Sent free to members of veteran clubs affiliated to BVAF

Number 8

The Newspaper of the British Veterans Athletic Federation

November/December 1988 £1.50

Two Golds for **Britons in Seoul**

By Jack Fitzgerald

The last of the World Veteran Champion ships, organised by WIGAL in Korea, resulted in a runaway win in very hot con-ditions in the Marathon by the European Champion François Blommaerts of Belgium in 2:30.15.

But only the M50 gold medallist Kiyoto Nagata of Japan, who finished in 2:44.19,separated Britains Derek Wood from Blommaerts. Wood once again proved his consistency by winning the M55 Gold Medal, his sixth consecutive International Marathon victory in

Unexpected British success in the Womens section came from Diane Underwood who won her first marathon after only three previous outings with a time of 3:01.05, over 21 minutes ahead of the next woman, Canada's Frances Stein Feld, who was in turn the surprise W45 winner over the more fancied Erika Kruger of Germany. Underwood, 35, is a fairly recent convert to distance running after a distinguished career as an International Badminton player.

The 10K race was won by that other great Belgian, Omer Van Noten, in greaa Belgian, Omer Van Aroten, in 32:29, with Canadians, Colin O'Brien and Mike Creery, second and third in 33:42 and 34:08 respectively. A famous name from a past NZ Olympic team, Bill Baillie, was runner up to Wilf Chiau of Belgium in the M50 category with Wood trailing his old rival Norman Green of the US in M55, the "REV" being in fact only four seconds behind the third M40. The outstanding Swiss runner Lucien Aellen carried all before him with a three minute win in M75 in 47:39.

Nancy McLaren of Canada won the Women's 10K in 37:14 with W45 gold medallist, Masako Ide of Japan, next best in 38:56. The two outstanding tour leaders Barbara Dunsford and Jacques ruys took time off to run in the 5K.

Future Road Race Championships are now the responsibility of WAVA.
The next championship — the 10K — will be held two days before the start of the World Track and Field Championships in Eugene, Oregon.

Dunsford's travelling circus moved

on to China for the Beijing Marathon. Wood finished second overall in 2:49.59 and Underwood sixth overall in 3:05 easily winning their age categories

Exciting team work for international match at Wrexham



The women set off first

hand. The second half of the women's race saw Cardy-Wise hold on to her lead from Calder as Kilkenny came through strongly for third to lead the England Women O35 team to a narrow win. With Cardy-Wise's Welsh O35 win secure, Gallagher held on to add a second red vested gold, this time in the O40 group, in fourth place overall, ahead of Janet Stevenson, fifth, as sixth placed Eleanor Adams led another England team win in

Taylor and Linda Robb followed close a

the O40s. As in the women's race, the Welsh selectors called upon the services of a good number of Anglo-Welsh for the

men's race. Making his first outing in the veteran ranks was Tony Simmons. Alun Roper, so dominant in Veterans Cross Country, and the in form Tecwyn Davies, who in the preceding three weeks had established New World bests for the 10K and half marathon, were determined to prevent the young pretender making his

the starting pistol, the field were eventu-ally away and the red vests of Wales were immediately to the font. At the top of the first steep hill, Roper, Davies, Dic Evans,

Simmons and Bernie Plain were all in the first seven with only Shel Cowles and Martin Duff for England splitting them.

The pattern of the race was thus established and four of the Welshmen took a strong hold on the lead. Roper opened a gap of a few yards but by half-distance Simmons had taken over and as the field stretched out, Roper, Davies. Evans and Cowles followed, Stan Curran made a brief attempt to spoil the party but a down hill tumble saw him drop back.

Thus it was left to the former

10,000m fourth placer at the 1976 Olympic to win this inaugural fixture, leading a Welsh team clean sweep. Roper was safe in second, from Davies third, who was easily the first O50. Evans came fourth, while Cowles remained fifth

ahead of an inspired Griff Owens.

Down the age groups, Alan Jeffries won the O45s from Brian Little, whilst Cyril Leigh and Alan Griffiths made it another Welsh clean sweep in the O50s. The England and Wales score for the O45 team title was equal but Wales were denied this final men's team title when England won on countback.

Random drug tests on pre-selected finishing places took place, which is the first time for a veteran event in this country. The match was adjudged by all concerned to have been an unqualified success despite the odd comment that it should have been extended to other age groups. Obviously Scotland found it hard because of the travelling distance to get together a really competitive team. No doubt as the event becomes more established all selectors will be able to field their best teams.

Thanks must be made to Ron Bell. the event Director and Wrexham Maelor District Council, the sponsors

Results: Page 14

Taff Davies World Best

Taff Davies of Aldershot broke the world O50 10K record on October 16 at the Reading Yellow Pages 10K. He finished eighth overall in a quality race in 30:35 cutting 73 seconds off American Ray Hatton's previous record of 31:48 held since 1982. Davies also holds the O45 world record for 10K (30:24). World Record Breakers pp8/9

SVHC VOTE PRO'S OUT

At their recent AGM the Scottish Veteran Harrier Club reversed the stand made three years ago to change their constitution to admit professional athletes as members.
The President, Henry Muchamore,

asked that the decision be delayed to alter the constitution until the situation was more clearly understood. However, the motion, proposed by Alex Muir, was passed overwhelmingly by 28 votes to eight.

Muchamore, who was re-elected as President for another year, expressed disappointment at the decision.

Of course those professionals who have already competed in the BVAF and who wish to compete internationally will know that there is nothing in the rules to stop them from joining another affiliated club such as the Northern Vets.

National Cross Country Prospects 1989

Silksworth Sports Complex in Sunder Shksworth sports Complex in Sunder-land, Tyne & Wear, is confirmed as venue on March 12, by NEVAC, the organising club, of the BVAF National Cross Country. The 250 acre site holds good going of parkland turf and mixed terrain, with some short steep gradients, across reclaimed colliery and farm land The distance, 10K for men and 5K for women. Good spectator viewing.

Access from major roads via the A1(M) from Durham and A19 from Newcastle or Teeside. Example mileages are Manchester 130, Glasgow 160, Birmingham 210, London 275 and Cardiff 300.Accommodation lists of 31 hotels and guest houses have been circulated to Veteran Club Secretaries.

Attractions near Sunderland, a centre of shipbuilding and colliery industry, include the outstanding Gateshead Metroland Shopping Centre, Beamish Museum and historic Durham.

Entry form on page 2

FINE CHAMPIONSHIP DOUBLE FOR COLMAN

Martin Duff, Athletics Weekly

Veterans Correspondent, reports

from Moss Valley Park, Wrexham

on a successful International Vet-

erans Cross-Country Match held

on November 5 between Scotland,

Wales and England. The event

was sponsored by Wrexham Maelor District Council whose

Mayor kindly agreed to start the

Championships. Miler, Ron Bell

It was November the Fifth and Welsh soil, so it was apt that the red vests

of Wales provided the fireworks — at least in the men's match where ex-Olym-

pian, Tony Simmons, made his debut

Two laps of a kidney shaped course provided ideal spectator value, but there were those who found the very steep hill more than a little taxing! The men's

course was 10,000 metres whilst the

women, who were first away, had jus-

one lap to complete of a little over 5000

Bronwyn Cardy-Wise, newly mar-ried and fully recovered from a nasal

operation, imposed her authority on the race once the early rush had settled. Tricia Calder and Pat Gallagher were also prominent but lurking behind was

the England pack, led by Chris Kilkenny.

Eleanor Adams, Diane Marsh, Lesley

was the event director.

veteran run.

metres

The veteran events formed part of the programme of the Welsh Intercounty Cross Country

Peter Cassidy reports on two BVAF Walk Championships: the 20K/10K Road Walk at Sutton Coldfield held on October 29 and the earlier 10K/5K Track Walk at Solihull held on September 25. Charles Colman won both M65 titles setting a new British best at Sutton Coldfield. The men's event at Sutton Coldfield was, for the first time, the AAA National Veteran Championship; now the WAAA must be persuaded to accord similar recognition to the women.

There was an encouragingly large entry and turnout at Sutton Coldfield on a good traffic-free course though with a few wet leaves underfoot. Ed Shillabeer set off as though he meant to repeat his victory, gaining a very large early lead from Adrian James, Bob Dobson, Peter Han-nell (with an uncharacteristically modest start) and Dave Stevens. Later on, Hannell fell back as Geoff Tranter and Shaun Lightman came through. Shillabeer was disqualified, leaving James to beat Tran-

regarded for his ultra distance work but a surprise challenger here - by a re seven seconds, both getting inside 100 minutes

Another close battle took place in the latter stages between Lightman (who arrived too late to warm up but reckoned that he got the adrenalin flowing on the M6) and Dobson for the M45 title. Rawlins came through for the bronze in that group and George Chaplin moved up to take the M55 title. Charles Colman again had a fine race, completing the double having won his age group — M65 — at the 10K track championship. At the 20K road walk he set a British Best Performance with a time of 1:56.02.

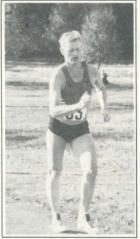
The other British Best Performance of the day went to Mary Worth in her first W60 Championship as she finished third overall, only being dropped by Carol Bean, W40, in the last mile.

Overall women's winner was Mag gie Rawlins, Brighton and Hove, W35, improving considerably on her previous best. Jean Buchanan, W45, showed better survival power toward the end to take her first BVAF title and Laura Precious. W65, added to her Track Championship title

The meeting was excellently organ-ised by Dennis Withers who unfortunately had to drop out of the race feeling unwell.

At Solihull on September 25 in the absence of any youngsters in the M40 group, the 'seniors' led the way, Ed Shillabeer and Dave Stevens both beating the 50 minute barrier with Peter Hannell just outside and George Chaplin close up as he took the M55 title. Particularly noteworthy perhaps was Charles Colman's 56:51.5 in the M65 group.

The four ladies who turned out were placed into two races, each with two competitors. The first two women competitors. The first two women started with the men because they were there early. The other two raced later on their own. W55 Pam Horwill was fastest overall.



On the 20 K Road Walk:

WORLD GAMES 1989

The VIII World Veterans Track and Field Championships at Eugene will truly be a gathering of the world's athletes. Hous-ing requests have been received from most of the 52 nations which took part in Melbourne. Additional entries are expected from new participants: Bulgaria, Thailand, Liechtenstein and Cyprus. Approaches are being made to the Soviet Union, China, and many African countries as well.

With just eight months to go until

the Opening Ceremonies in Eugene-Springfield, competitors are urged to

Competitors are also invited to the TAC Masters T&F Championships to be held at San Diego one week before.

Come Meet the World: p6

£250 DRAW Monthly prizes of up to £250 will be offered in a prize draw for vets See Page 5

VETERAN ATHLETICS Vol 1 No 8

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T&F Ranking Booklet 1988 (men) will be published in the New Year. Send in late results now. Apply for copies £1 inc post from publisher David Burton, 71 Nethergreen Rd, SHEFFIELD S11 7EH

Womens Ranking list will be published by Sally Gandee, 4 Westfield Rd, HERTFORD, SG143DJ

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Next issue February - please send copy, results and fixtures by 26 January



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A hat-trick for Eddy Lee

Flying Fox Marathon which incorpo-rated the BVAF Marathon Championships for the third year in succession and knocked 40 seconds off the course

record in the process. Kate Roberts of Stone Masters Marathoners reports: Eddy Lee finished in the time of 2hours 23minutes 15seconds. However, he did not have things all his own way, particularly for the first ten miles. At five miles he was in a group with Colin Youngson of Aberdeen AC, Dave Cordwell of Bristol AC and the 1985 winner, John Davies from Newcastle AC I'wo other local runners from Newcastle (Staffs). Alex Marconi and Graham Bagnall, followed the pack. These six were eventually the first six finishers.

The leading group of three went past the ten mile marker in 54 minutes with John Davies dropping almost a minute behind at this point.

The women's race was dominated by Dora Hopkinson of Hallamshire Harriers in the W45 category. She was almost four minutes ahead of her nearest rivals Janet Tyler of Croft Ambrey RC and Pauline Baker of Serpentine RC at ten miles.

Lee v. Youngson

Dave Edwards who himself ran the 'Flying Fox' reports on the battle between Eddy Lee and Colin

Welshman, Eddy Lee, swept away the anticipated challenge of Scottish International Colin Youngson and sliced 38 seconds off his own course record. Youngson had inflicted two previous defeats on Lee this year in BVAF events and with a 2:16 pb was expected to mount the mos serious challenge to depose 'King

Lee freely admitted later: 'I have not been so bouyed up for any previous Flying Fox Marathon and eriously expected to be battling Colin in the final stages.'
That scenario looked a distinct

possibility in the early stages. At 16 miles, however, Lee surprisingly made his decisive race winning break of last year. 'My experience over the marathon distance gave me the confidence to break at that point. I had realised that Youngson was ill at ease so I decided that a break could be crucial."

Despite tying up slightly with a tight calf from around 22 miles, Lee's self-confidence was justified as he stormed to a most popular victory in an area where he has been accepted as an 'adopted son'

Younson hit the wall with three miles remaining and had to be content with his second place, exactly six minutes adrift of Lee. These two were the only ones to breach the 2:30 barrier For full results see P13



Youngson (117), Lee (60), Davies (25), Cordwell (23)

photo Mick Abel

The early fast pace proved too much for Dave Cordwell and Colin Youngson, whom Eddy Lee dropped at 14 and 16 miles respectively. By 20 miles Eddy had built up a lead of 90 seconds and his title was never again under threat. By the finish he had widened the gap considera-bly, with Colin finishing in 2:29:15 and ve in 2:33:08.

After the race Eddy admitted that the early pace had worried him a bit but that he had a comfortable run right up to the last three miles when his calf muscles stiffened up and slowed him down somewhat. Youngson 'hit the wall' with three to four miles to go and once again had to be satisfied with second place, the posi-tion he filled in both the earlier Half Marathon and Cross Country Championships. In each case to different champi

Dora Hopkinson was pleased to win her first Flying Fox but had hoped to crack the elusive three hour barrier that she had narrowly missed in the 1988 London Marathon. In the event she came home in 3:05:08. She was on target right up to halfway which she reached in 1:26, but she lost time from 20 miles on. Pauline Baker and Janet Tyler had quite a tussle for runner up with the Serpe runner finishing a mere 14 seconds ahead in a pb of 3:08.16. This run continued a season of excellent runs for her, such as the Welwyn Garden Half Marathon and the Times Fun Run.

In the various age groups particular ation should be made of several athletes. Graham Bagnall (profiled in VA No 7) won the M45 title for the third successive year in 2:33:58 ahead of the organising Club's Pete Axon. Pete knocked about eight minutes off his pb to record the time of 2:37:21.

A very creditable time of 2:38:38 saw the return to Veteran athletics of Phil Hampton, who many will remember giv ing such a good race to Eric Austin at Coventry in 1976 where they finished first and second in the World Veterans Marathon Championships. Phil is now a member of Aldbourne and SWVAC and was the worthy winner of the O50 Tro phy. Once again the winners of the two oldest age groups put many of their younger opponents to shame. Jim Johnston, the silver medallist in the World Veterans Marathon Champion ships at Melbourne, clocked 3:31:02 in the M65 division while Bob Brierley ran even faster in the M70 group for 3:28:32.

With three runners in the first six places, there was no arguing about who had won the team race: Newcastle AC, last year's winners and third National

Veterans Relay team at Tring. One runner who didn't break any records (well not yet anyway) with his time but definitely deserves a mention is Richard Bird of Vauxhall AC, Luton. The Flying Fox was his 29th marathon in 24 eks. This particular weekend stint was 3:32 in Sealy Lakes Marathon, Cockermouth, Cumbria on Saturday and 3:22 in the 'Flying Fox' on Sunday. He is close to breaking the British Record of 31 marathons in a year, and is hoping to break the world record of 53 marathons in 52 weeks

The prizes were presented by Terry Darlington, Managing Director of Re-search Associates, the race's sponsor and the BVAF Trophies by its Chairman, Bill Taylor. Bill was very impressed with the race organisation as were most of the athletes.

Decathletes invite Pentathletes to their Championships

This year's BVAF Decathlon Championships, held in Sheffield on September 10 and 11, included a wor heptathlon, an event to be included for the first time in the World Veteran's Track and Field in Oregon, 1989. Dave Burton reports:

Last year gale force winds produced fast sprint times. With less blustery condi-tions this year slower times were inevitable, But Dave Cowley managed to improve his 1987 time with an excellent 11.3 to take an early lead in the O40 group. The second event, the long jump, produced a leap of 6.40 from John Charlton, only 2cm below his pb. In the other age groups the surprises were the defeat of David Burton by Colin Shafto by 1cm; and a jump of 5.82 by Peter Duckers (O45). Peter has cleared over six metres this year. The best shot putt was by Mike Corden of 12.10 and the

first three places in the O40 Group had changed in each of the first three events. A similar situation occured in the O60s where the smaller faster Ian Steedman had gone from first to third position.

The high jump took place in pouring rain. Nevertheless four O40 competitors cleared 1.63 or higher. Shafto too was in good form clearing 1.56 in the O50 Group, but George Leete, due to injuries, was below par only achieving 1.43

in the O60 Group. The final event of Day One, the 400m, again saw Cowley in good form with a

time of 51.2 which took him into the lead. Day Two, first event, the hurdles, Snowy Brooks failed to finish his race due to recent illness problems, but he, nevertheless, soldiered on to complete the other events. An excellent time of 15.7 by Corden saw him eat into Cowley's lead in the O40s and in the O45s only Brian Loten beat 20 seconds and with Loten's better events to come he looked a likely winner despite lying only third after six events. In the O50s Shafto took some points out of Burton while Don Marshall (O55) was continuously increasing his lead over David Williams. The battle in the O60s was as intriguing as ever with everyone of the three partici pants in with a chance of winning, whilst n the O65s the only competitor Les Williams, having travelled from Cornwall and suffering from back problems. was determined to complete the two days The discus was probably the crucial even in three of the age groups. Corden, O40. took the lead which he held until the end and the thrower, Loten, took the lead for the first time in the O45s.

In the O60s the question was: would discus, pole vault and javelin give Alf Woods sufficient points to win this group. It is well known that Alf cannot run 1500m sufficiently fast to get many points! The discus gained him over 100 points more than his rivals and with a gain of over 240 more points in the pole vault, he looked certain.

In the vault, competitors were split into three pools and vaulted with youngsters competing in the Sheffield Schools Decathlon. This worked very well and several comments were made regarding the rapport set up between the 'young' and the 'old'. It was a mixed day in the pole vault. Cowley and Charlton set pb's while others were down on their usual heights, like Corden and Loten. Others such as Alan Powell, with a leg injury. and Les Williams, with a bad back, were pleased with their performances.

There was some excellent javelin throwing with five men over 40m includ-ing Joe Phillips who set a UK O50 record of 47.64 and in aiming off for the wind

which then dropped had a throw of over 49m land outside the sector.

The decathlete's favourite event; the 1500m completes the two days and barring accidents all age group winners had been decided except for the O60s. In the end Ian Steedman's run was just too slow to overcome the large lead Woods had obtained after nine events. Woods won by just 27 points.

Mike Corden was below his UK record of 5886 points set earlier this year at the Midland Counties AAA Decathlon but he had the consolation of winning the

Clarke Cup for the best decathlete of the meeting.

Joe Phillips

en, all who had competed in the pentathlon at Stoke in August, entered the Heptathlon. Sadly due to injuries and other problems, Wilma Thompson, the bronze medalist in the pentathlon in Verona, missed the event

Some good individual performa were achieved such as Pat McNab's hurdles in 12.7, Maria Williams' runaway victory in the 800m in 2:34.3 and Carol Morris' javelin of 26.06. The most memorable part of their competition was in the high jump in which the women jumped onto a soggy landing bed. This caused complaints about 'wet knickers' which necessitated changes into dry out-fits. The awards to the ladies were made by that well known octogenerian Bill Baker who had travelled from Paignton as a spectator. He enjoyed himself immensely receiving kisses.

Overall the meeting was a success if a vote of thanks was recorded on behalf of the athletes to all the officials by Snowy Brookes. The officials so enjoy these events they have invited us next year when we hope more may be persuaded to compete

For detailed results of the Flying Fox Marathon, the Decathlon and hep tathlon, see Results

OVERSEAS NEWS

At this year's Pikes Peak
Marathon, Colorado, one of the
blue ribband events, the all over
winner in the vets section was a
woman, Gail LaDage Scott, W40.
She did 4:32.21 ahead of the first men's master Brad Smith in 4:35.33.

James Lacey Senior, 54, and wife Georgette, 51, of Pennsylvania ran the whole gamut of races from three mile to marathon

together this summer.

NZ's Dick Quax once holder of the world 5,000m record is now 40 and ran the 10k this year in

Mike O'Neill one of the founders of the vets movement in Australia and a key international administrator, has died of a stroke in Melbourne. Born in Liverpool 62 years ago he mi-grated with his wife Jean in the early 1950s and remained a member of the Mentone AC from that date until his death.

You know the type — A FRIEND OF THE STARS

I was talking to Mike Gratton after the London Marathon - I'd sort of got into the VIP lounge at County Hall by pretending to be Chris Brasher's Australian cousin - and I was explaining that what he needed now was more leg speed, or cadence as we'll call it. Perhaps a few more track sessions were called for. I also told him that I was very worried about his basic stamina and he always seemed to lose a little form after 24 miles in a hard race. Like that time in the Surrey County Road Relay where I had chased Gordon Pirie during his last race in this country. I sort of doubled up and he came over and said: 'Have more pride in yourself', so I got up, went round the corner, and threw up - but Gordon and I had always got on well. I always bought gear from him. Anyway, as I said to Mike after that London, it has always seemed to be good advice to me. Did I tell you about the time I saw Wilbert

Greaves training over hurdles at the Nat West place in Norbury. I went straight up to him and said that his dip was a bit sloppy and that his

NNYRIINNING

lead leg was not snatching down fast enough. He

gave me a funny look, but what happened the next season, I'll tell you, he broke the UK record.

Mind you I've known Hugh Jones since he was a young kid. I've always had a few kind words since he lapped me in the City of London 10M road race, I always like to give a few words of advice and he often gives a grin when he sees me. I once shouted 'Come on Hugh' in a cross country league and he finished 3rd after that. A good run in flats I told him. I was chatting to Jon Solly just before the Empire Games, sorry Commonwealth Games, and I said his training was going well but advised him to try running the last four laps in 4 minutes to make sure of a medal. Look what he did, sprinted well away from Binnsie to take the gold. One of my better performances I thought. It's like the time I was a the Palace, the Crystal Palace of course, when Steve O. was running a two miler. I called out to him from the back straight to just sit on "Roneo" He did this and seemed to look up as he went by

Anyway, on the last lap, with 300 to go, I shouted 'Go for it Steve'. He did and set a new world record for the two miles. Not many people can say that they have been involved with a world record like that. Do you remember the night that Roger Bannister did the first sub-four minute mile, do you know where I was, down the back straight at Tooting Bec track. Now, there is a coincidence. Later I went on to run 4 minutes 12 seconds, not that night of course.

It's like that time at the Arsenal when John Hollins was racing up to take a corner. 'Make it a high one, John' I shouted and he kind of looked into crowd and gave a thumbs-up sign. He took the corner and put across a high one. We did not score but we could well have done.

Talking about the Commonwealth Games, I nember the one in Edinburgh, before Jon's Gold Medal Games, and I was out on the marathon course. I was just running along wearing my usual red, white and blue vest when some people thought that I was in the lead. Bit

silly as the stripes are all the wrong thickness, anyway along comes Ron Hill - what a great and as he went past I said 'you'll do this one, Ron'. And of course he did in that brilliant time. Just shows that some people appreciate advice at the right time. I did the same for Don Faircloth. I reckon that it gave him the confidence to finish his first marathon really well for a medal. Yes, I like to help them all on the road.

Mind you I was right about Seb. I saw him n the Southern Road Relay, I was near Martin Duff at the time, and said that he was not going too well and that he might not make the Olympics this time. And, I was right. I reckon that some of my training methods could well have got up there to big Steve C. He runs just like I did just a few years ago.

Of course, recently I was training at Tooting Bec — remember Roger B — when I saw Tim Hutchings, Gary Staines and Roger Hackney training. Anyway they accidentally knocked me into the water jump. It was a pity 'cos I was just going to give them a hand with

Stan Allen



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. They should be kept as brief as possible or they may be cut for space reasons. They should be addressed to Veteran Athletics, 57-61 Mortimer Street, London W1N 71D.

BVAF ROAD RUNNING SCHEME

I read in issue 7 the plan of the Road Running Scheme to dismiss all women running in the 50+ age group in Group 1 and 45+ in Group 2 and for there to be no recognition, much less awards, for any women having the temerity to age bevond the stated years, much less get out there and participate.

When I started running some two years ago well past 50, I joined the vets scene largely to support such an organisa-tion and in the hope that it might represent older athlete's interests. Senior folk tend to be more supportive and loyal in the grass roots without expecting accolades. To be fair, I've always felt that it was really for 'other people' — what I call Real Athletes. You know, like those artists with RA after their names. I always run as a British Veteran, despite much niggling from my local club, because I feel that veterans must be for veterans, a bit like the musketeers.

I have once or twice had doubts that perhaps after all, it was just another elite group where if you are not in the 'crowd' you might as well give up. Down here in the boondocks it is not so easy to go up country and meet other well motivated runners. When the Southern Vets were bewailing their lack of a newsletter editor. I wrote to two members of the committee volunteering help, but did not even get a reply, whereas the Road Runners

which?

team?

a road race?

a cross country race?

Road Running

350

11-140

40-440

Name:

Address:

8. What age are you now?

15-190

45-490

Club in a similar plight, courteously acknowledged my letter, telephoned and welcomed me to their collective bosom.

How come veterans have got to ask veterans, nay write and protest to veter-ans, to recognise them? Women over 45 and 50 do not have two heads, mob caps or lavender sachets in their shorts. We may be few but we are out there running, seriously and conscientiously. And sel dom a pain in the burn to organisers. It must offend some equality act, may even border on a confidence trick to get these little old ladies, so easily to part with their money to join a Federation labelling itself Veteran. One thing is certain, quite dif-ferent from a road race, what is in front of us is much shorter than what has gone before and we do not have the time to wait dutifully to be acknowledged by our self styled lords and masters. Ladies, let us not just be seen, let us be heard NOW, don't pop your running shoes for a ringside seat on Cloud 9, line up, at the starting line, and be counted.

Guillian A. Catlin Liskeard, Cornwall

Regarding the BVAF Road Running Scheme, I am all for any scheme which recognises the older runners as I seem to have been just ahead of the prize list since I turned 40.

