

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 8

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Two Golds for Britons in Seoul

By Jack Fitzgerald

The last of the World Veteran Championships, organised by WIGAL in Korea, resulted in a runaway win in very hot conditions in the Marathon by the European Champion Francois Blommaerts of Belgium in 2:30.15.

But only the M50 gold medallist Kiyoto Nagata of Japan, who finished in 2:44.19, separated Britons Derek Wood from Blommaerts. Wood once again proved his consistency by winning the M55 Gold Medal, his sixth consecutive International Marathon victory in 2:45.58.

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 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 top leaders Barbara Dunsford and Jacques Seruys 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

Martin Duff, Athletics Weekly Veterans Correspondent, reports from Moss Valley Park, Wrexham on a successful International Veterans 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 races. The veteran events formed part of the programme of the Welsh Intercounty Cross Country Championships. Miler, Ron Bell was the event director.

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-Olympian, Tony Simmons, made his debut veteran run.

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 just one lap to complete of a little over 5000 metres.

Bronwyn Cardy-Wise, newly married 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

Taylor and Linda Robb followed close at 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 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 mark.

After the Mayor's difficulty with the starting pistol, the field were eventually away and the red vests of Wales were immediately to the front. 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 Hatten'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 allow 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 Sunderland, 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 Metro-land Shopping Centre, Beamish Museum and historic Durham.

Entry form on page 2

WORLD GAMES 1989

The VIII World Veterans Track and Field Championships at Eugene will truly be a gathering of the world's athletes. Housing 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 book soon.

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

FINE CHAMPIONSHIP DOUBLE FOR COLMAN

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 Hannell (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-

ter — regarded for his ultra distance work but a surprise challenger here — by a mere 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 Maggie 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 organised 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 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: Adrian James

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Editorial Team: Sarah Cawkwell, Jack Fitzgerald, Jeremy Hemming, Sylvester Stein, H C Taylor

Contributors: Dr J Nixon, E A Caldwell, H C Taylor, W Morgan, M Duff, Alastair Aitken, Bridget Cushen, Barbara Dunsford, Eric Austin

Printer: RAP Limited, Rochdale

Advertising: Jack Fitzgerald tel 01-637 4383

Production: Sarah Cawkwell, Jeremy Hemming

Production Assistants: John Small, Diana Yohannan

Typesetting/layout: Mr & Mrs Morton's Publishing Services

Publisher: Sylvester Stein

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Advertising/Contributions should be sent to

Veteran Athletics, 57/61 Mortimer Street, London W1N 7TD.

BRITISH VETERANS ATHLETIC FEDERATION

57/61 Mortimer Street, London W1N 7TD Telephone: 01-637 4383 Fax: 01-631 3214

Life Vice Presidents: Jack Fitzgerald, George Phipps, Sylvester Stein

Chairman: H C (Bill) Taylor

Vice-Chairman: Ruth Alcock

General Secretary: Martin Duff, Bridge Cottage, Stonebridge, Dorking, Surrey RM5 4DN

Asst Gen Sec (Championships): Mike Wrenn, 114 Clapgate Lane, Bartley Green B32 3DH

Treasurer: Keith Whitaker, Leeming Barn, Thornthwaite, Harrogate HG3 2QU

Trophy Secretary: Ursula Trevett, 20 Loewy Crescent, Parkstone, Poole BH12 4PQ

Overseas Entries Coordinator: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU Tel 01-422 7157

Administrative Officer: Jack Fitzgerald, 57 Mortimer St, London W1N 7TD

Secretaries of Affiliated Clubs

Eastern: E C Butcher, 26 Rycroft Avenue, Deeping St James, Peterborough PE6 8NT tel 0778 345062

Isle of Man: J Wright, 49 Bemahague Avenue, Onchan, Douglas, IOM tel 0624 25802

Midlands: E C Nicholls, "Rainbow Cottage", 15 Meadow Lane, Alvechurch B48 7LH

Northern: B Lister, 6 Meadow Lane, Worsley, Manchester M28 4PL tel 061-794 6871

North East: R Peart, 11 Dipton Road, Whitley Bay, Tyne & Wear NE25 9UH tel 091-252 4263

Northern Ireland: E McAvoy, 71a Colindale Avenue, Newtonabbey, Co Antrim tel 02312-6003

Scotland (General): A Muir, 1 Graham Avenue, East Kilbride tel 03552-21059; (Membership): D Wilmoth, 49 Waterside Road, Kirkintilloch G66 3QW tel 041-776 4941

Southern (Membership): J G Green, 12 Hotspur Road, Northolt, Middlesex; (General): Mrs B Dunsford, 71 Hillside Crescent, South Harrow HA2 0QU tel 01-422 7157

South West: D G Lord, 311 Bournemouth Road, Parkstone, Poole Dorset BH14 9AL

Veterans AC (Membership): P Blencowe, 17 Elms Crescent, London SW4 8AE

tel 01-622 6093; (General): P J Harvey, 8 Abbotsbury Road, Morden, Surrey

tel (business) 01-640 7520

Welsh: D Williams, 1 Powys Gardens, Dinas Powys, South Glamorgan tel 0222 514267;

(Membership): J O'Brien, 63 Penllyn Cwmavon, Port Talbot tel 0639-896615

WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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Clem Green, 46 Hargreaves Street, Wellington 2, New Zealand. **Vice President (T&F):**

Bob Fine, 4223 Palm Forest Drive, Delray Beach, Florida 33445, USA. **Secretary:** Alastair

Lynn, 161 Harrison Drive, Newmarket, Ontario L3Y 6B8, Canada. **Treasurer:** Al Sheahan,

PO Box 2372, Van Nuys, California 91404, USA. **Women's Delegate:** Bridget Cushen,

156 Mitcham Road, West Croydon CR0 3JE

Area Delegates

North America: David Pain, PO Box 7479, San Diego, California 92107/2890 USA. **South**

America: Juan Kulzer, Estrada 3429 Olivos (1636), Buenos Aires, Republic of Argentina.

Europe: Hans Axmann, Eichendorffstrasse 2C, D-8800 Ansbach, Fed. Repub. Germany.

Oceania: Jim A Blair, PO Box 2910, Postal Centre, Wellington, New Zealand. **Asia:**

Contact Secretary **Africa:** Contact President

NOTICEBOARD

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, SG14 3DJ

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



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Name _____ Male/Female _____
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A hat-trick for Eddy Lee

Eddy Lee of Pegasus AC won the 1988 Flying Fox Marathon which incorporated 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 2 hours 23 minutes 15 seconds. 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. Two 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 Youngson.

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 most serious challenge to depose 'King Eddy'.

Lee freely admitted later: 'I have not been so buoyed up by any previous Flying Fox Marathon and seriously 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 dropped Youngson with ease — exactly the same point where he 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'.

Youngson 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 Abell

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 considerably, with Colin finishing in 2:29:15 and Dave 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 position he filled in both the earlier Half Marathon and Cross Country Championships. In each case different champions.

