

Veteran Athletics

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Number 7

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Wind and rain lash Cwmbran

Martin Duff, Athletics Weekly Veterans Correspondent, reports from the National Veterans Track & Field Championships held at Cwmbran, July 23 and 24, where Rosemary Chimes and Dave Cowley excelled despite testing weather conditions and a shadow cast by the sudden death of Eric Wippich.

Most T&F matches at Cwmbran are badly affected by adverse wind conditions and the National Vets was no exception. Strong winds and driving rain made some events a lottery and more than a few hammers were thrown into the cage as a result. The second day did at least offer some sunshine interspersed with the gales and rain.

The individual stars of the championships came from widely differing backgrounds; on the women's side, Rosemary Chimes, well known for many years as Rosemary Payne, again broke world age O55 bests (three again) and ended up with seven titles as she easily took the 100m, 80m Hurdles, High Jump, Triple Jump, Discus, Shot and Hammer. As one would expect of a former Commonwealth Discus Champion, that event realised an improvement on her own World Veteran Record to 39.04m which is also a massive increase on her O50 British Best.

For many years 40 year old David Cowley of Rugby has done sterling service in his clubs' T&F team, and caused quite a few upsets in cup matches. At Cwmbran he swept all before him taking both hurdles events, 200m, 400m and Triple Jump, with perhaps his best being the 400m in 50.9secs.

Pat McNab, W45, picked up a handful of golds in the 100, 200, 80m Hurdles, High Jump and Triple Jump whilst Mary Wixey in the W65s again collected a useful medal haul.

MEN'S OVER 40

There were some stirring races in the M40 group; Ron Bell led the 800m in 57.0 on the

first lap and held on for 1:58.2, ahead of a fast finishing Geoff Peel (2:00.7), after suffering defeat the previous day by Alun Roper over 1500. Bell chose to lead that one too, but was outspurred off the final bend by Roper who won easily, 4:00.7. It was Roper again in the 5000m where the lead was shared to half distance with Brian O'Neill and Martin Duff before the Welshman moved clear in the second part of the race to win comfortably in 15:02.2.

Bill Marshall performed a similar double in the O60s 800 and 5000.

WOMEN'S TRACK

In the women's middle distance races Pat Gallagher again came out on top. She had to work hard in the 800m though, as Jersey's Anna McDonald closed the early lead down by 500 metres and improved her best time by two seconds despite wilting against the wind in the straight. Gallagher however could only watch as Brenda Ford and Anna McDonald fought out a close W40 400m ahead of her. Ford ran it as a 300m and held on narrowly from McDonald who improved her best again.

Iris Hornsey, W45, lost the 1500m on the line after going well clear at 300m when Myra Garrett came with a late sprint.

SPRINT DOUBLES

Women's sprint doubles were won by Marjorie Hocknell (W40) and Una Gore (W50), whilst John Henson (M45), Dave Burton (M50) and Charlie Williams (M55), who demonstrated consistent fast starting, all battled into the wind to record men's doubles.

JUMPS

The jumps were badly affected by the conditions. Sean Power took High Jump and Triple Jump in the M45s for the best performances and Hugo Duggan of the Irish club, Finn Valley, threw in a good 6.73 Long Jump (M40)



Rosemary Chimes triple jumps to a 9.12 world best at Cwmbran

with wind advantage. J. Parrish of Sutton Harriers ran down an aggressive Long Jump to win the M45 at 6.04m.

FIELD EVENTS

The field events were marred by the tragic death of 40 year old Eric Wippich of Aylesbury who collapsed, and subsequently died while in the care of the St Johns Ambulance and a doctor. His Javelin throw of 47.08 earned a posthumous silver medal.

Bronwyn Carter had easy wins in the W35 Shot and Discus, while the premier men's age group saw good contests in the same events. Geoff Blyton with 13.89 just got the better of Neil Griffin in the Shot, and an equally close

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TAYLOR TO REPLACE STEIN AS CHAIRMAN

After seven years as Chairman of the BVAF, Sylvester Stein announced at the AGM that he would not be standing for re-election. The well attended AGM of the BVAF held at Cwmbran on July 23 elected Bill Taylor, Vice-Chairman since 1984, to replace Stein. Both Stein and Taylor have been active in the Special Projects Committee which initiated *Veteran Athletics*.

Ruth Allcock, athlete and athletics official, was elected to the Vice-Chair.

Wilf Morgan, who had posted early his intention to step down from the post of Secretary of the BVAF, was replaced by the election of Martin Duff.

Duff spoke after the meeting of his main aim which will be to work toward the integration of the Veteran movement into the mainstream of British athletics. He said: 'I would see a progression from Colt to Boy then Youth, Junior, Senior and Veteran without any need for belonging to a separate club. I will strive for veteran involvement in the new BAF and welcome the recent moves toward AAA Veteran Championships.'

Detailed reports and profiles, see page 5

Bell sets world record Stateside

The big invitation mile at the US Masters T&F Champs, Orlando, Florida was won by Ron Bell in 4:12.58 on August 6. It was declared a world record with the first five beating the previous mark.

John Dixon led till Ron kicked 300m out and won the battle to the line. B. Dice (Jam) was second in 4:13.78; H. Nolan (US) third in 4:15.38 and J. Dixon (NZ), fourth, in 4:15.81.

On the day Bell broke the mile record, the women's O50 record for 400m, set by Ann McKenzie of South Africa 13 years ago in 63.2, was lowered in Amsterdam by Pat Smith, European gold medalist in 62.7.

Pat's run was at a Dutch Open Meeting. In the lane outside her was the Dutch women's champion, aged 21, who clocked 53.6.

European Veteran T & F Championships, Verona, Italy, June 25th — July 2nd

Report by Martin Duff, Veterans correspondent of Athletics Weekly 'See Beccalli' was the cry that went up from any Italian official criticised for the many administrative and organisational errors present in Verona. The problems affected athletes, press and spectators alike. There was also evidence of 'Evangelist' type goings-on in seedings for heats and semi-finals, thus ensuring safe passage for selected Italian athletes. When questioned on this latter point, officials explained that the Italian championships were being incorporated into the events!

The blatant officialdom, or in most cases lack of proper officiation, did not help the local cause in the medals table: West Germany were way and above all other countries, with over a hundred golds, with Great Britain just behind Finland in third place with 25.

Stars of the Games

The International star of the games had to be

BARNSELY 10K

A new date is announced of Sunday, November 20, for the Barnsley Veterans 10K Championship with a new sponsor, D.C. Cooks.

BECCALLI CRITICISED FOR BAD ORGANISATION



Verona 200m final: 1: Blackman (158) 2: Guy (161); 3: Tammento, Fin (185)

Rosemary Chimes who set three new age 55 world bests and 2 British bests. The West German 0/60 Paula Schneiderhan broke world bests for 100 metres (14:90) and 200 metres (31:47); how many British men veterans at, for example middle distance, can better those times? Elsewhere, the star of Malmö, the black

*Cesare Beccalli is the president of WAVA (and previously EVA)

Dutchman Ron Merclina, returned to retain his M40 800/1500 titles, revealing that he broke the world best for 800 last July in the Hengelo Grand Prix with 1:51.52!

MEN'S EVENTS

Double Gold Pole vaulter Bob Brown took two golds in the M55 age group; he won his speciality with 3:40 and then, with a do or die effort in the final

round of the Long Jump, leapt out to 5:77 to snatch first place there as well.

Seedings and the 400m

The 400 metre races produced two British winners in the younger age groups, but not without some very heated controversy in the prelims. The usual procedure of pre-signing entry, an hour before event time, was abandoned in favour of pre-selected heats — this produced a large number of races with few runners and athletes advised of their heat number. However these were then telescoped into fewer heats and Geoff Peel, for one, was left without a race. A further complication of this procedure arose because IAAF rules do not allow for semi-finals if only four heats are run, thus some athletes, who thought they had qualified for semi-finals, found themselves excluded when the proposed races were abandoned in favour of just a final! All of this however did not prevent a British clean sweep in the M40 group through Rob Bush, John Charlton and Colin Campbell. Frank Taylor and John Ross took 1st and 2nd in the M50 whilst John Henson struck silver in the M45s.

Middle Distance

The middle distance events did not provide Britain with the hoped for medal haul; the only gold was James Todd's M65 1500, as Ron Bell had to settle for silver behind world record holder Merclina in the 800, and was then,

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VETERAN ATHLETICS

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NOTICEBOARD

North East VAC seek a person to train and participate as a 'starter' for their local events at Monkton Stadium; Starters/Marshmen (Starters Assistants) will be encouraged to undertake the testing and grading of officials scheme operated by the AAA, commencing with the Grade IV test. Starting gun and ammunition will be provided by the club.

NEVAC SUBS North East Veterans AC annual fees of £3 for the current year must be paid by 30 September otherwise deletion will be made of names from the club records and re-application to join the club will be necessary.

Payments may be made to the Membership Secretary.

Mr A Bray, 10 Cottingvale, Morpeth, Northumberland NE61 10W.

Direct debit annual payments due on 1st January may be made to Bank Account No. 40670065 North East Veterans AC, Bank Code 20.10.57, Barclays Bank, 22 Bridge St, Blyth, Northumberland.

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Next issue November — please send copy by October 15, 1988.

Tenth Flying Fox Marathon and British Veteran Marathon Championships

SUNDAY 2nd OCTOBER
at 12 noon

At STONE in Staffordshire
(Held under AAA & WCCA rules)

Permits — STAF/88 028 and 151

Entry Fee £5.00 (Unattached £5.50)

Entries restricted to Men O/40 Women O/35

Trophies & Prizes awarded in age groups

Plus £150 prize draw for Club teams of five runners

Closing date for entries 12th September

*Promoted on behalf of the
British Veterans Athletic Federation*

by STONE
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Race limit 5 hours

Sapientia atque Levitas

ENTRY FORM Please return by 12th September 1988

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"I hereby declare that I am an Amateur according to the AAA and WAAA definitions and that I absolve the Organisers of the Race from any responsibility for any misadventure which may befall me while competing in the above Race."

SIGNATURE.....

DATE

Charlie Williams had a head start over his rivals in the 100m final at Verona. He won in the fine time of 12.08. Andrew Blackman came third in 12.40 and Bill Guy, fourth, in 12.58.

Photo: Julie Taylor.





CWMBRAN IN-DEPTH

Alastair Aitken reporting

The regular rain showers, the blustery winds, the waiting for events were unfortunate. But these aspects could not, in what has become all too often at the higher levels a 'commercial world of sport', mar the magic atmosphere at the 18th National Veterans Championships.

Only the English Schools Championships can be compared to the National Vets these days, in the same genuine amateur way.

At Cwmbran the oldest competitor was that character **Bill Baker** who is 84. He was active on the track sprinting as well as being out on the field. It is interesting to note that he is the oldest serving active member of Highgate Harriers having joined them in 1930, and his record in World and European Champs includes 24 Gold medals, 15 silver and 4 bronze. After 5 or 6 years wrestling he started athletics in 1920 to keep his stomach down!

Bill Baker's son, handsome **Ken Baker** (52), is a Hollywood actor and a World class veteran middle distance man himself.

Another senior to impress on the track in the 100 and 200 was **Roy Evans**, now 76. As a young man he was a top class amateur display gymnast. In 1979 he appeared in six finals in the Hannover World Veteran Games. He retired from General Motors Dunstable just before that and says "I love the atmosphere of veteran athletics and can go on for five or ten years more".

David H. Cowley is a new name in veteran circles but easy-going Cowley has made some impression on the Vets scene already. 40 last September, Rugby teacher Cowley followed up his 040 victory in the National Vets decathlon (5122) at Sheffield last September, with victories in the 100/200/400/110H & 400Hs and triple jump at Cwmbran but explained that he did 7 events sometimes in the league.

"We have a flourishing Midland veterans league and my club Rugby won that. We also have Janis Gercs with us who was in the Latvian Games in 1947."

Marjorie Hocknell, who has only been in athletics since 1982 and says she will be faster when she is 45 next year, is another improving young vet. Marjorie ran to an 040 UK record when doing 67.08 in winning the European 400 hurdles in Verona. She took up athletics because her children, 16 and 14, were running but they gave up athletics and she carried on.

Barrington 'Barry' Ferguson who won two golds and a silver at Cwmbran incidentally, said that as a coach to others he found himself encouraged to compete again, inspired by his son Karl Ferguson (English Schools youth 100m 2nd and, this year, as a senior boy 100m 3rd) turning into a reasonable athlete.

Obviously, in the race walking world, veterans



Pat McNab (62) wins the W45 80m hurdles in fine form. Second was Irma Kirchhofs (71)

are a venerated word as several compete in International non-vet competition. Such men have been **Bob Dobson** and **Amos Seddon** in recent years. In the older age categories the outstanding British veteran recently has been **Dave Stevens**, who won 5k Gold medals in both the recent World and European Championships.

Although he feels he might perhaps have been doing too many races recently (30 to date) he naturally won both the 050 walks at the Cwmbran meet. He considered Melbourne a wonderful World Championships with plenty of atmosphere whereas Verona was an anti-climax and not well organised.

His general comment about veteran race walking: "Great friendship. More friendly crowd than at younger level but high calibre at veterans World level and not an easy ride in competition."

Rosemary Chimes has been quite sensational with her world records and wins in the European at Verona, as she pushes back the frontiers for 55-59 year old veterans. I remarked to her that **Pat McNab** another celebrated ex-international seems to have trouble with injuries now she is competing as a veteran.