For example, I ran the Bournemouth half marathon in 1985 and my 1:33 put

Road walking

30-34

over 600

35-39

Calling All Women Athletes Over 35

At the 1988 AGM of the BVAF the question of whether women

decide it was agreed that more information was needed. There-

questionnaire (by photocopying) and distributing as widely

2. Do you belong to a club other than a veteran club and if so

3. At what age did you last compete on the track for your club

4. At what age did you last score for your club (non vets team) in

5. At what age did you last score for your club (non vets team) in

7. What is your main interest? Track & Field☐ Cross Country☐

9. Tick the appropriate age box(es) at which you have competed:

25-290

55-590

undecided□

Track Walking

6. At what age did you start competing as a veteran?

20-240

50-540

10. Do you think women veterans should start at:

400

should become veterans at 35 or 40 was raised. In order to

fore, we would be grateful for your cooperation in answering some or all of the following questions. Please circulate this

as possible to women athletes over 35 years of age.

1. Do you belong to a veteran club and if so which?



Scutts: one of 15 O70s at Welwyn

me in the first third of a 900 plus entry and won me a medal as the oldest competitor. The main prize list (and I mean prizes, not medals) were the first 22 runners home. This meant that anybody could run round if they were ancient and win a medal but it wouldn't mean a thing for the record In 1986 they changed it to the first 22 men, the first six women, the first ten men vets (no age grouping) and the first five omen vets (again no age grouping). 1987 they actually gave a medal to the first man O50.

How are you going to get the message home to organisers of races who often do not understand the veteran scene? If over a third of all road race fields are vets, the vets should be given a proportionate value of the prizes. After all, we pay the

same entry fee. As for the suggestion for the BVAF to supply age group medals or plaques to organisers (for appropriate charge) in lieu of prizes. NO WAY for my money. Medals are for Championship races not for open events. Most organisers would jump at that suggestion - it is such an easy

I think age groups as we now have them and the prize list as you suggest are the format that should be used. No doubt organisers will say that it is increasing prize expenses but more and more veterans are now running, particularly in the older age groups. There were 15 O70s in the Welwyn Half Marathon for instance.

George Scutts Portsmouth AC

VERONA REPORTING

Your Verona report was most disappoint ing from the viewpoint of this family.

My wife, Christine McLennan, won the W55 400m in 72.17secs, This was three secs inside her British record. She won by about 25 meters running in the outside lane against a field that included the world record holder and her time was about 0.5 secs faster than that which won the world title last year.

Not worth a mention?

Alex McLennan Freuchie, Fife

TRULY NATIONAL ROAD

RELAYS

In reference to Derek McCulloch's letter regarding the road relay. I did not attend the event at Tring, but the location seemed ideal for a National event. The problem arises when staging a purely team event such as a relay in that all six runners have to make the venue. I think you will find that events will become parochial if staged further South than the M4 or away from the motorway system. Aldershot as a venue would require

Northern teams to stay overnight for an

11am or mid-day start.

Venues must be within striking range of an early morning car run, Sutton Park is the ideal central venue, or up here in Wirral we have an excellent traffic free circuit at the Vauxhall plant at Ellesmere Port, right next to the M53 motorway. No I'm not offering — well maybe if you twist my arm!

Maurice Morrell

ENCOURAGING 'B' TEAMS

After the AAA Vets eight stage relay at Tring I inquired if there was an award for the first 'B' team home (I had a vested interest!) I was told that there was no such award as it was an official AAA event but that there was no reason why an individ-ual club should not introduce such an award. I was encouraged to go away and do something about it!

Altrincham & District AC would now like to act on this and donate a trophy to be awarded annually to the first 'B' team to finish. What we need to know is: what is our next move to put our proposal forward?

Such an award would certainly add spice to the battles taking place down the field. The 'B' race this year was very close and hard fought but went largely unnoticed.

> John Dwyer Altrincham & District AC

MEDAL QUALITY

I wish to protest at the quality of medals at the National Vets Championships at Cwmbran in July this year and also at the decision to give two medals only where the number of entrants in an age group did not exceed seven and one medal only where entrants did not exceed four.

The medals presented were rubbish and fit only for a junior schools sports

Consider these facts: most veteran athletes train quite hard to enable them to compete satisfactorily; often competitors travel long distances and stay overnight (in some cases two nights) all competitor's own expense and many are

retired and living on pension.

Medals should be presented in all age groups to first, second, and third regard-less of number of entrants, provided the standard is achieved. What happens to all the money taken in entry fees?

Also the BVAF award scheme for competitors who reach the standards can buy a badge for £1.50! So what kind of award is it that one has to pay for?

Bill Ellison, Macclesfield

GIRLS, GIRLS, GIRLS!

In answer to Sarah Cawkwell, yes, I would like to run a gentlemen's 10K. Come on girls, let's dispense with this petty sensitivity; then there would be more room in the newsletter for results and articles, rather than speculation on Ladies and Gents.

Peter Hamilton

Sarah Cawkwell poses the question, 'Would the men like to run a 'Gentlemen's 10K?' Of course we would Sarah, what's the problem? Fortunately males accept 'Men, Lads, Gents (!) Chaps' without the strident necessity to prove an ideal. Let's get on with the running blokes.

Maurice Morrell Wirral AC.

It is interesting how women have commented favourably to my letter, in person, whereas it is only men (except a couple who have supported the sentiment) have found it 'strident' .- S.C.

FOREIGN PARTICIPANTS

Many USA masters athletes are questioning the propriety of inviting all foreign athletes to participate in the USA/TAC National Masters Championships when there is no reciprocal arrangement with

the European organizers.

We realize that to open the doors to foreigners creates problems in a big meet as the European Championships. Nevertheless, it is my belief that the benefits of allowing foreigners to enter far outweigh those problems.

The presence of foreign entrants

always adds an extra element to any track eeting and the fellowship which fol-

lows creates lasting friendships. Regions such as Europe should reexamine their provincial and insular policy and open their doors to their foreign unterparts.

It is my intention to put this on the WAVA Agenda when the Council meets in August of 1989.

David H.R. Pain WAVA North American Delegate San Diego, California

Pain has his facts wrong. The BVAF does allow foreigners in its championships and so do other European countries.

WREXHAM

I am disappointed that a home international has been arranged with BVAF approval without including O55s or O60s at least.

While not ungrateful for the efforts at Wrexham it would seem not enough thought went into the decision. We are a veteran movement catering for all ages. Initiative for major meetings should

come from the BVAF. In this case also more time and better publicity would have enabled athletes to arrange their programme for a known selection proce-

Although it is nice to have men and women together it might be better, in order to select a wider range of ages for both, to use different venues. I trust the committee will redress the situation and allow the same honours for all during the coming season either at an organised meeting or at the National, with a full match, or England v the Rest.

Robert Belmore Haslemere

Sportwomen of the Year

Four veteran women have been nominated for the Sunday Times Sportswoman of the Year Award. They are: Bridget Cushen, Women's delegate to WAVA, staunch campaigner for women athletes and past UK 3000m record holder; Jose Waller, current W55 1500m, 5000m and 10000m World Record holder; Chris Price, ex-Scottish International and Cross Country Champion in 1988; and Ann Newbiggin, O45 Scottish Road Racer. The award is to be made November 16.

Redditch District Sports Council Vets League Final Tables

Match League Division North Men Pts Pts Rugby and District 429 23 Royal Sutton Coldfield AC423.521 Tamworth AC 375.5 19 Solibull Small Heath AC 284 5 11 Nuneaton Harriers 277 11 Birchfield Harriers 265 11 Burton AC 226 Coventry Godiva Harriers 193.5 Division North Women Royal Sutton Coldfield AC398 Birchfield Harriers 348 19 Tamworth AC 320 17 Burton AC Nuneaton Harriers 311 14 Rugby & District 6 68

Division South Men Halesowen A&CC 311 20 Bromsgrove Redditch AC380 Worcester AC 301 18 Borough of Sandwell AC 351 16 Dudley Stourbridge H 13 244 Tipton Harriers Division South Women Bromsgrove Redditch AC394.5 23

Borough of Sandwell AC 343 20 Worcester AC 273 279.5 16 Droitwich AC Dudley & Stourbridge H 129 9 Halesowen A&CC 115 Tipton Harriers

20

Veteran club and number if applicable:

Please return to Sarah Cawkwell, V35/40?, 32 Highbury Hill, London N5 1AL.



THE WAY FORWARD Bill Taylor, Chairman BVAF

First a look back. In our Announcement Letter, sent out in October 1986, we said we intended to send Veteran Athletics free to all members of veteran clubs affiliated to the BVAF. We hoped to raise sufficient revenue to cover costs from donations, advertising and profit from special events such as the Welwyn Garden Half Marathon. A Publicity and Special Projects Committee was set up to coordinate fund-raising as well as to try to give the veteran movement a higher profile.

We also hoped for a capitation fee from BVAF funds of up to £1 per head, although we appreciated that this would mean raising affiliation fees from clubs with the need for this to be passed at the AGM. Possibly because the case had not been prepared in sufficient detail the AGM of July 1987 did not approve the increase

Therefore 12 months were lost before we ere able to get a small contribution from the BVAF. The AGM at Cwmbran approved a payment of £2500 towards postage costs already incurred with affiliations being raised to cover postage costs for the future.

Now to the future. With experience we are bringing costs down and hard work by a few voluntary helpers is keeping them down. But we still need to raise about £25,000 a year to We have to keep advertising charges fairly low until our circulation grows

and this means recruiting more members. So we are very dependent on donations, regular donations. If you have not given at all, or have not given this year, now is the time to act. Also, spread the word to potential new memebrs; for many reasons, we need to persuade all athletes of veteran age, whatever their level of ability, that they should be members of veteran

The Unification of Athletics

We do not know exactly how near we are to the forming of the British Athletics Federation. the single governing body for all branches of the sport for the whole of the UK. But we do know that when it is formed veteran athletics will be a part of it. It is essential that people with the experience of running veteran athletics - the present BVAF - continue to represent veteran interests. We must not end up with two sides to the movement. This would be fatal in dealing with international governing

We have shown our willingness to cooperate by opening certain of our championships to non-BVAF veterans and have thereby gained AAA Championship status for these events although this has not been to the liking of a few of our members. It is a narrow line we tread. We are not throwing away the work of our predecessors who pioneered veteran competition and helped to spread it throughout the

world, but times are changing and we must adapt or be left behind. And that, athletes do

More Races - More Publicity

Ron Bell has shown that he is a man of action off the track as well as on. He has obtained backing from Wrexham District Council, enabling him to organize an international veterans cross country between teams from England, Scotland and Wales (see the front page). This event, staged in conjunction with the Welsh Cross Country Championships, should gain us more valuable publicity. If the media are there, they will have to focus on the sharp end of veterans running and, I am sure, marvel at the quality.

If we can get the message over that veteran athletics is a sport of high standards - and I don't mean elitist - then commercial organizations may see a marketing opportunity. We need entrepreneurs.

The 1989 Track and Field Championships Peter Harvey and his committee from VAC are working hard to ensure that next year's championships are a success. With Peter and Ruth Allcock I have been following up a lead which may bring the financial support we need to make them something special. I shall keep you

The 1989 Half Marathon

The two half marathons we have held at Welwyn Garden have been successful championships and have boosted funds for the newspaper. I feel that the time is now right to decentralize it. Is there a volunteer to put it on?

NEWSPAPER SUPPORT **FUND**

The supporters listed below have donated since the last issue. Please join them by sending your cheque to:

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

Sharpies

2. Wood
Granger
Gran

Come meet the world at Eugene in 1989

Bridget Cushen, Women's Delegate to WAVA, invites you to attend the VIII World Veterans track & field championships, Eugene, USA, July 27-6 August 1989. you have now reached veteran age I am sure you will be tempted to participate in the World Championships next year.

- * Ensure that you have a ten year British passport, a one year visitors pass is not valid.
- * A visa is not now necessary.
 * Do take out comprehensive medical insurance. In some States payment is demanded, even in serious ergencies, before admittance to hospital!
- Driving requirements. The US has an international driving agreement with the UK which allows UK nationals to drive for one year on a full UK driving licence. Insurance available for rental cars varies according to company and local law. Stan-dard coverage is often inadequate. Check with your insurance company,

Entry forms These are now available from the BVAF Tour organiser, Mrs Barbara Dunsford, 71 Hillside Crescent, Harrow, Middx. Tel: 01-422 7157 or from your Area Secretary or myself. They are very comprehensive, but if in doubt, ask!

Track facilities Two all weather tracks about two

miles apart will be used, a third is available if necessary, the steeplechase is on the inside. Field events will be held adjacent to the main track and in full view of the main stand. All-weather run-up for the javelin. Changing facilities are good.

Road walks Consisting of two laps over the Olympic trial course on traffic-free roads round the university campus, flat.

Cross country Men and women run over 10,000m on 40% grass and 40% wood chip trail and 20% natural.

Starting in an open field, following the trail along the edge of a stadium bowl and out along country path, flat with six short inclines up a bank Excellent spectator course with ample changing/ showering and eating facilities.

New Events The World Championship 10K road race will be held on July 27 on a flat, fast course. Also the pentathlon has been replaced by a heptath-lon for women and a decathlon for men. The 2000m Steeplechase for Women is now an official event -the organisers stipulate that the barriers must be hurdled or vaulted

Training facilities Pleasant trails — try the Prefon-taine trail, along the banks of the Willamette river, or the parks.

small double rooms. There are bathrooms on each floor, towels are supplied and there is a laundry and cable TV room downstairs. The food is excellent and is available from three centres on a self-service

University Inn Situated just 10 minutes walk from the stadium in a quiet leafy street. Large airy double rooms with private bath, towels supplied, cable TV, laundry. Self service restaurant in congenial surroundings offering a large selection. Cost: Halls \$25.50, Inn \$31.50, includes three meals.

Fraternities/Sororities These are large private houses owned by Trusts and rented to students. All within walking distance. The one I saw had 20 single rooms and the whole of the top floor area had 60 bunk beds (sleeping porches) which looked uncomfortably close together, but most houses are smaller than this. Shared bath, TV, on a bed and breakfast basis or you could have use of the kitchen for snacks. A housekeeper lives in. Ideal for 20-30 people from one country. Single room \$16, sleeping porch \$12.

Tourist/Budget I was unable to see these but they are large rooms with air conditioning, TV, som have pools and they are inexpensive, \$32-52.

Hotels All are of a high standard. The motels offer double rooms, TV, tea/coffee making facilities. Single rooms are only available in hotels. Book

Recreational Vehicles (campervans) and camping Facilities include water, electricity, some have pool, showers and shop. Hire charges are available from Barbara Dunsford. Some campervans can accommodate up to 12 people. You will also be able to plug in at the Exhibition Centre (where the Championships Banquet will be held), cost \$5-7.50 depending on size, tent \$4.50.

Shuttle buses will run between all accommodations on a regular basis.

Weather For July 26 to August 7, 1987, average 74F, highest 93F. No rain.

Shopping/entertainment Good provincial towntype shops, plenty of places to eat out, a Saturday morning market, cheaper than in Los Angeles or

American Masters National Track & Field Championships

These are being held in San Diego the weekend July 20/23. British competitors are invited to compete and the organiser, David Pain, assures me the facilities and accommodation at a university campus not far from the track are excellent and that you will enjoy this trip. It takes about 22 hours to drive down the beautiful coastal road to Eugene or you can take the bus, train or plane.

Entry form and other details can be obtained direct from David Pain, 1989 USA/TAC National Masters T & F Championships, 5643 Campanile Way, San Diego, CA 92115, or from Barbara

First impression Eugene is running crazy and the atmosphere is great. Although it is a long trip, it will not necessarily be an expensive one, the accommodation is good value for money. I strongly advise

you to book early.

Your completed entry and accommodation form has to be submitted through the national body before the said of April. Barbara Dunsford — before the end of April.
 Accommodation forms can be sent direct to the Organizing Committee, PO Box 10825, Eugene, Oregon 97440, USA, or through your preferred group tour operator.

Updates

Preliminary Competition Schedula notes: the W45 Hepathlon begins on the first Thursday (1THUR/AM), not ZTHUR/AM; the W50 5,000 Walk will be held the second Saturday, (2THUR/AM), not 1SAT/AM. For decathletes and open vaulters not bringing poles to Eugene, there will be a supply of various poundages available for competitors' use; all other field event implements will be provided.

Grand Draw

Announcing a Grand Draw on behalf of Veteran Athletics! It will be based on the club draw that so many athletic clubs run year after year in an effort to augment their

We hope in due course to arrive at a very useful prize level, £250 a month, so that should make it of extra interest to vet readers, but at the start it may be smaller, for it will need to be based on a proportion of the total draw money. The proceeds from the draw, after the prize money has been deducted, will go to this newspaper, which very much needs any extra sources of income, if it is to continue to strive for ever higher standards in its eventual aim, which is to improve the level of veteran athletes' competition and therefore your enjoyment.

This will be the format of the draw. It will be on a subscription plan. You pay a once-a-year sum of £12 and you are then automatically entered into each month's

draw. The winning prize will be £150 each and every month and there will also be five consolation prizes of £20 each. So you are always in with a chance of some fun and action.

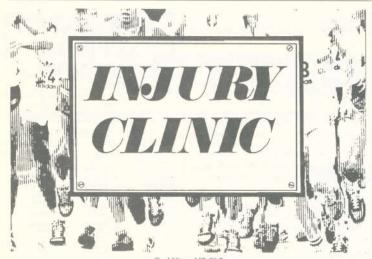
We need two things: first and foremost, readers entering. Please do this now yourself, without further notice. Simply send in to me, at my office address, your cheque for £12 made out to Veteran Athletics, and marked Grand Draw (no need to enclose anything with it) -Sylvester Stein, 57 Mortimer Street, London W1. Do it now, or you'll overlook it and miss your chance of having a flutter and helping your paper.

Second I'd like someone to help me administer the draw, to keep the records, to get a distinguished member of the community to pull out the numbers and so on. A volunteer will be welcome from any part of the country - and from any section of athletics...runners, walkers, fields eventers, the lot! Here, too, do it THE PUBLISHER



Accommodation Varies from deluxe hotels to the backpacker. The University Halls of Residence are situated directly across the road from the main stadium. Each block





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 TTD

Q I am a veteran sprinter and early this year during a training session sustained a bad groin injury.

My doctor diagnosed a torn groin muscle (adductor) and arranged for me to attend a local hospital for treatment. At the clinic it was decided the injury was to the tendon.

Over a period of two to three months I was given three injections into the tendon. The treatment eventually dispersed the acute pain and stiffness and restored normal movement to the limb. My treatment was at this stage completed.

But walking was most uncomfortable as full weight on my leg caused twinges of pain from the groin up to the thigh. (I used a walking stick to help take the weight off my leg until the pain decreased).

My problem is that although the constant pain has gone I still get these twinges at odd times. I am eager to commence training as soon as possible but am too nervous to do so.

Is this short sharp twinge of pain normal after such an injury, and if so, when do you advise me it will be prudent to commence training again?

A I am presuming that the injury occurred while you were actually sprinting and it is by no means unusual in this situation for the attachment of the tendon to the bone to be damaged. I think three hydrocortisone injections into the area is plenty and it is reassurring to hear that your condition is improving, albeit slowly.

I think if you are troubled by no more than twinges from time to time it would be more than reasonable to start some training and see how it works out. I take it you are doing plenty of stretching, particularly aiming at the adductors and extensors of the hips. Perhaps you should check that you are doing your stretching properly. I sometimes find it quite useful to actually see what people are doing when they say they are stretching. I occasionally get some surprises. Start training on soft surfaces, just jogging, then build up from there. Try some swimming (crawl not breast-stroke).

Q I have been running for about six years, only as a vet and although I warmed up before a race I rarely bothered with stretching. Bowing to popular opinion I started stretching about three months ago. I now have what appears to be hamstring problems. Possibly I was too vigorous.

Perhaps foolishly I continued running

Perhaps foolishly I continued running on a reduced mileage as I wanted to compete in the BVAF road race championships. I competed in the Oswestry 10M, but had to stop four or five times during the race to flex my left leg. Although entered I decided not to compete in the Half at Welwyn. Is there anything I can do myself or should I seek professional advice.

Symptoms are: both legs ache and pull at the back about half way between the knee and the buttock. The worst pain is deep inside the left buttock and rear of the groin. After I have jogged about a mile the pain does ease, but the left leg particularly feels dead and heavy.

A From what you say the diagnosis seems to rest between a muscle tear to the hamstrings, which is failing to settle down, or the pain may be sciatic i.e. originating in the back.

I think it is important that you do get a proper diagnosis. I would suggest that you find yourself a doctor, with an interest in sports medicine, to see and examine you. Depending on the diagnosis the treatment will differ considerably. If you have sciatica some forms of stretching may well make the situation considerably worse, whereas if we are just dealing with a muscle tear appropriate physiotherapy and advice should sort the problem.

Although I know many runners do refer themselves directly to physiotherapists or osteopaths I would suggest that making a diagnosis here is a medical one. I note that you are competing at quite a high level. I would suggest you reduce your mileage and avoid competition at least until a firm diagnosis is made. With a correct diagnosis one can then go into details as to the remedial treatment needed and what your future running programme should be

A New Right Leg

There may be many veterans who suffer from varicose veins, but who have done nothing to get rid of them. Perhaps I could tell them my successful experience.

tell them my successful experience,
I suffered bad veins in my right calf for
several years and turned down two operations which clashed with important races!

The operation was carried out in November last year and everything else has gone extremely well. It is as if I have been given a new right leg with no problems. I recently ran 68:28 for a half marathon, my fastest for four years. I recommend the operation to those in doubt — it has certainly helped me a verst deal.

John Offord Beaumont Leys Running Club



John Offord, 41, seen here in the 1987 Barnsley 10K, recently overcame high humidity and a strong Dutch challenge to place first veteran in the Penang Marathon (sponsored by Malaysian Air Systems International) on October 9 in a time of 2:40:45.

The Doctor needs more details...

Attempting to reply to correspondence queries about injuries is fraught with difficulties. Wearing my General Practitioner's hat I often have the advantage of knowing the person I am speaking to on the telephone but this is rarely the case in a correspondence column. It is inevitable that in consultations by remote control inaccuracies will arise. So perhaps a few guide-lines about what I am particularly looking for may be of some use.

I am sure you should write about your problem exactly as it comes into your mind and not sparing the adjectives. Having written your letter you might consider going over a check list and if need be add it as a sizeable PS.

I am assuming that anyone who writes to Veteran Athletics is over 40 but just how much so is nice to know — not that I will be thinking that throwing the hammer is any less important at 80 than 40 — as it gets my mind in the correct gear for dealing with your problem. Obviously at some ages other medical conditions are likely to co-exist and you may be unaware of these problems or have forgottento mention them. A bit of emphysema and some loss of elasticity after the age of 70 may make a rehabilitation programme all the more important.

I am particularly interested in the relationship between medical conditions and athletic performance, so please mention everything else that has happened to you in this respect, even if at first it does not seem relevant. We are all joined together to a greater or lesser degree so neck problems may have a bearing on your painful ankle.

I appreciate that there may be areas in your medical life that you would not wish to advertise to all the readers of Veteran Athletics so if you were perhaps to appropriately mark such passages I will, of course, respect your wishes.

The history of any injury is central to the

The history of any injury is central to the way in which the diagnosis is made. Do not hesitate to tell me in minute detail exactly how the injury occurred. Did it come on gradually during a long training run, or even after running, or were you stopped with dramatic suddenness when taking part in an interval session with next door's alsatian? Where does the pain start (perhaps a diagram might help — the lower back is a big place!)? Does the pain radiate elsewhere and is it made better or worse by further athletic activity, pills, physiotherapy, acupuncture, osteopathy, or alcohol.

Probably by the time you write you will have had treatment of one form or another. The response to treatment or lack of it can be a Nixon sets out the reasons for needing to have more details before being able to offer sound advice on how to overcome injuries and other physical problems related to athletics.

Veteran Athletics' Dr

guide as to why you are still difficult to live with. Does ultrasound for example make the pain worse for a while or does Valium abolish it.

In writing to doctors many people are hesitant in mentioning that their friendly neighbourhood herbalist or osteopath has been treatbourhood herbalist or osteopath has been treating them. They perhaps fear the traditional medical disapproval of a therapist who may be getting better results (as I am writing this I am sipping my herbal tea after my regular visit to the osteopath). Many successes are built on knowing where others have failed!

Please let me know what your regular programme of athletic activity is — weekly mileage, sessions in the gym, etc. and whether there has been any recent change. How long do you spend stretching (truthfully) and when. Do you have time to fit it all in or is it a rush to train as a result of business and other activities, or, have you taken early retirement so that you have got enough time to train. It seems that domestic and business pressures are often quite relevant in the causation of injury and that this is an area that rarely gets off the starting blocks.

There may of course be nothing that you can do about it, you may not accept it as a problem, even less want to see it published, but at least consider telling me about it.

I like to know the level at which you compete and what your future athletic expectations are. Will you be satisfied with a gradual return to races around Wimbledon Common or have you got an urgent appointment with a Marathon in Australia next month? It could affect the reply you get. A few recent times or distances with comparisons with past performance and hopes for the future may help me to assess your grip on reality.

If you write to Veteran Athletics your letter

If you write to Veteran Athletics your letter is forwarded to me. I usually reply within a day or two direct to you and I send a copy back to Veteran Athletics for possible publication. As previously mentioned I will respect confidentialities. Any PS's I add to my letter will not normally be published.

From time to time I hope to produce articles on specific topics so if there is a particular area you would like covered, please do let me know. I will do my best to oblige provided it does not interfere too much with training.

Send your problems to Veteran Athletics, enclosing an SAE. Write to Injury Clinic, Veteran Athletics', 57-61 Mortimer Street, London WIN 7TD. Remember to quote your veteran reference number as well as your age!

Eric Austin's Training Advice

Q: I am 40 years old and have been running for five years. My PBs are: Half-marathon 1:18; marathon 2:54. I train approx 55 mpw, with long Sunday runs and mid-week runs of six to ten miles. I do no fartlek or interval work. The pace of my long run is approx 71/2 minutes per mile and the pace of my shorter runs, approx 6-7 minutes per mile. How can I improve my marathon times?

A: There appears to be little difference in your speed whether racing or training. Unless some short races or fast training are used to increase speed there will be no improvement in times. As you have been running for five years you should now be approaching peak performances.

Probably you are also too cautious in your racing plans aiming to run even pace at 61/2 minutes per mile. If seeking a pb or giving your best in any way, it is better to take a chance early on. Ron Hill called it 'getting some miles in the bank'. Obviously the pace should not be suicidal, but it could be worth hanging in with a group that is moving just a little quicker than a comfortable pace for you.

