

Veteran Athletics

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Number 11

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BRUGES: PORTEOUS DEMOLISHES M75 MARATHON RECORD

Despite the heat, Gordon Porteous knocked 8:19 off the long standing M75 World Record. Jack Fitzgerald was there to run and report.

WITH the walkers also in action this year, the annual pilgrimage to this fine Belgian city was larger than usual. It was a very special occasion as these were the first official European Championships since WAVA took over the responsibility of non stadia events from WIGAL. Jacques Serruys having always had a foot in both camps was the ideal choice to host the new formula. Terrific organisation it was too with the women walkers 20K, the men 30K and the runners able to double up at both 10K and the Marathon on consecutive days if they so wished. Many did.

The Walks

The women were first back in the stadium after the 9am start. The leader was Frieda De Wolf, W45, of Belgium, who in the very good time of 1:50.37 was 19 seconds ahead of the younger Spaniard, Sigrid Leimpinsel, the W35 winner. First British walker was Pam Horwill just out of the W50 placings in fourth, but Renee Scott made no mistakes in taking the W60 title by over two minutes.

Meanwhile Bob Dobson, M45, still manages to hold his own against many younger walkers. He finished first in 2:32.25. Colin Young was fourth in the M50 category and John Dunsford excelled with a second placing in the M55 category. These three combined times were good enough for second team place behind the Germans.

The 10K

It was extremely hot at 3.30pm when the field of 428 runners set off and even after a mile many were suffering from the humid conditions. Among the early leaders Les Presland and Taff Davies (who had a short rest when he tumbled over) were already established as the likely M45 and M50 winners. There was never much daylight between local man Omer Van Noten, Malcolm Martin and Bryan O'Neill and on returning to the stadium for the last time, the Belgian surged and pulled Martin away from O'Neill. However, O'Neill recovered to place second pushing Martin into third.

Taff Davies had recovered from his fall to finish in eighth place overall and so gave Aldershot the club prize. Hull AC came second. Les Presland was one place ahead of Emiel Puttemans in 12th place to take the M45 title ahead of his Aldershot colleague, Martin Duff. Other male British placings were Willy Marshall and his fellow Scot, Gordon Porteous, winning the M60 and M75 titles quite easily. The English trio of O'Neill, Martin and Dingwall (fourth 040) took the International team race from their old antagonists Belgium with France third.

Bronwen Cardy-Wise was always winning the women's race and her 35:18 was over two minutes ahead of Spain's Maria Lope Riaz, who was first W40, five seconds ahead of Belgium's Marie Paule Ketelslegers. Recent newcomer to the W45 group Elaine Statham celebrated her new status with a 67 second win over Austria's Heidi Neiner with Anne Nally third. Another to move up an

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The start of the 10K: 1359 Malcolm Martin, 1303 François Bloemarts, behind them Brian O'Neill, 3349 Taff Davies, 1347 Ernie Cunningham, behind him John Matthews, then Jim Dingwall 1350

A WEEKEND OF WORLD AND BRITISH BESTS

Rockfort National Veterans Track & Field Championships Reading, July 8 and 9

Palmer Park, Reading, resplendent with its new grandstand, provided an ideal setting for the 19th veterans Track and Field Championships. Martin Duff of Athletics Weekly reports.

GENEROUS sponsorship by the Rockfort Group, the well known Reading based commercial and residential building company enabled the running events to be blessed with photo-finish equipment courtesy of Ernie Obeng. Good quality medals more than made up for the austerity 1988 version. Rockfort were more than pleased with the record turn out and not least the British and World Bests set.

Heading the lists of the World record breakers were that distinguished pair of veteran ladies, Joselyn Ross and Jose Waller. Joselyn knocked 20 seconds off the W60 10K best with 43:01.1, whilst Jose, who told me during the race she was 'not talking to people' whilst running took over half a minute from her own World Record with 46:52.2.

The other World best performances also came from the women: Marjorie Hocknell, although having run faster with manual timing, was electrically given 66.33 in the W45 400mH. Rosemary Chrimes, with more than a handful of W55 golds, was able to improve her High Jump WR to 1.37, while Jo Ogden in the W60 Javelin took advantage of the favourable conditions to throw 31.40 for yet another WR. The final global best set was a second for Joselyn Ross when she improved the 5000m record to 21:02.3.

Elsewhere there were some good doubles: Celia Duncan W35 1500m/10,000m was unopposed, but it would have been an advantage to see Celia up against Pat Gallagher who solo ran an identical 1500m time of 4:40.1 in the W40. Pat's second gold came in the 800m with 2:17.4 where she beat Anna McDonald. Anna had already won her double by that time with a W40 400m of 61.80 and 200m in a speedy 27.19. Judy Vernon (W40 100m 13.51) and Pat McNab (W45 80mH 12.65) both looked stylish, while Karen Yewer scored a middle distance double in the W45s, her 800m in 2:28.0 being a new UK record.

In the W50s Una Gore lowered her UK 100m best to 13.50, adding the 200m in 28.29 for good measure, while Swindon's Almuth Prowse scored a middle distance/long jump treble with a 2:40.6 UK best in the 800m. Monica Shone W60 400m/800m also doubled while Jo Ogden added a sprint twin-set to her throw golds. Mary Wixey collected a handful of golds in the W65 category.

And so to the men — at last, do I hear my readers say? There were some pretty exciting races with quality in depth right through the events and age groups. Wolverhampton's Roger Walters, a former International, raised a few eyebrows with his sprint double in the M40 (11.36 and 22.98) with ex-pro sprint king recently reinstated into the SVHC, George McNeil, narrowly beaten in the short event. TVH Internationals, Pete Browne and Clive Thomas, cleaned up the 400m and 1500m. Browne ran a controlled 51.23 in the shorter event, before pouncing on the pace-making World champion, Ron Bell, in the 800m, to clock

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September 3 — a notable day

THIS is something of importance to every single reader of this vets paper, whether dedicated road runner or relaxed bystander. It's of major importance to the whole vets movement itself. It's the National Half Marathon!

Bounded up with this one event is the whole future of British Vets. It represents the leading edge of the movement, it's our link with the AAA, it's our grand bandwagon for members. It supports the vets and in its turn it has to be supported by every single vet.

Every individual has a role. Either... (1) Race the Half Marathon, at Downham Market, Norfolk, on September 3 (see advert P10), if you can get your legs around anything like the distance. (2) Spread the word among your club-mates and turn up to cheer them on. (3) Do your bit by taking up the full allocation of tickets in the Raffle organised by O60 sprinter Alan Lovett and distributed inside this issue. Send for more books if you can sell them. (4) Send a donation, by adding something to your entrance fee cheque, or just send it to Bill Taylor at 17 Poplar Farm Close, Milton-under-Wychwood, Oxford. (5) The race has no major sponsor this year. So if you're running, get yourself sponsored at so much a mile for the race. If each runner brings in a few pounds this way, we benefit enormously.

The rest of the year you get competition laid on, access to internationals, this newspaper and the organisation is kept efficiently organised. Today it's your turn to reciprocate.

SUCHARD SUPPORTS VETS



Holding a large cheque on left, Bill Taylor, receiving from Liam Killeen, Product Manager of Jacobs Suchard Ltd, at the launch of the MILKA TOBLERONE sponsorship of the International Vets Cross-Country Championships 1989. Photo: Keith Mayhew

JACOBS Suchard Ltd confirmed their sponsorship of the 1989 International home countries Veterans Cross-Country Championships at a launch ceremony at The Bams Hotel, Bedford on Friday, June 23. In presenting Bill Taylor, Chairman, BVAF, with a cheque for £3,500, Liam Killeen, product manager of the Bedford based company expressed his delight that the company had agreed to support such a prestigious event in Bedfordshire. The event will be run under the title of

'The 1989 Milka-Toblerone International Veterans Cross-Country Championships'.

A large proportion of the sponsorship money will be used to subsidise hotel and travel costs of competing nations, England, Scotland and Wales. In addition, an invitation is to be extended to Northern Ireland to make this a truly home country international. The generous support also enables additional age-group races to be included. These Championships will therefore have categories for

M40, M45, M50-59, M60+, W35, W40-49 and W50. The races will be incorporated into the annual Bedford and County AC 'Amphill Trophy' meeting which already attracts some 2000 entries in all age groups. The two veterans races — men 10K, women 5K — will not be solely for the international event. They will be open races thus allowing all veterans to participate.

Competitors will be offered accommodation at the new Bams Hotel in Bedford where an attractive price has been negotiated. There will be a Saturday evening pre-race function in the Hotel's 14th century tie barn. Bill Taylor thanked Jacobs Suchard Ltd for their magnificent support of the 1989 event and assured Liam Killeen that every effort would be made to ensure that their investment in veterans athletics would be well rewarded. HD

WAGWA - 4:05.71!

WILSON Waigwa demolished the world mile record for men O40 with a sensational 4:07.4 in the US on May 7. In the nationally televised open meet Waigwa finished eleventh in the race behind winner Doug Padilla (4:00.35) to break the current masters mile mark of 4:12.56 set by Australia's Tony Murray.

Waigwa's splits were 61, 2.04 and 3.07 closing with a fast 58-second last lap. The record is pending.

See P8 for Eugene contest

Veteran Athletics

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NOTICEBOARD

Marlow Area: It has been decided to explore the possibility of forming a club in the Marlow-Bisham-Bourne End area. Any runners, whatever standard or age, interested please contact B. Standing, "The Puffins", 83 Wycombe Road, Marlow, Bucks, SL7 3HZ, Telephone (Day) 0628 890211. (Evening) 0628 890076.

Highgate Harriers is to add a Mixed Veterans Team to their annual Hampstead Heath Volvic Fun Run this year. To be held at 2pm on Saturday, September 2 on the National Cross-Country course, the 3M event will be open to individual entrants as well as different team categories. The Mixed Veteran Team will consist of four persons O40 to include at least one person from each sex. Entry forms from Runners Need, 34 Parkway, London NW1 7AH (enclose an SAE).

PRIZE DRAW The draw prize has now reached three figures. To join, send £12 per ticket to Bill Taylor, Veteran Athletics Treasurer, 17 Poplar Farm Close, Milton-under-Wychwood, Oxford. See P6 for draw winners.

Eleventh Flying Fox Marathon

and

British Veteran Marathon Championships

Sunday October 1st

at 12 noon

At STONE in Staffordshire

(Held under AAA & WCCA rules)

Permits - STAFF 89/065 and 121/89

Entry Fee £5.00 (Unattached £5.50)

Entries restricted to Men O/40 Women O/35
Trophies & Prizes awarded in age groups
Plus £150 prize draw for Club teams of five runners

Closing date for entries 12th September

Promoted on behalf of the

British Veterans Athletic Federation

by STONE
MASTER
MARATHONERS

Race limit 5 hours

Sapienta atque Levitas



ENTRY FORM

Please return by 12th September, 1989

with appropriate fee and S.A.E. 9 x 6 for race number and programme

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

FULL NAME _____

CLUB _____

VETERAN AFFILIATION & MEMBERSHIP No. _____

SEX _____ DATE OF BIRTH _____ AGE ON RACE DAY _____

MARATHON PB IN LAST 2 YEARS _____

ADDRESS & POST CODE _____

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Entry Fee £5 (unattached £5.50)

If you live over 130 miles away SMM aims to offer free
accommodation with a family. Please sign below if needed

SIGNATURE _____

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

SIGNATURE _____

DATE _____

WESTBURY TVH HAVERING ALDERSHOT — CHAMPIONS ALL!

Wilf Morgan reports on the 2nd AAA Veterans Road Relay Championships in Sutton Park on May 13, an event that can already claim to be the most popular of all veteran championships.

THE PARK looked at its best, green and pleasant, and the weather, generally sunny with a light wind and the occasional shower, made conditions less than ideal but on the whole pretty good. The course, the 3 mile leg of the established AAA 12 stage race, was hilly and testing, much to the taste of the experienced road runner. Over 1,000 competitors took part.

O60 MEN — three stages

TVH, last year's winners, were favoured to retain the title and they led off with Ron Franklin.

Ronnie, a dedicated vegetarian, looked in good shape and he got round in 18:06 to give TVH a lead of 150 metres over Clayton-le-Moors and Solihull. We then waited to see if TVH would be challenged on the second stage. It was. Solihull's Ken Dare pulled back 15 seconds and TVH found themselves pressed.

Your reporter had a close up view of Colin Simpson's face as he prepared to take over from Dare and run the last leg for Solihull. Watching the outgoing TVH man, Steve Charlton, his expression was pregnant with interest.

When Simpson got moving Charlton looked to be about 80 metres down the road. He went after his man and narrowed the gap to within 30 or 40 metres at the top of the first hill, about 1000 metres from the start. But try as he did he could never manage to get on terms with Charlton and the gap stayed much the same right through to the finish. Simpson's time (18:05) was the fastest of the race but Charlton (18:10) had stuck to his task admirably. A fine contest between two well matched teams. Clayton-le-Moors were third.

WOMEN — four stages

Last year's winners Arena 80 were not present. It looked like a duel between Aldershot and Westbury. Each had a couple of strong runners and much depended on the support they got from their team-mates.

Doris Trueman (17:36) gave the local club, Royal Sutton, a sizeable lead at the first changeover. Joanna Jay of Great Western was second home in 18:10. But even at that point one looked towards Westbury and Aldershot; they were fourth and fifth and Westbury had a 17 seconds advantage. The second leg was significant, for Aldershot badly needed to pull that back and gain some, with Westbury running their big guns, Marilyn Palmer and Pat Gallagher on third and fourth legs.

The second leg effectively decided the outcome. Aldershot's Margaret Beecham, rather surprisingly, could make no impression on the Westbury runner, Shirley Swift-Smith. At the changeover the difference was 16 seconds. From then on it was no contest. Palmer quickly overtook Royal Sutton, who still held the lead going into the 3rd stage, and carved out a lead of 63 seconds

on Aldershot who were now second.

Gallagher versus Aldershot's Celia Duncan sounds like a good match. It might have been had they started a few metres apart, but the deficit Duncan faced was just too much to make a race of it. She certainly tried and recorded the fastest time of the race, 16:49. But by this stage Westbury's victory was a formality.

O50 MEN — six stages

Those of us who indulged in pre-race forecasts were hard put to name a club as most likely to succeed in this one. I thought the victors would come from the North and rather fancied Wirral. The first leg gave no clues. Brian Bartholomew (16:47) gave Brighton the lead but there were 20 clubs within a minute of them.

The second leg saw some dramatic changes in the order. Mike Robinson (16:40) lifted Havering from 22nd to second. Maurice Morrell (17:28) upped Wirral from 31st to 10th and Dave Tilley pulled Bolton from 36th to 12th.

The teams in contention emerged on leg 3. Vale of Aylesbury wrestled the lead from Hillingdon as Ron Gomez ran 16:09. Havering stayed second and Cambridge moved into third after Davidson's 16:54.

On leg 4 Havering moved into the lead for the first time, Warren Roe ran 17:13. Bolton shot into the picture as Freary ran 16:13 to lift them from 12th to second, only nine seconds behind the leaders. Derek Lawson (16:57) moved Bingley into third. VoA had slipped to fourth. But there were only 26 seconds between the first three teams at this point.

Bolton's challenge faded on leg 5. Jim Hogan (17:10) brought VoA back into second. Havering were still out in front as Tom Hoyle ran 17:32 and Bingley, handily placed throughout the race, held third place. Going into the last leg only VoA, 28 seconds behind Havering, had a realistic chance of catching them.

Tim Pailthorpe gave them no chance. Behind Pailthorpe there were a number of valiant efforts — the most impressive from Ted Isacs who raised Wirral from ninth to fourth. He produced the fastest leg of the race — 16:08. But it was Havering who had the strength in depth. Third last year, their team was strengthened by three men who ran in their M40 team at Tring — Bland, Robinson and Pailthorpe.

O40 MEN — eight stages

One can make no bones about it, this race was dominated by Aldershot from start to finish. They were tenth at the end of the first leg but after Brian O'Neill (15:01) had put them into the lead on leg 2 the signs were ominous for the others. John Sheridan (15:11) moved London Irish into the lead on leg 3 — they used their best runners on the first three legs. After that it was Aldershot all the way.

When Les Presland regained the lead on leg 4 and handed over a 61 seconds lead to Martin Duff one wondered who could give them a race. Certainly not Tipton who had just used Andy Holden (15:03) to lift them into second place but had no strength to follow.

Several teams used their big guns on leg 6, including Aldershot; Taff Davies ran 15:05. This was a remarkable effort

from a 51-year-old. Behind him Sheldon Cowles (14:44) brought Oxford into second but Aldershot were well down the road. Further down the field Alun Roper ran 14:42, the fastest time of the day, to move Swansea up seven places, no easy task at this stage of the race. Newcastle were third but over two minutes behind and now running for a place.

The final two legs saw no change in the leading positions. The result was the inevitable victory by Aldershot. They had retained the championship superbly.

There were some last leg heroics from runners who set out to improve the placings of their teams and pride of place must go to Alan Ross of Verle. He recorded 15:04 to lift his club from ninth to fourth. But the day belonged to Aldershot.

There is no doubt that Ron Blastland, the prime mover in establishing this race, has produced a winner. Most vets are road runners and a relay, a peculiarly British institution, produces special vibrations. This was evident in Sutton Park as the sense of occasion, of running a leg for the club, of contributing something to the team effort, warmed the hearts of runners and spectators alike. There is nothing quite like a road relay.

174 teams took part in the four championships. Including the handful of runners whose clubs did not close a team the head count of competitors was in the



Ace relay runner Alun Roper on his way to 14:27, the fastest ever by a vet on the road relay course at Sutton Park in the AAA 12 Stage, April 15. Photo: Wilf Morgan.

region of 1180. By far the largest gathering for any national veteran championship in this country, perhaps in the world.

Newcastle Strike Gold Again



A triumphant Newcastle team: l-r: (Standing) Club Chairman Pete Goodfellow, Tom Toft, Dave Cartwright, Mike Smith (club official) Sammy Tune, Pete Larkins; (Kneeling) Alex Marconi and Team Manager Ken Collins

Dave Edwards reports

NEWCASTLE confirmed their position as the Midlands leading veteran road running outfit with an emphatic victory for the second year running in the Midland Counties 6 Stage Veterans Road Relay, Sutton Park on March 25.

Conditions were conducive to good times and the foundations for the victory charge were laid as early as the first leg when Tommy Toft produced an action replay of last year to place Newcastle in pole position. Tommy ran the fastest short leg last year and on this occasion he produced the fastest long leg (28:41) to place Newcastle ahead of Tipton for whom Tony Coyne ran 28:45. Nott's Graham

Astill (29:07) placed them well in the hunt.

The second leg established the pattern. Sam Tune put Newcastle over a minute clear of Notts, who were 8 seconds clear of Tipton.

It was all over 'bar the shouting' as Dave Cartwright trotted out a 28:53 fourth leg to put Newcastle over 3 minutes ahead.

Highlight of leg 5 was PMAC's Alan Austin's 15:44 for 3rd fastest short leg of the day — he has only been running competitively for two years.

Pete Larkin cruised home to seal Newcastle's victory. They finished an incredible four minutes ahead of Notts and Tipton took third.

OVERSEAS NEWS

49 new Indoor World Records were established and five equalled at the US National Masters Indoors held March 31 - April 2. Jack Fitzgerald reports. MOST of these records were recorded by competitors over the age of sixty with pride of place going to Pearl Mehl, W75, with 60m in 13.44, 200m in 46.58, 400m in 1:05.59, 800m in 4:06.55, 1500m in 7:43.3 and 3000m in 15:53.5.

Close were Konrad Boas, M85, with 11.92 for 60m, 42.91 for 200m, 1:19.40 for 400m and a Triple Jump of 4.83 and Mary Bowermaster, W70, with 10.36 for 60m, 37.85 for 200m, a 7.76 Shot and a 1.09 HJ which equalled the old record.

Canadians also figured: Karl Trei, M80, 13.42 for 60mH, 3.39 in the LJ and 7.09 in the TJ; Canuck Earl Fee, M60, set a good double of 59.82 for 400m and 2:17.84 for 800m.