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 Serpentine 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 mention 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 giving 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 Trophy. Once again the winners of the two oldest age groups put many of their younger opponents to shame. Jim Johnston, the silver medalist in the World Veterans Marathon Championships 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 weeks. This particular weekend stint was 3:32 in Sealy Lakes Marathon, Cocker-mouth, 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 set in 1980.

The prizes were presented by Terry Darlington, Managing Director of Research 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.

OVERSEAS NEWS

■ At this year's Pikes Peak Marathon, Colorado, one of the blue ribbon 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 29:42.

■ 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 migrated with his wife Jean in the early 1950s and remained a member of the Mentone AC from that date until his death.

Decathletes invite Pentathletes to their Championships

This year's BVAF Decathlon Championships, held in Sheffield on September 10 and 11, included a women's 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 conditions 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 Shafter by 1cm; and a jump of 5.82 by Peter Duckers (O45). Peter has cleared over six metres this year. The best shot put 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 occurred 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. Shafter 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 51.1 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 Shafter 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 participants in with a chance of winning, whilst in 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 event 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 the 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 including 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.

Five women, 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 performances were achieved such as Pat McNab's hurdles in 12.7, Maria Williams' run-away 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 outfits. The awards to the ladies were made by that well known octogenarian Bill Baker who had travelled from Paignton as a spectator. He enjoyed himself immensely receiving kisses.

Overall the meeting was a success and a vote of thanks was recorded on behalf of the athletes to all the officials by Snowy Brooks. 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 heptathlon, see Results



Joe Phillips

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 a little 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

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 Binnie to take the gold. One of my better performances I thought. It's like the time I was at 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 remember 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 bloke — 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 in 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 some style work.

Stan Allen

FUNNY RUNNING

your LETTERS

The Letters Page of Veteran Athletics is open to everyone who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. 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 7LD.

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 beyond 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 organisation 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 giggling 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 bawling 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

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 veterans, 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 seldom a pain in the bum 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 different 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



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 (no age grouping) and the first five women vets (again no age grouping). In 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 option.

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 disappointing 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
Wirral AC

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 individual 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 day.

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 at 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 regardless 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
London

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 such 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 meeting and the fellowship which follows creates lasting friendships.

Regions such as Europe should re-examine their provincial and insular policy and open their doors to their foreign counterparts.

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 procedure.

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

Sportswomen 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 AC	423	521	
Tamworth AC	375	19	
Solihull Small Heath AC	284	11	
Nuneaton Harriers	277	11	
Birchfield Harriers	265	11	
Burton AC	226	8	
Coventry Godiva Harriers	193	5	4
Division North Women			
Royal Sutton Coldfield AC	398	24	
Birchfield Harriers	348	19	
Tamworth AC	320	17	
Burton AC	282	16	
Nuneaton Harriers	311	14	
Rugby & District	68	6	
Division South Men			
Halesowen A&CC	311	20	
Bromsgrove Redditch AC	380	19	
Worcester AC	391	18	
Borough of Sandwell AC	351	16	
Dudley Stourbridge H	244	13	
Tipton Harriers	78	6	
Division South Women			
Bromsgrove Redditch AC	394	23	
Borough of Sandwell AC	343	20	
Worcester AC	273	17	
Droitwich AC	279	16	
Dudley & Stourbridge H	129	9	
Halesowen A&CC	115	7	
Tipton Harriers	20	2	

Calling All Women Athletes Over 35

At the 1988 AGM of the BVAF the question of whether women should become veterans at 35 or 40 was raised. In order to decide it was agreed that more information was needed. Therefore, we would be grateful for your cooperation in answering some or all of the following questions. Please circulate this questionnaire (by photocopying) and distributing as widely as possible to women athletes over 35 years of age.

1. Do you belong to a veteran club and if so which?
2. Do you belong to a club other than a veteran club and if so which?
3. At what age did you last compete on the track for your club team?
4. At what age did you last score for your club (non vets team) in a road race?
5. At what age did you last score for your club (non vets team) in a cross country race?
6. At what age did you start competing as a veteran?
7. What is your main interest? Track & Field ☐ Cross Country ☐
- Road Running ☐ Track Walking ☐ Road walking ☐
8. What age are you now?
9. Tick the appropriate age box(es) at which you have competed:
11-14 ☐ 15-19 ☐ 20-24 ☐ 25-29 ☐ 30-34 ☐ 35-39 ☐
40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ over 60 ☐
10. Do you think women veterans should start at:
35 ☐ 40 ☐ undecided ☐ ?

Name: _____
Address: _____

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 BVA

The Future Of This Newspaper

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 BVA. 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 co-ordinate fund-raising as well as to try to give the veteran movement a higher profile.

We also hoped for a capitation fee from BVA 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 were able to get a small contribution from the BVA. 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 cover them. 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 members; for many reasons, we need to persuade all athletes of veteran age, whatever their level of ability, that they should be members of veteran clubs.

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 BVA - 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 bodies.

We have shown our willingness to cooperate by opening certain of our championships to non-BVA 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 not like!

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 informed.

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? I await the rush.

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

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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. If you have now reached veteran age I am sure you will be tempted to participate in the World Championships next year.

Absolute musts

- * 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 emergencies, 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. Standard coverage is often inadequate. Check with your insurance company.

Entry forms These are now available from the BVA Tour organiser, Mrs Barbara Dunsford, 71 Hilsdale 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 heptathlon 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 Prefontaine trail, along the banks of the Willamette river, or the parks.

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 now!

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 consists of 30 rather 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 basis.

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, some 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 early.

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, 1989, average 74F, highest 93F. No rain.

Shopping/entertainment Good provincial town-type shops, plenty of places to eat out, a Saturday

morning market, cheaper than in Los Angeles or San Francisco.

American Masters National Track & Field Championships

These are being held in San Diego the weekend July 20/21. 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 Dunsford.

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 — 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 Schedule notes: the W45 Heptathlon begins on the first Thursday (1THUR/AM), not 2THUR/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 incomes.

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

INJURY CLINIC

Dr J Nixon MB ChB

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

Advice may be sought by writing with SAE and quoting Veteran No. to Injury Clinic, 'Veteran Athletics', 57-61 Mortimer St, London W1N 7TD

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 reassuring 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 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.

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 great 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...

Veteran Athletics' Dr 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.

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 forgotten to 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 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

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 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 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 confidentiality. 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 W1N 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: 2-2 1/2 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.

BVAF 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 at Welwyn Garden City on August 21.

The Half Marathon, for which Jack did much leg work in organising, was jointly sponsored by Hunter-Pringle and New Balance.

Two vastly contrasting days caused varying 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 stalwarts Rose Van Laerhoven and Betty Forster were third and second at both venues.

At Oswestry the 200 odd starters were faced with a blistering sun and temperatures in the upper eighties. Predictably problems arose and many runners 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 ferried away to hospital along with Vic Seed (Wirral). They were released later.