I would recommend two training sessions which I enjoyed and which appeared to be beneficial.

The first is a mid-week run of between 8-12 miles, run at a quickish pace with increased effort on hills. Obviously it will be variable but try to fit in about eight efforts of around 600 yards. After hills coast to partial recovery but pick up original speed as soon as possible.

The other session would be on a Saturday if not racing. This is a 10-15 mile run at sustained speed — near race effort — although this should not approach race speed. The pace should not be allowed to drop on hills nor towards the finish of the run.

This then could be a useful typical week for a younger vet.

Sunday: 2-21/2 hours relaxed running Monday: 6 miles easy

Tuesday: 10 miles quick with efforts on hills

Wednesday: 8 miles easy Thursday: 10 miles fartlek Friday: 6 miles easy

Saturday: 12 miles at fast sustained pace. Approx 70 miles per week.

Eric Austin won the World's Vets Marathon at Coventry in 1976 on a similar schedule, with the addition of a 4 mile easy run on each morning, Monday to Friday.

VAF 10 Miles & Half Marathon



Bob Drysdale overcome by heat in the finish funnel

photo: J. Hemming

AT OSWESTRY AND WELWYN GARDEN CITY

Jack Fitzgerald reports on the two national veteran road races: the BVAF 10 Miles Championships held at Oswestry on August 7 and the inaugural AAA Veterans Half-Marathon Championships held atWelwyn Garden City on August 21.
The Half Marathon, for which

Jack did much leg work in organising, was jointly sponsored by HunterPrint and New Balance.

Two vastly contrasting days caused vary-ing results in the road championships

which were held within a fortnight. The 10M on August 7 was run on an extremely hot day whereas the Half two weeks later enjoyed cooler if windier conditions. None the less many braved the separate elements to achieve notable doubles. Included among these were Taff Davies, Bronwen Cardy, Peggy Fletcher, Joselyn Ross, Bob Brierley, Derek Wood and George Oxbury. Others who just missed out on the elusive double were Max Jones, first at Oswestry and second at Welwyn, Zina Marchant and Jim Dixon were second in both, Bryan O'Neill and Laurie Forster were third at both and the Shaftesbury/Barnet stalvarts Rose Van Laerhoven and Betty Forster were third and second at both

At Oswestry the 200 odd starters were faced with a blistering sun and temperatures in the upper eighties. Predictably problems arose and many run-ners were in a state of distress at the finish. Worst effected was Elswick's Bob Drysdale who after crawling across the finish line to secure his club's team victory, had to be farried away to hospital with Vic Seed (Wirral). They were released later.

In the circumstances the times of Alun Roper and his runner up Dic Evans at Oswestry were really outstanding and it was a pity that neither were able to make the journey to Welwyn. Harry Matthews was just out of the medals individually but he had the satisfaction of leading home a good Elswick team to a narrow victory over their rivals Al-trincham in the 40-49 team race, Spearheaded by Wood and Forster, Barnet & District continued their excellent run of team wins in M50, while Chris Rollason led Royal Sutton Coldfield to the Womens team race.

After the inaugural BVAF race at Welwyn in 1987, when no fewer than 15 runners broke 70 minutes on what is regarded as a very testing course, the 1988 race up front was a bit of an anti climax. True the windy conditions in the latter part of the course took its toll on the entire field, but it was significant that this year the exclusive bunch of barrier break ers was reduced to five. With pre-race cofavourites Emie Cunningham and Peter Jones missing from the actual line up it was left to the National Cross Country runner up Colin Youngson to provide the main opposition to the 1987 runner up Shel Cowles. The Oxford runner, no stranger to victories in open competition eventually got away to win by 15 seconds. Bryan O'Neill continues to improve to take third spot, with Peter Richardson singularly unlucky to miss out on the medals and perhaps more significantly, the subventions. In 1987 these were paid to the first six in ten year age groups, while this year the organising committee in their wisdom decided to alter these to the first three in five year age groups. One to benefit from this e was Les Davis who was prerace M45 favourite after his excellent London Marathon run in April. Bob Toogood repeated his M45 runnerup position with yet another from the Aldershot stables. David Rogers a surprising third, Taff Davies was an obvious odds on favourite for M50 and he didn't disappoint his followers with a two minute win over defending champion Cyril Leigh. Last year's surprise runner up Southern Vets A.C. Cross Country Champion Tom Ryan looked almost overweight after a holiday in his native Ireland but he hung on for third place with his customary

display of guts.

The Wood/Dixon/Forster saga repeated itself in M55, while last years runner up in this category Eddie Kirkup, having sent me a copy of his birth certificate, proceeded to wipe up the M60

mile champion Max Jones, then a surprising third place for Desmond Yeabsley of Woking. Former World 1500 metres Champion Basil Neilsen made a solid M65 debut to win that divi sion from ultra distance star Norman Paul with the new M65 5000m British record holder Jack Braughton, who is no stranger to AAA medals albeit back in the forties, third. Bob Brierley continues to rule M70 OK, his scalps this time includ-ing British Marathon record holder Gordon Porteous, looking forward to M75 next year, George Scutts and Len Jones. George Oxbury repeated his M75 ten mile win over Albert Southwell and Dolphe Leverdier, who had travelled from the Channel Islands for the race.

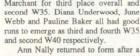
Finally the grand old man of British distance running Will Chapman, was one of the select few to improve his 1987 time, to win not only the M80 AAA medal, but also the 'Jack Haslam Memo-rial Trophy' presented by Lou Myers on behalf of NVAC for the oldest finisher within 75 minutes of the winner. Will made light of this handicap and was in fact less than 61 minutes behind Cowles. Not bad at 81 plus. This Trophy with the rest of the awards were presented by Jack's son Paul, himself no stranger to athletics. He also started the race at 10.30

The Women's races

At Oswestry, the best results in the women's race came from Bronwen Cardy (W35), Peggy Fletcher (W55) and Joselyn Ross ((W60), whose dogged style was suited to the difficult condi-

But at Welwyn Garden the women's race was always going to be interesting with last years winner Bronwen Cardy already having been beaten once this year by Anne Roden in the European Cup Marathon. Up and coming Anne had also of course won the World Veterans Marathon Championships at Melbourne. Perhaps Bronwen, who has had her health problems this year, slightly overesti-mated her main rival as she was obvi-ously finishing faster on the track at the finish. Anne, who still confesses to be learning about distance running after her late start, is still an outstanding talent at forty plus and hung on gamely for a five

Both were winners of course in their respective age groups, but such is their rivalry for supremacy, that nearly four minutes elapsed before the arrival of the new British one hour record holder, Zina



substandard (for her) run in the ten to win the W45 Champs. Brenda Cook the former British 800 metres Olympic runner demonstrated that she still packs a punch to win W50.

For me the two outstanding women apart from the leading duo were Peggy Fletcher and Joselyn Ross, who won W55 and W60 in 93:35 and 97:44 respectively. That constitutes real class. Josie Waller the new World record holder at W65 10,000 metres and the Marathon was about ten minutes behind Joselyn to take her division, while finally Madge Sharples achieved a lifelong ambition to be the first ever W70 national champion.

Aldershot were unlucky to lose the team race. No man should be penalised because of his age which is precisely what happened to Taff Davies. However, the decision to award team prizes for BVAF members only was made at the recent AGM and the organising commit-tee decided on M40-49 and O50 for men. Compromise was not possible given the time factor. Perhaps if it is to be the format for future championships a team declaration could be made at the closing date to enable those not able to field a team in the O50 race to include their older runners in an O40 team. As it was Oxford City were declared the M40-49 winners over Aldershot and Woking, with Barnet winning the O50 over Hillingdon.

Doug Morris writes: You will be pleased to know that the two athletes who were taken to hospital for treatment (Bob Drysdale, Elswick and Vic Seed, Wirral) were released later the same evening. In fact when my-self, my wife and Helen went to visit the hospital at 7.30 Bob had already been taken home by his mates and Vic who had been forced to quit at about seven miles was awaiting the arrival of his wife.



Bronwyn Cardy celebrates

Welwyn O40 Race Report

August 21, 1988

The men O40s race at Welwyn Garden City was closely watched by Martin Duff, Veteran correspondent of Athletics Weekly, who was confined to his wife's bicycle because of an achilles problem that struck two weeks earlier at Oswestry.

National Cross Country runner-

up Colin Youngson made the early ace, but after 1 mile (4:59) Dave Prancis opened a ten yard lead which was soon closed down. The second mile was a shade outside five minutes for the leading group, who by three miles (15:17), were led by Youngson, Shel Cowles, Brian O'Neill, Francis, Peter Richardson and Dave Cordwell. A slower fourth mile (5:18) was followed by a switchback down and up then a long downhill drop which led to an uphill section to the five mile

point (25:34). Run in 4:59 by Youngson, O'Neill and Cowles, this mile saw off any further challenge to the M40 championship medals as Richardson, Cordwell and Francis were strung out following.

As your correspondent made efforts to cycle back to the front of the field, the strain imposed by the hills and the wind could be seen on the faces of the runners, but up front little had changed. Still together at eight miles, Cowles led O'Neill and Youngson in 41:08 with Richardson, surely running the race of his life, locked with Cordwell 30 seconds down. Francis (41:51) completed the top half dozen at eight miles.

The decisive break was now on as pressure applied by Cowles from 71/2 miles finally split the leaders. At nine miles the Oxford man (46:14) just headed Youngson (46:20) and O'Neill (46:30). Nevertheless the Scotsman, Youngson, refused to let go completely, so that at ten miles the times were: Cowles 51:46, Youngson 51:54, O'Neill 52:12, Cordwell and Richardson 52:40, and Francis 53:00. It seemed evident at this point that Aldershot's O'Neill was settling for his position rather than continuing to push on further.

At the finish in Gosling Stadium Cowles had to battle all the way to the line. His time was 68:30 just 15 sec-onds clear of Youngson and he was justifiably pleased with his win having had to watch Mike Hurd scatter the field the previous year. Cowles was the form horse but Youngson, coming back to fitness after muscle and achilles trouble, earned his fare down from Aberdeen with his second

O'Neill finished in third place in 69:23 remarking afterwards: "I feel like the THIRD MAN". It was his third major Bronze position this summer (Bruges 10K and Oswestry BVAF 10M being the others0. At 69:32 Richardson had indeed run well leaving Cordwell (69:44) over the last mile. Just these five broke 70 minutes whereas 13 did so last year.

RECORDS RECORDED AT CWMBRAN

There were several ommissions from the results of the National Track and Field at Cwmbran in issue number seven. Peggy Fletcher's new W55 British 1500m record

of 5:32.8 was among the absentees. Although there was no doubting the authenticity of this new mark, the Cwmbran officials are less happy about those listed in the sprints and long and triple jump, owing to an unqualified person operating the wind gauge. We have to get our act together if future British records are to be acceptable to the new proposed records sub-committee under the chairmanship of Wilf Morgan. There were also some errors: Sylvester Stein was credited with winning the M65

400m, which was in fact won by Les

Missing results from Issue 7 200 Metres M50: 1 D.Burton 25.8, 2 J.Goody 25.8 3, J. Hurley 25.9, 4 J.Ross 26.0, 5 C.Shafto 27.5, 6 J.Barrow 27.8, 7 T.Knight 28.1. 1500 Metres M40: 1 A.Roper 4:00.64, 2

A packed start to the Welwyn Garden Half Marathon

1500 Metres M40: 1 A.Roper 4:00.64, 2 R.Bell 4:01.95, 3 B.Plain 4:06.86 from 4th onwards times as in Issue 7. M80: 1 W.Chapman 8:03.07 confirmed as new British Record. W45 1 M.Garrett 5:22.8, 2 I.Hornby 5:22.9, 3 M.Farrish 5:34.8. W50: 1 J.Parr 5:42.9, 2 B.Atkinson 6:16.7. W50: 1 J.Parr 5:42.9, 2 B.Atkinson 6:16.7. W55: 1 P.Fletcher (BR) 5:32.8, 2 L.Smal 5:35.8 W60-11 P.Ose 6:18.4, 2 I.T.Ropett 5:35.3. W60:1 J. Ross 6:18.4, 2 U. Trevett 7:22.8. 5000 Metres M60: 1 W. Marshall 17:50.78, 2 R. Belmore 18:38.7, 3 T. Wood 19:20.4, 4 C. McDowell 21:43.3. M65: 1 J.Todd 19:28.6, 2 J.Braughton 19:35.8, 3 B.Jenkins 20:09.0. M70: 1 R. Brierley

High Jump M65: 1 L.Williams 1.30. M80:

High Jump M65: 1 L.Williams 1.30. M8 1J. Searle 1:505 (BR). Triple Jump M40 1 D.Cowley 13.01, 2 J.Vernon 12.37 3 W.Amos 11.83, 4 C.Hickey 11.78, 5 L.Dunn 11.36. M45 1 S.Power 13.25, 2 B.Loten II.34, 3 D.Mori

11.O, 4 D.Whitton. M50 l J. Phillips 10.07. M55: l D.Marshall 10.29. M60 l G.Lecte 10.12, 2 A.Kalirai 10.03. M65 l J.Swinton

photo: Mick Abell

Jack Fitzgerald

TWO FINE THROWS AND THREE BRITISH RECORDS

A good season's ending at the Reading Veterans Open Meeting sponsored by Claude Fenton, The Reading Chronicle and Digital

There was no mist but every suggestion of the poet's mellow fruitfulness in unspoilt autumn sunshine at Palmer's Park, Reading, on October 2. Competitors supported the

meeting well despite the postal strike.

The public address system is a model of clarity and pleasing modulation and there is effective use of walkie talkie communications between officials and the control desk,

which inspires confidence.

In the short sprint Pat McNab won a needle contest with Ruth Allcock, and

Andrew Blackman overtook fast starting Dave Burton and held fast finishing Bill Guy in the O50 200m. J. Wills's W35 13.5 seconds sprint and 4.75 long jump also caught the eye.

Front running the 800m took distance runner Peter Hamilton to a 2:04.2 mark — a good time outside a championship. Local club runners came for the 5000m

and vielded the winner. K. West, but the pick of the performances were down the field. Pat Gallagher, 800 /1500 specialist, took advantage of lead and cover provided by the open field and ran 17:25.4, a mark sure to be high in British terms, if not world ones. Bob Belmore M60 set a keenly sought British age group best by running 17:27.8 for the 'five'.

Still in this event, Jose Waller quietly and unspectacularly pursued the W65 world record and duly achieved 22:16.7 to warm applause from the stand and family

members supporting her attempt.
Field events were not short of custom

and in javelin, where 31 threw, waiting times became overlong, mitigating sustained competition. Nevertheless, the outstanding 50 mark, only eclipsed by three veterans in the previous season, was achieved by K. Sheppard, 51.54. The M45 class had close calls with three within 3m. In the heavier throws, Chris Ellis now M45, was the one to set a high standard

with 12.31 in Shot.In the Discus M. Johnstone M40 threw into the select over 40 range with 45.30m, challenged by Chris Ellis, close at 45.06.

Star of the Hammer event, contested by 13 men and three women, was David Bayes (Kingston and Poly). He threw 50.08m

with the 6kg implement and this is sure to be one of the season's outstanding figures. Alf Woods (Epsom and Ewell) went over 3.20m for the day's best Pole Vault, out of the sun, and a new entry to the British age group records in M60 class.
The credit for staging this meeting is due to Reading AC.

Jeremy Hemming

VETERAN WORLD RECORD-BREAKERS

Rosemary Chrimes: Age no barrier

At 39 years of age Rosemary Chrimes made her longest ever discus throw, She also won a silver medal at the 1974 Commonwealth Games in her 40s. Here Wilf Morgan writes about her astonishing athletic career.

Considering the range of events she has taken part in, there can be few vets who have ever had more successful year than Rosemary had in 1988. Since turning 55 on May 19 she has won every event she has entered in her age-group, that includes five wins in Verona and seven at the Nationals in Cwmbran. Her range: 100m, 80m Hurdles, High Jump, Triple Jump, Discus, Shot

So as not to overdo the adulation I looked for a blemish in her record and in fact discovered a defeat, she was beaten to the line by Carina Graham in the 60m at Cosford. But she was in the W50 at the time, a few weeks away from entering the next age-group, and they both returned 9.1 a World Best. It was a mere hiccup for Rose-mary won the Hurdles, High Jump and Shot.

So, how does she manage to do it? Well certainly not by training hard for she believes that is a recipe for injury. She carries a long standing knee in jury that once caused a physic to tell her to forget about athletics. The most likely answer to the question is that she's a good technician and has got to know the limitations that come with getting older. Perhaps more importantly, she loves the sport, not just the winning but being part of it. Most of her fitne comes from doing other sports like golf and

She was on the yets scene right from the start. At 42 she won the 100m at the first World Championships in Toronto in 1975. Interesting to note that at those Games there were no throws or jumps for women, and they competed in ten

year age groups.

After Toronto, which has been her only World Championships to date, the knee problem kept her out of athletics for some time, competitive athletics that is, for her international experiwas appointed manager of the British Junior Her international experience indeed! She

was Britain's number one discus thrower for eleven years, representing Scotland in four Commonwealth Games and Great Britain in three European Championships and one Olymmes. In all she made 51 appearances in a GB vest between 1963 and 1974.

Born Christine Rosemary Charters in Kelso, discus while at university in Edinburgh in the mid-fifties. Eyebrows were raised when she asked to use the weights room for women did not

The three married couples representing GB at Munich 1972: Howard & Rosemary Payne (Chrimes), Alan & Delia Pascoe, John & Sheila Sherwood, "photo: Jim Regar

The selectors, to their credit, chose three relatively modest performers to represent Scotland at the Commonwealth Games in Cardiff. Rosemary was one of them and it seems likely that had she not gained selection her career in the sport would not have progressed in the way that it did. She met Howard Payne, a hammer thrower from Rhodesia, and they were married in 1960. They settled in Birmingham and after the birth of twin boys Rosemary resumed her athletics in 1962, joining Lozells Harriers.

against the USA. By the end of that season she had improved her best to 44.64/146'5" and was within striking distance of the UK record held by Suzanne Allday at 156'6".

In Olympic year, 1964, her progress continued. She made gradual improvements to her previous best until very late in the year, at the Birchfield Floodlit Meeting in October, she captured the UK record with a throw of 48.07/ Championships in Birmingham in 1972. She 157'8". A week later she improved the record again with 48.24 but with the Olympic qualify-ing standard set at 50m she failed to make the team. There were murmurs of dissent from sports writers who thought the Board should have taken the British number one to Tokyo, as they could have done, in order to give the event a much

1965 and the following year went to Kingston, Jamaica, as favourite to win the Common wealth
Games title. She slumped badly, beaten into fourth place as Val Young of New Zealand won with 49.61. She was keenly disappointed with her showing but said she found the overpowering heat in Jamaica difficult to cope with. Apart from that it had been a pretty good year. She had pushed up the record to 50.92 in the match with the USSR and taken her first WAAA title. This had been accomplished against an all British field, more often than not the organisers imported strong continental throwers into the discus. In 1969 the foreign opposition came in the shape of the Olympic champion, Liu Manoliu of Rumania who won with 55.58 against Rosemary's 49.58. They were both vets, Liu 37 and Rosemary 36. In fact she was the first Briton in the WAAA for 11 years, 1964-1974, but took the title only five times.

Like the old boxer who reckons 'I should have won that one' the defeat in Kingston hung Scotland, in 1933, she first got interested in the around in her head for four years. The chance to redeem herself came at the Games in Edinburgh in 1970. She was in good shape that year and having pushed up the record again, this time to do that sort of thing in those days. But it did not 55.04, was once again strongly favoured to win.

efforts received a big boost in the summer of field with 54.46. This distance, so close to her pb as it stood at the time, shows how mightily determined she was to win that one. The Payne family had further cause to celebrate as Howard won the hammer title for the third successive time. At 37 she entered the record books as the oldest woman to win a Commonwealth title.

She competed in the European Championships in 1969 (Athens) and 1971 (Helsinki) but there was never any chance of success there against the 60m throwers from the eastern block. Her role as housewife and mother restricted the amount of training she did so it is a possibility She started to make her mark in the summer that had she had more time at her disposal, and of 1963, getting her first GB vest in the match some good coaching, she might have risen to greater heights. Nevertheless it did not prevent her almost yearly improvement of the UK rec-ord. She was 31 when she first broke the record and she improved it eleven times until, at 39, she produced her longest throw of 58.02. Her twelve UK record throws are the greatest number by a woman in any single event.

The 58.02 came at the Midland Counties made the team for the Munich Olympics and performed well, producing her longest throws in a major championship, 55.56 to qualify for the final pool and 56.50 in the final, Her twelfth place overall was creditable, of those ahead of her nine were East Europeans, the other two West Germans. A good note to end on perhaps, but no, there was the business of defending her
Rosemary was over 50m for the first time in
Commonwealth title in New Zealand in 1974. but no, there was the business of defending her

She fought hard to retain her title in Christin the final series by Jane Haist of Canada who produced three successive throws of 55.22, 54.28 and 54.24. Rosemary's final throw went out to 53.94, only good enough to take the silver.

As in Edinburgh, the experts noted her age and declared that at 40 and eight months she was the oldest woman to win a medal at a Commonwealth Games.

Later that year, and after a busy season that included seven more international competitions, she announced her retirement from the big time. Her place as British number one has never been satisfactorily filled. In the fourteen years since she left the scene only Meg Ritchie and Venissa Head have thrown further than her 58.02.

However, it is her recent superlative form in the vets that captures our attention now. She is the holder of six world records and this breakdown shows how she broke and improved these records in June and July of this year.

Discus Previous best 34.58 by Sylvia White

(Australia) 37.82 WolverhamptonJune 5th 39.04 Cwmbran July 31st

Shot Previous best 11.21 by Marianne Hamm

11.48 WolverhamptonJune 5th 11.74 Verona July 23rd

80m Hurdles Previous best 15.52 by Kirsten

15.2 WolverhamptonJune 5th

1.36 Verona

High Jump Previous best 1.35 by Daphne Pirie

Triple Jump Previous best 8.75 by Patricia Carr 9.12 Cwmbran July 24th

Hammer Previous best 20.90 by Pepene Wini

(New Zealand) 27.78 WolverhamptonJune 5th 35.10 Cwmbran July 23rd All are of course subject to confirmation by



JOSE WALLER: A LATENT TALENT

Jose Waller was born at Hammersmith on April 16, 1922, and only took up sport of any kind in 1984 when she joined Harvey Jaquest's gallant band of Watford Joggers. The first indelible impression she made on the athletic scene in general and the veteran fraternity in particular was in the London Marathon in May 1987 when she broke the W65 British record with 3:46:25. A month later she decided to try some speedier races and ran in the veteran 1500m at Copthall Stadium breaking the British record with 6:47:00

But if 1987 was her breakthrough year, 1988 bordered on the phenomenal. For the London Marathon in April she increased her weekly mileage from 30 miles to 50 miles, with several

early morning runs to acclimatise.

After her British record of 1987 Jose was stified in thinking that she would be included among the elite veterans allowed to use the special start but, when she arrived at Blackheath, she found herself shunted to the back of the field. through in a new world record of 3:35:49, a time faster than the existing W55 British record and one that she hopes will get her into the privileged vets pen in 1989.

At the Southern County Veterans AC Track and Field Championships Jose confined herself



nse Waller multi record holder

to the 5000m and the result was a new British record of 23: 19.8. She followed this a week later by improving her 1000m briush 10000 6:35.5. Tackling the 10000 Metres at the BVAF Champs at Cwmbran she got close to the World Record in a trocious conditions, but a week later in calmer circumstances at Falmers Park, Read-

ing. Jose finally smashed it with 47:27.5. The climax to her tremendous season came at the same track on October 2 when she included the 5000m Worldrecord in her 'grand slam' with recorded was 45.84 against his previous time the 5000m World record in her 'grand slam' with

International

10.000m Time Twice Broken by Olympian Francie Larrieu-Smith, 35, finished fifth in the Veteran Adidas

new world W35 record. She had already achieved a ticket to Seoul by finishing second in the US trials with a new W35 record of 32:03.63. The previous best was 32:43.7 held by East Germany's Charlotte

She also broke the W35 5,000m record held by Maricica Puica of 15:32.76 at the trials. Larrien-Smith ran 15:15.2

She is considering competing at Eugene.

A New World O65 400m Time

American, Rudy Valentine, aged 65, ran a sub 60 second 400m this August. He clocked an astonishing 59.5. It breaks the M65-69 world record of 61.4 held by another American, John

Hurdle Record Tumbles

The legendary hurdler, Jack Greenwood, 62, of the US, broke his own M50 world record of 46.31 set in 1986.

Ron Bell sets new world best mile times

athletics with the recent running of the ICI Legends Mile at Orlando, Florida. There Ron Bell of Wrexham, the current holder of the O40 world record at 4:16.2, lowered his time to 4:12.58 and set a veteran four-minute mile as the target for the future.

The extraordinary bonus was that in doing so he pulled four of the others in the race under his old record. They were three Americans and one New Zealander, and no doubt if the Dutchman, Mercelina, had been there, he would have joined them, maybe threatening even Bell's supremacy.

Nine runners and a hare, a luxury provided in the person of a British runner Phil Barker, set off during the US Masters championships, going through the first quarter in 61.8 and reaching the halfway point in 2:07.8.

When Barker departed John Dixon, the New Zealander and older brother of Rod, surged to the front to maintain the world record pace. "I had the strength, but I didn'tthink I had the speed," said Dixon, who left the dead of winter in his home country to run in the 88 degree, 95% humidity of Orlando. "I had to try to wear their speed out. I thought maybe I had done it when we were going down the back stretch on the last lap but Ronand Byron Dyce (ex-Jamaican Olympian and now a US professor) shifted into a gear that I didn't have in me."

Bell had nothing but praise for Dixon, "John played the hero's role on that third lap. I did the easy bit. He's as much responsible

Crowd favourite Dyce, who turned 40in March, is the one who forced the issue once Dixon had conceded. Dyce made his move on the final curve, pulled alongside Bell butnever quite overtook him.

"Hindsight is always better. I know but boy was he strong." Dyce said. "I was on the outside of him, so I was having to run

"But back in the good old days I was a 45-second quartermiler," said Dyce. "I thought I was making the right move. But now I wish I would've waited a little longer."

Bell, too, originally thought Dyce had made the right move. "There he goes, this one is for the home-boy." That's what I was thinking when he pulled up beside me. It was even Steven all the way around the last curve. But he had farther to go, This was a great race to be in no matter where you finished. You just never find this much quality in a masters meet."