Rosemary replied "I am trying to be careful. Everyone gets injuries but when you are young you recover from them. I got injuries when I was a teenager but within a couple of days I was alright. When you get older the time stretches and in your 40's and 50's it's weeks and weeks... So I try to avoid it. I don't train very much or very hard actually and save the effort for the competition."

A new name in the veteran field events is **Phillip Conway**, who was 40 on January 24. As an Irish international he threw 51.08 in 1970 and in his first veteran competition on June 5 at Tullamore he threw the discus 44.04m. At Cwmbran he won his age group in the hammer and was third in the discus and confessed "I like the competition as the man-to-

man-stuff appeals to me."

To my mind, it is interesting that such outstanding runners and ex-internationals as **Alun Roper**, **Allan Rushmer**, **Bernie Plain**, found veteran competition much tougher than they expected when they first came into it and had to train hard to win titles. **Bernie Plain** won the 10,000 at Cwmbran after fighting for a year to get a vets title of significance!

One who was not an international but had immediate success was **Ron Bell**. I interviewed Ron briefly about his European Veteran Games results of 2nd in the 800 and 5th in the 1500. "In the 800 metres **Mercelina** (winner in 1:56.08) was beaten but 10 metres from the line my right calf cramped up and in that split-second you hesitate and he got his nose in front." Ron: 1:56.49.

"In the 1500 I was just starting a virus infection, which I did not know at the time I had. I was told to take two weeks off and I was on antibiotics and literally jogged."

"But in the National vets 1500 I was going for a fast one because I wanted to set a marker before I go to Florida to run a mile there."

Records are beginning to tumble in the middle distance events, particularly over the 800/1500 M40, which is surprising, but here Ron has the answer for that.

"I think **Alun Roper** and I are pushing the barriers quite extensively and making a race of it from an average field. **Alun** and I are taking it on and saying let's race, consequently you are getting 3:58's indoors and last year it was 4:06! You are getting **Alun** and I running hard 1500's and miles and the times are coming but unfortunately there's only **Alun** and I doing it and it needs a third and fourth person up there. It is happening in the 800 if you watch **Geoff Peel** now but it needs one more runner."

discus (M40, 203ft 4 in.) and **Mel Brooks**, 93.4% in the 200m (M45, 23.46sec).

At Eugene, scene of next year's world games, **Ray Hatton** accounted for a new M55 US mile mark with 4:47.4. Also **Mike Manley** set an M45 mile mark of 4:28.0, bettering that of **Bill Fitzgerald** by more than a second.

At an L.A. meet, a combined Open/Masters event, ex-Olympic champion **Don Quarrie**, now a "sub-master" of 37, ran a sensational 20.64 sec. for an M35 world record.

OVERSEAS NEWS

This summer - new marks for the US record books

At New Orleans, in the US South-West masters region, national records were set in the women's javelin and high jump. **Lurline Struppeck** took her own W40 record for the javelin up to 129ft 3in. **Pat Peterson** high-jumped to a W60 best of 3ft 9in.

The new American system of time standards was in use at the Pacific

region championships, where the outstanding performance thrown up this way was a 27.7sec 200m in the M70 class by the great **Payton Jordan**. This equated to 96%, the ratio of the time standard of 26.85, divided by his 27.7.

Ranked next best under the system was **Bruce Springbett**, whose 200m was timed at 24.5sec, which was 95.5% of the time standard for his M55 group.

Other standards achieved were as follows: **John Powell**, 94.6% in the

You're not going training today, are you?

The plaintive call of the man who sits and looks. You're not going training in this surely? He has just accepted that you, the athlete, do go out for a training run in the lunch hour and he has even started to believe that you feel better for it, that you work better for it and that you 'play' better for it. You're not going out training in this are you?

Which started a train of thought that I decided should be broadcast for all converts to consider. What would happen if we decided not to go out training on a day like this?

The original remark was caused by the

cold snap in January when snow was about two feet deep in the drifts (forgot to tell 'him' that it was much more fun in the drifts two feet deep). So if I had stopped that would wipe out say 21 days in the year.

Rain also precipitates 'You're not going out in this are you?' Three cheers for Gortex! Now rain in the South East of the country probably takes up one day in five, so that is another 73 days when foot cannot be placed out of doors.

Certainly don't run on holiday with the wife and family, so whip off another 21 days and the Christmas period is out, pre- for shopping en-familie and apres- for sitting around being a jolly father figure with electronic games and Trivial Pursuits. Being generous, and with the extended

Christmas break, that means another 21 days, if you add New Year celebrations in as well.

Family birthdays! You're not going out training today are you? Let's see, mother, father, brother's lot, wife, children and their close friends, say 16 days. Visits to family around country over weekends - add another 50 days when it is 'advisable' not to train. Bank holidays, Royal weddings, Quarter days, Saint's days - treat them all equally - must give us another 47 days when training is infra dig. And, what about all those hot summer days when switching the air conditioning on can cause an outbreak of sweat for the untrained. What about those days when the grass turns brown and streams dry up. You're not going?.....Let us say another 75 days if we

International Cross Country Match

A proposed match between teams from England, Scotland and Wales has received outline approval from BVA.

The projected date is Sunday November 5th. Wrexham would be the venue and this has arisen from local enthusiasm in the exploits of veteran **Ron Bell**.

Teams would be 6 to run, 4 to count for Men drawn in the age groups M40, M45 and M50+.

Womens teams would be 4 to run, 3 to count picking from age groups W35 and W40+.

It is hoped that coach travel will be provided and hotel accommodation for the Saturday night.

Wind and rain lash Cwmbran

Continued from page 1

battle ensued in the Discus. This engaged **Griffin** and **Chris Ellis**, until **Griffin**, the Windsor National League team's no. 1, narrowly came out on top with 46.36.

The organisation of the Championships was chaotic on the first day, with events a whole hour behind schedule after just an hour's competition. Things did improve on the second day but events were still at times 45 minutes in arrears of their advertised schedule. While a good system of result recording was in operation, the physical separation of the processing and display of results and the presentation of medals caused problems; many results were not available to athletes and led to many complaints.

(Ed: Results booklets have since been circulated to area secretaries.)



Geoff Peel of Airedale & Spen Valley

FUNNY RUNNING

are lucky. Now windy conditions can be dangerous. Blustery March days when dirt flies around the streets and trees sway on the heath. When branches snap and plunge earthwards and directly towards the approaching runner. Oh, OK, let's add a few windy-swept days, say 25 in total.

Limping days after you have slipped off the kerb in the High Street, cold and flu-stricken days when you're not going out.....? In a good year perhaps an allowance of five days as you keep yourself pretty fit. Wait a moment that gives a total of 354 when somebody can say 'You're not going out training today, are you? At least it gives me one day's training and a run in the London Marathon for three years out of four, in the fourth I'll just have to do the London.

Stan Allen

your LETTERS

The Letters Page Of Veteran Athletics is open to everyone who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. Letters should be addressed to the Editor at Veteran Athletics, 57-61 Mortimer Street, London W1N 7TD.

EXCLUDED FROM CHAMPIONSHIPS

May I through your columns make a comment about the recent BVAF Championships at Cwmbran? The comment is a personal one, but as I heard complaints from many of those attending the meeting, and as the number of entries were down on last year's Championships I think I may be airing the views of quite a few veteran athletes.

I was refused permission to compete in the championships because my entry, posted two clear days before entries closed had not been received. The argument of the organisers was that the advertisement announcing the event stated "no late entries", but there is a world of difference between an entry made after the closing date and one made before; mine was not a late entry — only an entry delayed through the inefficiency of the postal service.

Had the entries' secretary done his job with the aid of a telephone this problem might not have arisen. It has always been my practice to double check in addition to sending an SAE by phoning up to confirm that my entry had been received. But no phone numbers for contact purposes were given in the advertisement and I could not trace him with Directory Enquiries.

The extreme disappointment I felt at having my entry refused, plus over 300 miles of travel, resulted from the appalling tardiness of the pathetic postal system, but more especially because of the unrelenting attitude of the Welsh organisers who admitted several mistakes, including the important one of closing the entries only a week before the event.

As a competitor in the National Championships since their inception in 1970 this is the first time I have been treated in such a cavalier fashion — I hope it will be the last. We are after all only looking for the common courtesy that should reasonably be expected in what we believe to be a "friendly" veterans' athletics movement.

Incidentally, the abysmal weather on the opening day was nothing to do with me, but it did reflect my feelings!

Bernard Metcalfe
London SW1

ROAD RELAY

A few thoughts on the Road Relay in Tring: 1. Venue. Tring was wonderful, but if it is not possible to hold it there, I suggest that Aldershot be requested, as winners, to hold the next. It so happens that the Young Athletes Road Relay Championship for the area was held at Aldershot, on an army manoeuvre site with all advantages: changing; parking; figure of eight course that kept spectator interest, because runners were visible other than just at the end; ease of marshalling for police. The course on that occasion was 3.8km, and is fairly undulating. If the 8 leg format is to be preserved, this is perhaps a good distance, though if 6 legs were preferred, I'm sure it could be lengthened.

Aldershot take a lot from the sport in the way of prizes; perhaps this makes it more appropriate for them to put something into it in the way of organisation — and set a precedent, perhaps, for winner (or runner-up where a win is repeated) to have the honours for the next year.

2. Legs. 8 does seem to be excessive. Interest in the race is harder to maintain as it goes on. If the organisers can cope, more teams of 6 — perhaps with a separate prize for first "B" team — would help maintain the dynamic of the race.

3. 50+. Many of us simply do not have 6 in this category. Could it be reduced to 4? And might it not be possible to hold it simultaneously with the open event — even allowing the 4 vets legs

(or 6 or however many) to hand over to 2 under 50s to complete the "open" team?

4. Mixed category. The Ladies here thought that a mixed category might be fun: at least 2 ladies over 35 and 2 men over 50 in the team — again incorporating this in the main race. We are, I'm sure, not the only club who could not field its best Vets team because the Ladies were not allowed to run with the Men!

Derek McCulloch
Windsor

ROAD REACTIONS

Despite suffering a 'flu type virus all February and bronchitis for most of March, I was 21st in the O60s in the London Marathon on April 17 and then won the age group in 1h36 in the Hants Half Marathon Championship at Southampton on May 1. (Maybe the enforced rest did me good!)

I was disappointed at the Hants Championship not to receive any special award, instead receiving the same finishing medal as the 900 runners behind me.

On another topic: I think all veteran men O40 should wear a black A on their vests (red for ladies), O45s a B, O50s a C, etc., front and back. These letter cards could then be taken from race to race and so would help identification of age groups for both runners and officials.

Tom Shilling
Basingstoke

WORLD GAMES

After reading the various reports on the Melbourne Games I wondered if I was at the same venue as some of your correspondents. Can I mention a few disappointments during what proved to be a magnificent spectacle.

The media coverage was pathetic! For what was reported as the biggest sporting event in Australia since the 1956 Olympics, the media, particularly TV, missed the boat. With due respect to the more elderly vets, we

were presented as a group of geriatrics (eg a senior vet walking over hurdles). This misled viewers and detracted from the real quality events. I had the pleasure of watching all the men's 1500m finals and each one produced outstanding times with thrilling finishes.

When sending my entry to Australia I had to nominate which country I wished to represent. Being Australian born I had a choice but I was told that if I ran for Australia I would not be able to compete in Europe. I was under the impression that veteran athletics was a social experience organised for people to compete in their later years without the constraints that exist for elite athletes. In fact I would have elected to run for GB anyway, where I have done all my veteran running and feel that I owe allegiance to my club (Warrington A.C.), Northern Vets and the British movement. But it would have been nice to have made that decision without external pressure.

On the brighter side the trip proved to be most enjoyable. I had the pleasure of meeting my younger brother, Jim, who was representing New Zealand where he has lived since 1953. And our mother travelled down from Sydney to see us.

The Organisation was superb especially the use of lap timers for each runner, the officials were most helpful, friendly and lenient and I was in the company of superhuman athletes who were both modest and sociable.

Whilst in Sydney I was invited to run at North Ryde. Everyone was most friendly. Bruce Brown, Ross and Mrs. Williams went out of their way to make me feel at home. Even Jim McGrath was there organising the pole vault.

Jim had accidentally burnt a hole in my tracksuit with a cigarette during the Pentathlon in Melbourne. I showed my displeasure at the time. But we had friendly chat and parted on good terms.

I am now looking forward to Eugene, Oregon where I hope to see my brother again and renew acquaintances. I am sure the Americans won't pass up the opportunity to give us prime exposure and I hope this time I have a free choice.

Stanley E. Sonerson
Warrington

PS Please find enclosed a cheque for £5.00 as a donation to Veteran Athletics.

FIELD EVENT COVERAGE

I recently wrote a letter to *Athletics Weekly* (as yet unpublished) admonishing them for their inequality of treatment of the results of the recent European Veterans Athletics Championships in Verona.

They published results of the flat track events one week, each event being introduced by a paragraph of general and British interest and the following week they published the results of the hurdles, field, walks and relays baldly listed without comment and this despite what I observed to be their correspondent's very best endeavours to gather as much information as possible on all events, not just the track.

Out of interest I examined *Veteran Athletics*. Whilst agreeing that a much fuller results coverage and comment does exist in general and recognising the overwhelming interest and participation at veteran level in the road running events, I think it may be necessary to keep an eye on the trends.

Sean Power
Cardiff



Sean Powers making his mark in the long jump

ONE MAN AND HIS DOG DO THE JOGLE

I recently walked from John o'Groats to Land's End, accompanied by my cross-collie, six-year-old Monique.

