HIGHLIGHTS INSIDE: P7 THE POTTERIES AND BRUGES REPORTS; P12 BVAF ROAD RUNNING SCHEME

Weiterain Althlesies

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Number 7

The Newspaper of the British Veterans Athletic Federation

August/September 1988 £1.50

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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 Chrimes 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 Chrimes, 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

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 outsprinted 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 thewomen'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.

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.

ILMPS

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 Chrimes 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

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 medallist 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 'Evangelisti' 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

BARNSLEY 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 Chrimes 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 Malmo, the black

*Cesare Beccalli is the president of WAVA

(and previously EVA)

Dutchman Ron Mercelina, 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 aban-doned 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 Mercelina in the 800, and was then,

Continued on page 8

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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/Marksmen (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-applica

30 September onterwise deelend 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 Cottlingvale, Morpeth, Northumberland NE51 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,

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All photos, unless otherwise credited, are by Jeremy Hemming Next issue November - please send copy by October 15, 1988.

Tenth Flying Fox Marathon

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



Race limit 5 hours

Sapientia atque Levitas

ENTRY FORM Please return by 12th September 1988 with appropriate fee and SAE 9 x 6 for race number and programme

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

FULL NAME

VETERAN AFFILIATION & MEMBERSHIP No

SEX..... DATE OF BIRTH AGE ON RACE DAY.....

MARATHON PB IN LAST 2 YEARS

ADDRESS & POST CODE

.... TELEPHONE

Entry Fee £5 (unattached £5.50)

If you live over 130 miles away SMM aims to offer free accommodation with a family. Please sign as appropriate

"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...

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 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 Sepnber, Rugby teacher Cowley followed up his O40 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 Janls Geres with us who was in the Latvian Games

Marjorle Hocknell, who has only been in ath-

she is 45 next year, is another improving young yet.

Marjorie ran to an O40 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 says up athletics. 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 nable athlete.

Obviously, in the race walking world, veterans



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

are a venerated word as several compete in Interna-tional 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 O50 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 Chrimes 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 vet-

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 Hecover from triem. I got adjusted with 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 outstand ing 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 signifi-

One who was not an international but had mmediate 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

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.

International Cross Country Match

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

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 proc-essing 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

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

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

You're not going

training today,

are you?

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 enfamille and apress 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 untrainied. 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

are lucky. Now windy conditions can be dan-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

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.



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 WIN 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

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 Champion-

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.

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 yets 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 indentification 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

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

inequality of treatment of the results of the

recent European Veterans Athletics Champi-

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 accidently 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 is happening in veteran's athletics. Howe

onships in Verona.

They published results of the flat track events one week, each event being introduced by a paragraph of general and British interest

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

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. I am in no way suggesting parity of coverage. It would not be a true reflection of what is happening in veteran's athletics. However, it may be interesting to note that a quick survey of photographs (surely an indicator of trends) since the first issue, a period which includes British and World Track and Field Championships, reveals the following: Running events:

18 static photographs (medal ceremonies etc.) Field events: 3 action photographs 3 static photographs

60 action photographs

3 static photographs Walking events: 1 action photograph

O static photograph
However, lest you feel that I am carping
unnecessarily, may I commend your efforts
thus far with this excellent publication - just
what we have needed for a long time.

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.

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

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

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 agegroup 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

- by Sylvester Stein

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

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

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

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

P W Webb We have to go to press early. Donations received

after press date will be acknowledged next time

Introducing your new vicechairwoman

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 younsters (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

Ruth Allcock



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, Famham and District. 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'.

At the 1988 Annual General Meeting of the BVAF - Cwmbran

and circulated a balance sheet.

Special Projects Committee and there was a call for these to be included with the main

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

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





don 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 5K, 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

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 vicechairman, 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 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 cham-

pionships 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 newspa-

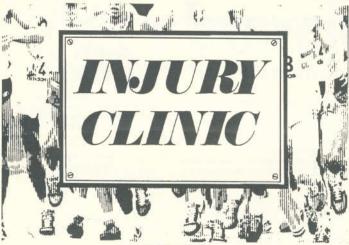
per. Finally we now have a result from years of regular meetings and lobbyings with the people that run senior athletics, in putting on this year the first official AAA championships for vets. This move is regarded by both sides as but a first step.

Let's hope that the recent troubles and traumas at senior level will not have an adverse effect on these negotiations. 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!

The Treasurer reported a balance of £6500,

This did not include the accounts of the accounts in future.

a case in point. A motion to increase the Affiliation Fee



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 B.12. 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

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.

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 Pennine 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

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

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

a massage-type treatment or rub down during

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.

this time



Eddie Caldwell

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.

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" which patients rest on following treatment, a whirlpool, an ice machine and faradic footbaths. Nine other rooms 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, Masolet 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

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 Wales Northern Ireland International Veterans E Lee M40 2:27:28 2:36:07 E Oxlade M40 Team Challenge E Williams M45 2:44:30 D Grant M50 3:29:20 R Booth A Smith M55 3:06:59 4:12:16 England R Brierley M60 3:24:07 D Crassford dnf B Watson M40 2:30:59 G Bagnall M45 2:32:27 11:43:44 D Darlington M50 2:45:52 C Leigh M50 dnf E Kirkup A55 2:53:33 total 10:42:51 not scoring J Kirk M60 3:11:28

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 be-

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.

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 nonappearance 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 Lutterworth was credited with a time of 3:11:10.

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 medallists,

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 070) 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 do 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 Oxton clocking 38:23 to take second 040 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 overrated 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.

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).

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)

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

the London.

nearly two metres to her own pending

world record and amazingly is nearly six

metres better than her existing W50 Brit-

ish record. In addition she also set new

W55 World figures for the triple jump -

8.86. Some people get better as they get

One other record breaker (merely a

Power with a 1.78 high jump. The match

British this time) was Welshman Sean

South Western team Next year it is

Burton for the Midlands and the new

June 25 at Monkton Stadium, Jarrow

Outstanding performances in the sprints came.

John Carr (M60) was impressive in the

niddle distances, winning both the 800m and

The 5000m was dominated by the record breaking runs of Ken and Dave Lowther (M40)

Good performances in the field events were

discus and triple jump, with his javelin perform

ance much further than the younger age groups.

Outstanding in the women's events were B
Bellis, 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 out-standing win for Durham AC; 2nd Morpeth; 3rd

ioughton: 4th Sunderland; 5th Gateshead; 6th Washington; 7th Gosforth; 8th Tynedale; 9th

All the events were a great success and a

Challenge Cup is being awarded to Durham AC to be competed for annually. Note that the league

gives good competition to sprinters and field eventers and it will be repeated next year.

leaton; and 10th Blaydon.

T&F Around the Regions

Veteran Athletics

Tumultuous applause for organisers of Inter-area Match

Jack Fitzgerald reports from Palmers Park, Reading

There was a terrific atmosphere in a sta- Woodman. It was good to see Gloria Rickdium that lends itself to such an occasion ard (formerly Durass) still performing well and looks to be an excellent choice for the over one lap. Vic Smith set an example as 1989 Track and Field Championships. the Southern Men's team manager with an Although the track events were not due to excellent 800/1500 double, a feat emulated also by the South's Chris Wilkins in the commence until 2pm, there was a pot warmer for the supporters with the Women's section. The O50 middle distance Southern Counties Veterans AC taking events were shared by the two indefatigable advantage of the opportunity to hold their British record holders: Tony Churchill and own 10K track championships. A disap-pointingly small field of ten contested this Brian Bartholomew. The 3000m was a particularly exciting race won by Chris Woodcock, who is now

event with all running together and eventu-ally going to the long striding Peter Hamilan M45, in 34:50.1. However it did have the distinction of ton over the shorter but determined an age world record. Jose Waller had Midland runner Dave Caldwell. An even come within 22 seconds of Lynn Marvin's taller athlete Alan Griffiths won the O50 W65 World Record at Cymbran the previous weekend. With better conditions event from Mike Barratt, while the tenacious Dot Fellows had another good win at Reading, she never looked like not over Ann James and Jean Gillard. beating it and her 47:27.5 smashed it by more than one and a half minutes, to add

Apart from Power and Chrimes the best in the field events was undoubtedly the 58.74 Javelin throw of Ken Turnbull, which it to her Marathon W65 World record in many consider compares favourably to the Another prolific record breaker at official British record of 65,38 with the old present is Rosemary Chrimes in the W55 ategory. Her 39.72 in the Discus added Obviously there needs to be a lot of

tightening up on existing field events throwing records both nationally and internationally - it has got into a mess. A new job for Wilf Morgan perhaps.

The sprint relays brought the meeting to

a successful close and the awards for the outstanding performances went to Sean Power in the jumps, Rosemary Chrimes for the throws and Sheila Woodman on the track.

itself was contested between the Southern, Midland and a combined Weish and 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 subsehoped that further areas will participate. Outstanding sprinters were Bill Tho-mas and Ian Foster for the South, Dave quent inter-area matches. This was pre-sented to the joint Southern Team Managers Vic Smith and Barbara Terry to

The meeting logged entries slightly lower than North East Vets AC Track last year at 115 in total and a question is posed, does this reflect a general trend across the country this & Field Champs

usual; for instance 23 Championship Records were noted by the organiser. Ron Taylor was on the track and took the 100/200 double, as did G. Cassidy. Outstanding performances in the sprints came from Bill Briggs (M40), J McAnany (M45), best of the day at 11.8 sees, Phil Pye (M50) and R Brown (M60) all winning their 100's and 200's, Likewise M. Watson in 800/1500 had fine marks of 2:01.8/4:15.8, and Paschal Morris, M55 5000m, won with almost identical figures to his counterpart in the SCVAC meet down South, Mike Barratt; on he same afternoon both were inside 16-54. At the ligh Jump 1.73 metres gave R. Abdy gold from his

Credits are stated by our correspondent for Ken Westley, entry secretary, Denis Withers for Officials and in Direction of the Meeting, Brian Owen, supported by Edgar and Irene Nicholls.

Discus & Shot Profile At Hendon

John Curtin, Senior Coach, reports A pleasant atmosphere, fine weather, almost ideal wind conditions obtained at Conthall Stadium. Barnet on 12 June. The only groan heard was "Please organisers, six throws not four". With goo officials on hand notably field referee Rosalind Alternan, this would not have created any time

Many stalwarts-were seen in the Shot and

Copthall Show Best warm-up meeting

12. the Conthall Show Veterans T&F still sing one of the best meetings for veterans to warm up for the season ahead and it is a pity that more don't take advantage of that.