In the circumstances the times of Alun Roper and his runner up Die 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. Spear-headed by Wood and Forster, Barnet & District continued their excellent run of team wins in M50, while Chris Rollason led Royal Sutton Coldfield to the Women's 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 anticlimax. 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 breakers was reduced to five. With pre-race favourites Ernie 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 change was Les Davis who was pre-race 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 year's runner up in this category Eddie Kirkup, having sent me a copy of his birth certificate, proceeded to wipe up the M60

opposition. Some seven and a half minutes after Eddie in this division was ten mile champion Max Jones, then a surprising third place for Desmond Yeasley of Woking. Former World 1500 metres Champion Brian Neilsen made a solid M65 debut to win that division 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 including 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 Dolphie 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 Memorial 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 am.

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 conditions.

But at Welwyn Garden the women's race was always going to be interesting with last year's 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 overestimated her main rival as she was obviously 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 second win.

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

Marchant for third place overall and second W35. Diana Underwood, June Webb and Pauline Baker all had good runs to emerge as third and fourth W35 and second W40 respectively.

Ann Nally returned to form after a 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 committee 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 myself, 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.



A packed start to the Welwyn Garden Half Marathon

photo: Mick Abell



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 pace, but after 1 mile (4:59) Dave Francis 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 rich on 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 the 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 seconds 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 place.

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 others). 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 omissions 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 absences.

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 Brown.

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 Shafro 27.5, 6 J Barrow 27.8, 7 T Knight 28.1.

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 Small 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 Belmont 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 20:49.84.

High Jump M65: 1 L Williams 1.30. M80: 1 J Searle 1:05 (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 11.34, 3 D Morice

11.0, 4 D Whitton. M50 1 J Phillips 10.07. MSS: 1 D Marshall 10.29. M60 1 G Leete 10.12, 2 A Kalrai 10.03. M65 1 J Swinton 10.47. 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 Alcock, 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 yielded 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 Belmont 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 50m, 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 (Epson 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 A.C. Jeremy Hemming

VETERAN WORLD RECORD-BREAKERS

Rosemary Chrimmes: Age no barrier

At 39 years of age Rosemary Chrimmes 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 a more successful year than Rosemary had in 1968. 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 and Hammer.

So not only does the adulation I looked for a gleam in her record and in fact discovered a defeat, she was beaten to the line by Carina Graham in the 60m at Cusford. 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 Rosemary 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 injury that once caused a physio to tell her to forget about athletics. The most likely answer to the question is that she's a good tactician 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 fitness comes from doing other sports like golf and swimming.

She was on the vets 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 activities that is, for her international experience was highly regarded by the WAAA and she was appointed manager of the British Junior team.

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 Olympic Games. In all she made 51 appearances in a GB vest between 1963 and 1974.

Born Christine Rosemary Chrimmes in Kelso, Scotland, in 1933, she first got interested in the 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 do that sort of thing in those days. But it did not

take long to break down that barrier and her efforts received a big boost in the summer of 1958.

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 Loxells Harriers.

She started to make her mark in the summer of 1963, gaining her first vest in the match 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 Sheffield Electric Meeting in October, she captured the UK record with a throw of 48.07/157'8". A week later she improved the record again with 48.24 but with the Olympic qualifying 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 needed boost in this country.

Rosemary was over 50m for the first time in 1965 and the following year to Kingston, Jamaica, as favourite to win the Commonwealth 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 Manliu of Rumania who won with 55.58 against Rosemary's 49.58. They were both vets. Liu 27 and Rosemary 36. In fact she was the first British 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 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 55.04, was once again strongly favoured to win.

The three married couples representing GB at Munich 1972: Howard & Rosemary Payne (Chrimmes), Alan & Della Pascoe, John & Sheila Sherwood. photo: Jim Regan



There were no mishaps this time, well clear of the 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 that had she had more time at her disposal, and some good coaching, she might have risen to greater heights. Nevertheless it did not prevent her almost yearly improvement: of the UK record. 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 Championships in Birmingham in 1972. She made the team for the Munich Olympics and performed well, producing her best 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 Commonwealth title in New Zealand in 1974.

She fought hard to retain her title in Christchurch but was unsuccessful. The longest of the qualifiers with 52.44 she found herself upstaged in the final series by Jane Hais 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 Wolverhampton June 5th	
39.04 Cwmbran July 23rd	
39.72 Reading July 31st	

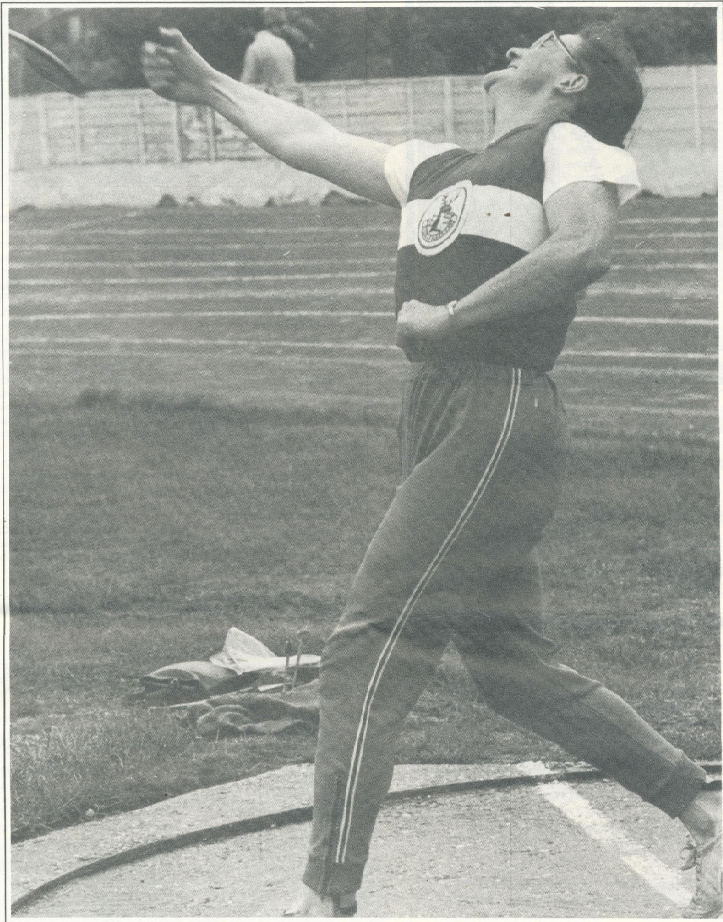
Shot Previous best 11.21 by Marianne Hamm (FRG)	
11.48 Wolverhampton June 5th	
11.74 Verona June 25th	
12.19 Cwmbran July 23rd	

80m Hurdles Previous best 15.52 by Kirsten Hveem (Norway)	
15.2 Wolverhampton June 5th	
15.0 Verona June 25th	

High Jump Previous best 1.35 by Daphne Pirie (Australia)	
1.36 Verona June 26th	

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

Hammer Previous best 20.90 by Pepene Wini (New Zealand)	
27.78 Wolverhampton June 5th	
35.10 Cwmbran July 23rd	
(All are of course subject to confirmation by WAVA)	



Chrimmes throws the discus to another pb in 1972

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 he joined Harvey Jaquet'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 Cophall 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 justified 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. None the less she raised her standards to breeze through in a new world record of 3:35.49, a time faster than the existing W65 British record and one that she hopes will gather into the privileged vets pen in 1989.

