and my whole preparation has been geared to retaining my title", commented Lee later.

He was clearly in a class of his own as he forged clear and at 5 miles — completed in 26:07 he was over 200 metres clear of Newcastle duo Graham Bagnall (former champion) and Tom Toft. They in turn were a similar margin ahead of Clarke (Bedford) and McKeown (St Helens). Evan Williams (O50) led a group of 4 in search of another title, whilst William McBrinn of Shettleston was seeking the O55 title and looking in record



Eddie Lee — photo D. Edwards



## VETERAN ATHLETICS

Vol 1 No 4

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Subscription Rates: £10 per annum (6 issues)

Veteran Athletics is an official publication of the British Veteran Athletics Federation and of the World Association of Veteran Athletes.

The editorial policy is not, unless otherwise stated, that of the BVA or WAVA

Unsolicited material for publication in Veteran Athletics is welcomed preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped self addressed envelope

Veteran Athletics accepts no responsibility for loss or damaged material

All correspondence will be acknowledged in the letters column at editors discretion

This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Area Secretaries

Advertising/Contributions to Veterans Athletics should be sent to 57/61 Mortimer Street London W1N 7TD

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## Register of Trophies

A Trophy Secretary has been appointed. She is Ursula Trevett of South West VAC.

She wants to draw up a register of Trophies and to that end asks all Veterans who hold a BVAF Trophy to send in to her their name and address, name of Trophy and Year of award.

Also she would be pleased to hear from those who do not hold the Trophy to which they are entitled.

Write with SAE please to Ursula Trevett, 20 Loewy Crescent, Parkstone, POOLE, Dorset BH12 4PQ.

## Awards — 1987 Track &amp; Field Championships

Repa Trophy for Best Over 40 performance on Track

Douglas Sports Trophy for Best Over 50 performance on Track

Alf Sutherland Trophy for Best Over 60 performance on Track

Otto Feldmannis Trophy for Best Field performance

Dr Mak Trophy for Best Over 60 Field performance

Clarke Trophy for Pentathlon

R. Bell

D. Stevens

J. Todd

H. Duggan

W. Prowling

D. Burton

## MEDALS AWAITING CLAIM

from Hemel Hempstead 5K Champs for: R. Gomez 1M50, A. Griffiths 2M50, D. Wood 1M55, L. Forster 2M55, N. Phillips 2M65, C. Oxtan 3W40, A. Cartwright 2W45, B. Cushen 3W45, J. Rowntree 1W50, P. Jones 2W50, B. Forster 2W55 and J. Ross 3W55.

Send SAE to BVAF Sec, 159 Marsh Lane, Erdington, Birmingham B23 6JA and medals will be sent on.

Veteran Ranking Booklets will be available in February.

Send £1 to David Burton 71 Nethergreen Rd Sheffield S11 7EH



# BRITISH VETERAN CROSS COUNTRY CHAMPIONSHIPS

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## ENTRY FORM

SURNAME ..... FIRST NAME .....

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..... POSTCODE ..... TELEPHONE .....

FIRST CLAIM ATHLETIC CLUB .....

VETERAN ATHLETIC CLUB ..... VETERAN No .....

AGE ON 13 MARCH ..... DATE OF BIRTH / / MALE/FEMALE

Please send completed entry form together with Fee of  
£1 per individual and 9" x 4" stamped addressed envelope toDavid Morrison, 12C Deeds St AIRDRIE Lanarkshire ML6 9AG  
by 26 February 1988



### Race Walking Report continued from page 1

worth noting that among the ladies in the 10k only Lillian Millen and Carol Bean were actually going faster than Jim.

For those who do not know the course, it is not an easy one, there is very little flat and what there was had a strongish head-wind — perhaps an improvement over last year's thick fog, but not conducive to fast times.

Following on his excellent Hastings to Brighton, where he finished 12th after passing 50k in 5:19:34, and his removal of 3½ minutes from the World 10,000m Track Best Time at Wolverhampton, Jim Grimwade's walk at Chigwell must send him to Australia with high hopes of success.

### World Championships

In Australia, Jim will have the company of another nineteen walkers from Britain, who will be defending several titles and near titles. Given the numbers of British Veterans competing there it is pleasing to see that about one in seven of the Australian party is a walker. Does this mean, I wonder, that walkers are more enthusiastic, better in world terms, more optimistic or just richer?

By the time you read this, it will all be over and I hope to fill my next column with a string of success stories.

## Borough of Wolverhampton 'Masters'

by Brian Owen

The Masters on 27th September was certainly the most ambitious and technically difficult promotion I have ever entertained, but despite many difficulties the day completed more or less on time.

The meeting had 5 elements:  
The BVAFA Walks Championships  
The Area Match Midlands v South Wales  
The Throws Quadathlon  
The Jumps Triathlon  
and Open Events.

### BVAFA Walks

Fastest in the field this year was Borough of Sandwell AC athlete Bob Care, with a clean sweep of all BVAFA Titles in 49:32.6. Second was John Richards in 51:56.0, Allan Smallwood was the Men 45 victor, whilst Tony Churchill won the M50.

George Chaplin won the M55 title with a terrific 49:47.8, the second best time in the event.

Harvey Jaquest set a new British Record in the M60 group with 56:48.3, and George Mitchell was the M70 Champion in 65:32.6.

However, Star of the Race was 75 year winner "Superman" James Grimwade with

### New Event

The BVAFA 20k/10k reported above finishes the domestic championship season; next year's round will contain, for the first time, a 50k for men and 20k for ladies.

This new event, about which you may have been hearing rumours for some time — will be held in conjunction with the Basildon 50k on the 9th April, starting at 9.30 am. It is on a 10k lap of reasonably quiet roads round an industrial estate; oh, the romance of road racing! The lap consists of two loops joined by a straight (like a pair of spectacles) so that there is one section walked in both directions; this gives the competitors the opportunity to exchange amiable abuse with those who are half a lap ahead or behind.

The men's 50k and ladies' 20k will start at the same time and place. The race incorporates the Essex League 50k and there will be the option for the ladies of carrying on past their finish and doing the complete five laps.

Organisation will be in the excellent hands of Peter Worth, at Chigwell, and he will be producing details.

### Talking Point

There has been a lot of excitement lately about walking and judging, which, if nothing else, has brought our event to the public notice, although I am not sure I share the view that all publicity is good

a new World best of 55:00.6.

The Ladies Event was taken in fine form by Lillian Millen in 25:54.3, Pauline Wilson won the W45 in 30:09.4. Ann Sayer was the W50 victor, and Laura Precious the W60 winner.

Whilst Mary Worth the second oldest in the race won the W55 in the third fastest race time 28:17.9, and gained new British Figures in the process.

### Area Match

The South won the match in fine style from the Midlands, with Wales in third spot.

Many fine performances were seen. Glyn Sutton had a good win in the 100 from George Cassidy, and then was forced into second place by a flying Rob Bush in the 200 where six were under 24.3. Rob, who was also victor in the 400 established meeting records of 23.2 and 50.8 in the races concerned.

Alan Painter, Brian Bartholomew and L. Henderson set meeting bests in the 800/1500/3000, whilst Bob Care coasted to another win in the 2k Walk.

Looking at the individual results in the sprints it was a fair bet that the relay would go to the South, however, onto the track stepped the Great Ron Taylor looking so easy as he passed the finish in his usual place



Dave Stevens on the way to Gold in 5000m Track Walk.

publicity.

I do not propose at the moment to contribute to the argument about what is, what used to be and what should be, but it is worth noting that in the 20k/10k at Chigwell, out of 44 starters there were no disqualifications at all, despite the fierceness of the competition. I saw only the leaders with whom I was in contact, a couple of competitors I lapped and the ladies, and they all looked impeccable. The Chief Judge, I understand, reported afterwards on his satisfaction with the fairness of the walking. So it is good to know that there is attachment to the maintenance of standards in some areas of the sport.

— First!

Star of the throws was Geoff Blyton the Midland Counties Silver Medallist, with a 13.06 shot and 39.94 Discus wins ahead of British Vets M45 Champion John Walters.

Chris Melish won the Hammer with 49.08, and R. Bartlett the Javelin with 49.64.

In the Jumps John Vernon had a Long and Triple Double. Whilst R. Roach won the High Jump, and Glyn Sutton and J. Wakeman tied in the Pole Vault.

The Ladies match saw a double in the 100/200 for Ruth Allcock. Caroline Marler looked regal in her 2:15.8 win in the 800. The 1500 went to Sue Humphries in 4:58.2, and A. James gained the 3000 metres in 11:01.

Lillian Millen destroyed Sally Haynes British Best in the 2k Walk with 10:03.

In the Throws Janet Beese had a 12.60 shot victory which would have won the British title at Corby, as would her 40.28 Discus throw. But Rosemary Chrimmes it must be said was also in great form with 38.00 metres. Vilma Thompson won the Javelin with 33.72. The High Jump was taken by Joanne Smallwood and the Long Jump by Pat McNab.

### Throws Quadathlon

It is indeed a rare talent to be able to

### Clinic

Those interested in maintaining standards and improving fitness and technique, living in the South, might like a reminder about Ray Hall's Walking Coaching Clinics:

2nd Jan, Crystal Palace;  
9th Jan, Brighton;  
17th Jan, Horsham;  
31st Jan, Portsmouth;  
7th Feb, Colchester;  
13th March, Plymouth;  
9th April, Crystal Palace.  
Fee is 50p and Ray Hall's address is 9, Drayton Close, Fetcham, Leatherhead, Surrey. A good ten bob's worth.

throw all implements well as different techniques are required.

Well in the Vets movement we have some most talented people, the best of these on the day being Geoff Blyton with 2275 pts, second was Trevor Walhen the BAAB Junior Coach for Combined Events, with 2178 pts and third Hugh Richardson from Copeland with 2038 pts.

### Jumps Triathlon

The event was taken by 1986 Decathlon Champion Dave Cowley from Rugby with 1722 pts; R. Roach was second with 1531, and Colin Green from Tamworth third with 1307.

### Open Events

Pick of the open results winners was Ian Foster's 11.8 in the 100, and Ron Taylor's 24.0 stroll in the 200.

The Ladies are now getting quite useful with the Hammer. So Pat McNab was claiming new British figures with her 33.44, and Rosemary Chrimmes did the same for W50 with 29.84.

Whilst I almost forgot Bob Brown, Pole Vault, (why he was missed out of the Midlands Team?) who went over 3.60.

Thanks to Midland Vets and our Midland Association Officials.

# FUNNY RUNNING

## THE STYLIST by Stan Allen

Have you noticed then? I've changed my style at last. Of course it does not feel comfortable yet but if I keep going I am sure that it will become more natural for me.

Do you like the legs? I got the idea from an American magazine which said that for road running Salazar's leg action was perfection, and I reckon that Treacy has something of the same gait so I've dropped my pelvis — or hips as we call them — down to lower the knee movement.

I've got problems with the legs below the knees as they tend to bow or bend outwards because my carriage is so low and this causes problems when running close to lamp posts or along paths with nettles on the side. Still, the grazes and blisters will soon heal up and I'm determined to keep the style going.

What's that? Oh you've noticed the rashes on the back of my hands. Well, they were caused when I tried to run

relaxed like Mike Newton, the long distance ace. I tried his stride length with the Salazar/Treacy style but kept tripping over. Anyway, I dropped my arms to their full length in an effort to attain stability in the upper body and discovered that when I dropped my pelvis to do the S/T stride I was actually scraping the backs of my hands against the road. Which was reasonable, well within my pain threshold, but then I ran, by accident, along a gravel path and did not notice the lacerations until it was too late.

See the old chest size? Easy. I read something Mike Winch wrote about physical conditioning and the use of heavy weights. I did them on one side only, the right side that is, so that when I run on the track I have more power from the top right hand side of the body to push me tighter to the edge. I reckon that this right-sided development will also come in useful as I stream into the home straight, and have to run a little bit wide, to force the other athletes into lanes 6, 7 and 8.

The left side, as you can see, I've left a lot skinnier. The secret is this, when you

are in a tight spot and want to get through two athletes running in front of you all you have to do is slide your body sideways on the pelvic joint and push the left leg, left arm and upper body through the gap. Of course, you get the advantage when the rest of your body goes through and knocks the two other runners apart.

Take Steve Ovett, he is usually pretty fit and when on song is really great. He gets out of scrapes on the track like he was covered in butter — sorry margarine, if you are worried about saturated hydrocarbons.

I reckon he is streamlined to a tremendous degree. The secret is at the top, no, on his head. Its that haircut. Well, anyway I'm having one like it next week, should work a treat. I've also been working on that hooded half-shut-half-open eye bit that some middle distance track stars use when racing flat out. I've had difficulties when training at night, which explains the nasty gash on my chin but its the style that counts.

Did I tell you that I reach the dizzy heights of Veteran's athletics next Spring.

As you know, I do a lot of road racing — especially since they started to award money prizes — and I've noticed that many of the competitors have trimmed or quite shaggy beards. I'll have to try a hormone cream the week before races so that I can turn up with a little more than designer stubble.

But, there again, there is the hair problem, or rather lack-of-hair problem. This is really tricky, the answer must be to use one cream on the head to remove the hair while putting the other one on the face to encourage the beard. Unless of course, you know of some system to transfer from one to the other as required?

And what about those shorts, or rather should I say 'longs' that the top sprinters are wearing. They look very impressive and must subtract valuable hundredths of a second in a sprint finish. I rather think that I'll have to pad my vital areas out with a handkerchief or two to give an impression of strength and vitality.



# your LETTERS

## WOMEN IN LINE WITH MEN

Can I raise through the pages of *Veteran Athletics* the issue of what age a woman becomes a veteran athlete? At the moment women enter veteran ranks at the age of 35 whereas men enter at 40. It has always been stated that the reason for this difference is that women tended to drop out of athletics (because of family commitments) and that they would be more encouraged to hang on in if they knew that athletic life could begin again at the age of 35. In theory, men, without the commitment of child bearing, were able to continue actively in club athletics and thus not need the incentive of life beginning again before 40. Having recently returned from the Drake International VII World Veterans' Games in Melbourne several points were very clear.

Firstly, the number of women participants increased by 59 per cent and the depth of entries was noticeable in all age groups, which seems to indicate that with encouragement the older woman athlete can be persuaded into the movement as easily as the younger one.

Second, in nearly every discipline the W40 age category was more strongly contested and the final times generally faster. This would seem to indicate that most of the best women in the 35 year age category are not coming in and indeed, like the men, are perhaps still involved enough with club competition not to need the forum of the veteran scene. This is particularly apparent in the longer events where women over 35 are still competing at international level.

Third, can we women justify such selective treatment. We do not want to be patronised and now we are slowly beginning to show numbers and strengths to match the men. And indeed if I was a man I might feel quite perplexed at not being able to compete like the women at 35, but instead have to wait until I was 40.

The issue is brought up constantly at the Women's committee of the World Veteran's Games and up until now change has been resisted by those who believe it still important to encourage more women into track and field events. Some even thought that it was now too late to change. But surely the situation itself has changed. There is no official resistance any longer to the idea of women running (even if in certain countries some cultures continue to show resistance) and I can see no real differences between men and women that should dictate that women begin five years earlier.

I understand that in the States the Masters begin at 40, be they male or female. But they also have an active pre-Masters programme which caters for athletes over 35. In Scandinavian countries I believe there is strong support for the 30-39 year old athlete. Surely such support could be the answer to the issue. The area that would be most neglected, were the veterans to begin at 40 for both men and women, would be the track and field events. This could be catered for by offering a selection of events, such as a 200m, a throw and a 1500m or whatever, to a 35 year age category for both men and women.

I would like to propose that serious

consideration be given to bringing the women in line with the men. I do not wish to imply that women do not any longer need encouragement, but I believe we would get more worthwhile and lasting encouragement if we are in line with the men. Alison Turnbull in *Running Magazine* in 1986 ran a survey on the question — only one out of thirty-five responses wanted the starting age to remain at 35. The organisers of The London Marathon have chosen to begin their veteran category at 40 for both sexes. In all honesty I feel that the veteran scene would gain a lot more credibility if the women came into line with the men. Particularly given the fact that women on average live longer. Besides, what athlete at 35, male or female, looks a veteran!