Bell, whose expenses out to Florida were paid, also earned

\$1,000 for his win from the Sub 4 firm, supporting sponsors. This race was part of a grandprix vets circuit, organised for ICI/ USRA by Dean Reinke, who plans further big-time miles, with possibly races being held in the UK too. "There's no question that within a few years we're going to get a sub-four minute mile in the

masters division," he said. Will it be John Walker, now 36, or one of the Africans (whose ages will need to be ratified!), such as Mike Boit and Wilson

1. Ron Bell, GB..... 4:12.58 2. Byron Dyce, US... 4:13.78 3 Harry Nolan US 4-15 38 4. John Dixon, NZ 4:15.51 Ken Sparks, US... 4:16.05

6. Al Swenson, US... 4:17.05 7. Web Loudat, US ... 4:20.34 8 Steve Ferraz US 4:20 84 9. Ron Jensen, US 4:21.18



Bell breaks the tape in the ICI Legends Mile at Orlando

Yet Another Mile

Ron Bell won another well contested yets race over the Butetown Mile at Cardiff this August in 4:21 in windy condi-tions. Following: Malcolm Martin (Sheffield) 4:26. Aun Roper (Swansea) 4:30, B.Plain (Cardiff) 4:37, D.Lem (Westend AC) 4:42 and O.Lewis (Swansea) 4:47. Subventions were paid to

G.Blackburr (Westbury) was first M50 from T.Knight

Awards

Harry Matthews, the Flawick Athlete has won the voterans' section of the Adidas Mid-Week road races series. Coming seventh overall in the Windson Great Park Half Marathon gave

him victory. George Williams was a 1988 finalist in the Adidas/Running Magazine Runner of the Year Award. Now aged 54, he was a former British Athlete who became alcoholic. He fought his way back to fitness when a colleague suggested he compete in the Euro-

pean Postal Championships. From two bottles of Scotch a day, George started training and six months later won his first trial and booked a championship place He placed third in the SCVAC

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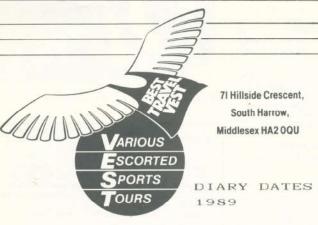
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TOURS & ENTRY DETAILS FROM V.E.S.T

Alun Roper and his running

Alun Roper only managed fifth in his first National Veterans cross country at Sheffield in 1986 behind Allan Rushmer. He made it his personal duty to do better the following year. So he won in 1987 at Cockfosters and in 1988 retained the 040 national cross country title in Ayrshire. He followed that success up with a European Veterans' 5000m title in Verona and a I500/5000 double on the same day at Cwmbran. Here he talks to Alastair Aitken exclusively for Veteran Athletics.

AA The point about your performances is the fact that you don't see any difference now in your approach to veteran athletics as opposed to non-vet events?

AR Basically I like to try and stay in the

nain club team for Swansea Harriers. If can strive to achieve that it helps with my veteran running. Swansea as a road running team is going places. It is our intention to sustain the progress of the ast couple of years and go on to much bigger things. I would not like to say what out obviously from results this year it can seen what is on the cards for the future. AA In the National Road Relay Swansea did well to come fourth at Sutton Coldfield back in April. You did the fastest veteran' short leg time of 14:37, on the

ast of the 12 stages too? AR The team manager and I worked closely together and we had set ourselves a place in the first six — basically from he list of runners we had and what we could achieve. To be fourth was somehing special for the club really. Next year we should be two or three runners stronger again. Obviously you can't pre-lict injury but we could be something ike three minutes faster.

AA Had there been a Welsh cross country Thampionships you would have made he team for the World Championships. AR I retired from being a competitor in he team! I had been amongst the top unners a couple of times in the last few ears but I have discounted myself from ull international competition. I am too old pasically. It is a young man's game and I am interested in developing the Welsh side of athletics for the young athletes.

A Having been Welsh team Manager ou must have a great regard for Tony

airfaces runner. AR It is a pity really that Tony is based in auton because if he was based in Wales ne could do so much and I would love to ee him as a fellow team manager. It was treat to go with him as team manager pecause he passes on so much good infornation to the youngsters. He is still an nspiration and runs such a canny race

simmons who was brilliant as an all-

henever he does run. AA He would make a good addition to eterans athletics?

AR He became a vet in October. Andy lolden is coming to that too so my day is over and it is between those two really. AA You are under-rating your performince a bit. You have won both the 1500m and 5000m at Cwmbran where you and con took it on in the 1500m, making a ace of it. It seems your day is far from over! You are a racer basically and you ove racing and like thinking a race right

AR I don't like getting out front and valking away with a lower key race. I vould rather be struggling in the first ten ir 15 and looking for places up the field. AA You were up against a good field in he 1987 National Veterans Cross Counry with Dic Evans, Mike Critchley, Jeff Yorman as well as Ricky Wilde and Bernie Plain.

R When I became a vet in 1986 and had asily won a couple of Welsh events, I vent to Sheffield thinking I was the kiddie' and took a real thrashing. It did ne the world of good. I knew exactly where I stood in the pecking order and rom there I decided to put in the extra vork for the following year. I did a lot of ircuit training, a lot of weights and a lot f hard work. It was a heavy hilly muddy ourse, not really my cup of tea, but there vas such power coming out of me that ay. I was always going to win.

A I would think you are the type of erson that would like the atmosphere in eteran competitions, such as the Na-ional Veterans AAA's road relay at 'ring this year?



AR We went up with what we thought was a fairly strong team, looking for somewhere in the first three. We came fifth, now we know what we need next ear to get in the medals. The camarade rie and friendliness was amazing. It was not like the cut and thrust of senior athlet ics. It is very friendly, easy going and everybody shouting for everybody.

AA How did you approach the European Veteran's Track and Field Championships at Verona this year?

AR I set my mind on the 5000m as a realistic option and put all my eggs in that

AA How did you become interested in

AR I started off at school playing soccer and running. I found I could run and could do the events like twice round the school field. I never won the sprints. In the streets of Neath sport was everythi There were all sorts of challenges. Runbetween lamps, chasing-games, rugby. We used to train on an old rugby ground and trained harder than the play ers at that time, as 7 or 8 year olds Everything was geared to sport. swam races in the canal too. That was our life really, Nobody stood around listening to music.

AA You were in the police for quite a while?

AR Yes, I was in the Swansea police and then I moved to Bridgend. Then I came back to Cardiff University to do a law degree and then a post-graduate course. I followed with solicitors finals and finally articles to qualify.

AA What about your family?

AR My daughter Kerry has run internationally on the country and track and my boy, David, 16, is a drummer in a heavy metal band. He was not a bad soccer

AA What standard of rugby did you consider you reached?

AR First class. The highest level below international level. I enjoyed it and I can't say I would have done anything different. The pure enjoyment, the social side and the physical side of the game meant so ch to me. I used the other sports t to get fit for rugby. I could not wait for Sente ber to come around every year to play

AA You turned to athletics as your main

sport eventually? AR In 1981. John Theophalis of Swansea and Steve Steven were instrumental in pulling me back into the club set up because I was still running 800s in 1:53s

AA What type of training did you do in a

AR A long run Sunday: speed endurance Monday; steady run Tuesday; fartlek Wednesday; speed Thursday; easy run Friday; race Saturday or Sunday.

I will adopt other people's sessions. Recently I trained with Simon Mugglestone in Abingdon and it really opened my eyes. Although I could stay with him on most of his sessions (we did 6 x 800m with 5 or 6 minutes recovery) he was running them in 2:1. The rest of the lads and I were doing 2:04 to 2:05 and the guy was not out of breath. He was not breathing hard at all. Not that 2:01 is fast but to do six and not to even start breathing I realised that this guy's special.

Around the Regions

The annual challenge competition between North East Vets and Scottish Vets, held at Grangemouth on August 27, was greatly en joyed by all. It is always a good social event with tremendous friendly rivalry for points in the respective track and field events. On their home ground Scotland proved a formidable opponent and beat North East by 406 points to 277. The Geordies accepted defeat in good spirits and vowed that they would regain the Cup next year back on Tyneside. Bob Pe Bob Peart

M50 RECORD FOR LEIGH

Over 50 veterans ran the NVAC's 10,000m Track Championships in Witton Park in cold dry sunny October conditions conducive to fast times.

In the O40s race, Griff Owens (Prestatyn) broke away from Ron McAndrew and pace making Cyril Leigh (M50) after three and a half miles.

Leigh's presence in the O40s race was perate. He ran 32:16.5 to achieve a new deliberate. He ran 32:16.5 to achieve a new British best, superseding Bill Stoddart's

British best, superseding Bill Stoddart's 32:42, also superior to the European games result of 32:19.4 and approaching the world mark of 32:05.5 (L.Aquarone, Ita.).
Peter Dawson, 34:58.3, O50 winner left improving Terry Miles of Prestatyn AC, at half way for an impressive win. There were good battles in all age groups but the large field pointed a clear need for colour coding so runners could tell who th

UNUSUAL PROGRAMME FOR THE SOLIHULL MASTERS

Competition appetites for an end of season fest were whetted by a programme of

unusual distances and field multi events conjured up by Brian and Phil Owen. A competitive Quadrathon for throw ers was shared out between T.Roper who won Shot, 12.03m, B.Sumner who took Discus with 28.80 and Hugh Richardson, who won Javelin and Hammer, 47.16 in the latter, and who scored highest points for the Ouadrathon.

Heavy Hammer of 35lbs was separate and Richardson won by 1.24m, from Roper. Graded Sprints were led by M.Green

(RSC) who also won the 200m Hurdles an inviting 2'6" and a novel 120 yard handicap for earlier race winners. Women th men throughout. Mariorie Hocknell had to run hard at the back in 100 and hurdles before winning the 300. Carol Morris, recent Heptathlon com-

petitor, found 300m suited her well, as did

Jackie Walpole, from Exeter, who raced Phil Owen to close calls. Geoff Peel from Yorkshire shone in the mile and 600, where R. Brandon (M50) from Bridgend, Wales, filled the bill for O50 Track Best prize. Midland men dominated the 5000m

S.Morris of local Solihull and SH Club effected a neat win from P.Smith of Birch

This is the fourth year the VAC have put on this autumn fixture on Wimbledon and it is gratifying to see the turnout increasing. Le-sley Taylor, O35, back in the sport after a break, ran off with the Bert Smith Trophy and a new course record. Brenda Ford, 040 British 400m champion, came in second and the redoutable Peggy Fletcher came in third after a fine run as first O55

SCVAC HALF MARATHON CHAMPS

Barns Green, October 23 At the recent half marathon championship held in conjunction with the Barns Green Open, it was significant that in the open Southern Counties vets at the wrong end of their age groups won the major prizes: Gra ham Ashdown at M40-49, Roy Webb at M50-59 (edging out by single second ex-cross country International, Hugh Foord) and Jack Braughton in M60 plus. The status quo was more rigidly observed among the women with Julie Ince at last making her SCVAC debut to beat Karen Bowler in W35-44 and the popular Horsham Jogger, Eileen Quinton, again winning the O55.

WREXHAM TOWN RACE

Griff Owens (Prestatyn), who is running better than ever these days, had a good duel with his old rival, Ron Bell (Wrexham), in the first-ever vets 5,000m town centre road

race in Wrexham this September.

Bell club on for the first two laps but
Owens then picked up the pace to pull away
and win by eight seconds. Gareth Hughes

TWICKENHAM VET OPEN

Throwers responded to Senior Coach John Curtin's call to Barn Elms and javelin

a steady head wind and a briskly competition. K.Sheppard, M40, threw 51.90m and Carina Graham went close to her British best with 34.68m John Cator Mason led the Hammer throw with 44.56, and I.Briggs, the Discus, with 54.08, both

Track runners were able to enter the day and on the line for a fixed fee. In this sphere, a new veteran, tall P.Madden dominated the 1-4-800 sprints, but left 200m to Graham Pope. Rod Dickson, M45. doubled the 1500 and 3000m. JH

TOP 10K AT JARROW

A traditional mid September 'lay off' period was not apparent at NEVAC's 10K Track Champs. Race winning time on a calm evening at Monkton Stadium, Jarrow where Steve Cram trains, was 31:39. This figure out ranked the National and notably the recent NVAC's 31:59, set by Griff Owens, since prominent in the Welsh team at Wrexham. A duel between two local new M40s,

twins Ken and Dave Lowther - both twins Ken and Dave Lowther - both milkmen - created a brilliant display of running. Ken led throughout from his brother and lapped the third finisher.

By way of introduction, Ken had won the Tynedale 'Half' by 5 seconds from in form Harry Mathews. Local talent such as this mill be a passent of the second of

this will be apparent to all when the 'National' comes to Tyne and Wear. Age group titles in the same race and the Great North Run were held by the M50 winner in the track 10K, Frank Dockerty,

Tall Eric Appleby, winner of a dense M55 race had won the O50 5K in the North East v Scots and here clocked 34:39. By chance this was the same time as southerner Derek Wood, M55 World marathon champion at Scoul, had run in the VAC equivalent at West London.

36:53 was the winning time Secretary Bob Peart in M60 class.



Carol Morris winning 300m (see left)

NORFOLK RELAYS

In the women's three stage at RAF Swanton in October, Norfolk Olympiads Women Vets team won the Open event and County Cham-pionship, beating their club's A and B teams. Architect of the success, Diane Marsh, also EVAC CC Champion, won fastest woman a

The mens relay went to Bedford, whose G.Ayres was fastest vet at 15:22, from No folk O. and Duke Street.

TADWORTH WOMEN'S 10K

First running of the race sponsored by Traffic Garages, Surrey, and listed in attracted close to 100 runners. Behind the race winner, Sally Young, veteran women took the next three places. Jane Gardner of Arena 80 headed Margaret Auerback, Ranelagh, and Lesley Taylor, Bookham & Chessington, who had won the VAC ladies the previous day. Anne Bower, Arena 80 and Mary Todd, Woking, placed 7th and

NUNEATON TEN
The winner of the MVAC 10M Champion-ships, held September 17, was John Offord

in a time of 51:51.
Offord was clear of Colin Kirkham
(Godiva) 54:01 and Alan Griffiths (Notts)
M50 winner and a fine Midland 3rd overall in 55:08. R. Panter of the host club, 55:18, was third of a 24 strong M40 division, a minute ahead of G. Patton (Massey Ferguson) first of 12 in M45. The strong young veteran entry pulled in 22 finishers under the hour.

Another top mark at Nuneaton in the open race was that of Derby's Alistair Kean (V40) race third in 51:42. Diane Underwood, running up to the

Korea World Championships, comfortably

Holm Pierpoint, both W40, and Maureen

SURREY VETS CROSS COUNTRY CHAMPS Petersham, November 30 The Surrey Vets Champs enjoyed brilliant sunny conditions in Richmond Park.

After a fast start down the avenue in cline a large group (out of the 123 starters) broke away. Two runners eventually pulled clear: Belgrave's Charles Dickenson and last year's winner, SLH's Bob Gevers. At the half way point Dickenson got away and maintained his position till the finish. Chris France, third, led Boxhill racers to team

Dickenson considered himself to be a novice, having been out of the sport for 20 years. Last year he trained for the London Marathon and was also encouraged to con tinue after his M39-42 STFun Run win. But he still came as an unknown to the majority of old hands, including Bob

A particularly good run was by Barry O'Gorman, fifth overall, to take the O50 title. In 1982 he was second vet on 2:39 the

Another one who impresses was such Belmore, 61, well in the first half of the field in 44th place in 38:44 a week after running 38:10 on the road at Newton Abbott 10K.

Local Ranclagh Harrier, Ken Powley.

running in the O50s (40:49) remarked: '
There are not many veterans cross countries, except for Vets Mob Matches, unless you are a member of VAC so that it why the Surrey is so popular'. The e was directed once again by Bill Bird, President of Ranelagh Harriers

EVAC CHAMPIONSHIPS AND OPEN

I he sprints W Thomas, M45 Dacorum, was fastest man at Corby with a 12:1/24.4/ 53.7 treble. He repeated at Reading a month later with identical times, proving the track

for next year's National.

As well as the Eastern Championships the meeting recognised useful open race winners. Such were the 1500m M40M and

M45 winners, J Wallace (Lincoln) and D Cowgill (Holmfirth). The 5000m was also strong with 27. Here Alan Hughes in M55 with 17:25 achieved a high ranking mark and H.Darbon in M45 was noteworthy with 16:40.5 on top of a run at Hurdles.

Hurdles at the Eastern Vets call for extra care since by coincidence unusually named H. Darbon and G. Dabon both compete the 400mH! The former went round in 63.6, stride for stride with Colin Shafto, who also shone in sprint hurdles and high jump. R. Crosby's M40 60.9 and G. Dabon's M55 70.8 were creditable runs the latter taking the chance of running the full one lap hurdles before the new WAVA 300m comes in fully for M50+.

In Shot three senior vets, J. Osborne,

J. Watson, and A. Woods went 11.16, 11.13, and 11.17m in M50-55-60 respec-tively. The amount that Alf Woods added coming up from 55 to 60, but going down from 6 to the 5 kilo shot was 1.11 m

from 0 to the 5 kilo shot was 1.11 metres, easy to remember as a guide.

At the long jump pit, P. Duckers, now up in M45, set the day's best and broke through the six level with 6.03m — only 1cm short of the National level. JH

SWVAC AND NEWTON ABBOT 10K

A fine start and finish in the town shop entre was secured by Newton Abbox AC and it was a pleasure to greet many new faces there. Although the steep rise was taken out times were fully comparable with last years. Even so, Dave Francis clipped 1:23 off the front end, reflecting outstanding recent form, such as first vet on Sun Life 5, Torbay Marathon and Chippenham 10 (52:21). Phil Hampton, fresh from 2:38 in the Flying Fox reset the M50 by two and nutes and John Butterworth took in the M55. Bob Belmore, from Haslemer revalued the M60 to a demanding 38:10.

Helen Knowles and Ursula Trevett



Dave Francis (91) and Les Davies (228)

15 Jan

15 Jan

18 Jun



Cross Country Veterans race. Richmond Park in Surrey Championships

photo: Jeremy Hemmina

FIXTURES

NATIONAL

12 Mar 89 BVAF 10K Cross Country Champs SILKSWORTH SUNDERLAND ed 25/2 form p2
26 March
8/9 July
BVAF Indoor T&F Champs Kelvin Hall GLASGOW 1030am
BVAF T&F CHAMPS Palmers Park READING Berks
BVAF 10K/5K Walk Championships Solihull

INTERNATIONAL

Charlotte Observer 10K North Carolina USA 14th event of ICI/USRA Masters Circuit ICI/USRA Masters Championships (final) 8K Naples Florida USA Dean Reinke 400N New York Avenue Winter Park FL 32789
European Veteran Championships BRUGGE ad p10
10K Road 24th, 30K/20K Walk 24th, Marathon 25th

8 Jan

24-25 Jun

20-23 Jul USA TAC Masters (Veterans) T&F Champs SAN DIEGO California 27 Jul-6 Aug World Athletic Veteran Assoc T&F EUGENE OREGON USA cd 15 Apr to Entry Coordinator B Dunsford (Eugene cd 1 May)

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MVAC and Open Track and Field Championships provisional venue Warley MVAC Pentathlon, and Track 10K Solihull Wolverhampton Masters T&F meeting Aldersley Stadium 11 Jun 20 Aug

24 Sep

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26 Nov

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VAC Wm Wilberforce School WMBLEDON SW19
Kent Veteran CC Championships BECKENHAM, promoters Cambridge Harriers
Herne Hill Centenary CC BROCKWELL PARK SE24 with Elswick, Sefton and Dundee

Heme Hill Centenary CC BROCKWELL PARK SE24 with Elswick, Sefton and Duni Hawkhill clubs; individual entry by application to Jas Singh HHH Vets AC Cross Country Champs Wm WILBERFORCE School WIMBLEDON SW19 SCVAC Cross Country League CHATHAM Kent M&W Club teams & individual VAC at Ranelagh H Vets Champs Petersham RICHMOND Sy 7.5M Southern Counties VAC CC Champs Leigh Park Gdns PORTSMOUTH entry and coach B Dunsford 71 Hillside Cres S Harrow Middx HA2 QQU VAC Wm Wilberforce School WIMBLEDON SW19

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VAC at Thames H & Hounds Pavilion ROEHAMPTON VALE SW15

VAC Wm Wilbrforce School WIMBLEDON SW19 visitors Woodford Green AC

SCVAC Champs Norman Park BROMLEY Kent 18 Mar

4 Jun

Copthall Show Veterans T&F Meeting venue to be announced
Berks Bucks Oxon & Hants Veterans T&F meeting HIGH WYCOMBE Bucks 9 Jul

SOUTH WEST 21 Jan

SWVAC Cross Country Champs BURNHAM-ON-SEA Somerset details David G Lord 311 Bournemouth Rd Parkstone Poole Dorset BH14 9AL

WALES

14 Jan Welsh CC Assoc Inter Counties & Open Veteran Champs BRIDGEND

SCOTLAND

SVHC 5M Cross Country Champs EAST KILBRIDE Scottish Veteran National Champs ABERDEEN SVHC 10K Road GIRVAN 22 Jan

11 Feb

SVHC Indoor T&F Champs Kelvin Hall Glasgow 11am

19 Mar ALLOA - BISHOPSBRIGGS Road relay

BVAF INDOOR T&F Champs Kelvin Hall GLASGOW ad p12 SVHC 10M Road Champs MOTHERWELL 26 Mar 1 Apr

SVHC Half Marathon Champs KIRKINTILLOCH Glasgow '800' 10K Road GLASGOW 16 Apr

6 May

NORTH EAST

NORTH EAST
GATESHEAD International Cross Country Veteran Men 3M
BLYTH SANDS Race 11am 50p by 4/12 30 Castledale. Av Blyth NE24 4EL
SALTWELL 10K Vet Men & Women race 1245pm cd 21 Nov
Ray Collier 24 Valley View Ushaw Moor Durham DH7 7LS
DURHAM Cathedral Relays Men Vets 3x2M
BVAF CC Championships Silksworth SUNDERLAND 1pm entry form p2 26 Nov

18 Dec

29 Jan

4 Dec

NORTH

10K road and AGM E Cheshire HQ ASHTON Under LYNE

10K Road E Road 11 Dec

8 Jan Winter Warm Up Track Meeting Belle Vue MANCHESTER (new all weather track) details J Moran 38 Birkdale Rd Reddish Stockport

Yorkshire Veteran CC Champs THIRSK

Yorkshire Veteran CC Champs THIRSK
ed 31 Dec J Smith 7 Birch av Bradford BD5 8EZ
LANCASHIRE Veteran CC Championships BLACKBURN
£1 Bernard Lister 6 Meadow Lane Worsley Manchester tel 061-794-6872
NVAC Monthly run 8M road Stockton Heath WARRINGTON 12noon 12 Feb

19 Feb NVAC CC Championships ACCRINGTON enter to (new)Sec Arthur Walsham 21 Thornfield Rd Heaton Moor Stockport Chesh SK4 3LD NVAC Monthly run 6M road FRODSHAM Sports Centre NVAC Monthly run 10K Road & Canal Path Hood Lane WARRINGTON 4 Jun prov NVAC T&F Championships STOCKPORT 19 Feb

19 Mar 16 Apr 7 May

Veteran Track Meeting Belle Vue MANCHESTER
note address of new Hon Sec NVAC shown at 19 Feb above



KELVIN HALL The famous building in Argyle Street houses an international grade 200m four lane banked track with seating for 5000 and warm up area; also full catering, sports library, conference suites and Museum of Transport.

Hotels are plentiful in Glasgow, note Reo Stakis groups, and travel packages are being developed by AT Mays, national Travel Agents and by Vest Tours. BR card holders should check out discount ticket prices as well.

Scottish Vets are preparing for the occasion by holding their own indoor champs there in February.

International Round Up

Recent International tours undertaken by BVAF members under the leadership of Social Secretary, Barbara Dunsford, produced some fairly outstanding results. The first of these were at Baden in Switzerland on August 6 resulting in a good win at the wrong end of his age group by Bill Guy with 12.27 in the M50-59 100m and a W50-59 3000m win for Pat Maffia in 13:57.06. The charismatic Bill also placed second in the 200 with 25.05, while Gwen Charman, better known as a thrower placed third in the W50-59 in 17.07, also at the wrong end of her age group.

At Nijmegen, Holland on August 21, Guy as again in form to take the M55 100m in 12.2 while Ian Foster also won the M45 over this distance in 11.5. Other British winners here were George Leete and Les Williams respectively with 1.40 and 1.30 to take the M60 and M65 High Jump and the inevitable Mary Wixey with 16.2 in the W65 100m and 3.16 in

On September 24 Jersey Spartans hosted an open meeting in the Channel Islands, Here the outstanding double was probably Brian Bartholomew's M50 2:12.8 in the 800m and 4:36.2 in the 1500m.

the Long Jump.

Apology Corner
The Inter Area Track and Field Championships at Reading on July 31 was sponsored by J.F.Padwick Ltd., the travel agency that covers most of the VEST Tours.

Also missing from the SCVAC results was the M60 5000m. This was won by Bob Belmore in a new Championship record of 17:47:5 with Ron Franklin second in 19:08.2 and John Brent-Jones third in 20:26.8.

BVAF COUNCIL MEETING November 6, Coventry

The Delegates to the recent BVAF meeting decided to put maximum effort behind the Veterans Road Running Scheme, writes Martin Duff, BVAF General Secretary. The proposals, outlined recently in VA, lay

down minimum awards for a BVAF grade I or II to be given to particular races. Richard Cashmore, the architect of the scheme, attended the meeting in an ex-officio capacity and expressed delight that the Scheme was to be given the impetus necessary. At the November meeting of the AAA Road Running Committee he will have pressed for official action.

The Delegates meeting decided to listen to general reaction to the proposals before plac-ing adverts in the athletics press to draw atten-

Championships

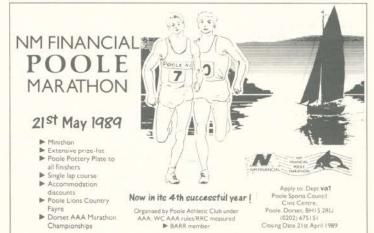
tion to the scheme. The Fleet Half Marathon in March is committed to Grade I of the Scheme calling for prizes to be awarded in five year age groups

Further details can be obtained by enclosing an SAE to BVAF Awards Scheme, Bridge Cottage, Stonebridge, Dorking RH5 4DN. Other items of interest discussed Westerter-

national Veterans Cross Country Match at Wrexham, its success and future plans which

could include extending the age groups; the BVAF/AAA Relay Championships 1989 have been awarded to Sutton Park;

the BVAF Championship Secretary, Mike Wrenn, is planning events for the next two years and is attempting to balance the staging of championships throughout GB. He hopes to receive bids from the area associations. The Delegates meeting decided that events should be moved around as much as possible.