Probably the most popular double was that of Jack Greenwood, seemingly recovered from his double-bypass surgery last year, to set M60 world records of 26.37 in the 200m and 9.36 in his beloved 60mH.

Other double world record achievements: Payton Jordan, M70, 60m in 8.46 and 200m in 28.00; Phil Raschker, W40, 60m in 8.15 and a 1.83 PV, Archie Messenger, M65, an outstanding 800m in 2:29.38 and 1500m in 5:10.6; and Ernestine Yeomans, W70, a 4.98 TJ and 20:56.8 for 3000m Walk.

400m records: M40 Lamar Miller (51.20), M70 Jay Spon-seller (69.30), M75 Gili Gonzalez (80.44), M80 Byron Fike (87.79), W65 Carol Peebles (103.96).

60m Hurdles records: M40 Stan Duckery 8.15, M45 Willie Davenport 8.76, M50 Dale Lance 8.98, M55 Lawrence Pratt 9.21, M65 Ed Lukens 10.14.

Other 200m records: M80 Manfred D'Elia 35.62, W40 Jenny Pinto 27.73. Bill Brobston, M75, broke the 1500m record with 6:37.4.

In the Field events: High Jump: M60 Gordon Seifert 1.59; M75 Gonzalez and Virgil McIntyre both 1.22 (equal world record); M85 Arling Pitcher 0.96 (equal world record).

Ex-olympic decathlete Boo Morcom equalled his M65 PV record with 3.05. Jean Udell, W60, TJ 6.39. Ross Carter, M75, SP 11.95.

3000m Walk: M50 Canadian Jean Roos 13:59.1, M55 Max Green 14:43.0, W35 Cathy Sullivan 18:23.2, W40 Gayle Johnson (15:32.2) and W65 Marie Henry 20:54.1.

There were 658 participants from 47 States as well as Canadian and Puerto Rican competitors. At the conclusion it was decided that Payton Jordan's 28.00 for the M70 200m was the outstanding performance.

Russian Indoor report P7

The Moving Clothes Horse

DO YOU know the best vest I ever had? Don't laugh, my mum knitted it in club colours, the old red and black — and that was well before the days of Ron Hill and his current mesh wonders. Yeah, she knitted the hoops in red and black and then sewed them together with alternate red and black cotton. It was really cool to wear on the road as the air swished through her loops of wool. Only trouble was that I wore it in the Herne Hill 10M road race one year — the race that used to go around the Crystal Palace three times so that the bus drivers at the top had several chances to wipe you out.

As I said, I wore it in the Herne Hill 10 on a day when it rained more than somewhat. One of those days when the rain washes the sweat into your eyes and you race along in a perpetual blur. Mind you, I normally race along in a perpetual blur

FUNNY RUNNING

anyway. Well, of course, my red and black hoops started to elongate with the damp and I finished on the motorracing track with it right down to my knees. It made my final desperate sprint for the line more than a little haphazard. After all, I'm famous for my fighting finishes. Mind you, it was just as well because that pair of shorts I picked up after my boy's interschool cross country meeting were just starting to rip me in half up the middle. If I had run any further I could have finished 56th and 57th!

Now that reminds me of the old club six mile road race when the undercarriage holder parted right down the middle. Course, I'd had it for about 12 years and even washed it once or twice. Perhaps the washing had weakened it.

I once got hold of one of those experimental Ray

O'Donoghue tracksuits — those yellow ones that he thought might turn out to be waterproof as they had yellow plastic exteriors and fluffy and warming inner skins. Well, they were alright until you had worn them a couple of times and then of course the plastic skin started to crack so that I looked more like a bunch of slightly off bananas than the top flight athlete that was my true role in life.

See this hat. Yes, the one with club colours — red and black hoops — and the strange ring-thing on the top. Looks good, doesn't it? Know where I got it? Brownie Guides jumble sale last Saturday. Looks good, doesn't it? Know what it really is? You'll never guess. It's an old tea cosy with the holes for the spout and handle done up with fisherman's line. Keeps the old head as warm as it used to keep

somebody's mother's tea. It's well known that you lose six times your body weight in heat through the head. Mind you I have had problems in the rain. I get brown stains all down my face when it starts to drizzle or I get really warmed up. I don't mind. I reckon that bit of brown on the face makes you look manly anyway.

I did get a heavy-duty oil skin from a bloke who worked on the rigs. Really heavy it was with cuffs and ankles done up tightly with elastic. I remember running home from work one night, between seven and eight miles, and felt this strange sloshing feeling underneath my forearms. Got home and poured two and a half pints of water out of each sleeve. Now that is what I call waterproof. Even if it did smell a little.

Not as bad as that winter I trained for four months in those heavy rubber boots....

STAN ALLEN

YOUR LETTERS

The Letters Page of Veteran Athletics is open to everyone who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. They should be kept as brief as possible or they may be cut for space reasons. They should be addressed to Veteran Athletics, 67-71 Goswell Road, London EC1V 7EN.

SUTTON COLDFIELD AGAIN, PLEASE!

Thank you to all concerned for an excellent day of relay racing at Sutton Coldfield on May 13. A tremendous turnout, organisation, etc. was appreciated by all. Looking forward to 1990, I believe Aldershot is to be the venue thereby making true Northern representation almost impossible on an 11am start, travel, accommodation, etc. Why cannot Sutton Coldfield be retained as a permanent event? It is ideal, centrally placed, attainable by North and South alike. I agree that the slight undulation of the course gave problems to some Southerners, but surely this disadvantage could be dismissed in the interests of a truly UK Championship?

Northern Zatopek

COMBINED EVENTS AGE GRADED SCORING

On looking through Rodney Charnock's proposal for a combined events age graded scoring system I have to admit that I was somewhat stymied by this one.

My immediate reaction was how do officials held responsible go about applying the relevant factors with 100% confidence, to arrive at the scores?

The book tends to confuse due to a great percentage comprising "build-up" figures etc. which, although no doubt relevant, are not helpful. All that is necessary would be one or two sheets stating the AGE GROUP FACTORS plus a set of relevant score sheets. As for dealing with the 'differentials' between hand and automatic timing, I feel this should only apply to International competition where veteran athletics is concerned. What is currently more important is getting all nations to utilize equivalent weights, hurdles and distances! There is no doubt that Rodney has attempted a most difficult task.

I also feel that all combined events should be scored 'net' per each athlete in veteran athletics, with awards restricted to: International — in 5 year age groups (as now); Home — in 3 year age groups (proposed). Nothing more simple I feel. Finally, if each age group for Decath-

lon and Pentathlon is related by a numerical factor why then do we not apply such a system for the sprints solely or any other event for that matter—if only to establish the man or woman of the day, etc.

Alan Lovett
Moreton in Marsh

A FULL BITE AT THE CHERRY

Wilf Morgan's comments on liberating the women (VA9) were, no doubt, meant to stimulate thought and provoke comment. It seems to us that the issue of additional events for women breaks into two parts. (1) Should the pole vault, triple jump, hammer and steeplechase be included for women? (2) If so, how can they best be introduced without making the competitors and the organizers appear ridiculous?

There seems to be no physiological reason why they should not attempt them—after appropriate training and preparation. Women are often more flexible, they have speed, explosive strength and endurance, so they should be given a chance.

As for their introduction at top level (WAVA) it is ridiculous to suggest that we wait until there is a clamour from really competent performers. Women should be encouraged to accept that to win a medal they should achieve an appropriate percentage of the men's performance in the relevant age group.

Our competitive life is not getting any longer. Let's have a full bite at the cherry not simply a chance to win easy medals.

Pat Gallagher, Mollie Mills, Mary Wixey

I take great offence at the patronising article "Liberating the Women" by Wilf Morgan. I congratulate WAVA for introducing the hammer, triple jump, steeplechase and pole vault for women at the forthcoming Eugene World Veterans

Games and hope it will encourage many women to train for these events.

I personally get enormous pleasure from throwing the hammer and would really enjoy throwing one at Wilf! His insinuation that the Eugene rule 'Steeplechase barriers must be hurdled or vaulted' is aimed at women is sadly misguided. Obviously he did not see some of the men stepping over the hurdles at the 1987 Melbourne Games!

Kitty Penfold
Victoria, Australia

VETERAN ID

Reference Portsmouth AC's appeal for suggestions of improving the identification of veteran athletics in open competition (VA10). There is a simple solution.

Invariably race organisers issue one race number. Rather than expect them to supply relative age group identification each athlete should be asked (instructed!) to mark the reverse side of an old race number with his or her age group (eg: for men O/40, O/45, etc. and for women WO/35, WO/40, etc.)

As a matter of interest we used this system very successfully in our closed NVAC Cross Country Championships this year.

Arthur Walsham
Gen. Sec. NVAC

STEAMING FOR VA

I have patented a small steaming unit (12" x 5" x 6") which will create a steam room in just over three minutes—the standard steam-maker takes 20 to 30 minutes. It consumes much less energy and costs £500—half the price of a standard steam-maker.

Every athlete should use the steam bath as it rids the body of toxic waste which causes staleness and breakdown. I have been using one for over 65 years.

Should anyone purchase one of my

units I will donate 15% of the purchase price to support the newspaper. I can give further details to anyone interested who should contact me through the paper.

Joseph Gibson
Nottingham



Tony Mackay, M50, pole vaults at Kelvin Hall, 1989

Photo: B. Bickerton

DOES ANYONE KNOW?

Bernard Thomas and I, and no doubt others, submitted ourselves to the researchers at Verona who told us that the results would be sent on to us. Nothing has arrived so far. Has anyone received them or can anyone throw any light on where they might be coming from? Two of the researchers spoke excellent English, so if I can find an address, a letter might produce some information. Best wishes.

Bob Brown
Southwell

A CALL FOR GERRY DAINTY

While reading VA No.6 I was interested to see a letter from a Gerry Dainty of London who states he was moving to Spain. My nephew is compiling a Family Tree and being the only Dainty family in Australia up to the fourth generation I would be interested in getting in touch with him. If anyone knows his address or if he still continues to receive Veteran Athletics, would they or he like to contact me at 41 Rosella Street, East Doncaster, Victoria 3109, Australia.

Tom Dainty, Australia

WHAT AGE WOMEN VETS?

I've consulted my fellow athletes who are O35, female, and still competing regularly and we all feel that 35 should be the age at which women can begin competing as Vets. I say that we do not always have to fit in with the men's requirements. Most women have to take a break from competition and training due to pregnancy and need an incentive such as competing within a limited age group (ie. 35-40) to regain form, confidence and enjoyment in athletics. We believe that this is one way to keep women in our sport and also to attract newcomers by offering competition in the unique atmosphere of veterans meetings.

Sandra Woodman
Bristol

PICTURE HIM SHOUTING AND MAKE IT A GOOD ONE!

BILL BAKER REMEMBERED

WITH the death of Bill Baker British Vets is now bereft of a unique character and a sportsman of world standard.

His experience as an allround sportsman was extraordinary having taken part from an early age in football, cycling, boxing, wrestling and, of course, athletics to a high standard. His historical recall of incidents, events, names, places, times and distances was prolific. He astonished many by his detailed accounts of events that took place 50 or 60 years ago.

Vets athletics to Bill was fun and yet deadly serious in that he always aimed for his best performance—he was rarely satisfied with it.

He was the supporter/exhorter par excellence. No one gave his teammates more encouragement and he often spent great chunks of time standing alone in remote corners of the track giving his friends and others a yell and a shout.

Wherever Bill was that was the centre of wit, humour, jokes, laughter and fun and there was never a dull moment. His repartee at interviews with the press was always hilariously funny and I shall never forget the occasion when he and I appeared on Tasmanian television. Both interviewers and cameramen were doubled up with laughter throughout the interrogation.

Bill will be missed by hundreds of Vets from all over the world and every time I pass through Newton Abbot, Devon, on the train to an athletics meeting I shall be looking along the platform to see if Bill is there.

LES WILLIAMS

OUR BILL

Bill—the man who kept us cheery
With jokes and tales till our eyes were
bleary,

He told us all about his life
Of how he missed 'Dear Rene' his wife.
It's hard to think he'll be no longer with
us

On trips, to please, perform and entertain
us.

Vet. athletes the whole world over
Knew our Bill—thought he'd live for
ever.

But now he'll be amusing still
On the track on high—that's our Bill.
BRENDA BURTON



Bill Baker wins over an official in Hobart, Tasmania, 1987

The passing of Billy Baker marks the end of one of Highgate's best known characters. Although not an outstanding performer in his younger days, he attended most of the major athletic meetings, ready to give his wholehearted support and to share his enthusiasm with all and sundry. Bill and his great friend Bob Roberts must remain an inspiration to veteran athletics everywhere. We will miss them both.

CHARLIE MEGINN

Bill was one of THE great characters and was known throughout the world not only for being a most amusing and engaging man but for his, at times, uncanny memory for recalling athletic performances over a wide span of years often to the surprise of the individual concerned who could not remember the performance very well himself.

Bill was a great letter writer and his output was prodigious. I never ceased to be amazed at the number of people who

would come up to him at either European or World Vets Championships and thank him for his letter.

But for me, I will miss him in July at Reading and at Eugene for his companionship and support and what about those of you that had him shouting you to greater effort with 200 metres to go. There will be a void left on that bend. But, no doubt, his great charisma will linger for sometime yet. I know it will for me.

DAVE STEVENS

Bill, my father and my uncle joined Highgate Harriers in the 1920s. Through that connection I have known Bill all my life and being a contemporary of his four children grew up with them.

We all went on holiday one year to Paignton. We went by train, Bill cycled there and back from London—about a 400 mile round trip with plenty of steep hills on the way. He was well over 50 at the time. One of the toughest and keenest, he always turned out to give Highgate a

shout. He will be sadly missed.

ALLAN SOWDEN

Perhaps because he was a little deaf he spoke rather loudly so you could find him in a crowd. Usually he was making us laugh but when he was talking athletics he was serious. At 84 he still trained seriously and it was just after a training session he died. It will be hard to realise that we will never again hear him loudly calling 'Come On!' from a strategic point.

About 20 veterans travelled to Taunton to bid him farewell. We all had our personal memories: comedian and competitor, frequent letter writer to so many people, homespun sage and philosopher.

His family will treasure his many medals from the sport he loved. We shall see him on so many photos in our own scrap-books. Let's all run a race for Bill this summer. Picture him shouting and make it a good one!

BILL TAYLOR

Trouble dogs hammer thrower

ATLANTA, April 1. Trouble continues to dog masters hammer thrower Herb Pritchard.

Pritchard has been practising for months in his backyard with a makeshift hammer in preparation for the 1989 track and field season. Recently, however, he splurged on the real thing and confidently set out to see how far he could throw his new "hammer."

Underestimating his strength, Herb let fly a heave that sent the missile careering over his garage and through his neighbour's rhododendron plants. It destroyed the neighbour's tomato garden, smashed the rumpus-room window and landed with a thud on the belly of his neighbour who was trying to take a nap.

Not only has the neighbour filed a very unfriendly lawsuit against Pritchard but he has stubbornly refused to give back the hammer in spite of repeated requests by Herb. A few local masters decided it was only right to pitch in and help Herb get a new hammer.

From National Masters Newsletter



THE WAY FORWARD

Bill Taylor, Chairman BVAF

WINDING UP THE CENTURY

IT'S all going to happen in the 1990's; 1992 is the Year For Europe, 1997 the Year for Hong Kong; 1990, we are still told, the year for the British Athletics Federation.

I have had very little comment on my article in the last issue explaining some of the problems and posing a few questions. However, there has been a little progress and, with the BVAF Council, I am trying to maintain a dialogue with those who are shaping the new Federation. On June 1 Martin Duff, our General Secretary, Bridget Cushen and I had informal discussions with Mike Farrell, General Secretary of the AAA. He was also representing the BAAB. We discussed the latest draft of the Articles of Constitution of the BAF insofar as it affected veteran athletics.

The Constitution provides that: 'The (BAF) Council may from time to time accept anybody so formed to represent either a section of Athletics or Eligible Athletes in a particular category as a Special Commission'.

We agreed that veteran athletes are a particular category and it would be appropriate for them to be represented by their own Commission to which the direction, management and

administration of veteran athletics would be delegated. This seems particularly important in the early stages of integration of all British athletics under a single governing body. Such a Commission would be allocated representation on the Council.

I was asked to draft suggested terms of reference for a Veterans Commission and by the time you read this I shall have done so without prejudice to any decisions that may be taken by the BVAF Council or AGM.

It seems to me that the existing BVAF Council, consisting of delegates of our area veteran clubs and the officers of BVAF, is suitably constituted to form the Veterans Commission. This would mean that veteran athletics would continue to be in the hands of those who have pioneered this branch of the sport and have developed it thus far.

A TRULY NATIONAL CHAMPS

Now to the residual problem. We must, I repeat, represent all veterans. This means opening up our Championships to all veterans so that they become truly National Championships. I know that this is not popular with everyone. Some fear a weakening of veteran

clubs if athletes do not have to join to be eligible for national events. But that need not be so. The clubs would still be the main providers of local veteran-only competition although in the fullness of time there should be AAA Veteran Championships in the areas. Veteran clubs could allow non-members to compete for a differential entry fee. Most existing members would retain their membership as a cheap way into local and national events and this discounted aspect of club membership could even be a stimulus for recruiting. Moreover, the clubs could provide the people for the veterans committees which will need to develop in AAA areas.

One thing seems sure. Veteran athletics is recognized as a serious sport and it is appreciated that we, the BVAF, are running it competently. No-one wants schism. Let us keep talking but let us also listen with an open mind and learn the best way to solve our problems.

THE PROFESSIONALS

We were asked by AAA/BAAB to clarify our attitude to professionals. We quoted the result of a referendum published in September 1979 which was overwhelmingly in favour of not accepting professionals who were still competing as such. This decision was reiterated by the BVAF Council at its meeting in March of this year and no practising professional should, therefore, be in the membership of a BVAF club. However, in these days of some amateurs being so highly paid is there not a way for all veterans to compete together?

US WANTS MEN TO COMPETE AT 35 AND TO LOSE THE NAME "VETERANS"

Bridget Cushen, WAVA's Women's delegate, previews some of the items to be discussed at the WAVA General Assembly to be held at Eugene on August 2. Among them the US will table the motion that men be allowed to compete at 35 in the World Championships and that the name 'Veterans' be changed to 'Masters'.

AS YOU are now putting the final touches to your training, latest reports indicate that these should be the most exciting Championships ever. Not only are the great names from the past entered, but Africa will be represented for the first time by Botswana and Ghana. Total entries have exceeded 5,000 from a record 60 countries.

The General Assembly on 2 August — a non competitive day — will also provide plenty of excitement. The BVAF have nominated Owen Flaherty to stand as President against the incumbent, Cesare Beccalli, Italy, and a late turnabout by the Australian, Peg Smith, currently Executive Vice President.

BVAF Chairman, Bill Taylor, is seeking election to the vacant VP Track & Field, other contestants are the European VP Track & Field, Torsten Carlus, Sweden, Jorge Alzamora, Uruguay, and Ray Callaghan, Australia.

There are two evenly matched candidates for Vice President Road and Cross Country: Clem Green, New Zealand, defending, and ex-IGAL President, Jacques Serruys, Belgium.

Australia is fielding a candidate against me as Women's Delegate.

The US and New Zealand have requested that our name should be changed to "World Association of Master Athletes" (WAMA), and New Zealand would like to see the number of delegates based on the number of competitors from each country in the last three Championships, rather than the current criteria based on the actual number of affiliated veterans in each country. And the US would also like to see men aged 35-39 be allowed to compete in the World Championships.

Australia has proposed that the decathlon and heptathlon be deleted and we revert to the pentathlons as part of the main Championships.

The General Assembly is certain to be a long day but let us hope it will promulgate guidelines to accommodate our rapidly expanding Championships.