Josie Waller, who ran 3hrs35 beating the old ear, went on to break her own UK 1500 metres scord at Copthall with 6min 35.5sec some 11.5 econds faster than she did last year! At Copthall reteran O40 runner Jose Kimber in 5:17:3 but ously Josie Waller's time was outstanding

Discus events. For instance in the Men's Discus. M40 there was very close competition between Snowie Brooks 32:56 and J. Gilbert 32:38.

In the M50 Class, Bill Trehame, last year's top ranked, 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 In the 70+ class, Bernard Metcalle improved on last year's performance with 2.7.0. In the W40 Class of the Ladies Discus, Barbara Terry threw well achieving 28.32, and in W50 E. Williams was commendable at 27.42. In the Men's Shot M45 Class, J. Kee scored a

double after Discus 35.86 narrowly beating myself by 8 centimetres. In M50, W Whyte was again ove 12 metres and a good effort by J. Caton Mason (Rotational) was 10.99.

Scottish Veteran Harriers T&F Champs

Scottish Veterans gathered in such strength at centrally placed Grangemouth that no fewer than 43 new and 2 equalled Championship bests were

P Webber and J Steede ran 11.6 and 11.7 M40 and 45 sprints. Colin Youngson, Cross Country national runner up and half marathon entrant, scored a 15/5000 double and E Fitzgerald was only 1 cm short of the national veteran High Jump record with clearance of 1.80 metres.

Other competitors had a field day as John Freebaim, Indoor Pentathion champion, won 5 titles in 050, all field events, and Jack Gelder and David

Marshall took 5 apiece in M40 and M55 classes. David Morrison, assisted by a strong team of helpers, was both Convener of the big occasion and Processor of results.

Hammer bests in Perivale

Alastair Aitken reporting
Most people had not arrived by the time the first
event started to come to a close at the Southern
Counties VAC Championships at PerivalePark on June 4 but it was possibly the highlight of the

The 'Star' in that was Dave Bayes 54, the Manager of the Harvey Centre Harlow who threw the hammer the furthest of all the age groups with an impressive series of 48.72, 48.86, 48.80, 47.70 and

Bayes, who was two years ago set a UK age best throw for O50 of 51:20 and had a personal best of 60.50 when competing for the Army on the Rhine in 1966, said he had been taking tablets for a hiatus hernia but had been pleased with his speed in

natus nerma out had been pleased with his speed in the circle in training.

Take note also of the pioneering spirit of Pat McNab, who like her husband the famous coach and Author Tom McNab, always likes a challenge! She threw at the inauguration of the women's harmer event last Summer and now, at Perivale set marks for the 45-49 age group with 36.60m.

Evaun Williams, who only took up athletics a

year ago, also set a UK best standard with 27:41 for year ago, and see a o'r bees standard with 244 to the O50 age group as well as winning the 200. Her daughter Sharon, 18, won the Middlesex, 200 and was the Southern under 20 silver medallist. Sandra Woodman from Bristol, looked like a

promising new vet when she won the 100/200. Sandra, who has won the South West senior sprints in her time, only seemed to have one close rival in her races and that was Jean Browne the W40 100/ 200 winner. Jean is married to ex-international twolapper Pete Browne who will enter veteran competition next year.

Sylvester Stein's sprinting looked better than it has done for a couple of years and at 67 (born 25.12.20) pulled well away from his rivals in his race to win in 14.1, which is a time he is bound to better by the time the season is over Colin Campbell the 1968 Olympic 400 metre

At the Conthall Show, Bernard Metcalfe, that ex-Poly 'evens' 100 yards sprinter and journalist, is continuing to enjoy retirement in the 070s bracket and took one second off the existing UK80 metres Hurdles O70 record with 15 7sec

Andrew Blackman looked particularly impres-sive in the O55 sprints and a new name to join the veteran sprinters was Exporting Marketing Consultant, Robin Roach, who at 41 looks a good constraint, Robin Robert, who as 41 robis a good future prospect for pentathlon. He has competed since he was 14 and was a Surrey Schools triple jump Champion but as a non-vet he ran 11.4/22.8/50.7 and 1:55.5 for the sprints and did the triple in 13.51m (equiv) in his younger days. At Copthall he won the M.40 High jump/100/200.

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.

Further performances at the Lanca-shire track, if those whose achievements in the higher realms of National Champi onships, already being clearly foreshadowed, are for the moment put aside, are those of M. Toole a 11.5 secs 100m, Joe Moran M60 200m, and L Cooke M50 400m. With double successes were Ted Isaacs, 15/5000, and J Charlton, Long and Triple Jumps, and with a triple Watson, Hammer, Shot and Discus.

Among the women D.J. Holmes scored a double in the demanding 800 and 1500m.

nner who also held the UK 800 record with 1:46:1 in 1972 brought back memories with his upright style and red hair when he came home first a 'guest' in the 400 metres in 52.1. Campbell had an achilles operation last year and is coach to the Jersey team.

In the middle distances the most exciting race was the 1500 and Vic Smith drew the stear cut of Alan Painter in the last 300 to show he was back from injuries. Martin Duff was third. after his clear win in the 5000 where Pete after his clear win in the 5000 where Pete Hamilton recently recovered from a long virus illness picked up the silver. Neville Newnham and Mike Barratt had a dust up in the O50 5000 with Newnham forging

dust up in the 0.50 50.00 with "Newmann forging ahead with 600m left but "Evergreen" Mike (56) had run 14:39 in the Southern League the day before. He took 55-59 honours. And, that bold "front" walker, Peter Hannell,

took his fourth Southern Vets title in succession in the 3000. 800/1500 doubles were scored by Christin

and Brian Bartholemew, who was following up his M50 UK best 2:04:3 for 800 in the Sussex Courty Championships.

SWVAC fly to **Channel Islands**

DAVID G LORD

Choice of venue depends upon a favour-able response from the resident club and here it only needed a mention to our member at Jersey Spartan, Mike Romer ill, for the idea to be taken up.

Never having organised an overseas trip headaches were inevitable arising from the diversity of departure points along the South West coast and different embarkation times.
Surprisingly to us, the weather was

not kind; in fact it was determined to illustrate how the Jersey AC earned its nickname Spartan. The show evolved into a battle against the elements where for instance we became rejuctant to place our shot on anything but the grass lest the wind rolled them away. But everyone of the competitors entered into the Merry England' spirit and the home team, inspired by Olympic star of the '70s Colin Campbell to repel our invasion, fully aroused our competitive response.

As a young club monitoring only its second track and field we were still able to fill in blanks in our record book. So we had the pleasure of entering Maurice Woods' O50 400m 61.1, three in the 800m, Maurice Cockwill O40 2:12.2, Chris Whindle O45 2:15.1 and Frank Coles O50 2:14.5, another three in the 1500m and a 16:52 5000m for the O50 rung from Ed Richardson.

Two shots were put in especially by our find of the fields Phil Oakeshott, O50, every bit as good as his name in that

event with a 10.31 figure.
Pat Stanley's squad of Jersey ladies dominated the short and middle distances it must be said around their 400/800 star Anne McDonald.

Mary Wixey had her division to herself in the open competition and Les Williams and Bill Baker ran riot in their

VERONA CHAMPIONSHIPS continued from page 1



Photo: Julie Taylor

with Alun Roper completely out-run in the M40 1500. Tony Churchill could not repeat his Melbourne feats, as the German Ralph Conzelmann dominated the M55 group. with Tony settling for a second and third. Roper however came out later in the week to grind the 5000m M40 field into submission with a front running power display clocking 14:46.37 on a hot and humid evening.

Track Distance Races

In the 5000 and 10,000 races, fancied Italians were given easy heats where they could run virtual time trials, and in at least one case secured the gold medal. Bob Belmore (M60) was the only other British mens' distance medallist, at 5000, although both he and Martin Duff (M40) took fourth places in the 10,000's

Sprints and Hurdles

The mens sprints saw golds for John Henson, Dave Burton and Andrew Blackman at 200m, while Charlie Williams was supreme. in the M55 100m, Bill Baker (two silvers), Bill Guy, Sylvester Stein and Burton also nicked up minor medals. In the hurdles, Les-Williams (M65 100H) and Don Marshall (M55 400H) collected golds whilst Rob Bush, arms and legs everywhere, somehow managed bronze in the 400H, the same colour as Keith Whitaker (M55 400H), Ian Steedman (M60 300H) and Mike Dixon (M40 Steeplechase).

Multi Events and Field

No praise can be too high for Mike Corden's victory in the premier M40 Pentathlon event, which added to his silver in the 110 hurdles. A Long Jump of 6.33, Javelin of 47.70 and a 200m of 23.80 were his best efforts, and he can look forward to the World Games in Eugene next year when the full decathlon will replace the shorter event. In the field Sean Power took gold in the M45 Triple Jump, "very late at night, with no motivation and an empty stadium" and bronzes in the High and Long Jumps, but elsewhere the British men's field perform ances were a trifle thin.

The Marathon was won by the Bruges 25K. winner Francois Blommaerts (he also won the M40 10K) and he was one of the few to run the correct distance. Most added an extra 2km by running a "Bridge too far" down the river, so Jack Fitzgerald's silver in the M65 in 3:36.00 was particularly merito-

WOMEN'S EVENTS The Stars

speciality Discus (1Kg) 35.84, High Jump 1.36) and Shot (3Kg) 11.74, adding the 80m Hurdles in 15.0 and 100m in 14.46.

Pat McNah twice improved her W45 80m Hurdles British best, firstly in her heat to 12.90, before collecting the gold with 13.0, and then during the pentathlon at 12.68 where she just failed to hold on to the Gold when her 'Marathon' (the 800) shunted her back to silver. Mary Worth dominated the Walks by taking gold in both the 5000m track events and the 10Km Road

The Sprints

In the women's sprints, there were silvers for Mavis Williams (W70), Mary Wixey (W65) and Una Gore (W50) and Marjorie Hocknell over 400m (W40) but if Jersey based Anna McDonald had been able to produce her 4 x 400m relay form in the individual event, then her 58.4 would surely have given her gold in the W40 class. How ever, she was drawn in the outside lane and misjudged her effort, probably through lack of tactical race experience. Anna was however the fastest British 200m girl on show clocking 27.48 for fourth place. Bronzes went to Una Gore and Mary Wixey over 200m and Evaun Williams (W50) over

For those who shared the delights of Verona

HEAVEN IS WHERE

The police are British The mechanics are German it's all organised by the Swis

HELL IS WHERE The police are German The mechanics are French The cooks are British it's all organised by the Italian

ARRIVEDERCI VERONA — SEE BEC CALLI!