Sarah Cawkwell  
London

## AGE GROUP IDENTIFICATION IN VETERAN RACES

The 1987 BVAF ½ Marathon championship at Welwyn operated with the excellent system of all runners being required to wear a letter, relative to their age and sex, on their back in addition to the normal race number on the front. Thus participants were able to concentrate their main efforts on racing against competitors of their own class who could be spotted easily. Not only did this system help the runners but it provided interest to spectators and, more importantly, to race marshals who were feeding information back to the finish.

I am the first to accept that the issue of an appropriate letter to veterans in addition to their race number would increase the workload of race organisers and their costs. However, I am not convinced that the letters would have to be issued at each race. Perhaps the responsibility could rest with the athletes to provide their own letters to a standard size and to meet a nationally, or even internationally, agreed code. The cost of a waterproof card or material with the letter printed boldly in the middle would be minimal and may only occur once every 5 years when the competitor moves to the next category. Organisers could carry a small stock for sale to those runners that had failed to bring theirs with them or were running for the first time.

How could such a system be introduced and then enforced? In championship events I would expect the officials to ensure that all participants were wearing a letter on their back as well as the number on the front. And if a veteran chose to run without a letter he would be assumed to be in the open class, or for pure veteran events eligible only for awards in the youngest category. A few lost prizes would certainly get the runners to comply but more importantly those taking part would be in a position to know who they were racing against merely by looking at the letter.

Hopefully there will be some support for my proposal, but how would I go about pushing the idea further?

Squadron Leader D.J. Coward  
Biggin Hill

## SUPPORT

As a former American resident of London and a former member of the VAC, I commend the new publication *'Veteran Athletics'*. Let's hope this one lasts.

I encourage all British runners to subscribe to ensure its success. They and *Veteran Athletics* deserve nothing less.

Dick Glasgow  
W. Germany

## CHAMPIONSHIP PRIZES

With veterans maturity and the experience that it should bring, it would have been nice if the BVAF could have shown the younger generation how to get it right. It would appear after our 1987 road Championship races that the BVAF thinking is just as inconsistent.

Welwyn ½ Marathon: medals in 5 year age groups, subventions in 10 year age groups.

Oswestry 10 miles: No subventions, medals in 5 year age groups. Perfect. True one or two of the big names were missing, perhaps because of the money, but most were there and ran for their medals which

is what it should be all about.

Barnsley 10K: according to the programme, subventions for the first 3, Prizes first 3 in 5 year age groups, women 35 men from 40. Prize for first 6 males over 40 but only first one over 45. No medals, which for a champion must be the most important thing he is competing for.

If there was an equal opportunities board in athletics the 45-49 age groups must have a solid case of discrimination. Does the BVAF seriously think a good 47 year old is going to beat a good 40 year old. In the 3 championships listed not one male vet over 45 finished in the first 6, which proves my point.

Contrary to what the programme said at Barnsley I am not in the over 45 age group so do not have an axe to grind, neither does it come easy for me to complain when I am sure the BVAF does a lot of admirable work. All I ask is some consistency. Cater for the majority in our championships, and, if one or two people will only run for money, and not for the honour of being British Champion, I feel we can do without them.

K. Chadfield  
Stockton-on-Tees

Wilf Morgan, General Secretary to BVAF, replies to Ken Chadfield's letter and with it a recent question from Martin Duff.

Some interesting observations from a man who is obviously a keen supporter of our road championships. It seems a few explanations are called for and I shall do my best to provide them.

In 1987 there were five road championships — 5K, 10K, 10 miles, ½ Marathon, and Marathon. The 5K and ½ Marathon were run for the first time and the 10K was first run in '86. In the view of the BVAF this is a well rounded series of championships. In awarding a race championship status the BVAF has to be satisfied on the following points. 1) That the race is well organised. 2) That the course has been accurately measured. 3) That medals are presented to the first three BVAF members in each five-year age group. All our 1987 championships met these three requirements.

Now to the business of other prizes and subventions, first of all prizes. In all these road events some non BVAF members take part and on the odd occasion one of these people finish in the first three in an age group they take a prize but not a medal. Subventions: Once the organiser of a championship has agreed to meet our three major requirements he may wish to make sure leading vets are in the field — to give the race added stature or to satisfy the race sponsor. So he may offer subventions and this usually means inducements to top M40 or W35 runners. We see this as his prerogative. It could be argued that the BVAF should further increase its control by insisting that subventions be spread over all age groups, men and women.

At Barnsley, BVAF plaques were awarded in 5 year age groups.

We are always prepared to listen to our members and their views will be taken into consideration I can assure you. But it should be borne in mind that race organisers can arrange these 'monetary matters' to suit themselves whether the race is given the status of BVAF Championships or not.

Another question related to championships from that excellent poser of questions, Martin Duff. He asks:

'Why no team medals at Barnsley?'

Well, he puts his finger on an anomaly and there are quite a few of these in veteran athletics — given the way the BVAF was formed.

You see, strictly speaking, the only clubs recognised by the BVAF are our area veteran clubs. Yet our cross-country championship has always incorporated a team event and the teams are composed of vets from open clubs, Tipton, Cardiff, Belgrave etc. But maybe the cross-country is a special case for most of the field is made up by the die-hard traditionalists, veterans of the English

## BRITISH INDOOR ATHLETIC CHAMPIONSHIPS FOR VETERANS — Royal Air Force, COSFORD

FRIDAY 25th March 1988 Starting at 6.00 pm

SATURDAY 26th March 1988 Starting at 10.30 am

1. Entry forms should be returned to JACK CROSS, 36 MANOR ROAD, ATHERSTONE, WARWICKSHIRE, CV9 1GJ
2. Closing date 24th February 1988. Positively NO late entries accepted and NO Guests.
3. Meeting will be held under BVAF rules. Medals as per BVAF Championship Regulations.
4. Entry fee £2.00 first event, £1.50 subsequent. PENTATHLON £6.00 — Cheques/PO's made out to BVAF (Cosford 1988). SAE 9" x 6" for your number, map, timetable and accommodation details.
5. COMPETITORS MUST BE REGISTERED VETERANS.
6. Car Parking is FREE. Spectators 50p each. Full changing facilities, showers, refreshments.
7. Maximum spike length on Cosford's new surface is 5mm. NO starting blocks in Sprint heats.
8. Six trials in Shot, Triple Jump, and Long Jump. Starting height 2 metres in the pole vault.
9. Competitors must check in at least 30 minutes before event and also report to assembly area 10 minutes before event is due to start. No event will start early. Insufficient competitors in any age group to allow heats, or answering the starters call on the day will lead to straight final being run at the time scheduled for the heats.
10. Age groups may be merged on the track but separate age groups and medals will be maintained.
11. Entry into finals in each age group will be via fastest times in heats dependent on number of lanes available.

### EVENTS — FRIDAY EVENING

MEN & LADIES 60 mtrs Hurdles, 60 metres, 800 metres, Long Jump, Pole Vault (men only)

### EVENTS — SATURDAY

MEN & LADIES 200 metres, 400 metres, 1500 metres, 2000 metres Walk, Shot, High Jump, Long Jump, Triple Jump (Yes Ladies), Pentathlon (60 Hur — LJ — HJ — Shot — 1000m) 4 x 200 metres Inter Club Relay (one Age Group only)  
Team MUST all be first claim members of Club.

Name (as you require it to appear in the programme) \_\_\_\_\_ (Male/Female)

Address (Please print) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 25-26 March 88 \_\_\_\_\_ Nationality \_\_\_\_\_

Registered Vets No. \_\_\_\_\_ Club \_\_\_\_\_

Please enter me for the following events:

1 _____	£2.00	For Official use only
2 _____	£1.50	
3 _____	£1.50	
4 _____	£1.50	
5 _____	£1.50	
6 Pentathlon _____	£6.00	

Please enter \_\_\_\_\_ Athletics Club for the

Mens/Ladies 4 x 200m relay ("delete as appropriate") \_\_\_\_\_ £3.00

£ \_\_\_\_\_





# The Way Forward

Bill Taylor, Vice Chairman BVAF  
Odds and Ends

## Helping Ourselves

Since my appeal in the last issue we have had some offers of help with our general administration, newspaper production and the promotion of events. But if you still want to volunteer, you won't be killed in the rush. It's a busy world these days: earning a living; spending time with one's family; training and other sporting and cultural pursuits — and we mustn't let athletics become the *only* thing in our lives. All these activities eat up the time. However, even if you feel you are not yet ready for a big job, don't hang back when your area organiser asks for help.

## Recognition we Need

The AAA is accordingus increased recognition. At the time of writing (early, because I am Melbourne-bound) discussions are still going on regarding AAA support for certain of our championships and the award of AAA medals. If negotiations are successful, there should be an interesting announcement in the 'Stop Press' of this issue.

## Financing 'Veteran Athletics'

Donations from enthusiastic readers come in at a steady rate — sincere thanks to all supporters for their generosity. The

BVAF Publicity Committee is working hard on fund-raising, including commercial sponsorship, but we must somehow increase the inward flow of funds. How about each club putting on an event — or using one of its existing events — with a slightly increased entry fee so that a profit can be made for the newspaper. Choose the event likely to attract the most competitors. Incidentally, one Singapore veteran was so delighted to get a copy which I had sent him privately, that he sent a donation of £35 by return.

## FOCUS VETERANS 10K

In the first running of the Focus Home Centres sponsored cross country 179 runners and 11 teams competed.

Pictured here by Ian Weightman are *Left* Harry Clague who finished fourth leading eventual winner Alan Adams of Staffordshire Moorlands, and race runner up Tony Mellor of Manchester.

*Right* Winner of the ladies race in the 10K Challenge, Winky O'Neill of Colwyn Bay.



## A K Chromniak

The BVAF in general and Southern Vets AC in particular lost one of its most prolific Field Event exponents with the sudden death in December of Adam Chromniak of Guildford and Godalming.

Adam was born 6 days after the start of World War Two of East European stock, but was well known and respected in both Surrey County and Veteran athletics.

The evidence that Adam was at the top of his form was clearly indicated at Corby in July, when he won the M45 Shot with 12.90 and was second to John Walters in the Discus with 37.66.



Anne Roden Melbourne Marathon winner

(National who see our race as the veteran equivalent of the National. The Oswestry '10' also has a team event for vets from open clubs.

Both of these championships were well established before I climbed into the saddle as BVAF Secretary. As front man in negotiations regarding the new championships I decided there should be no team events in these races but they should be continued in the established races.

With the restructuring of British athletics and the formation of the BAF the veteran scene is under review and new concepts are sure to emerge. Bill Taylor's column is recommended reading for all interested in such matters.

## Thank you.

Charlie Williams would like to say "thank you to all those who have assisted me in going to the World Games in Australia, to those who gave personal donations and to Barbara with her raffle."

## Your newspaper

continued from page 1

It was not a constitutional change they were being asked to approve, it was quite within their powers to vote the money. To post it, second class, to all vet club members would cost £700 or so an issue. Work it out for yourself, at 13p at time for 6,000 members and growing, we hope. What's the use of a paper that you aren't able to send to everyone? (By the way it costs much more to print it each issue, but other sources of revenue including donations look after that.)

The BVAF can afford this easily enough. At the moment it has assets of almost £9,000 and is not losing. Is there anything else important to be done with the money? What's more there is a motion coming before the next AGM for the capitation fee from the clubs towards the BVAF to go up from the present negligible 15p a year, which has been in force for many years. That money comes eventually out of each club's income and of course will increase the BVAF's bank balance. Why not use a bit of it on a newspaper for members?

The paper as you know goes free to members, who only pay £3 or £5 a year in club dues, as the case may be, to cover this cost and all the other services their club offers. The publishing committee's argument is that the newspaper will be provided at no cost to the BVAF to go out to its members as the club organ — all the BVAF has to do is cover the cost of distribution, which of course has to be by post in order to arrive smartly on time.

There is many a sport that provides an organ for its members, but you'll find that they are charged far higher membership fees, perhaps £20 a year. That's what publishing costs today. Just to print a small, cheap newspaper job for a few thousand members calls for well over

£1,000 a time. There is some minor revenue to set against this from advertisements, and as you know many generous readers have helped to defray the residual cost with donations.

So it would be logical for the BVAF to foot the postage bill. This paper is its official organ! It's not generosity that's expected, it's simple payment for reasonable value. How else will the BVAF get its messages across to all its members; it's a slow job doing it through the clubs. How else will it inform everyone efficiently of fixtures and results? How else will it put across changes in the state of veteran athletics? At this very moment we are expecting a momentous change — an offer from the powers-that-be for closer involvement within the national club structure.

Why the opposition? Is it that some people feel the paper's existence could do harm, does it open the curtains on some cosy little scene? Why the excessive caution, why the thrift?

As you can tell from the tone of this statement I am a complete supporter of the paper and I want it to go on. So is your BVAF vice-chairman, Bill Taylor (and he doesn't have a vote in council either) and other officers. Yet the majority of the committee were against. Are they right? Do they represent the views of you who are the movement? To find out I am passing the vote over to all members of the BVAF, all readers of Veteran Athletics. This is the only way of getting the opinion of the whole movement. At the annual meeting there are never more than 50 of our many thousands of signed-up members who are able to be present.

Let the members give their answer now, Yes or No, in a national plebiscite. Just tick whichever box expresses your opinion — fill in the coupon which is on this page and send it back to the Editor, Veteran Athletics, 57 Mortimer St., London, W1.

## NEWS LETTER SUPPORT FUND

Here is a list of those who have contributed last month. Please send your cheque to Vets Athletics Treasurer

Bill Taylor  
17 Poplar Farm Close  
Milton-under-Wychwood  
Oxford OX7 6LX.

T Brown	£ 5
J G Guest	£10
Ron Mason	£10
Bill Kingsbury	£10
Scottish Veterans	£50
G V Elliott	£ 3
D H Jones	£ 5
Spenn Trafford	£10
Chan Meng Hui	£35
Mike Legg	£10
Brian Ward	£ 2
N Betts	£ 5
Simeon Busby	£10
Nanette Cross	£ 5
R W Jeans	£ 5
Ernie Harrison	£ 5
Isabel Barrie	£10
Mary & Peter Worth	£10
P R Thomas	£ 3
J Walley	£ 5
Dave Dellar	£ 5
Danny Herman	£10
Dave Everitt	£ 5
Hugh Barnfather	£ 5
Alan Pluck	£ 5
Brian Bartholomew	£ 5
M J Stewart	£ 5
Dennis May	£ 5
Roger Spinks	£ 3
Barbara Penrice	£ 5
L Redman	£ 5
John Hayward	£10
Neil Hanson	£ 5
Norman Carter	£ 5
E Grocock	£ 6
Eddie Lee	£ 5
Bryn Jenkins	£ 5
Caroline Marler	£ 3
Chessington &	
Bookham Runners	£ 5
Colin Fahey	£ 3
Jim Ryan	£ 5
Dennis May	£10
L Lyons	£10
Jim O'Shea	£10
David Coward	£ 5

They have papers just like this in the USA, Australia and other countries — why not Britain?

Sylvester Stein

## MEMBERS PLEBISCITE

(Send to Editor, Veteran Athletics, 57/61 Mortimer St, W1)

I'm in favour of the BVAF newspaper and I believe the BVAF should pay from its funds the postage costs of forwarding it regularly to its members.

YES ☐ NO ☐

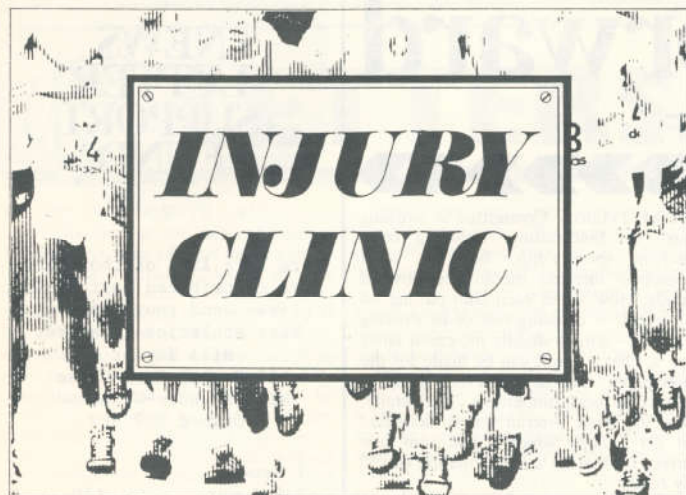
Name .....

Address .....

Club .....

Comments if any .....