VETERAN TRACK & FIELD RECORDS

The following has been extracted from a report by Wilf Morgan outlining the problems of ratifying World and British records. ONE of the standing committees set up by WAVA is the Records Committee. It verifies and lists World records in five-year age groups. Only performances approved by this committee are accepted by WAVA. The Chairman of the Committee is Pete Mundle (USA). It has two British members, Jack Fitzgerald and myself.

I thought it important that World records set by British veterans at meetings in the UK were officially recognised by WAVA. Following correspondence with Pete Mundle and an enquiry on just what was required the World Record Application Form was distributed to Secretaries of British clubs. This resulted in a number of records being accepted that might not have been had the position not been made clear.

I believe WAVA has a difficult task. Many affiliates of WAVA do not appear to understand what is required of them. There have been rumours of records that have not been forwarded to the Records Committee in the prescribed manner. Notable among them are apparently outstanding M40 times at 200m and 400m by Ulacio (Venezuela) in 1980 and by Mercellina (Holland) at 800m in 1987. It is also rather strange that no athletes from the Federal Republic of Germany are included in the list of Indoor World records.

The stance of the Records Committee is a fair one; it requires evidence, and evidence in these and other cases has not been given.

Many records are set at the World Track & Field Championships yet there is usually a lengthy interval before they are accepted. In most cases the organisers have to be prompted to provide the necessary evidence. WAVA could easily solve this by serving notice to organisers of international championships that they forward details of records immediately after the event.

Organisers of these championships should also be directed to ensure that a wind-gauge is in operation during sprints, hurdles, long and triple jumps.

We accept both electric and manual times. Proper manual timing flatters an athlete's performance — generally by .1 to .2 of a second. In the sprints this is a considerable advantage. Our World record list shows the majority of 100m and 200m records were 'hand' timed.

Performances at most veteran meetings are hand-timed. So, on the face of it, it is reasonable to accept whatever timing is available. Most would agree this attitude is reasonable, certainly I do. But looking to the future I

believe we should consider changing.

The best evidence of a record is the World Record Application Form complete with the signatures of the officials concerned, whether it be for a WR or a national record. The next best evidence is the result slip delivered to the announcer (or a photocopy). If none of these are forthcoming we have to deal with results typed from the slips or results printed in magazines. At the end of the line there is always the possibility of errors or omissions. This is hardly acceptable evidence.

In Britain, the number of veterans taking part in open competition is increasing and there is a greater possibility of records being set outside the meetings we particularly have our eyes on.

Until recently the list of British records, indoor and outdoor, was unofficial. I use the word unofficial in the sense that the list did not have the stamp of BVAF approval. Although it must be said the list produced by Jack Fitzgerald had most credence within the sport. But the BVAF has now approved the appointment of Jack and myself as joint Records Officers and the list we produce will be the British records. Our terms of reference also cover the standards for the Merit Awards. They will be revised from time to time. The records committee has no obligation to chase evidence. It exists to verify claims. The onus is on national associations and/or athletes to provide evidence.

Mike Winch, M40, at Kelvin Hall 1989

Photo: B. Bickerton



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

George Osbury
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Donations received after Press date will be acknowledged next time.

Although the Grand Draw is doing very well, it was intended to augment, and not replace donations. We still need your fivers — a tenner if possible — so that we can continue to bring you news of your sport. Please!

IT'S NOW A THREE FIGURE PRIZE!

THE VETERAN Athletics newspaper is now able to award a three figure prize to the winners. The prize is now £100. Mrs. J. Lindsay of Banstead, Surrey, was the main winner of the April draw and John Willis of Cambourne, Cornwall, won the May draw. The £10 runner-up prizes for the two draws went to: Malcolm Stewart of Stockport, Shel Cowles of Wantage, W. Temple of Galashiels, J.H. Collins of Swansea, Robin MacDonald of Bristol, M. McDowell of Banstead, C. Simpson of Solihull, F. Cowan of Glasgow, K. Glenesk of Bethwell and J. Exley of Garsington.

THE SWVAC SAGA THREE YEARS ON, David Lord tells all

NOVEMBER 8, 1985 was when the SCVAAA changed its name to SCVAC and went for individual membership. At this crossroads in the history of the Southern Veterans it was thought by the BVAF hierarchy that a concerted effort should be made to form a SWVAC.

A disciple was appointed to spread the gospel and, after floundering around, the March 1986 Delegates Meeting saw us with but five members. Expecting help from the Delegates to assist us to do a good job by giving us affiliation status was just a pipe dream.

Not giving in completely, the SWVAC extracted a concession. If a minimum of 50 members could be acquired before the AGM then the matter would be reconsidered.

A plan was devised where all recruits joining before affiliation would be permanently given founder member status. That did the trick. In the three months run up to the AGM we had 62 members. We were welcomed with open arms.

Since the March 1986 Delegates Meeting is considered to be the turning point in our evolution it has been decreed that the March 1 is our birthday. As we are now three years old the membership tally has increased at a steady rate of about a hundred per year and shows no sign of abating. If our progress is maintained our maturity will be reached before our five years have run out. What more can one wish for than that.

After the recent Veterans National Cross Country the NEVAC increased their membership by one third.

A MISUNDERSTANDING England, Scotland, Wales

THERE seems to be some misunderstanding about the international cross-country match held at Wrexham in November 1988. It was even rumoured that payments were made to elite athletes.

Nothing is further from the truth. Ron Bell worked hard to obtain £2000 financial support from Wrexham Maelor Council to put the match on. The money was used to pay a maximum of £30 per competitor towards hotel and travel expenses and to provide a light meal after the race. We were fortunate that the Welsh AAA provided the medals thus allowing the money to go further. Bill Taylor

Your Own Copy
Want to get your own copy of VETERAN ATHLETICS? Join a vets club — see page 2 for list of affiliated clubs.

INJURY CLINIC

THE BENEFITS OF LOOKING AFTER YOURSELF

DR NIXON advises on how regular aerobic activity may confer some health benefits. Distance Runners are less likely to develop premature coronary artery disease and, if they are unfortunate enough to suffer a heart attack, are more likely to survive it.

Mass participation events attract a high media profile so the death of a runner inevitably produces a quiver in the ranks of those still running. Some athletic associated deaths would probably have occurred whether or not the person in question was competing. This is particularly relevant when you consider that the pathological process resulting in death, say from a heart attack, has probably taken many years to develop. In some men the process of silting up the arteries may begin as early as the late teens or early twenties.

There have been a number of analyses of

sport related deaths. The largest group appears to be those with coronary artery disease and conditions related to high blood pressure. These were usually undiagnosed prior to collapse and in many cases the individuals concerned had continued to smoke despite being involved in exercise. The remainder of the deaths encompassed a wide variety of diagnoses like undiagnosed cardiac rarities.

The group that has particularly attracted concern is exemplified by the middle age male runner, who has been an active sports person in his late teens and early twenties. This is followed by the inevitable lapse. The arrival of the fortieth birthday, athletic teenage children, coupled with yet another resolve to give up smoking, lose weight, leads to an expensive trip to the local sports outfitters. It is quite possible that with his life style he already has

a measure of silting up his arteries and is getting to the stage where his blood pressure is rising somewhat. With a bit of luck, an injury or two may prevent the impending disaster. I have often speculated about the beneficial effect of sports injuries.

By contrast an older veteran athlete who has participated in athletics since his teens, is likely to be a non smoker, not overweight and because of a life long exercise habit, is more likely to have a normal blood pressure and normal blood fats. His risk of premature death from coronary artery disease is appreciably less.

It is easy to understand how anyone could collapse and go no further towards the end of a distance run on a hot day. A few cases of collapse have rather surprisingly occurred twenty to thirty minutes after the athlete in question has finished the event. This is just at the time when you would expect things to be getting better rather than worse. Body temperature should be falling and dehydration improving, oxygen demand lessening and the manufacture of waste products decreasing. Why should the runner collapse when so many adverse factors are getting better? Towards the end of a distance race one is inevitably stressed from a metabolic point of view, dehydration playing a large part in this, along with exhaustion of fuel and oxygen supplies. In an attempt to maintain an effective circulation, as well as maintaining race pace, considerable quantities of adrenaline and noradrenaline continue to be produced by the body. Quite a lot will be needed just to keep racing and even more to cope with the metabolic demands. At the end of the race the output of adrenaline isn't suddenly switched off, it continues to be produced, although in now inappropriate circumstances, as the metabolic and other demands are lessening. It may be that the persisting high concentration of adrenaline adversely affects the pace making functions of the heart and perhaps producing cardiac arrhythmias, for example a rapid and irregular heart beat, leading to collapse.

This is all a bit depressing but there is a lot one can do to prevent it. (1) As regards sudden collapses after the race try and take plenty of fluid during the race. Keep moving after the race and continue to rehydrate. If at all possible warm down. This continued low level of activity may help to use up the surplus adrenaline. (2) If you are taking up athletics in middle age, after a long break, a brief medical check may be appropriate. You should not be smoking and have a normal blood pressure. Few medical conditions totally preclude athletic activity but your GP can best advise about you, knowing your personal medical history. The value of routine ECG's in a situation like this is at best controversial. A normal ECG does not preclude serious heart disease.

HOMEOPATHY FOR RUNNERS

Stone Masters Marathoner, MICK STATHAM, who is a veterinary surgeon and practises Homeopathy, introduces Homeopathy as another approach to athletic injuries and allied problems.

HOMEOPATHY seems to be very much in fashion. This much maligned form of treatment does work on my patients, so the autosuggestion argument in ourselves can be ruled out. I do not believe that the Homeopathic path is the only one and am prepared to use any form of medicine or surgery if it will give the best results.

The literal translation of the word is "like illness". In practical terms this means treating disease symptoms with a specially prepared remedy made from a substance or plant which would actually cause those symptoms. The strength of these treatments lies in the careful selection and administration of preferably one, or a number, of the thousands from which there are to choose.

There is a parallel between homeopathy and conventional medicine in respect of over the counter or self-administered remedies. There is no reason why one should not buy remedies without reference to a trained practitioner but on the whole you can expect better results if you consult an expert.

Practical Uses for the Runner

Arnica: This is should be in all runners' bags. It is the classic treatment for bruising. Most injuries in the initial stages are accompanied by bruising, at this point Arnica can be taken orally; there are also ointments or creams easily available at many chemists which can be applied locally.

Rhus Tox: Poison Ivy is the active ingredient here, a toxic dose would cause stiffness of the joints which is alleviated by movement; the symptoms are generally worse in cold wet weather. This is also very useful after a marathon or similar prolonged exercise the muscles and joints are unused to. To summarise, Rhus Tox is the treatment for the arthritic pattern of pain.

A word of caution, I consider it folly to hide pain, the natural warning system that things are going wrong, painkillers are for after the event, not before.

Bryonia: This remedy works to ease that pain which is not there at the beginning of the session but gets worse the further you run. Typically in tendon injuries.

Coffea Cruda: A cup of coffee last thing at night is a sure step to insomnia; so on the Homeopathic similar principle the remedy made from the coffee bean will help the poor sleeper, as it will soothe the nerves if you are too hyped up before a race.

Taking the dose: The effectiveness can be totally lost by forgetting the simple rules for taking the dose. They work in the mouth rather than the stomach so it is not necessary to swallow them. The extreme dilution means that any strong taste from food or, for instance, toothpaste will destroy the effect. Take them at least 20 minutes before or after food or the like. The tablets should be chewed and retained in the mouth for as long as possible.

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READING ATHLETIC CLUB

PRESENT

3RD VETERANS TRACK & FIELD OPEN MEETING

SUNDAY 1st OCTOBER 1989 at PALMER PARK STDM, READING

STARTING AT 12.00 NOON

EVENTS: 100m ☐ 1500m ☐ H/Jump ☐ Discus ☐
(Tick box) 200m ☐ 5000m ☐ L/Jump ☐ Javelin ☐
MEN + 400m ☐ S/Hurdles ☐ Shot ☐ Hammer ☐
WOMEN 800m ☐ Triple Jump ☐

Medals (1-2-3) * First Class Stadium * Good Parking * Easy Access

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

MALE ☐ FEMALE ☐

Name: _____

Address: _____

Post Code: _____ Tel. No. _____

Best Time/Distance: _____

Entries: Reading Athletic Club
C/o 10 Fullbrook Crescent, Tilehurst, Reading, RG3 6RX

Entry Fees: £1.00 for each event (£1.50 on day, subject to availability)
Cheques or Postal Orders: Reading Athletic Club

Signature: _____

Categories (please tick):

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

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

Event Sponsor: CLAUDE FENTON
Promoters: READING CHRONICLE

GOOD EXAMPLES FOR SHORT SPRINT TRAINING

IAN FOSTER

Age Category M45
World Indoor record holder
M45 at 60M 7.3 and 200m 23.5
(Kelvin Hall 1989). Came back
to athletics aged 39 after 12
years out. In his earlier athletic
career he gained a AAA's vest
against Oxford University in 1966. He is coached
by Don Halliday, a former British record holder for
100m.

Sessions depend on the weather conditions: short
recovery sessions on cold days and longer on warm
days. A typical week's training would be: Monday:
circuit training; Tuesday: track session; Wednesday:
weights (concentrating on upper body and
stomach); Thursday: track session; Friday: rest;
Saturday: track session/hills; Sunday: rest/
weights in winter.

Typical sessions: (1) 100m, 110m, 120m, 130m,
140m, 150m, 140m, 130m, 120m, 110m, 100m
Recovery: 90 secs between each run.

(2) 4 sets of 4 x 60m — Back to Back Recovery: 20
secs, 25 secs, 30 secs between each run, 1 min, 1 1/2
min, 2 mins between each set.

(3) 3 sets of 4 x 150m Recovery: 2 mins between
each run, 10 between each set.

(4) 3 x 60m, 2 x 100m, 1 x 150m, 2 x 100m, 3 x 60m.
Recovery: 90 secs between each run.

Donald's "Quack" Sprint Squad rarely runs over
distance — 150m is usually the max. Ian feels that
the reason for his improvement this year is sheer
hard work, consistent quality speed work through
the winter with a competitive group of younger
athletes and the watchful eye of an excellent coach.



CHARLIE WILLIAMS

Age Category M55
Triple World Gold medal holder
at 100m 11.62, 200m 24.73 and
400m 53.98 (world record) at
World Track and Field Championships 1987, Melbourne. During
his impressive athletic career
Charlie represented Trinidad at the 1958 Commonwealth
Games. He is self coached.

He does three training sessions a week - say Sunday,
Tuesday and Thursday. During the winter:

(1) 3-5 mile easy run
(2) 2 x 120m, 2 x 200m, 2 x 300m, half easy pace
running. Recovery: walk back after each rep, 7 to
10 mins rest in between.

(3) half an hour fartlek.

Spring and summer training starts when the weather
becomes tolerable and he does half an hour to an
hours warm-up:

(1) 2 x 300m, 2 x 200m, 2 x 120m at three-quarters
pace. Recovery: same as for winter session (2).
(2) 8 to 10 x 120m at three-quarters to full speed.
Walk back after each.

(3) 12 x 100m, 3 sets of 4 x 100m, increasing from
half through to full pace. Recovery as before.

Charlie rarely times himself and believes in feeling
well under control when running reps. He believes
it is most important to take one's age into account:
'we shouldn't try to do what we did in younger days'
and his philosophy 'is to make sure you enjoy the
sport. You should always feel able to do a bit more
at the end of a training session' (quotes taken from
an interview with Charlie in the VAC newsletter by
Jeremy Hemming).



AN EMOTIONAL SUCCESS FOR THE 24 HOUR TEAM RACE

Derek Wood of Barnet and District AC organised, ran and now reports on the success of this challenging event.

A GIANT stride forward was achieved in veteran running and new ground covered in M50+ team competition. On July 1 and 2 at the outdoor athletic stadium at RAF Cosford, Cambridge Harriers with a distance of 379.880K defeated Barnet and District AC, who achieved a distance of 374.616K, in a 24 hours relay.

The teams consisted of ten first claim members running 1600m stages in strict order with no substitutions or missed legs. Both teams had been considerably weakened by the late withdrawal of selected athletes mainly through injuries sustained in increased training schedules. So the necessity to bring in slower

reserves meant that the WR of 394.795K, achieved by the Canadian team from Lions Gate Road Runners of Vancouver in 1983, would not on this occasion be threatened.

Hillingdon AC had also entered and similarly had late casualties. Unfortunately they had insufficient reserves to call upon and so arrived with only seven men. While they could not therefore compete on an official basis they finally recorded a magnificent 376.081K.

When the race commenced at 10am on the Saturday, it was dull and overcast with light intermittent rain — but that situation could not dampen the enthusiasm of the 27 runners who pounded the track lap after lap. Cambridge were first to sneak a small lead but Barnet were

quickly on terms and began to pull away but never by more than 700m. As the 12 hours half way point approached the two teams were running shoulder to shoulder.

Then Cambridge's Derek Thomas was seen to stumble as he pulled a muscle. He finished his stage and RAF physiotherapist, Peter Sands, who had kindly volunteered for duty at the stadium to help ease tiring limbs, managed to get Derek back in action with hardly any fall off in his subsequent performance.

Shortly after this, Barnet's Bob Belmore experienced problems with his arthritic hip. However, again Peter Sands worked his magic and was able to get Bob jogging. From this point Cambridge steadily pulled away to a marvellous victory.

Star performers were Ray Davidson and David Coward who both had very fast average times of 5.33 for each of their 24 1600m stages.

The competition was contested in the best possible spirit and friendliest manner with resting runners cheering on not only their own team but also their opponents. The finish was highly charged with unrestrained joy and a great sense of achievement.

Cambridge have now recorded a marker as a British record and almost certainly a European record.

The Cambridge team was made up of Ray Davidson, David Coward, Derek Pettit, Brian Middleton, Peter Jenner, Ken Haith, Derek Thomas, Dan Coffey, Michael Jones and Michael Page. The Barnet team were Derek Wood, David Fereday, Laurie Forster, Brian Glover, Charlie Brett, Bob Belmore, David Richards, Bob Kirsop, Bryan Parkes and Jo Cox. And the Hillingdon team were Bernie Smith, Mick Miller, Mike Stafford, Bill Gordon, Michael Casse, Idris Jones, Jim Leith.

GREAT WEST HALF

The SWVAC Half Marathon Championships were held on May 7 within the Great West Half Marathon organised by Exeter Harriers.

THIS event began in 1982 as a full marathon and nearly died two years later until Race Director, Mike Burch and other enthusiasts transformed it into the Great West Half Marathon. Now it boasts not only 2,500 runners but also named runners for the increasingly attractive prizes — the first man home wins a £750 training grant and the first woman a £350 training grant. This year Bronwen Cardy Wise took both the first woman and first women's SWVAC award. Veteran men were more than well represented in the leading runners.

The race starts in the City centre, hosted by the Mayor of Exeter, with a short loop bringing the runners' back through the start point on through Pinhoe and Middlemoor and then up the Exeter by-pass for the turn just after ten miles back into the City. The long uphill mile to the turn without an ounce of shade calls on the mind as well as the muscles, but the drink stations are efficient and there are plenty of sponges.

There is a slight kink and uphill drag to the finish on the Clifton Hill track but again the crowd support and the lift of finishing on a track with the gantry and clock in view replenishes the motor!

Gully Catlin

ANN RODEN, 42, finished twelfth in the 3rd IAAF World Marathon Cup 1989 in Milan this April just over one minute outside her personal best. Many ran four minutes slower because of the warm weather. 27th at half way she moved through from there.

MARJORIE HOCKNELL, W45, improved her British record for 400mH with 67.7 and her own 400m record with 61.0. She has since broken the 400mH WR with a time of 65.9.

JEAN HULLS ran 64.1 to set new British W50 400m record at the Kent County Championships on May 20 at Crystal Palace. The previous record was 65.27 by Maevie Kyle in 1980. Hulls also set a new BR for the 300m Hurdles — 52.6 at the Southern Vets Championships on June 4.

The WR for this event stands at 52.01. ROSEMARY CHRIMES improved her W55 Discus WR with 39.88 at the Midland Vets Championships on June 11. Her previous record — 39.72, was set at Reading last July.