RESULTS · RESULTS · RESULTS · RESULTS ·

E B	BRITISH VETERAN MARATHON CHAMPIONSHIPS — 10th FLYING	FOX MARATHON, OCTOBER 2, 1988	ALES
For's Time Group Groop Name For's	61 3.08.00 38 H40 MICHAEL PYATT 114 3.24:25 26 M45 CECHT FRÖST 62 3.08.16 1 M40 PAULINE BAKER 115 3.25.18 60 M40 DAVID SKEKTON	187 3.48.31 38 NAS ELFED PUBB 188 3.48.48 15 NSS HOY WALTER SURSON LAURES RESULTS	
1 2.73 15 2 M40 EDOT LET 2 2.75 15 2 M40 EDOT LET 3 2.75 15 2 M40 OLIN TODISCOM 4 2.33 55 4 M40 OLIN TODISCOM 5 2.34 57 M45 GRANN REGNAL 5 2.33 55 1 M45 GRANN REGNAL 7 2.35 21 7 M45 FILER XXVII 7 2.37 21 7 M45 FILER XXVII 10 2.41 22 M40 FILER XXVII 10 2.41 34 8 M45 MICHAEL BERRES 11 2.43 16 2 M40 GEOFFRIY MODRAND 12 2.43 16 2 M40 GEOFFRIY MODRAND 13 2.43 2 M40 GEOFFRIY MODRAND 14 2.42 23 9 M40 JOHN BADGLET 15 2.42 25 9 M40 JOHN BADGLET 16 2.42 25 9 M40 JOHN BADGLET 16 2.42 25 9 M40 JOHN BADGLET 17 2.42 25 9 M40 JOHN BADGLET	RE 3.08.28 36 MCO JOHN HARKINS 116 3.75.16 27 MAS MARSICE JONES 64 3.00.23 2 MAD JAMES TYLER 17.3 1.75.43 61 MAD ROY LAKES THE STATE OF	169 3.485.11 9 445 KENNETH WEGELY 10 1.50.26 40 M55 JOHN MADEN 2 3.00.18 1 W46 DIGNA HOFFINSO 170 1.50.26 20 M50 GERALD BILL 1 3.00.30 2 W60 JANETTYLER 171 1.50.40 25 M50 GERALD BILL 1 3.00.30 2 W60 JANETTYLER 172 1.50.40 25 M50 GERALD BILL 1 3.00.30 2 W60 JANETTYLER 173 1.50.30 20 M50 GERALD BILL 1 3.00.30 2 W60 JANETTYLER 174 1.50.40 20 M50 M50 GERALD BILL 1 3.00.30 2 W60 JANETTYLER 175 1.50.45 76 M50 JANETSCHEFF 6 3.00.14 3 W35 WAL GREENOOD 176 1.50.08 30 M50 GERDON HILL 5 3.00.44 3 W35 WAL GREENOOD 177 1.50.18 3 W60 GERDON HILL 5 3.00.44 3 W35 WAL GREENOOD 178 1.50.20 3 M50 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 179 1.50.30 3 W60 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 170 1.50.30 3 W60 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 170 3.50.30 3 W60 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 170 3.50.30 3 W60 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 170 3.50.30 3 W60 GERDON HILL 5 3.00.45 3 W35 WAL GREENOOD 170 3.50.30 3 W60 GERDON HILL 5 3.00.45 4 W40 JANETSCHE GERDON 170 3.50.40 3 W60 W60 GERDON HILL 5 3.00.45 4 W40 JANETSCHE GERDON 170 3.50.40 3 W60	TILL SN ANT
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05 2.52.22 20 M40 GRAHAH BRINGHAM 27 7.52.23 21 M40 KEVENN JOHES 28 2.53.11 5 M45 IAN BRITHLEY 29 2.53.27 6 M45 JOHN PEGG	RE 3.15.32 AB FAID JERRY SHIELDS 103 3.55.09 312 MSS FRED 9HITCH 99 3.15.32 19 MSS GEOFF WRELET 147 3.35.25 20 MSD HATTWN FRODEN-DAVICS 99 3.15.52 20 MSD GERRY AFRONE 147 3.35.25 20 MSD GERRY N FRODEN-DAVICS 91 3.15.52 49 M40 DERBY ARKSTON 148 3.37.39 33 MSD GEOFFREY SMITH 155 3.37.55 68 MAG GLYBN DAVID FORFERTH 148 3.15.01 50 MSD GEOFFREY SMITH 155 3.37.55 68 MAG GLYBN DAVID FORFERTH	194	
30 2.53.58 7 M45 ROGER ASHBY 31 2.54.10 3 M50 TAN EVANS 32 2.54.24 22 M40 JEFFREY GORTON 33 2.54.36 23 M40 JES GREENBOOD	93 3.16.20 13 H50 JIM WARD 146 3.39.52 21 M50 ROBALO REYNOLDS 94 3.17.24 51 H40 MICHAEL MALL 147 3.40,119 3 M65 GYNORM WILLIAMS 95 3.18.16 21 M50 053/CMD 0666 168 3.40,139 22 M50 DAVID A FIRST	158 4_08145 33 M50 DEWHST DOPPING 150 1 Phil Hempton 2.3.38 m 150 4_08145 33 M50 DEWHST STOPPING 150 1 Phil Hempton 2.3.38 m 150 4_08145 31 M50	1
34 2.54.42 8 MSO MICHAEL BUTTERLY 35 2.55.05 24 M40 PETER J COLEMON 36 2.55.22 8 M45 TERRY FOW 37 2.55.34 25 M40 FRANK PHILIP TORLEY 38 2.56.48 25 M40 GRALO W SEVINCTON	97 3.10°.26 50 H-10 GARY HYATT 150 3.40.55 5 MH00 TED HETGOR 98 3.10°.36 72 H-16 GORGON FERRI 151 3.40.10 84 H-36 30H HEGDALD 98 3.20°.06 7 W-55 31LL DOCKTETT 152 3.41.10 87 H-36 30H HEGDALD 100 3.20°.10 5 31 H-91 CLIVE R.HEAP 153 3.60°.53 27 M-30 GARDIT MARGORET	202 4.14.51 B MOD BAPRY STURFF-COLE 203 4.14.25 1 MOD BAPRY STURFF-COLE 204 4.18.58 35 MSD ELLIGIT CRAFTLIS ASSS 1 Anthony Bray 1.00.80 Se 204 4.18.58 35 MSD ELLIGIT CRAFTLIS 2 Peter Airray 2.06.55 37 205 4.19.55 6 MSD MANIET PRODES 2 Roy Neeb 1.06.28 65 205 4.22.25 6 MSD JACKET MODES 6 ROY TY 2.23.24 122	5
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43 2.58.24 29 M40 FREEDERICK ARMOLD 41 2.58.35 11 M45 GEORGE BLACK 45 2.58.45 5 M50 THOTHY RUDOLF 46 3.55.27 30 M40 KEMMETH MCLAYIN 47 2.59.26 31 M40 31H PARKYAN	100 3.22 (N 5 MC1 ALAN BAGAGOT 159 1.45.44 26 MC6 DAVID N SEPTE 107 3.22 (N 5 MC1 ALAN BAGAGOT 159 1.45.56 7.7 MC0 WALTER BAGS 100 3.22 (11 23 Mc5 WILLIAW FARRE 161 3.65.10 36 Mc5 BORALD BAGAGOT 1 100 3.22 (11 23 Mc5 WILLIAW FARRE 161 3.65.10 36 Mc5 BORALD BAGAGOT 1 100 3.22 (12 3 Mc6 Mc1 BASTE 1ANN 162 3 A6.Mc 5 Mc7 1 ARANDER BAGAGOT 1	221 4.29.28 85 M40 RORERS F1.37 M69 1 James Jehnston 1.31.02 133 13 4.29.0 65 M40 F11F VSC 2 Jack Firsgoral 1.31.02 133 13 4.29.5 13 4.2	
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52 5.02.21 25 M40 TERENCE FOSTER 53 3.05.08 1 W45 DORA HOPKINSON		### 250 Declierty 3.20.04 59 3 Val Creenwood 3.52.14 174 RESULTS BY REMARD GROUP	
54 3.85.30 13 MCS COLIN NUMT 55 3.95.30 6 M50 TONY VERGIE 56 3.66.00 1 M65 ANTHONY JOHN DRAY 57 3.06.35 2 M55 PRIE KINET	TEAM RESULTS 1 TALLET NENCASTLE (STAPPS) AC - ALEX MARCONI, GRAHAN RAGINALL, JOHN DAVILS 2 8-53-29 NECKER BUNNERS - DAVID PALMER, GERALD SHEVINGTON, PETE KIMEY	W40 1 Pauline Buker 3.04.16 62 2 Junet Tyler 3.94.20 84 3 Jista funda 2.3.2.11 21	
56 3.07.16 14 HCS DAVID HAN 54 3.07.40 36 HAD SIDNEY JAMES FIRMEN 60 2.07.43 37 HAD JAMES SHEMILT	2 8.39.29 WELARI RUNGERS - DAVID PALMER, GLEALD SELVINGTON, PETE AIRBY 2 9.90.38 STONE MASTER MARATHONEES - PETER AXON, REVIN UZZELL, ALAN BRADDOCK	W45 1 Dere Higklinder: 1.85/84 53	

NORTH EAST VAC MARATHON CHAMP WHITLEY BAY 4 SEPTEMBER

MEN M40 D Littlewood 2:35:41 C Brown 2:46:38 K Jenner 2:52:26

K Jenner 2:52:26 M45 A Lonsdalle 2:55:47 N Hall 3:29:17 K Kennon 4:03:18 M50 J Prudham 3:06:01 J MeMille 3:27:38

M55 R Manning 247:51 D Hall 3:33:12 M65 R Manning 247:51 D Hall 3:33:12 M65 R Peart 3:04:11 F Stephenson 3:53:47 WOMEN

740 S Robson 3:57:12 946 J Beckford 3:11:43

NESCAFE WOMENS 10M NATIONAL CHAMPS Barnet 2nd October W40 58 W Casson N Phoenic 88-27 60 S Yeo Hay AC 88-39 82 A Flowitt Pitson 68-59 83 W Halee Ayena 86 900 64 M Todd Woking 89.11 64 A Radley Chairis 89:07 72 C Tomil Notta AC 7042 74 M Govender Har J 71:18 81 L McCabe 8lis Stort 72:56 87 J Fyrin Pitson 73:33 89 S Taylor Har J 73:43 93 S Summerfield Sept 75:00

To 500 Mas 15/3-35 Summeried Sep 75:00 W4s 55 R Van Laerhous SBH 69:01 75 M Carriett Backey AC 71:22 W50 B4 P Jones Illord AC 73:20 90 B Crowley Brentwood 74:07 92 P Davies Bel H 74:54

W55 118 B Forster SBH 82:29 167 ran 49 Vets (29%)

NESCAFE 10th Carry
BARNET 2nd OCTOBER
MANDET 2nd OCTOBER
MAND 7 A Weller SBH 24-S3 9 T Coe Beau
35:12.21 J Shirley Bark Dis 36:55
Baskly Annyar Bark Dis 37:22 75 T Clarrest
Baskly Annyar Bark Dis 37:22 75 T Clarrest
Baskly Annyar Bark Dis 37:22 75 T D
Surrey SBH 36:05
MS5 19 L Fonster Bark Dis 36:39 28 J
Reynold Unat 37:34

TRAFFIC GARAGES LADIES 10Km TADWORTH, SURREY 9th OCTOBER 1 S Young 38:17 2 J Gardner 38:55 3 M Averback 39:12 4 L Taylor 39:18 7 A Box 40:04 9 M Todd 41:46 19 V Hazefton 44: 29 J Warren 47:47

91 ran.

SUNDAY TIMES FUN RUN
HYDE PARK LONDON 25 SEPTEMBER
MEN 39-42 1 C Dickinson 12-44 2 P
Cheatle 12-46 3 B Heywood 13:00 4 J
Moust 5 P Molloy 81 ran MEN 43-49 1 M
Parker 12-54 C G Taylor 13:00 3 J Dear 47
Lintum 5 D Sutton 13:10 76 ran MEN 50-59
1 B Tuloh 13:14 2 M Barrat 13:45 3 D
Sutrey 13:46 4 A Princhard 13:55 5 P House 76
7 ran MEN 80-69 1 R Belimore 14:43 2 K
Fothedby 15:00 3 J Braughton 15:35 4 D
Taylor 15:45 8 K Crooke 37 ran MEN 70-1
1 C Mason 17:08 2 R Heywood 18:39 3 G
Casley 18:56 4 J Davin 13:20 5 J Dickinson 13:40 2 S

WOMEN 39-42 1 C Le Flem 16:07 2 D WOMEN 39-42 1 C Le Flem 16:07 2 D Neeld 16:16 3 P Small 16:24 3 A Radiey 16:40 5 S Gould WOMEN 36-38 1 L Watson 13:54 2 A Briscore 15:00 4 L Taylor 15:10 4 J Webb 5 B Stone 15:00 4 L Taylor 15:10 4 J Webb 5 B Stone 15:00 WOMEN 43-40 1 P Baker 15:39 2 J Norris 15:52 3 C Gould 16:00 4 S Houghton 16:24 5 R Van Learhoven WOMEN 50-58 1 P Fletcher 16:50 2 H Knowles 17:02 3 A Prower 17:06 4 C Hearney 17:50 5 J Goody 18:20 WOMEN 60-69 1 J Rose 17:24 2 D Offredi 13:42 3 J Waller 19:47 4 V Hillyoiz 20:30 5 H Wicks 20:19 WOMEN 70+ 1 L Guy 25:42 2 N Kerno 26:29 3 E Stringer 28:55 4 A Billson 30:50 5 A Salmon 31:59

UTTOXETER RACES meor BOURNE Sports 18 SEPTEM-

BER 1 A Adams Staffs M40 24:18, 2 N Tatham Matlock M40 '43, 3 E Smith West Brom M40 '51, 4 M J Smedley Derby 25:10, 5 S Mason RSC 25:27, 6 J SimmonDerby 25:58 ,7 N Harton Michalth 26:22, 8 J Armistead

Matlock '27, 9 T Thorney Matlock '26, 10 C Topley Shelton '30, 11 J Brockleihurst Heaner '33, 12 R Owen Burlon '39, 13 B Guy Tarmworth '40 M45 14 T Young Derby M45 '46, 15 D Toon Burlon '82, 167 Galze's Broms & Redd 27:00, 17 R O'Macre Country O'flicers '04, 18 J Brown Cannock '66, 20 A Sidebottom Warrington '07, 21 P Boulton Staffs '08, 22 D Crofts Heaner '09, 23 T Duncan Mercla Fell '23, 24 D Gillick Stone Maatlans: '28, 25 D Cowley MVAC '23, 26 N Whitmore Biddulph '34, 27 J Bush Sintin '35, 24 L Radger Strine Masters '36, 29 V Crowther '45, 30 M Harley, 33 G Dingley Burlon '54, 34 G White Matlock' 58, 35 M Rocinson Sintin '36, 36 R Portman M50 West Bromwhot '28:01, 36 G Calvert M50 PMAC 29:21

NEVAC Pentathion Champe Jarrow 18 September OLD 1500

BVAF PENTATHLON CHAMPIONSHIPS 1988 Northwood Stadium Stoke 6 August

- CONTRACTOR	wen						
points	W	JT	200	DT	1500	Age	Score

M40	
J Charlton	41 2768 6.42 42.38 24.1 26.38 4:55.7 1.21 3,349
W Thomas	40 2229 4.89 32.94 24.3 20,54 5:00.7 1.18 2,630
R Rudd	44 2191 5.56 34.04 24.3 20.54 5:27.1 1,30 2,848
L Dunn	41 2077 5.29 27.04 25.7 19.82 4:56.3 1.21 2.513
P Jackson	43 2075 4.66 34.96 26.7 26.90 5:05.2 1.27 2,635
F Tolley M45	40 1824 4.28 26.60 28.3 22.78 4:44.2 1.18 2,152
B Loten	45 2483 5.28 44.68 26.2 31.54 5:01.6 1.33 3,302
J Newcornib	
B Charles	46 2129 4.86 35.42 26.7 21.60 5.24.5 1.33 2.544
J Roscon	45 1913 4.86 35.42 26.7 21.60 5:24.5 1.33 2.544
W Gregory	48 1903 4.59 31.40 28.5 22.76 4:48.8 1.43.2,721
T Blicham	
B Harlick	46 1879 4.62 30.02 27.9 28.20 5:15.8 1.36 2.555
G Smith	47 1838 4.51 39.70 28.6 30.04 5:46.4 1.39 2.693
D Haynes	45 1781 4,70 26.88 27.5 17.74 4:57.5 1.33 2:501
W Short	47 1773 4.49 25.90 26.1 20.08 5:24.0 1.39 2.464
D Vaughan	45 1769 4.66 32.52 28.7 25.32 528.5 1.33 2,429
P Owen	45 1558 4.63 39.16 26.6d19.04 5:00.5 1.33 2,072
MSO	1,5kg
J Ross	50 2430 5.19 44.04 25.6 30.70 4:56.8 1.51 3.645 fst
D Burton	53 2100 5.28 26.04 24.0 24.28 5:18.5 1.66 3,486 3rd
J Phillips	54 2069 4.46 45.02 28.5 31.78 5:48.6 1.71 3,538 2nd
E Hamer	52 1679 4.45 24.32 27.7 21.56 5:01.5 1.61 2.703
J T-Driver	51 1666 4.81 36.30 28.4 27.42 6:02.0 1.56 2.599
C Derrett	50 1619 4.07 33.32 25.4 26.08 6:21.2 1.51 2.445
J Drakeley	50 1420 4.31 19.96 29.3 18.48 5:05.8 1.51 2,144
M5S	
D Marshall	55 1898 5.10 35.28 26.4 25.38 5:42.4 1.76 3,390
D Williams	55 1386 4.53 27.48 29.0 28.38 6:24.3 2.012,786
J Betney	55 1309 3.74 25.72 30.1 21.54 5.24.3 1.76 2,304
N Carter	59 819 3.78 24.68 35.3 17.86 6:14.8 2.01 1,646
M60	600kg
G Leete	63 1139 4.58 22.48 30.2 29.0 6:33.4 2.32 2.642
F Martindal	60 1075 4.41 20.36 29.1 23.16 6:30.8 2.08 2,236
	WOMEN

	Point	HdE	SP	н	L	8001	n Age	Score
n	36 23	06 18	,0 10	.95	1,41	4.45	3:06.3	1.03 2,375

M.10								
V Thompson W40	36	2306	18,0	10.95	1,41	4.45	3:06.3	1.03 2,375 2n
M Williams	40	1586	19.3	6.80	1.27	3.44	2:34.8	1.18 1,871
C Morris W45	44	1431	16.8	5.68	1.22	3.92	3:04.2	1.30 1,860
P McNab	45	2253	13.0	9.54	1,39	4.55	3:26.8	1,33 2,996 1s
1 Kirkchoffs	45	1846	14.8	7.65	1.33	4.29	3:16.8	1.33 2,455
J.Charles	45	1452	15.1	5.35	1.18	4.22	3-24 0	1 33 1 931 96

MVAC Champe M40 1 R Rudd, 2 W Gregory, 3 F Tolley M50 1 J Drakeley, 2 N Carter Women C Morre

SVHC Penta		IAAF								1500
J Gelder	41	2340	- 5	.59	37.	48	24.9	24.8	32	5:18.2
A Letham	44	1835	3	.65	18.	00	25.4	17.5	58	4:29.5
G Large	41	857	3	.79	26.	14	38.1	17.0	16	8:11.0
J L Scott	45	1732	4	.87	31.	54	26.8	23.0	88	6:03.9
J Ross	50	2358	- 4	.87	43.	90	25.6	27.5	30	5:04.8
S Petty	58	830	3	22	17.	72	32.6	23.4	12	6:33.0
				W	этте	m				800
C Brown	36	1633	4.12	18	.10	33	6.6 1	7.54	3	26.8
J Hogg	40	1910	4.16	15	.56	30	1.1 1	8.14	2	:33.8
P Spence	43	1153	3.65	12	98	32	3 1	7.86	3	20.8
S Wood	44	1201	4.10	18	.62	33	.6 1	7,54	3:	26.8
K Dawes	45	1931	4 95	21	22	an	4 4	7 40	0	-00.0

BVAF 10,000m WALK GHAMPIONSHIP Solihuli 23 September E Shilisbeer M45, 40:22, P Hannell M40 50:51.1, J Bichards M40 51:43, W Wright M40 53:48.8, A Collins 55:22.8, D Stevene M50 24:22.3, P Marham M50 54:02.0, G Cheplin M55 51:01.3, D Withers M60 56:41.3, K Abolins M60 60:15.2, G Colman M65 56:51.5, P Malins M65 60:23.1 M65 69:39.1 WOMENS 5000m WALK Race 1 G Cenn W40 31:14.1, L Precious M65 35:34.5, Race 2 P Horwill 30:35.8, R Scott W60 33:04.8,

SOLIHULL MASTERS MEETING

Throws Quadrathon Hammer/Javelin/Shot/ Discus/ M40 T Roper 23.04/32.22/12.03/27.00/ 1548 points M50 H Richardson 47,16/ 38.12/10.03/26.30/ 2078pts. B Summ 36.86/26.90/10.65/26.80/ 1619 . M60 N

38.12910.03/26.30/20/18018.
38.6262.90/10.55/28.80/18018
Caner 18.86/18.58/7.46
Caner 18.86/18.58/18.5

120 yds invitation handicap

120 yds Invitation handicap Green 139, Corboy 14.0, Burton 14.2, Prisetman 14.4, Cross 14.5, Mills 14.6, 200m Hurdies Rose 1, Crosn 29.1, I Cann 29.2, C Shaho 29.7, D Burton 29.7, Green 29.1, I Cann 29.2, C Shaho 29.7, D Burton 29.7, Tace 3 Worman B Brownile 36.8, N Cross 39.4, Y Priestman 38.8, C Morris 39.9 304, Y Priestman 38.8, C Morris 39.9 300m graded rose 1 Corboy 40.8, Cleark 43.4, M Smith 43.9, Penwarden 44.6,

Manhall 45.2, race 2 P Owen 42.0, — 43.2, J Walpole 43.9, D Cookin 44.8, M Williams 47.5, race 3 Hocknell 45.3, Tivey 46.1, Brownlie 48.9, R Hinds 49.6, race 4 Morris 50.1, C Nuttal 51.0, J Burns

51.8, 500m graded G Peel 1:31.1, Owen 1:38.3, 500m graded G Peel 1:31.1, Owen 1:38.6, Corboy 1:39.7, R Brandon 1:42.0, K Mongan 1:50.1, Williams 1:52.2, J Ametrong 1:55.8, C Trainor 1:58.6, R Hinds 1:50.1 Armstrong 1:55.8, C Trainor 1:58.8 1:58.1 Maxell House Mile Peel 4:41.8, P Smith 4:42.4, Brand

Peer 4/31.8, P Smith 4/32/4, Brandon 5:07.0, Morgan 5:10.8, E Cockayne 5:10.8, T Morris 5:27.0, C Trainor 5:41.2, J Armstrong 6:10.0, GOxbury 7:16.1, A Bawlinson 7:90.6

Armstrong 6:10.0, Göxbury 7:16.1, A Rawlinson 7:90.6 Jumpe triethlon HJ LJ TJ points G Leete 1.45.4.70 10.21 25486 S Power 1.65 5.65 12.76 2309 M Green 1.50 4.71 10.37 1451 Womens Field Shot R Chrimse 11.29, P Braarley 8.48, J Smallwood 8.00, J Murray 7.72, M Wiesy 5.48, J Smallwood 8.00, J Murray 7.72, M Wiesy 5.49, J Smallwood 8.00, J Murray Javelin Brearley 28.70, C Moms 28.50, J Haday 5.256, Smallwood 23.16, Burns 22.48, Cross 20.20, Wixey 13.98 Long Jump Hadely 4.47, Brownie 4.45, Smallwood 4.40, Priestman 9.99,

BVAF 10 MILE CHAMPIONSHIPS
Category Winners
Cated 19309 3 B.O'Neil AFAD
MAO1 A. Ricces Swamses 52:57 2 D.
Evans Cardiff 53:99 3 B.O'Neil AFAD
543 4 H. Maithnews Elswick 54:33 5 J.
Norman Athricham 54:43 6 O. Lawis
Swamses 52:27 8 A. Evasor Tipton
56:18 10 P. Piylof Al. 57:44 26 J. Spells
Elswick 56:22 8 D. Syades Elswick
59:26 32 G. Owens Prestary RC
103:34 43 P. Ford Great Western R
103:39 43 P. Ford Great Western R
103:40 59:40 59:50 P. Stack
Great Western 105:59 60 C. James
Lancelli 1:07:10 61 P. Bowen RSC
107:18 65 P. Pollock RSC 107:34 72
D. Brown AFAD 1:08:26 80 R. Catvern
RSC 11:01:8 91 A. Smith Dudley & K.
112:14 92 B. Roberts Wirtaß 11:12:18
107 R. Resideator Cowentry Olymp.
11:425 114 R. Scholes Barnsley RR
11:54 118 G. Inveille Barnsley RR
11:54 119 F. Powen 13:62 14 G. Helbrinss
Vauhall MAG. 59:11 15 D. Juken Alt.
159:28 18 M. Brooks Alt. 110:19 21 A
Price Sale 1:00:32 4R R. Williams
Pogasus 1:01:02:29 78 D. Reay Habscowen
AC 1:10:10 89 A. Turnepr Prostalign RC
1:10:13 44 A. Sidobotham
Warrington AC 1:01:03 94 D. Reay
Rannel South Western 1:13:24 12 P. Shapps
Barnsl S. Dis. 1:13:24 13 9 M. Blundell
Broms & Red. 1:10:13 83 R. Hellring Research 1:10:13 83 R.
Wil

J. Dixon Weston 1:00:44 45 L. Forster
V Burton 2:55, Wixey 3:06,
High Jump Stwood 1:40, Williams 1:30,
Mena Fleid Shat/Diacua Roper 11:29/
25:96, Gercs 9:60:34:00,
9000m Open
S Murrin 16:21:9, P Smith 16:23:5, P Morris
774:13, Cookayne 16:16:7, Morgan
18:23:0, C Trainor 19:29:7, K Shaw 19:36.7,
Oxbory 25:22:21eld USO Pauline Brearley
OSO Rosemary Chrimes

O50 Rosemary Chrimes
Beet Track WU50 Jackie Walpole WO50
Joan Burns MU50 Geoff Peel MO50
Richard Respring

Horsham Parkland Vet Men '5k' 11 September M Duff 16:06, K May '14, P Harrington '15, R Burrows '19, R Scrivens '32, B Barnet & Dist. 1:24:18 62 J. Maxwell Liverpool RC. 1:07:19 67 W. McCartney Liverpool Pornorios 1:37:74 68 B. McCalgney McCalgn

Gloucester 147 G. Robinson Northern Vets 8 M. Jones Birchfield 1.07:49 76 MBO 68 M. Jones Birchfield 1.07:49 76 D. Blole Basildon 11:0:00 104 R. Beltrone VAC 11:346 105 M. Stewart Northern Vets 1:12:51 113 G. Phipps Learnington C 8 AC 11:518 113 G. Phipps Learnington C 8 AC 11:518 117 C. Jones Bollington 11:515 139 R. Hawkins South Weel Vets 1:12:55 140 E. Stones Stone Master 12:112 146 J. Stancortes Barnet & Dist. 12:239 190 L. Singer SHull 8 SHeath 1:25:09 171 B. Colimon Border 1:45:03 M70 178 B. Brierley Carrmanthen 1:14:51 BOM. L. Singer Tellord 1:32:46 174 J. Snelson Northern Vets 1:49:92.