Dr I R Smith MB BS MRCS LRCP DPhys Med  
Mr E A Caldwell LCSP (Assoc) Sports Injury Therapist  
Advice may be sought by writing with SAE and quoting Veteran No. to  
Injury Clinic, 'Veteran Athletics', 57-61 Mortimer St, London W1N 7TD

### ARTHRITIS

**Q** An X Ray has revealed a damaged right knee with Osteo-Arthritis. Advice I get is terribly conflicting. A PE teacher said I should run off road as it was the jarring that was doing the damage. A doctor said if I must run on roads only because the twisting about on rough ground does the damage. A sports injury clinic said my hip trouble was caused by my Asics Tiger Excalibur shoes but on the second visit suggested I got back into them.

**A** At 44 years of age you seem rather young to have developed osteo-arthritis in your knee and I therefore suspect some significant trauma in the past. As far as the ache in the groin is concerned, you may well have arthritis in the hip and it is also interesting to note that arthritis in the hip can also cause referred pain in the knee.

I would suggest swimming to increase hip muscle power and range of movement at the hip joint without putting any weight bearing stresses on either the hip or the knee.

If the x-ray suggests calcification of the menisci this would suggest a condition known as pseudo-gout (crystal pyrophosphate deposition disease). It would therefore be feasible for your G.P. to refer you to a rheumatologist in order that the crystals be removed from the joint if present and looked at under the microscope in order to differentiate the condition from gout itself.

As far as running surfaces are concerned I always advocate running on flat grass with its cushioning effect and anti-inflammatory tablets.

**Q** I suffered knee swelling after runs and was told to rest and do leg strengthening exercises and that mild osteo-arthritis was diagnosed. Can you give me any advice on how I can keep this OA under control and continue to run and mountain walk.

**A** Your G.P. has given you the correct advice. Quadriceps and equally importantly hamstring exercises are particularly important as I have advised in my article and also to other enquiries. Swimming not only provides good non-weight bearing exercise but also helps to maintain or even improve on your cardio respiratory fitness. I am sorry I cannot be more helpful than this.

### PAIN IN THE FOOT

**Q** I am a 50 plus long distance Race Walker. Some years back I experienced pain in the left foot. A doctor said it was probably due to stamping of foot in race walking and that such an injury is common in Police on beat and Postmen, and I would probably have it for the rest of my life. I have had hospital treatment and resumed training but at no time has the injury completely cleared.

**A** As far as your left foot is concerned

you may have a stress fracture. This should be x-rayed and will obviously only be settled with rest. I feel that you should be referred for examination of your hip, knee and foot and also to have some blood tests in order to make a proper diagnosis. The treatment will depend on the findings, but I feel that your problem is not insurmountable.

### ACHILLES TENDON

**Q** I am a veteran of 73 years. In the Barnsley 10K I had to retire at halfway with a strained achilles tendon. After seven weeks I am still hobbling and sometimes wonder if there is any improvement.

**A** Your achilles tendon is involved in what is known as focal degeneration. This may be treated conservatively or by surgical intervention. Various forms of conservative management have been tried in the past. Of these, rest together with padding of the heel and ultrasonic therapy appears to offer the best results. Even so, there is very often considerable delay in returning to full normal training, and recurrences recur with monotonous regularity. Where facilities for early surgery and appropriate post operative rehabilitation are not available, conservative management is therefore the treatment of choice.

There is some argument as to whether or not the tendon itself should be injected, and most authorities agree that this is a dangerous procedure, but the evidence is by no means unanimous and there are some authors who challenge the role of hydrocortisone injections in the production of complete rupture of the achilles tendon, suggesting that it is the pre-existing focal degeneration that causes the rupture and not the hydrocortisone injections. In the face of the available evidence, however, it seems at the present time unwise to inject lesions in the achilles tendon. I would suggest therefore, that your G.P. refer you for surgical treatment, the method being fairly simple. The lesion itself is curetted out and any granulation is removed and the wound then closed. You would remain in bed for four post operative days during which time active movements of the ankle would be encouraged and on the fifth day you would get up and begin weight bearing. This would be followed by intensive rehabilitation in order to restore ankle mobility.

### ARTHRITIS

**Q** I suffered excruciating pain in my face after which my GP diagnosed arthritis in neck and prescribed Feldene. Most of the time I am not aware of the situation but the pain is brought on by undue exercise on a long run. I am getting much slower and 'running out of petrol' after an hour's running. Also I have a bowel problem.

## Resolve to Rest

### and get the Best out of the New Year

says Eddie Caldwell

It is generally agreed by medical experts, coaches and most athletes that the body should be given the opportunity to recover from hard training and racing before it is subjected to further hard training. The problem that has occupied the best brains in sports medicine and athletics for many years is just how important is the role of rest in a successful training programme. The really good coach is usually the one who comes nearest to answering that question in relation to each of his athletes individually.

Rest is very important to me as an athlete and as a therapist who treats athlete's injuries. As an athlete I value rest days in my weekly training programme and rest periods in my training and racing year. I have had a month's rest recently following the track season which culminated for me at the Vets Inter Counties at Warley in mid-September. Now I am trying to get back into good condition with weights, circuit training and cross country racing. Then I hope I'll be fit to tackle the track season.

Dealing with athletic injuries usually requires the judicious use of rest as part of the recovery process. Most athletes do not like to be told to rest. Very often they have to be actually suffering a serious injury that hurts a lot when they run before they begin to understand that without rest they will not begin to heal. An old and often damaging adage is "to run through" an injury.

Brian Webster, physiotherapist to many GB teams, recounted to me several instances of top class athletes sustaining severe injuries to hamstrings or ankle ligaments during competition or training. After being advised to rest the injured limb they then bravely struggled down to the disco that evening and jiggered around until the early hours. Next day they plaintively reported that the injury was not responding to treatment.

Tommy Parr, a clubmate of mine from Bolton Harriers, overstretched a hamstring recently. At first he tried to carry on and hoped the injury would resolve itself. That did not work and in one race Tommy finished behind his wife, Pat. (He's still being teased about it, too). Several weeks of regular treatment and easy stretching saw Tommy on the road to recovery but only after a period of rest which made sure that the injured muscle had healed properly.

Many runners become impatient with the recovery process. It's easy to see the sense of good advice when a painful achilles tendon injury makes it impossible to put your heel on the floor and walk properly. After eight or ten days the pain

has all but disappeared, the swelling has subsided and the inflammation has been clearing quickly due to correct treatment. You can now take your weight on that heel and walking is comfortable.

The temptation now is to disregard advice, to go beyond the stretching exercises and try out the leg i.e. to go for a run. At this stage the chances are that, depending on the nature of the run, the pain will come back and with it the swelling and the inflammation and you will have difficulty carrying your weight on that leg again.

Injured muscles, tendons and ligaments require time to heal, a period of rest. Even minor problems should be given time to recover; if they do not get rest they keep re-occurring and become chronic injuries. We all know at least one runner who claims to have a knee or ankle that "keeps going on me".

The recovery process, with good treatment, can be spectacularly rapid in the early stages. The athlete feels well and is keen to get back into action again. This is just when the healing process is so finely balanced, when muscle fibres are knitting together again. If the muscle is then put under stress and it has not healed strongly enough at that stage, the whole repair may break down again.

If you sustain an injury and go to a doctor, physiotherapist, masseur or osteopath for treatment, make sure you understand what you should or should not do. Ask about the injury, about resting and stretching, about when you can start exercising and training. An injury expert should be able to give you an exact schedule of activities that you can safely follow that will get you back to full fitness for training and competition. If you are unsure about anything, ask whoever is treating you.

Obviously, you have to make allowances for individual differences, age, the severity of the injury, previous fitness and whatever, but a good therapist will be able to offer you good advice about your injury. If you disregard the advice about rest you will almost certainly slow down the recovery rate. You will be unable to train or race for even longer, you may well set up a chronic condition that will stay with you for years and may even force you to give up altogether. You will have wasted your time and money and you will still have your injury problem.

A good resolution for the New Year would be to consider the use of rest not only in your training schedules but also as means of preventing injury and a means of recovering from injuries.

## CARDY AND RUSHMER

### Worcestershire Champions

Worcestershire County Cross Country Championships were held on 12th December on an interesting course at Redditch which included the notorious cemetery hill.

Pride of place on the day must go to super vet Bronwen Cardy who finished in 3rd place in the Senior Ladies race behind British International and World Cross Country representative Sally Ellis of Birchfield H. The Bromsgrove and Redditch girl, Vets Half Marathon Champion, ran a superb race considering that she would judge herself not totally fit. Other veterans Pauline Fryer and Sue Cox finished in 25th and 29th.

In the Senior mens championship former GB international Alan Rushmer of Tipton H, winner of the Vancouver 10K World title, finished in a most impressive 10th overall position in the excellent time of 30:29 for the 9200m.

David Wilde of Worcester was second Vet from overall 24th whilst Mike Parker of B&R was 3rd Vet in 28th position.

Responsible for organisation on the day

**A** As far as your neck is concerned isometric exercises can be useful in strengthening the neck in order to support a suspect cervical spine. Also at times it might be worth wearing a soft collar in order to take the strain off the neck, also useful would be relaxation techniques, regular anti-inflammatory tablets, which I feel should be taken regularly rather than when the pain arises. The disadvantage of most anti-inflammatory tablets is that they cause indigestion and should therefore be stopped should this occur.

I should imagine that your slowing up over your training and racing is due to concern over your problem putting a brake on your running.

Most marathon and ultra distance runners have problems with their bowels. It is not unusual for them to take a tablet called lomitol which is not a banned substance as far as drugs are concerned.

was a well known veteran competitor in the Midlands, now Worcestershire Chair Person Rita Brownlie whilst assisting in the results team were MVAC mainstays Edgar and Irene Nicholls.



## NINTH FLYING FOX MARATHON

continued from p.1

to train harder through the winter. This led to my achieving new personal bests at all distances this year. The recognition that the title gave me led to my gaining international recognition and securing kit sponsorship from Etonic, which is important as I only work part-time. The title also resulted in invitations to several races and so I'm pleased to retain my title and looking forward to making it a hat-trick next year!"

Team mates Toft and Bagnall fought an intriguing duel, before Toft hit problems at around 22 miles, allowing Bagnall to take second and the O45 prize. The hapless Toft was passed by John Clarke who came with a late run to clinch 3rd place.

Evan Williams completed a glory-day for Wales, as he took a marvellous 5th place in 2:36:47, whilst Bryan Dale of Newcastle produced a lifetime best for 6th place — securing the team prize for Newcastle (Staffs) AC.

William McBrinn was marginally outside the O55 course record — taking 10th overall in 2:41:00.

Marianne Savage was expecting fierce opposition from Maggie Thompson and Patricia Hudson — as she attempted to retain her title, only a month after competing in a 24 hour race. She admitted to being stiff — but showed no signs of any problems as she opened up a large gap by 5 miles. She continued to stretch her lead and as she crossed the line she claimed her second successive title and a new course record of 2:55:14 — slicing two minutes off the old record.

Maggie Thompson came out on top in the duel behind her, breaking clear of Pat Hudson at 16 miles and finishing a minute

ahead in second.

There were 246 Marathon finishers and Stone Master Marathoners were clearly delighted with the response and looking forward to organising the 10th Flying Fox Marathon next year.

Theirs is a race organised "by runners for runners" and it clearly showed in every aspect, as they catered for the needs of the competitors.

It is difficult to see how they can attract the "top names" in veteran running to rival the likes of Lee, without the backing of a major sponsor.

However, that is not the primary motivation for the organisers who merely wish to provide a well organised event on an accurately measured course, with the guarantee of accurate times and placings.

To complete the day the prizes were presented by the clubs' oldest competitor — author Ernest Dudley — who is in full training for the New York Marathon. The final word belongs to Ernest: "Chris

Brasher provided me with the inspiration to run competitively and I only began six years ago. My only regret is that I did not take up running earlier, because I find running so invigorating!" It obviously increases longevity and Ernest is the living proof.