GEORGE PHIPPS, 63, ran 39:42 in the Leamington C. and A.C. 10,000m track championship on May 9.

ALUN ROOPER (Swansea) ran 14:27 on the final short leg stage in the AAA 12 Stage Road Relay Championship at Sutton Park on April 14. This shaved a second off the previous best for a veteran on this leg, 14:28 by Alan Rushmer in 1985.

Particular credit must go to Roper whose team finished fourth. Of the 234 runners who ran the short leg stage he was the 17th fastest. He was 3rd fastest of the 39 who ran the final leg.

TAFF DAVIES (Aldershot), now 50, ran 15:15 for the same stage.

ANDY HOLDEN (Tipton) turned in 14:49 on the 4th leg to become the third veteran member of a winning team in this championship along with Davies (1982) and Rushmer (1985).

THE VETERAN MARATHONER'S MARATHON — THE FLYING FOX Beech Trog explains

THE FLYING

FOX has been the BVAF's official marathon since it was first run ten years ago. It is a race organised by a committee of experienced marathon runners from Stone Master Marathoners with solely veteran runners in mind.

The first Flying Fox was run from ICL in

Kidsgrove in October 1979, the second year the event was at Sandbach and in 1981 the race was relocated to the home of the organising club.

The committee of 15 or 16 Stone Masters is chaired by Dave Wood who took over from the club chairman Terry Darlington in 1986. Monica Darlington handles the race entries and is secretary of the committee. The race is fortunate to have available the services of a club member Dr Ian McGibbon, as a knowledgeable expert on running injuries and related problems. The first meeting is in January and monthly thereafter. The hard work of these people in particular and the club members on the weekend of the race is rewarded by many letters of appreciation received each year. There are few Flying Foxes on the vests of runners in the race as it takes most of our 130 members to organise the race to the standard required.

The race is always on the first Sunday in October at 12 noon. This gives runners within reasonable distance the chance to drive to Stone on the day. However, many competitors take advantage of the services of Jean Fuller, billeting officer for the race. She will find accommodation for runners with Stone Masters for the Saturday night if required. This is popular with club members as it gives us a chance to meet competitors at the pasta party organised by cordon bleu Bill Phillips and his crew, myself being in charge of washing up and boiling the spaghetti water.

The following 'best times' for the World and UK have been researched for us by Jack Fitzgerald of the BVAF.

SEX AND AGE GROUP	WORLD	UK
Ladies Open	2:21.06 Ingrid Kristiansen (Nor) 1985	2:25.56 Veronique Marot 1989
35-39	2:28.54 Priscilla Welch (UK) 1984	2:28.54 Priscilla Welch 1984
40-44	2:28.51 Priscilla Welch (UK) 1987	2:28.51 Priscilla Welch 1987
45-49	2:31.35 Ery Palm (Gwe) 1988	2:32.48 Joyce Smith 1984
50-54	2:51.01 Marion Irvine (USA) 1983	3:01.41 Ann Chapman 1986
55-59	3:07.21 Margaret Miller (USA) 1982	3:38.47 Sheila Jennings 1987
60-64	3:15.30 Helen Dick (USA) 1984	3:32.53 Joyce W Smith 1987
65-69	3:35.49 Josie Waller (UK) 1985	3:35.49 Josie Waller 1985
70-74	4:25.35 Jenny Wood-Allen (GB) 1985	4:21.35 Jenny Wood-Allen 1985
75-79	4:41.45 Ida Metz (USA) 1981	4:46.15 Jenny Wood-Allen 1987
80-84	5:28.06 Ruth Rothbar (USA) 1982	-

Gents Open	2:06.50 Bekeynah Dinsamo (Eth) 1988	2:07.13 Steve Jones 1985
40-44	2:11.19 Jack Foster (NZ) 1974	2:15.48 Ron Hill 1979
45-49	2:17.29 Jack Foster (NZ) 1978	2:19.36 Don McGregor 1985
50-54	2:20.28 Jack Foster (NZ) 1982	2:24.58 Derek Lawson 1986
55-59	2:26.35 Erik Oystve (S) 1976	2:34.24 Bill McElrath 1986
60-64	2:38.47 Derek Turnbull (NZ) 1987	2:47.40 Hugh Currie 1985
65-69	2:42.40 Clive Davies (USA) 1981	2:55.41 Hugh Currie 1986
70-74	3:04.16 Clive Davies (USA) 1985	3:11.45 Gordon Porteous 1985
75-79	3:23.12 Gordon Porteous (UK) 1989	-
80-84	4:19.55 Hugh Clifford (USA) 1986	6:04.03 Bill Chapman 1987
85-89	4:47.50 Jeff Galla (OFFR) 1974	-
90+	6:42.00 Ch. Jordanide (GRE) 1974	-



The spirit of the Flying Fox: Eddy Lee, winner, shakes the hand of third man home, David Cordwell, at the finish

The course is fast and flat and on the right day certainly a good PB course. The start is at Alneyes School. The race passes through Stone and out through the delightful Staffordshire countryside onto a 10.3 mile loop which is repeated. Crowd support is very good. The finish is in Westbridge Park where mini coaches are available at frequent intervals to transport finishers back to the race HQ at the start for showers and a spread of food and drink laid on by Angela Mason and her catering sub committee. The prize giving is at about 5 pm in the main hall of the school where the computerised results are posted and a convivial atmosphere develops second to none after any race.

As well as Ian McGibbon a sweeper vehicle is available to pick up runners who wish to retire. St John's Ambulance are on hand as is the Raynet mobile radio facility. The course is well marshalled by marathon runners and there are seven water stations with a similar number of sponge stations.

Excellent photographs are taken by Andrew Statham, son of two club members. These are distributed with the results at a nominal profit which is put into race funds as is any money made by the race.

The Flying Fox is the Veteran Marathoner's Marathon. If you are considering racing 26.2 miles in the autumn come to Stone, the Master Marathoners will look forward to welcoming you.

Entry form — see p2.

INSIDE THE USSR

THE FIRST Moscow Open Indoor Veterans meeting was held. Four Finnish vets took part and it is from them that we are indebted for the results via Bob Brown. As one would expect the women Shot Putters excelled. In the W35 division, Svetlana Melnikova achieved 16.76. Ljudmila Hmelevskaja new W45 figures of 12.15 and Antonina Ivanova reached 12.55.

It is unlikely that the USSR will claim records through the proper channels so I have forwarded them as pending world records. Another outstanding pending world record was W60 Nina Naimenko with a 6:21.38 1500m. Slightly less believable was Boris Olerov's M60 14:46.4 for 3000m Walk. Although no world records were broken at 3000m three performances beat the existing British records. These were: M40 Aleksandr Drushkov 8:52.26, M50 Valentin Kotljarevski 9:44.44 and M55 Minnahman Mulahmedov 9:46.16.

Obviously there is some good latent talent out there and perhaps glasnost will extend to eventually bring it into the WAVA fraternity. JF

1989 Bedford & County AC Vets Grand Prix

"I REALLY enjoyed that. I've never thrown the discus since I left school." So typical was this comment from many veterans trying out new events, which was one of the main aims of this new sponsored Grand Prix series.

Voted a huge success by all taking part, the three meetings attracted 61, 65 and 62 athletes respectively. There were trophies for category winners: sprints, middle distance, jumps and throws in all three age groups (M40, M50+ and W35+) as well as for overall winners for which a maximum of two track and two field events counted from each of the three meetings.

The series attracted some of the best veteran athletes in the country and performances certainly justified the long distances travelled by some to compete — or was it the free German smoked beer at the final meeting?

Maximum points were obtained by Gillian Welford (March AC) in the women's sprints, Bob Abdy (NPhoenix) in the M40-49 jumps and Frank Taylor (VAC) in the M50+ sprints.

Host club, Bedford & County AC dominated the overall club competition winning the Bedfordshire Chamber of Commerce Trophy by a clear margin from VAC (315 points to 149 points) with Milton Keynes AC third (89 points).

Delighted with the response to this 'pioneering' series, the organiser, Howard Darbon, is already committed to a similar Grand Prix series in 1990. In fact such was the success that Darbon is considering the issue of a challenge to any club who would put out a veteran track and field team (all events) for an inter-club match next summer (1990). Bedford would just be able to put out two teams (1 per event) or one team (2 per event) in both men and women disciplines. Any interested clubs should contact Darbon at 1 St. Augustines Road, Bedford MK40 2NB.

BRUGES

continued from page 1



Gordon Porteous runs a fine marathon

age group was Northern Vets Treasurer, June Aitchison, who claimed third W50 behind crack Germans Edeltraud Pohl and Wilma Jaeger. There was a clean sweep for Britain in the W55 division with Myfanwy Loudon leading home Peggy Fletcher and Eileen Quinton. Joselyn Ross continued her

W60 success story with a convincing win over Brugge regulars Bertilla de Preter and Sophie Wisman, while the German Johanna Luther looked anything but the oldest woman in the race as she won the W75 category in 55:02.

The Marathon

So the scene was set for the Marathon which started in the Market Square at 9am on Sunday. Once again the heat was beginning to build up as we left for the initial run on cobblestones to the stadium. From there we ran a large lap, then three smaller laps. Many found it hard to start the last lap after running 35K.

Danny Herlem of France looked an easy winner. He won by over five minutes from Gottfried Haller of Austria and was the only man to beat 2:30 as the temperature soared into the eighties. Spain's Manuel Rosales Touza was first M50 in fourth place while the great Belgian M55 Gerard Van Nuffelen had another great run in seventh.

David Nankivell and Kenny Mayor were the first British home in ninth and tenth but the best of the UK performances were again the women and the older runners. Alec Dunn and Roy Webb were third and fourth in M55 while Dick Blois again demonstrated his 1989 fitness with third in M60.

Ted Joynson and myself continued our private duel with him using his superior track speed on the final sprint. Mat Walenta had already won the M65 title but we earned our second and third placings.

The outstanding performance of the whole weekend was that of Gordon Porteous whose 3:23:12 knocked over eight minutes off Fredrick Tempel's long standing M75 World Record. France won the International team race from Belgium with Roger Wadely of Biggleswade joining Nankivell and Mayor for a British third place.

Pat Beckett showed the other women a clean pair of heels to beat her W40 contemporary, Jeanne Van Echepeol of Belgium, by 30 seconds in 3:03:30. Monica Darlington took second W50 but once again the outstanding British female performance was that of the amazing Josie Waller with a W65 win in 3:43:07.

Bronwyn Cardy-Wise finishing the 10K

THE VIII WORLD VETERANS T&F CHAMPIONSHIPS

OVER 5000 TO COMPETE AT EUGENE

Nearly 5000 athletes have entered the VIII World Veterans Championships to be held in Eugene Oregon from July 27 to August 6. It is the first time the event has ever been held in the United States and 58 countries will be represented — first timers include: Ghana, Cyprus and Botswana. The VII World Veterans Games in Melbourne in 1987 drew 4817 participants from 51 nations. The oldest competitor at Eugene will be 93.

The event kicks off with a 10K road race on Thursday, July 27 and closes with a marathon and relays on Sunday, August 6. An international weight pentathlon will be held in Eugene on August 7.

THE BLUE RIBAND EVENT 1500m



Ron Bell pips Peter Brown at Kelvin Hall in the 800m

Photo: B. Bickerton

Scheduled for the afternoon of Saturday, August 5, is the final of the M40 1500m, which surely must be considered the Blue Riband event of these Games. With all the recent interest in lowering the mile record and the speculation about when the four minute barrier will be broken and who will do it the race for the 1500m gold looks to be exciting.

It is rumored that the former Kenyan Olympian and the current mile record holder (4:05.71), Wilson Waigwa, will be there. Mike Bot of Kenya apparently has shown interest. Tony Murray of Australia, who held the record briefly before Waigwa demolished it in May 1989 will be there. And of course Britain's Ron Bell and Peter Browne will feature as well as, without doubt, some of the Americans who have been running the circuits with Bell, such as Byron Dyce and Albin Swenson.

It looks set to be the most hotly contested race and it would take a brave person to forecast the finishing order.

Tony Murray of Australia

JUST SOME OF THE COMPETITION

JOHN GILMOUR must be one of the hottest contenders in his races — but there are other strong medal contenders from that part of the world: REG AUSTIN, TOM ROBERTS, TOM DAINTY, ex-Olympian BOB GARDINER, HARRY GATHERCOLE, RUDY HOCHREITER, GUS THEOBALD (who at 96 is still a hell of a runner), EILEEN HINDLE, MARY THOMAS, KATH HOLLAND, JUDY DAILY, WENDY EY, DAPHNE FIRIE, JEAN ALBURY, SHIRLEY BRASHER, GWEN DAVIDSON and EILEEN HOGAN. GERTRAUD SCHOENHAUER of Austria drew 42.12 for a new Javelin World Record in Brno, Czechoslovakia on April 26 and has applied for ratification. "Gery" Schoenhauer will be at Eugene. RON MERCELLINA of Holland, who headed Ron Bell at Verona, will not be competing at Eugene. TOM ROBERTS of Australia set a World Record M55

800m with 2:06.52 in the Victorian Masters T & F Champs held this March. It better New Zealand's Derek Marshall's mark of 2:06.6 set in 1982. As current holder of M50 WR for 800m (2:00.70), 1500m (4:05.2) and Mile (4:30.0), Roberts looks to be a favourite to win the M55 800m and 1500m at Eugene.

LEE EVANS of the US, former 1968 Olympic 400m gold medalist has entered the World games. Other Olympic Gold Medalists entered include: TOMMIE SMITH, AI OKEKER, BOB RICHARDS and WILLIE DAVENPORT. The organisers have also heard from: MIKE BOIT, ELLA KRESZENKA, FRANCIE LARRIEU-SMITH and KIP KEINO.

Possible Future Venues

Two bicent are expected for 1991. One from Turku, Finland and one from Athens, Greece. Japan has expressed an interest in hosting the 1993 World Veterans Championships.

EUGENE, OREGON July 27 to August 6, 1989

BRITISH GOLD DEFENDERS...



Charlie Williams M55 100m, 200m, 400m, WR holder, Indoor: 60m, 20 metres M55; WR holder: 400m M55.



Derek Wood M55 Cross Country/Marathon, 1995 World Marathon Champion, Rome, 1986 IGA World Marathon Champion, Canada, 1983 IGA World Champion, Korea.



David Stevens M45K Walk, Now M50, WR holder, Indoor: 2000m Walk, M45/M50; 1988 European 5000m Track Champion, Verona 1988



Will Chapman M80 Marathon, BR holder: 5000m, 10,000m, Marathon, M80.



Gwen Charman W55 Shot, Discus 1983 World Champion Shot, Discus W50, San Juan 1983. Former British Shot and Discus International.

ALSO: Ron Bell M40 800m. WR holder, Indoor: 80cm; BR holder: 800m, 1500m M40; Former Indoor mile record holder, M40

...AND BRITISH MEDAL CONTENDERS



Bronwen Cardy Wise - W35 International Cross Country Champion, Wrexham 1988; Half Marathon Champion, Welwyn 1987, runner-up 1988.



Ron Taylor - M55 WR holder: 200m, 400m M50; BR holder: 100m M40/45, 200m M40, LJ M40.



John Henson - M45 BR holder, Indoor: 200m, 400m M45.



Judy Vernon - W40 WR holder: 100mH W35, 80mH W40. Commonwealth Games 800m Champion, Christchurch, 1974.



Pat Gallagher - W40 BR holder, Indoor: 600m W35, 400m W40, 1500m W40; BR holder: 800m W40. European 1500m Champion, Verona 1988.



Les Roberts - M45 European 5000m Champion, Crawley 1984; World 5000m Champion, Rome 1985; World M45 One Hour Record Holder.



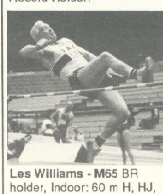
Martin Duff - M45 European 5000m Champion, Malmö 1986; IGA World Marathon Champion, Canada 1988.



Josie Kimber - W45 BR 600m, W45



Mary Worth - W50 WR holder, Indoor: 2000m Walk W50/W55; European Champion 5000m Track Walk, 10K Road Walk W55, Verona 1988.



Les Williams - M65 BR holder, Indoor: 60 m H, HJ, TJ, M65; BR holder: 100mH, M60/65, TJ M60/65, HJ, LJ, M60. European 80m Champion, M55, Verona 1988.



Rosemary Chirles - W55 WR holder, Indoor: 60mH W50/55, HJ W50, TJ W50/55, Shot W50/55; WR holder: HJ, LJ, TJ, Shot, Discus W55; BR holder: 100m W55, 80mH W50/55; European Champion 100m, 80mH, HJ, Shot, Discus W55, Verona 1988



Pat McNab - W45 WR holder, Indoor: 80mH W40/45, HJ W45, Shot W45; WR holder: Hammer W40/45; European 80mH Champion W45, Verona 1993.



Sean Power - M45 Indoor W Holder, T.J. M40 B R Holder T.J. M45/H.J. M45 Outdoor B R Holder T.J. M40 H.J. M55; European Triple Jump Champ at Verona 1988.