M75 172 G. Oxbury Mid. Vets 1:45:30.
TEAMS 40-49 4
1- Elswick H. 43
2- Afrincham AC 48
3- Aidershor F&D 180
4- Royal Sutton C. 215
5- Barnet & District 426
0-50
1- Barnet & District 426
2- Vala of Aylesbury 227
3- Bromsgrove & Red. 324
4- Sale H. 353

Ceisgory Winners

Ceisgory Winners

W35 31 8. Cardy Bromsgrove & Red.

131/43 64 Z. Marchant Bath. 1973/22 74.

M. Evason. Telon Harriers 12:8/40 79 C.

Rollason. Royal SC. 1:10:18 119 M. Fish.

120:22.

W40 84 M. James Lanelly AAC 1:10:51

90 L. Halines Gloucester 1:12:11 118 J.

Hallard Cokyn Bay 1:116:97 145 J.

Tooze Shropsthis Shufflers 1:22:17 163

H. Peyer Royal SC. 1:30:99

W45 98 J. Bryan Cannock & Staffs.

1:13:00:108 A. Nally Altricheam & Dist.

1:14:29 122 R. van Leerhoven Shaffs. & Barnet 1:16:21 129 J. Altricheson Wigan

Harriers 1:19:18 168 M. Gannon

Warrington 1:42:20 169 V. Sharpe

Michand Vista 1:42:40.

Warrington 1:42:09 169 V. Sharpe Midland Vets 1:43:40, W50 162 B. Atkinson Shafts, & Barnet

W99 19a b. Mindmilers 1.39:04. W55 101 P. Fletcher W. Windmilers 1.13:31 155 B. Norrish Vets AC 1:28:37 156 B. Forster Shafts. & Barnet 1:28:56. W96 132 J. Ross Garden City Joggers 1:20:201 154 J. Smith W. Windmilers 1:20:26.

Bartholmew M50 '56, W Crawley '58, D Case M50 17:17, D Bradley '41, J Chandler M50 '43.

Chichester Parkland Vets 6k 24 September R Horon 21:06, K May '28, D Barry' 42, W Crawley 22:06, P Newton '12, D Coward M50 '26, P Baker '34, R Sindon '52, P Stewart '55, P Weiss 23:06, D Maskell '16, E Cohen '31, M Baker M50 24:28, M Yates '41, C Downing 25:01, J Ludord M50 '31, J May M60 '35, J Chapman M50 27:31,

Worthing Harriera Vet 3M 15 October R O'Mahoney 15:29, CDickenson '42, K May 16:10, K Ashdown '12, P Standing '23, S Milton M50 17:21, D Coward M50 '27, J Chandler M50 '33, R Belmore M60 18:16, \$

RESULTS · RESULTS · RESULTS

ILO	-	<i> </i>	-10		LOC		10	ILL
BVA	AF H	ALF-	MARATHON	CHAMPI	ONSHIPS, WEL	WYN GA	ARDEN CITY	
1 SHEE COULES	A0. 0	66.30	FI TON TONE	40 B 79.39	121 EAVE GARDNER 123 RES FIDOLES	43 N 84.21 30 N 84.21	181 BEYAN WYEDS 182 ALAN BESJAMES	43 0 #6.07 45 8 #8.10
2 COLIN YOUSGEDE 3 SRYAN O'PRILL 4 PETER NICHANDSO	40 8 40 8 4 40 8	69.23	62 TERRY OURFIELD 63 BARRY RESPRESAD 64 CHRIS WOODGOCK	45 B 79.51 45 B 79.52 45 B 80.02	123 NILL COMDON 124 VIVIOS PADDES	50 ft 52,36	183 FRANK COLBING 184 BOR KIRSOP	50 S 88-10 50 S 88-12
5 DAVE CORDVELL 6 DAVE PRANCES	40 H	69.44 70.07	65 EXIC CAMPBELL 65 LAURIE FORSTER	50 B 80.06 55 B 80.16	125 DIANA INDERWOOD 126 BRYAN ROSERS 127 STAN BURTON	35LH 84.53 30 H 84.56 55 D 81.57	105 DAVID HEYS 186 JOHN WILTSHIRE 187 MAY FLATT	45 8 85.12 40 0 88.13 40 0 88.14
7 LES BAVIS 8 TECHNYS BAVIES 9 BUSSELL WILLIAM	45 B 50 B + 40 B	71.09	67 DEREK SORREY 68 ALF MIDDLETON 69 TERRY WAIR	50 B 80-32 40 B 80-35 45 D 80-42	128 YOM SHIIM 129 BAT WARD-BOOTH	50 g 84.57 40 0 85.10	186 JOHN GATELEY 189 DESYCK SELLIS	40 8 88-15 50 0 \$8-16
10 BOB TOOGOOD 11 EDWIS COOKE	40 B	22,13	70 BILL MULLHOLLAND 71 FETER GORENAM	40 B 80.44 45 B 80.53	130 G GOODENGINGH 131 CLIVE HEAP 132 JOE JEWELL	43 8 63.15 40 0 65.20 50 8 65.21	190 PETER KEYTE 191 PAULISE BAKER 192 Res	40.0 88.16 40L8 88.17 40.3 68.28
12 ROGER FRIEDD 13 STEPHEN NOOME 14 HOY MARSON	40 B	72.26	72 BOBERT BROOM 73 BOGER CARSW 74 TONE STONE	50 0 80,53 55 8 80,54 45 9 80,56	133 HARTYN SPIERS 134 BOB WARD	40 0 85.26	193 SINCE HILL 194 DAVID CUNNINGSAM	45 0 68.32 45 0 68.32
15 BYROS HEYWOOD 16 CAVIN MODULARD	40 B	72.59	75 MARRY KELLY 76 DAVID EARLY	50 B 80.58 40 0 81.24	135 BON BOTTOMLEY 136 DAVID WOOKE 137 PETER LOAK	55 0 85.26 40 0 65.30 40 0 85.34	195 BASIL MIELSON 196 PUTER CHALLIS 197 TEO POTTER	65 8 88.37 45 0 88.33 50 0 88.39
17 CYRIL LEIGN 18 ROGER BANNISTER 19 DAVID ROGERS	50 B 40 0 45 B	73.46	77 JOE O'BRIEN 78 DAVE WILSON 79 HARTIN WHITE	50 B 81-33 50 D 81-39 40 B 81-40	138 ALAH BYERS 139 MOGER STRONG	50 H 85.39 45 G E5.42	198 ALAN EUTTON 199 DAVID SUTCLIFFE	45 0 00.40 55 8 88.42
20 JOHN POLCARES 21 PHIL WATTS	45 B	73.53 73.57	NO JOE CLAVE NI CRAHAM SKITH	45 D 82-04 40 D 82-04	140 JOHN BOOK 141 HINE TOHLING 142 BOBIN SUDDENE	45 0 85.43 50 E 85.44 45 E 83.45	200 ALAN HANDS 201 JOHN COOPER 202 ARTHUR BRUCE	45 0 88.51 40 8 68.52 55 8 88.56
23 KOV TREADWELL 24 CLIVE WOODHAMS	50 B 40 B	24.06	82 HICHAEL CLAFF 83 DAVID DESBOROUGH 84 BILL NICHOLLE	45 B 82-13 50 B 82-15 40 D 62-15	144 MAX JOHE DENFORD	40 0 85.49 60 8 85.50	203 FHED LOWMAN 204 DAYTO COWARD	40 H RR-56 50 R 89-11
25 GRANAN MOOTON 26 PETER REMP	40.0	74,49	85 PAT SLAVIS 86 TONY SMITH	45 EL 82.20 40 EL 82.21	145 METTH MERNTOKER 146 METHON BRADSHAW 147 ALAN TATHEWS	A0 0 85.58 A5 0 86.04 AD 0 86.05	205 KEN BALLAN 206 FRED COX 207 DEREK LODGE	45 B 89.15 45 D 89.20 55 B 89.22
27 RON PANNELL 28 VIC HOLPAN 29 TONY KEAVLEY	50 B 40 B 65 0	25,19	87 LES PARROTT 88 BARRY MCCLOUD 89 TOKY BRAKAGAS	50 9 52.22 50 0 82.22 40 8 83.23	148 MINE STAFFORD 149 VIC GOULTER 150 COLIN BROOKS	10 5 E6.10	208 JOHN COCKBURN 209 JOHN JENEZHS	40 D 89-22 45 b 69-29
30 ALUN STEUMAN 31 PAT REWHAN	40 0 40 0	75.53	90 BOY WIRE 91 PAUL SUTER	55 R 82-24 40 B 82-26	150 COLIN BROOKS 151 HIVE GENCHEGAN 152 DAVID MODLEY	50 0 86,25 40 0 86,26 45 8 86,30	210 ROY SAYLES 211 PAUL DAVIDSON 212 NORMAN PAUL	55 h 89.29 40 h 89.30 65 D 89.31
32 GORDON WILSON 33 JON JACKSON 34 KEN JENNER	45 0 40 8 40 8	76.36	92 DAVID MANCH 93 FRED TAYLOR 94 ALAN BOCERS	45 8 82-32 45 8 81-33 40 0 82-40	153 MICHAEL WORTON 154 BOCER WILKES	45 0 86.36	213 PETER BOGERS 214 DICK MEDIS 215 CEOFF CHOWDER	40 B 89.33 60 B 59.36
35 COLIN HOLMES 36 RUSSELL ARKOLD	45 O	76.51	95 DAVID EURDOS	40 W 87.41	155 LEN CORRERS 156 MEN WASLAN 157 JOHN EMERCE	45 B #6,38 45 C #6,43 35 C #6,44	215 CEOFF CHONDER 216 NEW PARKER 217 TONY CUTHSENT	55 B 69-37 45 B 89-44 45 D 69-50
37 BRIAN GOULDEN 38 DAVID VARLEY 39 JOHN FELLING	40 B	77.07	97 STAN FITTPATRICS 98 MINE HORGAN 99 BOBIS FOVELL	50 tl #2.49 50 tl #2.50 50 tl #2.50	158 HUGE MARNEWINER 159 JUNE WERR	50 B 76.44 3516 86.47	218 DAVE BULLOCK 219 HIKE GOODES	40 0 89.57 40 B 89.58
40 DAVID BEANE 41 BOB GRAHAM	45 B 45 B 65 O	77.30	100 PETER GAME	40 0 82-33 40 0 82-33 50 0 83-06	160 ANGVIN MARPLES 161 TONY BRAY 163 DECHARD YEARSLES	35 B 86.48 35 B 86.49 60 B 86.83	220 BOS DAVIDSON 221 G MILKINSON	55 B 89.58 40 B 90.03
42 JOHN WILLIAMS 43 DEREM WOOD	55 B	77,43	102 DAVID CLARE 103 JOHN JALES 104 JOHN HETWOOD	45 8 83,01	163 TOH PENFOLD 164 PAOL MESTRAGOS	10 8 Me-54 45 0 M7-00	223 HAY DARE 224 ADRIAN NEWHAN	50 e 90.09 60 B 90.17 65 B 90.16
45 CHARLES HERB 46 TED BICKERS	45 0 50 0	28:15	105 ZINA MARCHANT 105 MAL BRANIGAN	46 8 83.12 3518 83.17 45 8 83.20	163 DAVE ROCERS 160 PETER HIGHS	40 0 87,01 35 8 87-06	225 PHIL LEVY 226 ANNE WALLY	50 0 90.18 4318 90.19
AF EDDIE KIREUF AB JIM HOVAT	60 B	78.20	107 PETER PLOUNGS 108 MIKE SAWYER	40 0 83+22 45 8 83+25	168 DEREK ALLEN 169 HORDIAN CLIVER	13 D 87-17 50 D 87-20 50 D 67-29	227 DUNCAN BURGOYNE 228 JACK BRAUGHTON 229 MERVYN MUGGINS	65 B 90.23 55 D 90.29
50 HOWARD AIREN 51 BOGER LITTLE	45 B 45 B	75,40	109 GEOFF MARDY 110 MARTIN GREY 111 BON BARNITI	45 C #3,30 45 E #3,33 40 C #3,34	170 BOY PILKINGTON LTI YOM HOEBIS	40 8 87.33 40 8 87.37	230 SHOLTO MARKES 231 ROY HARRISTO	50 0 90.35 45 B 90.36
52 MICHAEL BURGOYNE 53 MICK MILLER	45 0 50 B	78.52	117 MALCOLM MALL 113 JOHN BUTTERHORTS	35 8 83.40 35 8 83.40	172 BOX DREW 173 BOSERT HEYWOOD 174 DAVID O'CONSELL	55 0 87,38 30 8 87,40 50 8 87,42	232 CLIVE WATSON 233 STEW-TIN YER 234 MIKE MOSERBOOK	45 0 90.42 4018 90.45 50 8 90.45
54 JORN SHIKLEY 55 RICK JOSEPH 56 BEREK ROE	40 B 45 B	79,10	115 MARTIN MILLER 116 JAMES RETROLDS	40 E 83.45 40 E 83.45 55 E 83.46	175 KAINCA BUNCHETT 176 JOHN PRESCH	45 0 87.44 65 8 87.55	235 MAURICE PERFUTT 236 BARRARD LANE	55 0 90.50 55 8 90.52
57 BAY GURNEY 58 ANNE RODEN	40 0 6018	79,18 79,25	117 ALAN JONES 118 BOY RESELL	40 0 87-58 40 8 83-58	177 HIKE MCELHERON 178 TONY SUCKLE 179 KOGEN SAYER	60 8 87.38 45 8 88.99 45 9 88.95	237 K VANLATHHOVEN 238 BRIAN BOBINSON 239 JOHN MINSHULL	4518 90-53 55 8 90-59 55 0 91-02
50 DAVE WILSON 60 BROWNEN CARBY	45 B	19,30	119 MIKE MEMTER 120 MIKE BULDSHOOF	10 E 84.07	180 COLIS WATCHS	50 6 45.07	240 COLIN RICHARDSON	40 8 91-04
241 ISCAL GREETT. 242 SARAH GARANELA	155.7	91.07 91.07	N. JEWAN STAT ST. THRISTIAN STAN	450.0 94.43 45.0 94.43	NAT WITH PENTING 343 JAMES SUCCES	300 Mag	42 PAUL MICOLEUS 422 MICHAEL ACS 423 MENLEY ENGENTY	45 9 201-1 16 9 203-55
24A BRIAN MALTEY 245 CRORGE WOODS	50 0 55 8 55 0	91,11	303 ANDY STEROT 306 PETER WESTLAND 301 BOB COUNSE	20.0 54.36	163 PETER PUBLICATION NAME BAY SHITTS SHITTS	35 0 96.31 35 E 98.33	424 MINCE COURT	9818 102-59 9818 104-61 65-0 104-02
246 DEBEK PURTER 247 JUNE FRASER	25. B	91.27 91.24	306 WOMARD RUBERTS 307 JOHN STANGING	50 0 95.00 55 0 95.00 60 8 95.00	Jal Day Booth	00 % 56-35	426 SERIS FIFER 627 JAMES WOODBRIDGE	55 8 104.09
245 ROGER COOPE 245 BLOKY PRICE 250 JOHN 1928	50 0 40 8 40 0	91.31	306 KEN CROOKES 309 CHARLES GOOSE 310 GORDON PORTHODIS	55 0 95-11	36% PETER TORKE 16% CHORGE SCUTTO 270 MAY MEMBER	70 % 98.50 40.0 99.04	429 ALISHS BANDERS	30 0 101.1F 3510 104.36 60 0 351.45
251 VALERIE TANNY 152 PETER GOKEMAN	35LB 50 0	91.35	311 DONAL SUBBRIGAT 312 WILLIAM DEVIEW	55 B 95-18	371 MAGGIE GOVERDER 372 TORY WILLIAMS	40 t 99.00	431 DAVID SAMPSON 432 JEFF WISEDAR	50 0 101.49 50 8 104.50
253 KICHARD CHAIMAS 254 MAGRUI WHESON 255 JOHN PARROTT	401,0 401,0	91,54	313 BOR HENREST 314 ACORE ALVIN 315 JOYCE ELLIN	30 0 55,04 45 8 95,04 4040 55,23	373 MAURIEN SMEETLOVE 374 FETER LAWRENCE 575 TREVIEW ALLES	15 0 99-23 43 0 99-13	431 OHIB DOUGETTE 434 FAUL BICKETTE 433 BLAN HEACHAR	49 8 105.05 49 0 105.07 45 0 103.07
256 TOM BRIGHTS	60 B	97.56	316 WEITH RICHARDSO	40 0 95.33	376 CALES SPLA 377 JOHN CHALLEY	30 0 99-33 50 0 99-33	434 CEOFF HERDEN 437 HENRY HOODMARD	65 X 105-14
258 DOBER DOAN 239 BRIAN NOW 160 BBS CURTHORIS.	50 0 40 0 55 f	55,00	318 CLIFF ENGULES 319 NICK WELLS 120 NUY FEY	50 0 93.34 60 0 95.40 33 8 93.44	TTW COMBON ACCEPTED	40 0 99.60 40 H 99.62 50 0 99.42	A39 DON BROKS	55 0 105.41 80 3 104.09 60 8 106.13
261 GEORGE TRAVIE TV2 ANN BOXER	50 H	97.11	321 BOGER BIGGS 322 KEVIN BEKESAN	40 0 95,19 52 H 103,31	SEE TOMY PARTHEDOL	30 0 99.46	442 JOHN SOBLE	10 0 100.15
261 THEVOK HART 264 MYRA GARRETT	10 B	92,13	323 MINE TAYLOR 324 JACK BURGOYET	60 5 95,52 50 8 95,52 50 0 95,52	203 KEN TUBBE 163 ARTHUR BROWN 183 RICHARD BOSC	10 0 99.19 15 0 99.53 30 0 100.01	444 UTC TAYLOR	4018 204,20 40 6 208,25 5318 204,25
266 JOHN MASON 266 JOHN MASON 267 DAVE WEST	55 B 50 0	97.03	325 HERBEET MAYWAND 326 CHARLES HERE 327 WALTER TURKER	50 B 96:00	344 ERSEST NOST, 367 BODGE PONE	60 H 100103	446 BETA MODES 447 DAVIN GONZALEZ	4510 106 33 50 0 100 34
268 DAVID BAYER 269 DEREW BIRD 270 PETER BACKELOR	20 B		328 CLIFF GILLIAMS 329 FRAME PATTERSON 330 D ARMOLD		386 MARAH TAYLON 389 ALAN HINDLET 390 BARRY SMITH	4810 100:10 50 0 100:18 40 8 100:19	649 GUEY COMMETERS	50 0 (0=.43 41 8 106.48 50 9 107.20
271 BRUID JONES 272 BAY PARRY	55 8 50 8	97.50	331 FAN JONES 332 GEORGE COLLETT	30LB 04.13 AC E 99.23	191 MILL MOSS 192 MIKE SCHOWELL	55 t 300-24 60 H 100-25	451 THRY HILLER 432 JOSE WALLER	45 0 107-22 65LE 107-23
273 MAUNICE RESULP 274 ANNE GRAHAM 275 CLIVE BURG	60 A 65LB 55 B	92.54	334 SHITA SENGUPTA 335 BILL HONEXHAN	30.8 96.22 3010 90.27 43 8 96.32	393 TERRY GALE 394 GAMTELIA VILLIAMS 393 BERDARD GRIFFITHS	45 B 100-35 500-8 100-37 50 B 100-41	454 BUSAN DOBAN	35LB 107-27
27# BRENDA COOK 277 BEG HAWKISS	5012	93.02 93.11 93.13	336 ALAN GOODGEST 337 FETER ADDRESSEY	45 0 96-42 50 H 96-42	39% MUSALYN LAWWENCE 302 MUSH MUSERT	35L0 100.56	ASE DAVID INCHAR 637 MASSOLID ZASDI	50 R 107-33 50 0 107-33 60 0 107-34
276 GEUNGE CHUSSAN 219 BOR SHIEFLEY	50 6 70 E	93,20	338 JAMES DRAFER 339 COLIN BICHES	45 0 96.44 45 0 96.51	199 JOYCE JOHNSON	10 0 101.00 10L0 101.01 55 0 101.18	ADM GEORGE MODRE ADM AND DEX	50 8 107.3e 4018 107.39 3010 107.44
260 2 KIRK ISI PEGGY PLETOSES 251 BOSERT PREW	3.54.8	93.29 95.35 93.36	340 DAYED TROMEGN 341 DAYE MANGESS 342 TEB SMETH	55 8 97.61 55 8 97.66	AND WILLIAM PRITCHPLE	80 B 101-21	461 DECK STARROLT	50 0 107.46
753 PETER BINGS 254 BILL SYLES 165 BEIAN WRITE	55 E	93.44	343 JOHN JAMESON 344 RON FRASKLIN	55 1 97.09 68 8 97.16 5818 97.18	403 REC BURBEDGE 604 LEN JONES	80 0 101.29 70 8 101.41 40 0 101.43	AND HOLLIE BIOKERS'A'	70 E 10%-05
266 BODER WARD 267 FAITH SUTER	40 0 40 0	97.43 92.64 93.68	345 MARY ANSTEY 346 ALASTAIR JACKSUS 347 CESTF SALE	45 ± 97,24 35 0 97,32	406 MARION JAKEMAR 407 COLIN O'LEARY	3510 101.45 50 0 102.01	466 SEE ANDREWS	40L0 105.15 50 0 105.25
266 VENDY HALES 366 DAVID ADAMS	COLS.	93.50	348 JIM BREEN 349 FRID MASTERS	50 8 97.37 55 8 97.30 50 8 97.42	408 MEVILLE ACLAND 409 JOHN BARRER	48 H 102.0E 48 0 162.14 40 0 102.22	ASS JOHN STANCONE.	4568 108-20
290 PETER METLNON 291 ROGER LOVE 292 MIKE WORLDSON	40 8 40 5 40 8	93.58 93.59 94.00	350 GURDON POOLE 351 PLTER CAVSEY 352 JOSELYN ROSE	50 B 97.44 6618 97.44	411 JUSEPH KYGATE 412 ROSS CHESTERFIELD	45 B 102,23 A5 0 102,27	471 NOLAND HEYWOOD 472 DENEW GIBSON	33 0 105-31 70 0 105-38 50 0 105-69
293 CHRISTINE HYDE 294 DAVID CHANGER	AGILE 25 B	94-02	252 TED MEFFORD	60 8 97.50 45 0 97.56	413 LOW MYERS 614 TONY WILLEY 415 WAVEN WHITEN	55 8 167.40 45 0 102.39 50 0 103.00	473 JEFF ELMEN	53 G 108-90 60 B 108-31
19% DAVID DAVIES 19% DAVID DAVIES 191 TERRY CARTER	30 E 43 II 33 A	94.15	355 BAN BEINT 306 BAY TEAGUE 207 JOSEPH O'BEIGAN	45 0 97.55 50 0 NR.00	616 LES THOMPSON	50 0 103.00 50 0 103.16 50 8 103.23	476 DAYE WATER	50 0 109.05 50 0 109.05
298 JACK FITZGERALD	65 B	94,39	358 HICHAEL BAKEN	15 () 9E-0A 35 E 9E-0A	418 ALF EEEN	10 0 101.28 10 8 165.40 4560 103.41	478 BASHARA HIRIS 479 BRIAN BULTES 480 COLIS VIELS	55EB 109-17 50 8 109-21
SOU CHARLES CHARGES	80.41	10,000	NO SELECT BUILDING		420 VALERTE FURSANI 500 ALIERT RORTHWALL		SAO ENTROA CHEEN	55EE 327.43
ARE LOUIS CHEADT ARE TAUBLES SHINLEY	23 P 4018	111.41	502 STAN HEWITT 503 CHARLES LANGERED	65 0 113,51 63 8 113-51	501 HORGER MILENNAM 507 DICKY HIER	#0. N. 120-24	341 PETER THYER 542 YVORSE GROSSHETH	45 E 318,19 45E0 128-35
485 BOX HILLER 486 ENIC HILL	55 0 50 0	111.20	504 PETER MARCHINE 505 LEO STROPE	60 B 113-50 63 B 114-41 4510 114-41	522 HOROTHY CLARK	65 0 120.50 55L8 121.42 1000 121.45	543 WILL CHAPMAN 544 JEM FARBUR 545 JOHN ETONHAM	80 8 129.22 30 0 130.22 60 0 131.02
-58 DARRY BOLFE	X0 0	111-23 111-34 111-24	106 HAUREEK FORSTER 507 JUNE SHARE 508 JIM BENKETT	55 B 115-05 65 B 115-41	520 JOHN NESSAN 527 HTRE MARKETT	4060 131.45 50 0 121.47 45 8 122.25	546 SAM STARBROOK 547 TONY RAWLINSON	35 0 151.22 10 M 135.26
490 BOR LLOYD AND BALAN COMNECLL	55 D	111.25 111.28 111.46 111.48	309 KOS DESBORDUCK SLO ERNEST BANCROFT	90 0 115,44 70 E 116,31 40LE 114,34	CONTRIBUTE DESTRUMENTS	AULE 122.49 40 to 122.51	548 JOHN BMALL 549 STAN RISLEY	60 B 135-57 70 B 138-17 4018 139-27
492 MAUREEN COUSESS 493 TERRINCE HAYWARD	55.0		511 BOZ SULLIVAN 512 BARRY COOPER 513 MARGARRI THOMAS	40 B 116,36	TOTAL BANKS BROWN	45 E 223,14	551 RAY HARRIS 552 H SAVENSCROFT	70 0 141.07 5000 145-19
494 BOCES VIDLES - 492 JULIA BURROWS 496 ANN SATER	50L8	112-24 112-33 112-29	514 DICK MARISH 515 GEORGE DYBURY 516 LAUMENCE DOVE	40 0 116.5 75 E 117.0 60 E 117.2	534 ESTH BUTTER	70 t 123.19 3000 123.40 33 0 124.02	555 ETLEEN ATKISS	43LD 145.35 60 0 146.29 70 B 147.45
497 ALEX THURSDOOD 496 ERIC TOURG	50 B 55 D	112.57	517 DEE LYNN 518 MARGARET CLARK	50LB 118-0	536 UIVIEW ALLAWAY 537 DOLFHE LEVERDIER	3510 123.55 25 8 326.09	534 JACK BULLOCK 537 MADDE SMARPLES	65 8 150-57 70LB 166-58
500 CARL SYSTCHES	45 5	113.04	519 CHARLES MEDICA	70 & 111-31	230 BEESTA MITTERES			
/PV			SULTS M40 s only)	14.9	I Oxford City AC (68:3 2 Aldershot, F & D (69	23,73:49,79	(36)	3:36:29 3:36:48
(BV	ne ne				3 Woking AC (72:13, 74 Barnet & Dis.AC (78			3:52:56 3:57:04
			M50	+	Barnet & Dis.AC (77: 2 Hillingdon AC (78:52	43,80:16,88:	12)	4:06:11
			1111		3 Verlea AC (78:18,88	1:07,93:41)		4:09:38 4:20:06
			Wor	nen	2 Shaftesury/Barnet A	C (90:53,94:	45)	3:04:05 3:05:38
AND STREET, STREET	T 10		NOS - SHIEFTEED MEETS		3 Highgate H. (91:07, 4 Serpentine RC (88:	98:25)		3:09:32 3:12:18
Marie Control of the	-	-			1. L Lyons Bel :52. 121 ra			0112110