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



Jose Waller, multi record holder

to the 500m and the result was a new British record of 2:19.8. She followed this a week later by improving her 1500m British record to 6:35.5. Tackling the 10000 Metres at the BVAFF Champs at Cwmbran she got close to the World Record in a atrocious conditions, but a week later in calmer circumstances at Palmers Park, Reading, Jose finally smashed it with 47:27.5.

The climax to her triumphant season came at the same track on October 2 when she included the 5000m World record in her 'grand slam' with 22:16.7.

International

10,000m Time Twice Broken

by Olympian Francis Larrrieu-Smith, 35, finished fifth in the 10,000m final at Seoul in a time of 31:52, a 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 Teske. She also broke the W35 5,000m record held by Maricica Puica of 15:22.76 at the trials. Larrrieu-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 Alexander.

Hurdle Record Tumbles

The legendary hurdler, Jack Greenwood, 62, of the US, broke his own M50 world record for the 300m hurdles about one year after a heart attack and by-pass surgery. The time recorded was 45.84 against his previous time of 46.31 set in 1985.

Ron Bell sets new world best mile times

The mile has at last become the blue ribbon event of world veteran 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, Merceling, 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't think 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 Ron and 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 hare's role on that third lap. I did the easy bit. He's as much responsible for the record as I am."

Crowd favourite Dyce, who turned 40 in March, is the one who forced the issue once Dixon had conceded. Dyce made his move on the final curve, pulled alongside Bell but never 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 farther."

"But back in the good old days I was a 45-second quarter-miler," 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 Waigwa?

1. Ron Bell, GB..... 4:12.58	6. Al Swenson, US... 4:17.05
2. Byron Dyce, US... 4:13.78	7. Web Loudat, US... 4:20.34
3. Harry Nolan, US... 4:15.38	8. Steve Ferrar, US... 4:20.84
4. John Dixon, NZ... 4:15.51	9. Ron Jensen, US... 4:21.18
5. Ken Sparks, US... 4:16.05	



Bell breaks the tape in the ICI Legends Mile at Orlando

Yet Another Mile

Ron Bell won another well contested vets race over the Butetown Mile at Cardiff this August in 4:21 in windy conditions. Following: Malcolm Martin (Sheffield) 4:26, Alan Roper (Swansea) 4:30, B.Plaia (Cardiff) 4:37, D.Lem (Westend AC) 4:42 and O.Lewis (Swansea) 4:47. Subventions were paid to the first six. G.Backburn (Westbury) was first M50 from T.Knight (Cardiff).

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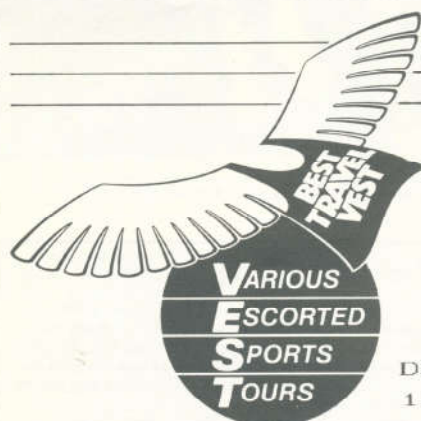
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20 KM

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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 O40 national cross country title in Ayrshire. He followed that success up with a European Veterans' 5000m title in Verona and a 1500/5000 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 main club team for Swansea Harriers. If I 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 last couple of years and go on to much bigger things. I would not like to say what but obviously from results this year it can be 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 last 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 the list of runners we had and what we could achieve. To be fourth was something special for the club really. Next year we should be two or three runners stronger again. Obviously you can't predict injury but we could be something like three minutes faster.

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

AA Having been Welsh team Manager you must have a great regard for Tony Simmons who was brilliant as an all-surfaces runner.

AR It is a pity really that Tony is based in London because if he was based in Wales he could do so much and I would love to see him as a fellow team manager. It was great to go with him as team manager because he passes on so much good information to the youngsters. He is still an inspiration and runs such a canny race whenever he does run.

AA He would make a good addition to veterans athletics?

AR He became a vet in October. Andy Holden is coming to that too so my day is over and it is between those two really.

AA You are under-rating your performance a bit. You have won both the 1500m and 5000m at Cwmbran where you and Ron 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 love racing and like thinking a race right through?

AR I don't like getting out front and valking away with a lower key race. I would rather be struggling in the first ten or 15 and looking for places up the field.

AA You were up against a good field in the 1987 National Veterans Cross Country with Dic Evans, Mike Critchley, Jeff Norman as well as Ricky Wilde and Bernie Plain.

AR When I became a vet in 1986 and had easily won a couple of Welsh events, I went to Sheffield thinking I was the kiddie and took a real thrashing. It did me a lot of good. I knew exactly where I stood in the pecking order and from there I decided to put in the extra work for the following year. I did a lot of circuit training, a lot of weights and a lot of hard work. It was a heavy hilly muddy road, not really my cup of tea, but there was such power coming out of me that I lay. I was always going to win.

AA I would think you are the type of person that would like the atmosphere in veteran competitions, such as the National 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 year to get in the medals. The camaraderie and friendliness was amazing. It was not like the cut and thrust of senior athletics. It is very friendly, easy going and everybody shouting for everybody.

AA How did you approach the European Veterans' 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 basket.

AA How did you become interested in sport?

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 everything. There were all sorts of challenges. Running between lamps, chasing games, rugby. We used to train on an old rugby ground and trained harder than the players at that time, as 7 or 8 year olds. Everything was geared to sport. We 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 player.

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 much to me. I used the other sports to get fit for rugby. I could not wait for September to come around every year to play again.

AA You turned to athletics as your main sport eventually?

AR In 1981. John Theophilus 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 and 1:54s.

AA What type of training did you do in a week?

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 Muggleston in Abingdon and it really opened my eyes. Although I could stay with him on most of his sessions (he 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.

NEVAC V SCOTTISH VETERANS CHALLENGE CUP 1988

The annual challenge competition between North East Vets and Scottish Vets, held at Grangemouth on August 27, was greatly enjoyed 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 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 deliberate. He ran 32:16.5 to achieve a new 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 they were chasing.

Maurice Morrell

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 Quadrathlon for throwers 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 Quadrathlon.

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 raced with men throughout. Marjorie Hocknell had to run hard at the back in 100 and hurdles before winning the 300.

Carol Morris, recent Hephathol competitor, 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 Birchfield.

JH

VAC LADIES CROSS COUNTRY

This is the fourth year the VAC have put on this autumn fixture on Wimbledon and it is gratifying to see the turnout increasing. Lesley Taylor, O35, back in the sport after a break, ran off with the Bert Smith Trophy and a new course record. Brenda Ford, O40 British 4000 champion, came in second and the redoubtable Peggy Fletcher came in third after a fine run as first O55.