Marianne Savage — first woman home

BRITISH VETERAN MARATHON CHAMPIONSHIPS - NINTH FLYING FOX MARATHON  
SUNDAY 4th October 1987, RESULTS LIST

1	2:23.56	1	M40	EDDY LEE	PEGASUS RUNNING CLUB	151	3:28.47	71	M40	CLIVE R. HEAP	TRING AC
2	2:29.21	2	M40	GRAHAM BAGNALL	NEWCASTLE (STAFFS) AC	152	3:29.19	72	M40	HENRY M COOKE	NOTTINGHAM HARRIERS AC
3	2:32.16	3	M40	JOHN CLARKE	BEDFORD & COUNTY	153	3:29.20	73	M40	ROBERT G MESSER	UNATTACHED
4	2:32.20	4	M40	TONY TOFT	NEWCASTLE (STAFFS) AC	154	3:29.24	74	M40	ROGER A SMITH	YEL. VIC. AC
5	2:36.47	5	M40	EVAN WILLIAMS	SHREWSBURY & DISTRICT AC	155	3:29.32	75	M40	RAYMOND S THOMAS	ERYKI HARRIERS
6	2:37.35	6	M40	BRIAN DALE	NEWCASTLE (STAFFS) AC	156	3:29.57	76	M40	KEITH WATKINS	UNATTACHED
7	2:38.58	7	M40	STEPHEN COLLEMAN	NEWCASTLE (STAFFS) AC	157	3:30.08	77	M40	JOHN REVELL	BEFFORD AC
8	2:39.22	8	M40	CAROL WOODWARD	LEAMINGTON CYCLING & AC	158	3:30.51	78	M40	RONALD MULLOY	MIDLAND VETS
9	2:40.11	9	M40	MICHAEL FREYRE	BISS HESLOP RC	159	3:30.51	79	M40	MICHAEL BROWN	UNATTACHED
10	2:41.00	10	M40	WILLIAM MCBRINN	NEWCASTLE HARRIERS	160	3:31.09	80	M40	MALCOLM BERRY	WALLS FOREST RAC
11	2:42.55	11	M40	KIRK SMITH	NEWCASTLE (STAFFS) AC	161	3:32.16	81	M40	BRIAN REVERS	PMAC
12	2:43.02	12	M40	NORMAN JOHNSON	BUCKLEY KINGSFORD RFC	162	3:32.45	82	M40	JOHN WICKERY	WOLVERHAMPTON ROAD RUNNERS
13	2:43.18	13	M40	PADRY HOLMES	BUCKLEY HARRIERS	163	3:33.58	83	M40	JOHN WICKERY	BUCK HARRIERS
14	2:43.20	14	M40	BILL ADAMS	SHETLAND ROAD RUNNERS	164	3:33.58	84	M40	JOHN WICKERY	BUCK HARRIERS
15	2:43.38	15	M40	KEVIN O'DONNAN	BURTON AC	165	3:34.45	85	M40	JOHN WICKERY	BUCK HARRIERS
16	2:44.27	16	M40	ROGER OWEN	BUCKLEY HARRIERS	166	3:34.45	86	M40	JOHN WICKERY	BUCK HARRIERS
17	2:44.46	17	M40	ALAN PEARSON	BUCKLEY HARRIERS	167	3:34.45	87	M40	JOHN WICKERY	BUCK HARRIERS
18	2:46.13	18	M40	ALBERT E CONFIELD	NEWMPORT & DISTRICT AC	168	3:35.26	88	M40	JOHN WICKERY	BUCK HARRIERS
19	2:46.20	19	M40	ROGER ASHBY	SALE HARRIERS	169	3:36.22	89	M40	JOHN WICKERY	BUCK HARRIERS
20	2:47.02	20	M40	DONALD DARTINGTON	SALE HARRIERS	170	3:37.31	90	M40	JOHN WICKERY	BUCK HARRIERS
21	2:47.12	21	M40	BARRY GOSWORTHY	BURTON & DISTRICT AC	171	3:37.51	91	M40	JOHN WICKERY	BUCK HARRIERS
22	2:48.47	22	M40	FRANK P TOLLEY	BURTON AC	172	3:37.45	92	M40	JOHN WICKERY	BUCK HARRIERS
23	2:48.49	23	M40	RICHARD CLAPHAM	BUCKLEY KINGSFORD RFC	173	3:38.04	93	M40	JOHN WICKERY	BUCK HARRIERS
24	2:48.59	24	M40	BRIAN J RUSSELL	BEDFORD & COUNTY	174	3:38.47	94	M40	JOHN WICKERY	BUCK HARRIERS
25	2:49.24	25	M40	ROGER CARM	BEDFORD & COUNTY	175	3:39.20	95	M40	JOHN WICKERY	BUCK HARRIERS
26	2:49.35	26	M40	ROGER BEGAT	BEDFORD & COUNTY	176	3:39.45	96	M40	JOHN WICKERY	BUCK HARRIERS
27	2:49.37	27	M40	ALAN BLADEN	LES CROUPIERS	177	3:39.56	97	M40	JOHN WICKERY	BUCK HARRIERS
28	2:50.22	28	M40	JOHN DAVSON	SALFORD HARRIERS AC	178	3:39.57	98	M40	JOHN WICKERY	BUCK HARRIERS
29	2:51.00	29	M40	GEORGE O'LEARY	UNITED LEAGUES REGIMENT, R.A.	179	3:40.10	99	M40	JOHN WICKERY	BUCK HARRIERS
30	2:51.38	30	M40	GRAHAM PHILLIPS	SALE HARRIERS	180	3:40.30	100	M40	JOHN WICKERY	BUCK HARRIERS
31	2:52.33	31	M40	BRIAN MORRIS	BUCKLEY HARRIERS	181	3:41.48	101	M40	JOHN WICKERY	BUCK HARRIERS
32	2:52.41	32	M40	JOHN ELLIS	BUCKLEY HARRIERS	182	3:42.38	102	M40	JOHN WICKERY	BUCK HARRIERS
33	2:53.20	33	M40	THERRY PAYNE	UNATTACHED	183	3:43.47	103	M40	JOHN WICKERY	BUCK HARRIERS
34	2:53.43	34	M40	ANDREW O'NEILL	MANCHESTER HARRIERS & AC	184	3:43.55	104	M40	JOHN WICKERY	BUCK HARRIERS
35	2:54.38	35	M40	RONALD BLASTLAND	VALE OF AYLESBURY AC	185	3:43.55	105	M40	JOHN WICKERY	BUCK HARRIERS
36	2:54.41	36	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	186	3:44.22	106	M40	JOHN WICKERY	BUCK HARRIERS
37	2:55.05	37	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	187	3:44.22	107	M40	JOHN WICKERY	BUCK HARRIERS
38	2:55.14	38	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	188	3:44.22	108	M40	JOHN WICKERY	BUCK HARRIERS
39	2:55.14	39	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	189	3:44.22	109	M40	JOHN WICKERY	BUCK HARRIERS
40	2:55.14	40	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	190	3:44.22	110	M40	JOHN WICKERY	BUCK HARRIERS
41	2:55.14	41	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	191	3:44.22	111	M40	JOHN WICKERY	BUCK HARRIERS
42	2:55.14	42	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	192	3:44.22	112	M40	JOHN WICKERY	BUCK HARRIERS
43	2:55.14	43	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	193	3:44.22	113	M40	JOHN WICKERY	BUCK HARRIERS
44	2:55.14	44	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	194	3:44.22	114	M40	JOHN WICKERY	BUCK HARRIERS
45	2:55.14	45	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	195	3:44.22	115	M40	JOHN WICKERY	BUCK HARRIERS
46	2:55.14	46	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	196	3:44.22	116	M40	JOHN WICKERY	BUCK HARRIERS
47	2:55.14	47	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	197	3:44.22	117	M40	JOHN WICKERY	BUCK HARRIERS
48	2:55.14	48	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	198	3:44.22	118	M40	JOHN WICKERY	BUCK HARRIERS
49	2:55.14	49	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	199	3:44.22	119	M40	JOHN WICKERY	BUCK HARRIERS
50	2:55.14	50	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	200	3:44.22	120	M40	JOHN WICKERY	BUCK HARRIERS
51	2:55.14	51	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	201	3:44.22	121	M40	JOHN WICKERY	BUCK HARRIERS
52	2:55.14	52	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	202	3:44.22	122	M40	JOHN WICKERY	BUCK HARRIERS
53	2:55.14	53	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	203	3:44.22	123	M40	JOHN WICKERY	BUCK HARRIERS
54	2:55.14	54	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	204	3:44.22	124	M40	JOHN WICKERY	BUCK HARRIERS
55	2:55.14	55	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	205	3:44.22	125	M40	JOHN WICKERY	BUCK HARRIERS
56	2:55.14	56	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	206	3:44.22	126	M40	JOHN WICKERY	BUCK HARRIERS
57	2:55.14	57	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	207	3:44.22	127	M40	JOHN WICKERY	BUCK HARRIERS
58	2:55.14	58	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	208	3:44.22	128	M40	JOHN WICKERY	BUCK HARRIERS
59	2:55.14	59	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	209	3:44.22	129	M40	JOHN WICKERY	BUCK HARRIERS
60	2:55.14	60	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	210	3:44.22	130	M40	JOHN WICKERY	BUCK HARRIERS
61	2:55.14	61	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	211	3:44.22	131	M40	JOHN WICKERY	BUCK HARRIERS
62	2:55.14	62	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	212	3:44.22	132	M40	JOHN WICKERY	BUCK HARRIERS
63	2:55.14	63	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	213	3:44.22	133	M40	JOHN WICKERY	BUCK HARRIERS
64	2:55.14	64	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	214	3:44.22	134	M40	JOHN WICKERY	BUCK HARRIERS
65	2:55.14	65	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	215	3:44.22	135	M40	JOHN WICKERY	BUCK HARRIERS
66	2:55.14	66	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	216	3:44.22	136	M40	JOHN WICKERY	BUCK HARRIERS
67	2:55.14	67	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	217	3:44.22	137	M40	JOHN WICKERY	BUCK HARRIERS
68	2:55.14	68	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	218	3:44.22	138	M40	JOHN WICKERY	BUCK HARRIERS
69	2:55.14	69	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	219	3:44.22	139	M40	JOHN WICKERY	BUCK HARRIERS
70	2:55.14	70	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	220	3:44.22	140	M40	JOHN WICKERY	BUCK HARRIERS
71	2:55.14	71	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	221	3:44.22	141	M40	JOHN WICKERY	BUCK HARRIERS
72	2:55.14	72	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	222	3:44.22	142	M40	JOHN WICKERY	BUCK HARRIERS
73	2:55.14	73	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	223	3:44.22	143	M40	JOHN WICKERY	BUCK HARRIERS
74	2:55.14	74	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	224	3:44.22	144	M40	JOHN WICKERY	BUCK HARRIERS
75	2:55.14	75	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	225	3:44.22	145	M40	JOHN WICKERY	BUCK HARRIERS
76	2:55.14	76	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	226	3:44.22	146	M40	JOHN WICKERY	BUCK HARRIERS
77	2:55.14	77	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	227	3:44.22	147	M40	JOHN WICKERY	BUCK HARRIERS
78	2:55.14	78	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	228	3:44.22	148	M40	JOHN WICKERY	BUCK HARRIERS
79	2:55.14	79	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	229	3:44.22	149	M40	JOHN WICKERY	BUCK HARRIERS
80	2:55.14	80	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	230	3:44.22	150	M40	JOHN WICKERY	BUCK HARRIERS
81	2:55.14	81	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	231	3:44.22	151	M40	JOHN WICKERY	BUCK HARRIERS
82	2:55.14	82	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	232	3:44.22	152	M40	JOHN WICKERY	BUCK HARRIERS
83	2:55.14	83	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	233	3:44.22	153	M40	JOHN WICKERY	BUCK HARRIERS
84	2:55.14	84	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	234	3:44.22	154	M40	JOHN WICKERY	BUCK HARRIERS
85	2:55.14	85	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	235	3:44.22	155	M40	JOHN WICKERY	BUCK HARRIERS
86	2:55.14	86	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	236	3:44.22	156	M40	JOHN WICKERY	BUCK HARRIERS
87	2:55.14	87	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	237	3:44.22	157	M40	JOHN WICKERY	BUCK HARRIERS
88	2:55.14	88	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	238	3:44.22	158	M40	JOHN WICKERY	BUCK HARRIERS
89	2:55.14	89	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	239	3:44.22	159	M40	JOHN WICKERY	BUCK HARRIERS
90	2:55.14	90	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	240	3:44.22	160	M40	JOHN WICKERY	BUCK HARRIERS
91	2:55.14	91	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	241	3:44.22	161	M40	JOHN WICKERY	BUCK HARRIERS
92	2:55.14	92	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	242	3:44.22	162	M40	JOHN WICKERY	BUCK HARRIERS
93	2:55.14	93	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	243	3:44.22	163	M40	JOHN WICKERY	BUCK HARRIERS
94	2:55.14	94	M40	JOHN LAMBERT	VALE OF AYLESBURY AC	244	3				





POM'S No.1! Britain's top medallist at Melbourne, M55 triple gold Charlie Williams -- 100m and 200m (disposing of ex-Olympian Thane Baker en route) and 400m, new WR



Nice weather for Drakes: despite the empty, watery look of the track, action continued

## THE DRAKE INTERNATIONAL VII WORLD VETERANS' GAMES



New Age Group Bests attained at Melbourne

World			
C Williams	M55	400m	53.98
British			
P McNab	W40	TJ	9.94
M Wixey	W65	TJ	6.66
M Wixey	W65	DT	15.12
G Charman	W55	SP	8.65
C Graham	W50	80H	15.71
D Morrison	M70	800m	2:47.31
P Fletcher	W55	5000m	20:27.63
J M Smith	W60	10000m	47:00.1
J M Smith	W60	Marathon	3:32:53
W Chapman	M80	10000m	58:43.5
W Chapman	M80	Marathon	6:04:03

### MELBOURNE continued from page 1

competing in differently seeded divisions, whilst Peg Fletcher also added a Silver in the W55.

Bob Belmore had a fairly easy ride in the M60 5,000 to take Bronze, but his conquerer there was the New Zealander Derek Turnbull who collected in all six Gold Medals between 800m and Marathon and was perhaps the star performer of the Games. Another New Zealander, 40 year old John Dixon (Rod Dixon's elder brother and coach) was in superb form; in a Micky Mouse type stop-start 5,000 he eventually blasted in a 65 sec lap with five laps to go and held on for a good win, where I just squeezed a Bronze. Then he completely devastated the 1500 with a 58 second third lap and a 1:59 final 800 to win in 3:55, leaving Ron Bell the Silver.

#### Middle Distance Strength

Bell had earlier totally dominated the M40 800 and it was a surprise to see him so comprehensively beaten in the 1500. Fourth in that M40 800 was Les Duffy, who made amends in the 400, by snatching Bronze on the line. David Morrison added a Silver and a Bronze in the M70 Middle Distance as did Pat Gallagher, who tried wait and see tactics in the 800 and just lost out on Bronze, after front running the 1500 for Silver. In both cases it was Judy Daly of Australia who was her conqueror. James Todd added a 1500 M65 Bronze to the British tally.

#### Sprint Silver and Gold

Caroline Marler won Britain's first Gold medal on the track by taking the W35 400 metres at a canter in 57.15, after being inside 58 seconds in her heat.

The mens' sprints saw George McNeill going under 11 seconds but being edged out by the American 'T.J.' Bell, but Bronzes were taken by John Steede in the 100 M45, and Dave Burton in the 200, M50, with a Pentathlon double. Burton's 200 medal came in a blanket finish for the minor placings behind Australia's Reg Austin and his Pentathlon one after a medal earning 1500 brought him back into the reckoning.

Colin Shafro won a couple of Bronze Medals in the M45 hurdles whilst Dic Evans took another in the steeplechase M40, after placing second in the Cross Country behind Antoine Borowski. John Sheridan was third here for Ireland and I held on for fifth, but other Cross Country places were won by Eleanor Adams (2nd W40), Peggy Fletcher (2nd W55) and Joyce Smith (Silver W60).

#### Race Walking Success

The Walkers once again did Britain proud, collecting eleven medals over just two events, a far higher proportion than all other events. James Grimwade won the M70 20K walk and then the 5,000 Track Walk, but was adjudged to have infringed the rules in the latter. Dave Stevens was second in the M50 20K Road Walk before clocking 22:54 to comprehensively win the 5,000 metres Track Walk. Bob Dobson was second in the M45

division of both as was Lilian Millen in the W40's, whilst Mary and Peter Worth collected three medals between them.

#### Anne Roden's Marathon

Whilst the Swedish Marathon ace Kjell-Eric Stahl won the mens Marathon (overall) in 2:21:38, the Women's section was won in equally convincing manner by Anne Roden in 2:43:56. Anne was seven minutes clear of the second woman Colleen Stevens, whilst Britain's only other Marathon Medal (apart from Wood) came from Max Jones in the O60's.

#### Big Names Disappoint

The championships ended with the excitement of the relay events, but despite the attempts of the organising committee, most of the big stars expected to compete shied away.

Only John Powell of the International class Veterans specifically invited made the trip; he six times threw the Discus close to 60 metres in the M40 event. Carlos Lopes did actually turn up, but never had any intention of competing as he was a self admitted 8kg overweight and suffering from injury. Al Oerter failed to make the plane from America pleading a doctors note diagnosing a heart condition, whilst Willie Davenport as in Rome two years ago broke down, and failed to make the last 8 in the 110 metres Hurdles. Perhaps the sponsors got value for money, from people like Lopes, but the games certainly didn't and perhaps the £4,000 lavished on him and his wife should have been spent elsewhere.

Medal Table		GOLD	SILVER	BRZE	TOTAL
M40	G. McNeill	100			1
	J. Steede		100		1
	R. Bell	800	1500		2
	L. Duffy		400		1
	M. Duff		5K		1
	D. Evans	XC	S/C		2
	J. Sheridan		XC		1
M45	R. Bartlett	JT			1
	R. Dobson	20KW			2
		5KW			
M50	D. Burton		200		2
			PENT		2
	D. Stevens	5KW	20KW		2
	C. Shafro		110H		2
		400H			
M55	C. Williams	100			3
		200			
		400			
	A. Churchill	800			3
	J. D. Wood	1500	400		3
		XC			
	P. Worth	MAR	5K		3
M60	R. Belmore		20KW		1
M70	D. Morrison		5K		
		1500			
		10K	800		3
M75	J. Grimwade	20KW			1
M80	B. Baker	JT			1
M80	W. Chapman	MAR			1
					---
MEN		11	12	13	35
W35	C. Marler	400			1
W40	P. Gallagher		1500	800	2
	E. Adams		5K		2
			XC		2
	C. Wilde			5K	1
	A. Roden	MAR			1
	P. McNab			HT	1
	L. Millen		5KW		2
			10KW		1
W50	C. Bean		5KW		1
W55	C. Graham		JT		1
	M. Worth		5KW		
			10KW		2
	G. Charman	SP			2
		DT			2
	P. Fletcher		XC		1
W60	J. M. Smith	MAR	XC		2
W65	M. Wixey	LJ	TJ		2
WOMEN		4	10	7	21
GRAND TOTAL		15	22	20	56
RELAY TEAMS					
M40		4x400	4x100		
M60			4x400		
M70			4x400		





After the rain, a parachutist drops from the sky -- part of the farewell fanfare



How they brought off faultless lap-scoring -- a minder for every runner

## POM'S EYE VIEW OF THE GAMES

by Sarah Cawkwell

Melbourners say you can have twelve seasons in a day - well I don't know about that but they sure do have some funny weather. In the one week of the 1987 Drake International VII World Veterans' Games we experienced hot days, stormy rain, gale force winds, and days not dissimilar to a good grey British summer, sitting around feeling a bit shivery and searching for every conceivable item in the kit bag to wrap yourself in. It was in the hottest of weather the 10,000 metres took place and Derek Wood ran legionnaire-style during his arduous race. And it was the windiest and wettest day when many of the sprint heats and finals were to be run. At least the wind was generally behind them! Well things are upside down down under, aren't they?

The opening ceremony on the first Sunday (Day 2) was hot. Suitably sola-topped brass bands played, large groups of Drake officials marched, speeches were spouted and Raelene Boyle (the Raelene Boyle) lit the Games torch. No sooner was the torch alight than up into the air rose a flurry of pigeons while down on the ground 4,500 competitors from 51 countries flocked and cheered. Gone are the days when you could easily find your mates, there are just so many of us. But it is without doubt all very comradely and moving.

The rain was on Tuesday, the 3rd day of events. Monday had been spent either going to the dogs, joining the penguins on Penguin Island or riding Puffing Billy up into the blue gum Dandenongs to see the Kookaburras. In other words it was one of our days off. We needed to gather strength for the weather that was to follow. Olympic Park became water-logged and gale bound, calling for regular bulletins to be relayed as to what was or was not happening when and where. Meanwhile the Women's Meeting was taking place in a room at the stadium. One of the issues discussed was the make-up of the pentathlon. As the tannoy system penetrated every nook and cranny of that Park, concentration on the matter was not helped. Anyone able to follow the arguments surely has stamina and skill enough to compete in the pentathlon. I trust we can expect quieter facilities in Eugene.