Surrey County AAA Vets CC Champs Richmond Park 30 October

Park 30 October C Dickenson Bel 33:00, R Gevens SLH :32, C C Dickenson Bel 33:00, R Gevens SLH :32, C France Box :82, J Dear Eps :57, F O Gorman M50 34:01, E Cookle Woking :05, G Taylor C&B :09, S Colle Ctoy :14, R Blascheidr Box :30, K Pearson Croy :33, I Dunn Box :45, D Mitchell Eps :51, M Sharp HW :35:02, K Spaals M50 THH :09, D Richardson SH :119, G Claston M50 HH :42, H Hughes SLH :48, C

Woodhams Wok:51, L Lyons Bel:52. 121 ran Team over 40: 1 Boxhill Racers, 2 South London, 3 Croydon, 4 Belgrave, 5 Epsom, 6 Chessington 6 Bookham, 7 HW, 8 HHH over 50: 1 Herne HII, 2 Waverley, 3 Ranslagh, 4 SUH, 5 Croydon, 6 Belgrave, 7 HW, 8 Woking

INTERNATIONAL
Baden, Switzerland - August 6
Men 100m MS-96: 1B Guy 12.27, 2
W.Kalbormatten (CH) 12.41, 3 F.Clasgow (US)
15.9 200m MS-98: 1 Kalbormatten (24, 70, 2
Guy 25, 05, 3 G.Aerfalk, (FRG) 25.20 5000m
MS-98: 5 J.Charranz 21:13.3
SP MS-98: 3 P.Savory 11.10
JT MS-98:4
P.Savory 33.5

Women 100m W50-59: 3 G.Charman 17.07, 4 P.Maffia 17.40 3000m W50-59: 1 Maffia 13:57.06 SP W50-59: 5 Charman 8.31, 6 B.Dunsford 6.99

1st Netherlands Open Veterans Championahips, Nijmegen, Augus

Championehipe, Nijmegen, August 21

Men 100m MM5: 1 L Foster 11.5;
M6s: 18 Guy 12.2 M86: 3 GLeele 14.0, M65: 9 L Williams 14.1 400m M50: 2 C Beckowith 61.6 1500m M50: 1 G. Leefe 4.82 HJ M60: 1 G. M65: 1 LWilliams 1.6 0.6 . P Williams 2.7 M65: 1 Williams 2.60 . P Williams 2.7 M65: 2 Women 100m W56: 1 M Witsey 16.2 200m W50: 3 Haffits 13:47.7 LJ W55: 1 Williams 2.60 . P M61: 3 HJ W65: 1 Williams 2.60 . P M61: 3 HJ W65: 1 Williams 2.60 . P Williams 2.60 . P W60: 3 HJ W65: 1 Williams 2.60 . P W61: 3 HJ W65: 1 Williams 2.60 . P W61: 3 HJ W61: 3 W61: DT W45: 6 Chapell 21.56; W50: 3 Dunsford 14.73; W65: 2 Wixey 15.18

Jersey Spartan AC Veteran Open Meeting - September 24 Meeting - September 24 100m M45 S. Cooper 123; M. Edwards 12.7; M55 B Guy 12.2; M. Edwards 12.7; M55 B Guy 12.2; M. Edwards 12.7; M55 B Guy 22.3; M. Edwards 12.7; M55 Guy 20.4; M55 Guy 20.4; P. Martie 33.1; M70 Meticalle 33.2 20.4, P.Martis 33.1; M70 Metcalle 33.2
400m M45 Cooper 60.8; M50 C. Backwith 60.9
800m M50 B.Bartholornew 2:12.8, Beclevith 2:21; M55 P.Martis 2:34.9
1500m M50 B.Bartholornew 4:36.2, M55 Simpson 5:11,0 Martis 2:34.9
1500m M50 Bartholornew 4:36.2, M55 Simpson 5:11,0 Martis 2:4.3
3000m M40 J.Minweno 9:48.8; M55 C. Simpson 10:50.2
PV M45 Edwards 3:50; M55 J.Day 2:70 HJ M50 P.Phillips 4:36, M55 Day 4:22
SP M50 J.Caton M350 H.S. M55 Day 1.30 LJ M45 Cooper 5:56; M50 P.Phillips 4:36, M55 Day 1.30 LJ M45 Cooper 5:56; M50 P.Phillips 4:36, M55 Day 1.30 LJ M45 Cooper 5:66; M50 P.Phillips 4:36, M55 Day 1.30 LJ M45 Cooper 5:66; M50 M50 J.Caton M350 J.Caton M350 J.Caton M350 J.Caton M350 J.Caton M350 P.Phillips 4:36, J.Phillips 9:1,44; M70 Metcalde 2:754
JT M50 Phillips 9:30, J.Phillips 9:31,44; M70 Metcalde 2:754
JT M50 Phillips 9:30, J.Phillips 9:31,44; M70 Metcalde 2:754
JT M50 Phillips 9:30, Cetan M350 Day 24:28 Hemmer M50 Caton Mason 44.34; M70 Metcalle 23.04

100m W35 S.Keating 15.4; W45 C.Derrien 15.5; W50 E.Foyle 16.1; W50 P.Maffia 18.0; W65 P.Taylor

GREAT NORTH RUN HALF MARATHON 24 JUL VETERAN AGE GROUP WINNERS MEN

NUNEATON HARRIERS 10M & NUNEATON HARRIERS town a WHAC CHAMPS
17th SEPTEMBER
MM0 1 J Offord Beaumont 51:51 2 C
Kirkham Godkya 54:01 3 R Panter
Nuneation 55:78 14 C Woodward Learn
55:78 5 R Smith Notes 56:54 6 J
Whittey Learn 55:55 7 J Preston
Nuneation 57:11 8 I Mackinton Notes
77:18 2 A Edwards Spatchill 57:19 10
R Davies Birchild 57:41
8 1 G Patton MF 56:20 2 M
Hawkins B&R 56:31 3 B Hyman
Goddya 56:45 4 M Wrenn Tipton
56:27

B&R 66:32 MS\$ 1 A Hughes MVAC 59:25 2 G Oliver JLR 59:44 3 C Simpson Sol 8 SN 63:32 4 J Blackburn B&R 63:57 M60 1 G Phipps MVAC 63:49 2 E Nicholls B&R 66:30 3 A Hitchman RSC 68:49

WOMEN
W35 1 D Underwood Centurion 62:52
2 M Fish RSC 72:70
W40 1 S Carey Nuneaton 64:41 2 L
Clift Holm Pierpoint 65:19 3 H Payne
RSC 88:52
W45 1 M Cares 2

W45 1 M Savage Centurion 68:17 2 P Roe B&R 74:55

P Hote BAR 74:55
TYNEDALE HALF MARATHON
11 SEPTEMBER
MAD K LOWTHER 70:38 H Matthews
70:53 J Bell 72:38 D Lowther 72:53 M
McNally 73:50 K Graham 75:03 D
Love 76:33 D Chariton 76:48 R
Drysdale 76:53 K Robson 78:04 A
Griffin 76:15 P Blundell 78:53 R
Johnson 78:37 G Duff 78:52 E
Baldwin 79:20 J MoGriely 79:51 P
Pascos 80:12 D Moir 80:38
MAS R Highnam 77:01 TO 'Gara
79:22 E Watson 80:11 B Lishman
80:36 F Stran 81:55
MSG F Dockerry 77:03 B Cordes
81:13 B Millom 83:42
MSS R Sheraton 82:21 J Prudham
86:54 86:54 M60 R Peart 84:32 W35 P McFarland 82:59 82 veterans

NORTH EAST VAC 10K CHAMP MONKTON STADBUM JARROW 14 SEPTEMBER MER 40-49 M40 K Lowther 31:30,3 D Lowther 31:50,7 P Bertiley 33:51,7 A Nixon 34:23,7 W Robertson 34:23,7 P Baxter 95:30,2 S Eccleston 36:05,7 B Campbell 36:09,7 M Dickenson

BVAF Road Walk Championships Sutton Coldfield 23 October Men 20K M40 1 A Jamoe (Enfield) 99:44, G Tranter (Sutton & Birmingham) 99:51, D Hest Trowbridge) 108:27, A Austin (Milton Keynes) 110:55 Austin (Milton Keynes) 110:55 Rawlins (Bighton & Hove) 105:04, 4 P Cassidy (Loughton) 107:21, 5 A Smallwod (Solb) 107:23, 6 A Collins (S&B) 110:23, 6 A Collins (S&B) 110:23, 7 A Buchanan(B&H) 111:53, 8 P Hannel(Surrey) 11:30:2, 9 J Strigis(Leicester) 113:13, 10 R Pentold(Steyning) 11:50:2, 11 G Jones(Coventry) 12:35, 12 R Aton (Lst) 132:04. M50 1 D Stevens (Sing) 104:20, 2 P Markham(Lst) 11:35, 3 J Taylor (BAH) 11:57, 4 D Mace (S&B) 116:12, 5 B Rawlins(BAR) 120:12, 2 MS5 1 G Chaplin(Cov) 107:42, 2 D 36:39:6 D Leng 36:50,0 B Hume

6:39.6 D Leng 36:56.0 B Hume

37:07.7 M45 B Purvis 35:04.6 R Wilson 35:10.8 P Hutchinson 35:30.2 G Smith 37:44.7 G Hume 38:08.0 S Lamb 43:53.5 Lamb 42:50.5 MSN 15-50.5 MSN 1

SCVAC 10K Track Palmers Park Reading 31 Jul 1 CWoodcook M45 34:50.1, 2 B Fozzard 50 35:37.8, 3 R Belmore

MiOL 9, 4 J Green M50 38:13.0, 5 37:11.9, 4 J Green M50 38:13.0, 5 W Clapham M55 40:31.4, 6 K Crooke M60 41:25.1, 7 J Fitzgerald M65 44:20.9, 8 J Waller W65 47:27.5, 9 B Nornish W55 48:28.9, 10 E O'Niell W55 57:02.9

MVAC 10K Track Northwood Stoke 5 August M40 1 S Murrin 34:13.1, 2 P Smith 34:14.2, 3 Jas Brown 35:33.0, 4 J Morris 39:10.9, 5 (open) J Butler 42:57.8

VAC 10K Track West London Stdm 28 august 1 R Dickson M45 34:04, 2 T Ryan M50 34:28, 3 Jb Wood M85 34:39, M50 34:28, 3 Jb Wood M85 34:39, M50 36:29, 8 A Stone 35:46, M50 36:29, 8 A Stone 35:46, M50 36:29, 8 D Case M50 36:36, 10 J Green M50 36:54, 11 R Bellmorram M50 37:20, 12 D Cowalfd M50 36:00, 13 K Fowley M55 36:49, 14 D PORTER M55 40:21, 51 Leith M55 41:98, 16 G Richardson 14:22, 17 G Collism M50 42:24, 18M McDowell M60 44:42, 19 L Brown M65 45:37, 2006 Burnet M55 46:15, 21 P Vine M50 51:42

21 P. Vine M60 51:42
SVHC 10K Track Grangemouth 3
September Ower 40
1.5 Graves M40 39:01.5, D
Fairwester M40 39:01.5, D
Fairwester M40 39:01.5, D
Fairwester M40 39:01.6, 0
McMonagle M45 39:53.6, 4 G Milne
M40 34:17.8, F Young 34:06, 6 H
Watson 34:54.0,7 J Christie
34:54.8, R H Pogg 35:24.8, 9
Cartwright 36:23.0,
Over 50:10 Fairser M50 34:57.0, 2
V Stoodart M55 35:48.3, 3 W
Marshall M60 35:14.0, 4 W Temple
36:15.5, 5 S Lewich 39:06.4, 6 H
McCiniay M60 44:56.7

NEWTON ABBOTT 10K Road & SWYAC Champs 23 October M45 1 D Francis 32:07, 2 K Deathridgs 32:23, 3 C Abrahams 35:21, 4 a Crawshaw :47, 5 M [Cockwill 36:8, 6 T Saywoodm 38:12, 7 B Brockington 42:29, 8 M

Boxall (B&H) 110:25, 3 D Fotheringham(Belgrave) 113:18, 4 P Worth(Ent) 115:40, 5 R Staplefor

Fotheringham(Beligrave), 113-18, 4
Fotheringham(Beligrave), 113-18, 4
Nethology, 113-18, 5
Nethology, 113-18, 4
Nethology, 113-18, 3
Ne

Maidment 48:18, M45 1 P Mehalfuy 38:07, 2 W Stocker 1:52, 3 B Honeyman 45:16, 4 R Taylor 18, M85 1 P Hampion 34:59, 2 B Sweeney 35:59, 3 M Wright 40:75, 8 E Luker 0:9, 6 I Smoddon 25, 6 C Ching 5:1, 7 K Bilam 42:11, M55 1 J Bufterworn 5:10, 2 B Hoolmson :32, 3 N Thorn 38:48, 4 C Barret 42:40, 5 J Rhodon 42:44, 5 D Merry 47:18, M60 R Belmore 58:10, 2 V MKEE 442-2, 5 R Gregory 45:10, 4 P Hammond 52:36, 5 D Gregory 45:10, 4 W40 D Routley 42:04, 2 K W40 D Routley 42:04, 2 K W40 D Routley 42:04, 2 K W40 D School 40:57, 5 Uro 41:44, W40 D Routley 42:04, 2 K W40 D School 40:57, 5 Uro 41:44, W40 D Routley 42:04, 2 K W40 D V Theren 5:202 W60 V Theren 5:202 W60 V Theren 5:202 W60 V Theren 5:202 W60 V Theren 5:202

3 V Bracley 48:24, W50 14 Knowlee
48:18, W50 V Trivett 57:32
NORTHERN VAC 10K Track
Witton Park Blackburn 30
October
Over 40m(men) 1 G Owens 40
11:59, 9, 2 C Leigh 50 32:16,5(BR),
3 R McAndrew 40:17.0, 4 K Moor 40
33:16, 5 K Mayor 40:29, 6 R
Smith 32, 7 K Summersejil 45:37,
8 JB Clark 45:42, 9 B Godden
50, 10 R Dobson 34:52, 11 M Lister
13, 12 A Turbbil 132, 13 Guest
95:05, 14 D Wabon 45:22, 15 E
Wickstead; 46, 16 S Bragg 36:00,
17 D Mainwearing 37:09, 18 J
3 mith 38:20, 18 G Harvey 29
over 50:1 P Dawson 50:34:58, 3, 2
T Miles 50:35:53, 3 K Forzad 50
41, 4 L Hodkinson 36:36, 5 G
African 37:51, 8 B Rogers 55
55, 9 B McGuigan 55:57, 10 T
2 S Sonerson 28, 13 P GBb 33, 14
D George 40:36, 15 F Wrigley 50
15, 16 M Stewart 80:22, 7; 17 G
Gowland 41; 20 J Altcheson
W5 42:09, 21 L Formal W56 42:22,
22 J Jones W60-88; 1, 30 S P Sension 70, 30 P P Par W44-50,
29 J Jones W60-88; 1, 30 S
Snelson 50:50, 27 F
Valentine 13, 28 P Par W45 44:50,
29 J Jones W60-88; 1, 30 J
Snelson 70:50:70, 31 Head 65
51, 32 J Morris(G) 51:55
Eastern Vets A.C. Open Vets

Eastern Veta A.C. Open Veta Champe at Corby 4.8.88. 100 Metros M40 1 P. Fuller (Hunts) 12.5 2 V. Novell (Luton) 12.6 M5 1 W. Thomas (Dacorum) 12.1 2 P. Duckors (Shrews) 12.7 3 D. Brock 13.4 P. Duckonri (Shrews) 12.7.3
D. Brock, 134.4
MS0 1 F. Taylor, (VAC) 12.4.2
J. Goody (Guldi) 12.7.3
J. Wood (EVAC) 13.0
MS5 1 W. Guyl-Hay 12.7.2
G. Daborn (EVAC) 12.8
MS0 1 A. Kallari (T. V. H.) 13.9.2
G. Leete (EVAC) 14.2.3
F. Cooping (1991 7.0
MS5 1 H. Goodman (powich) 18.2
B. Metcaffe (EVAC) 15.5
B. Metcaffe (EVAC) 15.5
J. Wood (1991 14.4.3
H. Voqed, (pp.) 14.4.3

N.Newham E50 37:50, 46
J.Morrison S03 803, 47
E.Williams W50 38:57, 48 E.Isaacs
E50 38:13,
49 H.Morrison S50 38:15, 50
T.Miles W50 38:31
Men's Team results:
O40 Walse 11, England 28,
Scotland 40
O45 England 21, Walse 21,
Scotland 38
O50 Walse 12, England 28,
Scotland 49
Wersen (1 et 20) Legend S35 = Scotland 42 Wornen (- 1st 20) Legend S35 = Scotland over 35 etc 1 B.Cardy-Wise W35 19:02, 2 T.Calder S35 19:07, 3 C.Kilkenny Ta.Lador Siss 19:07, 3 C.Nilliamry ESS 19:15, 4 P.Gastagher W40 19:32, 5 J.Stevenson SSS 20:03, 6 E.Adams E40 20:10, 7 D.Manh B35 20:14, 8 L.Taylor E5S 20:15, 9 L.Robb E38 20:27, 10 M.Auerbach E40 20:29, 11 A.James W35 20:33, 12 K.Bowler W35 20:35, 13 E.Goodh W40 20:50, 14 D.Fellowe E40 20:59, 15 S.Rogers S40 21:03, 18 S.Kincup E40 21:10, 17 18 S.Kincup E40 21:10, 17 19 S.Kincup E40 21:10, 17 W40 21:34, 20 N.McKinnon S35 21:42,

21:42. Women's Teams 035: 1 England 14, 2 Scotland 16, 3 Wales 18 040: 1 England 10, 2 Wales 14, 3 Scotland 25

International Veterans Cross Country Match, Moss Valley, Wrexham - November 5 Legend: W40 - Wales over 40 etc Men (- 1st 50) 1 T.Sirmons W40 3185m

Men (* - 145 50)

Men (* - 145 50)

J. Simmons W40 31:52m,

2. A. Roper W40 32:24,

2. A. Roper W40 32:24,

3. D. Divisia W50 32:56,

4. D. Evans W40 33:06,

5. Coviete Sci. O. 33:12,

6. Coviete Sci. O. 33:14,

35:25, 28 H.Chadfield E45 35:32,29 F Bell W45 35:41, 30 R.Pannell E50 35:43 31 M.Edwards S45 35:47, 32 D.Kay E45 35:51, 33 B.McMonagle S45

35:53, 34 T.McCall S45 35:59, 35 guest 36:08, 36 Fl Matwer E45 36:17, 37 T Harper W45 36:23, 36 guest 36:25, 39 A.Garret W45 36:29, 40 Llaggett S45 36:29, 41 P.Hampton E50 36:47, 42 B.Griffiths W50 36:58, 43 Austr 37:22

RESULTS · RESULTS · RESULTS ·

BVAF DECA	71.010		88 –		400M	ELD,	SEP	TEM	BER	10/11
1. No.0 Hike Corden Sheffield AC	12.0 605 605	5.98 502 1167	12.19 612 1799	1.69 536 2335		15.7 740 3660	36.48 593 4253	-	48.16 561 5296	5-15.7 473 5769
2. No.7 David Cowley Rugby AC	11.3 744	5.95 5.96	9.11 432 1752	1	51.2 754 3018	16.1 695 3713	25.10 369 4082	2.80 309 4391	35.26 374 4765	4-40.5 677 5442
3. No.1 John Charlton Naliamphire	1 11.7 663	6.48 675	3 10.01 486 1824	19	53.4 659 2902	17.8 520 3422	23.60 340 3762	2.90 333 4095	40.36 447 4542	4-48.4 628 5170
4. No.6 Jack Gelder Lothien AC	12.0 605 605	5.49 479	8.92 421 1505	3 1.40 317 1822	56.5 535 2357	17.9 511 2868	3 23.22 333 3201	3.80 309 3510	39.24 431 3941	5-17.1 465 4406
5. No.5 Snowy Brookes Belgrave H	12.4 531	5.29 542	5 10.70 528 1601	1.66 512 2113	5 60.4 395 2508	4 0 0 2508	34.08 545 3053	3.30 431 3464	5 43.48 493 3977	4 6-01.3 259 4236
6. No.3 Robert Abdy Northempton Ph	7 12.4 531	5.64 510 1041	9.20 438 1479	1,63 468 1967	61.9 346 2313	7 19.1 403 2716	5 22.64 322	2,80 309 3347	36.42 390 3737	5-36.4 368 4105
7. No.4 Lawrie Dunn Nottingham AC	6 12.3 549 549	5,24 429 678	6.93 303 1281	1.51 396 1677	56.2 546 2223	5 20.1 323 2546	6 16.98 253 2799	2,10 159 2958	31,60 322 3280	5-03.2 541 3821
8. No.2 Michael Bland Colchester AC	19.8 307 307	7 4.43 276 565	7.21 320 905	RETD.	7	é	(19)	7	7_	.2
BRITISH VETERANS	DECATH								Over	
1. No.12 Erian Loten Yeovil OAC	12.9 444 664	5.26 633 677	9.56 459 1336	W. Carlot	59.0 443 2062	18.5 455 2517	30.70 476 2995	2.80 309 3304		1500M 5-12,7 489 4347
2. No.14 Peter Duckers Shrewsbury AC	12.2 567	5.82 548	9.03 428 1543	3 1.46 374 1917	3 61.2 369 2286	3 20.4 300 2566	26.42 395 2981	2.90 333 3314	35,42 376 3690	1 6-09.7 226 3916
3. No.13 Bruce Charles Whitehorse H	1 12.3 549	1 1.39 459	7.52 338 1346	1 1.45 352 1698	1 57.2 508 2206	20.0 330 2536	2 13.94 161 2697	1,60 103 2800	31.78 324 3124	5-00.5 557 3681
4. No.10 - Tem Hamley Blue Star H	13.3 380	5.41 463	9.09 431 1274	2	64.0 283 1840	20.7 279 2119	27.50 416 2535	2.40 220 2755	37.60 407 3162	3 5-33.6 362 3544
5. No.9 Walter Short Riddings AC	5 13.1 412 412	4 4 5.66 319 731	4 6.30 266 997	1.40 317 1314	58.5 461 1775	20.9 265 2040	20.56 283 2323	2.10 159 2482	28.68 281 2763	5-23.4 432 3195
6. No.11 David Veuchen	13.6	4.66	8.91 420	6	63.3 304	5 24.9 56	24.26 35.3	2.30 100 EVE	33.80	5-34.8 5-34.8 774 0.50
1 10 10	100m	5.27	6.96	1,40	606M	Hord 18.6	DT	PV	JT	1500E
1. No.19 Devid Burton Hallamshire	605 605	1040	1373	1690	2202	429 2631 1	250 2881 1	206 3167 1	252 3419	411 0830
2. No.16 Colin Shafto Rowntrees AC 3. No.15	396 396 2 14.1	5.28 457 833 4.37	9.04 337 1170 2	1604	1969	483 2472 2 21.0	279 2751 2 30.44	2930 2930 2	202 3132 2 0 47.64	315 3447 2 5-53.7
JJ Phillips Trovbridge 4. No.17	266 266 4	267 553 4 4,59	947 3 7.09	290 1237 3	202	258 1696 4 22.1 180	390 2088 3 23.00 269	199 2287 3	2641 2641	250 3131
Eric Hamer Harragato	335	300	261	1103	1522	1710	1979	2049	2262	2774
5 No.16 Alan Powell Rowntrees AC BRITISH VETERAN	16.2 56 56	3,38 114 170 5	9.14 342 512	1,06 111 623 5	623 5	623 5	23.54 277 900 5	103 1003 1003	229 1232	1232
BULLION VETERAL	100m	1.1	SP	113	400M	Hurd.	pr	PU	37	1500M
I. No.20 Don Marshall Rowntrees AC	32.6 495 495	5.07 396 891	7.97 285 1176	1.27 231 1407	62.3 334 1741 1	18.9 420 2161	22.86 266 2427	2.60 264 2691	33.40 347 3038	6-01.9 256 3294
2. No.21 David Williams Loughborough Un		4.37 267 546 2	8.39 305 851 2	1.24 212 1063 2	68.3 172 1235 2	21.9 200 1435 2	27,60 333 1768 2	2.60 264 2032 2	245 2277 2	79 2356 24
BRITISH VETERAN	LOOM_	TT.	SP	_HJ	400M	Hund.	_DT	PV	T Qve	r 60 1500M
1. No.23 Alfred Woods S.C.V.A.C.	14.2 253 253	4.50	10.93 411 954	1.30	72.0 96	18.1 366	35.10 379 2045	3.10 381 2426	31.98 291 2717	7-55.9 0 2717
2. No.24 lan Steedman	3 13.9 293 293	4,48 267 560	7.71 259 639	1,24 212 1051	3 64.8 261 1312	17.0 466 1780	23,46 219 1999	1.90 121 2120	27.20 230 2350	5-42.4 340 2690
3. No.22 George Leete E.V.A.C.	14.0 279 279	4.92 367 646	9.50 343 989	1,43 338 1327	69.9 137 1464	19.8 231 1695	27.26 270 1965	2.00 140 2105	23.26 180 2285	6-47.6 103 2386
BRITISH VETERAN	100m	HOR 19	88	- 1	-	- Burd	- 2	EVEN	T Ove	r 65
1. Mo.25 Len Williams V.A.C.	14.2 253 253	4.12 225 426	0.49 295 773	1.27 231 1004	73.1 78 1082	18.3 349 1431				7-29.2 21 2130
	land Hamber 1 Mike 2 flavid 3 David 4 John 3 Friend 6 Don M 7 Colin 6 Alfre 9 Snowy 6 Georg 3 Jack 4 JJ Fh Feter 6 Bruce 7 Rober 8 Toos H 9 David 6 Lawri 1 Frie 2 Waite 2 Waite 3 David 4 Alan 1	e Leet: Gelder illips Ducke: Charlot t Abdy anley Willie e Dunn Hamer r Short	e e e e e e e e e e e e e e e e e e e	E.V. A. Lothie Trowbr Shrews Whiteb Norths Blue S Loughb Mattin Harrog Hidding Rountre Rountre Rountre	C. n AC idge bury & orpe H mpton ter H grough gham & ate gs AC ston Aced AC	C 33	7769 4447 8338 1770 3294 4447 7236 690 368 406 916 681 916 681 916 774	45 40 41 45 45 45 46 66 41 47 40 47 40 47 47 47 47 47	Hult 1 20 1 23 1 67 1 23 1 35 1 77 2 06 1 32 2 06 1 32 2 59 2 29 1 23 1 72 1 35 1 77 2 16 2 1 35 1 35 1 35 1 35 1 35 1 35 1 35 1 35	Final 6973 6694 6394 6395 5568 5593 5593 5591 5541 5517 5497 5497 4976 4976 4976 4976 4976 4976 4976 4
	O SUPERIOR OF	U.S.	HEF	TAT	HLO	N		Figl	21.5	
SHEET LELD, HEPTA	Hund.			200M	_11	_JT	Netera BOOm			
1. No.4 Pat HcNab W4 Watford AC	12.7 5 696 696	1,42 594 1230	9.13 473 1703 0	29.0 537 2240	4.65 466 2706	25:06 363 3669	3-21.0 195 3284 1			
Vatford AC 2. No.2 Maria Williams4 Rowntrees AC 3. No.3	18.2 0 125 125 4 17.0	1 1.27 329 504 3	6.93 331 835 0	500 1335 2	186 1524 3	222 1743 4	1 2-34 640 2383 2-57			
Earol Morris W4 Birchfield H	0 213 213 3 15.1	266 479 4	264 743 0	459 1202 4	298 1492 4	402 1894 3	2-57. 390 2264 3			
4. No.5 Jackie Charlesd V.A.C.	5 396 396 3	379 775 2	277 1052 0	367 1419	306 1725 2	202 1927 2	3 3-24.1 171 2056 4			