The British Contingent going to Eugene

(those with an asterisk are also going to San Diego for TAC/Masters National T&F Champs)

M40:
Peter Aston (SCVAC) Hammer
Geoff Barrett (NVAC) 100, 200, TJ*
Ron Bell (NVAC) 800, 1500
Tony Brannigan (SCVAC) 5000 10,000, 10KCC, 10KCR*
Cliff Brooks (SCVAC) Decathlon
Pete Browne (SCVAC) 400, 800, 1500
Colin Campbell (SCVAC) 100, 200, 400, 800
John Charlton (NVAC) 400, 400mH
Mike Gorden (SCVAC) 400mH, 110mH, Decathlon
Ian Cousins (Dorking) 1500, 5000
David Cowley (MVAC) 400, 400mH, Decathlon
Keith Crew (SCVAC) 400, 400mH
Les Duffy (NVAC) 400, 800
Die Evans (NVAC) 5000mSC, 5000, 10,000, 10KRR, 10KCC, Marathon
Mike Event (SCVAC) 100, 200
Brian Gillo Shot, Discus
Mike Green (SCVAC) 3000mSC, 10KRR, 5000, Marathon
Gerard Griffiths (NVAC) HJ
Costas Hadjiouka (VAC) 1500, 5000, 10KRR
Mike Holmes (NVAC) Shot, Hammer, Discus
Mike Jones (SCVAC) 100, 110mH, HJ, LJ, TJ*
Peter Jones (SCVAC) 5000, 10KRR
Ron Jones (SCVAC) 200, 400, 800, 10,000
Alan Lamb (NEVAC) 800, 1500, 5000, Marathon*
John Liddle (SWVAC) 200, 400, 10,000
Paul Madden 400, 800
Seamus Martin (NVAC) 5000, 10,000, 10KRR
Geoff Peal (NVAC) 400, 800, 1500*
Chris Ponch (Suffolk) 400, 800, 110mH, 400mH
Roger Porter (SCVAC) 1500, 5000*
Alun Roper (MVAC) 5000, 10KRR
Bill Scott (Notts) 1500, 3000mSC, 10KCC, 10KCC, 5000, 10,000
Clive Thomas (SCVAC) 1500, 5000, 10KCC, 10KRR, Marathon
Martin Watson (NVAC) 400, 800, 1500
Alan Whitfield (NEVAC) 5000, 10,000, 10KCC
John Vernon (VAC) 100, 200, 400
Alex Agnew (ND) 20K, 10KCC, Marathon*
Trevor Aldred (ND) 800, 1500, 400mH*
Bob Ankers (NVAC) 10,000, 10KCC, 10KRR
Dave Barrington (SCVAC) 400, 400mH
Rodney Charnock (EVAC) Decathlon
Michael Clarke (SCVAC) 100, 400mH
Mike Cushman (VAC) Discus
Howard Darbon (EVAC) 800, 3000mSC, 400mH*
Mike Dixon (SCVAC) 3000mSC, 400mH
Bob Johnson (VAC) 5K, 10K, Marathon
Martin Duff (SCVAC) 100, 5000, 10,000, 10KCC, 10KRR
Barry Ferguson (SCVAC) 110mH, 400mH*
John Henson (NVAC) 200, 400
John Foster (EVAC) 100, 200, 400
John Garber (SCVAC) 400, 800, 1500, 5000, 10,000
Bob Graham (SCVAC) 5000, 10KRR, 10KCC*
Stan Higginbotham (NVAC) 400
Peter Howard (Herts) 10KCC, Marathon
Ted Kimber (SCVAC) 1500, 5000, 10,000, 10KRR, 10KCC
Rod McLeod (Oxford) 800, 1500
Guy Ogden (SCVAC) 1500, 5000, 10KRR, 10KCC
Sean Power (NVAC) HJ, LJ, TJ
Les Peeland (SCVAC) 10,000, 10KRR, 10KCC*
Les Roberts (VAC) 5000m
Alan Smallwood (MVAC) 5K, 20K
Vic Smith (SCVAC) 800, 1500, 5000, 10KRR, 10KCC
Ian Stanfield (VAC) 10KCC, 10KRR, Marathon
Mick Statham (MVAC) 10KRR, Marathon
John Topliss (MVAC) 100, 200, 400, LJ, TJ
David Underwood 10KRR
Mike Van Oudshoorn 10KRR*
Denk Wagner (Reading) 1500
George Ward (NI) 5000, 10KCC, 10KRR*
Steve Warzee (SCVAC) 5000, 5000
Norman Weir (SVHC) 5000
M50
George Armstrong (SVHC) 5000, 10,000, 10KCC, 10KRR, Marathon*
John Baren (NVAC) 400, 300mH
Jerry Barr (MVAC) 5000, 10,000, 10KCC, 10KRR
Roger Bruck (NVAC) 100m, 200m, 400m
Ray Duns (MVAC) 3000mSC, 10KCC, 10KRR
Dave Bunton (MVAC) 100, 200, LJ
Robin Campbell (SCVAC) 1500, 5000, 10,000, 10KRR, 10KCC, Marathon
Alan Carter 100, 200, LJ, 10KRR
Leslie Cooke (NVAC) 400, 800
Garry Dainty 5000, 10,000, 10KCC, 10KRR
Joe Dean (NVAC) 5000, 10,000, 10KCC, 10KRR, Marathon
Colin Derrett (NVAC) 100, 200, 400*
John Drakley (NVAC) 400, 800, 300mH
Terry Simon (MVAC) 5K, 20K
Frank Golding (VAC) 5000, 10,000, 10KCC, 10KRR*
Jack Goody (SCVAC) 100, 200, 400*
Brian Green (NVAC) 500, 10,000
Geoff Harrell (SCVAC) 1500, 5000, 10,000, 10KCC, 10KRR
Danny Herman (NVAC) 100, 200, 400

Jim Hurley (SCVAC) 100, 200
Steve James (NVAC) 1500, 5000, 10,000, 10KCC, 10KRR
Mike Kirkwood (NVAC) 5000, 10,000, 10KCC, 10KRR
Terry Knapp (VAC) 10KRR
Tony MacKay (SCVAC) Decathlon, Polevault
John Marshall (NVAC) 5K, 20K
Ivor McAnany (NVAC) 100, 200
George Moore (VAC) 10KRR, Marathon
Wili Morgan (NVAC) 800*
Henry Morrison (SVHC) 5 events
Jim Morrison (SVHC) 5000, 10,000, 10KRR, Marathon
John Newcombe (NVAC) 800, LJ, TJ
Razaf Quanjimi (VAC) 800, 200, LJ, TJ, Marathon
Albert Prouse (NEVAC) 1500, 5000, 10,000, 10KRR, 10KCC
George Richardson (SCVAC) 5000, 10,000, 10KCC, 10KRR
Peter Savory (SCVAC) Shot, Javelin*
Mike Sawyer (SCVAC) 10KCC, 10KRR, Marathon
Colin Sheppard (SCVAC) 100, 200, 400, 300mH
Sylvie Spence (SCVAC) 100, 200, 400, 300mH, LJ, HJ*
Dave Stevens (VAC) 5K, 20K
Art Turner (Leics) 400, 200, 400*
Tony Vanderplank (SCVAC) 10KCC, 10KRR, Marathon*
Roger Vidler (VAC) 10KRR, 10KCC
Dennis Weir (NVAC) 10KCC, 10KRR, Marathon
M55
John Atkinson (SCVAC) 5000, 10KRR, 10KCC
Trevor Bradshaw (SCVAC) 5000, 10KRR
Alan Byers (NVAC) 5000, 10,000, 10KCC, 10KRR, Marathon
John Cammish (SCVAC) 1500
George Chesham (SCVAC) 100, 200
Bernard Crewther (NVAC) Marathon
Bob Davidson (SCVAC) 10KRR, Marathon*
Jan Day (SCVAC) 100mH, PV*
John Dunsford (VAC) 5K, 20K
Owen Fishery 100, 200
Doug Fotheringham (VAC) 5K, 20K*
Basil Gale (SCVAC) 20K, 10K
Dick Garratt (NVAC) 800, 1500, 5000, 10,000, 10KRR
W45
Pat Green (SCVAC) 5000, 10KRR, Marathon*
Jim Hogan (SCVAC) 5000, 10,000, 10KRR, 10KCC*
Brian Lewis (WVAC) Discus, Hammer
Ken Livermore (SCVAC) 5K, 20K
Alan Mallett (MVAC) 100, 200, 400
Maurice Morell (NVAC) 3000mSC, 5000, 10KRR, Javelin
Joe Phillips (SCVAC) Javelin, TJ, Decathlon
Ted Richardson (SCVAC) 5000, 10,000, 10KCC, 10KRR
John Seymour (SCVAC) 400, 800, 300mH*
Peter Sladder (VAC) 10KCC
Sean Sorenson (NVAC) 5000, 10,000, 10KCC, 10KRR, Marathon
Ron Taylor (MVAC) 100, 200, 400, 300mH
Arthur Walsham (NVAC) 5000, 10,000, 10KCC, Marathon
Keith Whitaker (NVAC) 200, 400, 300mH*
Charlie Williams (VAC) 100, 200, 400*
Derek Wood (SCVAC) 5000, 10,000, 10KCC, 10KRR
Peter Worth (VAC) 5K, 20K, Marathon*
M60
Bob Belmont (VAC) 1500, 5000, 10,000, 10KRR, 10KCC
Jim Charnan (VAC) 800, 1500, 10KCC*
Ken Cooke (SCVAC) 400, 800, 5000, 10KRR, Marathon*
Jack Cross (MVAC) 100, 200*
Bill Ellison (NVAC) 100, 200*
Ron Franklin (SCVAC) 5000, 10,000, 10KRR, 10KCC, Marathon
John Hayward (VAC) 800, 1500
Harvey Jaquet (SCVAC) 5K, 20K*
Max Jones (NVAC) 10KRR, Marathon
Ajit Kalra (SCVAC) LJ
George Lawson (SVHC) 1500, 5000, 10,000
Chas McDowell (VAC) 800, 5000, 10,000, 10KCC, 10KRR
Francis Moran (MVAC) 100, 200, 400
Bill Morrow (NVAC) 100, 200, LJ
Edgar Nicholls (MVAC) 10KCC
Ed Nynan (Ilford) 10KRR*
Mac O'Halloran (SCVAC) 10KCC, 10KRR
Eric Shirley (SCVAC) 400, 800, 300mH
Tony Simon (MVAC) 5K, 20K
Colin Simpson (MVAC) 800, 1500, 5000, 10KCC*
Charles Walker (VAC) 800, 1500, 10KCC
Denis Waters (MVAC) 5K, 20K*
Al Woods (SCVAC) 100mH, 300mH, PV, TJ, Decathlon
M65
Alan Bullock (MVAC) 5K, 20K, Marathon*
Francis Coombs 5000, 10KCC
Ed Crangle (MVAC) 100, 200, 400, 300mH
Les Cus (MVAC) 5K, 20K
Reg Fernyhough (NVAC) 10KRR, Marathon
Jim Johnston (NEVAC) 10KCC, 10KRR,

Marathon
Joe Kennedy (NI) 5000, 10KCC, 10KRR*
Phil Mann (SCVAC) 200, 400, 300mH, LJ
Basil Nielsen (VAC) 800, 1500, 10KCC, 10KRR*
John Swinton (VAC) 100m
John Williams (SWVAC) 100mH, 300mH, TJ*
M70
Bob Brerley (WVAC) 5000, 10,000, 10KRR, Marathon
George Scuts (SCVAC) 5000, 10,000, 10KCC, 10KRR
Les Watson (NEVAC) 100, 200, 400, LJ
M75
Ron Bryson (MVAC) 100, 200
Simon Busby (SCVAC) 100, 200*
M80
Bill Chapman (SCVAC) 1500, 5000, 10,000, 10KRR, Marathon
W35
Fiona Argent (SWVAC) 1500, 400mH
Barbara Burton (MVAC) 100, 200, 400
Froenwyn Girdy-Wise (MVAC) 5000, 10,000, 10KCC, 10KRR
Sarah Cawwell (VAC) 5000, 10,000, 10KCC, 10KRR, Marathon
Hazel Darbon (EVAC) 800, 1500, 10KRR*
Jane Henson (SCVAC) 100mH, HJ, LJ
Lynda Jackson 100m
Linda Ross (SVHC) 200, 800, 1500, 5000, 10KCC, 10KRR
Shara Spragg (MVAC) SP, Javelin
Hilma Thompson (SCVAC) HJ, LJ, HJ, Javelin
Gill Traver (VAC) 5K, 20K
Diane Underwood (MVAC) 10KRR, Marathon
Jacquie Walpole (SWVAC) 400, 800
Jean Wells (SCVAC) 100, 100mH, LJ
Sandra Woodman (SCVAC) 100, 200
W40
Jeanette Black (VAC) 5K, 10K
Carole Brown (SCVAC) 5000, 10KCC, 10KRR
Jacky Cramp 1500, 5000, 10,000, 10KCC, 10KRR*
Pat Gallagher (MVAC) 800, 500, 5000, 10KRR*
Maggie Gower (SCVAC) 10KRR, Marathon
Marjorie Haddock (NVAC) 100, 200, 400mH
Jane Holmes (NVAC) 800, 1500, 2000SC, 5000, 10,000, 10KCC, 10KRR
Anna McDonald (SWVAC) 100, 200, 400, 800
Judy Vernon (SCVAC) 100, 200, 800mH
W45
Barbara Ankers (Morecombe) 5000, 10KCC, 10KRR
Carol Bean (VAC) 5K, 10K*
Nanette Cross (SCVAC) 100, 200, 800mH, 400mH
Bridget Gower (SCVAC) 2000SC, 5000, 10,000, 10KCC, 10KRR*
Jenny Evans (SCVAC) 5000, 10,000, 10KRR, Shot
Maureen Fain (MVAC) 800, 1500, 10KRR
Anne Gomer (Glasgow) Marathon
Marjorie Haddock (NVAC) 100, 200, 400mH
Janis Kerr (SCVAC) Shot, Discus
Josie Kimber (SCVAC) 400, 800, 1500
Barbara Knapp (VAC) 10KRR
Pat McNab (SCVAC) 200, 800mH, TJ, Hammer, Javelin*
Yvonne Miles (SCVAC) 5000, 10,000, 10KRR, 10KCC, Marathon*
Sue Page (NVAC) 100, 200, 400
Marjorie Sladdon (VAC) 10KRR
Joan Smith (NVAC) HJ, LJ, Javelin
Elaine Statham (MVAC) 5000, 10,000, 10KRR*
Pauline Wilson (VAC) 5K, 10K, Marathon
Karen Yewer (SCVAC) 1500
W50
Sue Barr (MVAC) 1500, 5000, 10,000, 10KCC, 10KRR
10KRR
Ruby Campbell (SCVAC) 800, 1500, 5000, 10,000, 10KCC, 10KRR, Marathon
Barbara Dunsford (SCVAC) 10K, 10KCC, Hammer*
Una Gore (SCVAC) 100, 200, 400*
Carmie Graham (SCVAC) 100, 200, 300mH, Javelin, Discus, LJ*
Jean Hills (SCVAC) 200, 400, 300mH, Hephathion
Hilma Nyman (VAC) 10KRR, 10KRR*
Ann Syer (VAC) 5K, 10K, Marathon
Rita Sorenson (NVAC) Shot, Discus
Evan Williams (SCVAC) 100, 200, Javelin, Hammer
Wenne Withen (MVAC) 5K, 10K*
W55
Brenda Atkinson (SCVAC) 5000, 10KRR, 10KCC
Gwen Charnan (VAC) Shot, Discus
Rosemary Chrimes (MVAC) 100, 800mH, HJ, TJ, Shot, Hammer, Discus
Joyce Goody (1000) Marathon*
Brenda Green (SCVAC) 10,000, Marathon*
Myfanwy Louden (WVAC) 800, 1500, 5000, 10KRR
W60
Fwela Cross (MVAC) 100*
Joelyn Ross (SCVAC) 5000, 5000, 10KCC, 10KRR
Joyce Smith (VAC) 10,000, 10KCC, 10KRR, Marathon
Joyce Worth (VAC) 5K, 10K*
W65
Peggy Taylor (MVAC) 100, 200*
Mary Wiley (MVAC) 100, LJ, TJ, Discus, Javelin*

 * SENIOR & VETERAN MEN & WOMEN'S WEIGHT PENTATHLON *

 * 27th AUGUST 1989 *
 *
 * to be held at PERIVALE PARK ATHLETIC TRACK *
 * RUISLIP ROAD EAST *
 * EALING W.13. *
 *

 * This multi-event competition will include shot, *
 * discus, javelin, hammer and heavy weight throw. *
 * Implements will meet weight specification for *
 * each age group (Veterans in 5 year age groups) *
 *

 * Medal awards to first three in Senior Men and *
 * Senior Women and in each Veteran Age Group, *
 * using IAAF multi-event scoring tables. *
 *
 * Special awards will also be given to the top *
 * overall performers using age-factored total score *
 *

 * Send Entry Fee of £3.00 together with NAME, *
 * ADDRESS, M/F, and Date of Birth, with SAE to *
 * Special Event, 71 Hillside Crescent, *
 * South Harrow, Middlesex, HA2 0QU by 20.Aug. *
 *

 SOUTHERN COUNTRY VETERANS ATHLETIC CLUB
 will hold the following CHAMPIONSHIPS at PERIVALE
 OPEN/CHAMPIONSHIP 10 km RACE WALK (Men & Women)
 & MEN'S PENTATHLON on Saturday 26th August.
 WOMEN'S HEPTATHLON to be held over 2 days 26/27
 Entry form available from Hon.Sec.
 71 Hillside Cres, South Harrow, Middlesex HA1 0QU

SLOUGH MARATHON

Slough Borough Council

presents

THE 6th SLOUGH MARATHON AND 1st SLOUGH 1/2 MARATHON

(Under AAA's Rules — BARR Member)

and FAMILY FUN RUN (approximately 2 miles)
 on SUNDAY, 10th SEPTEMBER, 1989

Start and finish in the grounds of Upton Court Park, Slough

Entry fee of £4.00 (£4.50 for non-affiliated competitors) for THE MARATHON
 £3.00 (£3.50 for non-affiliated competitors) for the 1/2 MARATHON FAMILY
 FUN RUN — £1.00 — All entries

AWARDS

Men

1st Prize £150
 First 3 receive money
 Veterans Awards BVAFF RR Scheme Grade 2
 Veterans 40-49 First 3
 50-59 First 2
 60+ First

First Team 3 to score
 Second Team 3 to score

SLOUGH EXPRESS HALF MARATHON

First Prize £100
 First 6 receive prizes
 Veterans and Team
 Awards as above

Women

1st Prize £150
 First 3 receive money
 Veterans Awards BVAFF RR Scheme Grade 2
 Veterans 35-49 First 3
 50+ First

First Team 3 to score
 Second Team (subject to entries)

First Prize £100
 First 6 receive prizes
 Veterans and Team Aw
 ards as above

MEDALS FOR ALL FINISHERS

First Slough Runner in both events receive a Prize
 Send for entry form:

Super Team Award

Mr BOB GUTTERIDGE

MONTEM SPORTS CENTRE

Montem Lane, Slough, Berks

Entry fee includes a full set of results and certificates to each competitor. PLUS FREE
 MARATHON PHOTO EDITION OF THE SLOUGH EXPRESS NEWSPAPER

CLOSING DATE — MONDAY, 28th AUGUST, 1989

THE 2nd

AAA & WCC & RRA

NATIONAL VETERANS

HALF MARATHON CHAMPIONSHIPS

WCC&RRC Permit No.131

Permit No 5280

Sunday 3 September 1989 12.30 pm Stoke Ferry, Nr Kings Lynn, Norfolk.

Open to all club athletes of veteran age. Men over 40. Women over 35.

Entry fee: £5.00 BVAFF affiliated members: £3.00

under AAA/WCC&RRA rules.

Prizes: 1st three in each 5 year category.

Perpetual Trophies. WILMOTT DIXONS CONSTRUCTION TROPHY- 1st man.

HUNTERPRINT TROPHY- 1st Woman; JACK HASLAM MEMORIAL TROPHY-

Oldest finisher within 75 minutes of winner.

Also EVAC and BMRC Medals as appropriate. Medals to all finishers.

Also incorporating: EASTERN VETS CHAMPIONSHIPS.

BRITISH MARATHON RUNNERS CLUB CHAMPIONSHIPS (VETS)

Full facilities available. Ample car parking: Showers:toilets:refreshments

drink stations: RRC measured: 100% FAST tarmac course. High quality

photographs available to all runners with no commitment to buy.

Special accommodation option with Saturday evening social function.

ENTRY FORM---please print---CLOSING DATE FOR ENTRIES: 14 AUGUST----

SURNAME-----FORENAME-----

ADDRESS-----

POST CODE-----Date of Birth-----Sex M/F-----

FIRST CLAIM CLUB-----Age on 3.9.89.

VETS CLUB-----MEMBERSHIP NO-----

All competitors will be in AAA/BVAFF Championship.

PLEASE INDICATE OTHER CHAMPIONSHIP ENTERED:- EVAC-----

BMRC-----

ENTRY FEE: £5.00 BVAFF AFFILIATED MEMBERS £3.00

Accommodation details required-----YES/NO.

I am medically fit to run and accept that the organising club, its members
 and assistants can not accept any liability for any injury suffered, or any
 loss, or damage to personal property or belongings during or after the race

SIGNED-----

CHEQUES PAYABLE TO: BVAFF. Send with TWO 10 x 7 s.a.e to:

G.Reid, 3 Church Lane, Shouldham Thorpe, Kings Lynn, Norfolk, PE33 0ED.

Telephone Enquiries to 0553-841880 or 0553-86461.

JOHN GILMOUR of Australia celebrated his seventieth on May 3 this year and 15 days later ran a half marathon in 81:41. However his last competitive weekend as an M65 was at a very hot Australian Veterans National Championships. He ran 10,000m in 38:53.80, the following day 1500m in 5:07.5 and the day after that 5000m in 18:42.10. His very last race in that category was on the Western Australian University grass track in April when he ran another 10,000m in 37:47.6. He has just competed as an M70 in a one hour track race where he recorded a new WR of 15,474m and en route he gained the WR for M70 10,000m with 38:26. It is, therefore, very fitting that for this issue we dip back into the January 1975 issue of *Veteris* for an extract from a feature by Chuck Poller on this most remarkable of men.

Spotlight on John Gilmour

JOHN Gilmour is athlete, coach, father-confessor and gentleman and is world-ranked in them all. He is not tall, not strong (except in the heart and legs) and, less obvious, recognizes athletes around him by their bulk or lack of it, their stance or style of running, by the clothes they wear or by their voices, because, except when up close to them he doesn't see their features well enough.