This was a personal challenge. In fact, it was the third time I had started from John o'Groats.

I planned and carried out the whole exercise, without back-up team, because, quite honestly, I did not feel capable of going all the way. Of course, the farther we went, the more confident I became.

At the age of 62, suffering from varicose eczema, and on two waiting lists for minor operations, I think my chances of reaching Land's End would not be highly rated.

The aim was to average 25 miles a day. Speed was not the important factor but stamina was crucial. I never carried liquid, but relied on wayside taverns, milk and so on, to stay hydrated.

Disaster struck in the Lake District, when Monique was limping on three legs, after sustaining a cut paw. It looked like the end. However, she made a rapid recovery and, after seven days rest, back at base, we picked up the trail again.

There is no doubt that experience and fitness gained on the first half of the walk helped us on the second. Fellow Midland Veteran, Ken Westley, gave us welcome support and encouragement on the stage from Edgbaston to Worcester.

It was not the original intention to walk in aid of charity, but, everywhere we went, people asked, and, eventually, Monique began to raise money for the Birmingham Dogs' Home, from which I obtained her, over £70.

We both enjoyed the whole adventure, and I look on it as the experience of a lifetime. I hope I can now do some more long walks.

And since returning, we have run the Handsworth Half Marathon, Monique's first, successfully, in spite of hardly any running preparation.

I have made a breakdown of the stages, for anyone who is interested.

Noel Blackham
Birchfield H. & Midland Vets AC

AWARDS

On the rare occasions when I win an award in my age group, M50, I would like to receive a small plaque or trophy detailing the event and the award category. But quite often the awards are sports goods or at one event an oil painting set.

The award of trophies rather than prizes would also discourage the small minority who swap numbers with younger runners.

While someone might be prepared to cheat to win a prize they might not be so keen to display an age award trophy on their mantlepiece to which their friends and relatives would know they were not entitled.

L.C. Walshe
Bedford

INTRODUCING WOMEN

Please can I through the pages of *Veteran Athletics* put in a plea to race organisers, results producers and athletic correspondents to stop using the word 'ladies' where 'women' is the correct word.

When you address us as 'Ladies and Gentlemen' - fine, I accept the salutation. But people do not refer to those running in the men's race as 'gentlemen'. So please can we refer to those running in the women's race as women.

Likewise, let them be women's events, like men's events - not ladies' events. Would the men like to run a 'Gentlemen's 10K'?

Sarah Cawkwell
London

It's Never Too Late

Remember Peggy Taylor's story in the June/July issue of how she got out there running? And were you inspired but have not yet taken any action? Well, it really is never too late. Write to Peggy today for encouragement and advice on how to get out running: 17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LY, enclosing an SAE.



The Way Forward

Bill Taylor, Chairman BVAF

The AGM at Cwmbran saw changes amongst those serving as Officers of the Federation. On moving to the Chairmanship, I am conscious of the job I have to do in unifying — or at least bringing closer together — opposing views.

We have a fine movement, speaking with one voice on many matters, covering the whole of the United Kingdom, men and women and all branches of athletics. As members of the Federation, our area clubs have a large measure of autonomy and a very great influence on how veteran athletics is run; but there is some uncertainty as to how we approach the formation of the BAF — a single governing body for athletics in the UK.

In the early seventies a few pioneers gave us a good start and we expanded rapidly, but more recently the increase in the number of active athletes of veteran age has not been matched by a corresponding increase in

BVAF affiliations. It has therefore been said that we do not represent all veterans, but I believe that we are the voice of veteran athletics, and we must ensure that we are heard.

I also believe that the way ahead is through dialogue and co-operation, and not through confrontation. The BVAF Council has a difficult task in charting the way ahead. We shall need serious and logical debate and, ultimately, a meeting of minds. I hope that I can preside fairly over this debate and play some part in securing our future. I ask too, for goodwill.

We must not, in the words of a leader-writer in today's Press "drown in the foetid waters of our own rancour".

Let's Get Our Relay Act Together

In the past we have done well in the relays in the World and European Veteran Championships

but we could do even better if we got our act together.

Ideally it needs one person in each age-group for the 100 metres and the 400 metres to take the responsibility for finding out potential team mates who will be at the Championships, including the day of the relays, and then keeping closely in touch with them during the games, and with them selecting the best team and running order.

Entry fees will be paid by BVAF, so the Treasurer, Keith Whitaker, who is usually there would like to know that they are teams of a reasonable standard. Let's have a few volunteers for these "Relay Coordinator" parts before we go to Eugene next year.

Back to Fund Raising

If anyone has had experience of running a large prize draw, please let me know.



Our new Chairman presents the Lou Myers Award for Outstanding Contribution to the Championships to Jim O'Brien at Cwmbran

Introducing Martin Duff, newly elected General Secretary of BVAF



Martin Duff has an athletic career which began at age 15 and has spanned all distances from 400m to marathon.

His veteran achievements have included World Marathon Champion and European 5000m Champion in '86, UK 10 Mile Champion in '85 and 5000m Champion in '84. In '87, his third veteran year, he gained a bronze medal in the World 5000m at Melbourne.

From a comprehensive and consistent roll of personal best performances a tentative selection would be his 1500m 3:52.2 of '72 and Mile 4:09 of '68 and his Ten Mile Road 49:30 of '79.

Clubs he has run for were Manchester DLCH, Reading AC, where he was a member of a notable Southern CC team, Windsor, and currently Aldershot, Farnham and District. "I joined them to be part of a veterans team" he said.

In business he is a qualified chemist but employed as a Sales Manager with Croxton and Garry (part of a Swiss multi-national) at Dorking, Surrey.

As well as writing and reporting for 'Veteran Athletics' he is the Veterans Correspondent of 'Athletics Weekly'.

My time as Chairman of the BVAF

— by Sylvester Stein

Seven years as chairman of the BVAF — that's the sentence I earned at Wolverhampton in 1981 when Basil Neilsen of Hillingdon decided for once to attend the AGM at the Track & Field Championships.

George Phipps, the founder chairman, had just completed his seven years hard and now put his foot down. Not a year more! There were some 25 of us at the general meeting and we looked uncomfortably at one another. It was like a slow SK, no one wanted to take it on, so to say...let the other chap have a go.

Then Basil nominated me and that was it and no getting out of it.

Nor have I ever been anything but delighted that I accepted. It's been a great and fulfilling experience, as the BVAF grew in size and status and the AGM grew from a handful of attendees to many times the number. What's more upon my retirement there were those ready to contest an election.

As you know our distinguished vice-chairman, Bill Taylor, has taken on the job and here's an interesting statistic: each chairman has given way to an older, not a younger man. Myself, now 67, took over from George, four years my junior, while Bill is three years my senior. That's the way it goes in the vets! Mind you as regards the General Secretary, and of course that post changed hands this year too, it has gone downwards, from Jack Fitzgerald, now 65

to the late Jack Haslam, who would have been 59, to Wilf Morgan, now 53 to Martin Duff, 44.

Just for the sake of completeness, Bill who was our first vice-chairman is 25 years older than the new office holder, Ruth Allcock, aged 45.

More for the record books: over the years, the council has worked to increase the number of events from a basic Track and Field and a Cross Country to eleven championships altogether, the latest additions being the Road Relay and the Half Marathon, each drawing approaching a thousand competitors.

Also, in 1984, we put on the European Track and Field Championships, at Brighton, where 3,000 athletes competed and we have also had the privilege of establishing this newspaper. Finally we now have a result from years of regular meetings and lobbyings with the people that run senior athletics, in putting on this year the first official AAA championships for vets. This move is regarded by both sides as but a first step.

Let's hope that the recent troubles and traumas at senior level will not have an adverse effect on these negotiations. In fact, let's hope that the new chairman, with all of us behind him, will be able to forge a still closer association, which will bring veterans still more and better competition. Cheers, Bill!



At the 1988 Annual General Meeting of the BVAF - Cwmbran

The Treasurer reported a balance of £6500, and circulated a balance sheet.

This did not include the accounts of the Special Projects Committee and there was a call for these to be included with the main accounts in future.

Championship Secretary Mike Wrenn told the meeting that veteran athletics was a model for all British athletics having one governing body but that there had been problems with medals at all championships and where both sexes applied. The Hemel Hempstead 5k was a case in point.

A motion to increase the Affiliation Fee from 25p to £1 per head on BVAF members was carried.

A motion authorising the BVAF to pay £2500 to the Special Projects Committee for the cost of mailing this newspaper was carried.

Item 10, the age at which women qualify in Veteran status, was introduced by its sponsor,

Sarah Cawkwell, and drew many speakers mostly in favour of W35 as at present.

A proposal to create a questionnaire directed to all women members was approved and Jean Coker and Sarah Cawkwell committed themselves to the project.

Chairman Sylvester Stein announced at the beginning of the meeting that he would not stand for re-election. A new Chairman and Vice Chairman were elected by hand vote of those present.

The General Secretary and Officers were elected or re-elected unopposed.

Sylvester Stein continues independently as Publisher of 'Veteran Athletics' paper.

Subscription Service

Subscriptions to 'Veteran Athletics' paper: £10 a year (6 issues) incl. post and package in UK.

Airmail: approx. £2 extra, but write for details. Make cheques payable to 'Veteran Athletics Subs' and send to: Jack Fitzgerald, BVAF, 57 Mortimer Street, London W1N 7TD

NEWS LETTER SUPPORT FUND

Here is a list of those who donated since the last issue. This time we are not publishing the amounts, as some people feel that this will encourage more donations. Send your cheques to Vets Athletics Treasurer:

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

Bryan Maurice	Norman Oliver
G B Cumming	Mel Edwards
Frank McMahon	Bill White
Stan Sonerson	Harry Harris
C E Manning	Mike Tomlins
Kath & Gerry Brennan	Dave Blyth
George Stewart	A Giddings
J C Walsh	Ron Deer
Tom Capstick	P J Newman
Joy & Noel Noble	Don Marshall
Ben Fletcher	G R Prim
Reg Double	Heythrop Pony Club
D G Ingram	T W & C P Morris
G Grosse	Evan Williams
Ernie Pliner	Anonymous
John & Mollie Mills	Windsor Eton & Slough
Havering AC Vets	AC
P W Webb	

We have to go to press early. Donations received after press date will be acknowledged next time.

Introducing your new vice-chairwoman

Sprint athlete Ruth Allcock, aged 45, is the new Vice-Chairwoman of the BVAF. She dabbled with athletics in her twenties but did not take up serious training until January 1974 after two children and the start of a woman's section in the Vale of Aylesbury AC.

With her 35th birthday and the veteran scene looming she found herself a coach, Eric Abraham of Wycombe Phoenix, which club she then joined (VoA remaining her second claim). And it was in 1984 that she won the European 200m W40 title at Brighton. She also won on that occasion a silver in the 400m, a gold in the 4 x 400m and another silver in the 4 x 100m.

This year she has eased back on training due to a persistent achilles but hopes to restart competition in readiness for next year's National Track & Field at Reading. That event is being organised by the VAC, to whom she belongs, and she is deep in making sure of officials for the event. Other athletic occupations include Buck's County Women's Officials Secretary and assistant club coach to the youngsters (mostly at VoA). She herself is a Grade 4 official at Track and Field and her husband Ken is a graded time-keeper. Just to fill up the final few minutes of her day she runs a Beaver Scout Colony for six to eight year olds - 24 of them! Us vets should be a piece of cake.

Ruth Allcock



INJURY CLINIC

Dr J Nixon MB ChB

Mr E A Caldwell LCSP (Assoc) MFO ACP (Dip.Sp.Sc)

Advice may be sought by writing with SAE and quoting Veteran No. to Injury Clinic, 'Veteran Athletics', 57-61 Mortimer St, London WIN 7TD

COLITIS

Q I suffer from ulcerated colitis which is dormant. But when I started running I always felt shattered and could barely run round the track. I had a blood test and folic acid tablets. On the personal front I always feel slightly tired.

A Ulcerated colitis is a chronic condition, which can, on occasions, be most debilitating. I take it that the condition has been exactly diagnosed and that you have had Barium Enemas and Telescopic examinations of the lower bowel. Are you currently being followed up in Hospital, from the point of view of the colitis? I say this because there are many people walking around with this diagnosis without it being fully substantiated.

Assuming that the diagnosis is cast-iron, we must certainly look at the question of various deficiencies. Although folic acid deficiency can be a feature of ulcerative colitis other deficiencies can occur, particularly Iron deficiency, and even B12, deficiency if the condition has spread to the lower part of the small bowel.

If you haven't recently had the condition very fully assessed, along with a wide biochemical screen I would suggest you do so. In the event of you looking for a further opinion you should put yourself in the hands of a Gastroenterologist, with an interest in ulcerative colitis. There are plenty of them around in central London! I think this is an internal medical problem, which is adversely affecting your athletic performance.

PHYSICAL PROBLEMS

Q After reaching a good standard my fitness has dropped alarmingly. My symptoms are muscle weakness to such an extent that although able to run 10 miles at 7 min pace I am completely unable to sprint even for 20 yards, run up stairs or even walk fast. This muscle weakness applies to upper body as well as legs. I have had many tests but all OK.

A My immediate thought is that you have a physical problem of one kind or another. I note that you have had various blood tests, muscle tests, ECG etc. and these have been normal. My own feeling would be that you should seek further medical advice. Your symptoms are compatible with anaemia and perhaps Vitamin deficiency and it might be helpful to know exactly what tests had been done and where, and even to have a sight of them.

Has your life style altered radically since 1986 e.g. new jobs or anxieties about present job/stresses of any kind — just a thought!