V.Wood,(Cam8 Col) 18.8 W40 1 V.Dogpett(Hunis) 14,7 2 M.Williams(NVAC) 14,7 3 M.Williams(NVAC) 14,7 3 W45 1 P.McNab(Watford) 14,7 2 J.Charles(VAC) 15,4 W50 M.Holmes(Cam8 Col) 17,7 W65. P.Taylor(EVAC) 20,0 200 Metres M40 1 Novell 25,7 2 P.Hardy(Bedford) 31,2 -M45 1 Thomas 24,4 2 B.Charles(VAC) 25,5 3 R.Capis (Coty) 26,6 M50 1 F.Taylor 24,7 2 Goody 25,1 3 W00 25,8 M55 1 Cuy 25,7 2 Dabom 26,0 M65 1 Goodman 35,7 M70 1 Metcale 32,0 2 Fairey 32,0 W35 1 Vogel 29,2 Welford 29,3 3 H.Boscko (MVAC) 31,1 W40 1 Williams 29,7 2 Dogget 30,0 W45 1 Williams 29,7 2 Dogget 30,0 W55 1 Vogel 20,7 Welford 29,0 W55 1 Taylor 42,0 BVAF DECATHLON 1988 — SHEFFIELD, SEPTEMBER 10/11 18.3

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100 Metres Hurdles M60 1 A.Woods(Epso M60 1 A. Woods (Epsorm) 18.1 2 Leete 20.1
110 Metres Hurdles
M40 1 B. Abdy (Northampton Ph)20.5
M45 1 M. Clarke (Thurrock) 18.5 2
B. Charfes (VAC)20.3
M50 1 C. Shatho (Rowninses) 18.5 M55
1 Dabom 10.3
400 Metres Hurdles
M40 1 R. Crosby (Peterborough) 60.9
M45 1 Darbon 63.6 2 R. Farndon 78.8
M50 1 Shatho 63.6 M55 Dabom 70.6
High Jump
M40 1 Mort 18.5 M50 1 Leete 1.40 2
Kaliral 1.30
M55 1 Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30
M55 1 J. Shatho 1.55 M60 1 Leete 1.40 2
Kaliral 1.30

Long Jump M40 1 Abdy 5.56 M50 1 Taylor 5.58 M65 1 Swigston 3.96 M65 1 Swinton 3.96 M45 1 Duckers 6.03 2 Charles 5.36 3 R. Thickpenny(Holbeach)4.77 M60 1 Kaliral 4.81 2 Leete 4.70 3 F. Copping(Ipewich Jaffa)3.47 M70 1 Metcaff 6.43 2 Fairey 3.14 W35 1 Welford 4.38 2 V. Wood(Cam 8 Col)3.35 W40 1 Olley 3.34 W45 1 Charles 4.45.

resu 1 Uney 3.34 W45 1 Charles
4.45.
Shot Putt
M46 1 M.Leath (Shrewebury) 11.16
M45 1 J.Smith (Rowntree) 10.95 2
P.Lalett (18) 10.91 3 Duckers 9.62
M50 1 J.Osborne(BRSAC) 11.16 2
J.Howel(PLH, 19.94
M55 1 J.Watson(AR) 11.12
LSmits (NVAC) 9.42
M56 1 J.Watson(AR) 11.72
LSmits (NVAC) 9.42
M56 1 J.Watson 11.77
LSmits (NVAC) 9.42
M570 1 Mericalle 9.67 2 Fairey 7.95 W45
1 McNab 9.52
Discuse

Discus M40 1 Leath 32.98 2 R.Williams(NVAC)27.28

BRO 11-Learn 32-582 (1988)
BRO 11-Learn 32-582 (1988)
BRO 11-Learn 32-582 (1988)
BRO 1 (Antelline) Decorption 32-58 (1988)
BRO 1 (Antelline) Decorption 32-5 Javelin M40 1 Fuller 44.66 2 B.Nichols (Grantham) 35.80 3 Leath

T.Bilham(EVAC)29.04 3 M.Garvey(COHY)28.58 M50 1 Ratciffle 37.88 2 Osborne 31.18 M55 1 Daborn 28.08 M60 1 Woods 30.68 2 Smits 30.42 M65 1 Gencs 26.20 2 Swinton 22.68 M70 1 Matcalle 22.20 2 Fairey 21.46 W45 1 McNab 23.62 W50 1 Holmes 18.34.

18.34. Championship Best Performance Cup-Iris Hornsey (Cam & Col)

Reading AC Open Vets Meeting Sponsored by Claude Fenton

Too Metres
M40 Race 1, 1 P Goulding (Solthull & SH) 12.2 2 P Fuller (Fuller A) 12.4 3 I Newcorbe (VAC) 12.7 4 P Impet (Wirnbourne) 13.0 (VAC) 12.7 4 P Impet (Wirnbourne) 13.0 (VAC) 12.9 3 J Vernon (M&S) 13.0 4 N Kd (Beigrary 13.5 M45 Race 1 1 W Thornes (Dacorum) 12.1 2 J M Namee (VAC) 12.9 3 M Masters (VAC) 13.1 13.1

Charles (VAC) 12.9 4 M Masters (VAC) 13.1 MMS Rece 2.1 B Clements (Cherton) 12.8 2 G Garrer (VAC) 13.2 3 R Bruck (VAC) 13.2 B Glement (VAC) 13.2 B R Bruck (VAC) 13.2 B Blackman (VAC) 12.4 2 D Burton (Hallarms) 12.5 0 A Baigeret (Reading) 14.0 M B60+1 A Kaliral (TUH) 13.6 2 B Metcaller (VACMO) 15.2 3 J Swinton (VACM69) 15.8 4 W Bakwer (Highpate M60) 19.2 W35-44 1 J Wills 13.5 2 E Stagg (W35-44 1 J Wills 13.5 2 E Stagg (Hernot Stage 13.5 2 E Stagg (Harler (Baileystow) 15.8 W45-54 1 P McNab (Wadford) 14.0 2 R Alcock (Wycorrhon) 14.0 3 M Mills (Chell) 14.5 4 C Grahamm (Guildford W50) 15.4 5 J Baigert (Reading) W50) 17.4 W55-1 M Wills (W4CW65) 6.6 2 R Gordon (Reading) W50) 17.4 D Sarjent (Reading) W50, 17.5 P Taybor (MVACW65) 8.5 2 P Nicholia 93.5 P Inpett

200 Metres M40 Race 2 1 P Nicholls 26.5 2 Impett 26.8 3 R Fox (Yaovii) 27.0 4 C Scott (Croydon) 28.3 5 P Roberts (Kidlington) 32.7

25.4 3 Clements 25.7 4 M Edwards (Ald) 26.4 4 M45 Race 2 1.1 Robinson (Black) 26.4 2 Harfok (Epony) 26.8 3 Roke 28.8 M40 Race 1 1 Goulding 24.4 2 R Roach (Vaton) 24.5 Sciller 24.8 4 C Lewe (VAC) 27.1 5 J Liddle (Fotton) 27.6 M50-59 1 A Blackman (M55) 25.0 2 Guast (Wyk) 27.1 5 Blaigent 28.6 8 N Newnham (Ches M55) 30.8 M60+1 Klaifla (M0) 28.4 2 Metcaffe (M70) 31.9 3 W Balvar (M60) 42.4 2 Metcaffe (M70) 31.9 3 W Balvar (M40) 42.9 4 Metcaffe (M70) 23.4 2 Metcaffe (M70) 23.4 3 Mills (W45) 4 Docett (W46) 2 Blagg (40) 3 Mills (W45) 4 Docett (W46) 2 Blagg (40) 3 Mills (W45) 4 Docett (W46) 2 Robert (W46) 24.9 400 Metres

50.2 ft. Income of U.3 511 Tromby (Roington)
60.5 ft. Thornas 53.5 2 McNames 55.6.3 Clements 57.0 4 G Garnar (VAC) 62.0 5. A Sowden (Highgate) 62.9 ft. Sowden (Highgate) 70.2 ft. Sowd

(World Record) 2 E C'Neill (Reading.J) 2651.2 80 Metree Hundlee M70 1 Metcale 16.4 W45 1 McNab 13.1 2 J Charles (VAC) 15.2 W40 1 Dopget 14.8 100 Metree Hundlee W33 1 J Wills 16.8 M50-59 1 Burton 17.7 2 J Day (Blackhesth M55) 20.2 M60 1.4 Woods (Epsom) 18.2 2 Kaliral 20.8

20.8

110 Metres Hurdies
M40 1. J Deston (Swindon) 18.9 2 P
Notoble 18.1 3 R Fox (Yeavil) 21.9

2000 Metres Sheeplechase
1 Hill 11.96.1 2 Deston 11:50.7

M40 1.R Rosch 1.65 2 Fox 1.60.3 P

Goulding (so) 1.60 4 Newcombe 1.55 5
Impatt 125
M45 1 P Ducklers (MVAC) 1.50 2 B

Charles 1.45 M50 1 J Phillips (Trow) 1.30 M55 1 Day 1.25 M60 1 Kalirai 1.30 W45 1 J Charles 0/AC) 1.35

(VAC) 1.25 Long Jump MM0 1 J Vernon (M&S) 5.75 2 Roach 5.29 3 Newcorribe 5.11 4 Scott 4.80 5 Jannings 4.51 8 Impett 4.37 M&5 1 Duckers 5.65 2 Clements 5.53 3 Charles 5.01 4 Masters 4.93 5 Harlick

men 3 LOCKIMS 9-58 2 Centratint 53-93 5 Hartick 4.2 Charles 5.01 4 Masturs 4.33 5 Hartick 4.2 Charles 5.01 4 Masturs 4.33 5 Hartick 4.2 Charles 5.01 4 Charles 6.01 4 Charl

M45 (7 28K) 1 C Ellis (Blackheath) 12.31 2.1 Curtin 9.09 M50 (6K) 1 D Tellord 11.01 2 J Cation-Mateon (6B) 10 B2 3 P Savery (Black) 10.80 4 B Strape (Oxford) 10.87 5 J Phillips (Trowbridge) 10.01 M55 (6K) 1 P Torning 7.64 M60 (5K) 1 Woods 10.73 2 I Briggs (SB) 10.13 3 W Prowling (Bas) 9.23 M65 (5K) 1 E Chandler 7.36 2 Philcox 7.07

7.07 M70 (4K) Metcalle 10.34 M80 (4K) 1 Baker 6.70 W35 (4K) 1 Thompson 11.16 2 C Pitman

7.24 W40 (4K) 1 B Terry (Bromley) 9.96 W45 (4K) 1 P McNab 9.29 W55 (3K) 1 M Grant-Stevens 7.33 W65 (3K) 1 Wixey 5.55

(3K) 1 Wirey 5.55 Discuss M40 (2K) 1 Johnson 45.30 2 Leath 33.46 J Deaton 24.94 M45 (2K) 1 Ellis 45.06 2 J Kee (MK) 35.16 3 P Jefferies 34.44 C Curtin 28.78 5 Harlick 27.94 6 Clements 27.76 7 Duckere 25.50 M50 (1.5K) 1 Strange 35.44 2 G Ratcliffe 32.96 3 Caton Mason 31.54 4 Phillips 31.30 8 Tefford 28.72 R Lewis (P48) 25.96

25,96 M55 (1,5K) 1 P McEvoy (Poly) 30.80 2 P Tomney 26,84 M60 (1K) 1 Briggs 39.96 2 Woods 23.66 3 Prowling 32,54 M65+ (1K) 1 Metcalfe (M70) 26,46 2 P Wixey (MVAC) 26,36 3 Swinton 23,20 4

Philox 21.00 W35 (1k) 1 Pitman 19.52 W40 1 Terry 29.48 W55 1 Graham 27.18 W55 1 Grant-Stevens 19.74 W65 1 Wixet 15.22

M40 /7.26K) 1 Leath 28:32 2 Deaton

19.22
MAG (7.26K) 1 Leath 26.32 2 Deaton
MAG (7.26K) 1 Leath 26.32 2 Deaton
MAG (7.26K) 1 Ellis 98.10 2 Kee 38.44 3
Curlin 32.12 4 Duckers 27.62
MAG (7.26K) 1 Ellis 98.10 2 Kee 38.44 3
Curlin 32.12 4 Duckers 27.62
Caton-Mason 42.74 3 Strange 36.64
MAS (6K) 1 McEvoy 35.22 2 D Birch
31.22
MAG (8K) 1 McEvoy 35.22 2 D Birch
31.22
MAG (4K) 1 McHosha 52.82 2 M Bioch 19.94
Javelin
MAG (800G) 1 B Terry 23.52
MAG (4K) 1 McHosha 52.82 2 M Bioch 19.94
Javelin
MAG (800G) 1 Nohosno 39.86 4 M
Lasth 32.68 5 D Burning 34.64
MAG (800G) 1 Duckers 35.14 2 B
Clemmetrs 32.58 3 B Charles 32.20 4
MAG (800G) 1 Pulckers 35.14 2 B
Clemmetrs 32.58 3 B Charles 32.20 4
MAG (800G) 1 Pulckers 35.14 2 B
Clemmetrs 32.58 3 B Charles 32.20 4
MAG (800G) 1 J Woods 31.54 2 Prowling
31.18 3 Binggs 29.92
MAG (800G) 1 J Whoods 31.54 2 Prowling
31.18 3 Binggs 29.92
MAG (800G) 1 V Thompson 30.44 2 C
Patran 24.48
MAG (800G) 1 W Saker 17.38
MAG (800G) 1 V Thompson 30.44 2 C
Patran 24.48
MAG (800G) 1 W Saker 17.38
MAG (800G) 1 V McGalle 22.78 2
Rawlinson 20.18
MAG (800G) 1 W Saker 17.38
MAG (800G) 1 V McGalle 22.78 2
Rawlinson 20.18
MAG (800G) 1 P McHabs 22.59 2 J
MAG (800G) 1 M McGalle 22.59 2 J
MAG (800G) 1 M Grant Slevens 17.60
MAG (800G) 1 M McGarle 32.59 2
MAG

W85 (40003) 1 M Witzey (MVAC) 13.70

SVHC V NEVAC T&F Match,
Grangemouth 27 August
100m M4045 4 Steede S 11.7, P
Wobber 11.7, W Briggs 12.2, M80/55 J
Ross S 12.0, J Bryce 112.7, J Preston
NE 12.8, M800, G Bridgerman S 12.9, R
Brown NE 13.5, I Steedman S 13.6, [Evert points Scotland 39 NE 24]
200M M4045 4 Steede S 24.3, B Gordon
S 24.8, D Tait NE 25.5, M50/55 Ross
24.7, B Parmatly NE 26.5, J Byrce S 26.6, M609, Bridgerman S 27.1, J McInally S
29.0, Brown
NE 29.4, [37 26] 400M M40/45 P
SS8.8, M60/55 Ross S 81.1, R Checkley
NE 2-2, Parmaby NE 26.2, J M60Bridgerman S 26.1, W R
SS8.8, M60/55 Ross S 81.1, R Checkley
NE 2-2, Parmaby NE 26.2, M609,
Bridgerman S 64.4, Steedman S 66.1, W
Terrole S 71.5, [34 27]
800M 40/45 | Stark S 2:06.7, A Letham S
10.9, K N909 S 10.4, S0/55 Checkley
NE 2:28.2, F Cowan S :28.5, H
Muchamoric 3.3, 169-W Marshall 2;
Muchamoric 3.3, 169-W Marshall 2;
32.0, Terrole 3.5, 169-K M60-K 190/55 M60-K 190-K 190-K

Bridgaman S 31.52, Steedman S 28.08, Cooffice S 18.78, [41.16] Javeelin 40/45 A Dirayeall S 39.64, J Coledor S 38.78, T Black S 31.48, 6.9055 Ross S 42.38, Robson NE 20.14, Checkley NE 19.00, 604 L Watson NE 13.24, Meclines S 12.94, [26.24] LJ 40/45 F Fitzgerald S 5.44, Cliqued S 5.54, Dirayeall 4.72 50/55 Ross S 4.76, Preston NE 4.24, T Kirtly NE 3.77, 604 S 15.64, Glaider S 51.14, Black S 10.12, 80/55 Ross S 10.38, E 14.15,

NE [16 9].

Match Result Scotland 406 North East 277

Match Result Scotland 406 North East 277

Redditch League Central Weekend TV Trophy Meeting - Mena and Womens Cup Finals Warley 8 September Mena A Final 200m G Casakiy SHS 24.1, R Taylor RSC 24.4, G Houghton 25.0, 800m L Duffy RSC 2-10.8, T Melver Sand 1-11, R SM 1

Central Weekend TV Trophy (Men., Women) Result 1 Royal Sutton Coldfield 143, 2 Bromagrove 8 Reddirth 119, 3 Boro of Sandwell 84, 4 Tarmworth 80, 5 Rugby 4 Die 73, 6 Solihulf 8 Small Heath 61, 7 Birchfield 55, 8 Butron 53, 9 Halesowen 42, 10 Droitwich 29

VAC Ladies XC VAC Ladles XC October 8, Wirrbiedon Co 1 L.Taylor 035 15:29 2 8, Ford C40 17:02 3 P. Fletcher O55 17:23 4 J.Clifton O45 18:04 12 J.Smith O60 20:58 ADIDAS DALEY THOMPSON CO-ORDINATED ATHLETIC RANGE

Daley Thompson Rainsuit. Daley Thompson Rainsuit. Zip front jacket with two zip pockets. Concealed hood in small stand up collar. Reflective piping inserted in painel across chest and back which is inserted. Trouser hat leg zips and pockets with elasticated waistband and reflective piping in the seams. Colour: navy. Sizes. 5' 6", 5' 9", 5' 11", 6' 1" & 6' 4". Usual price 644 95 OFFER PRICE 629,95. £44.95 OFFER PRICE £29.95



Daley Thompson Tights Datey Inompson rights.
Stretch running tights with stirrup,
elasticated waistband with tie cord.
Seams have 'cover seaming' detail.
Colour: navy, Sizes: XS (30"), M
(32"), XL (36"), Usual price £29.99
OFFER PRICE £11.95.

OFFER PRICE £11.95.
Daley Thompson Shorts.
Lightweight running shorts with high cut side vents. Elasticated waistband and lightweight inner brief with 'key pocket'. Colour: navy. Sizes: S, M, L. Usual price £15.99 OFER PRICE £9.99.
Daley Thompson Vest.
Lightweight mesh running vest with exclusive printed panel across the chest. Colour; white. Sizes: S, M, L. Usual price £13.99 OFFER PRICE £9.99.





Daley Thompson Weatshirt. Crew neck long sleeve sweat top with exclusion print on the chest. Loop back fleece fabric. Colour: navy. Si XS, S, M, L. Usual price £18. OFFER PRICE £9.50.

Daley Thompson Daley Thompson
Sweatparts. Panelled jog pants
with screen print. Elasticated
ankles and waistband with inserted
tie cord. Colour: navy. Sizes: XS,
S, M, L. Usual price £21.95 OFFER
PRICE £12.50.

Daley Thompson Jog Suit. Usual price £41.00 OFFER PRICE £20.00.

Daley Thompson T Shirt Daley Thompson 1 Shirt.
White single jersey 1 Shirt with
screen print across the chest. Rib
style neck. Colour white. Sizes:
XS, S, M. Usual price £12.95
OFFER PRICE £7.00.

Complete set Co-ordinated range. Rain suit, Jog suit, Tights, Shorts, Vest & T Shirt. Usual price £159.00 OFFER PRICE £79.00.



Men's Vest. Royal/white, S36", L40". Usual price £7.95 OFFER PRICE £5.50

Men's Shorts. Royal/white 30/32", red/white 30/32" & 34/36", red/blue/white 34/36". Usual price £7.50 OFFER £4.50

Ladies Vests. Red/white. Sizes: 10, 12, 14 & 16. Royal/white 10, 12, 14 & 16. Usual price £7.95 OFFER PRICE £5.50

Ladies Briefs. Red/white 10/12 & 14/16, royal/white 10/12 & 14/16. Usual price £7.50 OFFER PRICE £4.50

Adidas Men's Falcon Athletic Vest. Colours: white/navy/red. Sizes: S, M, L. White/royal/silver. Sizes: S & M. Usual price £8.95 OFFER PRICE £5



Adidas Ladies Tri-Star Vest Adduss Ladies In-Jara Vest.
Lightweight running vest to match
Mailbu Shorts, item (47), lycra
briefs (388), towelling briefs (45).
Colour: pink/navy. Sizes: 10, 12, 14
6 16. Lemon/pink. Sizes 10, 12, 14
6 16. Usual price £8.95 OFFER PRICE £6.50

PRICE £6.50
Adidas Ladies Lycra
Running Briefs. Colours:
turquoise. Sizes: 24", 26", 28", 30", 30". 32". Navy 24", 26", 28", 30", 32". Black 22", 24", 26", 28", 30", 32". Usual price £7.95 OFFER
PRICE £5.95



Adidas Marathon '88 Racing Shoes (220gms-7), lightweight hardwearing racer for PB attempts and fast training runs, ideal for males and females. Only sizes: 5, Usual price £39.95 OFFER PRICE £23.96

Mileta Aquation 3 Running Suit. The Aquation 3 running suit has a specially formulated polyurethane coating which provides the Aquation 3 range with full waterproofness and high breathability. This 'solid film' type of breathabile coating allows the molecules of perspiration vapour to work their way through the fabric keeping the wearer dry and comfortable. Aquation 3 is available in both red with navy trim, plus navy in both red with navy trim, plus navy All suits have 3M Scotchlite reflective tape as safety feature. Suit features full length zip on jacket, long zip on trousers, full taped seams. Concealed hood in collar, two zipped jacket pockets. Sizes: S(34/36"), M(38/40"), L(42"), XL(44"). Usual price £59.95 OFFER PRICE £49.95

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Shorts with inner brief and 2
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Great Scot Run Baseball Hat (adjustable for any size), white, royal or yellow, printed with logo. OFFER PRICE £2.95

Glasgow Marathon OFFER PRICE £6.50



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Adidas Marathon, UK sizes 5, 5½, 6, 6½. Usual price £39.95 OFFER PRICE £23.95

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£12.00

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Training Shoes
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Etonic Saracen, US sizes: 6, 13. Usual price £32.95 OFFER PRICE £12 00

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Lightweight Racing, also suitable
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OFFER PRICE £36.50
Hit Tax Silver Shodow

Hi-Tec Silver Shadow. ss: 4, 5, 6, 6 ½, 7, 8, 8 ½, 9 11, 12. Usual price £19.99 OFFER PRICE £17.00

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OFFER PRICE £15.95 Puma Operator. Sizes: 4½, 5, 5½, 6, 6½, 7, 8, 8½, 9, 9½, 10, 10½, 11. Usual price £22,95 OFFER PRICE £18.00

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5.5% Karhu Athletic, Sizes: 5, ½, 10, 10 ½, 11, 11 ½, 12 ½

7, 9, 10, 10, 11, 11, 12, 12, 29.

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price £25.00 OFFER PRICE £18.50
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PRICE £25.00

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price £32.25 OFFER PRICE £22.50
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Etonic Transam. US sizes: 8, 8 %. Usual price £24.95 OFFER PRICE £15.00

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