On Track and Field

Elsewhere on the track, Pat Gallagher collapsed with exhaustion after front running the W40 1500 the whole way and in doing so reversed the placings with the German, oddly named Windbrake, from the 800. A similar fate befell Joselyn Ross in W60 5000 metres where she took bronze the night before coming out to front run the 1500, though ending with silver in a new British Best of 6:07.76. Marjorie Hocknell had a good W40 400H win while in the field events there were bronzes for Long Tumper Vilma Thompson (W35) and Javelin



David Burton (266) takes gold in the 200m final with the German Hans-Jurgen Gaspe

A lively British team gathers round the standard at the opening ceremony **WALKING SUCCESSES IN VERONA**

Veteran Athletics

British walkers had a splendid time at the which anything went to some in which there European Veterans' Championships in was wholesale waving of red signs. In one Verona, taking 3 gold, 5 silver and 8 bronze race, the chief judge (yes, an Italian) pulled medals, with a couple of near misses. Pride out a Spaniard, two Italians and a German in of place must go to Mary Worth, who at last the space of 5 seconds. The Italian here made it to the top of the podium, adding two Carlo Bomba was disqualified while leadgolds to her collection of European and ing, Ann Sayer and Peter Hannell fell foul World medals.

Those who think that walks are not spondent was warned. exciting to watch should have seen the ing to take the M40 silver in the 5,000m, arriving a minute before the race started and evening the absorbing race-long battles where Peter Worth was beaten for silver by I second and least because for once we were racing when Pauline Wilson got one by 0.4 seconds; real other people were about. nail biting stuff

Fears about the weather were largely drama of Bob Care's last lap as he walked groundless; the 10k/20k at 8am had what himself literally to a standstill before rallytions with rain most of the time and it was Dennis Withers' pull through to third after not all that hot for the track races in the All told, it was an excellent week, not

Here's thanks to our running, jumping

during the track walks and even your corre-

and throwing team-mates for all their supnort

MEN 500cm Track Walk 1840: 1.A.Zarbako (1a) 21.57.35, 2 R.Ceire; 1845: 1.D.Zacheuche (FRG) 27.46.22.3, 3 Kmillwood 452.05, 4; P.Casaled 243.178; 1850: 1.D.Seivene 22:28.40.7.4C, Dunn 28:205; 1855: 1850: 1.D.Seivene 22:28.40.7.4C, Dunn 28:205; 1855: 1850: 1.D.Seivene 22:28.40.7.4C, Dunn 28:205; 1855: 1850: 1.D.Seivene 22:28.40.7.4C, Dunn 28:205; 1850: 1.D.Sacheuche 27:17.3.00; 1950: 1.D.Sacheuche 27:17.3.00; 100: 1.D.Sacheuche 27:17.3.00; 1950: 1.D.S

WOMEN 5000m Track Walk W35: 1.A.N. ars

10K Road Race W35: 1.A-M Lausion (Swe) 52:13.9 (WR); W40: 1.J.Bonnett (Fra) \$2:26.8, 2.6.8ean 55:20.5, W40: 1.J.Bonnett (Fra) \$2:26.8, 2.6.8ean 55:20.5, 3.9.Wei; 1:C eWhof (#a0) \$4:39.0, 3.9.Williaon 52:27.6; W50: 1.6.Migliason ittal; 55:52.9, 3.9.Weijliaon 52:27.6; W50: 1.6.Migliason ittal; 55:52.9, 3.9.Weijliaon 52:27.6; W50: 1.6.Migliaon 182:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.1, 8.9.Weijliaon 52:25.2, W50: 1.0.Migra; (Fig. 52:26) (WRI), 3.9.Scott 64:69.Wei5: 1.M.Borott 57:25.2, W50: 1.0.Migra; (Fig. 52:26) (WRI), 3.9.Scott 64:69.Wei5: 1.M.Borott 57:25.2, W50: 1.0.Migra; (Fig. 52:26) (WRI), 3.9.Scott 64:69.Wei5: 1.M.Borott 57:25.2, W50: 1.0.Migra; (Fig. 52:26) (WRI), 3.9.Scott 64:69.Wei5: 1.M.Borott 57:25.2, W50: 1.0.Migra; (Fig. 52:26) (WRI), 3.9.Scott 64:69.Wei5: 1.M.Borott 6

Mary Worth strolls a Battersea Park race 100m M40:1.8.Hestand (Su) 11.58; M45: 1.JEhrsrom/Fin) 11.59; M50: 1.W.Hafner (Aut) 12.01, 2.D.Burton 12.01... 7

1.R Rockwardt (FRS) 14.42; med., 1377-64. 2.W. Baker IL; De Guye (Hol) 23.15; MdS-1.J. Hensen 25.33 (2.25)hr., 6.R Roberts 24005; MSD: 13.D. Burton 24.00., 4.F Taylor 24.09 (64.00)h., 6.D. Derrett 25.04, 9.J. Goody 5.J. (20.25)hr., 1865; J.A. Blackmar 25.10; 28. Guye 35.46 (FRG) 24.71; S.B. Brooke 26.37; 28.00h) MSS: 1.A. Pethason (FRG) 24.71; S.B. Brooke 26.37; 28.00h) MSS: 1.A. Pethason

28.17 (2.2011); MSS-1.A.Silectimar 28.19, 2.8.07; 28.34 (28.1014). 6.8.19 may (26.44) (26.10); MSS-1.T.Market (28.1014). 6.8.19 may (26.44) (26.10); MSS-1.T.Market (28.1014). 6.8.19 may (26.1014). (26.1014)

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17.4.Clark 46.40 (18.27); MS 1 L.Wittiman 18.41 (18.42);

17.4.Clark 46.40 (18.27); MS 1 L.Wittiman 18.42;

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17.4.Clark 17.4.Clark

High marks in the Midlands

results, p14/15.

and latter day in British Record marks wa celebrated by Rosemary Chrimes and Mary Wixey in this meeting. These performances ndicated a path of high individual achievement or them destined to stretch into the European an Games and the British Champion and beyond.
Thus, Rosemary Chrimes came away with

three British and three world age group best ecords and who can say if this is not a record in Mary Wixey scored two British bests and one qual to best, and all these are marked alongside

Alastair Aitken reporting
Despite the low numbers competing and the usual
strong winds across the fields at Hendon on June

world best for O65 in the London Marathon this the individual race winner was the popular She is a private piano teacher and came into veteran athletics through Harvey Jaquest's Watford Joggers group. Born 1922 she did run at

school but spent more time climbing. It was not till 1987 that she began to blossom as an athlete in her own right. She says of the veteran scene "They are a nice bunch of people and because of the jogging group and the vets I have really enjoyed my athlet-

Sponsored by digital

READING ATHLETIC CLUB

2ND VETERANS TRACK AND FIELD OPEN MEETING

SUNDAY 2nd OCTOBER, 1988 at PALMER PARK STDM, READING STARTING AT 1.00pm (12.30pm Hammer)

EVENTS: 100m 🗆 1500m 🗆 H/Jump Discus Javelin (Tick box) 200m 🗆 5000m 🗆 L/Jump S/Hurdles □ Shot □ Hammer □ 800m ☐ Also 3000m Steeplechase (Subject to demand) ☐ Medals (1-2-3) · Brand New Stadium · Good Parking · Easy Access

I wish to be entered for the event/s indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the BVAF.

MALE FEMALE Name: Address Post Code Tel. No. Best Time/ Distance: Entries: Reading Athletic Club c/o 10, Fullbrook Crescent, Tilehurst, Reading, RG3 6RX Entry Fees: 60p for each event (£1.00 on day, subject to availability) Cheques or Postal Orders: Reading Athletic Club

Categories (please tick):

40-44 45-49 50-54 55-59 60-64 65-69 70+ MALE FEMALE 35-39 40-44 45-49 50-54 55-59 60-64 65+

Event Sponsor: CLAUDE FENTON Promoters: READING CHRONICLE

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Cross Country Races for Veterans in Sussex

September

Horsham Blue Star Harriers

Open Parkland Races - Veteran Men 3M 4.00pm

Awards first three

60p by 30 Aug - F Jordan 56 Swindon Rd, Horsham, Sussex.

September

Bognor Regis and Chichester AC

Open Parkland Races – Bishop Otter College Vet Men separate 6000m.

Lady Vets with Int. SL 4500m

Awards Gift tokens, one prize per person only

60p with DOB & SAE for reply and venue details George Scutts, 44 Wood St, Bognor Regis, West Sussex PO21 2PJ

Sat 1st October

Haywards Heath Harriers

21st Open International Meeting, 1st Race 1pm

Vet Men 5000m Vet Women O35 4000m

Medals in 5 year age bands. Commemorative badge

£1 by 16 Sept no late with DOB & SAE

John Gill, 70 Wood Ride, Haywards Heath, Sussex RH164NJ

MVAC SOLIHULL MASTERS OPEN MEETING

Veterans and Pre-Veterans, Men 35-39, Women 30-34, and BVAF Walk Champs SUNDAY 25 SEPTEMBER commencing 1030am

Norman Green Athletics Centre Tudor Grange Park Blossomfield Rd SOLIHULL

Track Events Men & Women 100 300 600 5000m Maxwell House Mile 200m Hurdles Throws Quadrathon HT JT SP DT 3 throws Jumps Triathlon HJ LJ TJ 4 attempts BVAF Track Walk Championships Men 10000m Women 5000m Womens Field Events HJ LJ SP JT DT

AWARDS Men: Best Track 40-49 50-59 60+ Quadrathon & Triathlons 40-49 50
Women Sest Track 35-49 50+ Best Field Triathlon 40-49 50+ Pre-Vet Best Man Best Women

ENTRY Track events Walks Womens Field Events £1 each
Jump Triathion £2.50 Throws Quadrathon £3
Closing Date 18 September Late entries not accepted



Refreshments available

ENTRIES TO Ken Westley 18 Pinewoods Av West Hagley STOURBRIDGE DY9 0JF

.....Male/Female..... ... Age on 25 Sep. Name.....