Though born in Scotland of the McWhirter and Gilmour clans, John, with his parents emigrated to Welshpool Western Australia as a toddler. It wasn't long however before he was running to school three miles away, both ways, every day, wet or fine, 8C or 35C! Soon he was making school athletic history by becoming its long distance champion and runner up sprinter champion. Then an out-of-school-hours sport grabbed him and he became a junior soccer player, his speed and stamina making up for his slight frame and pushing him into local fame as Fremantle's top goal scoring centre forward. It was seeing his verve and dash that prompted famous WA Australian Rules football player, Ern Henfrey, to suggest that John join the local athletic club as the training would help his starting speed and provide a summer keep-fit outlet.

Meanwhile the war was pushing its dark clouds nearer so in 1941 he joined the 2/4th Machine Gun Battalion. His athletic training was not neglected, however, and he was soon the Army, Navy and Air Force 3 mile Cross Country Champion. State-wide he won the 440 and 880 yards titles.

Things were looking good to the bright eyed 23-year-old champion runner John Gilmour, especially the prospect of seeing some of the world with his posting to Singapore. When the Japanese over-ran the peninsula, however, John found he was *not* in the running. Well, it wasn't long before he decided he ought to be. Getting together with another WA athlete in the POW camp, a hundred yard track was created by chopping down a number of Singapore's famous hibiscus hedges, moving some paving slabs from a path to cover the drains that happened to get in the way of the run, and topping the slabs with turves that they 'scrounged' from adjacent lawns!

The Japanese CO might have put them on bread and water for the duration but he was so amazed at their audacity that he just nodded admiring assent when the two went on to ask his permission to hold a sports day! It was a great success — for the athletes, the on-lookers (Japanese guards included) and the inevitable Aussie POW bookmakers. They were the good days but they were not to continue for long, alas. Following their refusal to sign a 'I won't try to escape' affidavit discipline for the POWs tightened and the restrictions mounted.

Although the prisoners tried to keep fit the low calorie and vitamin deficient rations handed out to them began to take its toll. Deprived of nourishment their bodies failed to stand up to even a minor training pattern. As malnutrition symptoms worsened many of the prisoners suffered and John was admitted to hospital with styes and severe malnutrition. The timely arrival of a SA Red-Cross ship saved him from a complete breakdown and blindness but the optic nerves were permanently damaged. Nevertheless, when the POWs were transferred to Kobe, Japan, John was made to work like the rest and over the next three years he toiled from dawn to dusk.



Altogether he was a POW for three and a half years. When freedom came it was 1946 and he was 27 and far from fit. But against his doctor's advice he worked his way back to athletic fitness and success. In that year he won the State 440 yards title and ran second in WA's first ever 15M road championship. He went on running representing WA five times up to 1961 after which he was considered too old by the selectors!

He had had a wonderful and rewarding athletic career. Was it now to end because he was 43? Not if John Gilmour could help it. He was sure he had something to put into athletics for all the pleasure he had got out of it. He was already coaching youngsters in long distance running but broadened his coaching base with study and also took on administrative duties — and continued running — he was still among the best long distance runners in the State.

Then came the world-wide surge of interest in veterans athletics and John suddenly saw there were age group Australian and perhaps world records he could aspire to. Apart from beginning to set world times from his 52nd year onward, he was still achieving pbs in distances he had been running all his life! When he was 54 he knocked 1 minute off his State Record time of 57:18.0 for the 10M event 26 years earlier!

Above all John has one special attribute for the discerning. Whether he is standing talking to youngsters, officials, administrators or the press, or drinking his lemonade during a fund-raising 'do' after a beautiful exhibition of ballroom dancing (he was coached by a pro — and it shows) or receiving the admiring congratulations of his fellow athletes after a gold winning run John Gilmour is always, without doubt, a true and very modest gentleman.

Current WR held by Gilmour:

M60 1500m 4:30.0
M60 5000m 16:33.3
M65 5000m 17:25.3
M60 10,000 34:23.0

FIVE BRITISH RECORDS
SCVAC T & F Championships
Norman Park, Bromley, June 4
FIVE British and no fewer than 69 Championship records were established. The best was Josie Kimber's 2:30.3 for the W45 800m beating the good 2:31.0 of Northerner Anne Nally. However Jo Ogden's splendid W60 sprint times of 15.1 and 31.2 and Carina Graham's 15.4 for the W50 80mH show that both are improving as they mature.

The double that attracted most spectators attention was middle distance efforts of the former AAA Champion Peter Browne. His 800m in 2:01.7 was a CPB, but the significance was reflected in the ease that he breezed over the last furlong in his 4:19.7 1500m. Brian Bartholomew (4:26.6), Laurie O'Hara, back again after nearly 12 months calf injury, (4:39.4), Jim Charman (4:57.1), Karen Yewer (5:05.1) and Joselyn Ross (6:10.9) all achieved useful 1500m CBPs. There were also great two lap runs from Ian Pierce (2:06.5), Charman (2:25.8), Janet Bigos (2:20.6) and Ross (3:04.9) all CBPs. Best of the sprinters were: Ian Foster (M45) 11.4/23.5 double, Ali Kalirai (M60) 13.2 and 28.00 and Pat McNab, ecstatic about her W45 13.6 100m. An exciting M40-49 5000m was won by Steve Warzee with an M45 CBP of 15:40.0. In the M55 race Neville Newnham always had the measure of Derek Wood while Bob Belmore and Ron Franklin took the major M60 medals.

Best of the one lappers were Winston Thomas (M45), Andrew Blackman (M55), Jean Hulls (who seems destined to break the British W50 record this year) and the ubiquitous Ogden.

There seems to be great support for the hurdles now that the distances have been rationalised. In the 80mH Pat McNab emulated Carina Graham with a new CPB of 13.2, with Gordon Daborn (M55), Alf Woods (M60) and Les Williams (M65) setting new figures at 100mH and Mike Clarke at 110mH.

Pride of place in the TJ was divided between Gordon Hickey (M55) with 10.38 and Kalirai (M60) with 10.17. There were many good field performances with Ken Turnbull's 58.14 Javelin throw, for my money, the best.

The relays at the end of the meeting brought the long day to a satisfactory conclusion with former international Bob MacStocker back in action, a sentiment I fear not shared by Croydon distance runner Robin Dickson, who was unlucky enough to be participating on the same leg.

Jack Fitzgerald

THE BEST YET!

MYAC T & F Championships, Saffron Lane, Leicester June 11
THE BEST yet, lovely day, splendid stadium, a record 160+ entries. One World best performance, 46 championship bests and 1 equal, 11.7 100m into strong head wind by ex-International Roger Walters in M40 group — also 200m in 23.9.

Star of the day was Rosemary Chrimes with her World best of 39.88 Discus, Triple Jump 8.83, 100m 15.2, 11.82 Shot (wrong weight). Rosemary just got on getting better. One of the most interesting events was the M40 1500m with two athletes breaking previous bests, Dave Higgins over Martin Watson 4:09.0 to 4:10.9.

Over at the Hammer, Glyn Blyton, M40, 44.50, J Emens, M45, 41:36 and ever-young Dave 'Decathlon' Williams, M60, 34.56. Must not forget John Geres (Rugby) 20.26 and M70 H Karlsson (Glouce.) 21.38 — all new CBPs. Another excellent display came from Marjorie Hocknell with 400mH CBP 67.7, 100m 13.7, 400m 61.0, 200m 27.9. All gold, all CBP.

In the Walks, Bob Care re-wrote the records 5K of 22:36.2, following in a CBP George Chaplin, M55, 25:29.3 and getting younger each year Jim Grimwade (M75), 29:17.3.

The women 5000m — Dot Fellows, W40, 18:52.2 and Elaine Statham, W45, 19:01.4 — both CBPs.

Back to the Field: a special mention for I Smits 9.90 for Shot M60 record and Javelin 34.38 record; Glyn Blyton 13.32 showing many younger competitors that age means very little — that putt would win most HFC League meetings.

High Jump — difficult due to strong head winds: Geraint Griffiths, ex-Welsh International, cleared 1.80, a new CBP M40. Jack Cross (M55) cleared 1.35, a CBP.

The sprints saw Ron Taylor back in action. Freda Cross took gold in the 100m and Shot. Talking of Shot, nearly forgot a 10.31 CBP by J How, M45.

Nice to see back on the track Bill Taylor 2 golds: 800m and 400m. The final

events of the day being a 200m, 300m and 100m Relay. Tamworth team taking gold.

The event for the first time included open events for BVAF Competitors and produced some excellent results. To the many athletes, officials, helpers, thank you for making my last Championships as Organising Secretary a very enjoyable and splendid day, and thanks for letting me win the M45 400m 56.4 and Javelin 37.10.

Phil Owen

27 CHAMPIONSHIP BESTS

NVAC TAF Championships, Stockport, June 4
THE WEATHER was good and the all weather track was new, which together helped athletes to achieve 27 new championship best performances and one equalled performance.

Star performances came from Brian Townley of East Cheshire Harriers doing the double in the M40 100m in 11.5 and a CBP 200m in 23.5. He looks a likely candidate for the British title next month. Geoff Peel of ASVAC achieved a very good double: 400m in 53.3 and 800m in 2:04.3 overtaking new boy Peter Levison Barrow in the finishing straight who had led all the way. However Peter had the satisfaction of a very good 4:18.1 1500m win. Stan Curran, Salford, still showing his London Marathon form finally shook off Arnold Bradshaw, Manc YMCA, in the 5000m to take the M40 title with a new CBP of 15:17.1.

William Marshall, Motherwell YMCA, came all the way south from Scotland to show he is still the best O60 distance runner in the country. He took the 5000M title in a new record time of 17:31.5.

Ted Joynson, Gateshead, after missing the start of the 1500M made amends by taking the 5000M M65 title in a new CBP of 20:03.4.

In the M45 race after a great tussle over 12 laps Steve James, Southport & Waterloo, finally shook off Ted Isaacs of Wirral to take the 5000M title with a new CBP 15:53.3.

Not to be missed was a very excellent treble by Syd Walton of Durham in the M45 age group when he took 100M in 12.6 200M in 25.1 and 400M in 55.9.

Another treble was the excellent performances in the M40 field events when Mike Holmes, L'pool H, won the Shot (12.14) Discus (37.30) and Hammer (40.48).

Derek Howarth

36 CHAMPIONSHIP BESTS

SVHC T & F Championships, Dundee, June 18

THERE were 36 championship best performances and two equal CBPs. Most of these were in the women's and the older men's age groups and they reflect the fact that SVHC is not only a road-running and cross-country club, but also a track and field force. The average of over three events per competitor shows the overall strength of veterans and the gradual increase in the number of women competitors is shown in the CBP changes. It is great to see the steady number of entries from south of the border which can only be good for the future of the veteran athletics.

The following results are just a handful of many noteworthy performances. Among the women: W35 Audrey Munro for the 100m, 200m, 400m (13.1, 26.2, 63.7); Mary Ingram for D, S and J (32.80, 9.51, 20.49); W40 Joyce Hogg for LJ, SP, 200m, 400m (3.89, 7.58, 30.9, 69.7); W45 Barbara Oliver for 400m, 800m, D, SP (60.0, 2:24.9, 19.54, 7.50). Among the men: M50 John Ross for 100m, 200m 400m, J (13.1, 26.2, 57.2, 40.94); M55 Bill McBrinn for 1500m, 5000m (4:51.5, 17:34.1); Ken Glenesk for 100m, 200m, D, J (13.1, 27.6, 24.82, 22.40); M60 Ian Steadman for 100mH, 300mH, J (17.5, 49.6, 24.4); George Bridgeman for 100m, 200m, D (13.8, 28.7, 29.06); M65 Allan Bowdler for 100m, 200m (14.0, 29.1); Jack Swinton for HJ, LJ, TJ, D, J (1.10, 4.02, 8.05, 20.74, 23.72); M70 Andy Coogan for 100m, 200m 400m (15.3, 34.7, 77.0) and Bernard Metcalfe for H, SP, D, J (17.12, 9.58, 24.30, 22.88).

With 127 competitors and a total of 421 event/competitors, this was going to be a tough meeting to get through at any time. Due to the very busy track and field league matches and other athletic events, we found that we could not get nearly enough officials to satisfy our requirements.

Fortunately we received great assistance from volunteers and competitors and the ground staff, which eased the jobs of the regular officials.

Our thanks are extended to the members of Dundee Hawkhill Harriers for their hospitality and home baking and to Dundee District Council for their financial

assistance and the post-meeting hospitality.

The SVHC are planning next year's BVAF championships to be held at Crownpoint Sports Park on July 7/8 and we look forward to meeting many old friends and rivals in an atmosphere of healthy rivalry.

David Morrison

TOP GEAR ACTION

SWVAC Track & Field Championships, Bournemouth, June 24

IT WAS top gear action all the way at Kings Park for the third Championships. The almost perfect weather ensured a good turnout with about twice as many entries than previously.

Inevitably the record book took a beating to such an extent that a rewrite is called for. 23 new marks were set in the men's section and 11 in the women's. Also 26 men and 21 women age groups achieved a first time entry.

Several competitors were competing in their new age groups, notably Joe Phillips who in the javelin came within 1.3m of equalling the BR. Andy Robinson, Frank Coles and Les Williams get a mention for improving their existing SWVAC records. Brian Clements topped the aggregate list with the Pentathlon plus four more events, five of which will be included in the 'book'.

Jean Wills, who is in her first year of her return to the track and who seems destined to recoup her halcyon days, wiped up all the opposition in her three events. The 5.24 LJ is BR. Bronwyn Carter was in a class of her own in the throws as was Pat McNab.

Trackwise Jackie Walpole monopolised the middle distance in the W35. And last but not least, the Jersey Spartan 'Lillies' showed their undoubted motivation by representing 25% of the female entries. Millfield here we come.

David Lord

NEVAC GOOD AND KEEN

NEVAC T & F Championships, Monkton Stadium, Jarrow, July 2

AFTER the recent downpours we were favoured with a gloriously sunny afternoon and rewarded with some good and keen competition.

The highlight of the afternoon was the 5000m run by Alan Whitfield of Chester Le Street. Making his debut in the Championships he ran away from a good field shattering the existing championship record by some nine seconds. From the same club, Kath Dowson, W35, broke the 800m and 1500m CBP.

Another making his first appearance was Bill Robinson of Blaydon who completed a double in the M40 1500m and 800m. Bill, a former English Cross Country International, obviously enjoyed the new challenge offered by veteran competition.

Evergreen John Lucas, 74, again showed his fitness competing in the M70 sprints. He completed the 100m and 200m in 14.3 and 30.6 respectively. Tim Carroll, M50, made a successful trip back to Tyneside from Cumbria where he now works and resides, completing the double in the 400m and 800m.

After a successful championships full of promising performances, NEVAC are in confident mood for their annual match against the Scottish Vets on July 22 when it is hoped to regain the Trophy at present held by the Scots.

Jimmy Waters



Jane Holmes winning the 1500m, W40, at Kelvin Photo: B. Bickerton



Some sprinters in the M65-M75 groups: J. Murphy, L. Watson, J. Lucas, J. Henderson Photo: B. Bickerton

FIXTURES

NATIONAL

- 6 Aug BVAF 10M Champs OSWESTRY cd 26 Jul
13 Aug Inter Area T&F Match MILLFIELD SCHOOL Street
Som 11am - details John Liddle 19 Roundhouse Drive
Totton Southampton SO4 2EU
20 Aug BVAF 10K/5K Track Walk Champs SOLIHULL
P Owen 4 Markfield Rd Ratby Leicester
3 Sep AAA/BVAF Half Mar Champs KINGS LYNN Norfolk
9/10 Sep BVAF Decathlon SHEFFIELD cd 26 August
£4 & Sae D Burton 71 Nethergreen Rd Sheffield S11
7EH
25 Sep BVAF 5000m Road Champs ALDERSHOT
David Brown 56 Highfield Av Aldershot GU11 3DA
1 Oct BVAF Flying Fox Marathon Champs STONE Staffs
cd12 Sep see ad p2
28 Oct AAA Open Veterans 20K/10K Road Walk Champs
Perry Barr BIRMINGHAM (new date) £2 cd 10/10
D Withers 14 Cottage La Marlbrook Bromsgrove B60
1DW
19 Nov AAA/BVAF 10K Road Champs BARNLEY S Yorks
Max McNally 0302-782961
3 Mar 1990 Indoor Pentathlon COSFORD

31 Mar BVAF Indoor T&F COSFORD

INTERNATIONAL

- 27 Jul - 6 Aug VIII WAVA T&F Champs Eugene OREGON
14/16 Oct JAPAN Masters 10th annual T&F Wakayama

SOUTH

- 23 Jul EASTBOURNE YA & Vets Open Meeting cd 15 Jul
23 Jul BERKS, BUCKS, OXON & HANTS Vets meeting
Hayes Sdtn Judge Heath La Hayes Middx - on day al
lowed
30 Jul LRRC Gen Portfolio Vet 10K Road BATTERSEA
15 Aug VAC 5M Run & 5M WALK BATTERSEA 7pm
27 Aug VAC Track Champs West London Sdtn W12 2pm
10 Sep SLOUGH Marathon and Half Mar - BVAF Grade 2
1 Oct READING AC 3rd Open Vet T&F Meeting -
forms 10 Fullbrook Cres Tilehurst Reading RG3 6RX
3 Sep TWICKENHAM AC Open Vet T&F Barn Elms - adv or
day Mrs J.Neal 4 Blandford Av Whitton Middx
9/10 Sep SUSSEX Veteran Championships Withdean Sdtn
Brighton M&W 100 200 400 800 1500 3000 LJ
details Ron Stead 11 Northcote Rd Bognor Regis
30 Sep SCAA Open 6 Stage Road Relay Veterans O40 and
O50 event Rushmoor Arena ALDERSHOT
22 Oct BARNES GREEN Half Mar incp SCVAC Champs £4
cd 21/9 3 Smugglers Way Barnes Green, Horsham

SOUTH WEST

- 13 Aug Inter Area Match Millfield School STREET
17 Sep EXETER H 5th Open Vet T&F Mtg Clifton Hill 10am
Forms B.Brockington 32 Spinney Close Heavitree EX2
5PE

WALES

- 25 Jul Track League Barry
13 Aug 10M Road Champs BARRY
15 Aug Track League CARDIFF - at new track
10 Sep WAVA Marathon Champs ANGLESEY

MIDLAND

- 20 Aug MVAC SOLIHULL meeting:
MVAC Pentathlon, Open Throws Pentathlon, MVAC &
Open 10K, 10K Walk, Handicaps: 100m and Maxwell
House Mile, entries to Phil Owen, 4 Markfield Rd,

- 10 Sep Ratby, Leicester
6th Chelmsley 10M 75v 21wv prizes
£3 cd 1/9 John Walker 111 Cooks La Kingshurst
Solihull
16 Sep NUNEATON 10 and MVAC champs cd 9 Sep
£2 B Ewington 16 Hemsworth Dr Bulkington Nuneaton
WOLVERHAMPTON MASTERS Open Veteran T&F
see ad p12
24 Sep Lake Vyrnwy Half Marathon
£3 Doug Morris 27 Whittington Rd Oswestry SY11 1JD
29 Oct 8th STROUD Half Mar & MVAC Champs 10v 6wv
forms S James Spring Cottage S Woodchester Stroud

EAST

- 3 Sep National Vet Half Marathon & EVAC Champs
17 Sep Open and EVAC T&F Champs CORBY Northants
details EC Butcher address p2
8 Oct HUNTINGDON Marathon with EVAC Champs

NORTH

- 20 Aug ISLE OF MAN Marathon W Hooke 47 Fuschia Grove
Ballasalla Isle of Man tel 0624-823619
27 Aug Monthly 10K Run IRLAM 12 noon
3 Sep FRODSHAM Hill Races 4.6M - BVAF Grade 1
forms C Jackson 68 Grasmere Rd Frodsham Cheshire
17 Sep NVAC 10K Road Champs YORK
1 Oct NVAC 10K Track Champ Whetton Park BLACKBURN
8 Oct Monthly 10K Run Turton BOLTON
29 Oct NVAC 10M Champs Padgate WARRINGTON

NORTH EAST

- 19 Aug League No 4 JARROW 1500 400 100 JT LJ
26 Aug NEVAC v SVHC T&F Match JARROW
17 Sep Pentathlon Champs JARROW DT/JT/LJ/200/1500
26 Sep NEVAC 10,000m Champs JARROW

SCOTLAND

- 2 Aug LOCHINCH 10K Road Glasgow 7pm
9 Sep SVHC Pentathlon and 10K Track Champs
COATBRIDGE Outdoor Centre

WOMEN ONLY

- 8 Oct Traffic Garages 2d Ladies 10k TADWORTH Sy
£3&SAE 11 Breech La, Walton-on-Hill, Tadworth

FIXTURE NOTES

WOLVERHAMPTON MASTERS offer non standard distances, low hurdles and Jumps Triathlon for an end of season flourish. It is set in spacious Aldersley Stadium. Pay a fixed entry and choose as many events as you wish on the day.