SC

SCVAC HALF MARATHON CHAMPS

Barns Green, October 23
At the recent half marathon championships, 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: Graham Ashdown at M40-49, Roy Webb at M50-59 (edging out by single second ex-cross country International, Hugh Ford) 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.

JF

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

throwers in particular had the advantage of a steady head wind and a briskly officiated competition. K. Sheppard, M40, threw 51.90m and Carina Graham went close to her British best with 34.68m. John Caton Mason led the Hammer throw with 44.56, and I. Briggs, the Discus, with 54.08, both M50 class.

Track runners were able to enter on 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 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 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 Docketty, 34:34.

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

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

JH



Carol Morris winning 300m (see left)

WOMEN VETS WIN NORFOLK RELAYS

In the women's three stage at RAF Swanton in October, Norfolk Olympiads Women Vets team won the Open event and County Championship, beating their club's A and B teams. Architect of the success, Diane Marsh, also EVAC CC Champion, won fastest woman at 17:53.

The mens relay went to Bedford, whose G. Ayres was fastest vet at 15:22, from Norfolk O. and Duke Street.

JH

TADWORTH WOMEN'S 10K

First running of the race sponsored by Traffic Garages, Surrey, and listed in VA 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 Auerbach, 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 9th.

NUNEATON TEN

The winner of the MVAC 10M Championships, 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

won the women's section ahead of middle distance exponent Sheila Carey and L. Clifft, Holm Pierpoint, both W40, and Maureen Savage, W45.

JH

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 incline a large group (out of the 123 starters) broke away. Two runners eventually pulled clear: Belgrave's Charles Dickinson and last year's winner, SLH's Bob Gevers. At the half way point Dickinson got away and maintained his position till the finish. Chris France, third, led Boxhill racers to team victory in the 40-49 age group.

Dickinson 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 continue after his M39-42 STTun Run win. But he still came as an unknown to the majority of old hands, including Bob Gevers.

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 London.

Another one who impressed was Bob 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 Ranelagh 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 is why the Surrey is so popular.' The event was directed once again by Bill Bird, President of Ranelagh Harriers.

Alastair Aitken

EVAC CHAMPIONSHIPS AND OPEN T&F

In the 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 Shafro, 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 respectively. 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 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

October 23
A fine start and finish in the town shopping centre was secured by Newton Abbot 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 half minutes and John Butterworth took in the M55. Bob Belmore, from Haslemere, revalued the M60 to a demanding 38:10.

Helen Knowles and Ursula Trevett continued the theme.

David Lord



Dave Francis (91) and Les Davies (228)



Cross Country Veterans race, Richmond Park in Surrey Championships

photo: Jeremy Hemming

FIXTURES

NATIONAL

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

INTERNATIONAL

- 7 Jan Charlotte Observer 10K North Carolina USA 14th event of ICI/USRA Masters Circuit
 8 Jan ICI/USRA Masters Championships (final) 8K Naples Florida USA
 Dean Reinke 400N New York Avenue Winter Park FL 32789
 24-25 Jun European Veteran Championships BRUGGE ad p10
 10K Road 24th, 30K/20K Walk 24th, Marathon 25th
 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
 ed 15 Apr to Entry Coordinator B Dunsford (Eugene ed 1 May)

MIDLAND

- 4 Dec Tamworth AC Open CC Meeting Vet 9400m handicap 245pm
 17 Dec Midlands Counties AAA Indoor Open Mtg RAF Cosford Vet Men & Women 1500m £1.20
 by 21/11 MCAA Devonshire Ho High St Deritend Birmingham B12 0LP
 entry form and SAE (Admission ticket and Timetable) required for each event
 8 Jan MVAC CC Championships Sutton Coldfield
 21 Jan MCAA Indoor Open Mig RAF Cosford Vet Men and Women 800m £1.20 by 3 Jan
 25 Feb MCAA Indoor Open Mig RAF Cosford Vet Men and Women 200m £1.20 by 7 Feb
 19 Mar TAMWORTH Open and Open Veteran Spring Classic Track Meeting
 26 Mar MVAC 10K Road Champs Chelmsleywood
 11 Jun MVAC and Open Track and Field Championships provisional venue Warley
 20 Aug MVAC Pentathlon, and Track 10K Solihull
 24 Sep Wolverhampton Masters T&F meeting Aldersley Stadium

EASTERN

- 29 Jan EVAC Cross Country Championships GRANTHAM
 £1 R Hughes 37-39m High Street Market Deeping Peterborough PE6 8ED

SOUTH

- 26 Nov VAC Pavilion ROEHAMPTON VALE SW15
 17 Dec VAC Wm Wilberforce School WIMBLEDON SW19
 7 Jan Kent Veteran CC Championships BECKENHAM, promoters Cambridge Harriers
 7 Jan Herne Hill Centenary CC BROCKWELL PARK SE24 with Elswick, Sefion and Dundee
 Hawkhill clubs; individual entry by application to Jas Singh HHH
 14 Jan Vets AC Cross Country Champs Wm WILBERFORCE School WIMBLEDON SW19
 15 Jan SCVAC Cross Country League CHATHAM Kent M&W Club teams & individual
 21 Jan VAC at Ranelagh H Vets Champs Petersham RICHMOND Sy 7.5M
 29 Jan Southern Counties VAC CC Champs Leigh Park Gdns PORTSMOUTH
 entry and coach B Dunsford 71 Hillside Cres S Harrow Middx HA2 0QU
 11 Feb VAC Wm Wilberforce School WIMBLEDON SW19
 18 Feb Blackheath H Veteran Champs & Self Handicap 10K HAYES Kent
 25 Feb VAC at Thames H & Hounds Pavilion ROEHAMPTON VALE SW15
 18 Mar VAC Wm Wilberforce School WIMBLEDON SW19 visitors Woodford Green AC
 4 Jun SCVAC Champs Norman Park BROMLEY Kent
 11 Jun Cophall Show Veterans T&F Meeting venue to be announced
 9 Jul Berks Bucks Oxon & Hants Veterans T&F meeting HIGH WYCOMBE Bucks

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

- 22 Jan SVHC 5M Cross Country Champs EAST KILBRIDE
 5 Feb Scottish Veteran National Champs ABERDEEN
 11 Feb SVHC 10K Road GIRVAN
 26 Feb SVHC Indoor T&F Champs Kelvin Hall Glasgow 11am

- 19 Mar ALLOA - BISHOPSBRIGGS Road relay
 26 Mar BVAFF INDOOR T&F Champs Kelvin Hall GLASGOW ad p12
 1 Apr SVHC 10M Road Champs MOTHERWELL
 16 Apr SVHC Half Marathon Champs KIRKINTILLOCH
 6 May Glasgow '800' 10K Road GLASGOW