Reg Vet No......Veteran Club......AAA Club... (for track events state best time 87/88 or estimate) Please enter me in

I enclose cheque/PO to 'MVAC for £..... and SAE 9" x 6" for Number etc.

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 Leete 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 Nuncaton on July

Recurring Language of Parkers and Nutrain of San Recurring Language of San Science 18, curring Language 19, 23, RSC 21, Tamworth 19, Solihull 11, Nuneaton 11, Birthfield 11, Burton 8 and Coventry 4. Women: RSC 24, Birchfield 19, Tamworth 17, Burton 16, Nuneaton 14 and Rugby 6, Southern division — Men: Halesower 20, Brons & Redd 19, Worcester 18, Sandwell 16, Dudley & Stout 13, Timon 6, Women: Brons & Redd 19, Stour 13, Tipton 6. Women: Broms & Redd 23, Sandwell 20, Worcester 17, Droitwich 16, Dudlet & Stour 9, Halesowen 7, Tipton 2.



England debut at Trentham Gardens (Photo: Paul Robotham)

VETERAN PROFILE

Bagnall's vintage year Strangely enough for such a dedicated athlete he does not have a straight training schedulal. "The demands of my job as a company

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 Ferneyhough (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 Na-tional 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.

ule! "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 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 and 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 high-est 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 what-ever standard, to get out training and racing in order to achieve their potential."



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

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 occa-sionally run cross country events but the main club sionally 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

mbers 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 cham-pionship 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 vith 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 oad relay team not so far mentioned is another old Hampstead Harrier Roger Marven. He rather pre-fers 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 Frean 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 wv total number of men's/women's vet prizes

- CN /	A 1 1	UN	AL

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

International Cross Country Match WREXHAM see p3

BVAF Barnsley Veterans 10K Barnsley S Yorks enquiries 29 Havercroft Rise South Hiendley Barnsley S72 9BH 20 Nov

BVAF 10K Cross Country Champs SILKSWORTH SUNDERLAND BVAF Indoor T&F Champs Kelvin Hall GLASGOW BVAF T&F CHAMPS Palmers Park READING Berks

26 March 8/9 July

INTERNATIONAL

24-25 Sep	Open veteran T&F JEKSEY Cl plus 5M Road
	IGAL World Vet Road 5K 10k Marathon Champs SEOUL Korea
15 0-1	Meanthon and SV/10V REHING China 18v 15wv

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

	TARRESTATION	
4 Sep	6th Nike Centurion 10K SOLIHULL 13v 8wv	
(D) (D) (D) (D)	£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 Week	end
	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	
то оср	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"	
2 001	R Potter 33 Chartley Rd Erdington Birmingham B23 7PU	
20.0	STROUD Half Marathon 9v & team 6wv £3 & 2 SAEs by 24 Oct	
30 Oct	S James Spring Cottage S Woodchester Stroud Glos	
	5 James Spring Cottage 5 Woodenester Strong Clos	

30 Oct MVAC AGM and Handicap

EASTERN 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 EVAC Marathon champs in Huntingdon Marathon inc Eastern Cos Champs R Rhodes 68a High St Huntingdon Cambs PE18 6DN 4 Sep

9 Oct

SOUTH

SOUTH

TWICKENHAM AC Veterans Open Meeting Barn Elms SW13 1230am
1-2-4-815'00 3000m 3000m Walk HT DT LJ SP TJ JT 3x200Relay M & W
£1 prej£2 day total J Neal 4 Blandford av Whitton Middx TW2 6HS
Dartford H Relays & Veteran Iadies 2.75M Race Sep £1
Race Sec 72 Millfield New Ash Green Dartford Kent DA3 8HN
HORSHAM Parkland Races Vet men 3M 4pm 60p by 30 Aug
F Jordan 56 Swindon Rd Horsham Sussex tel 57246
SALISBURY 10M with SCVAC 10m Champs
forms J Day 22 Langland Rd Shirley Croydon
BOGNOR REGIS & CHICHESTER AC open Parkland Races Vet men 6000m
60p & SAE Geo Scutts 44 Wood St Bognor Regis PO21 2 PJ
Sunday Times National Fun Run 4K Hyde Park London
HAYWARDS HEATH 21st open Cross Countries Vet men 5K Vet Women 4K
75p & SAE by 169 final John Gill 70 Wood Ride H-Heath RH16 4NJ
Vets AC 5M Cross Country Pavilion Rochampton Vale SW15
READING AC Veterans Open Meeting Ipm see p10
Vets AC 5M Cross Country 3pm & Open Lady Vets 2.5m 330 pm on the day Wilberforce School Camp View Wimbledon Common West Side SW19
WORTHING & DIS HARRIERS CC Races Lancing Manor provisional
BARNES GREEN Half-marathon provisional SCVAC Champs
SURREY COUNTY Vets CC Champs 10K Ranelagh H Petersham
Hon Sec W Bird Flat 4 The Friary Jold Windsor SL4 2NS
Vets AC Cross Country Champs Wimbledon
Southern Counties VAC CC Champs Leigh Park Gdns c/o Portsmouth AC
SCVAC Champs Bromley provisional 4 Sep 10 Sep

11 Sep 18 Sep

24 Sep

25 Sep 1 Oct

1 Oct

8 Oct

15 Oct

23 Oct 30 Oct

14 Jan

4 Inn

SOUTH WEST

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 CALNE Half Marathon & SWVAC Champs WEYMOUTH 10M NEWTON ABBOTT 10K & SWVAC Champs SALISBURY PLAIN 15M Amesbury Wilts CORNISH Marathon 10 Sep

15 Oct

6 Nov

CORNISH Marathon

JERSEY CI Coca-cola Half Marathon 20 Nov

SAE to David Lord for entry forms details address p2 note Plymouth Vets Meeting September is cancelled

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

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 Pentathion 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 15wv £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 Aitcheson 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

	TO CHARLE OTHER
10 Sep	DARTFORD H Vet Women 2.75M Race 2pm £1
De Coffee	Race Sec 72 Millfield New Ash Green Dartford Kent DA3 8HN
2 Oct	Nescafe 10m National Womens Champs BARNET £3 by 9 Sep

8 Oct

Prian Smith 22 Avon Close Garston Watford Herts WD2 6Dn
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
Traffic Garges Ladies 10K TADWORTH Surrey 1030am 3wv£2
Tadworth AC 11 Beech La Walton-on-the-Hill Tadworth KT20 7SJ

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

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, 'Rail-

way Cuttings', Thorngrove Rd, Great Malvern, Worcs WR14 3BX; Phil Owen, 4 Markfield Rd, Ratby, Leicester 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 chil-dren, 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 partici-pation 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 require-ments 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 Approval" 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 I Age 40-44 Men 1.2.3 45-49 55-59 1.2 60-69 70+ Women 35-39 1.2.3 40-44 45-49

Grade 2 Age 40-49 Men 50-59

50+

1.2.3 1.2 1.2 Women 35-44

Awards

FURTHER THOUGHTS

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— 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 WIN 7TD

Richard Cashmore, PO Box 612 Sutton Cold-field, W Midlands B74 3US.