The same entry system applies at **TWICKENHAM AC's** Open Vets. Here field eventers tend to congregate and the prevailing SW wind has been known to enhance the flight of javelin throws.

Apologies to readers and the advertiser for omission of the date of the **BVAF 10 at OSWESTRY**. The event is to be run on August 6 as previously listed in fixture list.

Change of date to September 17 is announced for **EXETER VETS OPEN**. The annual Clifton Hill track is close to the City Centre.

ADDITIONAL MULTI-EVENT FIXTURES

August 26: SCVAC Pentathlon and Heptathlon, Perivale Park, Ealing. Entries £1.50 (+SAE) to Jim Hurley, 5 Ledbury Road, Croydon.

August 27: Senior & Veteran men and women's Weight Pentathlon, Perivale Park, Ealing. Entry £3.00 (+SAE) together with name, address, M/F and DoB to Special Event, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU by August 20.

A WEEKEND OF WORLD AND BRITISH BEST

Continued from 'page 1

1:55.6. Bell had the same tactics in the previous day's 1500m, but was jumped by the three other Welshmen in the last 200m. Thomas looked every inch the champion he was in his younger days with a sub-58 last lap, as Alun Roper and Bernie Plain collected the minor medals. Thomas will surely be another contender for the big race - 1500m - in Eugene (see P8). Roper made no mistake in the 5000m but it took him a long time to shake off the attentions of new find Henry Emerton of Colchester (15:01.8 to 15:04.6).

Emerton came back to win the steeplechase in 9:47.8, while in the M40 10,000m Shel Chowles eventually tired of pussy footing around and accelerated away to 31:28.6 as Aberdeen's Colin Youngson held second with 31:52.5.

In the M45s Jim Henson doubled 23.29 (200m) and 51.36 (400m), while NI International, Trevor Alderdice, out-sprinted a pack in the 800m. He had been jumped by Reading based Derek Vaughan in the 1500m. Your correspondent somehow managed a long distance double of 15:49.70 (5000m) and 33:16.9 (10,000m).

In the M50s Sheffield statistician Dave Burton scored a sprint double, while the distance boys, Steve James 5000m (15:51.5) and Alan Griffiths

(10,000m) 33:28.0, both ran with distinction.

Andrew Blackman of Barnet gained a triple gold sprint set (M55), John Hayward a 400m/800m double in the M60s, Willie Marshall a convincing M60 5000m and 10,000m double (17:49.4 and 36:27.7) and Bob Brierly similarly in the M70s.

The best men's field performance was from Dartford's Keith Turnbull, who launched the spear a full 60:22 in the M40 Javelin. Mike James and Neil Griffin cleaned up the jumps and throws in this group. James took the HJ (1.80) and LJ (6.81) and Griffin the Discus (44.44) and Shot (13.49).

Sean Power (M45), now well on the way to recovery from serious illnesses, was below his best, but recorded a three jump win (Triple, Long and High) the best being 13.18 in the Triple - his speciality.

Dave Bayes (M55 Hammer) threw 47.74 while Ken Brookman (M60 Javelin) set a new UK best of 39.96. Worcester's Len Croo set a 5000m Walk best of 27:30.6 in the M65s as did Roger Spikes in the M70 Hammer (20.98).

STOP PRESS

The new General Secretary of the BVAF is Bridget Cushen, 156 Mitcham Road, West Croydon, Surrey CR0 3JE (tel: 01-683 2602).

JAPANESE INVITATION

THE JAPAN Masters T&F Athletic Union has extended an invitation to masters athletes throughout the world to attend its tenth annual meet in Wakayama, October 14-16. Past meets have drawn over 1000 participants. This year, promoters hope to increase that number to 1500 and attract 300 athletes from abroad to give the meet an international flavour.

Competition will be held in five-year age groups from M30 through M85 and W25 through W75.

For registration and travel information contact Tokyo Travel 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Tel: 0734-25-3211; FAX: 0734-24-1638.

Open SCAA Veterans Road Relay

by Martin Duff, BVAF General Secretary

THE SCAA Road Running Committee have decided to incorporate a separate veterans open road relay championships into the Southern six-stage senior event to be held at Rushmoor Arena, Aldershot, on Saturday, September 30. (For full details see advert P14.) There will be Southern Counties medals for teams in both the O40 and O50 categories. The format is 4K and 6K legs. The event is open to all clubs affiliated to the Southern Counties AAA.

GEORGE COLLET, who was with the Bruges tour the weekend of June 24/25, died suddenly at his home in Feltham on June 30. George was a member of the successful TVH M60 Road Relay team at Sutton Park this year.

Another International stalwart, **SAM LEE**, died after a long illness on July 3. As well as winning several International distance championships, Sam was also a keen competitive cross-country skier, walker and cyclist. Both will be sadly missed by us all.

June Prize Draw

David Coward was £100 winner of the June Prize Draw. The following won the £10 consolation prizes: C.Brennan, Alan Lovett, Jeff Wiseman, E.Scott and K.P.Jackson.

NATIONAL MASTERS NEWS

The U.S. National Masters News is the official world and U.S. publication for veterans track and field, long distance running and race walking.

Each month it delivers 36 to 48 pages of world and U.S. schedule info, results, training advice, race and meet stories, profiles, photos and articles by the top masters writers in the U.S.

The National Masters News is the official organ of WAVA (World Association of Veteran Athletics), which uses NMN as its central communications outlet.

Keep up on the world and U.S. veterans action by subscribing for 6 months (US\$12) or 1 year (US\$22). Add \$15 per year for air mail. Mail check or money order to NMN, PO Box 2372, Van Nuys CA 91404.

WOLVERHAMPTON MASTERS

Aldersley Stadium Wolverhampton

SUNDAY SEPTEMBER 24
first event 1 o'clock

Open Graded Track and Field for Veterans

Track 100m 200m Hurdles 300m 600m
1 Mile 5,000m 5,000m Walk
Jumps Triathlon: Long Jump High Jump
Triple Jump

Throws: Javelin Discus Shot
Men and Women

£2 for a number (as many events as you wish)
in advance by 10 September £3 on the day

Entries with 9x4" sae and cheques to "MVAC" to

Tom & Carol Morris,
2 Norfolk Grove,
Great Wyrley,
Walsall, WS6 6JS

RESULTS · RESULTS · RESULTS · RESULTS ·

3000 Metres Walk.
M55 1 E.J. Jermore 15:38.1
 2 D. Fotheringham 15:57.5
M60 1 H. Jaquet 17:07.7
M80 1 J. Hayward 23:18.4
High Jump.
M45 1 J. Newcombe 1.60
M55 1 J. Day 1.30
M65 1 A. Woods 1.35
M65 1 J. Swinton 1.15
W35 1 V. Thompson 1.35
Long Jump.
M45 1 J. Newcombe 5.20
M50 1 F. Taylor 5.46 2 A. Carter 4.33
M55 1 J. Day 4.15 **M60** 1 Kalirai 4.70
M65 1 Munn 4.30 2 Swinton 4.14
W35 1 L. Brown 4.09 4 Philcox 3.94
Pole Vault.
M55 1 J. Day 2.80 **M60** 1 A. Woods 3.00
SCVAC 10,000m Champs.
M40 1 G. Meredith (Cambridge H.) 32:40.6
 2 P. Hamilton (Blackheath) 33:42.7
M45 1 P. Dickinson (Croydon) 35:16.8
M55 1 J.D. Wood (Barnet) 36:19.1
M60 1 R. Franklin (TVH) 37:36.0
M75 1 P. Fearn (Barnet) 63:36.7
W45 1 B. Cushman (Milton & Sutton) 53:59.1

FROM THE COUNTY CHAMPIONSHIPS (May 20/21 unless otherwise stated)

BUCKINGHAM, WINDSOR Vet 3000m 1 M Bromilow M40 9:23.8, 2 R Gomez M50 9:41.0
CAMBRIDGESE, PETERBOROUGH 5000m G Walker 17:48.7

CUMBRIA, CARLISLE Vet H H Richardson 48:38

ESSEX, WALTHAMSTOW Vet events 100m J Mallot 12.6 (H 12.5), 400m J McNamee 56.5, 1500m G Wootton 4:15.6

S GLAMORGAN, JENNER PARK 1500m 1 B Plain 4:12.8

HUMBERSIDE, GRIMSBY W 400m 3 M Hocknell W45 68.1

KENT, CRYSTAL PALACE 110mH 4 B Ferguson 16.6, DT 3 C Ellis 45.28

LEICS & RUTLAND, LEICESTER DT 1 A Roper 28.14, Vet 100m S Gamble 12.4, 200m J Gray 24.3, 1500m C Turner 4:24.9, 5000m P Leach 16:44.7, 4x100m Tamworth 48.2, W Vet 100m E Binks 15.3

OXFORDSHIRE, IFLEY ROAD 5000m 1 S Cowles 15:07.9

SURREY, TOOTING BEC W Vet Invtn 100mH 1 P Oake 14.2, 2 N Cross 14.5, W DT 6 C Graham 27.50

WILTSHIRE, MELKSHAM W100m 1 U Gove 13.9

WORCESTERSHIRE, HADLEY STADIUM 3000mW 1 R Care 13:05.2, 3 A Smallwood 14:09.6

KINNAIRD & SWARD TROPHY KINGSTON-ON-THAMES APRIL 16 400/800m 1 P Browne (TVH) 52:72:00.3
 Shot A 1 N Griffin (WSE) 14.10, Discus A 1 N Griffin 45.06, 2 C Ellis (SH) 44.46, Hammer A 4 Ellis 35.62, Jav A 1 R Bartlett 52.78, Jav N K Sheppard (Watton) 53.92

REDDITCH SPORTS COUNCIL LEAGUE TARNWORTH 4 MAY 100m S Gamble (Tam) 12.1, R Abdy (Northam) 12.2, HJ Abdy 1.65, C Green (Tam) 1.55, TJ T Cox (Nun) 11.25, Green (Tam) 11.10, 4x100 Relay Tamworth 49.7, Notts 51.6, League 1 Tamworth AC 107, 2 Nuneaton AC 94, 3 Northampton Ph AC 76, 4 Notts AC 68, 5 Burton AC 57, 6 W Bromwich AC 33

NEVAC T&F CHAMPS MONKTON STADIUM JUL 1 100m

M40 1 W Briggs 12.1, D Maxwell 12.4
M45 J Steele 12.1
M50 1 P Pye 12.3, 2 J Scott 12.6
M55 1 R Parnaby 12.9, J Preston 13.1
M60 1 R Brown 14.1, 2 R Laidler 14.8
M70 J Lucas 14.3
W35 1 B Bullis 13.7, W40 C Wake 14.3

M40 1 W Briggs 24.9, D Tate 25.6
M45 Steele 24.5
M50 1 Pye 25.9, 2 J Scott 26.9
M55 1 Parnaby 26.8, 2 Preston 27.4
M60 1 Brown 29.9, 2 N Atkinson 32.3
M70 Lucas 30.8
W35 1 Bells 28.8, 2 Kozdziejew 31.6
W40 Wake 30.1
W45 M Avery 34.9

M40 1 Maxwell 55.6, 2 Tate 55.9
 3 J Ray 56.5, C Smith 59.3
M45 Steele 55.5, 2 G Wood 59.2
M50 Carroll 58.4, 2 Checkley 58.7
M55 Parnaby 59.9, 2 A Clinton 61.5
M60 J Carr 69.3
M70 E Johnson 79.5
W35 1 Bells 64.0, 2 Hay 67.8
W45 H Simpson 78.9

M40 1 W Robinson 2:10.7, 2 D Maxwell 2:12.5, 3 T Atney 2:13.0
M45 4 C Smith 2:17.1
M50 2 G Wood 2:19.3, 3 R Wilson 2:21.8
M55 1 T Carroll 2:11.3
 2 R Checkley 2:15.0, 3 K Sutton 2:19.7
M55 1 R Manning 2:27.9
 2 R Melville 2:30.5
M60 1 R Pearl 2:32.2

M65 E Johnson 2:48.7
W35 K Downson 2:29.2, 2 C Hay 2:32.8
M40 1 Robinson 4:19.9, 2 Atney 4:27.5
M45 1 C Bolton 4:21.6, 2 Mackay 4:37.7
M50 1 Barnes 4:25.0, 2 G Smith 4:21.3
 Sutton 4:32.3, 4 T Keegan 4:32.9
M55 1 W Ramagge 4:43.6, 2 Manning 4:46.1
M60 1 Pearl 5:02.2, 2 Carr 5:23.4

M65 Johnson 5:28.5,
 2 Downson 4:55.0, 2 C Hay 2:32.8
W35 Avery 5:25.5
M45 1 B Purvis 16:53.9, 2 R Lund 17:21.5
M50 1 J Hawes 16:56.2, 2 F Dockerty 17:03.2,
 3 T Keegan 17:28.1, 4 S Moffat 17:56.6
M55 1 E Appleby 17:09.0, 2 Manning 17:42.4

M60 Pearl 18:43.6
M65 Johnson 20:02.0
W35 S Kirkup 10:53.8
W45 Simpson 12:09.8
Javelin
M40 1 J Rowell 34.22, J Charlton 34.20
M50 1 R Sykes 33.74, J Scott 31.50
M55 D Field 35.66
M60 Laidler 37.10
W35 Kozdziejew 12.34

Discus
M40 Ray 24.30
 1 Sykes 33.64, 2 H Ryan 30.854
 3 Scott 28.72, 4 Pye 28.68
M55 Field 30.66
M60 Laidler 29.50
 D Henderson 25.92
Shot Put
M40 Charlton 8.58
M50 Ryan 10.73, 2 Sykes 10.01
 3 Pye 10.00, 4 Scott 8.99
M55 1 Buckley 8.80, 2 Field 7.87
M60 Laidler 8.53
M65 Henderson 7.77
Long Jump
M40 Ray 5.19, W Briggs 5.04
M45 Wood 4.90
M50 1 Scott 4.83, 2 Sykes 4.51
M55 1 Clinton 4.46, 2 Preston 4.37
M60 Laidler 3.95

Triple Jump
M40 Ray 10.02
M45 Wood 10.26
M50 Scott 9.59
M55 Field 10.04
M60 Laidler 8.06

NORTH EAST VETERANS T&F LEAGUE
 Points at May 10
 Durham City 64
 Jarrow 36

Sunderland 30
Morpeth 27
Washington 24
Gateshead 17
Elswick 10
Marshall House 5
South Shields 4
Heston 3

May 10 Monkton Stadium
 200m M55 B Parnaby 26.6
 3000m M40 1 D Lowther 9:11.9,
 2 E Maddison 9:26.8, 3 W Robertson 9:27.8
 M55 1 W Ramagge 10:20

REDDITCH DISTRICT SPORTS COUNCIL LEAGUE DIVISION EAST After 2 meetings Tamworth(1), Leicesters(2)

	1	2	Total (match points)
Mens Teams			
Tamworth AC	6	5	11
Nuneaton	5	6	11
Northampton	4	4	8
Nottingham	3	3	6
Burton	2	2	4
West Brom	1	1	2
Ladies Teams			
Bromley Lady	6	6	12
Burton	5	4	9
Nuneaton	2	3	5
Tamworth	3	1	4
Nottingham	1	2	3

DIVISION WEST After one meet Sutton Coldfield

Mens		
Royal Sutton Coldfield	117	6
Birchfield H	101	5
Rugby & District	87	4
Soihull & Small Heath	84	3
Coventry Godiva	57	2
Dudley & S'bridge	0	
Womens		
Birchfield H	107	6
Royal Sutton Coldfield	102	5
Rugby & District	58	4
Coventry Godiva	0	
Dudley & S'bridge	0	
Soihull & Small Heath	0	

DIVISION SOUTH After one meet May 4

Mens		
Bromsgrove & Redd	98	6
Stourport	88	5
Boro of Sandwell	87	4
Worcester AC	71	3
Halesowen AC	61	2
Droitwich	52	1
Womens		
Bromsgrove & Redd	96	6
Droitwich	87	5
Boro of Sandwell	72	4
Worcester AC	67	3
Halesowen AC	49	2

SOUTH WALES VETERANS T&F LEAGUE NEWPORT MAY 17

MENS TEAMS	
Cardiff	132
Newport	125
Swansea	108
Neath	84
Rhondda	71
Bridgend	41
Port Talbot	28
Torfaen	24
Beddau	14
Pegasus	11
Caerphilly	8
Llanelli	4

200m A
 G Sutton (NE) 24.6, R Austin (S) 25.5
 K Ryan 25.9
 B R Robertson (NE) 27.9, A Jones (C) 28.1
 800m A
 K Lancy (S) 2:08.2, B Plain (C) 2:09.3,
 M Rowland (NE) 2:14.0, J Davies (PT) 2:17.6
 B DR Lewis (S) 2:18.7, L Evans (BR) 2:17.8
 3000m
 Plain (C) 9:07.8, J Poston (S) 9:21.1
 D Vaughan (S) 9:26.2 (B), Rowlands (NE) 9:40.1
 E Davies (CY) 9:42.3, R Williams (BE) 9:48.8
 4x200 Relay
 Cardiff 147.1, Newport A 150.1,
 Swansea 150.9
 Triple Jump A
 D Hawthorn (C) 10.60, B Barren (NT) 9.53
 B B Blundford (NT) 8.96, R Austin (S) 8.89
 Javelin A
 J Davies (PT) 31.65, T Roberts (RH) 31.47
 B B Barren (NT) 27.09

Shot A
 J Walters (C) 11.35, T Roberts (RH) 8.78
 B J Jones (RH) 7.62, A Lewis (NE) 7.03
Discus A
 Walters (C) 33.78, Roberts (RH) 24.72
 B Loney (RH) 24.48, Lewis (NE) 19.88

WOMENS TEAMS
 Newport 155
 Lee Croupiers 122
 Beddau 82
 Rhondda 51
 Cardiff 12
 Bridgend 8

200m A C Fereday (NE) 30.8
 B S James (NE) 34.1
 800m A
 Fereday (NE) 2:33.8, S Neal (LC) 2:43.1
 B A Dummer (BE) 2:50.4
 1500m A
 James (NE) 5:30.3, D Buntall (C) 5:33.6
 B M Loudon (NE) 5:37.3
 4x200 Relay
 Newport A 2:12.5, Newport B 2:27.1
 Lee Croupiers 2:31.9
 Long Jump
 J Beesley (NE) 4.44, V Coatsworth (RH) 3.35
 B Fereday (NE) 4.13

Shot A
 A Williams (NE) 8.34, Coatsworth (RH) 6.59
 B Neal (C) 6.93
Discus A
 Beesley (NE) 39.18, B Williams (NE) 17.42
 Javelin A
 Beesley (NE) 26.18, B Williams 26.64

BEDFORD VETERANS TRACK & FIELD GRAND PRIX SERIES

Category Winners 1989

WOMEN

Sprints
 1 G Walford (March) 36pts
 2 R Alcock (Wyc Ph) 25
 3 J Towler (March) 20
Middle Distance
 1 I Horsley (Cam & C) 21
 2 H Dabson (Bed & Co) 19
 3 C Bishop (Sh Barnet) 17
Long Jump
 1 P McNab (Watford) 12
 2 G Walford (March) 6
 3 S Dodson (Chalfont) 5
 3a P Noble (Bed & Co) 5
Throw
 1 P McNab (Watford) 30
 2 K Thomas (Bed & Co) 11
 3 J Evans (Shaf Barnet) 11

Discus
 sponsored by RH Marshall
 Horticulturalists
 1 G Walford (March) 42
 2 P McNab (Watford) 39
 3 H Dabson (Bed & Co) 29

MEN 40-49

Sprints
 1 G Pope (VAC) 33
 2 H Smith (Milton Key) 26
 3 H Pratt (Bed & Co) 12
 3a R Abdy (N Ph) 12
Middle Distance
 1 T Reynolds (Nort Ph) 25
 2 H Dabson (Bed & Co) 24
 3 B Webb (Bed & Co) 12
Long Jump
 1 R Abdy (N Ph) 36
 2 H Smith (Milton Key) 29
 3 H Dabson (Bed & Co) 11
Throw
 1 I Murphy (Bed & Co) 32
 2 P Hallett (Bigg) 23
 3 C Gunn (Bed & Co) 12

Overall
 1 H Smith (Milton Key) 55
 2 R Abdy (N Ph) 48
 3 H Dabson (Bed & Co) 29

MEN 50+
Sprints
 1 F Taylor (VAC) 36
 2 G Dabson (Stev) 28
 3 A Carter (VAC) 19
Middle Distance
 1 L Walsh (Milton Key) 31
 2 T Lathoum (Milton Key) 24

BVAF and ALDERSHOT, FARNHAM & DISTRICT AC

Open Veterans 5K (Road) including BVAF 5K Championships

(under AAA and WCC and RRA Laws)

SUNDAY 24 SEPTEMBER 1989

12 noon start

At Aldershot Football Ground, Aldershot
 Promoted by Aldershot Farnham & District AC

Championship Awards in 5 year Age Groups
 Team Awards (M40 - 4 to score, M50 - 3 to score, W35 - 3 to score)

Open to all athletes of veteran age

(Men over 40, Women over 35 on day of race)

Entry £2.50 (members of BVAF affiliated clubs £2.00) payable to Aldershot Farnham & Dist. AC. Send with SAE for details and confirmation to Mike Neighbour, 6 Edney Close, Church Crookham, Aldershot, Hants GU13 0BW
 Closing date 10 September

Entry Form

SURNAME _____ FIRST NAME _____

ADDRESS _____

CLUB _____ VET. AFFILIATION NO. _____

DOB _____ AGE (on 24.9.89) _____ SEX _____

Signed _____ Date _____

RON HILL SOUTHERN RELAYS

SATURDAY, 30th SEPTEMBER, 1989
RUSHMOOR ARENA, ALDERSHOT

SCAA 6 STAGE ROAD RELAY CHAMPIONSHIP PLUS INAUGURAL SCAA 4 STAGE VETERANS RELAY CHAMPIONSHIP

12.30: 4 x 6Km Veterans Relay, entry fee £6 per team, SCAA Championship medals for teams in the O40 and O50 categories.

