

# Veteran Athletics

Sent free to members of BVAf registered clubs.

No.5

The Newspaper of the British Veterans Athletic Federation

April/May 1988

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## Scotland and the North dominate at Irvine

Report by Martin Duff, 'Athletics Weekly' Veterans Correspondent

Alun Roper retained his National cross country title from the new Scottish Champion Colin Youngson at Irvine, Ayrshire.

Former international Christine Price of Aberdeen was the clear Womens champion, with Peggy Fletcher the first home Over 50.

Steve James became the new Over 50 champion with an all the way win from Cyril Leigh.

Altrincham retained the Over 40 Team title and the North again scored highest for the Area Shield, from Scotland.

Solicitor Alun Roper retained his National Veterans Trophy by winning the Cross Country Championship from a good class field at the picturesque course at Beach Park, Irvine on March 13th. The team race in the M40-49 race was also retained by Altrincham & District but this time their winning 1987 margin of two points was cut to a mere point by last years runner up, Aldershot, Farnham & District.

Roper hung back on the short opening lap, leaving Barrie Williams and Colin Youngson to set the pace before moving up to join the latter at the start of the second lap. Behind them Archie Duncan, Brian Little and Alan Adams were next in line followed by Martin Duff, Jeff Norman and Brian O'Neill at half distance.

Roper seized the initiative on the drop down to the sandy beach soon afterwards and scrambling up the dunes established a lead he was never to forfeit. He increased his margin all the way to the finish as Youngson, in his first season as a veteran held a comfortable second place from Williams who in turn was clear of a bunch led home by Duncan.

O'Neill stormed through to fifth, giving Aldershot a chance of the team prize, ahead of Little who after an up and down race comfortably won the premier M45 award.

Jeff Norman's usual conservative start kept him too far off the pace to make sufficient inroads and wound up seventh. Runners between snow and sand at Irvine

but did lead Altrincham to the team title.

Taff Davies just held off Rod MacFarquhar for the silver M45 award.

In the separately run over 50 race, Steve James celebrated his real coming of age (he was M45 for the Northern) by dominating the proceedings from the front. He was always leading at the head of affairs. Never was he more closely pressed than at the finish, but he simply increased his tempo to see off Cyril Leigh's belated challenge.

Earlier on another new M50 vet, George Blackman, had tried together with Ted Isaacs, Bill Ryder and Derek Lawson. Even at half distance after the stiff climb from the beach only forty yards covered the first six. Leigh at that stage was back in fifth, but in a fine finish picked off the others one by one to end up just two seconds down on James.

Isaacs held third as Alan Griffiths also made up ground in the second part of the race to finish fourth.

Geoff Spinks's overall place was the best M55 performance, two hundred yards clear of eleventh place local hero, Bill Stoddart, with Eric Appleby just nosing out Derek Wood for third.

Bill Marshall just headed Bob Belmore for the M60 title as third place man Bill Temple was a minute away.

Entry Secretary for the meeting Dave Morrison and prewar Scottish Cross Country Champion John Emmett Farrell took the respective M70 and M75 titles.

In the team race, those close rivals



First Lady Christine Price

Wirral and Bingley had another dingdong battle before the Merseysiders established a five point lead over the Yorkshiremen.

The Womens race was held in conjunction over 5.5 Kilometres. Chris Price of Dundee was over two minutes clear of the field, which shouldn't surprise those of us who remember her as Christine Haskett, former Scottish Track and Cross Country International. Runnerup was Janette Stevenson of Falkirk Victoria, fourteen seconds ahead of Southern Counties VAC Champion Lynn Pawsey in her first year of competition.

turn to page 11

## BVAf forges its first link with the AAA

By the  
Chairman, BVAf

The national vets road relay at Tring next month will be a doubly historic affair; not only will it be the inaugural running of this important fixture but for the first time ever vets will be running for AAA championship medals.

That marks the culmination of 15 years of effort by the vets movement to become part of the official athletic scene.

In August the national veterans Half Marathon at Welwyn Garden City will also award AAA veteran championship medals and later in the year a third championship may be marked in this way. In 1989, when the new BAF is due to be established, there will no doubt be a still closer relationship forged with the vets, and the possibility of championships across a wide range of our dozen big events, as in other age groups.

This year, after its virtual take-over of the BAAB, the AAA already acts for all the home countries, hence it is a truly national championships we are speaking of at Tring on May 22. The road relay anyway must be a AAA affair, by its very nature, as competition is between AAA clubs. The intense interest aroused by the relay among hundreds of their own clubs -- and thousands of their own members -- will no doubt confirm to the AAA that they have made the right decision.

In this relay the individual runners won't have to be paid-up members of a vets club, as in our usual events, though as it happens most of the keen runners will be. Teams may be made up of those still only on the outskirts of our vets world.

The Half Marathon will also be thrown open, that's a slightly more radical move, being an event for individuals -- again, to win championships medals, competitors will not need to belong to a regional vets club, an AAA club would do. Just to increase the complications, vets clubs are themselves anyway all affiliated to the AAA!

The advantages to the BVAf clubs and their members in this arrangement is that many AAA athletes completely ignorant of the veteran world will be attracted in to these open championships and will quickly realise the benefits of joining the vets. There are many such benefits and bonuses, not least that vets club members usually qualify for a privilege entry fee in the individual events. Also full members have a whole range of closed vets competitions

turn to page 3

## A resounding Oui for 'Veteran Athletics'

The result of the plebiscite on our future, in the February issue of 'Veteran Athletics', was approximately 98% in favour of continuing. At the time of going to press, with coupons still coming in, there were 339 Yes votes, against 6 Noes.

The Yes was to the question whether it was thought right that the BVAf should pay the postage charges for sending copies to individual members. (For some of the

vociferous comments noted on the coupons see the Letters page in this issue.)

As readers will recollect a majority of council members at the BVAf delegates meeting last autumn had rejected the request to make payment.

What happens now? The result of the vote will be announced to the twice-yearly delegates or council meeting of the BVAf (which was due to be held while we were going to press) and a vote sought on whether the previous decision should be overturned.

If it transpires that the request is thrown out once again, the argument will be taken to the annual general meeting of the BVAf, the ultimate authority of our organisation, due to be held during the Track and Field Championships at Cwmbran in July. Readers who want to see their point of view prevail should then make a point of attending the AGM, where they will be entitled to question the council members and vote on the motion.

The Publisher

## GB selects Cardy

Veteran distance runner Bronwen Cardy of Bromsgrove and Redditch and Midland VAC has been rewarded for her recent outstanding running performances by being selected to run for Great Britain in the European Marathon Cup.

This is being held at Huy nr Brussels on April 30th. It is indeed an honour to represent one's country at this level while of veteran status and our good wishes go with her.





## VETERAN ATHLETICS

### Vol 1 No 5

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## NOTICEBOARD

**Trophies.** Event organisers are requested to notify names of trophy recipients to, and present holders of trophies are asked to register with the Trophy Secretary, Ursula Trevett, 20 Loewy Crescent, Parkstone, POOLE BH12 4PQ.

Entry Booklets for BVA T&F Champs, Cwmbran, are available from Mike Bolton, Cwcca Farm, Flindre, SWANSEA SA5 7JP.

Melbourne Medal Table, VA No.4, additions  
 M66 J Johnston Marathon Bronze (3:16.25)  
 W35 P Fletcher 5000m Silver (20:27.00)  
 Correction  
 J Charman 1500m 4:59.68 M55 not M50

**W35 vs W40.** An issue which for some years has been the subject of informal discussions in vets circles will be getting official airing at the BVA AGM at Cwmbran in July — namely a change in the age of eligibility of women as veterans from 35 to 40.

If carried, the motion will need WAVA approval for the change to apply to future World Championships.

A prime mover of this issue has been Sarah Cawkwell, whose letter appeared in the VA No. 4.

### CLUB RECORDS CHALLENGE

These are the Veteran records of Hallamshire Harriers and AC, compiled by club member David Burton.

100/11.5 J Charlton - 200/23.6 D Burton - 400/53.9 J Charlton - 800/2:08.9 M Theobald - 1500/4:15.9 M Theobald - 5000/16:49.6 S Wild - 110H/19.2 J Charlton - 400H/65.9 J Preston - LJ/6.23 J Charlton - TJ/12.30 J Charlton - HJ/1.67 K Moore - PV/2:80 D Burton - SP/9.23 J Charlton - DT/27.30 J Preston - JT/28:30 J Charlton - H1/18.78 J Preston

Does any first claim club boast a better set?

If a challenge is forthcoming David Burton offers to work out the 'best overall' club by using decathlon scoring tables.

Send data direct to David at 71 Nethergreen Rd, Sheffield S11 7EH, with a copy to the Editor please.

Sponsored  
by



## AAA NATIONAL VETERANS' ROAD RELAY CHAMPIONSHIPS

Promoted by BRITISH VETERANS ATHLETIC FEDERATION

OPEN TO ALL BAAB AFFILIATED CLUBS

**SUNDAY 22nd MAY 1988**

THE RUGBY CLUB, COW LANE (off A41) TRING, HERTS  
 UNDER AAA and WCC&RRA LAWS Permit No. 4686

Event	Stages	Start	Declare by	Team Entry
1. Woman 35 or Over	4	11.15 am	11.00 am	£6.00
2. Men 60 or Over	3	11.15 am	11.00 am	£4.50
3. Men 50 or Over	6	12.45 pm	12.15 pm	£9.00
4. Men 40 or Over	8	12.45 pm	12.15 pm	£12.00

**AAA Medals:** First 3 teams and 3 fastest stages in each race.

Clubs may enter up to twice the number of names as stages.

All must be first claim members of club.

BVA membership not necessary. Ages on Day of Race.

Older Man may run for younger team but he may only run in one race.

Club Colours must be worn, team members and running order must be declared. Approx 3 mile lap.

CHEQUES PAYABLE TO BVA.

'B' Team entries by separate entry form, cheque and SAE.

Since acceptance is subject to demand for 'A' teams which have priority, we reserve the right to return 'B' entries.

Brochure and Entry Form etc from:

Ron Blastland, 8 Mansion Drive, Tring, Herts HP23 5BD  
 Enclose 9" x 4" SAE and kindly indicate races you may enter ASAP

**ENTRIES CLOSE 30th APRIL 1988 NO LATE ENTRIES**

## From Wales to Wigan and beyond

The first of the RUNNING Family Fun Runs for heart research will take place at Swanes on Sunday May 8 and there's still time to enter using the coupon below. Road races in excellent so it's within reach of anyone in the south-west.

Based at Morfa Stadium, alongside the River Towy, all the runs are on traffic-free paths and start and finish on the stadium's running track. Come and experience what it's like to beat the tape!

Many companies have joined in the fun to make it a great day out. One of the major contributors is Reebok whose fitness instructor will be taking the warm-up session before each run and also leading an aerobic dance class for anyone who would like to join in.

Reebok's shoes and other sportswear will be on sale in the exhibition inside the stadium.

Among the other exhibitors will be John Bourne Sports, Sports and Leisure Marketing and B&B Fitness Testing — where you'll be able to

measure just how much good all this running is doing you. Representatives from the local sports and recreation department will be giving advice about facilities. It'll be a busy day at Morfa for later on — after the balloons have been released for the STRUTH prize draw — the local Au Training Centre will be having an open day which everyone is invited to attend. Add to this displays by local sports and activities groups and you can see it'll be an action-packed day.

A month later, on Sunday June 12, the RUNNINGCOURTNISS roadshow sets up camp in the splendid Robin Park Stadium in Wigan. Again, access to the stadium is excellent by road and public transport so there's no excuse for not attending. The runs start and finish on the running track and, again, they'll be marshalled expertly by the local club, in this case Wigan Harriers. The event is supported by the north-west branch of the Sports Council — indeed all our events are

being helped by the regional offices. The Welsh and Scottish Sports Councils have also pledged support.

We move on up to Scotland on July 3 for a real surprise — Meadowbank Stadium in Edinburgh, site of the 1986 Commonwealth Games. You'll be starting on the same track as such running legends as Steve Chalm, Len McColgan (then Lynch), Jon Solly and many others. The 5km run goes out of the stadium into the adjacent Holyrood Park while, for the 10km



Join in the mass warm-up led by a Reebok fitness instructor

run, Edinburgh City Council has decided to close parts of the Old Town and the main Princes Street to allow our run to pass along free of traffic. It is unlikely such an opportunity will ever be available again — so don't miss it. Subsequent venues are Crystal Palace National Sports Centre in South London on August 14, Gravelly Park, Sheffield on September 18, and Willen Lakes, Milton Keynes, on October 2. You can enter any or all of these events at any time using the coupon below.

Select the venue you would like to run at

Swansea	Wigan	Edinburgh	Crystal Palace	Sheffield	Milton Keynes
May 8	June 12	July 3	August 14	September 18	October 2

Name and address to which running numbers should be sent: \_\_\_\_\_

Postcode: \_\_\_\_\_

Details of entrants (print only those who wish to run. Spectators are welcome and will be admitted free)

NAME	ADDRESS	AGE	EVENT	SIGNATURE (all print or guard if under 16)

I declare that the above named persons are medically fit and understand that they enter at their own risk. The organisers (STRUTH RUNNING Magazine and venue staff) will not be held responsible for any injury incurred during or as a result of the event, nor for any property lost at the venue.

**SEND TO: FAMILY FUN DAYS, STRUTH, 200A HEADSTONE LANE, MIDDELYN HAZ 5SD**

RETURN ADDRESS LABEL PLEASE PRINT CLEARLY

I enclose a cheque/order for £ \_\_\_\_\_ payable to Family Fun Days  
 I would like the following entries: \_\_\_\_\_

Family Entries total £ \_\_\_\_\_

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Individual child entries total £ \_\_\_\_\_

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ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_





## LONDON MARATHON PREVIEW

by Jack Fitzgerald

The London Marathon on April 17th is the eighth in the series and many of us have been lucky enough to have competed in all of the previous seven. As a Club Marathon runner with over thirty years experience at this distance even before the first in the series in 1981, I looked very sceptically at the initial event as a bit of a carnival, but I must admit that the atmosphere on this occasion is something very rarely encountered in more serious championship events. Of course it has now become a championship event in addition to the scrubbers day out and long may it reign in its twin capacities.

"Good for their age" standards officially came into force in 1984. My original suggestions to Chris Brasher of 3 hours for M40-M49, 3:20 for M50-59 and 3:40 for over 60's was at first rejected as being too soft, but in fact these standards were adhered to in 1984 and in 1985. Standards of 3:20 for W40-49 (the road running fraternity do not recognise W35-39) were also included.

In addition, there were so few men over 60 and women over 50 applying, that the London Marathon committee allowed them in without a qualifying standard time. As more vets have qualified under

the above scale, the committee have raised these standards for the 1988 race to 2:50 for M40-49 and 3:10 for 50-59.

There is no doubt that the flatness of the course plus the adrenaline raised by the enthusiasm of the crowd has made it an ideal venue over which to beat age records and many, such as Derek Lawson, Laurie Forster, Hugh Curry, Gordon Porteous, Clive Davies, Ann Chapman, Sheila Jennings, Josie Waller and Jenny Wood Allen have done just that. The last named was particularly unfortunate in the 1987 race, when although breaking the W75 British record, she failed to break the existing World record by less than five minutes after taking over nine minutes to reach the starting line because of the congestion.

When "good for their age" competitors were first allowed automatic entry to the race, they were allowed to start in the slip road outside the main gates to enable them to have a fair crack at the respective records. For the last two years, however, they have had to take their chances behind the gates with the rest of the virgins at the Red start. Let us hope that Jenny and the other potential record breakers can find themselves a better starting position this year.

### British and World Marathon Best Performances

WORLD			UK		
M40	Jack Foster (NZ)	2:11.19(1974)	Ron Hill	2:15.46(1979)	
M45	Jack Foster	2:17.29(1978)	Don McGregor	2:19.36(1985)	
M50	Jack Foster	2:20.28(1982)	Derek Lawson	2:24.58(1986)	
M55	Erik Ostbye (Sweden)	2:26.35(1976)	Bill McBride	2:34.24(1986)	
M60	Derek Turnbull (NZ)	2:38.47(1987)	Hugh Curry	2:47.40(1985)	
M65	Clive Davies (USA)	2:42.49(1981)	Gordon Porteous	2:58.00(1979)	
M70	Clive Davies	3:04.16(1985)	Gordon Porteous	3:11.45(1985)	
M75	Ed Benham (USA)	3:33.27(1984)			
M80	Hugh Clifford (USA)	4:19.55(1986)	Bill Chapman	6:04.03(1987)	
W35	Priscilla Welch (GB)	2:28.54(1984)	Priscilla Welch		
W40	Priscilla Welch (GB)	2:26.51(1987)	Priscilla Welch		
W45	Joyce Smith (GB)	2:32.48(1984)	Joyce Smith		
W50	Marion Irving (USA)	2:57.01(1982)	Ann Chapman	3:01.41(1986)	
W55	Margaret Miller (USA)	3:07.21(1982)	Sheila Jennings	3:38.47(1987)	
W60	Helen Dick (USA)	3:15.30(1984)	Joyce Margaret Smith	3:32.53(1987)	
W65	Maria Lynnerup (Denmark)	3:40.38(1982)	Josie Waller	3:46.36(1987)	
W70	Jenny Wood Allen (GB)	4:21.35(1985)	Jenny Wood Allen		
W75	Jenny Wood Allen	4:46.15(1987)	Jenny Wood Allen	4:46.15(1987)	

compiled by Jack Fitzgerald

### New Vet Peter Jones first O40 in National

At just 40 years and 2 days Peter Jones of Cambridge Harriers proclaimed what a force he will be in the veteran ranks when over the 9½ mile ECCU course at Newark on 20th February he showed the established vets the way home, reports Martin Duff.

The path was very narrow in many places and slow starters were penalised, but Jones confirmed that his good form

the week before in the Hillingdon 'S', when he was inside 24½ minutes, was no fluke.

Jeff Norman, returning to top class running after a quiet period, was only 17 seconds down on Jones' 236th place at the end, but 29 positions adrift.

Bolton's Brian Little in 300th place rose to better form than he has had for several years, whilst 40 year olds Ron McAndrew (389) and Mike Green (399) were a little way ahead of Martin Duff (433). Steve James of Southport Waterloo was first O50 in 585th place.