ULTS · RESULTS · RESULTS · RESULTS · RESUL

European Veteran Road Race Championships BRUGGE Belgium 10K 18 June	49 R Carr 50 M Doogan 51 P Orchard 52 T Alisopp	Ipswich Omega Barnet Sanwell	36:14 36:15 36:15 36:16	Women	over 35	W Ger				49 P Newton 53 T Stothard 64 M Moody 72 J D Wood	Portsmouth Liss Burnham J Barnet	1:29:38 1:30:19 1:31:49 1:32:49	
MEN 40-49 1 E Cuningham AFD 31:06 1 M40 2 O Van Noten Belg 31:28 2 M40 3 B O'Nell AFD 31:37 3 M40	53 W Beauvais Teams Country 1 Great Britain O'Nell, Duff) 2 Belgium 3 Czechoslovakia	Omega 94:41 96:11 99:00	96:27 (Cunningham,	4 AV 5 CC 6 BK 11 PH 18 RV 26 JR	ludson 'anlaerhoven B 'w oss	Garden City	43:1 44:5	11 1 1 13 2 1 15 3 1 10 4 1 1	W35 W40 W40 W40 W45 W60	79 P House 86 W Van Damme 189 W Netzes 306 W Jenkins 307 W Routhell 477 G Scutts 550 L Aellen	Woodford G Beig WG Huntingdon Switz Portamouth Switz	1:33:34 1:33:481 1:39:591 1:46:37 1:51:581 1:56:172 2:01:391	M60 M65 M70 M70 M75
4 M Duff AFD 31.48 5 G Ogden Highgate 32.12 7 Rezac CSR 32.21 1 M45 9 K Pike Blackheath 32.50 2 M45 11 R Bell Wrexham 32.55 4 P Hamilton Blackheath 33.21	Teams Club 1 Aldershot F&D O'Nelli, Duff) 2 Blosport (Belg) 3 Blackheath	94:41 97:46 101:09	(Cunningham,	51 B N	orster iorrish & Women ran 10 June	Shaftesbury Mitcham K	47:3 50:0	1 2	W55 W55	731 ran 25K all veteran Team National 1 Great Britain 3:55:21 (Cunningharn, Cowles,	1 AFD 4:09:0	Club	
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ELUS & BOOTH PENNINE MARATHON 3 JULY	MVAC T & F CHAMPS ALDERSLEY STADIUM, 58	h JUNE	M70 C Fairey W35 J Hadley W40 G Rickard Y Priestman	31.7 30.8 29.2 CBP 29.9	R Rudd AG Rop M45 P Ducks	per 2	23.56 22.80 28.04	M	/ Marshall Stewart Fearnley	17:44.2 CBP 19:50.4 21:29.4		& F CHAMPS ERSEY, 11 JUN	IE.
5 M Christiey Bohton United H & AC 2.30-41 6 E Ranicar Bohton 237:57 I Jones N Deherty Clayton Le Moors 246:29 K Mayor Bohton 247:03	500m Walk M40 JK Richards L Scrivens M45 S Smallwood M50 W Rawlins M55 G Chaplin	24:12.6 27:29.4 23:36.8 27:36.8 23:52.7	W45 M Mills M Fourt C Morris W65 P Taylor 1500m	29.9 CBP 38.6 30.6 43.6	M50 B Summ M55 E Horwi M60 I Smits M65 J Geros L William M70 C Fairey	ill a	31.56 20.86 36.34 32.52 30.92 23.80	W45 A 200m (Fin M45 G		21:03.3 22:51.8 CBP 18:54.2 CBP 26.3 27.4	MEN S000m Walk M65 H Har 100m M40 C Too D Spa	ze.	31:51.4 11.6 11.8
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J O'Brien Huncote Harriers AC 3.08:25 C Chambers Stopaley Striders 3.09:42 S Battye Holmfirth Harriers 3:10:33 M Jones Birchflield Harriers 3:10:53[CR] B Donson Halifax Harriers 3:11:29	M60 J Quantrell M65 L Williams M70 C Fairey WOMEN 150m	13.8 14.1 14.7	M55 E Horwill M60 I Smits M65 J Gercs M70 H Earlsson W35 J Hadley	12.62 29.28 27.32 28.48 25.60	NVAC 18th AN ROBIN PARK, 3000m Walk M40 F Pea	, WIGAN, 5 JU	JNE	W45 R	J Dwyer	27.5 CBP 30.6 30.1 2:13.2	M Bail M45 White M50 M Wo Spend M55 G Fea M65 W Kuy	n ods e st	25.5 26.8 27.3 29.9 26.9 34.4
P. WolstenholmeEast Cheshrie Harriers 3:13:11 B Lornas Holme Valley Squash & AC 3:13:46 A Carroll C & E Sports Club 3:14:10 E Baines South Inverpool AC 3:14:27 D Green Κέρακ Harriers 3:15:26 MS5 A Toomer Lordshill Road Runners 3:15:46	W35 J Hadley W40 G Rickard C Morris Y Priestman W55 R Chrimes W65 M Wixey	14.6 14.2 CBP 14.3 14.6 14.7[BR] 16.3	W40 C Morris J Smallwood W65 M Wixey Pole Yautt M40 R Rudd	28.86 22.46 14.82[BR] CBP	M55 P Burr M60 F Daw G Pas M65 C Coir W60 R Scot	ns 16:5 rson 15:5 k 17:5 man 16:1	3.9 CBP 8.1 CBP	M45 M50	A Barlow AC Irving D Cowgill D Callender L Cooks E Harner	2:16.4 2:16.7 2:14.6 2:18.2 2:20.0 2:29.8	M60 Baker 5000m M40 J Maw Smith M50 Richar	son	40.4 16:47.5 16:50.9 16:52.6
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Blackpool, Fyld & Wyre International Marathon 12 June MEN	P Vernon R Barrington P Hickman M45 E Johnson	2:09.4 2:11.6 2:15.5	R Rudd M45 C Green M60 G Leete M45 C Green M60 C Leete	1.60 1.50 1.50 C8P 1.50 1.50	W40 M Hoo 190m M40 M J To G Ban	oole 11,5	CBP	Hamme M40	M Holmes JD How	2:39.1 39.12 35.60	Iriple Jump M45 Whitto M50 J Phili Javelin	n	10.99 09.66
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G Ort Preston H 241:02 R Wood Unatt. 244:19 D Thorpe 244:42 D Evans 245:29 J Hall 246:59 F Hughes 246:59	J Topile M45 C Green R King R Robertson 800m M50 D Carney	12.1 12.5 12.6 12.8 2.36.6	Long Jump M40 D Cowley J Topliss B Strange R Abdy L Dunn	5.80 5.62 5.33 5.25 5.24	M55 K Whit M60 J Mora B Ellis M65 A Bow M70 L Wate	taker 13.6 al 15.5 ion 13.7 idler 13.7 son 15.4	CBP	Discus M40	J Watson M Holmos KD Williams R Williams J Wright	37.22 CBP 39.60 33.08 26.50 3048	M80 Baker Long Jump M45 Whitto M50 Spens Hammer	n e	19.36 4.81 4.18
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## E Warwick 3:51:35 WOMEN 1. T Ball London Olympiad 2:51:46 W35 H Fiddament Lutterworth S 3:11:10 G Demot Salford H 325:38	M40 S Gretton S P Hickman M45 R Capliss C Bevan A Higton	54.9 57.9 59.3 57.6 60.6 61.3	W40 W Casson Relax MEN Rugby Solihull & SH Tarrworth	20:20.7 47.9 CBP 48.1 52.3	W40 J Holn W45 J Altch 400m M40 R Bell J Char	nes 4:45 heson 5:46 52.1 riton 54.2	5.9 CSP 5.0 1	M55	H Richardso T Driver C Derrett M Morrell D Marshall	37,94 35,10 32,60 40,58[BR] CBP 35,44	M45 Windle M Ron M50 Richar M55 Rhode M60 Hamm	dson n	4:34.3 4:38.1 4:45.2 5:42.6 7:34.8
326.34 C. Salmon Podlar P Podlar W40 E Addams Sutton in Ashfield 2.5423	M50 R Taylor D Carney M60 J Quantrell M65 J Ryan W40 G Rickard	59.5 70.9 67.1 85.1 65.4	Broms & Redd WOMEN Birchfield Broms & Redd Triple Jump	56.2 60.6 CBP 60.9	M45 G Law D Cat E Cald M50 L Cool	ender 60.4 dwell 67,3 ke 58.9		M45 M50 M55	J Charlton K Moore J Parish T Driver D Marshall	12.06 New C Rec 11.03 10,77 09.59 10.41	M50 Speno M55 Oakes M60 Prowti M65 Spikes M80 Baker	nott ng	07.17 10.31 09.68 07.91
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LIVERPOOL WOMENS 10K 29 MAY	M60 Smits M65 J Geros W50 R Chrimes	27.70 CBP 20.24 CBP 27.78[WR] CBP	M45 G Brown P Duckers M50 B Sumner M55 E Horwill	08.24 06.72 10.22 06.89	5000m M40 D Wik	shall 19.4 drison 15:4	108P		M Williams	1.30 New CBP	WOMEN 100m	Spartan	4:40.9
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W55 J Smith Windmilers 47:14	M50 R Taylor E Asbury M55 D Nightingale M60 J Quantrell	24.9 27.5 29.7 29.3	W50 A Moore W55 R Chrimes Discuss M40 P Tolley	06.52 11.48[BR] C8P 23.88	M55 S Son B McG		0.3	M45 M50 M60	G W L Wi S W	won 12:54	900m W40 A McD 200m W35 Lacey W40 McDon		2:33.3 30.7 28.2

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VERONA RESULTS Continued from page 8 (Ccc) 5-40, B. Thomas 4-47; M65: 1-H-Cilli (Ccc) 5-40, B. Thomas 4-47; M65: 1-H-Cilli (Sul) 4-70, M70: 1-E-Kohowen (Fin) 4-49. 1. E. Precionard (FRG) 3-91; M80: 1,V-Villaio (Fin) 2-20. 7. M80: 1,V-Villaio (Fin) 2, B. M80: 1,V-Villaio (Fin) 2-80. 7. M80: 1,V-Villaio (Fin) 2, B. M80: 1,V-Villaio (Fin) 2-80. 7. M80: 1,V-Villaio (Fin) 2-10; M80: 1,V-Villaio (Fin) 2-10. 7. M80: 1,V-Villaio (Fin) 2-10; M80: 1,V-Villaio (Fin) 2-10. 7. Machael (Fin) 2-10; M80: 1,V-Villaio (Fin) 2-10; M70: 1,V-Villaio (Fi	1.C. McLeronan 72.17; W90:1.A. Haushofer (FRG) 76.54, 800m W35: E. Michalek (FRG) 2:20.10; W40:1.R. Windbrake (FRG) 2:20.10; Y40:1.R. Windbrake (FRG) 2:20.10; Y2. P. Gallagher 2:16.51 4.B. Ford 2:21.29 6.A. McDonald 2:22.54, W45:1.C. Keysser (Hol) 2:24.20 5.M. Farish 2:40.04; W50:1.P. Martin Frg. 2:22.54; W55:1.I. Kepsler (PRG) 2:24.20 5.M. Farish 2:40.04; W50:1.P. Martin Frg. 2:22.54; W55:1.I. Kepsler (PRG) 2:24.20 5.M. Farish 2:40.04; W50:1.P. Martin Frg. 2:23.51; W50:1.I. Martin Frg. 2:24.59; W55:1.I. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W46:1.P. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W45:1.I. Martin Frg. 2:45.92; W50:1.I. Martin Frg. 2:45.92; W46:1.I. Martin Frg. 2:45.92;	100 B Race 1 R Robertson Newport 2 R Robertson Newport 2 R Robertson Newport 2 R Roberts 3 B Barrett Short B 1 A Higgins 1 Soom Ar. 1 SPower 1 D Bainton C James W Failwood Newport Cardiff 1 D Hawton D Bainton C James W Failwood Soo B 1 J Poston C James W Failwood Soo B 1 J Poston C James W Failwood Robertson D Hawton D Bainton C James W Failwood Robertson D Hawton D Haw	12.9 11.89 11.80 10.84 08.27 08.96 4.15.6 4.12.3 4.23.3 4.23.3 4.23.3 4.24.3 4.24.3 4.25.3 4.27 4.42.5 1.44.0 4.28.4 4.34.5 1.45 1.45 1.45 1.45 1.45 1.45 1.45 1	Ladies A B Randle J Dingley H Payne A Mason Dingley H Payne B Dingley H Payne B Dingley H Payne B Dingley H Payne B Dingley Dingley H Payne B Dingley Dingley	Men Ladies 15 3 14 16 13 10 9 NIL 5 6 10 9 NIL 5 6 10 12 1 12 2 12 3 12 6 12 8 12 8 12 8 12 8 13 2 14 11 15 1 15 2 16 3 13 4 15 15 1 15 2 16 2 16 3 13 4 14 14 14 14 14 14 15 1 15 1 15 2 16 2 16 3 13 4 14 14 14 14 14 14 15 1 15 1 15 2 16 3 13 4 14 14 14 24 8 25 8 26 8 26 8 27 8 30 2 29 8	M45 M65 B M65 B M65 B M65	R Austin Plannell Pla	19:49.9 1.70 1.35 1.65 1.35 1.36 1.30 1.15 1.40 5.76 5.61 5.85 5.50 4.89 4.27 2.64 4.38 4.99[BR] 3.96 3.78 3.47	W40 E Stagg W50 C Grahart Inicie Jump M45 De Andra Eventt Pole Vauti M45 M50 J Day M55 M65 M65 M65 M65 M65 M65 M65 M65 M65	96 11.05 10.69 06.39 07.82 07.82 07.82 07.82 07.82 07.82 07.83 07.82 07.85 07.86 07.
\$3.48 (62.02ht); W45: 1.I.Holzkneckt (FRG) 62.48; W50: 1.P.Smith (Hol) 64.75; W58:	G Sutton Newport 11.9 R Austin Swansea 12.3 P Williams Neath 12.9	W Wright D Fish B A Lawrence	9:33.4 9:36.7 11:12.9	W45 Cross W60 J Ogden W50 Williams Colwell C Graham	31.9 31.5[BR] 29.6 29.6 31.7	W35	Thompson M Watter G Price	4.66 4.29 4.10	Thompson Gross High Jump Thompson	4.69 3.87 1.35