The women are now a force to contend with. Numbers have gone up an astonishing 59 percent since Rome, but though we are now 22 percent of the total

it is no time to rest on our laurels. Everything must be done to encourage all nations to bring in the women, particularly those nations whose women have not yet received the inspiration and encouragement to get out there to run and throw and jump.

At these Games women were throwing the Hammer as a championship event. Pat McNab got bronze while rushing to and fro in between other events. Gwen Charman threw for Gold in her age group and Mary Wixey was also to be seen in the circle. And Pat and Mary were also to be seen Triple Jumping - another new championship event for the women.

Because the women are now asking to run the steeplechase too it was decided to offer them the chance to run as guests in the M65 2K steeplechase. Two brave antipodean souls lined up. In fact they didn't hurdle the barriers they vaulted over them, which seems dangerous. Luckily the competitors were so spaced out, indeed one of the women was well in the lead of the whole pack, that there was no danger of interfering with other steeplechasers. It is hard to imagine what will happen when there are two or three competitors going over at the same time, hands on bar, spikes and all. It is a problem that obviously crops up in the older men's age groups too - many of them roll themselves over the barriers unable to hurdle them. Perhaps it might be possible to consider lower barriers for certain groups and thus make it really a women's event?

And that is just one of the problems facing the organisation of this amazing festival. What problems there must be! Consider having to cope with lap scoring for 26 separate 10,000 metre track races. Remember what happened at Rome? Well, the Aussies have cracked it. There were no errors there. They must have recruited and trained an army! Each competitor had a lapscorer to whom he/she was personally introduced and each lapscorer looked after one competitor. For each race there was one person calling the time, and thus each competitor's time was recorded for every lap. If by some chance a lap was not recorded, the mistake was spotted easily from the times that were recorded. (Lap times were later pasted up for those interested.) And to keep them lapscorers on the ball there was a fresh set for each race. This was done again for the 5000m. What organisation! Some of the organisers took months off work to prepare. I can imagine they may need

another few months to recover!

There may have been some problems not adequately resolved for some (such as lack of early morning transport and confusion in heats as to whether semi-finals would be run), but for the majority everything seemed pretty marvellous. Most events ran to time and those that didn't.....well, you can hardly blame the organisers for torrential rain. The two tracks and the field areas were all very close to one another. And for those hot days there was plenty of liquid laid on for dehydrated athletes. There was an active medical team for each track and massage was available for sore muscles. Fine venues were used for the cross country and the road walks. As well as all this, the press coverage was fantastic and there cannot have been a person in Australia who did not know we were there.

For the British there were triumphs: superstar Charlie Williams, superman Tony Churchill; and there were sad sights: Ron Taylor on crutches, Caroline Marler clutching a hamstring after warming up for hurdles, Les Williams' bruised and battered face from a tumble over the same, and Sylvester Stein being carried off between two red cross characters. Memorable too was the indefatigable Bill Baker (83) whose hamstring problem didn't prevent him offering more vocal support and encouragement than everyone else put together. But perhaps the most memorable moment of the whole Games will be the three consecutive world records in the 400m finals: Charlie Williams (M55) 53.98, Reg Austin (M50) 51.81 and Hanno Rheineck (M45) 50.46. That was a fine sight.

The final day saw sky divers drop in for the closing ceremony to see "The Masters Mile". This was an age/graded handicap attracting most of the middle distance champions. Pat Gallagher triumphed in the women's division to make up for her disappointments in her two finals, and New Zealand's Dave Sirl won the men's. Then it was onto the Bush Bash for the 'goodbye' party. Alas, the drink dried up after the first hour! Odd really to think that the Aussies got that one wrong. However, it mattered not one jot as the band played "A pub with no beer" and more supplies were airlifted in and the competitors were treated once more to the famous Australian hospitality.



Bronze for Britain: Dic Evans gets the inside berth to an M40 medal in the steeplechase



Javelin silver: Roger Bartlett, M45, (left) celebrates with Pierralos (GRE), Svein (NOR)



Double gold: Tony Churchill adds a win in the 1500m (4:30.74) to his win in the 800m



For her triple jump effort, Mary Wixey collects a W65 bronze from Brigid Cushen

PHOTO: CARINA GRAYHAM

PHOTO: JULIE TAYLOR



# Run like me—for a winning team



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Vest T-shirt

☐
☐

Size

inches



## Surrey Veterans Cross Country Championships

Alastair Aitken Reporting . . .

In the seasons 'pipe-opener' for cross country Vets and seventh 'Official' annual Surrey Veterans Championships held at Wimbledon Common on the 18th of October, South London Harriers swept away with the main awards.

Bob Gevers, the outstanding Insurance Championships distance runner overall for the last 25 years, and now on 50 miles a week of training since his August holiday, led the Over 40 team to a clear victory. S.L.H. added to that with a team victory in the over 50's category to make it a hat-trick.

Gevers, 43, drew well away on the second of the two laps, on a course that Belgrave had set out to cleverly avoid the fallen trees from the recent hurricane so the race was not spoiled in any way.

Chessington & Bookham's Neville Newnham, now 54, and a Financial Consultant, who retired from athletics when he was 21 to return to the sport just three years ago, won the Over 50's prize in a high 17th place out of the 77 finishers. "I was so pleased to get back to athletics and although I train on my own, I enjoy it immensely, running 5 miles each day of the week in Ashted Woods," he said.

Bob Belmore, who was once a Surrey

County runner finished 34th overall. Bob only the week before the Surrey Vets on the 13th of October turned 60 and easily won his category of 60 and over; to look at him you would think he was barely 50! He won the Over 55 National Veterans Cross Country title at Wolverhampton in 1984.

About the recent events he remarked "I only just made the race at 11.00 o'clock because I had to see a client. As a builder I have been worked off my feet, being up till 7.30 last night, as the Haslemere area is really flattened and there are trees everywhere."

It was interesting to see that notable ex-cross country international Bob Holt of Hercules in action again (26th) and Dave Cocksedge the Athletics Writer (63rd), just behind my 62nd, in his first vets cross country race.

### New York win

Bob Peart of North East Veterans AC won the over 60s section in the New York Marathon on 1st November 1987. Bob completed the course in 2:50:65 in 544th position setting a new course record for the age group — beating the previous best by 3 min 26 secs.

important as is the order of battle to generals in war.

It is with pleasure that I have to tell you that BVAF introduce their National Road Relay Championship on Sunday 22nd May 1988. The event will be staged from the Rugby Club, Cow Lane, Tring, Hertfordshire starting at 12 noon. Those of you who have competed in the Tring 5 and 10K Road Races or the Tring Ridgeway Run will know the name well.

Giving you as much notice as possible, it is hoped, will enable you to get your teams together, if necessary motivate the joggers and less gifted to make up your team, recruit any unattached vets at local races, call on lapsed members of your club or the disaffected (come home Linford all is forgiven). Often the outcome of relays is determined by the slowest runner in the squad who has room for the greatest improvement. You may be that runner or his greatest source of aid and encouragement. Start building your team now.

Traffic conditions no longer allow the old point to point relays assuming that the organisational problems could be overcome. But we do have a comparatively safe single lap scenic and interesting course of character — about 3 miles 100yds. Good changing and shower facilities, refreshments, adequate car parking and a bar. The course is left-handed all the way with no road to cross and co-operative local police.

There will be three races held together ie all starting at 12 noon. The Over 40 men will comprise 8 stages; the Over 50 men 6 stages; and the Women's race will comprise 4 stages. No runner may run more than one stage. Each stage is one lap. An over 50 man may run in his Over 40 team but he can only run once.

For a leaflet write, indicating your interest/teams, to  
Ron Blastland,  
8 Mansion Drive, Tring, Herts HP23 8BD

Details are expected to be finalised in early March.

vet on show was Aldershot's Ernie Cunningham with 19:31.

Aldershot led the Veterans team race all the way, from Cardiff, after I had clocked 19:41 ahead of Bernie Plain's 20:18 for the Welsh club on the first leg. Cunningham extended the lead before handing over to Bill Pegler, the World Veteran Triathlon champion.

There were some fast runs on the last lap as Taff Davies (19:48) for Aldershot, and Dic Evans for Cardiff (19:50) held station.

# Around the Regions

## MIDLANDS

There is good news of the the Redditch District Sports Council League. This framework for Veteran Track and Field competition brings forward 12 teams from last year and has in addition accepted Solihull and Small Heath, and Burton AC, while Rugby and Shrewsbury are also considering. There are three league fixtures male and female on first Thursday evenings in May, June and July, and a combined final in September for the Central Weekend TV Trophy, hopefully in Alexander Stadium.

Entry fee is £10 per club team to Brian Owen, "Railway Cuttings", Thorn Grove Road, Great Malvern, Worcs.

Brian Owen was recently appointed Vice President of Worcestershire County AAA.

## EASTERN

Although they claim to have no more than a modest membership, by comparison with other area clubs, EVAC announced that over 100 new members had joined in 1987.

In a busy year for the club which hosted the National Track and Field members who carried their season through to December in Australia seemed to have been inspired to perform well. Notable among these was Club President Tony Churchill, double middle distance gold medalist who as meeting secretary had been on the side lines throughout Corby. A profit of £1200 was made on the National event.

There is encouraging news of Colin Fairry making recovery from a mild heart attack.

## SOUTH

The South may not claim more than its share of Champions and outstanding performers, as contestants travelling Northwards soon discover, but one way it seems favoured is in provision of veteran events. Five open veteran track meets at Barnet, Bromley, Exeter, Twickenham and Reading, and three exclusive veteran cross country championships in Surrey, Essex and Kent plus the Sussex Parkland and Beds Amphil vet races on top of the Veteran Clubs programmes.

One question often asked is "is there a Southern vets?", and the answer, regrettably, is no. There are the Southern Counties VAC, the South Western VAC and the Vets AC Club Championships for their own members and supporters will have to be content until such time as any of the Veteran clubs take that big step of creating an open Southern Championship again.

Vets AC and Southern Counties VAC have both held cross country meets with first claim clubs holding strong veteran sections. At Putney Vale Thames Hare and Hound beat the Vets AC but across the common from Wilberforce School VAC had the advantage when SCVAC, Ranelagh H and Blackheath H were the visitors.

Blackheath have pointed out to us that contrary to earlier references their vets have been competing at the great majority of the southern vet spots.

## SOUTH WEST

SWVAC assembled socially the night before their 10K Road Championship at Newton Abbot on 18 November and Secretary David Lord wrote:

"The first 10K Champs received unexpected drama from the weather. The notorious hurricane had long passed but its aftermath seemed still to be with us. The Dorset contingent of 7 hardy souls who slept the Saturday night in an almost open barn high up on Dartmoor can vouch for the power of the elements. It blew, it howled and it rained.

In the race the pace was fast and course veteran record holder Keith Deathridge was a victim, dropping out when in 6th position. John Bolton was first veteran and 14th overall in 33:30, followed by new member Tony Gibb, 34:35, and Maurice Cockwill, 36:30. Brian Robinson next man home took the M55 in 37:02: what a nerve to bypass two age groups, Roger Cowd was first M45 and international race walk Coach George Williams ran in for first M50.

Blowing in, Wiltshire windmill Zena Marchant demolished the vet lady course record by 2½ minutes in 38:03. Judy Knowles equalled the old one, 40:74, followed by very consistent Diane Routley for the W40 gold.

Hardly was the last finisher home before the heavens opened and it rained and it rained — you have got to be lucky sometime."

## WALES

1987 has been a very successful year for members of our association. The highlight of the year must be the victory of Ron Bell in the 800 metres World Championships at Melbourne. He broke his age group World Record in a preliminary round. Dic Evans won medals in the Cross Country and Steeplechase.

Sean Power was awarded a Meritorious Plaque by the WAAA for his services to athletics in Wales. Very few of these awards are made and Sean is a worthy recipient.

The individual championships at the South Wales Track League were decided at the final meeting when Sean Power (Cardiff) overtook C. Webb (Bridgend) and T. Robert (Rhondda) to win the Men's title while Carole Ferriday (Newport) clearly beat Delyth Davies and Anne Donald to win the Women's Cup. John Walters was awarded the Matt Cullen trophy for field events.

Cardiff won the mens cup and Newport the ladies.

The change in format of the Potteries Marathon Veterans' International may be to the advantage of Wales in that three members won age categories at the Stone Masters Marathon. Eddie Lee retained the Over 40, Evan Williams the Over 50s and Bob Brierley of Carmarthen the Over 70s title.

## NORTH

An application for a Veterans club centred on Humberside to affiliate to the BVAF did not meet with support at BVAF Council in November and was voted down.

Our Northern correspondence 'Fido' writes:

"Fancy having a track championship on Remembrance Day in Oldham — wet, drizzly, poor visibility — still not a bad stadium, could be good on a Summers day. Fully floodlight, 8 lanes.

Ron McAndrew was trying to beat Arthur Walsham's record of 31:09 set in 1971 on Boltons cinder track but was unsuccessful.

The only N Vets record was by Alan Hughes in the M55 and Anne Nally in W45, the latter also a British Record."

turn to page 12

## Morris Memorial Cross Country Relay

Report by Martin Duff (Veterans Correspondent Athletics Weekly)

Alun Roper was in a class of his own in the Veterans section of the Micky Morris Relay. Heath Park Cardiff held the 4 x 6000m team race in mid November; see also results. Running for the Swansea senior team he smashed the veterans record with a superb 18:53; second best



## FIXTURES

### Legend

cd closing date

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

NATIONAL	
13 Mar	BVA Cross Country Champs IRVINE Avshire - see page 2
25-26 Mar	BVA Indoor T&F Champs RAF COSFORD W Mid - see page 4
9 Apr	BVA 50K/20K Road Walk BASILDON Essex £1 cd 2 Apr P Worth 21 Baas Hill Close BROXBORNE Herts EN10 7EU BVA Kodak 5K Road Champs HEMEL HEMPSTEAD Herts
30 Apr	BVA Open Veteran Relays TRING Herts - see page 11
22 May	Focus Reebok Potteries Marathon Staffs
19 Jun	Don Shelley PMP Trentham Gardens N Staffs ST4 8AX tel 0782 657341
2 Jul	Inter Counties T&F Champs SWANSEA M Bolton below
23-24 Jul	BVA T&F Champs CWMBRAN Gwent M Bolton Crwcca Farm Felindre Swansea SA5 7PJ
31 Jul	Inter Area T&F Palmers Park READING
6 Aug	BVA Pentathlon Champs Northwood Stdm STOKE ON TRENT
7 Aug	BVA 10M Road Champs OSWESTRY Salop
21 Aug	BVA Open Veteran Half Marathon WELWYN GARDEN CITY Herts
10-11 Sep	BVA Decathlon Loughborough or Sheffield
25 Sep	BVA Kodak BARNSELY Veterans 10K S Yorks
25 Sep	BVA 10K/5K Track Walk Champs SOLIHULL
2 Oct	BVA & Flying Fox Marathon Champs STONE Staffs
29 Oct	BVA 20K/10K Road Walk Champs SUTTON COLDFIELD

INTERNATIONAL	
18-19 Jun	IGAL European 10 & 25K BRUGGE Belgium
25 Jun-3 Jul	VI European Veteran Games VERONA Italy booklets ready February
8-9 Oct	IGAL World Champs SEOUL Korea
Tour details: VEST Tours 71 Hillside Crescent S HARROW Middx HA2 0QU	

MIDLAND	
14 Feb	MVAC XC Handicap SPARKHILL
14 April	TIPTON Road Relay
5 June	MVAFT & F Champs WOLVERHAMPTON

EASTERN	
20 Mar	EVAC 10K Champs Hemingford Grey £1 & sae Tony Churchill Hemingford Grey Ho Huntingdon