NORTH EAST

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

NORTH

- 4 Dec 10K road and AGM E Cheshire HQ ASHTON Under LYNE
 11 Dec NVAC Christmas Handicap 10K Road E Cheshire HQ ASHTON Under LYNE
 entries before day to L Heald 22 Cedar Close Bradley Wrexham Bring/Take a prize
 NVAC Monthly run 10K CC Leverhulme Park BOLTON 12noon
 8 Jan Winter Warm Up Track Meeting Belle Vue MANCHESTER [new all weather track]
 8 Jan details J Moran 38 Birkdale Rd Reddish Stockport

- 15 Jan Yorkshire Veteran CC Champs THIRSK
 ed 31 Dec J Smith 7 Birch av Bradford BD5 8EZ
 15 Jan LANCASHIRE Veteran CC Championships BLACKBURN
 £1 Bernard Lister 6 Meadow Lane Worsley Manchester tel 061-794-6872
 12 Feb NVAC Monthly run 8M road Stockton Heath WARRINGTON 12noon
 19 Feb NVAC CC Championships ACCRINGTON enter to (new)Sec
 Arthur Walsham 21 Thornfield Rd Heaton Moor Stockport Chesh SK4 3LD
 19 Mar NVAC Monthly run 6M road FRODSHAM Sports Centre
 16 Apr NVAC Monthly run 6M road WALLASEY 12noon at RUFC
 7 May NVAC Monthly run 10K Road & Canal Path Hood Lane WARRINGTON
 4 Jun NVAC T&F Championships STOCKPORT
 18 Jun 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.

BVAFF COUNCIL MEETING

November 6, Coventry

The Delegates to the recent BVAFF meeting decided to put maximum effort behind the Veterans Road Running Scheme, writes Martin Duff, BVAFF General Secretary.

The proposals, outlined recently in VA, lay down minimum awards for a BVAFF 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 placing adverts in the athletics press to draw atten-

International Round Up

Recent International tours undertaken by BVAFF 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 was 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 the Long Jump.

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. **JF**

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.

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 BVAFF Awards Scheme, Bridge Cottage, Stonebridge, Dorking RH5 4DN.

Other items of interest discussed the International Veterans Cross Country Match at Wrexham, its success and future plans which could include extending the age groups;

the BVAFF/AAA Relay Championships 1989 have been awarded to Sutton Park;

the BVAFF 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.

NM FINANCIAL POOLE MARATHON

21st May 1989

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 Closing Date 21st April 1989

BRITISH VETERAN MARATHON CHAMPIONSHIPS — 10th FLYING FOX MARATHON, OCTOBER 2, 1988

WEST EAST VAC MARATHON CHAMP WHITLEY BA 4 SEPTEMBER MEN M40 M40 & Littlewood 2:35.41 C Brown 2:46.38 K Jenner 2:52.26 M45 & Littlewood 2:55.47 N Hall 3:29.17 H Kennon 4:03.18 M50 J Prudham 3:06.01 J McVillie 3:27.39 P Jones 3:31.46 M55 & Rumbold 2:47.51 D Hall 3:33.12 M60 & Paster 3:04.11 F Stephenson 3:53.47 WOMEN W40 & Rumbold 3:57.12 W45 & Rumbold 3:31.43		Matlock '27 8 T Thornellock 28, 10 C Topley Shelton 30, 11 J Brocklehurst Heaner '30, 12 R Owen Burton '39, 13 B Guy Tarmouth '40 M45 14 T Young Derby M45 '46, 15 D M45 & Littlewood 2:55.47 N Hall 3:29.17 H Run 27:00, 17 R Oldcote County Officers '04, 18 J Brown Cannock '06, 20 A Sidebottom Warrington '07, 21 P Boulton Staffs '08, 22 D Croxley Warrington '09, 23 T Duncan Merca Field 23, 24 D Glick Stiles Matlock 28, 25 D Cowley MVAC '32, 26 N Whitmore Biddulph '34, 27 J Bush Smith '36, 28 L Rastley Stone Masters '36, 29 V Crowther '45, 30 M Harley, 33 G Dingby M45 '34, 34 G White Matlock '36, 35 M Robinson Siffin '36, 36 R Poan M50 West Bromwich 28:01, 55 G Galvay M50 PMAC 29:21 91 T Dighton ICL 31:22 133 ran		NEVAC Pentathlon Champs Jarrow 18 September OLD 1:00 J Ray M40 2276 456 22.53 26.19 21.96 5:15 A Ward 1974 457 26.25 26.35 15.20 4:49 J Charlton 506 233 31.58 25.45 14.95 -- J Scott M45 2548 476 30.27 27.26 26.65 5:59 A Colville M50 2156 411 27.45 24.00 24.00 E Hukkle M50 1323 325 16.69 30.00 17.68 5:29 A McVillie M55 2163 411 17.65 30.59 17.24 5:26 L Radley M40 2789 337 31.54 31.56 26.25 6:30 L Watson M70 3341 421 15.98 32.22 22.62 6:20		EVAC 10,000m WALK CHAMPIONSHIP SHILBESDALE 25 SEPTEMBER E Shillabear M45 49:22, P Hannell M40 50:51.1, J Richards M40 51:14.3, W Wright M40 53:48.8, A Collins 55:32.8, D Stevens 56:40.0, P Markham M50 58:22.0, C Chaplin 55:51:51.3, D Withers M40 56:49.3, A Abidine M60 60:15.2, G Colman 56:55 56:51.5, P Malins 58:29.31 WOMENS 5000m WALK Race 1 G Cann W40 31:14.1, L Precious W45 35:54.5, Race 2 P Horwill 30:35.8, R Scott W40 33:04.8.		SOULHILL MASTERS MEETING 25 September Thores Quadrathlon Harman/Javelin/Shof Club M40 T 29.04:32/22:12/03:27/00 1548 points M50 H Richardson 47:16 38.12/10.03/26.30/20:78ts, B Sumner 38.86/26.90/10.65/28:01 1619, M60 N Carter 16.26/18.57/10.03/26.30 19:40/5, M65 J Jones 23:36/ 28.36/9.37/26:02/15:51, W40 J Murray 17:22/62:16/48, 1056 Heavy Hammer 35lbs Richardson 9:78, Roper 8:54, Sumner 6:94, Gears 4:81, Carter 4:34 100m graded race 1 M Green M40 12.4, D Mawhood M50 12.6, N Penwarden M45 12.9, Marshall M55 13.2, J Conroy M45 13.3, M Smith M40 13.3, A race 2 M Conroy M40 13.0, J Croes M55 13.4, D Cook M40 13.6, N Gao 13.9, R M Hocknell W40 13.1 race 3 Y Priestman W40 14.4, Nightingale W55 14.8, C Morris W40 15.0, J Keady 15.2, race 4 M Mills W45 14.7, R Chimes W55 16.0, N Croes W45 15.5, J Burns W50 16.0, C Nutall W55 16.2, J Smallwood W40 16.2 120 yds javelin handicap Green 13.9, Corby 14.0, Burton 14.2, Priestman 14.4, Cross 14.5, Mills 14.6, 200m hurdles Racer 1 Green 29.1, J Cann 29.2, C Shatto 29.7, D Burton 29.7 race 2 M Clarke 30.0, D Marshall 30.0, M Hocknell 33.1, J Ross 33.2, 1000 yds 3 race 3 women R Brownlie 36.8, N Croes 39.4, Y Priestman 38.6, C Morris 39.9 300m graded race 1 Corby 40.8, Clark 43.4, M Smith 43.9, Penwarden 44.8, Marshall 45.2, race 2 P Owen 42.0, --, J Walpole 43.8, D Cook 44.8, --, Wiggins 47.5, 3 race 3 Hocknell 45.3, Trevel 48.1, Brownlie 48.9, R Hinds 49.6, race 4 Morris 50.1, C Nutall 50.1, J Burns 51.8, 600m graded G Peel 1:31.1, Owen 1:38.2, Walpole 1:38.6, Corby 1:39.7, R Banters 1:42.0, K Morgan 1:50.1, Williams 1:52.2, J Amstrong 1:55.8, C Trainor 1:56.8, R Hinds 1:58.1 Meath House Mile Piel 4:11.8, P Smith 4:24.4, 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, G Oxbury 7:16.1, A Runners 7:50.0 Johnathon Hilly HJ LJ TJ points G Leets 1.45.70/1.01.21 2646 S Power 1.65.58 126.26 2309 M Green 1.50.4.71 1037 1451 Womens Field Shot R Chimes 11.79, P Brenley 5.8, J Smallwood 8.90, J Murray 7.72, M J Smith 10.01, P R King 10.01 Discus Chimes 35.72, Rastley 35.72 Murray 23.26, Wiley 14.94, Javelin Braden 28.70, C Morris 28.10, J Hadley 25.08, Smallwood 23.16, Burns 22.48, Cross 20.20, Wiley 13.98 Long Jump Hadley 47.37, Brownlie 4.45, Smallwood 4.40, Priestman 3.99,		BVAF 10 MILE CHAMPIONSHIPS Category Winners M401 A Roper Swanssea 52:57 2 D Evans Cardiff 53:09 3 B O'Neill AFD 54.3 A H Matthews Ewelick 54:33 5 J Norman Abhrinhann 54:43 6 S Lewis Swanssea 55:27 7 R A Evans Tipton 56:18 10 P Hyde Alt, 57:44 26 J Spells Ewelick 58:24 22 D Drysdale Ewelick 59:50 32 G Owens Prestatyn RSC 100:19 33 J Jackson AFD 10:05 35 J Piel Cardiff 10:22 40 A Edwards Swanssea 10:39 41 A Barlow Alt 10:39 42 J Gibson Grantham AC 10:34 43 P Ford Ford Great Western R 10:40 46 A James Prestatyn 10:43 1 47 F McAlister Salford 10:40 5
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[illegible]