## Check your 1987 ranking

If your own name isn't in Dave Burton's new British vets ranking book it's only because some race organiser has omitted to send in his set of results.

The book, 1987 Veterans Track and Field Rankings, gives rankings more than 100 deep for the main events -- and, elite athlete or not, you are entitled to have your own performance listed and get your name in print. See that your race organisers send in results, though you may also make sure by notifying them to Dave yourself when you chalk up any worthwhile marks.

The work of collating the book is a major initiative by Dave and should be supported by all. One way is to buy a copy -- by sending £1 to Dave at 71 Nethergreen Rd., Sheffield, S11 7EH.

There's plenty of reading interest in "Burton", apart from looking up your own rankings. First entry in the book, heading the O40 men's 100m, is George McNeill,

famous ex-Powderhall man, who claims in his time to have been the fastest man in the world, with 10.95, his Melbourne result. He became a vet last year. He also heads the 200m (22.7) where second is Rob Bush of Highgate, and Rob in turn heads the 400m with a cracking 50.0, from an Enfield race. Lowest in these O40 400m rankings by contrast, yet still a serviceable time, is P Hardy of Peterborough (66.1).

And so on, right up to the O80s (Bill Baker, 18.7 at Bournemouth) and through the 800s, 1500s (both headed by world record-holder Ron Bell of Wrexham) and to the longer runs as well as the field events. It's nice to see Dave himself heading the O50 sprints (11.74, 23.7).

An important omission is the women's rankings, but with more interest and support for the project generally we trust it will be possible to include their results in next year's edition.

The back end of the book cross-lists the entries by age and club.

Thanks, Dave.

## AAA link

continued from page 1

they may enter, they can find training and companionship in clubs and they automatically receive copies of 'Veteran Athletics'.

The history of this 15-year campaign illustrates the growing respect of the world of athletics for vets. When the first regional vets clubs were formed they had expected to join the senior movement on terms of some sort of equality, but they were virtually ignored. Pre-formation committees of the BVA, manned by such heroes as Freddy Cuthbert, John Hayward, Jack Heywood, Keith Whitaker, Clive Shippen, Jack Fitzgerald and George Phipps, were told to go off and manage their affairs on their own.

This they did very well indeed, and quite without help or financial support from any

of the athletic bodies, or the Sports Council, who simply referred them back to the athletic organisations. The BVA was duly formed on a fully national basis -- years before the setting up of the BAF! -- and soon entered the international scene. Here again there was no support from the top, not anyway until the European Vets Championships, Brighton, 1984, where the BAAB gave some friendly counsel and made a loan -- a loan! -- of a small sum of money.

In the years since then the situation has changed. Pressure came from outside Britain, and from the very top, the IAAF. It requested all its member countries including Britain to officially adopt their veterans and promote their interests.

In addition there has been pressure from below, from the many thousands of Over 40 road runners in Britain today, to be given proper recognition.

Against this background the AAA at last felt itself ready to be brought to the negotiating table with the BVA. During last year a series of talks was held between the two and the result is this first mini-programme of championships honoured with AAA medals.

At this year's BVA AGM, held during the Cwmbran Track and Field Championships, there will be a chance for all vets to debate an extension to the programme. Make a point of coming along.

### Veterans Places in ECCU

#### Champs at Newark

236	P Jones Cambridge H	50:47
265	J Norman Altrincham	51:04
300	B Little Bolton	51:30
389	R McAndrew Chorley H	52:21
397	L Watson Washington	52:27
399	M Green Old Gaytonians	52:29
433	M Duff Aldershot F&D	52:48
508	G Patton Massey Ferg	53:24
546	L Davies Gloucester	53:39
568	B Booth Verlea	53:50
585	S James Southport Waterloo	53:58

# FUNNY RUNNING

## ON THE LONG RUN by

'Jog-a-long Happily'  
Stan Allen

The local DJ was under an umbrella and sitting on the roof of the pavilion. He was trying to whip up interest in assembled motley who were due to run the 30 km cross country race. He had obviously watched the London marathon on TV and trotted out all the standards -- aerobic debt, steady pace near the threshold, the pain barrier, spatial awareness -- so that at least we all felt 'at home'.

Our troubles really started in the queue for the toilets. A small grizzled veteran hopped from one foot to the other. "Anybody done this one before? Its my third time, wouldn't miss it now. Thirty K's, yes that's just over 18 miles. How anybody didn't break something last year is beyond me. And those stiles, and those hills. Yes, I wouldn't miss this one". All this without anybody actually speaking to

him. Point 1, I must remember to line up well away from him at the start!

The local dignitary fired his gun and the field swept away around the football pitch, past the Red Indians and Cowboy display and straight into the back of a queue of distraught runners waiting to get through a kissing gate. The path led across a strawberry field with bushes at the kind of height that made sure the runners kept to a single file. 'Pick-them-yourselfes' said the sign and some of the runners did just that, which slowed down the line even further.

Over another stile and then we were in the woods and running uphill, uphill and uphill. I felt a slap on the top of my balding head as I ran, eyes down, into the branch of a tree. My 'ouch' was echoed by a much louder exclamation as the grey head behind me collected the same bough in the middle of his forehead. The small man from the loo queue laughed, "You should be my size, no trouble with overhanging branches down here". My veteran companion and I exchanged glances and

spent the next half mile trying to catch the small tormentor so that we could lift him up, one on each elbow, into the next overhanging branch. Luckily he escaped as the hill grew steeper.

A field of broad beans whipped our thighs when suddenly we saw a runner with a cup of water and a sponge. We humorously pointed out he was taking his refreshment too soon and that he would have to finish his drink before he got to the next feeding station or they would not let him continue. His face contorted as he snarled "Don't tell me how to pace my race. I've done these before, I know what I am doing".

We left him mouthing strange sounding words and attacked the final hill. We seemed to be in danger of banging our heads again, but this time on tree roots as they twisted their way out of the ground, and we bent forwards, almost double, to keep our centre of gravity low.

I looked at my watch, water resistant to 50 metres, again and again and slowly realised that I was not going to break the

2½ hours target and so I switched it off. In doing this, I pressed the wrong two buttons, or perhaps it was the heat of the day, and lost the true time. I turned to my companion -- he with the bruised forehead, and said "Any idea of the time?" He told me that he had stopped his wristwatch a long time before when he had been depressed with his running and had actuated the wrong two buttons and had lost...

The final stretch of road appeared and we strode down it into the recreation ground, past the stalls and back into the finishing area. The local DJ, still on his roof, had run out of chat and was reduced to "And here comes a man with a red vest and a knotted hankie on his head" or "Here comes another lady". When he saw my companion and I he said "Here come a couple of old boys who look as if they have had a bad time, must have hit the wall".

In the long run, a great day out and as long as I miss the man in the toilet queue I'll be back.



# your LETTERS

## CHAMPIONSHIPS AND PRIZES

It would be difficult to let pass without comment the remarks of Keith Chadfield pertaining to his dissatisfaction with the BVAF road championships. As an organiser of one of these events (the 10K), one would be forgiven for wondering why we bother to stage a separate event for veterans within our KODAK Festival of Running venue. Though the event is handsomely sponsored by KODAK, we receive no specific funding for the veterans race. As many now know, the 'main' event is supposed to be the open 10K which follows the Veterans championship and featured many of the country's top road running stars.

Nevertheless, I think we did the vets race proud. It costs us a lot of money and in fact totally obliterates any possibility of Barnsley Road Runners Club making any profit from the event. How anyone can criticise the structure of the prize list is beyond me. BVAF secretary Wilf Morgan's own reply goes some way to setting the record straight in pointing out that medals were awarded in all five year age groups — they cost us £202 in fact!

It was implied that six Over 40's received a prize with only one award for the Over 45's. This was due to poor wording in the programme. In reality, the first 6 Over 45's received prizes too.

This was also in addition to the first three in the event who received subventions (£300, £200, £100).

With awards for the first 3 in every age group, 48 individual prizes were awarded. If some of the higher age categories had been better supported this may have been even more. Altogether, with the specially made (and much coveted I suspect!) first 100 BVAF T shirts, over £2,500 of prizes were awarded, not bad considering this was funded out of the goodness of the BRR Club's heart who want to support the veterans movement.

Moreover, if Mr. Chadfield would like to look once again at his race programme he will see that he was entered in his correct age group.

Although we were responsible for the prize structure and organisation of the event, we took guidance from the BVAF on the awards structure. If the BVAF request a team championship then we would be more than happy to put one on.

On other matters, though there are other political considerations, as an organiser could I plead with the BVAF to give urgent consideration to declaring their championships open? The administration problems that this causes in the entry system is bad enough and the confusion at our lengthy prize giving is an embarrassment.

Of greater concern to me, however, is that the various declarations on the entry form concerning eligibility confuse athletes. I have had several enquires from non-BVAF members who thought that they could not even run in the event. How many others did not enter for this reason? I am concerned that we have actually lost entries through promoting the championship, a situation I am not happy with. Open championships would avoid this and save considerably on administration difficulties. I appreciate that you will be losing one of the reasons for members subscriptions, but I believe this could be the best way forward for the movement. Open championships would show the federation in a good light and give opportunity to contact prospective members. For instance, I would be more than happy to include a membership form incorporating a resume of members benefits in our mail out.

Perhaps the greatest benefit of BVAF membership is this very newspaper which

provides unrivalled communication for your movement. It is absurd that there should be a faction amongst your committee who question its validity.

I am bound to suggest that if some of them are not interested in the newspaper, then why are they where they are?

Keep up the good work.

**Max McNally**  
Promotions Officer,  
Barnsley Road Runners.

## WHY 35?

Although I am the Secretary-General of World IGAL, this is, for the moment, a personal letter to your readers.

I want to raise a simple question. Why do the ladies enter Veteran competitions and races at the age of 35 while the Men start at 40?

Some years ago, I asked this question. The only answer that I received that seemed to make sense, at face value, was that women enter veteran athletics earlier than men BECAUSE THEY STOP COMPETING EARLIER THAN MEN.

I believe the original reason has been lost in time. I believe that the true reason was to encourage more women to enter into veteran athletics at a time when the participation of women in our sport was minimal.

If this is the reason, is it not time to correct the inequality in the ages and raise the minimum Veteran age for women to 40? Women are proving that they can sustain and even improve their performance levels for much longer than men. This would seem to make an earlier admission into Veteran ranks redundant.

Veteran athletics are going through a period of adjustment and a healthy dialogue on this subject may lead to necessary change in the future.

**Barry Shaw**  
Israel.

## KEEP OVER 35s

Having recently returned to athletics through transporting our young daughter, my husband and I are thoroughly enjoying ourselves. I agree with most of the letter but I would not like to see the age level increased to 40. As Sarah Cawkwell states many over 35's still compete at international level in middle and long distance events. In track and field events this is not as easy. The vast gap between Senior Women's and Vet W35's standards only needs to be viewed to confirm this fact.

There may be a lack of numbers but surely the ladies could be encouraged. By all means have a 30-39 age group, but do not neglect us! It is not any fun competing against ladies 10 or 15 years younger, faster, fitter! Though they can be beaten.

In reply to the point "What athlete at 35 male or female, looks a veteran", the first three athletes in the Men's Vet 60m sprint held recently at Meadowbank were so young and fit looking that I considered trading in my 42 year old husband!

**Christine Brown**  
Ayrshire.

## Plebiscite Coupons Returned

The great majority ticked the 'Yes' box, with a small minority marking the 'No' box. As well as that, many added a comment in the space provided, that is:

105 commended the paper as a source of veterans news and a way of keeping in touch.

31 proposed that members who positively want to receive the newspaper should pay the postage cost or a subscription

8 enclosed a voluntary contribution

2 proposed that veteran club subs should be increased to pay for the paper.

Other ideas included 'direct registration to BVAF', a 'top up fund', 'that delegates should reflect members views more accurately', and 'more coverage of sprint training'.

Sprinters please note. Eddie Caldwell has written for you this month — page 6.

## Send Newspaper Free

It is with horror that I read in the current edition of 'Veteran Athletics' that the Newspaper may be killed off.

Since entering the vets ranks, I have been lucky enough to meet people who care for the sport and work hard to ensure that veteran athletes have plenty of competition, irrespective of their ability.

If our Newspaper is to fold, how on earth are athletes going to keep in touch with results, fixtures and policy decisions. British Vets are moving in the right direction to becoming a forceful power within the British Athletics scene. Money is coming into the sport, numbers of competitors are increasing, championships at most distances and events are being held and the Newspaper has played a vital part in this success.

The Newspaper, which is still in its infancy, plugs a large gap in veteran athletic news, which athletic magazines cannot possibly fill. Surely the direction the Newspaper must take is one of expansion. Whilst pleas of help are going out from various people, I surely hope that somewhere in the ranks of veteran athletes, volunteers will come forward. Is it not possible to have greater Regional News including race reports and social events etc?

The argument over finance needs to be settled quickly, once and for all. The Newspaper must go free to all members. If the BVAF has a safety net of cash which is surplus to requirements what better use could the money be put to. By sending the Newspaper free to all members all members get the benefit of the money not a select few. Should money be a problem, can the marketing arm of the BVAF not contact race organisers of top events to see if they would agree to make a donation to the BVAF on a capitation basis on the number of entries?

**Ron Bell**  
Wrexham AC

## Exclusive Veterans

I had hardly heard of the veterans clubs, events and activities during my first four years as a jogger/cum-beginner road racer.

I ran in many races and never saw so much as a "veterans desk" or information leaflet and if the AAA registration scheme had survived, would probably have never known an active but "exclusive" veterans athletics calendar existed.

Of course those elite and "exclusive" veterans do not want the mediocre "we are here for the fun" type of athletes, they do not want a newspaper that should be on sale at every 1000+ running event in the country, together with reps from the local veteran club, under a clearly marked "veterans desk", with details of all coming open events and details of how they are arranged; because out of the greater membership comes a few good athletes at every age category and the old elite "exclusives" would feel the "club", "is not as good as it used to be when we were small and friendly." And they took all the honours!

'Veteran Athletics' is a great way to inspire many veterans and is worth far more to mediocre performers than almost anything else the BVAF may do! They may organise some good events, but how do they let the man in the street know about them?...

I vote solidly for 'Veteran Athletics' and have already sent my annual subscription.

**Brian Webb**  
Kent

Letters should be addressed to the Editor at Veteran Athletics, 57-61 Mortimer Street, London WIN 7TD

## Extracts from your Letters and Comments in the Plebiscite Coupon

"To the BVAF Committee — have a heart!" **C Graham** — "I feel some people are adopting a selfish attitude in trying to stop publication of your excellent magazine." **J Miller** — "I look forward to receiving VA as much as the Athletics Weekly. When your membership is as widespread as it is then it is essential to have a newspaper to publicise information and results." **P Bowen** — "It is ironic that the Jan/Feb issue, only yet No.4, should be probably the best with regard to the wealth of information and features and yet should contain its own death threat."

**L Forster** — "We need something like this to give us information. Lang May Yer Lum Reek." **A Dunbar** — "Personally I find the magazine ideal for 'all round' news especially the fixtures" **R Portmore** — "Who voted against the postage? Please name names!" **R Cashmore** — "I would be very cut off from things if the newspaper stopped arriving."

**D Linton** — "An increasing number of our national membership are 'First Claim members' of the Veterans movement and I am very conscious of the need to keep in touch with such veterans who do not learn of races unless by written communications."

**R Peart** — "I can identify more than with other magazines. Keep up the good work." **M Gilmore** — "It tells me everything which is going on which I could never know otherwise."

**Dorothy McLennan** — "I could be more confident in giving you my vote if you gave equal voice to the opposite view." **J B Foden** — "It is essential for the growth of the BVAF."

**R Rutherford** — "Communication is essential." **J Emens** — "I look forward to each edition. It keeps you in touch."

**P Gallagher** — "Half yearly draw would finance paper." **P Morris** — "The BVAF magazine is professionally produced and full of interesting material for vets."

**G Davis** — "Keep the good work up lads." **B Merrett** — "I didn't realise how much choice of vets meetings we have."

**J Lovett** — "Don't want to fall behind other countries" **Sean Power** — "Essential to see what is going on and

turn to page 12

## Tribute to Jack Haslam

As we go to press we are both shocked and saddened to hear of the tragic death of Jack Haslam. Apparently Jack was attempting to remove his dog from a railway line when he was struck by an express train.

Jack was a Marathon runner of many years standing and wore the Great Britain colours at this event on many successful occasions. He was also a much respected administrator in the sport and General Secretary of Bolton United Harriers throughout what could be called their purple patch when they won countless National and Northern Cross Country and Road Relay Championships. He was also prominent in a period when resident in the South and in the colours of Thames Valley Harriers won the starstudded Mitcham fifteen as well as many other prestigious road races in the London area.

As a member of the BVAF Delegates Committee, Jack staged the WIGAL 10K & 25K World Championships at Bolton in 1977 and again at Lytham St Annes in 1985. Nationally he was responsible for the Cross Country Champs at Sheffield in 1986 and in the same year organised the Track and Field Championships at Wigan. He was also BVAF General Secretary from 1982 to 1985.

It is ironic that he had this year set the wheels in motion for the inaugural Blackpool Marathon on June 12th, a promotion dear to his heart and one that he was eagerly anticipating. This race has a higher than usual quota of veteran awards and undoubtedly will stand as a tribute to his organising ability among the many competing members of the Federation. Our heartfelt sympathy goes out to his wife June, who has herself been of outstanding assistance in most of Jack's athletic achievements, both competitively and administratively.





# The Way Forward

Bill Taylor, Vice Chairman BVAF

## Recognition for Veteran Runners

Richard Cashmore a Midland Vets distance runner has commented that there are still very few road-race organisers who cater adequately for veteran runners in their events. In the past, I have written letters about this to both Athletics Weekly and Running Magazine and I did highlight one or two events where they seemed to have got it about right, so it can be done.

Now Richard has suggested the introduction by the BVAF of a scheme whereby events that met certain pre-determined requirements regarding veteran recognition and awards, and detailed classification in recognised age-groups, would be given 'BVAF Approval'. Richard has been asked to enlarge on his idea and to make a formal proposal to the BVAF Council.