2.30: 6 x 6Km Relay, entry fee £8 per team.

Entries on club headed note paper or AAA entry forms signed by an official of the club giving up to 18 names per team entered for 6 stage and 12 names per team entered for 4 stage veterans relays. The team declaration on the day must be from the names submitted prior to the closing date. Teams including athletes not listed will be disqualified. Entries for the veteran relays must give DOB for athletes.

Entries to: Mike Neighbour, 6 Edney Close, Church Crookham, Aldershot, Hants GU13 0BW. Cheques made payable to Aldershot Farnham & Dist. AC. Enclose SAE for details and confirmation.

Closing date 17th September, 1989

ASSISTED BY **RON HILL SPORTS LTD**



29	D Gent	2:47:10	M45
30	A Davies	2:47:23	M45

32	A Dunn	2:48:04	M55
35	J Hardy	2:48:19	M45
37	K Uzzell	2:49:37	M40
38	L Badger	2:50:01	M40
39	M Carcass	2:50:03	M45
42	D Roe	2:51:36	M40
43	J O'Brien	2:52:13	M50
47	T Allison	2:53:07	M40
49	R Webb	2:53:14	M55
50	D Alexander	2:53:24	M40
56	B Underwood	2:56:00	M55

69	J Rowe	2:57:56	M40
72	P Blair-Fisch	2:59:24	M40

75	D Munday	3:00:08	M45
76	JD Wood	3:00:14	M45
80	C Jarvis	3:02:44	M45
91	S Bradshaw	3:03:13	M45
92	P Backett	3:03:29	M45
98	D Oldfield	3:04:45	M45
111	M Hopkinson	3:07:14	M45
112	R Ellis	3:07:26	M60
113	A Bamford	3:07:27	M50
115	G Collinson	3:07:41	M45
120	J Leggett	3:08:54	M45
124	A Stone	3:09:38	M45
125	A Byers	3:10:06	M55
126	P Johnston	3:10:06	M45
131	GW Booth	3:12:25	M60
135	J Gabriel	3:10:33	M45
139	D Coward	3:14:39	M50
152	R Wallis	3:17:32	M60
153	S Gillick	3:17:52	M40
155	J de Louvois	3:17:52	M50
160	J Tipping	3:19:46	M50
161	D Weston	3:19:46	M55

164	M Waddell	3:21.28	M55
165	A Risley	3:21.40	M50

166	A Redfern	3:22:10	M45
167	M Faraday	3:22:11	M45
174	G Porteous	3:23:12	M75
176	R Beales	3:23:23	M45
180	P Gent	3:24:29	M50
182	A Grant	3:25:50	M50
200	E Joynson	3:32:10	M65
201	J Fitzgerald	3:32:15	M65
206	G Hill	3:33:34	M65
211	P Hamilton	3:36:44	M40
212	H Martin	3:36:53	M55
215	K Goss	3:37:56	M50
234	J Waller	3:43:07	M65
237	A Thurmond	3:43:48	M55

237	A. Merges	3:43:45	M50
239	J. Burgoyne	3:44:42	M50
240	N. Summers	3:45:33	M50

242	R Thomson	3:45.53	M55
245	S Abbott	3:47.11	M55
249	R Blasland	3:49.40	M55
252	R Rockliffe	3:51.91	M55
256	R Allibone	3:52.12	W40
257	A Hunter	3:52.50	M40
262	J Martin	3:54.23	M45
268	G Mumford	3:57.06	M55
274	R Oliver	3:59.29	M45
278	M Darlington	4:01.56	W50
280	E Good	4:01.59	M45
284	J Gent	4:02.42	W45
293	D Spalding	4:17.50	M40
297	A Good	4:23.02	M50
298	W Hill	4:26.10	M50
309	J Bennett	4:32.37	M50
311	D Rutter	4:55.10	M70
304	M de Cunha	4:38.46	W50
		320 fm	

1	Aspitt Ltd	8.12
2	JA Molesse	8.37

3	Stone Master Marathon 8:47	
4	LAAC Twente	
9:48:49		
5	Hillingdon AC	8:52
16	NVAC	9:52
17	Sportsmarts Travel	9:52
18	Forbanks AC	9:54
21	Sandwell Valley AC	10:00
22	Woodford Green AC	
10:05:30		
23	Dartford H	10:06
COUNTRIES		
1	France	7:44
2	Belgium	7:48

3	United Kingdom	8:05
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M60	D Owen(Bridgend)
M65	G Williams(Llanelli)
M70	R Brierley(Caermerthion)
W35	S Neal(Les Croupiers)
W40	C Collier(Cardiff AAC)
Team	1 Swansea H, 2 Cardiff AAC 3 Pegasus RC

GREAT WEST RUN
HALF MAR EXETER MAY 7
SWVAC Champs results
M40 24 J Hambry(Torbay) 72:55, 10
Marchant(Bath) 81:27.

182 R Keenor[SWR] 85.22, 188 I
Margaret Maxwell 85.25, 181 B Sp...

M45 57 R Andrews[E Cornwall] 77x
C Barretto 81:50, 157 P Carroll[SW]
84:20, 174 W Stocker 84:59, 301 D
Thompson[Dorchester] 89:10, 451 S
Hartnell[Yeovil Tn] 93:26, 813 C
Chalmers[SWRR] 102:26, 828 J
Roberts[SWVAC] 102:44, 1233 R W
112:58
M50 68 B Sweeney[SWRR] 76:29,
Gould[WesserRR] 83:05, 275 R
Luker[Teignbridge] 88:15, 319 I

Sheldon (Exeter H) 89:52, 925 M H
104:53

M55 38 B Robinson 83:30, 245 G
Winger[Minehead] 87:22, 489 M
Sparrow[SWRR] 94:29, 673 C
Barreto[Lanz Sports] 99:13, 1526 F
125:22
M50 328 D Whiting[Westbury H] 90:
V McKee[E Cornwall H] 102:39, 18
Jones[SWAC] 162:12,
M65 J Snow[Tilverton] 112:22, 1488
Taylor[Torbay] 122:01
Teams 1 Exeter H 27, 2 Keyham P
58, 3 Hillingdon AC 91
Women W35 12 Z Marchant[Barn]
14 S Urro [Tavistock] 92:22

W40 17 D Routley[Exmouth] 93.35,
Moulded(Terrington) 103.20, 55 A.

Moulder [Forthington] 100:20, 85 A
 Coles [Minehead] 107:16, 122 J
 Moulton [Exmouth] 119:26 W50 48
 Knowles [Inchicive Sp] 105:32 W55
 Catlin [E Cornwall H] 120:13 Team
 H 34

BOURNE SPORTS SUPER OFFERS



GT III, Colour: Metallic. Silver/white/red. New Asics Gel System incorporates a full length Gel pad from heel to toe to the middle of the sole in addition to forefoot (Demi) and rearfoot (Terra) pads for increased shock absorption. Extended midsole extension collar for greater motion control. Sizes: 6-12, 13. Price £39.95.

asics ASICS' GEL INCREDIBLE SHOCK ABSORPTION PROPERTIES



GT II, Colour: white/royal/red. Exciting Asics' Gel cushioning system in forefoot and rearfoot midsole. Stabilizing heel pillar for anti-overpronation control. Rubber heel plug for extended wear. Sizes: 6-12, 13. Price £39.95.



Gel 100, Colour: light grey/silver/royal blue. Asics' Gel positioned in the rearfoot of midsole to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 6-12, 13. Price £49.95.



Lady Gel 100, Colour: grey/silver/red. Asics' Gel positioned at the rearfoot to offer high shock absorption moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 6-11. Price £49.95.



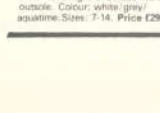
Air Flow. Ultra light form fitting performance training shoe. Colour: emerald green/white/purple. Sizes: 7-13. Price £49.95.



Running Air Stab. State-of-the-Art Stability shoe featuring the footbridge visible air and forefoot air cushioning. Colour: white and green/navy. Sizes: 6-12. Price £54.95.



Air Max Light. Maximum cushioning in a lighter more flexible shoe. Colour: white/red/black. Sizes: 7-14. Price £54.95.



Waffle Trainer AC. Cushion-lasted shoe featuring the famous Waffle outsole. Colour: white/grey/aquatic. Sizes: 7-14. Price £29.95.



Lady Gel Lyte. Colour: white/white/powder blue. Anti-torque stability system offers unsurpassed motion control for mid-foot stance and forefoot positioning. Combined with compression moulded EVA, the midsole supports the foot of rear strike while allowing flexibility and rebound at take off. Reflective tab at heel and forefoot. Sizes: 5-11. Price £39.95.



Gel Lyte. Colour: white/white/black. Asics' Gel placed in the rearfoot of midsole to provide maximum shock absorption. Anti-torque stability system offers unsurpassed motion control for mid-foot stance and forefoot positioning. Sizes: 6-12. Price £39.95.



Lady Gel 101. Colour: white/white/sage green. Asics' Gel positioned in the rearfoot of midsole to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 5-11. Price £34.95.



Gel 101. Colour: white/red/black. Asics' Gel positioned in the rearfoot of midsole to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 6-12. Price £34.95.



Gel Runner. Colour: light grey/white/flare red. New Asics' Gel in the rearfoot offers high shock absorption with less shock. Quadra-speed lacing for better fit. Reflective tape for safety at night. Sizes: 6-12. Price £44.95.



Trailrunner. Off-road shoe with superb feel running shoe. Ideal for off-road training in muddy conditions, excellent traction and comfort for long runs on rough terrain. Sizes: 6-12, 13. Price £37.95.



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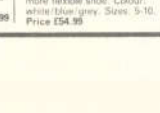
Air Stab - Women's. State-of-the-Art stability shoe featuring the footbridge and visible air. Colour: white/grey/taupe/pink. Sizes: 5-10. Price £54.95.



Air Pegasus 99. The latest and greatest in the Pegasus dynasty. Colour: grey/blue/black. Sizes: 7-15. Price £39.95.



Air Windrunner Trainer. Semi-cushion-lasted, upstate training shoe. Colour: silver/taupe/navy. Sizes: 7-14. Price £29.95.



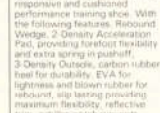
Air Max Light - Women's. Maximum cushioning in a lighter more flexible shoe. Colour: white/grey/blue/grey. Sizes: 5-10. Price £54.95.



Model M596. For the discerning runner who demands outstanding support, comfort and control. Features on this shoe include ENCAP wedge, 2 Density CAP midsole. Brown rubber outsole with carbon rubber heel for exceptional durability. Polyurethane insert with heel pad which moulds to the individual's foot, cradling arch and heel. Reflective trim for safety running at night. Slip-lasted to provide forefoot flexibility enhancing cushion feel of midsole. U.S. sizes: 6-13, width D 5-2E. Price £39.95.



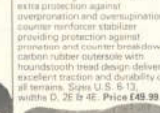
Model M530. An extremely light, responsive and cushioned performance training shoe. With the following features: Rearfoot Wedge, 2 Density Acceleration Pad, providing forefoot flexibility and extra spring in push-off. 3 Density Outsole, carbon rubber heel for durability. EVA for lightweight and blown rubber for rebound, slip-lasted providing maximum flexibility, reflective trim, Achilles notch prevents tendon irritation secures foot and heel area to minimum slope. Sizes: U.S. 5-13, width D 5-2E. Price £39.95.



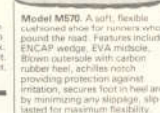
Model M576. Recommended for exceptional durability in a training shoe. Features include: Lustrous Plush insert which moulds to the foot, cradling arch for added comfort. ENCAP wedge provides maximum combination of cushioning and stability, dual density EVA midsole with 'Y' channel design for stability and extra protection against overpronation and overcompensation. Counter reinforcement stabilizes grinding protection against pronation and counter breakdown. Carbon rubber outsole with houndstooth tread design delivers excellent traction and durability on all terrain. Sizes: U.S. 5-13, width D. 2E 4E. Price £45.95.



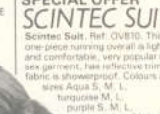
Model M570. A soft, flexible cushioned shoe for runners who pound the road. Features include: ENCAP wedge, EVA midsole. Brown outsole with carbon rubber heel, Achilles notch providing protection against pronation, secure foot in heel area by minimizing any slope, slip-lasted for maximum flexibility enhancing cushioned feel of midsole. Sizes: U.S. 5-13, width D. 2E 4E. Price £44.95.



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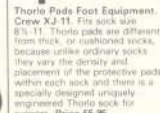
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Slips. Lightweight cotton men's running brief. Colours: pale blue, navy, white or striped. Price £1.99 pair.



Lineup Supporter. Sizes: 26-30", 31-35", 36-40", 41-44". Price £4.50.



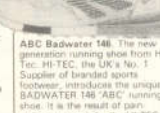
ASU Run Mill Marathon Socks. Colours: blue or white. Sizes: 3-9 or 11-11. Price £2.95 pair.



Polosox Runner. Sizes: 3-7 or 11-11. Price £2.50 pair.



Polosox Racing. Sizes: 3-7 or 11-11. Price £2.50 pair.



THORLO pads. Thorlo Pads Foot Equipment. Crew XJ-11. Fits sock size 8-11. Thorlo pads are different from thick or cushioned socks, because unlike ordinary socks they vary the density and placement of the protective pads within each sock and there is a specially designed, completely engineered Thorlo sock for runners. Price £6.95.



MINICREW JMX-11. Fits sock size 8-11. Price £6.25.



MINICREW JMX-13. Fits sock size 10-13. Price £6.25.



MINICREW JMX-11. Fits sock size 8-11. Price £6.25.



MINICREW JMX-13. Fits sock size 10-13. Price £6.25.



MINICREW JMX-11. Fits sock size 8-11. Price £6.25.



Spenco Polysoft Replacement Insoles. U.K. shoe size 5/6, 7/8, 9/10, 11/12, 13/14. Price £11.95 pair.



Spenco Standard Insoles. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £5.95 pair.



Spenco Full Length Arch Supports. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £10.50 pair.



Spenco Orthotic Arch Supports. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £17.95 pair.



Spenco Heel Cushions. Sizes: S, M, L. Price £13.95 pair.



Spenco Ankle & Wrist Fitness Weights. Colours available: black, grey, rose. Weight: 1 lb. Price £11.50 pair. Weight: 1 lb. Price £14.95 pair.



Spenco Blister Kit. Price £2.95.



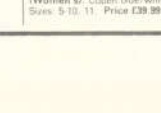
Spenco Second Skin. £2.10.



Spenco Adhesive Kwik. Price £4.25.



Spenco Adhesive Kwik. Price £4.25.



Spenco Adhesive Kwik. Price £4.25.



Chariot CC Training Shoe. Comfort crafted running shoe gives total foot comfort, not just heel cushioning. Sizes: 6-13. Price £44.99.



Argent. Superior cushioning and patented support. Sizes: 6-12. Price £49.95.



Super Nova. The latest Brooks shoe, for versatile performance with multi-surface outsole. Sizes: 6-12 inc. 1/2 sizes. Price £29.95.



HydroFlow. Regent. Colour: white/grey/white/yellow. Special features - exclusive HydroFlow cushion system - TPR cushion - Outsole with seal - Anti-static wedge - Size: 7-12 inc. 1/2 sizes. Price £39.95.



11 GPS 100 Training Shoe. Colour: white/black/red. Special features - exclusive HydroFlow cushion system - TPR cushion - Outsole with seal - Anti-static wedge - Size: 7-12 inc. 1/2 sizes. Price £34.95.



Spenco Blister Kit. Price £2.95.



Spenco Second Skin. £2.10.



Spenco Adhesive Kwik. Price £4.25.



Spenco Adhesive Kwik. Price £4.25.



Spenco Adhesive Kwik. Price £4.25.



Spenco Adhesive Kwik. Price £4.25.



Adidas ZX 220. Suitable for training and off-road running. Sizes: 3-5.5. Price £29.95. 6-12. Price £29.95.



Adidas SPECIAL OFFER.



Adidas Ladies Tri-Ster Vest. Lightweight running vest. Colour: pink/navy. Sizes: 10, 12, 14, 16. Usual price £19.95. OFFER PRICE £6.50.



Adidas Ladies Lyzza Running Briefs. Colours: Melrose light orange, gold, or fuchsia light green. Sizes: 22", 24", 26", 28", 30". Usual price £7.95. OFFER PRICE £3.50 per OR pair.



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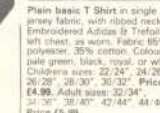
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Adidas Ladies Tri-Ster Vest. Lightweight running vest. Colour: pink/navy. Sizes: 10, 12, 14, 16. Usual price £19.95. OFFER PRICE £6.50.



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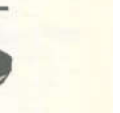
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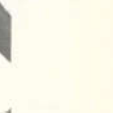
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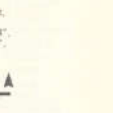
Adidas ZX 220. Suitable for training and off-road running. Sizes: 3-5.5. Price £29.95. 6-12. Price £29.95.



Adidas SPECIAL OFFER.



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