Mason 32.56, J Phillips 31, M700
Mason 27.54
J Phillips 39.04; M55 Day
24.28
Hamerer M50 Caton Mason 44.30
M700 Metcalfe 23.04

100m W55 Keating 15.4; W45
C.Derrien 15.5; W50 E.Foyle 16.2
W50 P.Maffia 18.0; W65 P.Taylor
26.28

**GREAT NORTH RUN HALF
MARATHON 24 JUL**
WINTER AGE GROUP WINNERS

MEN
M40 M Green 1:07:30
M45 M Flynn 1:11:47
M50 F Dockery 1:18:04
M55 E. Aspinall 1:15:49
M60 R Pearl 1:20:35
M65 F Fraser 1:35:34

WOMEN
W35 Judy 1:16:36
W40 C. Smith 1:23:08
W45 J Archibald 1:41:48
W55 B Bell 1:56:35
W60 L Lewis 2:36:55

**NUNEATON HARRIERS 10M &
MVAC CHAMPS**

17TH SEPTEMBER
M40 1 J Offord Beaumont 51:51 2 C
Kirkham Goodway 54:01 3 R Pantier
Nuneaton 55:12 4 C Woodward Lane
55:18 5 R Smith Notts 56:54 6 J
Whitley Lane 56:55 7 J Preston
Nuneaton 57:11 8 J Mackintosh Notts
57:18 9 A Edwards Sparkehill 57:19 10
J. Oates Birchfield 57:21

M45 1 G Patton MF 56:20 2 M
Hawkins BAR 56:31 3 R Hyman
Goodway 56:45 4 M Whrenn Tipton
56:27

M50 1 G Griffiths Notts 55:09 2
Blundell BAR 56:49 3 R Rawlins
BAR 66:32

M55 1 A Hughes MVAC 59:25 2 G
Oliver HR 59:44 3 C Simpson Sot &
H 59:44 4 G Blackburn BAR 63:57

M60 1 G Phillips MVAC 63:49 2 E
Nicholls BAR 66:30 3 A Hrkman
RSC 66:49

Crooke M40 41:25, 17 J Fittergood
54:25, 8 J Walsh 54:25, 10
47:27, 9 B North W55 48:28, 9
10 E O'Neill W55 57:02.9

**MVAC 10K Track Northwood
Stokes August**
M40 S Murrin 34:13.1, 2 P Smith
34:14.2, 3 J.Brown 35:33.0, 4 J
Morris 39:10, 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 J.D Wood M50 34:39,
4 Austin M40 35:50, 5 M Miller
M50 35:27, 6 A Smith 35:46, 7 C
Woodcock M45 35:58, 8 R Davidson
M50 36:28, 9 D Case M50 36:38,
10 J Green M50 36:54, 11 R
Balmorum M50 37:32, 12 D Coward
M50 38:00, 13 K Pacey M45 38:46,
14 D PORTER M55 40:21, 15 J
Leith M55 41:08, 16 G Richardson
41:22, 17 G Collins M50 42:24, 18M
McDowell M50 44:42, 19 L Brown
M55 45:37, 20K Burnett M55 46:15,
21 Vane M60 51:22

**SVHC 10K Track Grangemosh 3
September Over 40**
1 G Graves M40 33:55, 2 D
Fairweather M40 33:43, 6 G Milne
M40 M45 35:36, 4 G Milne
M40 34:17.6, 5 R Young 34:04.6, 6
H Watson 34:54.0, 7 J Christie
34:53.0, 8 K Hogg 35:24.9, 9 R
Cartwright 36:20.0

Over 50 1 O Frazier M50 34:57.0, 2
W Stoddart M55 35:46.3, 3 W
Marshall M50 36:14.0, 4 W Temple
36:15, 5 S Lewis 36:06.4, 6 M
McGinlay M60 44:56.7

**NEWTON ABBOTT 10K Road &
SVWAC Champs 23 August**
M45 1 Francis 32:07, 2 K
Deighton 32:23, 3 C Abraham
35:21, 4 C Crawshaw 47, 5 M
Cockwell 56.8, 6 T Saywood
36:12, 7 B Brockington 42:29, 8 R