## Marketing BVAF

Nowadays, very large sums of money are involved in the promotion of sport, and the larger sports have appointed marketing managers. In the past, commercial organisations have 'bought into sport' for very personal, and not always logical reasons; but there is now a more questioning attitude to the real return that supporters are likely to get for their money. Presentation, packaging and marketing are all important.

Involvement with sport is a way of communicating with a market, and backers must be convinced that the communication will be effective. In the case of BVAF they need to be convinced that people over 35/40 represent a suitable market for their product.

Our approach is all-important. There must be nothing defensive, negative or

apologetic in our initial contact with potential financial supporters. We must show, from the outset, that we have one side of a bargain to offer and must make our approach attractive.

The BVAF Publicity and Special Projects Committee understand these principles, and have had some success in attracting commercial co-operation. But it may be that among our readers, hiding his or her light under a bushel, is someone with real marketing flair who could inject much-needed expertise into our efforts. If there is, please get in touch with me. I should like to talk to you.

## Final Thought

Josie Waller, of Watford, suggests that a subscription to 'Veteran Athletics' as a birthday or Christmas present might be a good idea.

See subscription coupon below

## Doubts and Fears

Wilf Morgan joins the debate on recent developments in Athletics

I don't know about you but I am inclined to think veteran athletics is in pretty good shape. The number of people competing is on the increase and there are more opportunities for them to compete than there were ten years ago. That seems to me to be the bottom line of any balance sheet you might care to draw up on the state of the action in 1988. Yet some express misgivings about recent developments and though I can understand their fears I do not share them. I am talking of course about drugs, money, and the fear that we are heading down the road leading to a select few taking part in major championships.

Regarding drugs, I have to pass. I know nothing of this apart from what I read, and although they say many international athletes take drugs there is not much hard evidence. If it is as widespread as they say then what are the chances of it becoming a problem in the vets? Well, I suppose athletes involved in the exacting business of striving for Olympic glory might be drawn into exploring every avenue that might enhance performance. But the vets?

I might be guilty of misjudging attitudes but I honestly cannot see anyone equating an age-group win in the World Vets with the lifting of an Olympic title. We'll have to wait and see. It seems possible, as we draw nearer to the IAAF's way of doing things, that sometime in the future there will be drug testing at the World Vets. I think most of us would find this amusing; even more amusing if anyone was found to have taken them. Indeed, he or she would be laughed out of court by the other vets.

Money? Yes, I do think there might be some discord about this in the coming years. The road scene in the US is awash with money and to a much lesser extent there is money to be had on the road over here. It is a far cry from the strictly amateur concept most of us grew up with. Historical note: In 1931 three Birchfielders were banned for life when it was found that the club paid their expenses to the Glasgow Tramway Sports.

How did this change come about? Why did the Officers of the BAAB and the AAA, the people we saw as the austere guardians of the amateur tradition, fudge the rules to allow this to happen? Well, my mind goes back to the lack of success of British athletes at the 1976 Olympics.

In Montreal we gained only one medal in T&F (Foster's bronze in the 10,000m). The debate that followed this debacle threw up some interesting questions if you remember. How can you expect people to train three times a day and hold down

a proper job as well? — Why not select the stars well in advance so that they can concentrate on the Olympics without having to prove themselves in trials? — Why don't athletes who can fill a stadium and attract millions of television viewers get the sort of reward a public entertainer gets? I do not need to tell you the answers the 'powers that be' came up with. Some athletes were pre-selected for the 1980 and 1984 Olympics, and a new word became part of our vocabulary — 'Subvention'. And you have to admit Britain was pretty successful at the last two Olympics.

So with some skilful manipulation of the rules the deed was done and the top boys earned a living from the sport or, if you wish, they were allowed to put their prize money into trust funds and draw out legitimate training expenses. Lesser amounts came the way of supporting cast, and as you know the vets have collected a few odd coppers.

It has not been much and I do not see it ever getting to be anything substantial, vets athletics is not that big over here. The reason why there is so much money to be had in the States is chiefly due to television over there. There are dozens of local TV stations grubbing around for stuff to stick on the box and if the 'Cherryville 10K' is being held just down the road it gets coverage. If it's on TV there is no problem getting sponsors and so the organisers have plenty of money to splash around. Over here, the 'Upper Snodbury 10K' might rate a write-up in the local paper and a line in Athletics Weekly. Sponsors are not likely to see much mileage in that.

However, I know what people are mainly concerned about. They know that we have to move with the changing times but are worried that money prizes to a few top performers might diminish the pleasant, friendly form of competition we enjoy in the vets. Well, look at it this way. The IAAF was formed in 1912, the AAA in 1880 and the BAAB in the late 1920s. By comparison, the vets, as an organised force, have only been around five minutes. The organisation is in its infancy. It may take a little time to get the money aspect right to everyone's satisfaction.

There is also the thought that we might be heading down the road to each nation selecting three athletes per event in our World Championships, to follow the format for Olympic, European Games etc. A form of elitism that has always been turned down by the vets. But what are the chances of this happening as we draw nearer to the IAAF's way of doing things? After all the IAAF has its first Junior

Championship in Canada this year and the entry is restricted to three per nation per event. Will they eventually stage a vets championship along the same lines. No, I don't see it. The scenario that produced a World Junior Championships is entirely different.

Many years ago, decades ago, national associations took junior and youths competition under their wings and national championships led to European Championships and so to World Championships. Vets athletics was started by the vets. Bodies like the IAAF and the AAA know little of vets athletics and are probably glad that there are organisations like WAVA and the BVAF to organise some sport for veterans, for they have more important things to concern themselves with. The ball is in our court not theirs. The future development of veteran athletics will rest with the vets, have no doubt about that.

It's right that people should care about the sport that they love and express their fears openly, but on these issues I think things are 'gonna be okay', in fact I'm sure of it. I have doubts myself, about our adherence to five year age-groups; I would prefer ten, but that's another story.



At Irvine, Steve James clear Over 50 winner

## 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

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Milton-under-Wychwood  
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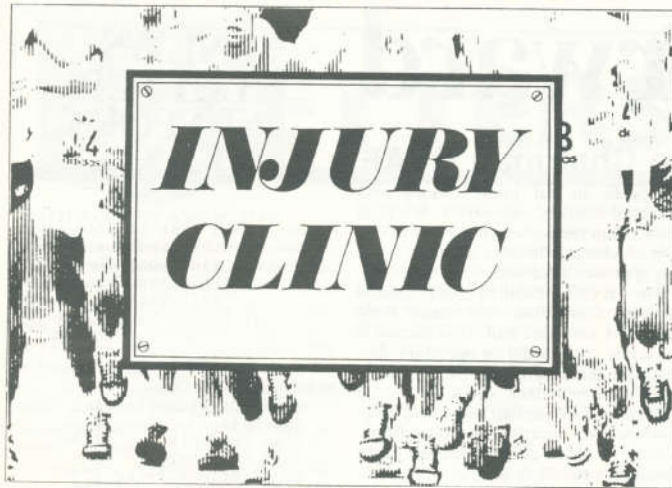
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For Airmail, write for details, approx £2 extra. Make Cheques payable to 'Veteran Athletics Subs', and send to

Jack Fitzgerald  
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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

**Two Feet Questions selected from the US  
National Masters News answered by Dr  
John Pagliano, runner and podiatrist from  
Long Beach, California.**

#### MASTERS TOE

**Q** I am a masters middle-distance runner and do a lot of training on the track in spikes. I've developed a painful large toe joint on my right foot. It has become difficult to run in spikes and my mileage has dropped drastically. I'm not sure if the toe is broken or what I should do about it. Any advice?

**A** I guess we could call your condition "masters toe." It's similar to turf toe or tennis toe. It usually occurs when you jam your big toe against the end of the shoe. Spikes usually fit snugly, so when you sprint, the foot slides forward in the shoe and jams the toe. The large toe becomes hyperextended.

This condition can be painful and should be treated at once. I recommend applying an ice pack to the big-toe joint during the first 36 to 48 hours. Ice the toe for 10 minutes at a time, up to six times daily. If you have access to physical therapy, galvanic stimulation is recommended. Elevate the foot and apply a gel cast or foam wrap. This reduces the fluid accumulation in the large toe.

After the swelling has subsided use a contrast-bath treatment (two minutes in hot water, one-minute in cold water, repeated for 20 minutes, three times a day).

Once the pain and swelling have subsided, it's important to maintain the range of motion of the great toe and not allow it to become stiff. Swim, bicycle, and apply heat. Your physical therapist can aid in the mobilization of the toe.

Prevention, however, is the best treatment. Your spikes are probably too short. Try a racing or lightweight training flat, rather than a spike. Save the spikes for time trials and races. Allow at least 1/4-inch between the longest toe and the end of the shoe.

You may want to tape the toe during the first few weeks of resumed training, but be sure to ice the toe after workouts, and use hot-water soaks in the evening.

#### NUMBNESS IN THE TOES

**Q** I am a masters cross country and track runner and am having some numbness in my small toes. They don't hurt, they just get numb. I rested for a few weeks, rode a bicycle and soaked my feet in hot water. This cured the problem but they become numb again when I run. What could have caused this and will it get worse if I keep running?

**A** Numbness in the toes is not as rare a condition as you might imagine. In some cases, the numbness leads to a sharp, shooting type of pain which extends into the toe areas and into the ball of the foot.

Self examination is your first step.

Squeeze the area between the third and fourth metatarsal bones. If there is a similar type of pain, it is probably a nerve irritation of neuroma (sometimes called a mortons neuroma).

A neuroma is a traumatised nerve and can be found anywhere in the foot. However, the most common area is between the third and fourth metatarsals. The third and fourth toes can go numb as well as areas under the ball of the foot. These conditions are usually due to some type of abnormal foot function which causes irritation to the forefoot.

The first course of action is to stabilise any type of foot abnormality that may be present. An over-the-counter arch support or full length in-sole may be tried. This will also enhance the cushioning in the ball of the foot. A more rigid type of insert may be used in the more serious cases.

If this does not obtain relief, I would suggest the use of an anti-inflammatory injection into the area. This has proven very successful for reduction of neuroma formation.

As you have seen, rest can also be of some help. It does reduce trauma and promote healing.

The use of a good shoe with a substantial amount of forefoot cushioning may be of some help. Try running on a softer surface such as grass or dirt and avoid the concrete.

Physical therapy may also be tried as well as a low dye strapping to reduce stress to the forefoot area.

If all else fails, the recommended treatment is surgical removal of the offending growth. This can be done under local anaesthesia and the rest period is anywhere from 4-6 weeks.

**Priscilla Welch**, British and aged 42, was the leading "Masters" road race prizewinner in the USA last year, with \$68,500. This was a long way ahead of the top male vet, Mike Hurd, who won \$11,500, though it's not known if this included the sum of £250 he won over here, in the British Vets Half Marathon, during the year.

**Bill Rodgers**, one of the newest of the USA's masters, and a great pastmaster for that matter, was an easy winner in a highly-paid 10K at Phoenix, Arizona, passing an equally illustrious marathoner of the 70s, Frank Shorter, en route. His winning time: 30:09. His prize: \$5,000.

**U.S. Masters** At the last count there were 21,000 of them registered.

## Veteran Sprinting

and avoiding injury

by Eddie Caldwell, Sports Injury Therapist

More veteran athletes are participating in track events due in part to the proliferation of new, all-weather tracks in many parts of the country. Some of the vets, myself for example, have returned to track events after an absence of many years; prior to 1986, I'd last taken part in track races as long ago as 1960. Other vets are trying track races for the first time, while a few, like one of my training colleagues, Steven Entwistle, have been track enthusiasts for over twenty years.

It's very important for the new or returning sprinter or shorter middle distance runner to have expert advice and a training schedule that is specially geared to their individual needs. I was not short of advice and encouragement from experienced athletes and coaches at my own club, Bolton United Harriers. I also recommend two books both of which I found extremely helpful:

"Sprints and Relays" by Frank Dick 1986 published by BAAB, "Successful Track Athletics" by Tom McNab 1982 published by Letts.

Both books give excellent advice about preparation, training, techniques, tactics and equipment. I would also recommend a companion volume, "Mobility Training" by Norman Brook 1986 published by BAAB.

The sprinter's year, and I include other track athletes loosely under this heading, begins in the Autumn after a "rest" from the Summer's endeavours. For me this early part of the year is one of trying to get in good condition. I do this by a programme of circuit training, weight training and about thirty miles a week at a steady pace over the country. This includes some participation in the Red Rose Cross Country League and a few 10K road races. During the winter months of January and February I ease back on the circuits and weight sessions and reduce my weekly mileage. I spend more time on the track doing 300s and 400s and introduce a hill session each week.

Accompanying all the training at whatever time of the year I spend time each day on mobility exercises and stretching routines, hence the value of Norman Brook's "Mobility Training" in my library. This aspect of training is very important for two reasons; to run efficiently and to avoid injury.

I find that track runners sustain fewer injuries if they train and stretch conscientiously. However there are certain characteristic problems that do rear their heads frequently. A common injury may be caused by training on a tartan track in road trainers, especially the ones that are well built up and supporting around the heels. This is great for the roads but on track bends they can become very unstable and cause ankle damage. Similarly, too abrupt a change over to track spikes may cause achilles and calf strain because of the absence of

support under the heel. The running action, notably on a tartan track, can quickly overstretch the lower leg muscles and tendons.

The oddest injury problem (and I'm honour bound not to mention any names), also demonstrated the cause very clearly. A vet sprinter used to get so tight around the neck and shoulders whenever he tried to run fast that he actually bit through several dentures during a three month period! Consultations between coach, athlete, myself and a very puzzled dentist resolved the case and 1988 has been damage free. Relaxation comes with fitness and technique and sometimes a little help from the masseur.

Obviously prevention is better than cure, except perhaps when you are in my line of business. As well as getting a schedule and advice there are other basic precautions the vet sprinter can take to avoid injury. The first thing to do in every session is to make sure that you warm up thoroughly before you try to introduce the speed element into the training session. My preference is to jog six or eight laps easily but with plenty of clothing on to work up a sweat. After this I go through my stretching and mobilising exercises. I never curtail this part of the session. If I'm pushed for time I cut out some of the track session. I wrap up well in between sets e.g. 3 x 150s by 2 with five minutes between the sets means that all the clothes go back on for the five minutes. After the hard work I warm down for 15 minutes and do some more gentle stretching, too.

Rest days are important. I have had track sessions at the moment on Tuesdays, Thursdays and Sundays. I usually put in fartleks on Wednesdays and Saturdays of about three miles, that gives me two 'rest' days on which I may do some gym work or go for a swim. I always have a stretching session on 'rest' days regardless. I certainly avoid training on tired or sore muscles; you would be better off icing them and then literally putting your feet up for a couple of hours.

You are never too old to try track events. One of our oldest active club members, Ken Arstall, has been giving it a try and really enjoying himself. He's taken advice from club mates and eased his way in gradually. The mistake would be to rush in and try to run at your fastest immediately. Alan Boulger of Rochdale, who has been winning vet's medals for years, once told me that it takes about two years to get back into sprinting. So, take care, prepare yourself thoroughly and exercise patience as well as your body.

**P.S.** The Bolton Harriers vet sprinters meet every Sunday morning at Leverhulme Park track, 10.30 sharp. Any vets who fancy a try would be made most welcome. You do not have to be a Bolton Harriers member.

## Racy stories from the US

**Madison Gardens, NY.** This February, at the Gardens, the oldest indoor track meet in the country known as the Milrose Games, saw three masters, world runners of yesteryear, compete in a big Masters Mile. They were Jim Ryun, Peter Snell and Frank Shorter.

Snell, oldest in the field at 49, winner of 3 Olympic golds, had been doing 30 miles a week in training. Ryun, just 40, was in better shape, though. It wasn't long since he ran a 4:33 mile (against Kip Keino in Hawaii). Shorter, also 40, was the fittest of the trio.

But the winner was Web Loudat (aged 41 and second in the 1987 world vets 5K), in 4:20.04, from Albin Swenson (41) in 4:20.78 and Shorter, 4:21.95.

**Big Money** They certainly believe in it in the US. What about the size of the award offered to any Over 40 runner in the TAC marathon at Sacramento, Calif, this coming December, who can break the masters marathon world record? Just \$100,000.

Queue here for entries: all you need do is complete the 26.2 miles in under 2:11:19, Foster's time, which still stands untouched after 14 years.

Nevertheless the top man and woman master will each receive \$3,000 and there will be money for the minor places and large awards for all five-year age group medallists up to and including O80, so that the complete payout will be \$28,000, leaving aside that possible bonus.

And at Boston this year the masters prizes were to add up to \$22,500, with bonuses. Only O40s get into the money here.



## MELBOURNE MEMENTOES

from your letters and reports

"Flew to Tasmania for 4 action packed days for the Australian Masters Games in Hobart and fell at once under the spell of this delightful, scenic island with its marvellous climate — brilliant sunshine and invigorating air — and so friendly people.

The Domain Athletic centre must be one of the world's most spectacular venues. It was 1½ miles uphill from the city with no public transport, on a plateau surrounded by gum trees and bush with panoramic distant views of mountains. Up here it's always windy.

I won five gold medals with very good performances and threw my best ever javelin series in the javelin with 4 throws over 33 metres, and with much crowd support had 4 long jumps within 5 cms.

After a few more hot days in Melbourne I flew 3,700 miles to Thailand and a totally different world. Bangkok (pop. over 6 mill.) is tropical, chaotic, exotic and hectic. Had one week to explore the city, temples — beautiful and magnificent — klongs, floating markets etc, with the hotel and poolside my sanctuary. Service as in Singapore was first class.

This month of travels and competitions on the other side of the globe has been a fantastic experience, all because of and thanks to vets athletics. I also found out how useful and what fun it is to travel alone as a woman in a British tracksuit — people are so nice and helpful and interested, including hotel and airline staff."



Carina Graham  
Guildford

I had a reasonably good games despite a disappointing start.

The 10,000m was split into three divisions with all the big guns in div one at 1350 hours. However Norman Green told the organisers he had to catch a plane and managed to persuade them to let him run in div three at ten am. It was cool, 17°C, with no wind and he did sub 34 mins.

At 1350 it was over 40°C with a violent north wind so it was no contest for everyone else. I ran just to get acclimatised and struggled round in 3rd place.

Two days later in the 5000 we had torrential rain, it was delayed and it was very cold, particularly after I had warmed up for the earlier start. I could not quite catch Bruce Longmore of Australia but got Silver off 17:03, quite good for me.