In the meantime it will certainly do no harm to take an enthusiastic dose of Vitamin B, something like the strong Vitamin B BP tablets, two, three times a day.

SLIPPED DISC

Q My forte over the years has been 400 and 800m track events but I am currently struggling with back and knee problems. These have included pulled muscle, trapped nerve, low back ache, muscle spasms and knee tendon.

A There really seems to be little doubt that the diagnosis is that of a slipped disc and that the disc being out of place is pressing on your sciatic nerve, hence the pain in the leg. "Muscle spasm" and "muscle pulls" are very much a feature of this problem. The muscle spasm is often a protective thing, the tight muscle to some extent preventing further movements to the spine, with resultant further disc displacement. From what you say the condition has clearly relapsed on numerous occasions.

When a disc is out of place it doesn't go back but merely gradually shrivels, leaving a patch of scar tissue, which is hopefully strong enough to prevent further displacement, but perhaps not in your case. On purely general grounds, in addition to the disc trouble you are likely to have a certain amount of wear and tear in the small facet joint in the lower back, with resultant loss of mobility. You are competing in events where mobility is of course of considerable importance.

Our ideas about back problems are undergoing something of a revision. You hear less and less talk nowadays of strengthening the back muscles, but much more talk of increasing mobility of the spine. It would make sense to perhaps see your Osteopath again, and concentrate very much on spine mobilising exercises and it is possible that a further course of treatment from him may ease out some of the inevitable stiffness you will have in the lower back. I am sure you are right to swim regularly.

I take it that you are doing regular stretching exercises and are doing these properly. You should be aiming to devote at least twenty minutes a day to the stretching. It would be worthwhile consulting with your Osteopath about the kind of stretching exercises you do, to make sure you are avoiding things like flexing your spine too much, which may aggravate the disc problem.

CRYSTAL PALACE CLINIC

In response to the many veteran athletes who are at a loss to know where to go for suitable injury treatment, I would recommend the newly designed quarter of a million sports injury complex at Crystal Palace, writes Jack Fitzgerald.

It is designed by the National Sports Centre's superintendent physiotherapist Rose Macdonald; many veterans who have travelled with International veterans teams to Strasbourg, San Juan and Brighton will remember her with affection. Now the centre has finally moved from their previous two rooms to the following amenities.

The "piece de resistance" is the only wet room in Britain. This includes an "ice bed" where patients rest on following treatment, a whirlpool, an ice machine and faradic footbaths. Nine other rooms

Running on Rough Ground and ankle injury

by Eddie Caldwell, Sports Injury Therapist

During the month of May I coordinated the medical support for a single-handed attempt on the notorious Bob Graham Round in the heart of the Lake District. The attempt was being made by fellow Bolton Harrier and vet Mike Kelly on his 42nd birthday.

Mike's run started at 9.00 am from Keswick and progressed in stages via Honister, Wasdale, Dunmail, Threlkeld and ultimately back to Keswick early next morning. Excluding the brief rest periods, this gave a total running time of just over 21 hours — day and night. The route took in some of the most majestic and rugged peaks in the whole of England. A magnificent achievement.

This epic run by Mike leads nicely to the topic of running over rough terrain and fell running. I'm no fell runner; the local "Tower" race up Holcombe Hill is the nearest I've ever got to the fells, but I must confess to being completely fascinated by this branch of athletics. As soon as a genius TV director can manage to encapsulate the breath-taking essence of fell running it will become compulsive viewing for millions.

Fell running is very demanding physically. Even those who have been at it for years put their bodies through unimagined punishment. Very recently I treated Eric Ranicar and Dave Cartridge during the same afternoon. On the previous day Eric had finished 6th in the Penine Marathon and Dave 3rd at Skiddaw, 9 miles. By the feel of the leg muscles one could quite easily have believed that Dave had run the marathon distance too.

However, if you've been used to the rough, hilly ground all your life then it's no real problem. The lucky ones sustain only occasional injury. I find that the majority of fell runners who require my services are the newcomers or those like Rossendale's George Barrow who have returned after absence.

Rough ground always produces ankle injuries, especially for the less experienced. Most of us are familiar with that awful feeling when we suddenly go over on the outside of an ankle. This is often accompanied by a loud cracking sound and severe pain. This is known as an eversion sprain. The damage can be serious and affect the whole joint including a number of tendons and ligaments. Swelling usually occurs very quickly.

It is essential to take immediate care of this type of injury or you may be left with a chronic or recurring condition that will handicap your running for years. Get something cold on the ankle as soon as possible; bathe it in a moorland stream or put ice on as quickly as practicable. If the ankle is very painful and swollen you will have difficulty bearing your weight. Get expert medical advice immediately. Do not wait "a day or two" to see if it gets better. The first few hours are vital in the recovery of the injury. You may well require an X-ray to check for bone fractures.

Self help includes using ice on the injury

include a large treatment room and consulting suites and many sections have glass walls so that activity can be constantly supervised. The rehabilitation equipment includes Cycle Ergometers, Treadmills, Pulleys and Springs and Free Weights, Masolett Sequence Training equipment, Weight and fitness machines, Quadriceps and Hamstring benches, a Prototype Knee treatment chair, Wobble boards, Rocker boards, Ankle rehabilitation boards etc.

The electrotherapy equipment includes a Therapeutic Whirlpool, Hydrocolator, Diapulse, Short wave Diathermy, Pulsed short wave, Interferential and Ultrasound unit, Laser, Muscle Stimulators, Infra Red Lamps and an Ankle Reflex Therapy unit.

Because it is funded by the Sports Council, charges are much lower than similar private clinics; the first treatment and initial assessment is £15 and subsequent visits are £11. These second and onward visits are reduced to £7.50 for members of the Crystal Palace Club

several times for up to 20 minutes during the first 24 hours. If you can organise it I would recommend an ice treatment every couple of hours during the daytime. The next thing to do is to rest the ankle. Sit with it propped up on a couple of cushions to help the natural drainage which is away from the joint and up towards the groin. During this first 24 hours a fairly firm bandage can be useful. Make sure it is not too tight; you must not obstruct the free flow through the ankle. Do not let anyone give you a massage-type treatment or rub down during this time.

Certainly by the end of the second day you can stop using the ice and the bandage and you should begin to gently stretch the ankle joint. Do it easily and gently and do not try and break the "pain barrier". If it hurts ease off. Point your foot out and away from you. Next, point your toes in the direction of your knee. Hold each position for seven or eight seconds. Now make five clockwise circles with the foot, followed by five anticlockwise circles. Lastly, turn the sole of the injured foot in towards the

inside ankle bone of the other foot for five seconds and slowly turn the injured foot so that the sole faces away from you. These are the natural movements of the ankle joint and this easy routine stops it stiffening up too much.

I must emphasize that self-help for this type of ankle injury is only to be considered for fairly mild conditions. A severe injury must have full medical attention immediately and therapy afterwards. I am always saddened by cases where a bad injury has not been treated professionally and some poor runner limps in with a two year old injury problem that will pose me and him a lot of problems to even get it back to fifty percent of its former efficiency.

Other injury problems, especially for the newer runner involve one or more of the following: stiff hamstrings, low back pain and knee pain. These are usually due to the unusual severity of both the climb and the descent. The forces passing into the knee joint in a steep descent are very great.

A runner transferring, say from the roads, ought to prepare gradually so that the legs will be able to cope with the very different demands that rough ground and exaggerated gravity pulls will exert.

Experienced fell runners have some nasty experiences that require first aid immediately and possible hospitalisation. It is not uncommon for the local mountain team to be called in to help transport the injured athlete back to civilisation. One of the best veteran Fell racers, Derek Kay of Bolton, is reputed to have more stitches in his hand than a Burton's suit. Clubmate John Quine dislocated his shoulder in one race last year, got it pushed back into place and then completed the race. Cut knees and "gravel rash" are not thought worthy of mention.

Fell running is a tough sport and it can punish the unprepared body but I feel that there is a great deal of enjoyment and achievement in it for any veteran runner provided that the fells are approached with care and respect. There has certainly been a gradual switch over from roads to fells among many of the Bolton Harriers vets. It has become quite difficult to tempt them back into road races. Hm, I wonder how an old sprinter would fare?

which has an annual subscription of £10. International athletes are charged £10 and £5.

The clinic is situated within the Jubilee Stand, adjacent to the athletics track and all patients seen there should follow normal referral procedures, i.e. a G.P. may refer patients directly to Consultants, one of the ten Chartered Physiotherapists and/or Podiatrists.



Eddie Caldwell

LEE'S SCORCHER IN THE SUN



Eddie Lee breaks the tape
Photo: Paul Robotham

Dave Edwards reports the Focus Potteries Marathon and International Vets Team Challenge on June 19

Welsh veteran Eddie Lee produced a sizzling performance to take his first open title in a marathon. The British Vets Marathon Champion tamed the tough undulating course and coped superbly with the baking temperatures when he took the title over the border to Wales for the first time, in the seven year history of the race.

The early pace was set by local veteran Graham Bagnall, who was keen to impress on his international debut. He took a pack of nine containing pre-race favourites Lee, John Offord, a previous race winner, and former Olympian Barry Watson, through five miles in 27:12. However Bagnall eased off allowing Lee to take up the initiative. He surged away from the pack at six miles and quickly built up a commanding lead.

"We unwisely opted to stay in the pack for we felt that Eddie might suffer in the heat and come back to us," commented Watson.

Lee, however, had other ideas and was out to justify his position as favourite. Despite suffering the effects of dehydration at around twenty miles, Lee maintained his form to increase his winning margin to over three minutes, stopping the clock at a creditable 2:27:28.

Potteries Marathon International Veterans Team Challenge

England

B Watson M40	2:30:59
G Bagnall M45	2:32:27
D Darlington M50	2:45:52
E Kirkup A55	2:53:33

total	10:42:51
not scoring	
J Kirk M60	3:11:28

Wales

E Lee M40	2:27:28
E Williams M45	2:44:30
A Smith M55	3:06:59
R Brierley M60	3:24:07

C Leigh M50

11:43:44

dnf

Northern Ireland

E Oxlade M40	2:36:07
D Grant M50	3:29:20
R Booth	4:12:16
D Crassford	dnf



He later paid tribute to the Potteries crowds, "Their support was magnificent, certainly as good as anything I've experienced in London. All being well I hope to return to defend my title next year."

Meanwhile the action was boiling up behind Lee in the chase for the minor placings and the International Vets Team Challenge. A revitalised John Wagstaff of Tipton, a senior athlete, worked his way through to take second, with Watson leading England vets to the team title. He was ably assisted by fifth placed Bagnall who recorded his highest finishing position ever in the race and set a new course record for the O45 category.

Veteran lady Chris Kilkenny proved to be much too powerful for the opposition as she took her first Potts Marathon title since 1985. Local vet Maggie Thompson overhauled

Kathy Gunner who by then was flagging to take the runner up spot.

Don Shelley, Director, Potteries Marathon, states "I should like to apologise to the members of the International teams about the non-appearance of the vests. These should have been provided by Reebok but the ones they sent were totally unsuitable."

Blackpool Marathon

The inaugural Blackpool Marathon went ahead, drew a near 2500 field and was acknowledged to be a tribute to Jack Haslam who had created the event before his death.

Ron Smith of Airedale and Spen Valley AC, a prominent front runner in Northern events, shared the lead along the Fylde coast from six miles to 21 miles before finishing overall second in 2:28:35. He was well clear of veterans D Wilde, 2:37:35 and T Lawrenson of South Liverpool, 2:39:49, whose time was 4 minutes longer than he achieved in the London.

Strong sunshine and wind made the event demanding and columnist Eddie Caldwell "had plenty to do" assisting friends and clients out on the course. Running in the race Marie Caldwell was one of those who may have responded to the generous prize allocation for women.

First woman veteran H Fiddament of Lutworth was credited with a time of 3:11:10.

Isle of Wight Marathon

98 vets, more than half the field, completed the tough island course. First veteran unusually was 'unattached' but E Marope carries a Botswana country tag; his name figured prominently in an endurance event soon after.

Idris Jones, M40, 10th overall, retained the Isle of Wight Challenge Cup and led Ryde Harriers' first of three veteran teams to victory for the Jenvey Trophy. Charlotte Gray of Portsmouth Joggers was first woman overall, claiming the scalp of Hilary Walker, with her 3:15:22, and two M60s, Doug Whiting and Norman Paul, headed all the M50s by three minutes in the 3:15:16 slot.

King of Clubs Ladies 10K

Extreme heat and accusations of pacing by male runners hardly marred the excellent fourth King of Clubs Ladies 10K, held at Churchdown, Gloucester, on June 19. 44 of the 155 starters were O40 (O35s not being deemed veterans).

Alison Blake (AFD) won the O40 title in 39:00 dead (fourth overall) and Jill Andrews (Westbury) finished second O40 in 40:07 (seventh overall).

Dee Tsakarisianos (Gloucester) improved by 32 secs. her own course record to win the O45 title in 41:20 and Myfanwy Loudon (Newport) celebrated her 54th birthday by winning the O50 group in 42:45.

For once vets were well represented in the prizelist which included one for the first AAA Vets Team (Witney Road Runners).

Some male runners were spotted pacing some of the women. This is contradicting AAA laws under which the race is run and organiser, Inger Baud of Gloucester AC, intends in future years to disqualify any entrant thus spotted and report the male runner to the AAAs.