40:33.6, 5 K Mayor 40:29, 6 R
Smith 39:32, 7 K Summersall 45:37,
8 JB Clarke 45:45, 9 M Widdow
50, 10 R Dobson 34:02, 11 M Lister
13, 12 A Turnbull 32, 13 Guest
35:05, 14 D Walton 45:22, 15 E
Westlake 46, 16 S Bragg 36:04,
17 D Mainwaring 36:04, 18 J Farrer
38, 19 Smith 38:20, 19 G Harvey 29
over 50 1 P Dawson 50:34:56, 2
Miles 50:35:35, 3 K Fozzard 50
41, 4 J Hodgkinson 36:56, 5 G
Atkinson 37:52, 6 R Woolmer 38
P Madden 37:51, 8 R Rogers 55
5, 9 B McGulgan 55:07, 10 T
Parr 59, 11 D Howarth 55:36:24, 12
S. Sonnersten 28, 13 P Gibb 33, 14
D Briggs 40:40, 15 J. Hogg 41:00,
15, 16 M Stewart 60:25, 17 C
Betts 30, 18 B Crook 60:47, 19 G
Gowland 41:21, 20 J Aitchison
W55 42:09, 21 L Small W55 42:22,
22 M Neilson(G) 42:30, 23 J Farrer
38, 24 R Allen 48, 25 A Fearnley
43:08, 26 K Hall 45:09, 27 F
Valentine 19, 28 P Mann W55 44:50,
29 J Jones W40 48:41, 30 J
Sullivan 70:50:07, 31 J. Field 65
51, 32 J Monte(G) 51:55

**Eastern Vets A.C. Open Vets
Champs at Corby 4.8.88.**

100 Metres
M40 1 P.Fulfer(Hunts) 12.5 2
J. Fyfe(Luton)

M45 1 W.Thomas(Dacorum)12.1
P.Duckers(Sharnford)12.7
D.Brock 13.4

M50 1 F.Taylor(VAC)12.4 2
J. Fyfe(Guild)12.3
J.Wood(VAC)12.0

M55 1 W.Guy(Har)13.7
G.Daborn(EVAC)12.8

M60 1 A.Kalina(TV)13.9 2
J.Lewis(EVAC)13.9
F.Copping(psi)17.0

M65 1 H.Goodman(pswich)16.2
M70 1 C.Fairney(Kent)14.8 2
B.Metcalf(EVAC)15.5

M75 1 G.Woodford(Marsh)14.3 2
H.Vogel(Jpsi)14.4

M70 1 M Gabber Telford 7:17
WOMEN
W35 1 D Underwood Centurion 62:52
2 M Fahn RC 72:70
W40 1 G Casey Nuneaton 64:41 2 L
Critt Holm Pierpoint 65:19 3 H Payne
RSC 86:52
W45 1 M Savage Centurion 68:17 2
P Roe BAR 74:55

TYNEDEAL HALF MARATHON
11 SEPTEMBER
M40 K Lowther 70:48 H Matthews
70:53 J Bell 72:26 D Lowther 72:53 M
McNally 75:50 K Graham 75:03 D
Love 76:32 D Charlton 76:48 R
Thistle 76:53 K Robson 78:04 A
Griffin 78:15 P Blundell 78:35 R
Johnson 78:37 G Duff 78:52 E
Baldwin 79:20 J McGinley 79:51 P
Pascoe 80:12 D Moir 80:36
M45 R Highnam 77:01 T O'Garra
77:35 P Wilson 80:19 L Bisham
80:58 F Strand 81:55
M50 F Dockerty 77:03 B Cordes
81:13 B Milburn 83:42
M55 R Shearhead 82:21 J Prudham
86:54
M60 P Pearson 84:32
W35 M McFarland 82:59 82 ibetans
ran

**International Veterans Cross
Country Match, Moss Valley,
Wrexham - November 5 Legend:**
W40 = Wales over 40 etc
Men 1 - list 50
1 1-3, Simonns W40 31:52m,
2 A Roper W40 32:24,
3 T Davies W50 32:56,
4 D Evans W40 33:06,
5 S Cowies W40 33:12, 6 G Owens
W40 33:17, 7 A Adams60 33:19, 8
A J. E. E40 33:26, 9 S. Curran
E40 33:36,
10 H. Matthews E40 33:41, 11 J
Seggie S40 34:07, 12 A. Duncan
S40 34:11, 13 P Hyde E40 34:12,
14 J. Day S40 34:14, 15 A Jeffries
W40 34:16 16 M. J. E40 34:21, 17
D. Owen- Lewis W40 34:34, 18
B. Plain W40 34:37,
19 C. Leigh W50 34:44, 20 B. Little
E45 35:02, 21 S. Greaves S40
35:11,
22 J. Young S45 35:14, 23
H. Darbon E45 35:15, 24 D. Williams
W45 35:20,
25 R. Elliot W45 35:23, 26 A. Griffiths
W50 35:24, 27 J. Polgreen E45
35:25,
28 J. Staffield E45 35:32, 29 F. Bell
W45 35:41, 30 R. Parnell E50 35:43,

44 I. Matland S50 37:37, 45
N. Newham S50 37:50, 46
J. Morrison S50 38:03, 47
E. Williams W50 38:47, 48 E. Isaacs
E50 39:00,
49 H. Morrison S50 38:15, 50
T. Miles W50 38:31,
Men's Team results:
O40 Wales 11, England 28,
Scotland 40
O45 England 21, Wales 21,
Scotland 38
O50 Wales 12, England 28,
Scotland 42
Women - 1st 20 Legend S35 =
Scotland over 35 etc
1 J. C. Marsh E50 34:14, 2 Taylor
E35 20:15, 3 L. Robb E35 20:27,
10 M. Auerbach E40 20:29, 11
A. James W35 20:33, 12 C. Bowler
W35 20:35,
13 E. Goodch W40 20:50, 14 S. Rogers
S40 20:50,
16 S. Kirkup E40 21:10, 17

NORTH EAST VAC 10K CAMP
MONKTON STADIUM JARROW
14 SEPTEMBER
MEN 40-49
M40 K Lowther 31:29.3 D Lowther
31:50.7 P Bentley 33:51.1 A Nixon
34:23.7 V Robertson 34:23.7 P
Baxter 35:30.2 D Eccleson 36:05.7 B
Campbell 36:59.7 M Dickson

31 M Edwards 34:56.47, 32 I Ray
34:56.51, 33 R McMahon 34:55.33,
34 T McCall 34:55.39, 35 guest
36:08, 36 R Mawer 36:16.37, 37 T
Harper 36:22.39, 38 J Roberts
36:25.39, 39 A Garner 36:29.40, 40 L Leggett
36:45.29, 41 P Hampton 55.00
36:47, 42 B Griffiths W50 36:56.43
guest 37:52.

J Lochhead W40 21:32, 19 C Ball
W40 21:34, 20 N McKinnon 35
21:42.

Women's Team
35 England 1, 2 Scotland 16,
3 Wales 18
O40: 1 England 10, 2 Wales 14, 3
Scotland 25

Wire 8: 26
wheyb
T M
: Dis 1:
1.5, 800
38.44, H
10.39, J

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