I was in better form for the Marathon and Cross Country and had good wins beating Bruce each time, to retain the titles.

Derek Wood,  
writing to Alastair Aitken

"I would like to praise the outstanding performances of two Tasmanian athletes. Firstly, the tussles between your Derek Wood and our Bruce Longmore, M55. One can only admire both competitors for their stamina in not only competing for the medals in four distance events but achieving such a high standard right to the end.

The other was our Shirley Brasher, W60, who achieved Gold in the 800m, 1500m, 5000m, 10,000m, Cross Country and 2nd 5k Walk, and 4th in the Marathon. Some of us are trying hard to reach that age let alone run!"

Barry Lloyd  
President, Vets AA of Tasmania

### A letter from Executive Director of the Games, Peg Smith

Dear Editor

Congratulations on the performances and the sportsmanship of the British athletes who visited Melbourne for the World Championships.

The organisers worked hard to ensure that there would be smooth running competition, barring a few hiccups due to weather and the enormity of programming and conducting competition for almost 5000 athletes who had entered 13,000 events.

The priority was always, to ensure that each competitor was given every opportunity to compete in their event, if someone was unfortunate enough to be delayed and did not sign on at the cut off time, on the start lists, every endeavour was made to slot them in if it did not interfere with the programming.

Every facet of the Championships was considered from the point of view about what would make all the competitors feel that they were the primary consideration.

Laying a base for more than three years with the media and corporate organisations ensured that adequate sponsorship and extensive media coverage was forthcoming.

It thus surprised me to read in Veteran Athletics a comment about £4000 being lavished on Carlos Lopes and his wife and that this money should have been spent elsewhere.

Where could such information come from? There is not one word of truth in it, and a comment like that is against the whole spirit of the event. We were fortunate enough to be given some air fares by Qantas and hotel accommodation we could have indulged ourselves and tripped around the world on a great number of junkets, instead we felt that we would assist a number of athletes, including some from the UK and also invite some 'big names'. Anyone who said Lopes was not value, must have had blinkers on. Everywhere we saw him, he was surrounded by veteran athletes, graciously signing his autograph and posing for cameras. We had numerous media interviews which occurred because of Lopes and then flowed through to include many of the competitors. The fact is the athletes enjoyed having him there and he enjoyed it enough to consider competing in the future when he had overcome his injuries.

Lopes had in fact contacted us some weeks before saying it was unlikely he would be able to compete and did we still wish him to attend. At no time was he paid any appearance money and in fact travelled around on a travelcard like everyone else.

Willie Davenport, Carlos Lopes, Al Oerter and athletes with their background help with pre publicity when organisers are working to establish a relatively unknown event with the local media and sources of sponsorship. If in the past some organisers have had problems in these areas, perhaps it could be that they have only had negative attitudes instead of looking at the overall picture.

By the time this letter is printed we hope to have all the results books posted out to competitors free of charge. This is our final gesture of thanks to those athletes who came from around the world to take part in the World Championships with such goodwill and enthusiasm.

Peg Smith  
Executive Director  
VII World Veterans' Games

#### 1st Australian Masters Games Domain Athletic Centre Hobart 9-11 Dec 87

100m M55 2 Ken Glenesk	13.6	M80 1 Bill Baker	17.12
M80 2 Bill Baker	24.3	DT M50 3 Joseph Phillips	30.26
W50 1 Carina Graham	14.8	M55 7 Ken Glenesk	29.94
200m M55 4 Ken Glenesk	29.2	M65 2 Les Williams	32.92
M80 1 Bill Baker	40.8	W55 1 Gwendoline Charnan	25.38
W50 Carina Graham	30.1	SP M55 2 Glenesk	8.98
400m M65 1 Les Williams	68.7	M80 Baker	7.39
1500m M55 7 James Charnan	4:47.7	W55 Charnan	8.50
3000m M55 1 James Charnan	11:10.3	10K Road Race	
M70 1 George Scotts	13:06.5	M50 6 Frank Golding	40:54
LJ W50 1 Carina Graham	4.40	M65 2 James Goldsmith	
JT W50 1 Carina Graham	34.56	Full Walk results awaited	

## A Thrower's Lament

or

Another Pom's View of Australia

by Hugh Richardson

*Hugh Richardson of Northern Vets AC was Great Britain's leading competitor at Melbourne in Discus, nb 39.86 metres, and Hammer.*

In the January/February edition of this Journal Brian Owen commented that it was a rare talent to be able to throw all implements well as different techniques are required. I have always found Brian to be fair and indeed objective. What he says is correct.

I make passing note of the alleged failure of field event competitors to come up with the goods at Melbourne but would remind both those who write herein and those who read what is written that in the opinion of most competitors, both track and field, it is still taking part which is of paramount importance. If the contrary view is held then not only is that person due for serious disappointment but he is also missing the sheer joy, in the case of a thrower, of going outside and throwing well.

In most previous World and European Championships the Discus and Hammer throwers have been segregated from the other competitors and so it was in Melbourne. I have heard it rumoured that this is because these throwers do not know how to hold knife and fork and it has even been said that a Hammer thrower was seen to eat his meat and two veg using a spoon, wooden of course.

I know that all you avid distance men will first have looked at the field event results so I shall not bore you by repeating these.

When most people had departed on one of Barbara Dunsford's "Supa Tours" the really tough guys remained to take part in events which were strictly speaking outside the ambit of the World Championships themselves.

On the Monday after the close of the games I took part in the First World Veterans Weights Pentathlon. Really this was a misnomer in that we all threw Hammer, Shot, Javelin, Discus and 36lb Hammer and in that order, the scoring being on a decathlon basis.

I saw three British competitors, Mike Johnson in Group 1B, Joe Phillips and myself in Group 2A. We were accompanied by approximately 120 other competitors in the other age groups.

Somehow I managed quite a substantial lead after the Hammer event but lost that

and more in the Shot where I brought up the rear. I spent the rest of the next six hours trying to claw back what I had lost in the second event and by the time that we came to the 36lb Hammer every one was pretty tired having spent some eight hours in competition, a strong wind and hot sun. My first two attempts with this implement went into the cage but as one bounced out into the throwing area some kind soul asked me if I would like that one, measured! I managed thereafter to regain some self control and finished fourth overall. Joe Phillips finished well up as well.

The overall winner was Bob Humphries from the U.S.A. closely followed by two Norwegians.

I feel that the heavy Hammer could well be popular over here bearing in mind the support presently afforded to the Throws Quadrathlon but any potential thrower must be aware that he is handling an instrument which weighs between a quarter and one fifth of the average person's body weight so if he is not to risk life and limb some training and preparation is essential.

The next day for those who could get out of bed and stand there was the "Hammer Fest". Here we were allowed three throws with five different weights of Hammer. I should like to say that I won through in the face of tough and determined competition but because modesty is a well recognised facet of all Hammer throwers I have to say that I won largely because I was one of the few left standing at the end of the event.

In the afternoon there was similar competition with the Discus for those with more stamina than I possessed and there were quite a number.

I am delighted to say that the throws officials whilst enforcing the rules properly and fairly went out of their way to make the competitors feel welcome and to provide interesting and well organised additional throwing events. It is of course well recognised that the throwers are amongst the poorest of relations athletically speaking so when we found such a determined attempt to redress the balance throwers appeared in numbers that surprised and gratified the organisers.

We were called to throw by our christian names, had a short party after the completion of the specialist throwing events, toasted the officials and publicly thanked them for the selfless efforts in producing some of the happiest competitions in which I have participated.

Veteran Weights Pentathlon finalists in M50. Kneeling: Hugh Richardson centre, Joe Phillips right.



#### MELBOURNE RESULTS (from Official Results Book)

WORLD VETERANS' WEIGHT PENTATHLON CHAMPIONSHIP	AGE GROUP M50-54
6.00kg HAMMER	6.00kg SHOT
1.50kg DISCUS	800g JAVELIN
46m 14cm	37m 30cm
748	507
20m 50cm	26m 56cm
301	398
	353
	510
	138
	1740
	14th

#### Melbourne Masters Mile

Finishing order	Times	Hicap
1. 45213 David Siri NZL	4:16.76	97.10%
2. 45413 Antonio Pilen Mex	4:21.88	95.20%
3. 40952 Web Loudar USA	4:23.53	91.53%
9. W4063 Pat Gallagher GBR	5:04.50	88.43%
16. 70832 David Morrison GBR	6:03.32	87.82%

2 two hour video tapes which cover highlights of the athletics and triathlon at the first Australian Masters Games are available on request to: Veterans Athletic Association of Tasmania, GPO Box 890, Hobart, Tasmania 7001. Price: Aus \$45.00 for the two. Specify VHS or Beta.



## Veterans AC

The Vets AC held their championships on Wimbledon Common in South West London, their winter base of three years. The varied terrain over the Common and woodland is a fair test always affording fast ground and short turf on top of the Common, and Wilberforce School establishes a pleasant meeting place.

A strong infusion of new veterans wrenched the honours away from previous holders such as Tom Ryan and Laurie O'Hara, now in 55 group and not running today, but unquestioned club scratch man over a long period.

Leading the new blood was Peter Hamilton of Blackheath H who was making his first run only three days after being accepted. He made all the running to win handsomely in a new course record time of 25:48.

The second, David Sparkes, of Windsor S&E, again a 'colf' veteran, was stretched to 26:06, also inside the previous best, and clear of Tom Ryan, the 1987 club champion. The Co Tipperary born Irishman, whose club is North London AC, was in turn a clear winner of the 50 medal, ahead of all-distance exponent William O'Connor, Maurice Sharp, the

Hercules vets captain, 800m ace Alan Painter of Belgrave, and always prominent Clive Woodlams of Woking, and next the second O50, John Geoghegan of Cambridge Harriers.

Club regulars, who know every blade of grass on the Common and Horse Ride, packed the race in strength and doubtless inspired by a turbo start down the golf fairway recorded many season's best performances.

These read off the club's winter results table as David C.F. Williams, Roy Davidson, Phil Harris, and all in the Hillingdon AC party Bernard Smith, incidentally first Smith on the day of three, Jim Leith, Jim Breen, and Mick Tucker.

VAC enjoy support from more than a few out of towners and from Swindon down the M4 came a trio whose John Stevenson took home a 55 medal, and off Salisbury Plain Ron Jeans who took the third O50. From the South Coast were track and country pair Brian Bartholomew, a BVAF middle distance champion but a couple of places outside the 'numbers' here, and John Hay, second O60 this day.



Hamilton comes first



Pictured left the Over 40 medalists

Newcomer Mark McNally, from Consett, Co Durham had something to smile about. He had just become the new North East Vets cross country Champion. Only recently 40, he was known to have been running well in the locality, says our North East correspondent.

Paul Bentley, left, the close runner-up, had been having a very good season with a noted run in the Royal Signals Relay a week before. He is thought to have gained from contact with Alan Storey, the national marathon coach.

The third, Mike Friend, in the Elswick shirt, has been prominent in the past but in his third veteran year had to concede twelve seconds to the winner.

## North Eastern VAC

Pictured left the Over 50 1-2-3

Eric Appleby, left, had been enjoying consistent improvement over the last two years. Here he finished 1st Over 55 and runner-up of 32 in the senior category.

In the centre, Walter Ryder of Morpeth had made the long journey from Geneva where he is in the World Health Organisation to win the Over 50 race. He repeated this trip for the National at Irvine and placed 5th.

Sidney McEaff of Gosforth, right, was a close 3rd, ahead of medal winners I. Barnes, R. Manning and P. Carmichael.

Club Secretary Bob Peart placed 9th for the Over 60 first.

Report of Harry Mathews was less fortunate. He suffered a hamstring injury in the race and dropped out near the end.

## Eastern Veterans AC

The event staged at Warren Hill, Newmarket, on the horse gallops printed by the hooves of numerous classic winners, turned out from the yards of Ceci, and Murless, nearby, enjoyed excellent conditions, reports EVAC Newsletter.

There were record entries in men and women, of 85 and a notable 29 ladies.

Both races starting at the same time, the ladies did one lap of 5K and the winner was D. Marsh of Norfolk Olympians. With her other team members in 6th and 9th places they easily won the team event from Bedford & County AC.

The men having completed the first circuit went off again and it was fairly clear that no-one was going to catch Vic Holman of Thetford. Vic actually won the race in 1987, but at that time was not a member of EVAC and the title went to G. Ayre of Bedford & County AC. This year Gordon was in 3rd place as Mike Turner, who was ying 6th or 7th at the end of the first lap, used all of his experience to come through very strongly in the latter stages of the race to take 2nd place and be the 1st Over 45 runner home.

The Over 50 competition proved to be an exciting race throughout with only a few yards separating R. G. Snelling (Duke ST RR) and E.C. Saberton (C&C). Duke St RC took the Over 50 team race, whilst the Over 40s was won convincingly by Bedford & County, having their 4 scoring runners in the first 8.

After race ceremony was in the new Astley Club and the awards were presented by David Denton (25th in the race), President of ECCU.

## Cambridge H Open 5

Alastair Aitken Reporting . . .

Cambridge Harriers held their Open 5 miles Veterans cross country race on the 24th of January at Footscray, Eltham, SE9.

Peter Hamilton (40) followed up his win in the Vets AC and Kent Vets Cross Country Championships with a third consecutive victory, after becoming a vet, in the Cambridge Harriers event. Hamilton was a 400/800 club runner in the early 70's before turning seriously to road/cross country running. He was for Blackheath Harriers and became part of the winning South of Thames cross country team in '74' and in the squad that came third in the 'Southern' seniors'.

At Eltham there was a battle for the first of the two laps between Trevor Collins and Hamilton with Russell Williams a few yards behind that, with Barry Dix and Mick Emms of the winning Harving team running together next. There was just 2 miles left when Hamilton started to make his move, going along the short flat before turning left up the slope where he finally got away. Hamilton who is currently on 60 miles a week hopes to compete in the European in Italy and the National Vets in Wales in the Summer.

Derek Pettett of the host club was not only a high 15th place of the 67 finishers but in the winning Cambridge over 50 team. Blackheath's character Jack Broughton was the first over 60 runner

## Welsh Veterans AA



The Welsh Veterans CC Championships were again held in conjunction with the Welsh Inter counties Championships at Cwmbran on 2nd January reports Derek Williams.

Aun Roper (Swansea) was a very clear winner of the men's race from Dic Evans (Cardiff) and Barry Williams (Newcastle under Lyme). And with Roper in the lead Swansea's runners were the 40-49 team winners.

Alan Griffiths (Nottingham) won the O50 while Newport Harriers carried the team prize.

Westbury's Pat Gallagher was the overall winner of the women's race by more than 300 metres from Jean Lochhead (Holfirth) with Ann James (M Glam) third.

Williams comes third

## Northern Ireland VAA

Local Army runner Paul Dring had an imposing one second win over former Great Britain middle distance International Derek Graham of 9th Old Boys at Bangor to win the Championships, promoted by NIAAA, over three miles on January 23rd. The distance should have suited Derek who was one of our most prolific winners at that distance on the track in his younger days, but he is now in his 47th year. Only a further two seconds separated Derek from John Hayes of Ballydrain in a closely contested championship. Local runner Ken Hawin of North Down was 18th overall to win the M50 title, while another from the same Club Vincent, Elliot: was first M60.

## Southern Counties VAC

report by Martin Duff.

Athletics Weekly Veterans Correspondent

There were decisive winners in many age groups in the southern vets at Happy Valley on 28th February; the course was, for the men at least, over 10,000 metres and contained many hills and was run in strong winds.

The first race for Men (40-49) saw age group repeat wins for Shel Cowles (40) and Taff Davies (45). Cowles cleared out early, leaving Peter Lindsell, Martin Duff, Paul Bryan and John Exley to fight it out for the minor placings. It was Cowles' Oxford club-mate, Lindsell, who secured second behind the 1987 winner, as Bryan, in his first year O40, took third after a battle up the last hill with Duff.

Davies, back in 8th, retained the O45 title from John Polgreen, but could not help his club, Aldershot F&D, keep the three to score title, as Cowles led Oxford to a comfortable 10 point win. Aldershot however regained the six men title.

Tom Ryan was always in control of the O50 race, and, pressured by Derek Surrey and Neville Newnham, gave them no further chance as he moved clear after the top of the first uphill. Meanwhile, further back, the battle for the O55 title was well and truly joined as Mike Barratt and Melbourne World Vets title holder Derek Wood were running together. As Ryan went further away for a win by over a minute and a half from Newnham, so Barratt shook off Wood and moved to split the O50 party, placing second overall in the race, as Wood slipped right back, just managing to hold on to the O55 silver from Barratt club colleague Laurie Foster.

Bob Belmore was in a class of his own in the O60 section, winning by 2½ minutes



Cowles leads



Davies pursues Dorset Champ Smith



Duff, Bryan, Exley and Lindsell fight for the minor places

from Giles Brindley, while another former '50s' road/country star Jack Broughton of Blackheath took the O65's.

The Women were originally due to run the same distance as the men, but after various protests were allowed to run a lap short.

Lynna Pawsey enjoyed a narrow victory over Jean Gillard and Barbara Kirk, after

being further ahead early on. Julie Rowntree 6th overall had 1½ minutes to spare in the O50 section, beating many younger ladies.

The Women's team race was as tight as it could be since three clubs tied on the exact same number of points, but on last scorer Portsmouth emerged as the winner.

# CROSS COUNTRY CHAMPIONSHIPS

## Around the Regions



The rigours of cross country — snow and hill



Held at Leeds on 7th February over two three mile laps of wet grassland and including a long hill on each lap, this produced a surprise winner in Barry Williams of Newcastle (Staffs) AC who pulled away from the classy field with comparative ease.

Brian Little the former BVAF Marathon Champion from Bolton, proved to be another on his way back as he beat Jeff Norman into third place to take the M45 title. Second in this category was Steve James in probably his last championship at M45 as he becomes an M50 in good time for the National at Irvine. Norman had the satisfaction of leading last years national champions Altrincham to a narrow team win over Newcastle who in fact packed 4 in 22, compared with 4 in 24 for the Cheshire Club. Bolton also packed well with 4 in 23 for third place.