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

						BISCUS	FOR HEN.	J. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.		AND FOR W	ADEX.
40/44 LOOM FOR MEN.	#EM 40/44 (30) Roo Bell	1.58.2		A STATE	THE RESERVE OF THE PARTY OF THE	Competitor.	Distance	25/35 (32) Competitor		Sue Mumphrion	2.19.9
Gregoriitar Tim Glyn Suttan 11.	Geoffrey Feel	2.00.7	- 3			Neil Griffin Chris Ellin	46.36 45.84	Sandra Woodman VIIma A Thompson	Time. 13.52	Christine Wilkins Christine Parker	2.24.3
Ian Foster 12. Patrica Webber 12.	Inn Pearce	2.01.1 2.02.2 2.09.1	ALLEY C	-		Philip Conway Martin Lewih	30.14	Barbara Bellia Susan Martin	14.21	Carole Fereday Hilary Boszka	2.28.5
Winstan Thomas 12. P.C. Goulding 12.	V Swith Kenneth Hope	2.09.6		135/16		John D How #5/49_	24.48	Carole Joan Fereday Waureen Walter	14.92 15.58	Pat Gallagher	2.17.5
Pavid Fickering 12.	6 Bryan Mackay 6 MEK 45/49 (8)	2.11.2		and .		John Walters Jack Kee Peter A Hallett	36. 64 33. 64 32. 56	Irena Speller	15.61	Anne McDonaid Bronde Ford	2.20.5 2.23.7 2.37.1
George Causidy 12. 45/49 Joseph Iver McAnewy 12.	Michael Wrenn	2.08.61		Part I		John W Wright John Powell	31.52 29.66	Marjorie I Hocknell Jean Brosme	13.99	Joyce Hogg Hargaret James Kita Hinds	2.40.2
Joseph Ivar McAnewy 12. John B Steede 12. Roy Austin 12.	5 Ton Paters	2.10.46				John Curtin Brian Horlick	28.48 27.62	Pat Oakes Fronne P Priestman	14.67	MOMEN 45/49 (32) A Nally	2.33.4
Barry Farguson 12. Bruce D Charles 12.	9 Juhn Carber	2.12.4	THE REAL PROPERTY.	11/	- 1	Peter Duckers Terence Rilham	26 30 25 74	V Doggett Elizabeth Stagg	14.02	Iris Nornsey Maureen Farish	2,38.5
Peter Duckers 13. D N Rice 13.	I John Robinson	Z. 17. 8 Z. ZZ. 6	The same of the sa	11:10		T.F. Hanley 50/54	25.56	Carol Morris Prm Spence	15.01 15.4 4Ed	Myra Garrett WOMEN 50/54 (32)	2,48,5
Arthur Migton 14.		2.23.2 2.30.8	6	WA 4		Nugh E Richardson John Caton Mason	39.90 32.06	45/49 (29) Pat McNa0	14.30	Myranier Louden MONEN 55/59 (32)	2.58.3
Devid Burton 12. Colin Derrett 12.	51 Brian Bartholomew	2.09.04 2.10.29	1 9	1311	1	Brian Summer John Loney	30.60 27,92	Rite Smith Mollie Mills Irea Kirckhois	14.89	Lole Small WOMEN 60/64 1221	3.06.0
Jack Goody 12. J.P. Hurley 12.	72 Leurse Cooke	2.14.51 2.15.3	Rosemary Chi	rimes beme	edalled	Colin Derrett 55/59	26.00	Jackie Charles Hanette Cross	15.25 15.42 15.79	Braule Treveit	3.40.5
Danny Herman 13. John A Barrow 14	29 Mike Fox	2.19.0	Photo:	C.Graham	1	J A Watson Jim Soutar	31.84	50/5# (30) Sine Gare		MOMEN 35/39	CHEN.
55/59 Charles S Williams 12.	John Willis 5 Colin Shep; and	2.22.4 VVOI	ld records (to		The Country of the Co	Philip McEway Philip Oakeshott F Towney	25.66 25.50	E 8 Williams Barbara Colwell	15.00	Swe Humphries Christine Wilkins	4.47.1
BILL Guy 12. Jack C Gross 13.	8 MEM 55/39 (10) 7 Tony Churchill	VV55	Discus:		rimes 39.04	60/64 Bill Kingsbury	33.80	Brends Burton 55/65 (31)	19.55	Ann James Christine Parker	4,57.8
Gardon R Deborn 13. Glive John Andrewn 13. Keith N Whileher 14.	5 Leurie Forster		Hammer:		rimes 35.10	George Bridgeman W.G. Prowting	30.36	Rosemery Chrimes Lois Small	15.15	Sur James Carole Fereday	5.24.7
60/64	Stanley E Soneraon		Shot Put: Triple Jump:		rimes 12.19 rimes 9.12	Duruk Harper Harold Swith	27/08 =	50/64 (31) In Ogdon 55/62	15.51	Christine Parker MOMEN 80/45	5.37.8
George Hridgeman 14. Jae Moran 14. Hill Ellison 14.	3 William Marshell	2.31.44			mes 9.12	1 Gercs	34,06	Mary Wisey Feggy Taylor	16.86 20.18	Pat Callagher Dot Fellows	4.39.2 5.07.0
Ronald Brown 14. J P Quantrell 15.	5 Giles Brindley	# 36 6E	MEN 40/	WALK FOR NEW.		Les Williams H P Wixey	28.04			Karen Yeser Kergret James Carole Brown	5.13.4 5.13.4 5.45.2
Rodney Clark 16. 85/62	2 MEN 65/69 (10) James Todd	2 28 44 \$5/	Robert Care (40) 12		15.0	# N Spikes N Goodwan	22.98	MOMEN 35:39 138#2		50000 FOR M	
L G Audritt 14. Sylvester Stein 15.	14 Bob Brierley	3.04.70 131	Dave Stevens	13.1	07.3	70/74 Wareld Warlsson & Metcall	28.36	Sandra Woodman	Zime 28. 2	25/29 Competitor	
Doug King 15. Les Brown 15.	34 1500W FOR MICK.	139 145	R. W. Dodson A. Smellwood Peter Cassidy	14.1	21.7	Colin T Fairey	21.04	Barbara Bellis Carol Fereday	29.9 30.9 31.6	Marilyn Palmer Ann James	Time. 17.54.2 18.30.8
Allan Bowdlar 16. 29/24	ACE CHOSES NEW 404			14.3		TAYELLY FOR NEW.		Irane Spaller WOMEN 40/44 4421 Marjorsa Nockmall	27.68	Chris Collier Sarah Cowkwell	20.01.5
Ernim Plimor 14. James Luces 15. Colin T R Fairey 15.	36 Concetttor.	Time. 55/1	Peter Markham	14.1	56.1 40/44 46.8 Competitor Vivian All	en 47.60		Judy Vernes Brenca Ford	27.92 27.96	Christino Bishop 40744 Dot Felluss	20.13.7
Leonard Wetson 15.	85 Ron Bell	4.00.7 271 4.02.2 253	Ken Livermore Feter Worth	15.4 15.4	42.7 E.J Wippic	h 47.08		Jean Browne Pat Gabes	28.70	Bot Fellows J Gillerd Christine Ryde	18.28.9 18.43.8 19.59.0
Roy Evens 15.	Female Heat	4, 15, 5	Douglas Fetheringto	15.5	50.3 P Fuller Mike Magas	43, 46 36, 72		Elizabeth Stagg V Bogzett	30.30 30.91	Woody M Cassor Carole Brown	20,25.9
W Bater 19. John Edward Searle 21.	23 Gue Gerton	4, 18, 6 Number	er. Competitor. D.G. Withers	Time 16.3	P W Owen Terence No	37.44 berts 36.68		MOMEN 45/48 1387	37.53	Anne Mally	
	Roger Porter Bryan Meckey	4.25.8 337 4.30.7 65/4	Harvey Imquest	18.1	45/49.	I Now 30:82		Pat McNat Mollie Mills	29. 5 30. 6	Teanne Bryan	19.15.6
200m FOR MEN. - MEN 40/44 EINAL (32)	John Carter Emmeth Hogg	4.31.6 365 4.31.6 351	Charles Coleman Leo Creo	15.5 16.3	10.6 Hoger mar t	lett 46.70		Rite Smith MCMEN 20/24 JD/	31.2 29.3	Rose Van Laerhoun Jenny Evans	20.21.4
David Cowley 2: Clyn Sutton 3:	3.6 Trever Attay	4.33.8 371	Harvey Harris	18.3	6.4 John Scott	Webster 42.72		Una Gore Barbara Colwell Joan Burns	29. 3 30. 7 32. 9	My Fanwy Louden	20.36.3
Inn Fauter: 20	4.3 E. A. Traconaphps	4.41.4 388	A.H. Poule	19.2	Terrance F	G121 40.58		MOMEN 55/59 1402	32. 9	Ruby Compbell 55/59	22.21.4
F G Goulding 2	4.6 Alem Barlow 4.7 J.D. Marille	4.41.9 400 5.05.0	James Grimwede 5000m WALK FO	R MEN.	Fire Ent. Dunch	ora 34.46		MOMEN 60/64 (40) To Ogden	32.6	Bally Forster 65/62 Jose E Waller	22.26.3
Vinston Thomas 2	4.8 45/49. 4.9 Competitor Nichael Wrenn	Line. A	#DC## Tabert Care	22.44.6	John Conto Terrence B Brien Heri	11ham 30,34 fck 28.44		Monica Shone WWEW 65/69(40)	36.6	STREET WOLLDE.	23.94.3
	s.o David Congill	4.38.0	45/49 eter Hannell	24.02.7	50/54. Joe E Phili	lips 46.22		Peggy Taylor	43.6		