SOUTHERN	
30 Jan	Blackheath H Vet Champs Bournemouth Hayes Kent 10K XC Self handicap open to all veterans
13 Feb	VAC v Woodford Green AC Wimbledon
27 Feb	VAC Rochester Vale
28 Feb	SCVAC XC Champs Happy Valley Park Coulsdon £1 & sae for Numbers cd 2 Feb J Day 22 Langland Gdns Shirley Croydon
6 Mar	Kingston & Poly Open Meeting with Vets 100 & 800m
12 Mar	TVH Veteran Relays Cranford
12 Mar	Ranelagh H Vet Champs with VAC & SCVAC Petersham
19 Mar	VAC Wimbledon
14 Aug	VAC Track Champs West London Stadium
30 Mar	One Hour Track Run Tooting Bec SW17 To J Fitzgerald 57-61 Mortimer St London W1N 7TD £2 / £1 with own lap scorer cd 16 Mar

SOUTH WEST	
21 Feb	Fulford 5M Road EXMOUTH
6 Mar	SWVAC XC Champs & Open Vets Bradninch EXETER cd 2 Mar
15 May	POOLE Marathon & SWVAC Champs For above SAE to D G Lord 311 Bournemouth Rd Parkstone POOLE BH14 9AL

NORTH	
12 Jun	BLACKPOOL FYLDE WYRE International Marathon Vet prizes first 5 men 3 women in 5 year age groups organiser Jack Haslam £5 cd 3 May
21 Aug	forms 7 Rectory Gdns Cockerham LANCASTER LA2 0ED ISLE OF MAN Marathon Bryan Doughty Sea View Cottage Port St Mary

NORTH EAST	
31 Jan	DURHAM City Cathedral Relays
13 Feb	Team Valley GATESHEAD Relay Races
20 Feb	NEVAC Cross Country Championships Monkton Stadium JARROW
5 Mar	Gosforth Park NEWCASTLE UPON TYNE Relays
27 Mar	TYNEMOUTH Boundary 10M Road
1 Apr	Good Friday Relays NEWCASTLE UPON TYNE
25 Jun	NEVAC Track & Field Champs

SCOTLAND	
7 Feb	SVHC XC Champs CLYDEBANK Convener D Milmoth 49 Waterside Rd Kirkintilloch G66 3QW
13 & 14 Feb	5M Road races GIRVAN
13 Mar	BVA Cross Country Champs IRVINE - see page 2
20 Mar	ALLOA-BISHOPBRIGGS 8 Stage Relay
9 Apr	Tom Scott 10M Road

WALES	
10 May	S Wales Veterans Track League CYNCOED
7 Jun	Track League CYNCOED
2 Jul	Inter Counties T&F SWANSEA
23-24 Jul	BVAFT & F CWMBRAN
17 Aug	Track League SWANSEA
7 Sep	Track League SWANSEA

### Heaton Road Races

Derek Littlewood retained his Veterans title to score a hat trick of victories at Newcastle upon Tyne on 8th November, reports Bob Peart. His time was the fastest since the veterans race was inaugurated as a separate event. After the first lap a group of four broke away as Littlewood was joined by Jimmy Bell of Claremont, Les Watson of Washington and Alan Lamb of North Shields, these being the final positions.



Derek Littlewood

## FIXTURE NOTES

**Irvine National Cross Country** We hear the course will include fast seaside turf, and short sections of soft beach sand and uphill. O50 Men and Women will run together.

**Potteries Marathon** Mens International teams will be 1 each of O40, O45, O50, O55, and O60; outcome from first 4 home total time. England, holders, will be challenged by Scotland, Wales, N Ireland and Eire. Women's teams of 4 any age 3 to score; the rest will challenge England.

Reebok join Focus HomeCentres as sponsors with near £1000 provision of prizes and team running vests. Charity MENCAP will go for major fund raising effort.

**Cheltenham Spring Classic** will not be held this year owing to weak support last year.

## Around the Regions

Continued from p. 11

### NORTHERN IRELAND

Mounted a raid on the Veterans race at the big Presto International Cross Country race at Gateshead, Tyne and Wear, Eddie Oxlade won the race from leading North East and Eastern Vets and J. Hayes, L. Jones and Alderidge were 2nd, 3rd and 7th of the Over 50s.

### SCOTLAND

Man of the moment must be David Morrison. Triple medallist at the World Games, Melbourne, computer expert whose Scottish Track & Field results caught our eye - so complete they needed no further working - and now entry Secretary for the National cross country at Irvine, he has been honoured for services to Scottish VHC with Honorary Life Membership.

New member Colin Youngson clocked 30:02 in the 10K at Black Isle Festival of Running placing 1st Vet and 3rd Overall, a mark which would place among the fastest performances of 1987.

**Tooting One Hour Run** Jack Fitzgerald has compiled full One Hour World Best marks for one year age groups, men and women.

eg M42 Ron Franklin (GB) 18422 metres/11.793 miles. Copies available for sae to Vet Athletics and on the day.

**Barnet Cophall Gala** Vets T&F meet is unlikely to be held due to track resurfacing of Cophall. In similar context **SCVAC T&F** is provisionally dated for 5th June at Roger Bannister Stdm, Harrow.

**Pentathlon** by popular request has been separated from the main T&F Championships. It will be held at the excellent Northwood Stadium, Staffs, the premier combined events site with two throwing areas and multiple jumps facilities.

Four members who travelled to Stone Staffs for the Marathon Championship did very well headed by Bill McBrinn 10th in race and 1st M55.

Vet of the Year award from Scotland Runner magazine was awarded to Colin Martin, by points gained in their race series.

### NORTH EAST

North East Veterans write that they have a vacancy at present on their Committee for a Press and Publicity member to look after their interests. Are there any good marketing members available and willing to step forward.

They also advise readers that Training Sessions are available for retired and unemployed members at the Churchill Tartan Track in Whitley Bay every Tuesday and Thursday mornings at 10am. No fees - just turn up for interval training or track sessions.

Less familiar news is the local item that the Ghost Runner has again been seen, at 2am on the Great North Road heading towards Gosforth. The aura surrounding him only emanates from his high reflecting track suit fitted with lots of those small excellent reflectors. He happens to be a well known veteran competitor who suffers from insomnia!

## RESULTS • RESULTS • RESULTS • RESULTS • RESULTS

UNIGATE HARLOW MARATHON 25 October		M55 107 J Hanscomb (Ranelagh) 3:17.40	1841 Huke (Wymondham) 3:46.48	MVAC & Marathon Championship Brownhills 29/11/87	
with SCVAC & Essex Champs		109 D Ford (Orion & SCVAC) 3:18.00	185 R Perrin (Baintree) 3:46.58	(times not available)	
1 N Sims (Windsor & SE) 2:22.52		112 D Tull (Cambridge & SCVAC) 3:19.01	186 W Turner (Ipswich Jaffa) 3:47.02	men	
M40	2 B Watson (South Kent) 2:27.36	113 A Colbert 3:19.07	188 C Whaley 3:48.06	M40 M Hinks Tipton	
3 B Jones (Bournemouth) 2:29.52		114 P Sutcliffe (SCVAC) 3:19.27	189 V Wilson (Epping) 3:48.29	M40 A Evason Sparkhill	
M40	14 D Leahy (Orion) 2:39.23	115 R Whitehead (Brentwood & SCVAC) 3:20.07	190 B Alden (Surrey Police) 3:48.36	M40 M Harrison Routhgate	
1st Essex Vet		M55 117 J Milward (SCVAC) 3:21.00	192 R Chittenden 3:49.52	M45 J Greatholder Carnock & St	
M50	20 J Thomas (Overton & SCVAC) 2:44.01	120 H McLeod (Haverling) 3:21.32	193 G Ferguson (Bodycare Running Club) 3:50.15	M45 A Kelly Oxford	
M40	32 D Jardine (Ranelagh & SCVAC) 2:49.26	121 S Morrison (Invicta) 3:21.46	197 P Bridges (Epping) 3:53.31	M45 D Cowley MVAC	
2:49.26		125 R Begani 3:23.56	201 G Fish 3:55.38	M50 E Williams Shrewsbury	
M45	37 R Osgood (Havant) 2:51.48	126 T McAustan (Tonbridge) 3:24.19	202 W Donovan (Bodycare) 3:56.17	M50 E Austin Worcs	
38 R Barton (Chelmsford & SCVAC) 2:51.52		129 M Newton (Belgrave) 3:24.25	203 R Leer (Unigate) 3:56.45	M50 G Oliver/Junior Leaders Regt	
47 M Hoare (TVH) 2:55.04		129 W Washer (Writtle) 3:25.28	205 L Kaebble (London Fire Brigade) 3:57.34	M55 R Bentley Tipton	
M50	49 G Standen (Medway) 2:56.0	130 R Holmes 3:25.32	207 G Clapperton (Metros) 3:58.17	M55 C Simpson Sol & SH	
52 C Mossom (Woodford & SCVAC) 2:57.17		132 F Master (Ipswich Jaffa) 3:25.45	208 R Wood (Harlow & SCVAC) 3:58.20	M55 M Kilminster MVAC	
M45	53 J Walls (Owl) 2:52.23	137 S Wynn 3:28.00	209 A Syson (Vets AC & SCVAC) 3:59.38	M60 D Harris Telford	
55 B Phillips 2:57.42		138 M Walker (St Edmunds) 3:28.06	210 J Barrow (Straggle & SCVAC) 3:59.39	M70 E Warwick Centorion women	
56 R Wheeler (Lea Valley) 2:57.47		139 D Sharp (Orion & SCVAC) 3:28.17	212 B Walker 4:03.05	W35 B Cardy Bromsgrove	
M50	58 C Wroth (Ealing & S) 2:58.09	140 P Harron (SCVAC) 3:28.37	213 W Turner 4:03.14	W40 R Johnson Mkt Harboro	
63 D Jackson (Harlow) 3:03.25		141 G Ives 3:29.04	217 G Lunn (Woodford & SCVAC) 4:05.04		
64 S Lee 3:03.26		WV 142 M McCall (B Stort) 3:29.07	218 J E Scotcher (St Edmunds) 4:05.13		
66 R Spinks (Bildeston) 3:04.22		143 M Miller 3:29.23	222 J P Beutter (LRRIC) 4:06.58		
68 D Streetfield (White Horse) 3:04.51		144 R Freeborn (Wymondham) 3:30.15	125 R F Floyd (London Fire Brigade) 4:08.58		
75 S Castelt (LRRIC) 3:06:57		WV 147 M Bradbrook (Epping & SCVAC) 3:30.41	227 J Saich 4:10.11		
77 B Hooke (Manx) 3:08:14		WV 148 G Barclay (Haringey) 3:30.50	228 P Webster 4:12.45		
78 J Burrough (Ipswich) 3:09:11		WV 152 D Foster (Pitsea RRI) 3:31.31	231 R A Brum (Meadowside) 4:13.51		
81 M Thompson (Barking) 3:10:00		161 C Henn (Belgrave) 3:33.29	236 S Fitzpatrick (Herne Hill) 4:19.12		
82 R Berry (Epping) 3:10:40		162 D Sawtell (Deal Striders) 3:34.11	237 A Bendon (Vets AC) 4:19.20		
83 R Hurley 3:10:45		165 R Sawyer 3:35.48	240 P Sutherland 4:23.36		
86 K Powell (Embridge) 3:11:36		166 S Gould (Ipswich Jaffa) 3:35.52	241 R Johnson 4:24.06		
86 K Kipping 3:11:39		168 R Rivett (Pontypridd) 3:37.01	244 M Deacy (SCVAC) 4:26.29		
87 F Gander (Belgrave) 3:12:00		W50 169 V Millward (SCVAC) [BR] 3:37.16	246 J McFarlane 4:29.33		
88 A James (Wolv&Bilston) 3:12:04		172 K Eagles (Sittingbourne Striders) 3:38.24	248 P Hughes (LRRIC) 4:31.15		
91 K Hinks 3:12:41		173 T Summerhayes (Tonbridge) 3:38.52	M60 J Goldhawk SCVAC 4:32.19		
92 D Prior (Woodford) 3:12:45		175 P Nutley (St Edmunds) 3:40.37	253 J Moore (SLH) 4:32.01		
93 E Bovington (Epping) 3:12:57		177 K Smart (Ford Basildon) 3:42.59	256 C Steenson (Epping)		
94 T Wright (North Norfolk) 3:13.25		181 A Richards (Ilford) 3:44.13			
95 P Chaney (Epping) 3:13:35		182 H Woodward (Elsworth) 3:45.13			
96 G Early 3:13:56					
97 K Gittos (LRRIC) 3:14:19					
99 M Evans (Cambridge) 3:14:35					
102 M Cook 3:15:14					
M60	104 P Webb (RVAC) 3:16:14				
105 T Gandy (Writtle & SCVAC) 3:16.33					
106 F Bartlett (LRRIC) 3:16.59					

North East Veterans 10,000 Metres Champs Jarrow 23 September 1987	
Age Group 40-49	Age Group 50+
M49 R Highnam 34:40	M50 K Sutton 35:25
M40 A Nixon 34:30	M55 E Appleby 35:28
M40 A Gallon 34:58	M55 R Manning 35:35
M45 B Purvis 35:11	M50 F Dockrill 35:42
M40 R Lund 35:17	M55 R Peart 35:47
M45 A Phillipson 35:27	M50 I Barnes 35:54
R Balmer 35:38	W Ramage 37:43
A Craft 35:46	R Checkley 37:54
T Brennan 35:48	D Pattinson 38:07
W Campbell 36:09	J Melville 38:22
W Lumsden 36:13	D Whitmore 38:59
S Eccleston 36:23	J Prudham 39:21
J Dunn 36:44	G Freeman 39:44
R Smoalt 38:15	A Morgan 39:49
T Kirby 40:26	M60 E Joynson 41:13
R Beadie 40:32	D Hall 42:15
J Halliday 44:38	
S Lamb 44:43	

Late fixtures - 8 May EASTBOURNE  
Young Athletes and Veterans Open Meetins



# ILTS • RESULTS • RESULTS • RESULTS • RESULTS

## VI WORLD GAMES - MELBOURNE

10000m		
M40	2 George McNeill	10:05
M40	2 John Logan	11:54
M45	3 Bert Logan	11:54
M45	3 John Steede	11:46
M45	3 Frank McMahon	12:05
M50	7 David Burton	11:74
M55	1 Charles Williams	11:62
M55	5 Bill Guy	11:93
M60	5 Sylvester Stein	13:98
M70	5 Ernie Plimer	13:97
W45		
W45	Sue Page	14:85
W45	Jacqueline Charles	15:12
W45	Barbara Brown	14:68
W50	7 Carina Graham	15:13
W50	(Semi final)	14:89
W65	4 Mary Wixey	16:75
W70	6 Navis Williams	19:47

200m		
M40	Bert Logan	23.63
M45	4 John Steede	23.88
M45	(semi final)	23.50
M45	Frank McMahon	25.20
M45	Bruce Charles	25.57
M50	3 David Burton	24.19
M50	Danny Herman	27.45
M50	Geoff Feast	28.44
M55	1 Charles Williams	24.73
M55	Bill Guy	25.63
M55	Kon Glesnek	29.68
M55	Roy Walters	29.69
M70	6 Ernie Plimer	30.08
M70	Leonard Watson	34.11
W45		
W45	Barbara Brown	30.38
W45	Sue Page	31.11
W50	Carina Graham	30.69
W65	4 Mary Wixey	34.64
W70	6 Navis Williams	43.07

400m		
M40	3 Leslie Duffy	52.07
M40	David Sparshatt	54.01
M40	Colin Campbell	54.14
M40	(heat)	53.82
M45	Tony Knight	57.16
M45	Frank McMahon	57.17
M50	Danny Herman	59.97
M55	1 Charles Williams	53.98
M55	3 Tony Churchill	57.05
M55	Geoff Feast	59.96
M70	5 Andrew Coogan	72.70
M70	(heat)	71.37
W35	1 Caroline Marler	57.15

800m		
M40	1 Ron Bell	1:59.55
M40	(semi final)	1:58.10
M40	4 Leslie Duffy	2:02.48
M40	(semi final)	1:59.66
M45	7 Tony Fitzjohn	2:11.89
M55	1 Tony Churchill	2:08.07
M70	3 David Morrison	2:47.31
W35	Caroline Marler	2:26.97
W40	3 Pat Gallagher	2:14.84

1500m		
M40	2 Ron Bell	3:57.31
M45	7 Tony Fitzjohn	4:12.48
M45	Ron McLeod	4:32.45
M50	Colin Beckwith	4:39.31
M50	Jim Charman	4:59.68
M50	Mike McDowell	5:55.71
M55	1 Tony Churchill	4:30.74
M60	6 Bob Belmore	4:51.60
M70	2 David Morrison	5:36.10
M75	10 Edward Sears	6:20.14
M40	2 Pat Gallagher	4:38.91