Race results on pp13 & 14

European Road Race Championships — Bruges

by Martin Duff, Veterans Correspondent of Athletics Weekly

It was "British Week" at Brugge back in June, when the European IGAL joined forces with the traditional 25K weekend, since runners from the UK scooped the majority of the awards. Club and International team championships were all won by Great Britain and all three 10K races (O40, O50 and Womens) were won by Aldershot athletes. In addition there were three other British age group wins and ten other medalists.

THE 10K

The 10K, over what turned out to be a slightly long course, was the first away on Saturday June 18. The under 50 men ran first followed by the O50 men and all women in a separate race. British interest was well to the fore in the opening event as Brian O'Neill, Guy Ogden, Les Roberts, Martin Duff and Ernie Cunningham were at the head of affairs for the first small 3km loop. Within the stadium, Cunningham upped the pace and in the chase to regain contact, Les Roberts crashed to the ground, turning his weak left ankle. Cunningham however was away and only the Belgian Omer Van Noten, winner of the Eurotitle last year in Karlovy Vary (Czechoslovakia), Duff and O'Neill were able to maintain a decent chase.

By half distance (15:30ish) Cunningham held a 10 second lead over Van Noten, whilst the other two Aldershot lads battled for third. 31:06 saw Cunningham home for a fine win and his first European championship. Van Noten, 31:28, held second from O'Neill who prevailed by just one second over Duff, with Ogden fifth. Taff Davies, favouring a dodgy hamstring, must have been pleased with the AFD 1,3,4 and really just did enough to win the second race in 32:42. This time would have put him 9th in the open race, and did in the official results booklet, which amalgamated the two races, but not here! He won his race and was therefore first, not ninth!

Earlier, John Convery, Bracknell, and Chris Windle of Exeter had placed 4th and 6th in the O45 group but Derek Wood achieved a fine second in the O55 despite being a little off form. Bryn Jenkins (3rd O65) and George Scutts (second O70) kept the flag flying in the senior ranks.

THE WOMEN'S 10K

However the flyer in the Ladies race was another Aldershot athlete 35 year old Celia Duncan. Celia went to watch the Tring Relays — for that event she was under age, but was suitably fired by her club's performance to

vow to do well in her first ever vets race at Bruges. And so well she certainly did, holding back early on, she stormed through in the second half of the race to win in 36:29, from the 1987 Czech Winner Jarmila Urbanova. In fifth place was Carolyn Oxtan clocking 38:23 to take second O40 ahead of Barbara Kirk, last years winner who improved two minutes but in a stronger race placed third. Rose Van Laerhoven of Biggleswade and Joselyn Ross recorded good age group wins in the 45 and 60 groups. Betty Forster and Betty Norrish were placed in the 55 group.



WORTH ITS WAIT IN SILVER!

Jack Fitzgerald sporting his O65 silver medal from the marathon at Verona. It was more of an ultra, actually, they sent him an extra 2K around the city, accounting for his 3:36, not his best in the 200 or so marathons he has run. Jack, administrative officer of the BVAF, hadn't won an international medal since the Igal event at the Isle of Man, 1973, though he's chalked up many a fourth placing — three at Puerto Rico alone (10K, Cross Country, marathon). On average, he says, his next medal is due when he becomes an Over 80.

25K ONE RACE

There was only one race for the 25k, and it was, at least on the men's side, to see the eclipse of the established stars. Jeff Norman, clearly not fit, tailed off early on; Barry Brown, the over-rated American, had conceded ground by the half distance and Mike Hurd, despite being with the pace for 20km, and in a leading group of four, had overstretched himself and lost nearly two minutes over the last 5Km.

To accommodate the demands of the sponsors, the start of this year was moved into the town centre of Brugge and the early times, 14:23 for 5Km and 30:43 for 10Km, by a group of around a dozen suggested some fancy footwork either by the runners or by the course measurers!

Tucked in behind Brown and Hurd at 10k were the Belgians Herman Parmentier (2nd here last year) and Francois Blommaerts, Guenter Mielke (now 45) and the Brits Shel Cowles and Ernie Cunningham.

At a tight turn at 17Km the group had totally split; Hurd, Cowles, Parmentier and Blommaerts were 50m clear of Cunningham who at this point was being interviewed by a motor cycle radio man, and cut-up into the bargain! Mielke and the Czech Jiri Kana were together, followed by a fading Brown while John Exley and Brian O'Neill were around the 10th place.

Cowles upped the stakes at 20km taking Blommaerts away from Parmentier and Hurd. However the Oxford runner could not shake off the persistent Belgian who broke clear within sight of the stadium. This left a nevertheless very pleased Cowles second as Cunningham got up to fourth and Hurd was sixth. Mielke was first O45 in 7th whilst Bill Scally claimed third, but in the O50 group Taff Davies had to retire at 15K whilst contesting the lead allowing Wilf Chiau of Belgium the title.

American Norman Green, the Reverend, was an easy O55 winner and the only other British Men's medallist was George Scutts, third in the O70s.

Celia Duncan was unable to make it a Womens' double as she came up against the talented Magda Ilands of Belgium in the women's section. Celia was always behind and conceded more ground as the race progressed, finishing three minutes adrift of the winning 92:09. Second 'Brit' home was Diana Illston in sixth place (but fourth O35) just ahead of Anne Bland who was third O45. Despite finishing 9th and 10th Pat Hudson and Barbara Kirk were the leading O40 women while Wimbledon's Joyce Smith took second in the O60s.

T&F Around the Regions

Tumultuous applause for organisers of Inter-area Match

Jack Fitzgerald reports from Palmers Park, Reading

There was a terrific atmosphere in a stadium that lends itself to such an occasion and looks to be an excellent choice for the 1989 Track and Field Championships. Although the track events were not due to commence until 2pm, there was a hot warmer for the supporters with the Southern Counties Veterans AC taking advantage of the opportunity to hold their own 10K track championships. A disappointingly small field of ten contested this race won by Chris Woodcock, who is now an M45, in 34:50.1.

However it did have the distinction of an age world record. Jose Waller had come within 22 seconds of Lynn Martin's W45 World Record at Cwmbran the previous weekend. With better conditions at Reading, she never looked like not beating it and her 47:27.5 smashed it by more than one and a half minutes, to add to her Marathon W65 World record in the London.

Another prolific record breaker at present is Rosemary Chrimmes in the W55 category. Her 39.72 in the Discus added nearly two metres to her own pending world record and amazingly is nearly six metres better than her existing W50 British record. In addition she also set new W55 World figures for the triple jump 8.86. Some people get better as they get older.

One other record breaker (merely a British this time) was Welshman Sean Power with a 1.78 high jump. The match itself was contested between the Southern, Midland and combined Welsh and South Western teams. Next year it is hoped that a further event will participate.

Outstanding sprinters were Bill Thomas and Ian Foster for the South, Dave Burton for the Midlands and the new Southern discovery from Bristol, Sheila

Woodman. It was good to see Gloria Rickard (formerly Durass) still performing well over one lap. Vic Smith set an example as the Southern Men's team manager with an excellent 800/1500 double, a feat emulated also by the South's Chris Williams in the Women's section. The OSO middle distance events were shared by the two indefatigable British record holders: Tony Churchill and Brian Bartholomew.

The 3000m was a particularly exciting event with all running together and eventually going to the long striding Peter Hamilton over the shorter but determined Midland runner Dave Caldwell. An even taller athlete Alan Griffiths won the OSO event from Mike Barratt, while the tenuous Doc Fellows had another good win over Ann James and Jean Gillard.

Apart from Power and Chrimmes the best in the field events was undoubtedly the 58.74 javelin throw of Ken Tarraball, which many consider compares favourably to the official British record of 65.38 with the old javelin.

Obviously there needs to be a lot of tightening up on existing field events world record and amazingly is nearly six metres better than her existing W50 British record. In addition she also set new W55 World figures for the triple jump 8.86. Some people get better as they get older.

The sprint relays brought the meeting to a successful close and the awards for the outstanding performers went to Sean Power in the jumps, Rosemary Chrimmes for the throws and Sheila Woodman on the track.

It was fitting that Chris Woodcock should win the opening event, because it was he who donated the magnificent silver Perpetual Trophy for the Match and subsequent Inter-area matches. This was presented to the joint Southern Team Managers Vic Smith and Barbara Terry to tumultuous applause from the stand.

North East Vets AC Track

& Field Champs

June 25 at Monkton Stadium, Jarrow

Outstanding performers in the sprints came from Bill Briggs (M40), McInnes (M45), best of the day at 11.8 sec, Phil Pyle (M35) and R. Brown (M50) all winning their 100's and 200's, achieving records.

John Carr (M60) was impressive in the middle distances, winning both the 800m and 1500m.

The 5000m was dominated by the record breaking form of Ken and Dave Lowther (M40) and Eric Appleby (M55).

Good performances in the field events were achieved by Hugh Ryan (M50) in the discus and shot and by Denis Field (M55) in the javelin, discus and triple jump, with his javelin performance much further than the younger age groups.

Outstanding in the women's events were B. Bellia, C. Wake and Sue Wilson.

North East Veterans Sunday Inter Club League. The final competition of the Inter Club League finished on Sunday July 31 with an outstanding win for Durham AC, 2nd Morpeth; 3rd Loughborough, 4th Sunderland; 5th Gateshead; 6th Washington; 7th Gosforth; 8th Tyneside; 9th Heaton; and 10th Brierley.

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Discus & Shot Profile

At Hendon

John Curdall, Senior Coach, reports. A pleasant atmosphere, fine weather, almost ideal wind conditions obtained at Cophall Stadium, Barnes on 12 June. The only grain heard was "Please go on, go on, go on" from the W45 officials on hand notably field referee Rosalind Alteman, this was not heard created any time problem.

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Discus events. For instance in the Men's Discus, M40 there was very close competition between Snovie Brooks 32:56 and J. Gilbert 32:38. In the M50 Class, Bill Trehan, last year's top mixed, achieved a superb 40:38 despite suffering with back injury.

In M55 an athlete I have met in competitions for many years, I. Briggs, was in good form with 35:42.

In the 70+ class, Bernard Metcalfe improved on last year's performance with 27:70.

In the W40 Class of the Ladies Discus, Barbara Terry threw well achieving 25:32, and in W50 E. Williams was commendable at 27:42.

In the Men's Shot M45 Class, K. Jess scored a double after losing 35:86 narrowly beaten myself by 1 centimetre. In M50, W. Whyte was again over 12 metres and a good effort by J. Cato Mason (Rational) was 10:09.

Further performances at the Lancashire track, if those whose achievements in the higher realms of National Championships, already being clearly foreshadowed, are for the moment put aside, are those of M. Toole a 11.5 sec 100m, Joe Moran M40 200m, and L. Cooke M50 400m.

With double successes were Ted Isaacs, 15:56/50m, and J. Charlton, Long and Triple Jumps, and with a triple J. Watson, Hammer, Shot and Discus.

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The 'Star' in that was Dave Bayes 54, the Manager of the Jersey County Harrier who drew the hammer the furthest of all the age groups with an impressive series of 48.72, 48.80, 48.70 and 46.34 metres.

Bayes, who was two years ago set a UK age best throw (for OSO of 51:20) and had a personal best of 60:50 when competing for the Army on the Rhine in 1966, and had been taking tablets for a hiatus hernia he had been plagued with his speed in the clinic in training.

Take note also of the pioneering spirit of Pat McKee, who like her husband the famous coach and Author Tom McKee, always like a challenge!

She was at the inauguration of the women's hammer event last Summer and now, at Perivale set marks for a couple of age groups with 36:66m.

Evian Williams, who only took up athletics a year ago, also set a UK best standard with 27.41 for the OSO age group as well as winning the 200. Her daughter Sharon, 18, won the Midlands 200 and was the Southern under 20 silver medalist.

Sandra Woodman from Bristol, looked like a promising new vet when she won the 100/200. Sandra, who has won the South West senior sprint in her time, only seemed to have one close rival in her career and that was Jean Broome the W40/100 200 winner. Jean is married to an international two-lapper Pete Broome who will enter veteran competition next year.

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NORTHERN VAC TRACK CHAMPS

Any North South division which may exist was bridged briefly on June 5th in the wider world of veterans athletics when a near British record for 5000m travelled from South to North in so many minutes. Myra Garrett had set 19:32.5 for W45 group in Perivale, Middlesex only for Anne Nally to take the record North the same afternoon with her 18:54.2 at Wigan.

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At the Cophall Show, Bernard Metcalfe, that ex-'poly' even

Vets news goes desktop



We've switched over to Desk Top Publishing with this issue of Veteran Athletics. It's a very helpful system for an amateur team. This team consists of (1) Jeremy Hemming our Editor with his contributors, (2) Sarah Cawkwell the Production Editor with her assistants and (3) our professional typesetters, Phil Morton plus wife Mary.

To explain how it works. Articles are sub-edited and keyed into the MacPlus word processor by a member of the production team, then the floppy disc goes to Phil, who using the software called Pagemaker, pops it into his own Apple, makes a few magic passes and the copy ends up in position on the pre-designed page. It is set in the correct typeface, in the right column measure, with a headline positioned where wanted.

Corrections are then made on the screen and proofs sent back to the Editor. After he has read them, he adds any corrections he might require.

Then, Presto, the full page can be sent in disc form to the printers. At any rate that will happen when our printer has the equipment installed. At present each page is printed off by us in four "tiles" that have to be pasted together and sent off as "finished art". But that will still save a week's work of scissors-and-pasting by our volunteer staff. So time is saved and there is a great deal more flexibility in page design.

The ideal will be reached when most of our contributors actually send in their articles on Apple floppy discs. These can go straight into the page, with more hours of our work saved. So if you have access to an Apple send us an article or a letter to the Editor right away!