Over the same course, British M50 Marathon record holder Derek Lawson ran away from the M50+ field to win by

the Womens race was over one lap of the course and was won by that excellent W49 Pat Mee of Altrincham. Chris Wakington of Horwich was second in the race to take the W35 crown, while Deirdre Hopkinson and Lola Smal took their respective W45 and W50 titles in fifth and sixth positions.

Ted Isaacs in form

Detail Results page 14

## Midland Veterans AC

Fownes, in the next grouping, and a strong field, see full Results page 14, Edwards was able to raise his pace when the issue was in contention and won by two seconds.

The course of parkland and wasteland was described as hard and included a water jump whose approaches had been soaked by recent rain. However it is feared road development may remove not only this obstacle but the whole course in the near future.

Edgar Richards was a fine winner of the M60 division from track middle distance ace Harry Terpan who recently retired and moved from the south to Staffordshire. Edgar who is also remarkable for being a great grandfather may join those travelling north for the National Vets.

In an 86 strong women's race. Brownwen Cardy was the outstanding winner from Eleanor Adams, and prompted observers to enquire if world honours were to be in her sights for 1988.

Organisation was kindly provided by the Tamworth AC

## Scottish Veteran Harriers Club

On a day more like May than January, East Kilbride had the privilege of putting on the first club Cross-Country Champs, said SVHC Newsletter.

The event was put on so that all members, male and female, could run in a championship together.

The weather could not have been better, the course just a bit too heavy, a good sized field and an excellent competition.

After the start, all the main contenders moved into the leading pack, testing each other out. At one stage Roddy McFarquar had the lead but early in the fourth and final lap Dick Hodeit made the decisive break and held it to the end.

The competitors extended right throughout the field and it was declared the event at East Kilbride was appreciated by competitors and organisers equally.

Irvine first O50 at East Kilbride





## THE SIXTH

# PENNINE MARATHON

- \* Sunday 3rd July 1988
- \* Start 11.00 am
- \* T Shirt for all starters
- \* Medal for all finishers
- \* £500 Training grant to the winner
- \* Colour television to the first lady
- \* 50 prizes and awards totalling in excess of £2000
- \* First class facilities and organisation
- \* BARR Grade 1 Event
- \* NCAA Permit No. 1967
- \* Full Family day out including charity Fun Run, Donkey Derby and Fun Fair

## INCORPORATING THE FIRE SERVICE 1988 CHAMPIONSHIP

"The event brought back memories of early Polytechnic Marathon Races in the late 1960s with its atmosphere and high standard of organisation. When one reads the comments in your pre-advertising I will endorse what they have to say."

Eddie Gutteridge  
Marathon Organiser, Fire Service  
commenting on the 1987 Pennine Marathon

SAE for Entry Forms/Details  
to: A.D. Sykes  
Pennine Marathon  
c/o Ellis & Booth Ltd.,  
843/855 Leeds Road,  
Huddersfield.



David Clemens — 'captured' by Megasport!

## Welsh VAA presentation



At an occasion in Cardiff University attended by 50 members and their spouses, Bernie Plain, right in picture, received the Mens' Team trophy from Chairman Clive Horsfield.

S Wales Track League final result was Cardiff 577 points, second Swansea, 576, and third Rhondda, 320, of eleven clubs.

## Veteran Profile David Clemens

It is not only the stars who have interesting stories, as Bill Taylor found when he talked to David Clemens of Eastern Vets, and at 72 the oldest member of Colchester Joggers.

**Q** David, I believe you started running in the Army, when you were serving as a regular soldier?

**A** Yes. I joined the Army in 1934 and served until 1961. Before the war I ran cross-country with the Army and Southgate Harriers, and I was a second-claim member of Chelmsford AC. My first big road race was the Essex 20 mile in 1938. I won, in 1:59.36, and qualified for the AAA Marathon, but then my ignorance of the rules caught up with me. I was disqualified in the "20" for having run in two championships of different counties in the same year — the other being the Middlesex cross-country. I handed back my medal.

**Q** What about the war years; how did they affect you?

**A** I had been posted to the Far East in 1938, and was captured by the Japanese in 1942, when Singapore fell. I was in Changi prisoner-of-war camp, and also worked on building the railway in Siam. It was death and disease all round, but my fitness on capture helped me to survive the conditions of slave labour on a starvation diet. I had malaria, dysentery and tropical ulcers, but avoided Beri-beri and cholera. I believe I had a positive mental outlook, and it was mind over matter that kept me, and many others, going. I was released in October 1945, and by the winter of '46 I was fit enough to run cross-country for the regiment and Surrey AC.

**Q** How long did you carry on running?

**A** I got my Army Cross-country Colours in 1949, but then I was posted to Ceylon for two years, and there was nothing doing in athletics there. I had a season after I came home, but retired in 1952 — 37 was getting old for competition.

**Q** But you came back to running after a break of 30 years.

**A** Yes. In 1982 the jogging craze was fairly well established, a young man who lived nearby asked if I would train with him for the Colchester Half Marathon. I agreed, and after two months of very painful training, I managed the run in 1.57, and was first pensioner home. By coincidence, the runner who had been second to me in the Essex 20 of 1938, was third pensioner at Colchester in just under three hours. He told me I was an old fool trying to kill myself, when I said I was going to try to get into the London Marathon. I think that just made me more determined to carry on.

**Q** What have been your best achievements since you restarted?

**A** My personal best for the Marathon, as a vet age 70 came in Berlin in September '85, when I did 4:07.54. 1985 was a good year. I did the Reading Digital Half in 1:53.18, and between 1 September and 28 October that year, I ran the Rochford 15 ml, Ipswich Marathon, Berlin Marathon, Ford Half Marathon, Braintree Half, Brightlingsea Half and Dublin, after which I was crippled with sciatica on my right side, and had three weeks rest. I ran a slow "LONDON" in 4:47.59, in 1986 but followed that in June of that year with 4:11.39 in the Australian Marathon in Sydney. I had trained harder than ever before for that race; 261 miles in 30 days around the suburbs of Melbourne.

**Q** What sort of training mileage do you usually do?

**A** I average about 25 miles a week generally, but step it up to between 35 and 40 about five weeks before a marathon, including any races which come up during that period. Perhaps I don't do as many other exercises as I should. I find them harder than running — for example, I have never been able to touch my toes.

**Q** You seem to have kept very fit throughout your life. Have you had any major setbacks in health?

**A** I had a relapse of malaria in 1947, and since 1961 I have had a thyroidectomy, a hernia operation and a prostate removal.

**Q** Have you ever smoked?

**A** I started smoking as a young soldier, but only about 20 a week. I never inhaled; I couldn't do so without choking. In China and other places abroad I enjoyed cigars, where they were fairly cheap. When I arrived in Rangoon from my last prison camp I bought a bundle of Burma cheroots, strong, but better than the "hag's bush" tobacco available in Siam. I have never been a heavy smoker, and I gave up cigarettes when I started running again in '82, although I still enjoy the odd cigar.

David Clemens, or "Clem" to most people, has had his ups and downs in life — his wartime experiences, his subsequent operations, and he has been widowed twice. His first wife died in 1961 when she failed to survive a heart operation, and his second in 1972, from cancer. However, he considers himself blessed by his "five good children" from those marriages, and he is still able to enjoy running. Although his body suffered in wartime prison camps, his spirit did not weaken. It is as strong in his marathons.

## COPTHALL SHOW

Formerly Barnet Sports Gala

VETERAN ATHLETICS ALL AGE GROUPS

SUNDAY JUNE 12th 1988

START 1 pm

COPTHALL STADIUM HENDON LONDON NW7

Veteran Mens Open Events 100m 200m 400m 1500m 3000m Walk L/J H/J PV  
Two Club Medley Relays M40 and M50 plus

Veteran Ladies Open Events 100m 200m 400m 1500m 3000m Walk L/J H/J  
One Club Medley Relay (400 100 100)

Entries £1 per event, relays £5 per team, with 9" x 6" sae. Closing date 30 May — no late entries  
H Ja quest 61 Ridge Lane Watford Herts WD1 3SX.

### 10km Road Race

Entry £1.50 with 9" x 6" sae. Closing date 30 May  
Doug Thompson 42 Harcourt Avenue Edgware Middx.

For Southern Counties VAC events enquire to:  
J Day 22 Langland Gardens Shirley Croydon CR0 8DW

Maximum 4 events on the day except relays

## EASTBOURNE ROVERS ATHLETIC CLUB

### YOUNG ATHLETES AND VETERANS OPEN MEETING

(UNDER AAA AND WAAA RULES)

SPONSORED BY JAYBERN PRINT FINISHERS, and  
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SUNDAY 8th MAY 1988

AT 12.30 PM

VENUE: THE OVAL, PRINCES PARK, EASTBOURNE

PROVISIONAL TIMETABLE

#### TRACK — Cinder track

12.30	100M	G, JW, IW, VW, C, B, Y, VM
1.45	800M	G, JW, IW, VW, C, B, Y, VM
2.45	200M	G, JW, IW, VW, C, B, Y, VM
3.30	1500M	JW, IW, VW, C, B, Y, VM
4.45	400M	IW, VW, C, B, Y, VM

#### FIELD/EVENTS — 4 trials

12.30	HJ	VM, Y	3.30	JW, IW, VW
12.30	SHOT	VM	1.30	VW, IW
12.30	JAVELIN	JW, IW, VW	3.30	VM, Y
12.30	LJ	IW, VW	1.30	JW
1.30	DISCUS	B, Y	2.30	VM
			4.15	JW, IW, VW

ENTRY FEE: 60p (cheques to Eastbourne Rovers AC) AWARDS TO WINNERS  
ENTRIES TO: Mr. D. Larkin, 9 Hazelwood Avenue, Eastbourne, E. Sussex. BN22 0SB  
Tel 0323 508715 (Before 9.00 pm)  
PLEASE ENCLOSE D.O.B. and SAE FOR RETURN OF PROGRAMME AND ENTRY TICKET. ENTRIES CLOSE 29th April 1988 — NO LATE ENTRIES

## South Western Veterans Track and Field Championships and Open Veterans Meeting

### St Helier JERSEY CI

all weather track

Saturday 11 June

The full range of T&F events and Relay according to entries,  
including Pentathlon Men & Women

Send SAE to

D G Lord, 311 Boumemouth Road, Parkstone Poole BH14 9AL

for Entry Form, travel and accom details.

Closing Date: 6 June



## Keller gets it together in Holland Half Marathon

Manchester Harriers Veteran Tony Keller capped a fine end to his racing season with a superlative performance in the Nationale Nederlanden Egmond ½ Marathon on 10th January. He came runner up to Belgium's Bloemaerts and took the scalps of several of the top veterans in Holland and Belgium, reports Dave Edwards.

In doing so he continued a fine tradition of British success in the race, which has been dominated for the past two years by supervet Mike Hurd.

The course is an ideal one to test the most seasoned athletes, encompassing the best of road and cross country on a course comprising a road section, sand dunes and beach section.

Keller only received the invite to compete on the Monday prior to the race having just completed a long run, 20 miles on that day. He in fact went on to complete 60 miles in 4 days and was somewhat apprehensive about his chances, given the level of opposition. "However, on the day of the race I was on a high, with the adrenalin pumping I was the most keyed up that I have ever been prior to the start of the race," said the modest Keller.

From the time the gun sounded Keller was committed to giving his all and blasted through 5K in 15:03. Not knowing who his rivals were and confounded by the language difficulties he continued to forge on, completing 10K in the commendable time of 31:22.

However, at this point he eased back, realising that he could not maintain that level of momentum over the remainder of the race. This proved to be a wise decision, for despite the wind being at his back, over the final 8K of beach terrain the going got tough, but the tenacious Keller merely put his head down and maintained his form and concentration to finish a fine second place in 70 mins dead — leaving his old adversary Dick van Santen trailing 50 seconds adrift in 4th place.

A jubilant Keller declared himself, "Over the moon with that performance. It far exceeded my expectations, given the level of preparation that I was able to undertake. It certainly augurs well for the future."

Keller in fact has experienced a fine end to his racing season, which began late in 1987 and promised little after he was sidelined with injury.

He only began serious training in March and attempted a programme of high mileage to compensate for his poor winter's preparation — in an attempt to get fit for the Vets National 10K Championships at Barnsley.

Keller takes up the story, "By June it was obvious that my training programme



Tony Kel

wasn't working & my performances in races were well below par. I resolved to revert to shorter mileage with increased quality work on the track."

August provided the encouraging turning point that proved to be a springboard to something approaching a purple patch. On August the 2nd Tony finished 4th Vet in 32:16, and was so encouraged by his performance, albeit modest by his own standards, that he made a detour on the way home to compete in the Motorway 10K at Whaley Bridge — finishing 2nd to a 'flying' Steve Edmonds in the commendable time of 32:05.

Victory in the Saddleworth '6' where he took the much sought after scalps of Geoff Norman and Stan Curran and a further win in the Oldham 10K confirmed his growing consistency.

Seven days later he "ran out of his skin" to finish 4th in the National Vets 10K Championships on the tough Barnsley course, equalling the time set the year previously by the runner up on that occasion — Mick Hurd.

"I have only made the transition from footballer to runner in the last 4½ years and I have been pleased with my progress to date. I think my footballing days instilled that will to win and the 100% commitment necessary for success. I only hope that I can continue my progress and my performance in Holland has provided me with the incentive to keep pursuing my goals."

Result — Egmond ½ Marathon Veterans race.

1. Bloemaerts (Belgium) 69:02
2. Tony Keller (England) 70:00
3. D. Voock (Holland) 70:18
4. D van Santen (Holland) 70:50
5. W. Spareboon (Holland) 72:00

figure properly reflects the number of veterans taking part in most of our present road races. More significantly, the numbers are continually rising as more athletes keep running into the 40s, 50s, and 60s in ever increasing numbers.

Bob Peart 766 finishes New York



## VETERAN AWARDS

Are Vets getting a fair deal?  
Asks NEVAC Hon Sec Bob Peart

At the Annual General Meeting of the North East VAC a motion was passed unanimously asking organisers of Road Races to reflect the number of veteran competitors in the awards offered.

It was felt that particularly in the larger Road Races proper recognition was not being given to veterans. It should be possible to provide awards to the first three to finish in each age group in all the large events.

On the other side, organisers may say that veterans do not constitute a very large proportion of entrants and accordingly only need a limited or nil number of prizes. For that reason the proportion of veterans finishing some local North East races has been tested. It is found the veterans form a varying figure of 27% to 46% of entries in the senior races depending upon the distance.

I have no reason to doubt that this

## CLUB PROFILE

### Aldershot, Farnham and District AC

*Loyalty to the club is a driving force in athletics which rewards all age groups. Not all clubs support their veteran members with equal conviction perhaps, but in this new feature we highlight those clubs who definitely have a strong veteran presence.*

*Invited to be first was the central southern based Aldershot, Farnham and District. Their Veteran Team Captain Dave Brown has penned a challenging self portrait.*

*For future issues, profiles of clubs eminent in veteran team competition are wanted from all regions.*

Aldershot, Farnham and District AC veteran men are looking forward to winning even more in 1988. What a bold statement for the UK's top vets team!

Two factors make the lads in red and green eager for success, writes team Captain Dave Brown: one is the loss of their three won national cross country title to Altrincham, by a few points with a weakened team, and Tecwyn (Taff) Davies reaching 50 in May.

Taff intends to get into the sort of shape to enable him to challenge all the 50+ age records that exist. Taff's determination will inspire the rest as it has done ever since AFD set about seeing what they could achieve as vets.

Taff and Les Presland will both be 50 soon and it is these two who started to get "... AFD 1st V40" seen regularly in the results. It was not until Andy Jelly and Bill Pegler came along that a team was formed but the national title in 1984 at Wolverhampton soon followed.



AFD team at the recent SCVAC Champs L to R

M. Murphy, T. Davies, M. Duff, A. Branagan, D. Curwell, B. O'Neill

## Irvine

continued from page 1

Suzanne Kirkup of Durham was fourth to take the W40 title ahead of Chris Ashberry and Barbara Kirk.

Another great performance was that of Peggy Fletcher who won the W55 title ahead of those W50 stalwarts, Lola Smal and Judy Rowntree.

In an easier than usual W45 division, Anne Nally kept the Altrincham flag flying with a win in tenth overall position.

In the Womens team race, Bournemouth made the long trip worthwhile with a fairly easy win over Kilbarchan AAC and Cambridge and Coleridge.

## North Wales News

from Gareth Hughes, Prestatyn

Ron Bell, who returned from Melbourne with a haul of three medals has just completed a pretty successful season on the country.

He helped his club Wrexham take the Vets' team prize in the North Wales League — the first time for a team prize

In 1985 Dave Rogers joined from Sale, team manager Dave Brown also got old and the title was retained at Cardiff with Taff winning the race itself. 1986 saw the introduction of Brian O'Neill who ran a brilliant fourth in that year's Brugge 25K.

On the road in 1985, AFD won both team and individual World 10K titles at Lytham St. Annes, Taff winning the race and Les Presland and Dave Brown backing up for the team prize.

Southern titles, five Mickey Morris relays, the Oswestry BVA 10, and the team prize at Barnsley in the BVA Kodak 10K this year have been other triumphs.

All the success has attracted vets into the club looking for a great team spirit and success, and good trips to interesting races. Martin Duff, for instance, who was an old mate of AFD joined us this year; now we can do the race report as well as win the thing and post race quotes are no longer a problem for the AW man.

Then Ernie Cunningham moved to the area from Ireland and the club were delighted when the international asked to join. What a 1987 Ernie has had for us!

Bill Pegler also boosted 1987 by winning the world vets Triathlon crown.

What is the recipe for success as vets? The club is built on a strong tradition of running and success. Then there's the army connection and guys settling in the area towards the end of their service, training with the younger members and asking for no concessions to age (or getting any offered).

AFD have always wanted to be an organised bunch of vets with clearly defined aims and ambitions and this year an AFD Vets Newsletter was launched to add to this.

to be made available — and won the individual M40 award. He also led North Wales Vets to victory in the inaugural fixture against Shropshire and the Isle of Man at Moss Valley Park, Wrexham.

Ron's wife Chris made it a family double by taking the Over 40 prize in the League.

Another Wrexham couple to pick up two awards were Geoff and Mary Gartrell. Geoff was 3rd in the M50 and Mary won the W50 class.

## Eric's Offer

Eric Austin is willing to answer queries on training problems and related matters, as he does already for Brit. Marathon Runners Club. Send your problems to Training, Veteran Athletics 40 Balvernie Grove, London SW18 5RU.