5000m		
M40	3 Martin Duff	15:14:36
M40	Alan Lamb	16:01:84
M40	76 Ron Flint	17:44:53
M40	88 Alan Ballard	18:01:18
M40	132 Ian Stanfield	19:28:45
M45	65 George Armstrong	18:29:83
M50	24 Alan Fairbrother	17:58:41
M50	53 John Peacock	18:56:08
M50	65 Frank Golding	19:21:82
M55	2 Derek Wood	17:04:36
M55	20 Stanley Sonerson	18:51:40
M55	29 Arthur Walsham	19:19:02
M55	33 Ron Franklin	19:26:64
M55	39 Angwin Marples	19:43:07
M55	42 Alan Byers	19:54:78
M60	6 Mike McDowell	21:48:69
M60	3 Bob Belmore	17:43:43
M60	13 Giles Brindley	18:49:84
M65	5 Jim Todd	21:00:28
M65	11 James Johnston	19:09:40
M65	4 William Chapman	20:17:71
M70	29 Linda Dermott	27:24:41
M70	2 Eleanor Adams	21:21:53
M70	3 Carol Wild	18:06:03

Pentathlon		
M40	4 Snowy Brooks	6.14 45.32 26.78 36.04 5:32.39
M45	8 Bruce Charles	762 635 649 624 503
M50	3 David Burton	5.51 33.38 26.09 19.38 4:51.44
M50	8 Joe Phillips	696 514 801 253 817
M55	14 Stanley Sonerson	5.51 28.26 34.54 22.92 4:14.50
M70	7 Leonard Watson	4.81 45.62 28.25 32.18 5:46.03
M70	7 Leonard Watson	586 865 697 629 594
M70	7 Leonard Watson	4.00 17.84 30.16 17.04 4:55.81
M70	7 Leonard Watson	400 219 465 213 920
M70	7 Leonard Watson	4.00 17.64 32.91 22.86 5:37.10
M70	7 Leonard Watson	880 275 818 450 789
M70	7 Leonard Watson	80mH SP HJ LJ 800m
M70	7 Leonard Watson	13.48 9.68 1.43 4.765 57.36.22
M70	7 Leonard Watson	921 537 714 656 366

Total		
M40	4 Snowy Brooks	3233 4th
M45	8 Bruce Charles	3081 8th
M50	3 David Burton	3393 3rd
M50	8 Joe Phillips	3171 8th
M55	14 Stanley Sonerson	2367 14th
M70	7 Leonard Watson	3212 7th
M70	7 Leonard Watson	3191 6th

Total		
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# MULTS • RESULTS • RESULTS • RESULTS • RESULTS

Boro of Wolverhampton  
Masters - Area Match  
Midlands v South v Wales  
100m  
G Sutton (W) 11.6  
G Cassidy (M) 11.8  
I Foster (S) 11.9

200m  
R Bush (S) 23.2  
G Sutton (W) 23.5  
G Cassidy (M) 23.7  
Foster (S) 23.9  
J Topliss (M) 24.1  
R Austin (W) 24.2  
R Tush (S) 400m 50.8 MR  
D Cowley (M) 51.2  
D Hendley (M) 53.0  
R Austin (W) 53.4  
J Treadwell (S) 53.7

800m  
A Painter (S) 2:06.4  
T Morris (M) 2:11.7  
V Smith (S) 2:13.5  
1500m  
B Bartholomew (S) 4:25.7 MR  
M Owen (W) 4:29.5  
C James (W) 4:40.4

3000m  
L Henderson (S) 9:06.0  
M Dixon (S) 9:10.6  
M Hinks (M) 9:11.7  
2000m  
R Carr (M) 9:51.7  
J Salford (S) 10:28.1  
W Rawlins (M) 11:09.6

4x100m  
Midlands 45.5 MR  
South 46.1  
SP  
C Blyton (M) 13.0 MR  
J Walten (S) 12.83  
J Walters (M) 12.30  
A Churniak (S) 12.24

IT  
Blyton (M) 39.9 MR  
Walters (W) 38.34  
M Leath (M) 34.88  
Walters (S) 34.70  
C Brooks (S) 34.68  
JT  
R Bartlett (S) 49.64  
Leath (M) 46.06  
Palmer (S) 44.62

IT  
C Mellish (S) 49.08 MR  
J Keen (S) 48.00  
Blyton (M) 42.64  
JT  
J Vernon (S) 12.87  
C Cowley (M) 12.86  
C Green (M) 11.06  
R Roach (S) 10.81

100m  
L Foster 11.8  
J Green 12.0  
Topliss 12.3  
Brooks 12.7  
100m (B)  
P Goulding 12.7  
A Higton 13.3  
P Cook 13.4

200m (A)  
R Taylor 24.0  
M Green 24.4  
Roach 24.8  
200m (B)  
Goulding 26.0  
P Owen 26.3  
N Edwards 26.9

200m (C)  
J Knight 28.2  
J Quantrell 29.1  
400m  
N Green 59.7  
Higton 61.0  
R Knell 63.7  
Quantrell 66.5

800m  
R Saunders 2:22.9  
T Morris 2:29.4  
1500m  
N Carter 4:33.0  
C Peckwith 4:37.5  
M Price 4:41.1  
T Morris 4:54.1  
R Lucas 4:55.6

3000m  
J Huseell 9:25.0  
Price 9:53.1  
T Faulkner 9:58.6  
Saunders 10:22.3  
A Vincent 11:34.4  
D Osman 12:12.1

5000m  
J Huseell 19:53.1  
Price 20:22.3  
T Faulkner 20:58.6  
Saunders 21:34.4  
A Vincent 22:12.1  
D Osman 22:12.1

10000m  
J Huseell 40:53.1  
Price 41:22.3  
T Faulkner 41:58.6  
Saunders 42:34.4  
A Vincent 43:12.1  
D Osman 43:12.1

15000m  
J Huseell 61:53.1  
Price 62:22.3  
T Faulkner 62:58.6  
Saunders 63:34.4  
A Vincent 64:12.1  
D Osman 64:12.1

Open Events Women  
100m (A)  
M McKell 13.8  
P McNab 14.0  
M Mills 14.9  
C Morris 15.6

100m (B)  
C Dixon 14.4  
R Chimes 15.0  
J Smallwood 15.5  
200m  
McKell 28.2 MR  
Dixon 30.1  
Mills 31.6

400m  
McKell 63.3  
1500m  
C Vincent 5:32.0  
LJ  
Smallwood 4.11  
Chimes 3.85  
M Wixey 3.41

800m  
LJ  
Smallwood 4.11  
Chimes 3.85  
M Wixey 3.41  
1500m  
B Bartholomew (S) 4:25.7 MR  
M Owen (W) 4:29.5  
C James (W) 4:40.4

3000m  
L Henderson (S) 9:06.0  
M Dixon (S) 9:10.6  
M Hinks (M) 9:11.7  
2000m  
R Carr (M) 9:51.7  
J Salford (S) 10:28.1  
W Rawlins (M) 11:09.6

4x100m  
Midlands 45.5 MR  
South 46.1  
SP  
C Blyton (M) 13.0 MR  
J Walten (S) 12.83  
J Walters (M) 12.30  
A Churniak (S) 12.24

IT  
Blyton (M) 39.9 MR  
Walters (W) 38.34  
M Leath (M) 34.88  
Walters (S) 34.70  
C Brooks (S) 34.68  
JT  
R Bartlett (S) 49.64  
Leath (M) 46.06  
Palmer (S) 44.62

IT  
C Mellish (S) 49.08 MR  
J Keen (S) 48.00  
Blyton (M) 42.64  
JT  
J Vernon (S) 12.87  
C Cowley (M) 12.86  
C Green (M) 11.06  
R Roach (S) 10.81

100m  
L Foster 11.8  
J Green 12.0  
Topliss 12.3  
Brooks 12.7  
100m (B)  
P Goulding 12.7  
A Higton 13.3  
P Cook 13.4

200m (A)  
R Taylor 24.0  
M Green 24.4  
Roach 24.8  
200m (B)  
Goulding 26.0  
P Owen 26.3  
N Edwards 26.9

200m (C)  
J Knight 28.2  
J Quantrell 29.1  
400m  
N Green 59.7  
Higton 61.0  
R Knell 63.7  
Quantrell 66.5

800m  
R Saunders 2:22.9  
T Morris 2:29.4  
1500m  
N Carter 4:33.0  
C Peckwith 4:37.5  
M Price 4:41.1  
T Morris 4:54.1  
R Lucas 4:55.6

3000m  
J Huseell 9:25.0  
Price 9:53.1  
T Faulkner 9:58.6  
Saunders 10:22.3  
A Vincent 11:34.4  
D Osman 12:12.1

5000m  
J Huseell 19:53.1  
Price 20:22.3  
T Faulkner 20:58.6  
Saunders 21:34.4  
A Vincent 22:12.1  
D Osman 22:12.1

10000m  
J Huseell 40:53.1  
Price 41:22.3  
T Faulkner 41:58.6  
Saunders 42:34.4  
A Vincent 43:12.1  
D Osman 43:12.1

15000m  
J Huseell 61:53.1  
Price 62:22.3  
T Faulkner 62:58.6  
Saunders 63:34.4  
A Vincent 64:12.1  
D Osman 64:12.1

## SOUTH WEST VETERANS 10K CHAMPIONSHIPS 1987

(NEWTON ABBOT) 18 OCTOBER 1987

M 40  
J Bolton Weymouth St Paul 33:30  
T Gibb Newton Ab 34:35  
M Cockwill Torrington 36:17  
N Knayman Newton Ab 38:03  
P Snayman SWAC 39:52  
R Eastmond SWAC 41:15  
P Halyer Poole 41:56  
B Brockington Exeter 41:56  
M Maidment Poole A C 18:04

M 50  
R Cowd Exmouth 37:30  
I Sneddon SWAC 39:06  
J Burrows Newton Ab 41:30  
B Honeyman Poole A C 44:52  
N Bowkett SWAC 49:23  
M 60  
C Williams Bournemouth A C 37:40  
R Skeates Bath 38:41  
F Hartas Torbay 40:19  
R Frew Poole A C 42:31

M 70  
B Robinson SWAC 37:02  
N Davies SWAC 39:53  
A Norman Bath 40:01  
N Thorne Goldrunners 41:09  
L Curtis Exeter 42:16  
J Rhoden Poole 43:56  
M 80  
D Lord Poole A C 57:49  
E Bancroft SWAC 52:31

M 90  
J Marchant Bath 38:03\*  
J Knowles Exeter 40:34  
R Windle Exeter 41:59  
V Crawford Tavistock A C 43:12  
M 100  
D Routley Exmouth 41:21  
J Moulton Exmouth 48:59  
A Burrows Newton Ab 50:22  
S Brockington Exeter 53:29

M 110  
N Sweetlove Poole AC 42:53  
R Hinds M Instinctive Sport 42:55  
M Parker Exeter 44:27  
M 120  
G Catlin JVAC 49:04  
S Thompson Newton Ab 47:17  
M 130  
C Trevett Bournemouth A C 63:07

M 140  
D Baron (Preston) H 39:13  
Chris Hallinan (Leigh) H 39:18  
John Emmett (ASVAC) 39:25  
Chris Bates (Salford) 39:36  
J.J. Alexander (Warrington) 40:16  
Ray Dillay (Warrington) 40:28  
A Barrows (Wigan Phoenix) 40:30  
Jim Fletcher (Stretford) 40:39  
Colin McCartney (Holmfirth) 41:10  
Joe McAlonan (Pembroke) 41:45  
Don Newton (Warrington) 42:04  
Wade Jones (Wigan) H 42:13  
J.B. Chatterton (Altrincham) 42:54  
R. Lister (Bolton) H 43:17  
T. Marland (Bolton) H 43:35  
W. Margaret Gannon (Warrington) 43:50  
M. A. Child (Ecclefield) 44:02  
M. A. Fearnley (Altrincham) 44:02  
Bryan Rogers (Horwich) 47:47  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 150  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 160  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 170  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 180  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 190  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 200  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 210  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 220  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 230  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

M 240  
M. D. R. Howarth (Ecclefield) 47:56  
K. Mayor (Bolton) 38:12  
J. Verbiack (Stretford) 38:21  
S. Sonerson (Warrington) 38:27  
Bill McCartney (Pembroke) 38:32  
Stuart Barr (East Chesh) 38:33  
David Crampton (Altrincham) 39:09

## Heaton Road Races

November 1987

M40 D Littlewood (Crook) 30:09  
J Bell (Clarendon) 30:20  
L Watson (Washington) 30:30  
A Lamb (NS Poly) 30:48  
M45 R Higham (Tyndale) 30:59  
A Nixon (Gosforth) 31:01  
T Turnbull (Elswick) 31:02  
M McNally (Salford) 31:03  
K Chadfield (Elswick) 31:04  
J Peacock (NS Poly) 31:06  
V45 P Veitch (Middlebrough) 31:13  
V45 C Bolton (Elswick) 31:18  
M Friend (Elswick) 31:29  
T O'Garra (Wallsend) 31:40  
P Bentley (Morpeth) 31:50  
M H Walker (Gosforth) 32:19  
M Victory (Sunderland) 32:15  
D Lawson (Washington) 32:17  
D Charlton (Tyndale) 32:19  
D Reay (Ch. Is. St) 32:24  
J Alder (Morpeth) 32:26  
K Robson (Tyndale) 32:33  
R Wright (Durham) 32:34  
B Purvis (Gosforth) 32:36  
C Towdale (Sunderland) 32:32  
M55 R Manning (Blyden) 32:46  
B Watkinson (Sunderland) 32:47  
R Taylor (South Shields) 32:48  
A White (Houghton) 32:50  
P H Gold (Heaton) 32:52  
P Hutchinson (Gateshead) 32:54  
R Lund (Durham) 32:55  
E Huddith (Morpeth) 32:56  
G Lester (Elswick) 32:58  
P Wright (Ch. Is. St) 32:59  
A Craft (Gosforth) 33:03  
B McKay (Durham) 33:05  
P Broom (Wallsend) 33:08  
M55 E Appleby (Heaton) 33:10  
I Sinclair (Washington) 33:17  
P Jones (Durham) 33:20  
A Bevington (South Shields) 33:22  
J Purdy (Lind) 33:24  
E Watson (Blyden) 33:24  
D Draper (Ch. Is. St) 33:24  
J Hepple (Birtley) 33:28  
P Baxter (Gosforth) 33:38  
M50 F Docherty (Jarl & Hebb) 33:38  
M Atkinson (Sunderland) 33:45  
V50 A Oliver (Morpeth) 34:27  
V60 R Peart (Elswick) 34:43  
V50 K Lupton (Hart Burn Rd) 34:46

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Elswick (7, 9, 12, 31, 41pts)  
Gosforth (6, 18, 24, 36, 62)  
Tyndale (5, 19, 22, 60, 104)  
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Washington (14, 18, 40, 91, 152)  
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## McCONNELL SHIELD RALLYCARE

5 M C 14.11.87 5 M ROAD 21.11.87

45 G Williamson 28:47  
40 D Seaton 29:15  
40 E Campbell 35  
40 D McHenry 30:02  
40 B Smith 46  
T





Dave Burton (232) Clarke Cup winner



Bob Rudd, leading Pole Vaulter in the event, cleared 3.20 metres.

## DECATHLON BLASTED BY GALES

**Dave Cowley won the Over 40 with 5159 points and 7 went above 4000**



Les Williams leads George Leete in the hurdles

### 9th VETERANS DECATHLON CHAMPIONSHIPS 12th & 13th September 1987

This year the Championships were held in Sheffield on the new all weather track. Following heavy overnight rain and gale force winds it looked bleak for the weekend, reports David Burton.

Wind gauge readings during one of the M40 100m heats were over 9m/sec. (the IAAF legal for records is 2m/sec), hence some of the fastest times recorded. Contrary to previous years when 12.0 was rarely achieved, this time it was broken 5 times, including an 11.7 in the Over 50's by David Burton.

Unfortunately due to gusting it was not easy to take advantage of the wind during the Long Jump, although 6m was achieved by 3 of the Over 40s, including a PB of 6.23 by John Charlton, in his first decathlon.

As expected, 2 newcomers known to be good throwers came into their own in the shot. Messrs Lubinski and Chromniak both exceeded 10m, the latter reaching 12m exactly. Snowy Brooks with George Leete and Alf Woods in the older age groups also exceeded 10m.