Pentathlon Day

A successful BVAF Pentathlon was staged away from the T&F Champs for the first time on August 6 at Northwood Stadium, Stoke, with 41 men and 6 women competing - an increase of 60%. They achieved higher total scores in four out of six divisions.

Age group winners were: M40 John Charlton 2768; M45 Brian Loton 2483; M50 John Ross 2430; M55 Don Marshall 1898; M60 George Leece 1139; W35 Vilme Thompson 2306; W40 Margaret Williams 1586 and W45 Pat McNab 2253.

Overall winner of the Dave Clark Trophy by age adjusted scoring was John Ross of Lothian AC (3645 points) from Joe Phillips and Dave Burton, all in M50 group.



Dot Fellowes winning BVAF 10,000m

Redditch League Update: After Nuneaton on July 18, cumulative league scores in North division were: Men: Rugby 23, RSC 21, Tamworth 19, Solihull 11, Nuneaton 11, Birchfield 11, Burton 8 and Coventry 4. Women: RSC 24, Birchfield 19, Tamworth 17, Burton 16, Nuneaton 14 and Rugby 6. Southern division - Men: Halesowen 20, Broms & Redd 19, Worcester 18, Sandwell 16, Dudley & Stour 13, Tipton 6. Women: Broms & Redd 23, Sandwell 20, Worcester 17, Droitwich 16, Dudley & Stour 9, Halesowen 7, Tipton 2.



England debut at Trentham Gardens (Photo: Paul Robotham)

VETERAN PROFILE

Bagnall's vintage year

by Dave Edwards,
Staffordshire Athletics reporter

1988 has been a vintage year for 47 year old Graham Bagnall. In fact he is like the proverbial 'old wine that matures with age'. This year he has won the O45 category in the London Marathon for the second consecutive year, in his third fastest ever marathon time of 2:27:40, was a member of the highly successful Newcastle (Staffs) vets team who struck gold on the Midland Six Stage, then surprised everyone by taking bronze at the National and finally won his first international vest.

However, Bagnall has only been running for ten years yet in that time he has made the transition from jogger to respected international athlete.

"My first attempts at running came in 1978, when I felt obliged to compete in the race my leisure group was sponsoring. The seven miles took me around 56 minutes to complete."

However he trained harder for the Michelin 10 of that year, fared better and was hooked.

He then teamed up with the now prestigious training group containing John Davies (later to become British vets marathon champ), Arnie Maxwell (National O50 marathon champ), and Reg Fernyhough (later World O60 marathon champ). He joined the North Staffs Road Runners League in 1979 and as soon as he reached Veteran Status he began to win age group races. His first National title came in 1984 when he took the British vets marathon. "I still remember the race vividly. I had already run 2:25:39 in London and was feeling good that day, took the bull by the horns and led from the start to the finish to win in 2:27:29."

Strangely enough for such a dedicated athlete he does not have a straight training schedule! "The demands of my job as a company director dictate my training pattern. However, I always aim to do 56 miles a week minimum, with 70-75 during the winter. I never train at racing pace but am able to lift my performance during races."

During the past six months Graham's form has been a revelation and he is by his own admission running better than ever. He attributes his good form to a solid injury free winter training. He opted not to run Cross Country and avoided his usual ankle problems, which meant that he started the season strong and fresh with a zest for racing.

Having won the O45 title twice in London he now aims to complete his hat trick at Stone in October when the British Vets Marathon Championships are held.

"The only thing that would stop me competing there would be an invitation to compete at the Vets World Championships in Seoul."

One of the finest moments of his life came with his call up to the England team this year. It was his international debut on his home territory in the Potteries Marathon. Spurred on by a vociferous home crowd he fully justified his selection, by finishing 5th overall, his highest ever position in the Potts Marathon. He was also the second English counter home helping his country to win the international vets team challenge.

"I peaked at the right time for the right reason. I only hope my performances can be an inspiration to other veteran runners, of whatever standard, to get out training and racing in order to achieve their potential."

A CREDITWORTHY TEAM



Team line-up of National Road Relay O50 champions at Tring: B. Parkes, P. Taylor, D. Fereday, L. Forster, R. Marven, D. Wood

Barnet & District AC's Veterans Team Manager, George Neville, tells the club's fortunes After Aldershot Farnham & District AC, comes Barnet & District AC - alphabetically speaking. However, athletically speaking our early inclusion in the club profiles is surely merited. We triumphed in the M50 group at the recent National Veterans Road Relay and were awarded the first ever AAA medals presented to veteran athletes.

Barnet & District AC formed in 1967 when Barnet AC and the long running Hampstead Harriers merged. From the veteran aspect it has proved a particularly successful and happy union and this year we are celebrating our 'coming of age'. The distinctive club colours of dark blue and red are now frequently to be seen packing well in any veteran field.

Four Bankers

Around 1974 John Atkinson, organiser and motivator par excellence and currently club president, started persuading older members to turn out in vet team events such as the Southern and National cross country championships. Already Andy Blackman was regularly featured in the world veterans sprint ranking lists and Don Vanhegan won the M50 Hammer event at the first World veteran games in Toronto. Don, together with Dave Allen, did occasionally run cross country events but the main club squad in those early days consisted of four bank officials, John Atkinson (with a subsidiary of Nat West), Dave Oakley (Lloyds), Brian Gilbert (Midland) and Derek Wood (Barclays). Derek, 5th in the AAA 3 miles championship in 1952, had been forced to give up top class athletics because of persistent injury problems but had continued to run occasionally at a lower level and in 1953, with Brian Seear, amongst others, formed Barnet AC. Staunch

members John Rowe and Brian Fowler joined the following year.

After a couple of years steady running in veteran events on virtually no training, Derek achieved 2nd place in the M45 Southern Vets cross country. This was the signal for John Atkinson to bring his persuasive charm and tactful pressure to coax him to train properly and compete seriously.

Derek agreed to give it a try when he reached the M50 category in 1981 and has since then had innumerable triumphs: many British veteran championship titles, European titles and no fewer than eight World championship titles, including the marathon three times.

Not content with personal success, Derek found some promising new veteran recruits for the club and persuaded old colleagues to come out of retirement. Such a one was the old Poly Harriers' star Dave Richards who helped the team to achieve place medals. However, it was recruits Dave Wilson and Howard Loveridge who, with Derek, swept Barnet & District into 2nd place in the Brugge International Veterans 25K race in 1984. As if to emphasise that the fast developing veterans section of the club enjoyed depth Howard Aitken, Dave Fereday and John Fulcher had just previously won the Southern Veterans team award in conjunction with the Harlow marathon.

By 1985 Laurie Forster, a late starter and yet another new recruit, was achieving great results and he topped the ranking lists for the M55 5000m and 10000m while his London marathon time of 2:34:32 is, I believe, still a British record. That year our O50 team of Laurie, Derek and Patrick Taylor gained a magnificent victory in the World IGAL 10k club championship in Lytham St Annes. It is indicative of the enthusiasm in the club that Patrick, an old Hampstead Harrier, who was at the time working in

Shanghai, flew back to Britain to form the team!

Later in 1985 Derek, Laurie and Bryan Parkes won the M50 National Veterans 10M team award. Bryan, who thirty years ago was one of the top milers in the country and who came fairly close to four minutes, had to be persuaded to start racing again. In 1986 Derek, Howard Aitken and Howard Loveridge won the Vets Southern 10M and Howard Aitken, Dave Wilson and Peter Orchard won the Vets Southern 3x3 1/4 road relay.

The only member of our winning M50 National road relay team not so far mentioned is another old Hampstead Harrier Roger Marven. He rather prefers golf to running but despite an injury from a motor bike accident some years ago he still trains to keep himself fit and he views his AAA gold medal as a marvellous bonus.

At the upper end of the age categories Peter Fream and Jack Stancombe have won a hat full of medals in the M60, M65 and M70 age groups at national level. Barnet has won the Chingford League Veterans Championship Trophy four times in the last five years. In addition to those already mentioned the following have either scored or given good support: Ted Kimber, Alan Harvey, Joe Cox, Tony Hamilton, John Mould, Bob Kirsop, Brian Strong, Dave Reed, Brian Glover, Steve Harris, Chris Stott, Bob Cramp, Bob Taylor, John Shirley, my brother Jim Neville and myself.

Jim and I are late starters having commenced running in 1981 at which time we joined the club. We have not developed into star material nor will we ever do so but we thoroughly enjoy our running with a grand crowd of team mates. Naturally Jim and I have our own personal rivalry and while I have faster times over some distances he has out performed me in the marathon, having done 3h04m in the London this year to my PB of 3h11m!

Palmer Park, Reading,
venue for Vet Open
meeting in October.
Walkers await the gun
at Inter Area match.



FIXTURES

LEGEND cd closing date v vv total number of men's/women's vet prizes

NATIONAL

- 10-11 Sep BVAF Decathlon SHEFFIELD D. Burton 71 Nethergreen Rd Sheffield
25 Sep BVAF 10K/5K Track Walk and Solihull Masters meeting see p10
2 Oct BVAF & 10th Flying Fox Marathon STONE Staffs see p2
29 Oct BVAF 20K/10K Road Walk SUTTON COLDFIELD W Mid 12 noon Medals 6
entries/3 4-6/2 1-3/1 £2/£3 by 17 Oct
Cheques BRWC Denis Withers 14 Cottage Lane Marlbrook Bromsgrove Worcs B60
1DW
5 Nov International Cross Country Match WREXHAM see p3
20 Nov BVAF Barnsley Veterans 10K Barnsley S Yorks
enquiries 29 Havercroft Rise South Hiendley Barnsley S72 9BH
12 Mar 1989 BVAF 10K Cross Country Champs SILKSWORTH SUNDERLAND
26 March BVAF Indoor T&F Champs Kelvin Hall GLASGOW
8/9 July BVAF T&F CHAMPS Palmers Park READING Berks

INTERNATIONAL

- 24-25 Sep Open veteran T&F JERSEY CI plus 5M Road
8-9 Oct IGAL World Vet Road 5K 10K Marathons Champs SEOUL Korea
15 Oct Marathon and 5K/10K BEIJING China 18v 15vv
20-23 Jul 1989 USA TAC Masters (Veterans) T&F Champs SAN DIEGO California
29 July - 8 Aug WAVA (WORLD ATHLETIC VETERAN ASSOC) T&F EUGENE OREGON
USA Tour details VEST TOURS 71 Hillside Crescent S Harrow Middx HA2 0QU

MIDLAND

- 4 Sep 6th Nike Centurion 10K SOLIHULL 13v 8vv
£2.50 John Walker 111 Cooks Lane Kingshurst Solihull B37 6 NU
8 Sep Redditch & Dis Sports Council League North & South final meet for Central Weekend
TV Trophy WARLEY 7pm
17 Sep NUNEATON 10M with MVAC Champs
18 Sep UTTOXETER Cross Country Races Vet men 5M 305pm £2 after 31/8
Mrs J Lawton Bourne Sports Church St Stoke-on-Trent
25 Sep MVAC SOLIHULL Masters Meeting with BVAF Walks see p10 & Notes
2 Oct Sutton Park Unigate 10K 11am £2 to RSC AC & SAE 9x4
R Potter 33 Charley Rd Erdington Birmingham B23 7PU
30 Oct STROUD Half Marathon 9v & team 6vv £3 & 2 SAEs by 24 Oct
S James Spring Cottage S Woodchester Stroud Glos
30 Oct MVAC AGM and Handicap

EASTERN

- 4 Sep EASTERN VAC and Open Vets T&F Champs CORBY Northants full prog less Hammer
TJ Medals to scale £1 per event by 27/8
M Watson 9 Octagon Corby NN17 1DW tel 0536-400782
9 Oct EVAC Marathon champs in Huntingdon Marathon inc Eastern Cos Champs
R Rhodes 68a High St Huntingdon Cambs PE18 6DN

SOUTH

- 4 Sep TWICKENHAM AC Veterans Open Meeting Barn Elms SW13 1230am 1-2-4-8-
15'00 3000m 3000m Walk HT DL SP TJ JT 3x200Relay M & W
£1 pre/£2 day total J Neal 4 Blandford av Whitton Middx TW2 6HS
10 Sep Dartford H Relays & Veteran ladies 2.75M Race 2pm £1
Race Sec 72 Millfield New Ash Green Dartford Kent DA3 8HN
11 Sep HORSHAM Parkland Races Vet men 3M 4pm 60p by 30 Aug
F Jordan 56 Swindon Rd Horsham Sussex tel 57246
18 Sep SALISBURY 10M with SCVAC 10m Champs
forms J Day 22 Langland Rd Shirley Croydon
24 Sep BOGNOR REGIS & CHICHESTER AC open Parkland Races Vet men 6000m
60p & SAE Geo Scouts 44 Wood St Bognor Regis PO21 2 PJ
25 Sep Sunday Times National Fun Run 4K Hyde Park London
1 Oct HAYWARDS HEATH 21st open Cross Countries Vet men 5K Vet Women 4K
75p & SAE by 16/9 final John Gill 70 Wood Ride H-Heath RH16 4NJ
1 Oct Vets AC 5M Cross Country Pavilion Roehampton Vale SW15
2 Oct READING AC Veterans Open Meeting 1pm see p10
8 Oct Vets AC 5M Cross Country 3pm & Open Lady Vets 2.5m 330 pm on the day Wilber-
force School Camp View Wimbledon Common West Side SW19
15 Oct WORTHING & DIS HARRIERS CC Races Lancing Manor provisional
23 Oct BARNES GREEN Half-marathon provisional SCVAC Champs
30 Oct SURREY COUNTY Vets CC Champs 10K Ranelagh H Petersham
Hon Sec W Bird Flat 4 The Friary Old Windsor SL4 2NS
14 Jan Vets AC Cross Country Champs Wimbledon
29 Jan Southern Counties VAC CC Champs Leigh Park Gdns c/o Portsmouth AC
4 Jun SCVAC Champs Bromley provisional