## FIXTURES

### Legend

cd closing date

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

### NATIONAL

9 Apr	BVAF 50K/20K Road Walk BASILDON Essex
17 Apr	£1 cd 2 Apr P Worth 21 Baas Hill Close BROXBORNE EN10 7EU
30 Apr	LONDON MARATHON
	Kodak Veterans 5K Champs HEMEL HEMPSTEAD Herts cd 11 April
	Dacorum BC Leisure Services Civic Centre Marlowes Hemel Hempstead
22 May	BVAF Open Veteran Relays TRING Herts - see page 2
19 Jun	Focus Reebok POTTERIES Marathon Staffs
	Don Shelley PMP Trentham Gdns N Staffs ST4 8AX tel 0782 657341
3 Jul	Inter Counties T&F Champs SWANSEA M Bolton see next
23-24 Jul	BVAF T&F Champs CWMBRAN Gwent forms available
	M Bolton Crwcca Farm Felindre Swansea SA5 7JP
31 Jul	Inter Area T&F Palmers Park READING
6 Aug	BVAF Pentathlon Champs Northwood Stadium STOKE ON TRENT
7 Aug	BVAF 10M Road Champs OSWESTRY Salop
21 Aug	BVAF Open Veteran Half Marathon WELWYN GARDEN CITY Herts
10-11 Sep	BVAF Decathlon Sheffield or Loughborough
25 Sep	BVAF Kodak BARNSLEY Veterans 10K S Yorks
25 Sep	BVAF 10K/5K Track Walk Champs SOLIHULL
2 Oct	BVAF & Flying Fox Marathon Champs STONE Staffs
29 Oct	BVAF 20K/10K Road Walk Champs SUTTON COLDFIELD

### INTERNATIONAL

18-19 Jun	IGAL European 10 & 25K BRUGGE Belgium forms returned by 15 May
25 Jun-3 Jul	VI European Veteran Games VERONA Italy forms returned by 15 April
21 Aug	Dutch Open Track & Field NIJMEGEN UK vets invited cd 6 Aug
	WOC A V NIJMEGEN Postbus 261 6500 AG NIJMEGEN Holland
8-9 Oct	IGAL World Champs SEOUL Korea
15 Oct	Beijing Marathon & 10K/5K Road BEIJING China to close August
All Tour details:	VEST Tours 71 Hillside Crescent S HARKOW Middx HA2 0QU

### MIDLAND

17 Apr	Tipton Rod Relay Handicap - nb change of date
30 Apr	Carrington Hall Half Marathon, GLOUCESTER 4v 2wv
	£2.50 Inger Baud 126 Estcourt Rd GLOUCESTER GL1 3LH 4v 4wv
1 May	MVAC 15M Tamworth Stadium
1 Jun	MVAC 10K Road Champs BIRCHFIELD
5 Jun	MVAF T&F Champs WOLVERHAMPTON
19 Jun	5th Chelmsley 10M SOLIHULL 53v 16wv. £3 cd 14 Jun
	John Walker 111 Cooks Lane Kingshurst Solihull B37 6NU
6 Aug	MVAC Pentathlon with BVAF and MVAC 10K NORTHWOOD Staffs
17 Sep	10M Road Champs NUNEATON
25 Sep	Masters T&E Meeting SOLIHULL
	Redditch & Dis Sports Council League - Thursdays 5 May, 2 Jun, 7 July, 8 Sep

### EASTERN

15 May	Eastern Vets AC and Open Half Marathon CAMBRIDGE
	£2 to P Chaplin 1 Gunning Way Cambridge CB4 3SQ

### SOUTHERN

23 Apr	VAC 10M Champs WIMBLEDON
23 Apr	LTE Relays GUNNERSBURY Park London W3 on-the-day
8 May	EASTBOURNE Open - see page 10
21 May	ISLE OF WIGHT Marathon 8v 3wv cd 7 May
25 May	BROMLEY Vets Track Meeting J Robinson 20 Cumberland Rd Bromley
30 May	WORTHING Open Meeting
31 May	VAC Open Vets 5M Road & Walk Battersea Park 7pm on-the-night
5 Jun	SCVACT&F Champs PERIVALE Middx
12 Jun	BARNET SHOW Vets Track Copthall Stdm NW7 & vets 10K Road - see page 10
14 Jun	VAC Track Champs West London Stadium
27 Aug	Dartford H Open & Vets Meeting
4 Sep	Twickenham AC Vets Meeting
	BATTERSEA PARK London SW11 - VAC Club 5M Road and Walk 7pm on 3 May, 21 Jun, 12 Jul, 9 Aug

### SOUTH-WEST

11 Jun	SWVAC Open T&F, JERSEY CI - see page 10
15 May	POOLE Marathon and SWVAC Champs
	SAE to D G Lord 311 Bournemouth Rd Parkstone POOLE BH14 9AL
10 Sep	Exeter H Vets Meeting

### NORTH

17 Apr	6M Road Race WALLASEY
8 May	English Estates Vets 10K cd 1 May
	Allerdale District Council Moorclose WORKINGTON Cumbria
5 Jun	NVAC T&F Champs Robins Park WIGAN
	£2 cd 23 May G Aitchison 13 Lawns Av Orrell WIGAN WN5 8UQ
12 Jun	BLACKPOOL FYLDE WYRE International Marathon cd 3 May
	Vet prizes first 5 men 3 women in each 5 year age group
19 Jun	NVAC Track Meeting Wythenshawe Park Track MANCHESTER
3 Jul	PENNINE MARATHON - see page 10
21 Aug	ISLE OF MAN Marathon
	Bryan Doughty Sea View Cottage Port St Mary I of Man

### NORTH-EAST

4 Apr	10M Road Burn Rd HARTLEPOOL
10 Apr	WALLSEND Road Races
16 Apr	JARROW & HEBBURN Road Races
24 Apr	GREAT CUMBRIAN Run
8 May	1st North East Vets Sunday League Competition
15 May	HEBBURN Boundary 10
29 May	2nd NEVAC Sunday League Competition
5 Jun	Team Valley GATESHEAD 10 Mile Road
9 Jun	BLAYDON Races
25 Jun	NEVACT&F Champs -

### SCOTLAND

9 Apr	Tom Scott 10M Road Strathclyde Park
23 Apr	Lochaber Vets 10K Road FORT WILLIAM
24 Apr	Lochaber Marathon incorp Scottish Champs and SVHC Champs
	£2/£5 cd 19 Apr E Campbell Kisimul Alma Rd FORT WILLIAM
7 May	'Glasgow 800' 5 Mile Road Garscadden GLASGOW
8 May	Kodak Garden Festival 10K GLASGOW
15 May	Luddon Half Marathon KIRKINTILLOCH
28 May	Bathgate Hill Race BATHGATE

29 May	*Vets 5M Hill Race Champs LENNOXTOUN
19 Jun	SVHC T&F Champs GRANGEMOUTH
9 Aug	10K Road Race LOCHINCH

### WALES

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

### WOMEN ONLY

24 Apr	EPSOM Allsorts 10K & 5K J Denton 1 Park Hill Rd Ewell
29 May	LIVERPOOL Women's 10K Run - Liverpool Co Council Rec
	& Open Spaces Dept Mansion Ho Calderstones Park Liverpool L18 3JD
19 Jun	Kings of Clubs 10K Road GLOUCESTER - Age Groups W40, 45, 50, 55
	£2 Inger Baud 126 Estcourt Rd Gloucester GL1 3LH

## FIXTURE NOTES

**Chelmsley 10**, Solihull puts up no less than 69 veteran prizes. Organiser John Walker says 'I feel the veterans and ladies, just outside the top range, deserve support. Traffic free mile marked roads, and 'VA' report.

**Beijing International Marathon** is also a chance to tour in China after the Korea IGAL championship.

**Verona**, 4000 entries are anticipated from 25 countries, including Poland and USSR for the first time in vets. Mid distance star Tatiana Kazenkina is one named.

Selected veteran finals will be run in the International track meet held in Verona that week, to which Carl Lewis and others will be invited, say the organisers.

Letters should be addressed to the Editor at Veteran Athletics, 57-61 Mortimer Street, London W1N 7TD

## AAA Recognition supports

### Demand for Relays

says Ron Blastland, Event Sec

Judging by the response to my article in the January/February edition of "Veteran Athletics", the relay tradition in British athletics is alive and well. Knowing that the usual three or four stage events would attract support the question was, could the Vets field sufficient six and eight stage teams to justify a National Championship? Have no fear, many of those who kindly wrote in indicating their interest, expressed a wish to enter two teams - or more!

Some two years ago I put forward a suggestion to increase the size of teams in the cross country championships and concluded the lack of response meant that we were not capable of sustaining an increase. Happily, the ability of Clubs to find the runners for a National Road Relay Championships proves otherwise.

Since the announcement, there have been some very significant developments.

First - the relays will be OPEN to all AAA's and WAAA's and equivalent affiliated clubs. (First claim members only and club vests must be worn).

Second - the AAA has agreed to its medals being presented to the first three teams and three fastest laps in each race. This is of course our first official recognition by the Association.

Third - in addition to the Womens 35 or over four-stage, Mens 50 or over six-stage and Mens 40 or over eight-stage, a Mens 60 or over three-stage race is now included.

Fourth - the Stoke Mandeville Olympic Village, used for the Disabled Olympics, has been made available to anyone wishing to stay overnight on the Friday, Saturday or Sunday. This is mainly dormitory accommodation but has some single and two bedded rooms. Early application is advised as they have another function on that weekend. The village has a six lane all weather track and an Olympic swimming pool among many sporting facilities. It is 9 miles by road from Tring, the venue of the relays. Please book direct on Aylesbury 84848.

The final piece of good news is - we have a main sponsor. Mr A.E. Frazier,

## Extracts from your Letters and Comments in the Plebiscite Coupon

continued from page 4

what sort of times and results are being achieved by contemporaries." **D Weighton** - "A good newsletter is essential to give vets a sense of fellowship and belonging." **Jill McKenzie** - "Members should pay for postage, then you would know who really wants the Newspaper." **Mike H Turner** - "Keep in touch by contact with members." **R Woodhouse** - "This form of commercialism will erase itself eventually." **J Walker** - "I receive more than one copy because I belong to more than one Vets club. I wonder how much might be saved by checking for duplication." **G Johnston** - "'Lifeline' - kept me interested when injured." **R Fyfe**.

## VETERANS T&F RANKINGS BOOK

1987

available

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

chairman of the Tring based home builders and property developers Amalgamated Builders Ltd quickly stepped in to remove the financial uncertainty attached to an inaugural event of this kind. Rising advertising costs, printed forms and programmes and quality awards place championship events beyond the income of entry fees alone, so Mr Frazier's generous support is welcome indeed.

I feel we may be not doing enough for the Women with just the one class. The question is, are there sufficient women vets to increase the teams to five or six, or to split them into 35-44 and over 45 teams of four? In the light of recent correspondence should we be thinking in terms of 40-49 and 50 plus? The answer is - let us know. It may be too late for this year, but the views expressed would help the BVAF council determine the demand. One advantage from having a newspaper!

Finally I return to the question of "B" teams. The first requirement is to cater for all of the "A" teams who wish to enter and have a successful championship devoid of incidents. The AAA's twelve stage championships is restricted to about the top thirty teams: we expect up to 100 and possibly more in each of the two starts without "B" teams. Relay changeovers do not lend themselves to "funnelling" competitors and splitting out individual stage times on the day are just two issues not faced in mass road races. Congestion at the changeovers also makes the task of timekeepers and recorders particularly difficult if the races are oversubscribed.

In view of the above, please send your "B" entries on a separate form with separate cheque and SAE. I will review the position after entries close on April 30th and reserve the right to return them should we be oversubscribed. Sorry I can not be more precise, but please enter as soon as possible to Ron Blastland, 8 Mansion Drive, Tring, Herts, HP23 5BD with a SAE. for final details.

See advertisement page 2



# ULTS • RESULTS • RESULTS • RESULTS • RESULTS

## BVAF CROSS COUNTRY CHAMPIONSHIPS Irvine Ayrshire 13 March promoted by SVHC

### M40 40-49 race

1 A Roper Swansea	1	31:23
C Youngson Aberdeen	2	47
B Williams Newc Staff	3	32:04
A Duncan Pitreave	4	15
B O'Neill Aldershot F&D	5	16
J Norman Altrincham AC	7	26
P Hyde Alt	8	29
A Adams Staffs Moor	9	33
M Duff AF&D	10	35
10 G Milne Aberdeen	11	40
A Adams Dum AC	12	44
T Keller Manchester H	13	54
R McAndrew Chorley H	14	57
A R Lamb N Shields Piv	15	59
P Crichton Wey St Paul	16	33:03
J Adair Bellahouston	17	06
S Grace Alt	18	08
K West Border H	19	13
M Hinks Tipton H	22	39
20 J McMillan Kil AC	23	44
W Day Falkirk V	24	50
D Rogers AF&D	27	34:06
R McGalt Alt	28	11
M Lister Harrogate AC	29	16
M Smith Newc St	31	18
J Clarke Bedford & Cou	32	21
J Cusdon Harri AC	34	24
D Seaton N Belfast	35	26
T Turnbull Elswick	36	27
30 R McVicar Aberdeen	37	32
K Moore Harrogate	38	35
C Martin Dumbarton	39	37
A Eason Tipton	40	37
R Anderson Cambuslang	41	40
D Ritchie Aberdeen	42	41
D Fairweather Cambus	43	44
P Larkin Newc St	44	55
G Ayre Berke Co	45	35:08
A Binnton Alt	46	59
40 J Rowley Vale & Dist	52	25
M Murphy AF&D	53	28
B Smith Elswick	54	29
B Preece Aberdeen	55	31
J Miller Irvine AC	56	34
E Goulden Alt	57	36
B Smith N Down	61	38
G Morgan Harrogate	62	53
P Goldie Cen Reg	64	57
R Cusdon Harri AC	65	58
50 T Atkey Dux City	67	07
T Webb Mid K AC	69	15
K Green Tipton	71	21
D Walton Alt	73	26
T Branigan AF&D	74	29
D King Irvine	75	31
L Johns Tipton	76	34
A Hughes Cambuslang	77	34
P Shave Pit	78	38
A Barlow Alt	79	40
60 D Duke Irvine	81	42
A M Casey SVHC	85	50
W Bradley Edin Sth H	87	55
P Bradley Cambuslang	88	57
J Dwyer Alt	89	37:04
H Fleming Cen Reg	90	04
D N Adams Hamilton H	92	06
E Playfair Cymys	97	17
W McCann E Kil AC	100	28
P Mackie Irvine	102	38
70 W Wilson Cusdon AC	103	39
M Brown Morpeth	103	40
K Collins Newc St	104	44
G Messon Kilbarchan	105	48
E McClure N Down AC	107	51
W Paterson Grn G Pk	108	52
B Webb Bed & C	109	54
G Smith Tipton	110	55
W Crawford E Antrim	111	59
D J Blount Bluff AC	112	38:03
80 K Symington N Down	113	08
P Templeton Liv AAC	114	38:10
F Healy Giffnock N	115	12
G Reid Cambuslang	117	15
A Spruce Tipton	118	19
J Charlton Morpeth	119	20
R Donaldson Cymys	120	20
E Moore Cymys	121	27
C Foster Bingley	122	30
J Dixon Alt	123	34
90 I Corbett Noun H	124	36
J McDonald Giff Vic	125	40
F McCrossan Giff N	126	40
D Mellin Cambuslang	128	45
J Devlin N Belfast	129	53
W Robb Falkirk V	130	54
H Adams Cymys	135	39:12
A Muir Calder H	136	14
N Cummings Linlith AC	137	35
G Huxleydale Harri AC	138	39
100 R Nicol Irvine	139	44
A McDermaid Shett H	141	52
B Dodson Vale & Dis	146	40:10
R Brown AF&D	147	19
R Black Dumbarton	149	49
T Reid Livingston	154	04
W Irvine N Belfast	159	42:01
J Harrison Livingston	161	13
A Bagg Caldergen	162	24
G Large Linlith	166	43:01
110 R Benyon Vale & Dis	168	24
J Hall N Belfast	169	24
K Martin SVHC	175	44:48
W Thompson E Ant	176	56
S Shackleton Alt	178	45:40
H McIlwaine N Belfast	180	45
G Newman Grn W Pk	181	46:08
N Gargison Tris Tor	182	48:17