John Steede 2	1.5 David Naynes	5.04.9	l W Dobson Dave Stevens Seter Cassidy	24.20.7 24.22.2 25.15.3	John F Ros. G Ratc1111	e 40.30	400 EQ	R MONEY.			
Tony Garrett 27	7.5 Sriam Mariles	5.31.4 MEN	50/54 harles Dunn	25.34.9	Hugh E Ric 55/59. Maurice E	man become only	Competitor.	15) 63.5			
MICA Clarke 76 MEN 55/59 FIMAL (18)	3.3 Brian Bartholomew	4.25.96	Peter Markhom	26.49.0 26.25.1	Pon Marsha. Jack C Cro	11 34.56 Ca	role Joan Fered	fey (35) 66.4	-	with	25
Charles Williams 25 Bill Guy 26	So Evan Williams * # Brandon Colin Sheppard	4.52.5 HEN	55/59 Peter Worth	26.51.0	Phillip Gui	eshott 27.26 Hr Evov 19.66 An	enda Ford na McDonald	59.9 50.4	20	and a second	DESCRIPTION OF THE PERSON NAMED IN
Jack Cross 27	6 AGE GROUP 1- NEW SEA	64	Duglas Fotheringham Tonald Purkis	27.08.9 27.40.8	B Tyndell	19.06 Hs	t Gallagher rjorie Hockmell	61.2	10-3-X	BUD	
G M Feast 27 Keith Whittaker 28 Clive Andrews 26	.o Gompetitor.	Time. HEN	Cric Horwill 50/65 Withers	30.14.9 28.17.6	W G Prowth	hary 25.40 W.	yce Nogg te Hinds Doggett	66. 3 67. 0 70. 6	W		
Field 32	g Leurie Forster (55) Perek Bowerth (55)	4.53.3	Varvey Jaquest Colin Gunn	29.46.5 34.03.5	Berek G Hai Harold Smi 65/69	th 19.92	ureem Farish (4	20 May 1	1	A 18 4	100
George Bridgman 29	.40 A. J. Brav (55)	5.14.8 NEN 5.15.4 L	65/62 en Creo	27.40.5	Jack Swinte	on 27.00 Ba	rbara Colwell (- 1	EL _
RIII Ellison 29	7.3 Tun firming (60) 7.4 65/69.		harles Coleman Harry Harris	27, 53, 4	70/74 Harvid Kar		Ogden	76.1			Acres 1
# D N Crooke 31 Rodowy Clerke 33 L= MEN 65/69 FINAL (20)	i.g 372 James Todd i.g 367 Denois Eyers 370 Ken Ellis		25/79 ames Grimvade	28.50.8	Colin T # 1 75/72	Wri	nice Shane suls Trevett	95.6 T	6	5 4 3	A F
L G Audritt 30	.4 20/74. .0 383 Bob Brierley	5.57.06 MEW	10.000m FOR	MEN	Roy Evans 50/64 W Baker	15.26 16.74 WH	100m HURI	OLES FOR MONEY.	1	7	
Les Williams 31 Doug King 32	. o 382 Joe Snelson . s 25/29		ernie Fialm	Jime. 32.37.5	W DOEET		EM 35/39 (24) Susan Martin	19.59	The same of		William I
L= MEN 20/24 (21) Braie Plimer 31	6 80/81 George Osbory	P	ohn Temperton eter Hamilton	32.46.1 32.48.2 MD	SHOT PUT FOR	-	EN 40/44 1277 Judy Vernon	LES FOR HOMEN.	of the latest to		E 1000
Leonard Watson 33 Lo MEN 25/72 EINAL 1211		6	olo Shields svin Woodward Live James	33.07.8 33.25.1 36.19.4	Competitor, Distant Geoffrey Hiyton 1	DEL.	Pat Oakes V Doggati	4.6	23	-4.7	
Roy Evens 41. 1- MEN FINAL 1211 W Daker 43.	3 MEN 40/44 (52) 5000m FD	D MEN DI	ave Walsh cank Tolley	36. 36. 3 36. 37. 4	Hell Griffin 13.74 Hartin Leath 11.13 John D How 9.82	HOM	EN 45/49 (28)	13.31		····	
	Competitor_ T	IRE. I	D Morris D Meville	38.41.1 ME 39.56.2 ME	# 45/49. John Walters 11.91		Irmm Kirckhois Manette Cross Jackle Charles	14.52 15.07			
#00m FGE MEN, #07## (50) David N Cowley 50:8	Brian O'Neill II	5.09.5 MEN 1	Doggett 15/49 (41)	42.16.4	Peter A Hallett 1	1.26 HON	EN 55/59 (29) Hosemary Chris	15.21	5000n	: Roper, Duff, O'Ne	e ili
Devid N Cowley 50.8 Winston Thomas 52.6 P R Fuller 53.2	13 G. W. OMMIS 11 15 Guy Ogden 11	5.23.6 5.26.8	rswood Keughney ave Bendy ohn Walsh	34.26.2 35.32.5 37.39.0 MD	John Curtin 10.09 W 50/54.					10 000m EDR H MOMEN 35/39 1821	SMEA.
Geoffrey Peel 54.2 Steve Gretton 54.3	7 Seamus Murrin Li	5.51.8 MEN 1	0/54 m O'Brien		Colin Derrett 9.84	1.66		90 (6)	DIES FOR HONER	S Couksell WHEN 40/44 (22)	43.07.4
John Treadwell 54.7 D A Needley 55.2	75 John Shields 15	5.52.3	an Griffiths Horge Blackburn	34.07.72 MG 34.34.39	N 55/59. J.A. Watson 10.75	1984	NAMET FOR NEW	Marjorie Nochnell Pat Gokes	69. 23 76. 32	Dot Fellows J Gillard	39.17.01 39.26.45
Wen Johnston 57.9 42/42 (44)	Gavin Moodward 16	5.09.1	ean Williams obto Cambell	36,09.9	Philip Onkeshott 16 8. Tyndall 8. 96 Phillip McEvoy 8-80	Competitor.	Height.	V Doggett 50/59 Joen Burns	61.7	MARKET SSCAS SZZZ	42.09.34
John L. Henson 53.6 Roy Austin 54.7	0 Jeffery Aston 16 9 Hobert Chapman 16	.44.5 MSF 5	Mn Collins	37.33.4	Maurice E Morrell W 60/64	8.48 Clyn Sutton Easur Fitzger	3.60			Myra Gerrett Joenne Bryan MOMEN 20/54 (22)	41. 43. 24 42. 13. 8
Richard Capils 57.2 Ton Paters 57.4	2 Alen Berlow () 17 Dave Walsh ()	7.36.4 St	rek Mood enley Sonerson	38.40.5	Derek G Narper 9.79 8111 Kingsbury 9.35	Derek E Jolly	2.20	JAVELIN FOR MOREN.		Ruby Gemphell MOMEN 55/59 (22)	46.26.2
#ruce D Charles 57.5 D Callmoder 50.0 Tony Garrett 60.5	S Chris Jeyer 16 S You Morris 16	1.21.7 1.25.9	J Bray John Stephenson John Atkinson	38. 42. 8 38. 46. 2 39. 10. 6	Harold Smith 7.80	W Godfrey Ben John Howe	mon 4 00 2 60	AGE GROUP :- MOMEN 40/4 Computition. Carol Marris	Distance, 26.40	Feggy Fletcher Lola Small	42, 12, 80
Arthur Higton 62.8 50/54 (51)	HEN 45/49 5532	MEN 6	0/65 Belmore	37.19.2	N 65/69 J Gercs 9.71 L G Audritt 7.44	50/54 George J Tras	1 3.00	AGE GROWT : MOMENT 45/4		Josee Waller	48.57.6
Jack Goody 55.6 John F Ross 56.0	7 Roger Highnam 15 2 Alan Jefferies 15	. 41, 21 Th	omes Wood McDowell	40.56.2 45.36.1 MS	M 20/25	James E Day 55/59.	2.80	Competitor.	Pistance.	25/39, LONG JUN	HE EOR MOMEN
David Burton 57.4 F W J Coles 58.5	5 Dave Rogers 16	1.15.4 4G	lles Brindley an one lep short	40 84 8	H 80/84 W Baker 6.52	7.84 Ali Moods 50/64 Derek U Marpe	Felled r Z.00	Shara A H Sprang Vilma A Thompson	43.60 34.60	Vilma A Thompson Sasan Martin	
Lawrie Cooke 58.7 Terry Knight 58.9	Dave Bendy (1) John Walsh (1)	7.09.4 D Jo	Seelson	47, 33, 6	0.02	Signatura		Bronwin Carter	30.10	49/44 James House	arreer.
Danny Herman 60.1 John A Barrow 60.5	Revin Enox 18 Torence Bilham 22		ob Brierley an one lap short	41.04.8		25/39.	FOR MOMEN.	AGE GROUP :- NOMEN 50/5 Competition.	Distance.	Ellrabeth Stage 45/49	
55/59 (41) Barry Parnaby 56.4	O do the state of	1.05.0 HB 40/45	3000 STEEPLE CHASE	EOR MEN. 4	FONG TIME E	Bronwen Carter 40/44 Barbara Terry	36.02	Averil Williams Joan Burns	30.70 23.16	Jackie Charles	4.40
Epith M Whitaker 59.50 G M Feast 59.5 Gordon F Dabors 61.0	0 Evan Williams 16 4 Mobin Campbell 37	33.2 24 CH	ve James Lip Hickman	11.12.7 11.32.6	Hugo Duggan 6.73 John Wermon 5.85 Winston Thomas 5.68	Sarbara Terry 45/49 Daphne J Samuels	29.96	AGE GROUP :- WOMEN 60/0	Elatence	50/54. Brenda Hurton : 65+	2.73
F E Field 63.60 Jack C Cross 56.0	O Henry Morrison 18	1.36.6 3 in 45/42 1.08.1 - 14 8c.1	an Griffithe	10.30.57	Writen Strange 5.66 Guy Long 5.55 Worfs	E B Williams	26.68	Competitor. Jo Ogdan	26.12	N VIvey	3.21