SOUTH WEST

- 10 Sep EXETER H Veteran Meeting men and women all events and Pentathlon start 10am
Forms by 2 Sep to Susan Martin 27 Heavitree Park Exeter EX1 3BP tel 35680
11 Sep CALNE Half Marathon & SWVAC Champs
15 Oct WEYMOUTH 10M
23 Nov NEWTON ABBOTT 10K & SWVAC Champs
6 Nov SALISBURY PLAIN 15M Amesbury Wilts
13 Nov CORNISH Marathon
20 Nov JERSEY CI Coca-cola Half Marathon
SAE to David Lord for entry forms details address p2
note Plymouth Vets Meeting September is cancelled

WALES

- 18 Nov ANGLESEY Marathon & Welsh Champs
Forms etc Race Sec Menai Cleaning Supplies Llanfair PG Anglesey
30 Oct SNOWDONIA Marathon £5 by 30 Sep
National Trust Trinity Square Llanudnod Gwynedd LL30 2DE

SCOTLAND

- 3 Sep SVHC 10K and Pentathlon Grangemouth convener D Morrison
26 Mar 1989 BVAF INDOOR T&F Champs Kelvin Hall GLASGOW

NORTH EAST

- 4 Sep NALGO North East marathon with NEVAC Champs
Forms NALGO Marathon 147 Laurel St Wallsend NE28 6PG
14 Sep NEVAC 10K Track & Ladies 5K champs Monkton Stadium Jarrow forms R Peart
18 Sep NEVAC Pentathlon champs Monkton Stadium forms R Peart address p2
11 Dec Blyth Sands Race 11am 50p by 4/12 30 Castledale Av Blyth NE24 4EL

NORTH

- 7 Sep Lancs Vet Track Champs 7pm 100 800 5000 200 1500 4x400 Relay £1 in advance please
E Caldwell 1 Bolton Rd Hawkshaw Bury or on night
18 Sep NVAC Monthly Run 10k Edgeworth Bolton 12noon on the day
25 Sep 4TH GARSTANG 10M Run 12noon 15v 15vv £3.50 by 16 Sep & SAE
Wyre Boro Council Marine Hall Esplanade Fleetwood FY7 6HF
2 Oct BVAF & 10th Flying Fox Marathon Champs STONE see p2
2 Oct BURNLEY Firestation 7M 1st M40/45/50/55/60/65 & W35/40/45/50/55
£2 by 25 Sep Station Commander Fire Station Belvedere Rd Burnley
9 Oct NVAC 10K Road Champs Oaklands Sports Centre Acomb York 12noon £1.50
16 Oct NVAC Monthly Run 10K Leigh Harriers 12noon
29 Oct Open Road Relays STONE Staffs 4x4M Women 3x4M Vets Team Prize M&W
Don Shelley PMP Ltd Trentham Gardens Staffs
30 Oct NVAC 10K Track Champs Witton Park Blackburn 1pm O50 & Women 2pm O40 £1 to
Geoff Aitchison address p2
20 Nov NVAC Monthly Run 6.5M CC Clayton Le Moors 12noon
26 Nov GATESHEAD International Cross Country Veteran men 3M approx
11 Dec NVAC Christmas Handicap 10K Road E Cheshire HQ Ashton-U-Lyne entries before
day to Les Heald 22 Cedar Close Bradley Wrexham Bring a prize take a prize

WOMEN ONLY

- 10 Sep DARTFORD H Vet Women 2.75M Race 2pm £1
Race Sec 72 Millfield New Ash Green Dartford Kent DA3 8HN
2 Oct Nescafe 10m National Womens Champs BARNET £3 by 9 Sep
Brian Smith 22 Avon Close Garston Watford Herts WD2 6DN
8 Oct VETERANS AC Open Vet Women 2.5M Cross Country 330pm on-the-day or 30p to
Mr A Shepherd 38 Bromley Rd Beckenham Kent tel 01-650-5376
9 Oct Traffic Garages Ladies 10K TADWORTH Surrey 1030am 3vv £2
Tadworth AC 11 Beech La Walton-on-the-Hill Tadworth KT20 7SJ
6 Nov GRITTLETON Ladies 10K 1030am £2
Maria Kemp 7 the Ham Kingston St Michael Chippenham Wilts SDN14 6LD

FIXTURE NOTES

Garstang 10 The local authority supports vets strongly with voucher prizes: £25 to £5 to first 5 in M40/50/60 and W35/40/50. Limit 1500 runners.

Kelvin Hall The Scots enthuse about their new indoor track, venue for the '89 Champs. Bill McBrinn and David Morrison are in a big coaching scheme there and bid fellow veterans to drop in and see. Solihull Masters 35lb Hammer will be added to the Throws Quadathlon event. The combined event now comprises: Hammer in standard age weights, Shot, Discus, Javelin & 35lb Hammer. NB 3 throws only. 10.30 start.

The excellent track programme features the non standard distances: 300, 600, Mile &

200m Hurdles (Inter Ladies 2'6") which have pleased competitors.

Inter Club Indoor Here's a new idea. An indoor track & field tournament at Cosford for 16 AAA clubs. Captains who can raise a strong club team are asked to make themselves known to the organisers: Brian Owen, 'Railway Cuttings', Thorngrove Rd, Great Malvern, Worcs WR14 3BX; Phil Owen, 4 Markfield Rd, Ratby, Leicesters LE6 0LP. **National Cross Country Silksworth** Make this a weekend visit invites North East Sec. Bob Peart. Why not visit the area, Durham Cathedral and Beamish Museum for example, and enjoy the Metrocentre, Europe's largest and newest shopping mall. There are leisure centres and plenty of indoor facilities for children, as well as the shops.

BVAF Road Running Scheme

Here are the main planks of Richard Cashmore's (Midland Vets AC) scheme to tackle the long standing issue of veteran participation in open road races mentioned previously in VA No 5.

The BVAF would grant "Approved" status of the appropriate "Grade" to open road races (under AAA/WAAA permits) whose organisers undertake to meet certain predetermined BVAF standards.

BENEFITS FOR RUNNERS AND ORGANISERS

The scheme would provide Veteran Runners with specific opportunities to compete against fellow veterans, to have their achievements recognised and their performances recorded. Organisers would benefit from larger entries.

EASY ADMINISTRATION

The scheme should be simple to administer. Event organisers would have to submit an application to BVAF for approval whereby they undertook to comply with the requirements of the appropriate "Grade".

BASIC REQUIREMENTS FOR APPROVAL

The organiser of a "BVAF Approved" event would undertake:

1. To recognise Veteran age groups as laid down for the appropriate Grade.
2. To give Awards (however nominal in value) as laid down for the appropriate Grade.
3. To indicate "BVAF Approved" and "Grade" in all pre-race advertising, leaflets and instructions relating to the event.
4. To publish results which include veteran positions — overall and in age group.
5. To send a copy of the results to the BVAF.

AGE GROUPS AND AWARDS

Grade 1		Awards
Men	Age	
	40-44	1.2.3
	45-49	1.2.3
	50-54	1.2
	55-59	1.2
	60-69	1
	70+	1
Women	Age	
	35-39	1.2.3
	40-44	1.2
	45-49	1.2
	50+	1
Grade 2		Awards
Men	Age	
	40-49	1.2.3
	50-59	1.2
	60+	1
Women	Age	
	35-44	1.2
	45+	1

FURTHER THOUGHTS

- Associating the scheme with one of the leading running magazines could provide useful support and valuable publicity.
- "Today's Runner" might have the best readership "profile" in this respect.
- BVAF to publish approved events in "Veteran Athletics" fixture columns.
- BVAF to supply age group medals or plaques to organisers (for appropriate charge) in lieu of prizes if required.
- BVAF to publish an annual summary of results of approved events.

Readers, send your comments please to Jack Fitzgerald, Administrative Officer, BVAF, 57-61 Mortimer St, London W1N 7TD or Richard Cashmore, PO Box 612 Sutton Coldfield, W Midlands B74 3US.

1.30 News CBP		Jensy Spantun		4:40.9
		WOMEN		
		100m		
		W35	S Keating	14.7
			A Lacey	14.8
		W40	P Stanley	13.9
			C Dermen	15.1
		W50	F Fiske	15.2
			M Trowell	20.2
			M Wixey	16.0
		800m		
		W40	A McDonald	2:33.3
		200m		
		W35	Lacey	30.7
		W40	McDonald	28.2

1st 100 VETERANS

1	M40	E Lee	Walsle	2:27:28	M45	G Gillingham M Staffs	2:51:15	150	S Warrington T Vernon	C Kirkham W Barker	Cannock S 3:04:46 Staff Moor 3:05:21	R Webb H Newell	SCVAC 3:12:55 Newec Stat 3:12:10
2	J Wagstaff	Tipton	2:30:49	M45	L Austin D Gosling	2:51:56 2:53:00	150	S Warrington P Gorill	Port Mar 3:05:21 Mansfield 3:05:33	B Reedwood S Hinkley	SCVAC 3:12:55 Newec Stat 3:12:10		
3	B Watson	England	2:30:58	M55	L West C Leeming	2:53:21 2:53:20	150	S Warrington D Lakes	W Hall Unat 3:06:15	E Tracey P Wyatt	SCVAC 3:12:55 Newec Stat 3:12:10		
4	G Bagnall	England	2:32:27	M50	D Kirkup S Sims	2:53:33 2:53:59	155	S Warrington A Smith	Wolv & Bil 3:06:28 Unat 3:06:59	S Lee S Blythen	SCVAC 3:12:55 Newec Stat 3:12:10		
5	R Barry	Unatt	2:33:18	M50	J O'Brien T Carzana	2:55:38 2:56:20	155	S Warrington J Butterworth	Unat 3:06:59 Feltham 3:07:02	S Blythen B Musto	SCVAC 3:12:55 Newec Stat 3:12:10		
6	E Oxlade	N Ireland	2:36:07	90	M Mitchell Luton AC	2:56:20 2:57:30	155	S Warrington R Colbo	Faird VS 3:07:17 Oakley & W 3:07:24	B Rhodes G Jones	SCVAC 3:12:55 Newec Stat 3:12:10		
7	D Taplin	Port Mar	2:36:37	90	J Redgrave A Mills	2:57:33 2:57:11	155	S Warrington K Goulding	Unat 3:07:17 Workshop 3:07:58	G Jones W Locket	SCVAC 3:12:55 Newec Stat 3:12:10		
8	I Thompson	Newec Stat	2:38:42	M45	M Jellie Linn Buzzd	2:57:33 2:57:23	155	S Warrington T Robson	Unat 3:07:17 Newec Stat 3:08:04	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
9	J Davies	Newec Stat	2:38:43	M40	P Lannuzel Port Mar	2:57:33 2:57:30	175	D Massey Dew-Lux R	Unat 3:07:17 Newec Stat 3:08:19	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
10	B Dale	Port Mar	2:41:37	M40	R Keeling R Morrill	2:42:13 2:44:01	102	S Warrington B Virgiss	Unat 3:07:17 Newec Stat 3:08:19	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
11	R Keeling	Port Mar	2:42:13	M40	R Morrill E Williams	2:44:01 2:44:30	102	S Warrington T Goodwin	Unat 3:07:17 Newec Stat 3:08:34	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
12	R Morrill	Wales	2:44:30	M40	T Cronin S Monas	2:44:30 2:44:48	102	S Warrington D Perry	Unat 3:07:17 Newec Stat 3:08:51	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
13	E Williams	Wales	2:44:30	M40	J Dixon Weston AC	2:44:30 2:45:51	102	S Warrington T Sathouse	Unat 3:07:17 Newec Stat 3:09:23	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
14	T Cronin	Weston AC	2:45:51	M40	D Darlington A Maxwell	2:45:51 2:46:10	102	S Warrington J Sherwood	Unat 3:07:17 Newec Stat 3:09:56	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
15	J Dixon	England	2:45:52	M40	A Maxwell R Francis	2:46:10 2:47:02	121	M60	R FarnemoughMichelin	Unat 3:07:17 Newec Stat 3:09:57	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10	
16	D Darlington	England	2:45:52	M40	R Francis Port Mar	2:47:02 2:47:25	121	M60	R FarnemoughMichelin	Unat 3:07:17 Newec Stat 3:09:57	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10	
17	A Maxwell	Unatt	2:46:10	M40	D Stubbs	2:47:25	M50	G Calvert	Unat 3:07:17 Newec Stat 3:09:57	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
18	R Francis	Port Mar	2:47:02	M40	D Stubbs	2:47:25	M50	G Calvert	Unat 3:07:17 Newec Stat 3:09:57	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		
19	D Stubbs	Port Mar	2:47:25	M40	D Stubbs	2:47:25	M50	G Calvert	Unat 3:07:17 Newec Stat 3:09:57	S Blythen D Goulding	SCVAC 3:12:55 Newec Stat 3:12:10		

(Sui) 4.76; M70: 1.E.Kolhonen (Fin) 4.49...