### M45 40-49 race

1 B Little Bolt Un	6	32:19
T Davies AF&D	20	23
R McFarquhar Aberdeen	21	29

D Fowkes Tipton	25	33:55
K Chadfield Elswick	26	34:03
D Kay Bolton Un	30	17
D Hodelt Grn G Pk	33	22
M Edwards Aberdeen	45	35:02
H Dukes Bedford & C	47	11
10 D James Alt	48	12
K Summersill NVAC	49	14
M Brooks Alt	51	24
I Leggett Livingston	58	39
M Wrenn Tipton	59	41
J Moses Bella	60	46
J Clelland Tipton	63	55
M Craven Edin S	65	36:01
G Lawson Manch HAC	68	09
T McCall Dumbur	70	20
20 H Mugham HELP	72	23
P Baxter Alt	80	41
J Conaghan IBM Sp V	82	43
R Corry Will Th	83	46
B Hughes Nuneaton	84	48
K Burgess Alt	86	54
M Tranter Tipton	91	37:06
G Blair Shet	93	08
R Peacock HELP	94	09
A Leonard Dumbur	95	09
30 J McKinnon HELP	96	10
P Baxter Alt	97	11
J Conaghan IBM Sp V	98	12
R Corry Will Th	99	13
B Hughes Nuneaton	100	14
K Burgess Alt	101	15
M Tranter Tipton	102	16
G Blair Shet	103	17
R Peacock HELP	104	18
A Leonard Dumbur	105	19
30 J McKinnon HELP	106	20
P Baxter Alt	107	21
J Conaghan IBM Sp V	108	22
R Corry Will Th	109	23
B Hughes Nuneaton	110	24
K Burgess Alt	111	25
M Tranter Tipton	112	26
G Blair Shet	113	27
R Peacock HELP	114	28
A Leonard Dumbur	115	29
30 J McKinnon HELP	116	30
P Baxter Alt	117	31
J Conaghan IBM Sp V	118	32
R Corry Will Th	119	33
B Hughes Nuneaton	120	34
K Burgess Alt	121	35
M Tranter Tipton	122	36
G Blair Shet	123	37
R Peacock HELP	124	38
A Leonard Dumbur	125	39
30 J McKinnon HELP	126	40
P Baxter Alt	127	41
J Conaghan IBM Sp V	128	42
R Corry Will Th	129	43
B Hughes Nuneaton	130	44
K Burgess Alt	131	45
M Tranter Tipton	132	46
G Blair Shet	133	47
R Peacock HELP	134	48
A Leonard Dumbur	135	49
30 J McKinnon HELP	136	50
P Baxter Alt	137	51
J Conaghan IBM Sp V	138	52
R Corry Will Th	139	53
B Hughes Nuneaton	140	54
K Burgess Alt	141	55
M Tranter Tipton	142	56
G Blair Shet	143	57
R Peacock HELP	144	58
A Leonard Dumbur	145	59
30 J McKinnon HELP	146	00
P Baxter Alt	147	01
J Conaghan IBM Sp V	148	02
R Corry Will Th	149	03
B Hughes Nuneaton	150	04
K Burgess Alt	151	05
M Tranter Tipton	152	06
G Blair Shet	153	07
R Peacock HELP	154	08
A Leonard Dumbur	155	09
30 J McKinnon HELP	156	10
P Baxter Alt	157	11
J Conaghan IBM Sp V	158	12
R Corry Will Th	159	13
B Hughes Nuneaton	160	14
K Burgess Alt	161	15
M Tranter Tipton	162	16
G Blair Shet	163	17
R Peacock HELP	164	18
A Leonard Dumbur	165	19
30 J McKinnon HELP	166	20
P Baxter Alt	167	21
J Conaghan IBM Sp V	168	22
R Corry Will Th	169	23
B Hughes Nuneaton	170	24
K Burgess Alt	171	25
M Tranter Tipton	172	26
G Blair Shet	173	27
R Peacock HELP	174	28
A Leonard Dumbur	175	29
30 J McKinnon HELP	176	30
P Baxter Alt	177	31
J Conaghan IBM Sp V	178	32
R Corry Will Th	179	33
B Hughes Nuneaton	180	34
K Burgess Alt	181	35
M Tranter Tipton	182	36
G Blair Shet	183	37
R Peacock HELP	184	38
A Leonard Dumbur	185	39
30 J McKinnon HELP	186	40
P Baxter Alt	187	41
J Conaghan IBM Sp V	188	42
R Corry Will Th	189	43
B Hughes Nuneaton	190	44
K Burgess Alt	191	45
M Tranter Tipton	192	46
G Blair Shet	193	47
R Peacock HELP	194	48
A Leonard Dumbur	195	49
30 J McKinnon HELP	196	50
P Baxter Alt	197	51
J Conaghan IBM Sp V	198	52
R Corry Will Th	199	53
B Hughes Nuneaton	200	54
K Burgess Alt	201	55
M Tranter Tipton	202	56
G Blair Shet	203	57
R Peacock HELP	204	58
A Leonard Dumbur	205	59
30 J McKinnon HELP	206	00
P Baxter Alt	207	01
J Conaghan IBM Sp V	208	02
R Corry Will Th	209	03
B Hughes Nuneaton	210	04
K Burgess Alt	211	05
M Tranter Tipton	212	06
G Blair Shet	213	07
R Peacock HELP	214	08
A Leonard Dumbur	215	09
30 J McKinnon HELP	216	10
P Baxter Alt	217	11
J Conaghan IBM Sp V	218	12
R Corry Will Th	219	13
B Hughes Nuneaton	220	14
K Burgess Alt	221	15
M Tranter Tipton	222	16
G Blair Shet	223	17
R Peacock HELP	224	18
A Leonard Dumbur	225	19
30 J McKinnon HELP	226	20
P Baxter Alt	227	21
J Conaghan IBM Sp V	228	22
R Corry Will Th	229	23
B Hughes Nuneaton	230	24
K Burgess Alt	231	25
M Tranter Tipton	232	26
G Blair Shet	233	27
R Peacock HELP	234	28
A Leonard Dumbur	235	29
30 J McKinnon HELP	236	30
P Baxter Alt	237	31
J Conaghan IBM Sp V	238	32
R Corry Will Th	239	33
B Hughes Nuneaton	240	34
K Burgess Alt	241	35
M Tranter Tipton	242	36
G Blair Shet	243	37
R Peacock HELP	244	38
A Leonard Dumbur	245	39
30 J McKinnon HELP	246	40
P Baxter Alt	247	41
J Conaghan IBM Sp V	248	42
R Corry Will Th	249	43
B Hughes Nuneaton	250	44
K Burgess Alt	251	45
M Tranter Tipton	252	46
G Blair Shet	253	47
R Peacock HELP	254	48
A Leonard Dumbur	255	49
30 J McKinnon HELP	256	50
P Baxter Alt	257	51
J Conaghan IBM Sp V	258	52
R Corry Will Th	259	53
B Hughes Nuneaton	260	54
K Burgess Alt	261	55
M Tranter Tipton	262	56
G Blair Shet	263	57
R Peacock HELP	264	58
A Leonard Dumbur	265	59
30 J McKinnon HELP	266	00
P Baxter Alt	267	01
J Conaghan IBM Sp V	268	02
R Corry Will Th	269	03
B Hughes Nuneaton	270	04
K Burgess Alt	271	05
M Tranter Tipton	272	06
G Blair Shet	273	07
R Peacock HELP	274	08
A Leonard Dumbur	275	09
30 J McKinnon HELP	276	10
P Baxter Alt	277	11
J Conaghan IBM Sp V	278	12
R Corry Will Th	279	13
B Hughes Nuneaton	280	14
K Burgess Alt	281	15
M Tranter Tipton	282	16
G Blair Shet	283	17
R Peacock HELP	284	18
A Leonard Dumbur	285	19
30 J McKinnon HELP	286	20
P Baxter Alt	287	21
J Conaghan IBM Sp V	288	22
R Corry Will Th	289	23
B Hughes Nuneaton	290	24
K Burgess Alt	291	25
M Tranter Tipton	292	26
G Blair Shet	293	27
R Peacock HELP	294	28
A Leonard Dumbur	295	29
30 J McKinnon HELP	296	30
P Baxter Alt	297	31
J Conaghan IBM Sp V	298	32
R Corry Will Th	299	33
B Hughes Nuneaton	300	34

H Ross Kilbarchan	98	45:17
B Scarth N Down	105	46:27
T Tyrrell E Antrim	107	38
J Backhouse SVHC	118	51:27

M50+ 3 to score	
1. Wirral AC - 33 pts	
2. Isacacs 3, A Lennon 8, M Morrell 22	
3. Bingley H - 38 pts	
4. Dawson 7, G Spinks 10, J Smithurst 21	
3. Morpeth H - 51 pts	
W Ryder 6, P Carmichael 19, S Milton 26	

S Lawson Maryhill	56	44
G Freeman Sunderland HAC	65	41:12
T Miller Clydes H	68	30
J Brothers Portsm AC	69	38
W Robertson Tron Tor	70	39
B Armour Bella	78	42:25
A Hardman Alt	80	51
A Smith Ayr Seaf	84	43:04
J Manderson SVHC	85	15
J McGuigan Maryhill	89	30
F Valentine Bolton Un	94	44:33
N Skelton N Belfast	96	45:02
K Phillips Beith H	97	07
W Robertson SVHC	98	12
E Campbell Lochaber	100	25
A Davidson E Antrim	101	51
J Lovett SVHC	102	57

O'Reilly Springs	103	46:21
T Paton E Kilbride	104	46:22
E Cassels Elswick	104	46:22
T McBride N Belfast	109	49
B Butler NVAC	111	47:26
C Gallagher Grn G'Pk	114	48:04
<b>M60</b>		
1 W Marshall Mth YM	37	38:31
R Belmore VAC	39	41
W Temple SVHC	46	41
E Nicholls Brooms & R	51	58
J Carr Dur City H	55	40:27
R Fernyhough Mich AC	57	40:33
H Soper Vaux Motors	60	41:05
W Elliott N Down AC	61	41:10
M J Stewart NVAC	62	41:12
G W Gillespie Falcirk VC	75	40:49
T Johnson Gateshead H	85	43:08
R Blizak Aht	86	43



# ULTS • RESULTS • RESULTS • RESULTS • RESULTS

## Northern Veteran AC Championships

Leeds 7 Feb 1988

Over 40

M40 1	B Williams New Staff AC 35:11
M45	B Little Bolton 35:35
M40	J Norman Altrincham 35:45
M40	B Hilton Leeds AC 35:48
M45	S James Southport 35:51
	R McAndrew Chorley 35:54
	P Hyde Altrincham 35:55
	S Grace Altrincham 36:24
	P Larkin New Staff AC 36:42
10	B Pickersgill Long H 36:49
	D Wilkinson Wirral 36:53
	P McWade NVAC 37:01
	W Allan Tadcaster 37:03
	B Tucker NVAC 37:06
	E Rancor Bolton 37:06
	M Lister Harrogate 37:14
	M Cunningham March 37:23
M45	D Kay Bolton 37:30
	G Bagnall New Staff AC 37:31
	A White Long H 37:32
	K Moore Harrogate 37:40
	M Smith New Staff AC 37:42
	S Almond Bolton 37:59
	E Goulden Altrincham 38:14
	M Barnes Bolton 38:22
	M Stacey New Staff AC 38:24
	R Handcastle Long H 38:27
	M Brooks Altrincham 38:30
	M Smith Bingley 38:48
30	P Probin East Hull 39:59
	P Waddington Lither 39:09
	D Farmer Sale 39:13
	G Lawson March 39:20
	R Ashby Sale 39:25
	J Dwyer Altrincham 39:29
	A Day Wirral 39:32
	K Mayor Bolton 39:34
	K Collins New Staff AC 39:35
	A Barlow Altrincham 39:40
40	R Ellis Long H 39:43
	A Judd Leeds AC 40:03
	D Walton Altrincham 40:04
	A Lythe Sale 40:09
	K Burgess Altrincham 40:15
	K Fozard Harrogate 40:21
	B Wilyman Leeds AC 40:23
	P Baxter Altrincham 40:26
	V Seed Wirral 40:37
	K Summers Altrincham 40:38
50	D Forman NVAC 40:42
	D Todd Stratford AC 40:53
	R Mannings Halifax 41:00
	M Daley New Staff AC 41:06
	M Murphy Salford 41:15
	J Peterson Altrincham 41:17
	S Sacks Salford 41:34
	A Sidebotham Warr 41:36
	J Smith Rochdale 41:47
	P Carr Tadcaster 42:09
	S Bragg E Chesh 42:11
60	D Horwath March 42:20
	J Dixon Altrincham 42:21
	L Outwin Dark Peak Fr 42:22
	A Healey Bury 42:24
	R Standing Salford 42:42
	A Cropps Sale 42:50
	N Harris NVAC 42:51
	D Blount Bolton 42:54
	D Wilcock Sale 42:58
70	T Cook Leeds AC 43:10
	D Illingworth ASVAC 43:38
	K Horn Leeds AC 43:45
	A Wright Altrincham 44:03
	D Tomkinson Rochdale 44:20
	J Pedley East Chesh 44:27
	M Pearce Chorley H 44:30
	W Cameron Harrogate 44:51
	D Shelton NVAC 45:04

Teams

	Altrincham 42
	Newcastle Staffs AC 51
	Bolton 58
	Longwood H 97
	NVAC 125
	Harrogate 159
	Leeds AC 161
	Sale 175
Over 50	
O50 1	D Lawson Bingley 35:48
	E Isaacs Wirral 37:05
O50	A Lennon Wirral 37:51
	P Dawson Blackburn 39:15
	G Spink Bingley 39:33
O55	M Morrell Wirral 40:00
	E Kirkup Barnsley 40:15
	L V Hodgkinson Pem 40:28
O50	J Wild East Chesh 40:53
	F Wilson Pem 41:22
	D Pickering East Hull 41:25
	B Gane Sale 41:31
	D Howarth Escaliford 41:58
	D Cornwell Bolton 42:00
	B Crowther Bingley 42:08
	G Knight Harrogate 42:23
	J Emmett ASVAC 42:46
	W Atkinson Blackburn 43:11
	E Chambers East Hull 43:29
20	G Griffin East Hull 43:36
	B McGuigan Wirral 44:05
	G Gartrell Wrexham 44:07
	R Silver NVAC 44:18
	R Lamb NVAC 44:31
	M Brookholm H&AC 44:47
	M Stewart East Chesh 44:58
O60	J Kirk NVAC 45:05
O60	W McCartney Pem 45:10
	R Francis Bury 45:35
30	McCartney Holm H&AC 45:40
	G Eden Rotherham H 45:43
	B Knowles Leeds AC 46:08
O60	E Johnson Tyne & Wear 46:21
	S Coffey March 47:07
	J Baron Pud & Bram 47:17
O65	J Senior Scun 47:23
	D Newton Warr 47:29
	D Wood Leeds AC 47:52
	B Hill NVAC 47:58

Teams

Over 40	
Bedford & County AC 24	
Bedford AC 109	
Vauxhall Motors AC 111	
Grantham AC 115	
Ipswich Jaffa 116	
Cambridge & Col AC 147	
Corby AC 163	
Mansfield RC 191	
Bedford & County AC 'B' 222	
Over 50	
1 Duke Street 144	

Ladies 5K

W35 1	D Marsh Norf Olym 19:54
W35	K Every Nene V 19:58
W40	C Oxton LRRC 20:15
W40	C Ashberry Holbeck 20:54
W45	S Gaudes Her & Ware 21:43
W40	B Hutcheon Norf Olym 21:43
W45	I Horsney Cam & Col 21:45
W35	H Shaw Bedford & C 21:59
	C Dwyer Norf Olym 22:11
W45 10	S Iarr Jaffa 22:38
	D Braverman EVAC 22:47
	P Ash Norf Olym 22:55
	S Richards Bedford & C 22:57
	S Gould Jaffa 23:10
	C Brown Shafton 23:20
	S Wakenham Jaffa 23:47
	K Thomas Bedford & C 24:25
	L Clark Bedford & C 24:33
W50	B Atkinson Shafton/Barnet 24:34
20	B Smith Kettering 24:53
W50	E M Holmes Cam & Col 24:59
	M Jones Bedford & C 25:07
	V Woods Cam & Col 25:52
	M Oiley GMDAC 26:04
	J Evans Shafton/Barnet 26:06
	S Reed Winham RC 26:11
	M Norris Jaffa 26:47
	M Krajewski Unatt 28:03
	M Haggard Corby 28:32

Teams - 3 to score

Norfolk Olympiads 16	
Bedford CAC 38	
Cambridge & Col AC 51	
Shafton/Barnet 59	

## MVAC Cross Country Championships

Tamworth 10 Jan 1988

Over 40

1	A Edwards Sparkhill 37:49
	D H Wilde Worcs 38:04
	Mike Palmer B&R 38:15
	John Walton W&B 38:46
	E Evanson Tipton 38:52
	G Astill Tipton 39:03
	J Heywood Huncote H 39:09
	D Peigs Gov Godiva 39:24
	J Byles Tipton 39:39
10	R Willis Nuneaton 39:53
	J Hassell W&B 40:42
	P Smith West Brom 40:50
	B Russell Dud & Kings 41:12
	C N Moore Notts 42:18
	D Ostins Tamworth 42:44
	P Hickman Halesowen 42:57
	K R Allen Notts 43:24
	J Bryan Cam & Col 43:43
	I Corbett Nuneaton 43:52
20	D Brearley B&R 44:03
	D Cowell B&R 44:36
	Stewart Pegg MVAC 45:31
	B Fox Birchfield 45:35
	W Scott Notts 46:00
	P Owen Tamworth 47:45
	R Barson Plessey 50:13
	T Lowe Sinfir J 51:52
	I Harlow Sinfir J 51:53

Teams

1	D Fowles Tipton 37:51
	N Hawkins B&R 38:59
	B Cox Sparkhill 40:09
	T Woodward B&R 40:31
	J Clelland Tipton 41:42
	M Tranter Tipton 42:12
	M Wren Tipton 42:23
	K Buckle Chesh 42:38
	C Hunt Tipton 42:50
10	T Preston Nuneaton 43:05
	A Proffitt Sparkhill 43:25
	G Wood Tipton 43:34
	E Franklin Nuneaton 44:01
	P Fisher B&R 44:15
	R Suddens Nuneaton 44:42
	D J Cowley MVAC 44:53
	P Copstake Sparkhill 45:06
	P Barnard Nuneaton 47:49
	E Jettick MVAC 48:20
	A Smith Tamworth 59:01

Over 50

1	A Griffiths Notts 39:27
	J Mills Sparkhill 41:04
	G Oliver JLRRA 42:52
	R Booth Tipton 44:16
	J Powell Sparkhill 47:33
	B Nelson MVAC 47:43
	R Ellis MVAC 52:40
	N Slide West Brom 54:04
	F Moore MVAC 55:19
M55	
1	D McWhirter Tipton 45:44
2	K Dore & Sh 49:48
3	K Westley West B 60:48
M60	
1	E Nicholls B&R 46:31
	H Tempan MVAC 46:52
	R Lucas Staffs H 48:24
	A W Hitchman RSC 50:46
	J Quantrell Dorking 57:50
M65	
1	L Singer S&SH 67:38
M70	
1	J Selby Cov God 69:47

Teams

Tipton 20	
Bromsgrove & Redditch 26	
Sparkhill 33	
Notts AC 41	
Nuneaton 7	
Tamworth 142	
West Bromwich 145	
Birchfield 161	

Women

W35	
1	B Cardy B&R 21:06
	L Robb Notts 22:36
	L Cliff Holm Piersap 22:46
	A Rogers S in A 23:29
	C Barton Notts 23:55
	M Evanson Tipton 24:28
	M Camble S in A 27:09
	G Hough Shepsa Sh 28:18
W40	
1	E Adams S in A 22:20
	D Fellows Cannock 25:49
	P Rowe B&R 27:53
	S Washington B&R 29:19
	S V Moore Notts 30:07
	W45 1 J Ryan Cannock 26:56
W50	
1	B Chapman RSC 33:17
W55	
1	S Holland Nuneaton 34:56