After 3 events it was becoming obvious in the M40 and M45 groups there were going to be some good battles for the

medals. The first three in the M40, Dave Cowley, John Charlton and Snowy Brooks were beginning to pull ahead of the field, although closely followed by Peter Duckers.

Tom Hanley and Bruce Charles were 180 points in front of John Ross but John, known to be good in the final two events was still to be reckoned with. However, with his two best events under his belt, David Burton was 160 points in front of Don Marshall. Don caused some merriment with the officials who queried whether it was in the rules that a flat cap could be worn for shot putting!

Whilst competing the shot in gale force winds we wondered if we would complete the high jump, having seen the winds completely turn over the landing beds. It was completed but not without mishap, Jon Preston failing 3 attempts at his opening height of 1.20 due to an injured ankle. The highlights in this event were three athletes over 1.60 in the M40, Tony Mackay 1.51 in the M45 and George Leete, narrowly failing to improve his UK Over 60 High Jump record.

In the 400m, even though the wind had partially bated it was still strong and in the athletes' faces for the first 100m and gusting in the next 100m. Despite this, David Burton in the 1st heat ran 56.7. Whilst this was the best time outside M40

it was John Charlton first with 53.9, and then David Cowley following with a superb 52.0 in far from ideal conditions.

Thus after day 1 the probable medallists were beginning to emerge in the M40 and 45 age groups. Big leads had been already achieved by the leaders in the four older age groups.

#### Better Weather on the second day

When the hurdles started there was no Snowy Brooks. Eventually a hobbling Snowy appeared having withdrawn due to a foot injury. Everyone else was still going although Adam Chromniak had a disastrous hurdles, falling and breaking a hurdle. Unfortunately with such a slow time he failed to gain points. Dave Cowley, with 16.2 was nearly a second faster than any other athlete, but Les Williams broke the UK M65 record with 17.9.

In the Discus at least one athlete in each age group broke 30m.

Then on to the Pole Vault. As usual due to the large difference in standard between the learners and the 'experts' the event took over five hours. Other than Dennis Sykes in his first decathlon at 67 and the injured Eric Hamer everyone scored points in this event. Whilst Dennis tried to get over the bar, age and fatigue were obviously taking their toll. Eric tried unsuccessfully even though he had been

up about 5am each day working before driving from Harrogate to compete. The top vaulters having to wait so long and in increasingly cooler conditions could not perform at their best and the best height achieved was only 3.20 by Tony MacKay.

Only two events to go and there was one further retirement — Peter Goodsir. In the Javelin, the best throw was by one of the lower placed athletes, Geoff Birch who achieved 44.20m, although Tom Hanley, John Ross and Adam Chromniak all M45 exceeded 43m. Joe Phillips M50 threw almost 42m.

By the last event night was drawing in and the floodlights had to be switched on. Again the best time in the final event, the 'dreaded' 1500m, was by M40 leader Dave Cowley with 4:37.4. Only three other athletes beat 5 minutes and 2 failed to finish the race, but the event had no effect on the overall placings.

Three age group records were broken — Dave Cowley beat the long standing record of Robin Ball achieved in 1976. David Burton broke his own record by 20 points and Les Williams beat the M65 record by 400 points.

The Clarke Cup was won, as it turned out, by 300 points by David Burton. Having won the Clarke Pentathlon Cup at the National T & F at Corby both cups were again in his hands for another year.

### BRITISH VETERANS DECATHLON CHAMPIONSHIP 1987

#### Event Over 40

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. D Cowley 40	11.5	6.14	7.63	1.66	52.0	16.2	22.34	2.40	33.36	4:37.4				
Rugby	703	617	344	512	719	684	316	220	347	697	5159	1.20	6191	3
2. J Charlton 40	11.5	6.23	8.94	1.48	53.9	19.2	28.80	2.30	33.92	4:47.5				
Hallamshire	703	637	422	374	638	395	441	199	355	634	4798	5758	7	
3. J Gelder 40	11.7	5.74	7.93	1.45	56.4	17.1	25.04	2.70	41.46	5:31.6				
Lothian	663	531	362	352	538	589	368	286	463	391	4543	1.20	5452	12
4. B Rudd 43	12.0	5.91	7.16	1.63	57.4	19.3	25.32	3.20	28.46	5:37.5				
Solihull	605	567	317	488	501	386	373	406	278	363	4284	1.29	5526	11
5. B Loten 44	12.7	5.20	9.16	1.33	58.8	18.7	30.44	3.10	41.16	5:14.6				
Yeovil	478	421	435	270	422	438	473	381	459	478	4256	1.32	5618	10
6. M Gorham 40	12.2	5.07	9.07	1.48	58.4	20.2	30.39	3.10	26.34	5:44.1				
Stevenage	667	386	430	374	464	315	472	361	248	333	3980	1.20	4776	17
7. P Duckers 44	12.0	6.12	8.61	1.48	62.4	20.2	27.48	2.90	33.84	6:15.1				
Shrewsbury	606	613	403	374	331	315	415	333	354	206	3949	1.32	5213	15
8. B Lubinski 42	12.6	5.27	10.35	1.66	64.2	21.1	34.64	2.30	31.28	6:29.7				
S.V.A.C.	495	435	507	512	277	251	556	199	317	156	3705	1.26	4668	18
9. G Birch 44	12.9	5.05	8.03	1.42	62.8	21.0	23.16	2.40	44.20	5:50.4				
Croydon	444	392	368	331	319	258	332	220	503	305	3472	1.32	4583	19
10. M Bland 43	13.2	4.60	7.51	1.33	58.9	21.1	23.02	1.60	30.66	5:24.4				
Colchester	396	308	337	270	412	251	329	70	309	427	3109	1.25	4011	22
11. S Brooks	11.8	6.21	10.82	1.63	59.4									
Belgrave	643	632	535	488	429	RET.D.				2727				

#### EVENT Over 45

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. T Hanley 45	12.6	5.78	9.55	1.48	60.7	20.6	28.72	2.62	43.16	4:56.1				
Horsham Blue St.	495	540	459	374	385	286	439	264	488	582	4312	1.35	5821	6
2. J Ross 49	12.3	4.95	7.28	1.39	57.2	20.1	26.80	2.40	43.46	4:57.6				
Lothian	549	354	324	310	508	323	402	220	492	574	4056	1.51	6125	4
3. B Charles 46	12.1	5.50	7.50	1.45	57.2	19.2	13.30	2.00	34.42	5:02.6				
White Horse	586	481	337	352	508	395	150	140	362	545	3856	1.39	5360	13
4. A Mackay 49	13.0	4.86	9.54	1.51	65.6	28.84	3.20	38.68	6:02.6					
Bedford	428	356	458	396	239	338	442	406	423	264	3740	1.51	5647	9
5. D Vaughan 45	13.4	4.66	8.67	1.45	63.1	23.2	24.48	2.40	32.92	5:26.4				
Leamington	385	319	406	352	310	129	357	220	341	417	3216	1.39	4342	20
6. J Preston 46	12.6	4.05	7.74	0	60.9	20.3	25.14	2.10	27.40	5:48.6				
Hallamshire H	495	214	351	0	378	308	370	159	263	312	2850	1.39	3962	23
7. A Chromniak 48	13.9	4.35	12.00	1.45	75.4	36.2	35.54	1.70	43.18	0				
Guildford & G	293	264	606	352	7	0	575	86	488	0	2671	1.47	3926	24
8. P Goodsir	13.5	4.41	8.06	1.39	68.1	24.6	21.84	2.70						
Guildford & G	350	274	370	310	154	69	307	286	RTD.		2120			

#### Event Over 50

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. D Burton 52	11.7	5.47	8.25	1.42	56.7	17.7	26.72	2.70	27.32	5:24.0				
Hallamshire H	663	475	298	331	527	530	328	286	262	429	4129	1.62	6689	1
2. D Marshall 54	12.5	5.26	8.90	1.18	63.9	19.3	24.84	2.70	35.20	5:59.8				
Rowntrees	513	433	330	176	286	386	298	286	373	266	3346	1.72	5756	8
3. J Phillips 53	13.8	4.41	8.85	1.30	65.8	21.2	32.24	2.30	41.94	6:05.9				
Trowbridge	307	274	328	250	234	244	420	199	470	241	2967	1.67	4955	16
4. E Hamer 52	13.6	4.25	8.02	1.30	65.7	22.1	25.98	0	23.76	5:15.6				
Harrogate	335	247	287	250	236	188	316	0	212	473	2544	1.62	4121	21
5. A Powell 50	15.7	3.64	9.43	1.15	77.0	35.5	22.80	1.79	27.28	7:26.5				
Rowntrees	94	150	356	159	26	0	265	86	261	24	1421	1.53	2174	28

#### EVENT Over 55

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. A Woods 59	13.5	4.49	10.06	1.33	70.6	24.3	32.08	3.10	30.86	0				
Epsom & Ewell	350	288	387	270	123	80	417	381	311	0	2607	2.04	5318	14
2. S Sonerson 57	14.1	3.69	6.14	1.18	64.6	27.1	20.10	1.43	14.64	5:07.8				
Warrington	266	158	197	176	266	7	222	44	91	517	1944	1.90	3694	25

#### EVENT Over 60

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. G Leete 62	13.5	4.48	10.06	1.48	72.4	18.6	32.02	2.20	25.72	6:28.7				
V.A.C.	350	287	333	374	89	323	336	179	211	159	2641	2.21	5837	5
2. G Brindley 61	16.3	3.64	5.71	1.27	71.3	21.5	15.60	2.30	12.76	5:16.3				
Thames H & H	50	150	147	231	109	124	116	199	54	470	1650	2.13	3515	26

#### EVENT Over 65

	100m	LJ	SP	HJ	400m	110h	DT	PV	JT	1500m	Total	Mult	Final	Order
1. L Williams 65	13.6	4.67	9.09	1.33	68.3	17.9	30.40	2.20	23.22	6:49.5				
V.A.C.	335	321	291	270	172	384	313	179	189	98	2552	2.48	6329	2
2. D Sykes 67	15.4	3.96	5.41	1.12	77.8	22.1	19.24	0	17.80	6:40.9				
Yeovil	120	199	134	142	19	94	163	0	113	122	1106	2.70	2986	27

#### Vauxhall Luton 5 x 4 1/4 Mile Road Relay (in conjunction with Southern Relay) 4 October

1 Oxford City 2:21.26  
J Polgreen 22:49, R Claffield 24:53,  
P Twiss 26:17, P Cameron 23:11,  
D Parsons 22:40, P Morrison 23:36,  
2 Varley 2:23:07  
R Porter 23:25, D Beasley 24:53,

B Booth 22:33, P Smith 24:56,  
J Stead 24:33, M Dixon 22:37  
3 Vauxhall 2:24:52  
R Brockway 24:02, D Haughey 24:10,  
R Brett 24:12, K Cook 23:44,  
G Charles 24:42, C Holmes 23:57  
4 Woodford Green 2:29:00  
5 Biggleswade 2:34:57  
6 Cambridge & Col. 2:37:00

Fastest Veteran Lap  
In open race:  
M Duff (A.F.D.) 21:24  
R Friend (Dartford) 22:28  
J Shields (Swindon) 22:54  
In Veterans Race:  
B Booth (Varley) 22:33  
M Dixon (Varley) 22:37  
D Parsons (Oxford) 22:40  
R Bannister (Woodford) 22:40



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Sizes 6-13 Price £25.95

### NIKE LADIES RUNNING SHOES



**Lady Rio II.** Colour Blue/oyster or white/blue. For the person who wants a running look, but desires an affordable price point. U.S. sizes 5-10 inc. 1/2 sizes £19.95



**Lady Pegasus Plus.** Colour Tropical blue/grey. Features a soft polyurethane sockliner, dropstep quartering, a contoured Air-Wedge and 360 degree reflectivity. U.S. sizes 5-10 inc. 1/2 sizes £37.95



**Lady Leather Trainer.** Colour White. For the person who wants a soft leather, running look for casual wear, or entry level jogging. U.S. sizes 5-10 inc. 1/2 sizes £29.95

### The Hi-Tec Silver Shadow X4



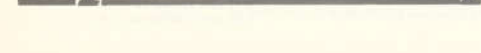
Hi-Tec 4 wheel drive for feet. The Silver Shadow X4, a shoe with the same essential character and value-for-money of the Silver Shadow, but one which will more than satisfy the needs of the serious runner, capable of competing at the highest level. The Silver Shadow X4 has increased support in the key areas of the heel and sway bar, with improved EVA midsole construction, higher durability outsole and improved heel strike area, plus a contoured Achilles collar. Sizes 3-5 1/2 £22.95, 6-12 £24.95.



**Lady Roadrunner.** Colour White/silver/white. For an entry level price, Roadrunner offers technology, cosmetics and materials currently found in many upper end running shoes. Included are a polybag upper, dual-density midsole and a removable soft polyurethane sockliner. U.S. sizes 5-10 inc. 1/2 sizes £24.95



**A Sportswatch for runners.** The Ironman. 63731 £34.95.



**Lady Marathon.** 68971 £15.95.

## From Mail Order Specialists BOURNE SPORTS

CHURCH STREET STOKE-ON-TRENT ST4 1DJ Tel. 0782 410411

### Reebok

**MENS RUNNING SHOES.**  
**LX8500.** Luxury, style, stability and top end performance. Reebok soft, supple garment leather. The LX8500 stands in a class of its own. Colours: Grey/Black/White. 6-12 £69.99.



**GL6000.** Runners seeking a lightweight responsive, supportive, yet cushioned shoe will be in raptures. The Goodyear Indy 500 outsole offers a performance in mileage durability that is extremely hard to match. Every serious runner will want a pair. Colours: Silver/Charcoal/Black/Red. 6-12 £47.99.

**Phase Two.** Durable carbon outsole, tri-part mid-sole. An incredibly tough shoe for heavier runners with gait problems. 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: Dark Blue/Light Blue/Cream. 6-12 + 13 & 14 £35.99.

**GL1600.** Engineered for long-lasting cushioning and all round comfort. It is the first choice of runners who require a well-cushioned shoe for both racing and training. Now with a moulded EVA mid-sole for even greater cushioning, a notched heel tab for comfort and a dual thickness of pigskin at the heel to enhance stability. Colour: Silver Grey/Red. 6-12 £32.99.

### Reebok



**WILD RUNNER MARK II**  
The Wild Runner is best suited to off road conditions: parks, tracks and cross country running. It performs superbly well on wet muddy grass and on rough uneven surfaces. The shoe is designed for off road conditions Price £34.99

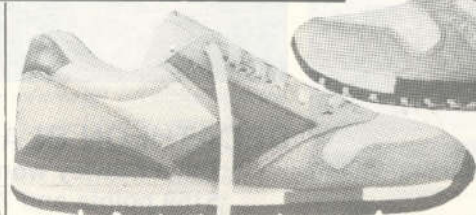
### Reebok WOMENS RUNNING SHOES



**GL6000.** For women seeking the optimum performance from a running shoe. All the features of GL6000 for men are to be found in this inclusive shoe for women. Colour: White/Grey/Blue. 3-8 £44.99.



**Triathlon Ladies.** 60151 £29.95.  
**Mens Marathon.** 75911 £12.95.  
**Mens Triathlon.** 62911 £29.95.



**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 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

### Special Offer

**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

### Reebok RACING SHOES

**Paris.** British made. Combination lasted, road racing version of the Cologne Spike. Sheer 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

**CL1400.** A shoe to excite even the most conservative runner. Solid rubber, two tone, outsole with self-clearing cleats, dual density. EVA midsole for stability and cushioning and a luxurious polybag upper for a superior fit. Colour: Chrome/Charcoal/Mint. 3-8 £29.99.

### 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



**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

### RACING SPIKES

**PB800.** An ultra light flexible polyurethane spike plate on a 100mm TH lite sponge mini-wedge plus a notched heel tab at this price make this the best value spike on the market - bar none! Colour: White/Royal/Red. 4-5 1/2 £17.50, 6-12 £19.99  
**Cologne (Vedge).** Made in Bolton, England. Slip lasted "Sharkskin" outsole with newly developed flexible polyurethane spike plate. Distance 800 metres and upwards. Colour: White/Royal Blue/Red. 6-11 £39.99.  
**Cologne (Sprint).** Slip lasted Colour: White/Royal Blue/Red. 6-11 £39.99.



**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 sleeved 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 shoes soles and heels. 5 1/2 oz. tubes. £3.99.

**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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