[illegible]

BAF NATIONAL TRACK & FIELD CHAMPIONSHIPS, CWMBRAN, JULY 23 & 24 1988

100M FOR MEN	
40/14	Compellor, 11.9
40/15	John Foster, 12.2
40/16	Patrick Webber, 12.4
40/17	Winston Thomas, 12.5
40/18	P. G. Goulding, 12.6
40/19	David Pickering, 12.6
40/20	P. Fuller, 12.7
40/21	G. Cassidy, 12.7

200M FOR MEN	
40/22	Joseph Ivor McNeave, 12.2
40/23	John D. Stead, 12.5
40/24	Ray Austin, 12.7
40/25	Barry Ferguson, 12.9
40/26	Bruce D. Charles, 12.9
40/27	Peter Duckers, 13.1
40/28	D. R. Rice, 13.0
40/29	Arthur Highton, 14.2

400M FOR MEN	
40/30	David Burton, 12.6
40/31	Colin Derrett, 12.7
40/32	Jack Goody, 12.7
40/33	J. P. Hurley, 12.9
40/34	Danny Herman, 13.2
40/35	John A. Barrow, 14.6

800M FOR MEN	
40/36	Charles S. Williams, 12.5
40/37	Bill Goy, 12.8
40/38	Jack C. Cross, 13.2
40/39	Gordon D. Dobson, 13.4
40/40	Clive John Andrew, 13.5
40/41	Keith M. Whitaker, 14.5

1500M FOR MEN	
40/42	George Bridgeman, 14.0
40/43	Jon Moran, 14.3
40/44	Bill Ellison, 14.8
40/45	Ronald Brown, 15.0
40/46	P. Quantrell, 15.0
40/47	Rodney Clark, 16.2

5000M FOR MEN	
40/48	L. G. Audrit, 15.4
40/49	Sylvester Stein, 15.4
40/50	Doug King, 15.4
40/51	Les Brown, 15.4
40/52	Allan Bowdler, 16.7

1000M FOR MEN	
40/53	Eric Pinner, 14.5
40/54	John Lucas, 15.3
40/55	Colin T. F. Falry, 15.4
40/56	Leonard Nelson, 15.4

1500M FOR MEN	
40/57	Compellor, 15.9
40/58	John Foster, 16.2
40/59	Patrick Webber, 16.4
40/60	Winston Thomas, 16.5
40/61	P. G. Goulding, 16.6
40/62	David Pickering, 16.6
40/63	P. Fuller, 16.7
40/64	G. Cassidy, 16.7

5000M FOR MEN	
40/65	David Burton, 15.4
40/66	Colin Derrett, 15.4
40/67	Jack Goody, 15.4
40/68	J. P. Hurley, 15.4
40/69	Danny Herman, 15.4
40/70	John A. Barrow, 15.4

1000M FOR MEN	
40/71	Charles S. Williams, 15.4
40/72	Bill Goy, 15.4
40/73	Jack C. Cross, 15.4
40/74	Gordon D. Dobson, 15.4
40/75	Clive John Andrew, 15.4
40/76	Keith M. Whitaker, 15.4

1000M FOR MEN	
40/77	George Bridgeman, 15.4
40/78	Jon Moran, 15.4
40/79	Bill Ellison, 15.4
40/80	Ronald Brown, 15.4
40/81	P. Quantrell, 15.4
40/82	Rodney Clark, 15.4

1000M FOR MEN	
40/83	L. G. Audrit, 15.4
40/84	Sylvester Stein, 15.4
40/85	Doug King, 15.4
40/86	Les Brown, 15.4
40/87	Allan Bowdler, 15.4

1000M FOR MEN	
40/88	Eric Pinner, 15.4
40/89	John Lucas, 15.4
40/90	Colin T. F. Falry, 15.4
40/91	Leonard Nelson, 15.4

1000M FOR MEN	
40/92	Compellor, 15.4
40/93	John Foster, 15.4
40/94	Patrick Webber, 15.4
40/95	Winston Thomas, 15.4
40/96	P. G. Goulding, 15.4
40/97	David Pickering, 15.4
40/98	P. Fuller, 15.4
40/99	G. Cassidy, 15.4

1000M FOR MEN	
40/100	David Burton, 15.4
40/101	Colin Derrett, 15.4
40/102	Jack Goody, 15.4
40/103	J. P. Hurley, 15.4
40/104	Danny Herman, 15.4
40/105	John A. Barrow, 15.4

1000M FOR MEN	
40/106	Charles S. Williams, 15.4
40/107	Bill Goy, 15.4
40/108	Jack C. Cross, 15.4
40/109	Gordon D. Dobson, 15.4
40/110	Clive John Andrew, 15.4
40/111	Keith M. Whitaker, 15.4

1000M FOR MEN	
40/112	George Bridgeman, 15.4
40/113	Jon Moran, 15.4
40/114	Bill Ellison, 15.4
40/115	Ronald Brown, 15.4
40/116	P. Quantrell, 15.4
40/117	Rodney Clark, 15.4

1000M FOR MEN	
40/118	L. G. Audrit, 15.4
40/119	Sylvester Stein, 15.4
40/120	Doug King, 15.4
40/121	Les Brown, 15.4
40/122	Allan Bowdler, 15.4

1000M FOR MEN	
40/123	Eric Pinner, 15.4
40/124	John Lucas, 15.4
40/125	Colin T. F. Falry, 15.4
40/126	Leonard Nelson, 15.4

1000M FOR MEN	
40/127	Compellor, 15.4
40/128	John Foster, 15.4
40/129	Patrick Webber, 15.4
40/130	Winston Thomas, 15.4
40/131	P. G. Goulding, 15.4
40/132	David Pickering, 15.4
40/133	P. Fuller, 15.4
40/134	G. Cassidy, 15.4

1000M FOR MEN	
40/135	David Burton, 15.4
40/136	Colin Derrett, 15.4
40/137	Jack Goody, 15.4
40/138	J. P. Hurley, 15.4
40/139	Danny Herman, 15.4
40/140	John A. Barrow, 15.4

1000M FOR MEN	
40/141	Charles S. Williams, 15.4
40/142	Bill Goy, 15.4
40/143	Jack C. Cross, 15.4
40/144	Gordon D. Dobson, 15.4
40/145	Clive John Andrew, 15.4
40/146	Keith M. Whitaker, 15.4

1000M FOR MEN	
40/147	George Bridgeman, 15.4
40/148	Jon Moran, 15.4
40/149	Bill Ellison, 15.4
40/150	Ronald Brown, 15.4
40/151	P. Quantrell, 15.4
40/152	Rodney Clark, 15.4

1000M FOR MEN	
40/153	L. G. Audrit, 15.4
40/154	Sylvester Stein, 15.4
40/155	Doug King, 15.4
40/156	Les Brown, 15.4
40/157	Allan Bowdler, 15.4

1000M FOR MEN	
40/158	Eric Pinner, 15.4
40/159	John Lucas, 15.4
40/160	Colin T. F. Falry, 15.4
40/161	Leonard Nelson, 15.4

1000M FOR MEN	
40/162	Compellor, 15.4
40/163	John Foster, 15.4
40/164	Patrick Webber, 15.4
40/165	Winston Thomas, 15.4
40/166	P. G. Goulding, 15.4
40/167	David Pickering, 15.4
40/168	P. Fuller, 15.4
40/169	G. Cassidy, 15.4

1000M FOR MEN	
40/170	David Burton, 15.4
40/171	Colin Derrett, 15.4
40/172	Jack Goody, 15.4
40/173	J. P. Hurley, 15.4
40/174	Danny Herman, 15.4
40/175	John A. Barrow, 15.4

1000M FOR MEN	
40/176	Charles S. Williams, 15.4
40/177	Bill Goy, 15.4
40/178	Jack C. Cross, 15.4
40/179	Gordon D. Dobson, 15.4
40/180	Clive John Andrew, 15.4
40/181	Keith M. Whitaker, 15.4

1000M FOR MEN	
40/182	George Bridgeman, 15.4
40/183	Jon Moran, 15.4
40/184	Bill Ellison, 15.4
40/185	Ronald Brown, 15.4
40/186	P. Quantrell, 15.4
40/187	Rodney Clark, 15.4

1000M FOR MEN	
40/188	L. G. Audrit, 15.4
40/189	Sylvester Stein, 15.4
40/190	Doug King, 15.4
40/191	Les Brown, 15.4
40/192	Allan Bowdler, 15.4

1000M FOR MEN	
40/193	Eric Pinner, 15.4
40/194	John Lucas, 15.4
40/195	Colin T. F. Falry, 15.4
40/196	Leonard Nelson, 15.4

1000M FOR MEN	
40/197	Compellor, 15.4
40/198	John Foster, 15.4
40/199	Patrick Webber, 15.4
40/200	Winston Thomas, 15.4
40/201	P. G. Goulding, 15.4
40/202	David Pickering, 15.4
40/203	P. Fuller, 15.4
40/204	G. Cassidy, 15.4

1000M FOR MEN	
40/205	David Burton, 15.4
40/206	Colin Derrett, 15.4
40/207	Jack Goody, 15.4
40/208	J. P. Hurley, 15.4
40/209	Danny Herman, 15.4
40/210	John A. Barrow, 15.4

1000M FOR MEN	
40/211	Charles S. Williams, 15.4
40/212	Bill Goy, 15.4
40/213	Jack C. Cross, 15.4
40/214	Gordon D. Dobson, 15.4
40/215	Clive John Andrew, 15.4
40/216	Keith M. Whitaker, 15.4

1000M FOR MEN	
40/217	George Bridgeman, 15.4
40/218	Jon Moran, 15.4
40/219	Bill Ellison, 15.4
40/220	Ronald Brown, 15.4
40/221	P. Quantrell, 15.4
40/222	Rodney Clark, 15.4

1000M FOR MEN	
40/223	L. G. Audrit, 15.4
40/224	Sylvester Stein, 15.4
40/225	Doug King, 15.4
40/226	Les Brown, 15.4
40/227	Allan Bowdler, 15.4



Rosemary Chimes bemedalled
Photo: C. Graham
World records (to be confirmed)
W55 Discus: R.Chimes 39.04
W55 Hammer: R.Chimes 35.10
W55 Shot Put: R.Chimes 12.19
W55 Triple Jump: R.Chimes 9.12

DISCUS FOR MEN	
40/21	Compellor, 46.36
40/22	Neil Griffin, 45.84
40/23	Chris Ellis, 45.84
40/24	Philip Conway, 40.68
40/25	Marlin Leach, 30.14
40/26	John D. Row, 24.48

100 FOR WOMEN	
40/27	Compellor, 13.52
40/28	Sandra Woodman, 14.21
40/29	Vilma A. Thompson, 14.21
40/30	John D. Row, 14.48
40/31	Susan Martin, 14.52
40/32	Carolanne Jones, 14.52
40/33	Maureen Walter, 15.58
40/34	Irene Spiller, 15.61
40/35	Maureen Walter, 15.61
40/36	Maureen Walter, 15.61
40/37	Maureen Walter, 15.61
40/38	Maureen Walter, 15.61
40/39	Maureen Walter, 15.61
40/40	Maureen Walter, 15.61
40/41	Maureen Walter, 15.61
40/42	Maureen Walter, 15.61
40/43	Maureen Walter, 15.61
40/44	Maureen Walter, 15.61
40/45	Maureen Walter, 15.61
40/46	Maureen Walter, 15.61
40/47	Maureen Walter, 15.61
40/48	Maureen Walter, 15.61
40/49	Maureen Walter, 15.61
40/50	Maureen Walter, 15.61
40/51	Maureen Walter, 15.61
40/52	Maureen Walter, 15.61
40/53	Maureen Walter, 15.61
40/54	Maureen Walter, 15.61
40/55	Maureen Walter, 15.61
40/56	Maureen Walter, 15.61
40/57	Maureen Walter, 15.61
40/58	Maureen Walter, 15.61
40/59	Maureen Walter, 15.61
40/60	Maureen Walter, 15.61
40/61	Maureen Walter, 15.61
40/62	Maureen Walter, 15.61
40/63	Maureen Walter, 15.61
40/64	Maureen Walter, 15.61
40/65	Maureen Walter, 15.61
40/66	Maureen Walter, 15.61
40/67	Maureen Walter, 15.61
40/68	Maureen Walter, 15.61
40/69	Maureen Walter, 15.61
40/70	Maureen Walter, 15.61
40/71	Maureen Walter, 15.61
40/72	Maureen Walter, 15.61
40/73	Maureen Walter, 15.61
40/74	Maureen Walter, 15.61
40/75	Maureen Walter, 15.61
40/76	Maureen Walter, 15.61
40/77	Maureen Walter, 15.61
40/78	Maureen Walter, 15.61
40/79	Maureen Walter, 15.61
40/80	Maureen Walter, 15.61
40/81	Maureen Walter, 15.61
40/82	Maureen Walter, 15.61
40/83	Maureen Walter, 15.61
40/84	Maureen Walter, 15.61
40/85	Maureen Walter, 15.61
40/86	Maureen Walter, 15.61
40/87	Maureen Walter, 15.61
40/88	Maureen Walter, 15.61
40/89	Maureen Walter, 15.61
40/90	Maureen Walter, 15.61
40/91	Maureen Walter, 15.61
40/92	Maureen Walter, 15.61
40/93	Maureen Walter, 15.61
40/94	Maureen Walter, 15.61
40/95	Maureen Walter, 15.61
40/96	Maureen Walter, 15.61
40/97	Maureen Walter, 15.61
40/98	Maureen Walter, 15.61
40/99	Maureen Walter, 15.61
40/100	Maureen Walter, 15.61

200 FOR WOMEN	
40/101	Compellor, 14.21
40/102	Sandra Woodman, 14.