Teams

S in A 17	
D Dunn Gof 34:07	
K Thomas Bedford & C 34:25	
L Clark Bedford & C 34:33	
B Atkinson Shafton/Barnet 34:34	
B Smith Kettering 24:53	
E M Holmes Cam & Col 24:59	
M Jones Bedford & C 25:07	
V Woods Cam & Col 25:52	
M Oiley GMDAC 26:04	
J Evans Shafton/Barnet 26:06	
S Reed Winham RC 26:11	
M Norris Jaffa 26:47	
M Krajewski Unatt 28:03	
M Haggard Corby 28:32	

Teams - 3 to score

Norfolk Olympiads 16	
Bedford CAC 38	
Cambridge & Col AC 51	
Shafton/Barnet 59	

## North East VAC CC Championships

Monkton Stadium, Jarrow 20 Feb

Over 40

M40	
1	M McNally Salt 32:13
	M Bentley Mor 32:15
	M Friend Els 32:25
	M Chadfield Els 32:28
	S Keith Els 32:33
	D Charlton Tyne 33:20
	C Botham Els 33:28
	W Robertson J&H 33:39
	D Gray Mor 33:41
	J Alder Mor 33:49
	A Palmer 37:28
	Nixon Gof 34:13
	H Robson Tyne 34:17
	T White Hough 34:29
	J Poole Els 34:32
	R Lund Dur 34:39
	A Bone S/S 34:43
	B Purvis Gof 34:54
	A Griffin Blyth 34:57
	F Strand S/S 34:59
	T Atley Dur 35:10
	A Craft Gof 36:22
	W Campbell Gof 35:39
	T Baxter Gof 35:47
	B Brown Mor 35:57
	W Balmer S/S 36:06
	P Hutchinson Gate 36:13
	T Wood Dur 36:20
	B Pascoe J&H 36:22
	M Candlish J&H 36:28
	D Kitching Blyth 36:34
	Hurst J&H 36:34
	J Charlton Mor 36:44
	J Patterson Dur 36:51
	G Smith Hough 37:02
	W Lumden Gof 37:05
	C Dunn New 37:07
	J Gibson S/S 37:09
	G Waton Sud 37:11
	A Lindsey Sud 37:15
	D Lowerson Hough 37:18
	G Hurst J&H 37:23
	I Morgan Hough 37:25
	A Hoare Clare 37:41
	T Jones J&H 37:46
	A Purnham Crook 38:05
	A Bebbington S/S 39:20
	M Tranter Tyne 39:27
	M Stevenson S/S 39:31
	A Maudr Gof 39:47
	R Smould Gof 40:12
	M Tjinder 38:40
	L Burnett 39:07
	J Small 40:32
	J Jackson 41:26
	M70 P Fresh 42:20
	M65 B Wade

Over 50

M50	
1	M Ryder Mor 32:59
	E Appleby Heat 34:58
	M50 F Moffat Gof 35:02
	M50 I Barnes Dar 35:12
	M50 R Manning 35:21
	M55 P Carmichael 35:51
	K Sutton Gof 36:02
	R Cheekley Heat 36:23
	M60 R Pearl Els 36:25
	R Evarston S/S 36:36
	A Oliver Mor 36:43
	J Ealey (Dartford) 37:48
	W Milburn Dur 36:47
	M60 A Morgan Gof 36:52
	A Prouse Gof 36:55
	M60 W Ramage Dur 37:18
	J Hawes Heat 37:29
	J Peacock Dur 37:31
	W Gardner Els 38:04
	D Whitmore S/S 38:06
	J Prudham J&H 38:25
	A Brewster Wash 38:33
	J Carr Dur 38:39
	A Ray Mor 38:52
	E Barron Dur 38:59
	G Freeman Sund 39:02
	R Pinkney S/S 39:05
	J Robertson Bay 41:07
	D Hill Hough 42:41
	E Cassels Els 44:16
	M Robertson S/S 45:05
	P Patterson Gof 45:08

## Southern Counties VAC Coudsden Surrey 28 Feb

Over 40

M40	
1	S Cowles (Oxford) 32:56
	M40 P Lindell (Oxford) 33:27
	M40 P Bryan (Havering) 33:33
	N Jackson (H&A) 33:36
	C Collins 34:42
	J Binfield 34:44
	M60 E Barnford 36:07
	M L Brown 36:42
	R Andrews 36:59
	C Stockings 37:18
	R Tucker 38:06
	M60 J Hay 38:58
	J Bowen 39:09
	G Jones 39:24
	J Breen 39:34
	L W Morris 39:49
	N Jackson 39:56
	C Collins 34:42
	W Ashby (Stave) 40:45
	W Clapham (Black) 41:10
	D Sudbury (SLH) 41:13
	C Beckwith (WychP) 41:23
	B Parkes (Barn) 41:36
	D Porter (SCVAC) 42:04
	K Fiddler (VolA) 42:10
	D Thomas (Camb) 42:15
	P Thomas (VolA) 42:18
	G Poole (Highgate) 42:27
	B Strong (Barn) 42:31
	S Allen (H&A) 42:33
	R Salmon (TH&H) 42:40
	M65 J Broughton (Black) 42:47
	G Crowder (Black) 42:49
	M Callow (MiltK) 42:55
	J Rowe (Barn) 43:01
	J Burke(H&A) 43:02
	M60 B Grindley (TH&H) 43:07
	G Evers (Barn) 43:23
	B Gyles (H&A) 43:26
	M65 D Gyles (H&A) 43:28
	C Clarke (Dartford) 43:34
	J Green (VetsAC) 43:40
	M Waddell (Dart) 43:47
	C Crooke (Croydon) 43:53
	M60



# ULTS • RESULTS • RESULTS • RESULTS • RESULTS

## Bedfordshire, Luton, 13 December

M40 G. Ayre Vaux	44:07
R. Wedley Biggs	44:18
K. Cook Vaux	44:47
M45 H. Daubon Best	49:46
M50 D. Wilson Stop	50:05

## Berkshire, 12 Dec 71/8M

M40 M. Duff W.S.E.	40:43
R. Stevens Reading	42:56
G. Stevens Reading	43:10
K. West Newbury	44:08
W35 J. Webb Burnham J.	23:53
C. Hyde Burnham J.	25:07
K. Yewer Newbury	25:14

## Buckinghamshire, Amersham, 12 Dec

M45 S. Barrow Wycombe	36:10
H. Patterson Mill K.	37:19
E. Sutton Burn J.	38:26

## Cambridgeshire, Peterborough, 13 Dec

M40 M. Holt N.V.H.	34:08
T. Jenkins C&C	35:12
R. Bryan Hunt	34:36

Women	
I. Hornsey C&C	20:09
P. Clark Hunt	20:53
F. Haines Warr J.	21:50

## Derbyshire, Clay Cross, 12 Dec

M40 H. Leeming Der	
R. Wilby N. Der	
S. Bramore Eck	

## Devon, Exmouth, 12 Dec

M40 K. Dearbridge Torb	36:54
K. Cawley R.N.	37:16
J. Hamblin Torb	37:36

M45 W. Stocker Torb	41:56
T. Buckle Torb	42:20
R. Harris Ermev	42:33

M50 G. Martin Bid	45:56
B. Mellich Exe	48:31
C. Downs Torb	49:28

W35 S. Uno Tavle	28:21
D. Routley Exe	27:43
S. Thompson Newts	30:14

M. Wood Torb	32:00
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Dorset, Bovington, 12 Dec	
B. Smith B'mth	38:00

Mid Glamorgan 12 Dec	
2d o/a/l A. Jeffrey Swan	34:17

M40 R. Williams Baddau	37:00
B. Thomas Myrnyd	37:41

W40 A. James Rhonda	19:38
W35 L. Morrison Bridge	22:40
A. Dummer Baddau	23:17

## Veteran placings in Cross Country Champs

### West Glamorgan, Fairwood, 12 Dec

M40 D. Lewis Swan	42:29
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### Hampshire Havant, 12 Dec

Men not listed	
Women	
N. Atkey Ata F	
J. Baugh Andover	
M. Beaucham AF&D	

### Hertfordshire, Watford, 12 Dec

M40 R. Mervin Ver	39:01
W. Whitman Wat	40:07
R. Porter Ver	40:15

M50 J. Stead Ver	41:24
D. Surrey SB	42:00
L. Foster Barn	43:29

W35 S. Gander H&W	18:39
G. Brown SB	19:18
F. Cordery Ver	19:14

### Humburside, Hull, 12 Dec

M40 E. Knapp Brid	46:25
T. Weston Clea	49:30
J. Whitfield E. Hull	49:51

W35	
3d o/a/l J. Allison Brid	30:41

D. Baker Brid	31:19
S. Ely Clea	31:31
B. Brown Grim	32:01

### Leicestershire and Rutland, Whitwick, 12 Dec

M40 R. Grove St	40:55
D. Lamb Leics	41:09
J. Hawwood Huncote	42:20

### North East, Silkworth, 12 Dec

M40 D. Littlewood Crook	43:57
H. Matthews Ely	44:21

### North East - Women

Town Moor, Newcastle, 13 Dec	
W. C. Holliday Tees	21:11

S. Ronson Tyne	21:23
B. Hare Loftus	21:25

### Northamptonshire, 13 Dec

M. T. Coleman Kett	36:36
C. Tomlin Kett	38:03
B. Smith North	38:22

D. Harwell Kett	38:26
J. Smith North	38:57
D. Birch Rugby	39:38

W. M. Finch North	24:34
W. Casson North	24:54
C. O'Brien Cor	25:17

D. Smith Kett	26:41
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## Norfolk, Fakenham, 13 Dec

8 o/a/l V. Holman Thet	39:47
B. Wilkinson RAF Swan	42:28
T. Cooke Ryst	43:50

W35	
2 o/a/l D. Marsh Norf O	23:23
B. Hutcheon Norf O	24:58
C. Tennison Gty	25:05

## Shropshire, 12 Dec

M40 M. Dawes Shrew	43:59
J. Lenthall Newp	45:35
N. Boyle Shrew	45:47

## Somerset, Burnham-on-Sea, 12 Dec

1 o/a/l C. Thomas Wells	37:39
M40 M. Mills Wells	41:37
D. Bendy Mine	42:42

W35	
5 o/a/l M. Gardiner Yeo O	24:19
A. Coles Mine	25:48
A. Thomas Wells	26:26

## Staffordshire, Burton-on-Trent, 12 Dec

M40 D. Fowles Tip	32:25
J. Walton W&B	33:00
A. Evison Tip	33:18

W35 D. Fellows C&S	21:36
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## North Wales, Connah's Quay, 12 Dec

M40 9 o/a/l G. Owens Presta	40:26
A. Egan Wrex	41:04
M45 B. Taylor Wrex	45:58

M50 R. Williams Wrex	45:39
M55 D. Morris Oswat	50:56

Vet teams	
1 Prestatyn	
2 Wrexham	

W35 2 o/a/l M. Docking Wrex	19:24
W40 J. Hallard Colw B	20:30
M. Torros Eryn	21:04

W50 M. Gartrell Wrex	21:54
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## Wiltshire, Chippenham, 12 Dec

M40 9 o/a/l J. Shields Swin	43:40
T. Berry Swin	44:19
J. Lewis Salis	45:55

W35 5 o/a/l 2 Marchant Bath	25:29
V. Rodgers Chipp	29:28
A. Crosson Swin	29:28

## West Down Cup, Dromore, 12 Dec

M. G. Williamson Sparta	11:15
E. Turnbull WTH	11:32
D. McHenry WTH	11:37

## Worcestershire, Redditch, 13 Dec

M40 A. Rushmer	30:29
W35 B. Cardy	20:10

## 11th Yorkshire Vets CC Champs

### Guiseley 17 Jan

Over 40	
M40 M. Lister Harrogate 36:13	
K. Moore Harrogate 36:41	
M40 B. Tucker Rowntrees 36:35	
M40 B. Pickersgill Longwood 36:37	

A. Farmer Dark Peak 36:40	
M45 K. Summersgill NVAC 36:43	
M45 W. Allan Tadcaster 36:45	
M45 C. Windle Guest 36:49	

E. Knapp Bridlington 36:52	
T. White Longwood 36:56	
N. Pearson Sheffield 37:19	
R. Futrill Holmfirth 37:22	

H. Bates Skyrac 37:24	
R. Handcastle Longwood 37:25	
J. Nettleton Tadcaster 37:30	
N. Scrutton Scarborough 37:32	

R. Bradley Holmfirth 37:35	
D. Moffat Rowntrees 37:52	
R. Mundy Rowntrees 37:56	
L. Rhodes Bingley 38:06	

Teams	
Langwood 3.10.14 = 27	
Rowntrees 2.18.19 = 39	
Harrogate 1.5.41 = 47	

## Over 50

M50 D. Lawson Bingley 35:46	
M55 G. Spink Bingley 38:53	
M50 J. Smithworth Bingley 39:48	
M50 D. Pickering East Hull 40:09	
M55 D. Hodgson Leeds City 40:49	

G. Knight Harrogate 42:01	
B. Crowther Harrogate 42:01	
J. Ginnitt ASVAC 42:06	
J. Pickering Rotherham 42:16	

J. Lynch Scarborough 42:50	
D. Foster Hallamshire 43:08	
J. Steele Wakefield 43:24	
R. Miller ASVAC 43:36	

C. McCartney Holmfirth 43:41	
M. Smith Hallamshire 44:05	
J. P. Smith Bingley 44:08	
E. Chambers East Hull 44:21	

D. Dunford Wakefield 44:30	
G. Eden Rotherham 44:31	
R. Parkin Wakefield 45:10	
M. Wood Leeds City 46:33	

M50 P. Brook Holmfirth 49:34	
M50 J. Lawton Escaville 50:54	
M55 D. Kitchen Hallamshire 54:42	
M50 M. Bromley Hallamshire 59:19	

43 ran	
Teams	
Bingley 1.2.3 = 6	
Wakefield 12.18.20 = 50	
ASVAC 8.13.29 = 50	

## Women

W40 B. Carney Bingley MAC 24:26	
W35 C. Marler Leeds 25:09	
W35 J. James Hallam 25:38	
W40 D. Hopkinson Hallam 25:55	
W35 J. Sanderson ASVAC 26:39	

W45 C. Britt Ilkley 26:41	
W35 L. Daly Halifax 27:26	
W45 C. Bourne Hallam 27:41	
W35 H. M. Rath Abbey 27:52	
W40 C. Walker Bingley 27:59	

W35 L. Mitchell Halifax 28:08	
W40 J. Peart Skyrac 28:21	
N. Betts Hallam 28:25	
S. Rogers Abbey 28:57	
I. Neville Halifax 29:27	

W. Trowbridge Hallam 29:51	
M. Lowe Dewsbury RR 31:06	
A. Pearson Ilkley 31:12	
W55 M. Mansfield Hallam 31:15	
J. McWilliam Ilkley 31:44	

J. Illingworth ASVAC 31:47	
W50 W. Webster Skyrac 32:42	
A. Jebb Bingley 32:51	
W50 J. Nake Halifax 33:54	
M. Rhodes Rotherham 34:45	

## Teams

Hallamshire 3.4.8 = 15	
Halifax 7.11.15 = 33	
Bingley 1.20.23 = 34	

## Lancashire Veteran C/C Champs

### Promoted by NVAC 24 Jan

Over 40	
M45 B. Little Bolton H 34:11	
M40 R. McAndrew Chorley H 34:34	
M40 P. McWade Clay Le Moors 34:38	
M40 G. Grace Altrinch 35:04	

K. O'Toole Liverpool 35:27	
E. Rainier Bolton H 35:27	
S. James Southport & W 35:58	
M45 D. Kay Bolton H 36:09	
D. Blakeley Swington JFC 36:27	

S. Almond Bolton H 36:36	
M. Barnes Bolton H 37:17	
F. Green Oldham & Royton 37:28	
J. Galvin Leigh 37:40	
D. Thorpe Leigh 38:05	

J. Prescott Leigh 38:11	
P. Baxter Altrinch 38:40	
K. Mayor Bolton H 38:55	
A. Barnes Swington JFC 38:56	
J. Smith Rochdale H 38:56	

P. Murray Horwich RMI 39:03	
39 finished	
Over 50	
M50 P. Dawson Blackburn AC 38:55	
M50 L. V. Hodgkinson Liver Perm 39:09	
M50 F. Wilson Liver Perm 40:20	

M50 J. Wild Guest 40:34	
M55 D. Howarth Leigh H 41:10	
W. Atkinson Blackburn AC 41:27	

## M55 W. McCartney Liver Perm 42:10

C. Hallinan Leigh H 42:19	
W35 J. A. Foster Horwich RMI 24:01	
W35 M. Dean Sefton H 25:35	
J. Kirk NVAC 43:35	
R. Chadwick NVAC 44:31	

F. Francis Bury & Rad 44:59	
C. Betts Salford 45:18	
H. Hill Burnley 45:00	
D. Newton Warrington 46:01	
B. Crook Bury & Rad 46:10	

B. Hughes Liver Perm 46:12	
F. Valentine Bolton H 47:20	

## Women

W35 C. Walkington Horwich RMI 23:01	
W35 J. A. Foster Horwich RMI 24:01	
W35 M. Dean Sefton H 25:35	
W50 L. Small Horwich RMI 26:01	
W45 A. Tomkinson Bolton H 28:51	

W45 P. Parr Bolton H 29:46	
J. Thomson Rochdale H 32:28	
J. Brindle Bolton H 32:36	

## Category Winners

Over 60	
11 J. Kirk NVAC 43:35	
2 B. Crook Bury & Rad 46:36	
3 B. A. Fearnley Bolton H 51:00	
4 B. K. Arstall NVAC 58:31	

## Over 65

12 R. J. Allen NVAC 48:44	
224 697 W. Knowles Warr AC 49:52	
329 L. Heald E. Cheshire 54:43	

## Over 70

127 R. Jackson Salford H 54:38	
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## Over 75

1305 Bradshaw Clay Le Moors 65:00	
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## TEME Valley Veteran Relays & NECCA Champs

2.267M 13 Feb	
H. Matthews	11:15
S. Keith	12:01
J. Spells	12:11
C. Bollen	12:03
T. Turnbull	12:23
K. Chadfield	11:54
1.11:47	

## Second