60/64 (42) James H Farrar 63.4	Len Prett 18	1.44.5 4 Geo	ree Blackburn	10.53.57	Wyndham Amos 5.48 Colin Nickey 5.16	Averil VIIIIaes 55/59.	21.90	AGE GROUP 1- MOMEN 65 Competitor.	Distance	#0/##	HOP FOR MOMEN
George Bridgeman 63.4, Jan Steedman 64.3	J MEN 25/59 5 P.T. Morris 16	00.1 8 #5/59.	Denek Mood	-12.38.65	P.G. Goolding 5.08 L. Dunn 5.04 Hott	Rosemery Chrimes	39.04	Hary Wixey	14.58	Joyce Hogg C Carole Tyle	8.22 7.94
J O Quantrell 66.50 Giles Brindley 70.51	8 J.A. Dixon 17 2 J. Derek Wood 17	.04.0 Sta	Brindley wler Senerson	13.04.7	FORE SOME F	62/03	10.00	MINEN 35/39.	ZOR MONEY	fot McHab	0.79
55/74 (43) Sylvester Stein 66.5 L G Audritt 71.9	0 Decek Porter 19		LION HURDLES SOR MEN		5/49. Competitor. Dist	Mary Wixey	Control of	Vilma Thompson WOMEN 40/44-	1.35	Jackie Charles (55/59.	
Doug King 72.6. Ernte Pileer 73.1	2 Stanley Sonerson 19	.08.3 HArry Fargus	141 100 17	93	J. Parish 6.04 Sutt. Seen Power 5.88 Peter Duckers 5.78	40/44 PNIIII Conuny	E EOR MEN.	J Smallwood P Spance	1.40	Rosemary Chrisms MORLD	S 9.12 RECORD T
Leonard Watson 75.6: Vince Plant 78.2	5 W.F. Clapton 19	.14.4 Mics Cinrae	20	4.	Pave Everett 5.62 T.F. Hanley 5.22	Alan R Borwood J D Now	9.2 4/5	J ROBE HOMEN 45/49.	1.20	65 Mary Wixey (6.87
East Ellis 83.0	Doug Morris 19	40.0 John Nobe 00.0 MEN 45/89	ELMAL (J)	4	Bruce Cherles 4.85	# 5 Gordon Rae #5/#9	27.70	Pat McNell WHEN 55/59; Eusemary Chrises	1.25		A FOR MINER.
HIGH JUMP FOR MEN.	SEN 40/44 400 NURDLES FOR I	MEN. G Long	16 17		David Whitton 4.65	Jack Kee John Curtin	44.60 31.10	SHOT PUT I		Carol Bean	16:22:2
40/41 Eabert Abdy 1.65 Eamon Fitzgerald 1.65	D. Cowley C. Long	59.2 MEN 50/54 62.6 Colin Shefto	154		David Burton 5.32 John Berrow 4.37	50/54 H Elland Richard	rson 45.44	Bronwin Certer Vilme Thompson	12.66	Gair Cann Saily Haynes	17.47.3
Glyn Long 1.50 45/49.	and the same of th	62.6 Colin Shafto 64.9 David Burton 73.9 Peter Morris	20		Peter Morris 4.19 5/59. Don Marshell 5.13	J Ceton Mason Brian Summer John Loney	44.62 35.90 26.24	Bartara Turry	11.21	Jeannette Hleach WOMEN 45249 1281	18.28.0
Sean Power 1.70 B	I. Cann C. James		151	.03	0/64 A.S. Keliri 4.89	55/59. J A Wetson		Joyce Nogg KOMEN 45/49	2.76	Pauline Mileon WOMEN 20/54 (1) Pau Morwill	18.15.4
Elio De Andrede 1.60	C. Jemes EX 45/49 B. Ferguson (M45)	66.6 Pon Marshall			George Leete 4.53 Rodney Clark 3.74	Phillip McEvoy	20.00	Dapline Samuels WHEN 50/54	7.78	Yvonne Withers	18.23.0
Colin Shefts 1.52	C. James EM 45/43 B. Forguson (M45) M. Clarke (M45) B. Harlick (45)	66.6 Don Marshall 67.4 Wordon Dabor 74.1 P.E.Field	n 19	.6		Jim Soutar					
S0/54. Colin Shefta 1.55 Colin Derrett No. ht M 55/59.	C. Jeans EM 45/49 B. Ferguson (N45) H. Clarke (N45) B. Harlick (45) EM 50/54 C. Shafto (M50)	66.6 Don Mershall 67.4 Wordon Dabor 74.1 P.E.Field 63.6 MEM 60/60	n 19 19 100m HUROLES FOR MEN (23)	6	Merold Vets 3.19	Douglas ⊂ Hirch G M Hoberts	30.48 26.62	Averil Villians	5.10 FOR WORTH	MOMEN 55/59 113 Helenworth	16.14.6
SOLSE. Colin Shefts 1.55 Colin Derrett Mo ht 3 SSLSS. Philip Cekeshott 1.35 M Alf Woods Me ht	ER 45243 B. Ferguson (M45) M. Clarke (M45) B. Ballica (45) EM 50254 C. Shafto (M50) EM 50252 Marahall	66.6 Don Mershall 67.4 Wordon Dabor 74.1 P.E. Field 63.6 MEN 60/62 Lan STeedman 66.5 Narvey Jaque	19 100m HUROLES FOR HEN (22) 17	, , , , , , , , , , , , , , , , , , ,	Wereld Vets 2.19 5/69 Jack Swinton 4.01 0/74	Douglas C Hirch G M Hoberts B Tyndall 50/54	30.48 26.62 25.08		EOS WOMEN	MOMEN 55/59 113 Helenworth 2- MOMEN 60/64 113 Hene Scott	19.41.2
\$0/54. Colin Shefta	E2 45/43 Fergunon (M45) M. Clarke (M45) M. Clarke (M45) S. Harlick (45) EX 50/54 C. Shafto (M50) EX 55/59 J. Norshall J. Dison G. Dabors P. E. Field	66.6 Don Marshall 67.4 Wordon Dabor 74.1 P E field 63.6 MRN 60/62 Ian STeedman 66.5 Marvey Jaque 66.5 Correctment 67.3 Giles Bringl 67.3	19	.7 .7 .2 2	Merold Vets 3.19 5/69 Jack Swinton 4.01 0/74 Leonard Watson 3.65 Colin Fairey 3.43	Douglas C Birch G M Hoberts B Tyndall 50/54 Bill Himgsbury Deres G Harper	30.48 26.62	Averil Williams SHOT PUT SSCHE Rusemary Chrimos	EOS WOMEN	MOMEN 55/59 112 Hellmanerin 2- MOMEN GOZDE ALL Hene Scott HAMBER FOR MOME Harbara Terry 28.36 45/49.	19.41.2
50/54. Colin Shafto 1.55 Colin Shafto 1.55 Colin Derreit No. ht B 52/52. Philip Cakenhott 1.35 All Woods No. ht 60/62. Colin Shafton 1.45 Giles Eindley 1.20 62/62 Les Williams 1.30 of	Ex 45.43 Forguson (M45) 8. Forguson (M45) 8. Clarke (M45) EX 55.43 Forguson (M45) EX 55.73 Forguson (M45) EX 55.73 Forguson (M45) EX 55.73 Forguson (M45) EX 55.73 Forguson (M45) EX 55.74 F	66.6 Don Marshall Social State P E Field 63.6 MEM 60/62 Ian STeedman 66.5 Marvey Jaque 66.6 Gr.J Gries Bringl 67.3 Gold Patrey Gold Patrey	19 100m MURDLES FOR MEN 1221 17 11 11 11 12 19 19 29 20 40m MURDLES FOR MEN 1281 1261	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Merold Vets 3.19 5/69 Jack Swinton 4.01 0/74 Leomard Waison 3.65 Celin Fairay 3.43 5/79 Roy Evens 2.60 0/84	Bouglas C Birch G M Hoberts B Tyndall 50/54 Bill Kingsbury Deres G Rarper 92/52	30.48 26.62 25.00 30.98 23.84 27.50	Averil Williams 5807 PNI 55754 Fusemary Chrisos 80764 Jo Mogden	EOS WOMEN	MOMEN 50/29 112 Helamisorth 2: MARCH GO/C4 111 Hene Scott MARGER FOR MOME Barbera Terry 28.36 45/49, Baphine J Samuels 50/54	19.41.2 W. 21.78
\$0054. Colin Shefta 1.55 Colin Shefta 1.55 Colin Derreit No. ht 55 \$2525. Philip Gekenhoft 1.35 Mail Woods He ht 50064 Cearge Leets 1.45 Giles Brindley 1.20 \$2569	EX 52.48 (James EX 52.48) (James EX 52.48) (James EX 52.48) (James EX 50.54) (James EX 50.5	66.6 Don Marshall 67.4 Wordon Dabor 74.1 P E field 63.6 MRN 60/62 Ian STeedman 66.5 Marvey Jaque 66.5 Correctment 67.3 Giles Bringl 67.3	19 100m HUROLES FOR MEX. 1231 17 11 17 19 19 19 19 19 19 19 19 19 19 19 19 19	2 24 & 20	Marold Wets 3.19 5/69 Jack Swinton 4.01 0/74 Leonard Weison 3.65 Celin Pairay 3.43 5/79	Bouglas C Birch G M Boberts B Tyndall 50/54 Bill Kingsbury Derez G Rarper 02/69	30. 48 26. 62 25. 00 30. 98 23. 84	Averil Williams SHOT PUT SSCOR RUSHMARY Chrises 50/64	12.19 MANUAL 203	MOMEN 50/29 112 Helianster to 1 MINER 60/04 112 Here Scott Manher For Momen Harbera Terry 28.36 52/49 Dephie J Samuels 50/54, E B William 32.94 55/59	19.41.2 W. 21.78
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