

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 12

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ORGANISERS DISAPPOINTED AT LOW TURNOUT AT STOKE FERRY

Jack Fitzgerald, who helped organise the AAA/WCC/RRA Veterans Half Marathon Championships at Stoke Ferry on September 3, reports.

A DISAPPOINTING field of about three hundred contested the second AAA/WCC/RRA Veterans Half Marathon Championships on a good running day. It was hard to understand why less than half the previous two years numbers should turn out. Admittedly the venue is less accessible than Welwyn Garden City but the organising committee had laid on an excellent seminar on the preceding evening presided over by Marathon Coach supreme, Alan Storey, at the main Hotel in Kings Lynn some thirteen miles away.

Runners from the North and the Midlands were particularly conspicuous by their absence, which was definitely their loss as the course was one of the best imaginable, both from a safety angle and for sheer enjoyment. However, five Scots managed to find their way there as did nine members of SWVAC.

The opening five miles were taken at the comparatively leisurely pace of 26:27 by a group consisting of most of the favoured runners but it was obvious to the knowledgeable spectator that Shel Cowles was biding his time. He obliged them by taking the race by the scruff of the neck soon after the six mile point to run a second half thirty seconds faster than his first. This was remarkable inasmuch as the toughest part of the course came between ten miles and eleven and a half miles. Cowles' winning time of 69:00 was 30 seconds slower than his winning time on the apparently tougher Welwyn Garden circuit in 1988. This was par for the course for most of those leading runners who had participated in both races. Perhaps the occasional headwinds had some effect.

Peter Moon of East Hull had claimed second place for most of the race until former British fell racing champion Fred Reeves demonstrated his greater stamina by coming past him towards the end of the race. The M45 duo of holder Les Davis and Manchester's Tony Keller took the next two places for their gold and silver while David Parsons of Oxford City was the only other M40 to separate them from Martin Duff who took the M45 bronze.

Alan Griffiths was most people's favourite to win the M50 title after his 10,000m track success at Reading but there were a couple of surprises here in second and third with little known (to me at least) Peter Andrews of Duke Street Runners and Graham Bowman, the Diss runner who seems to have hibernated since his marathon successes in the early eighties, ahead of such outstanding performers as Mike Turner, a former AAA 10,000m champion, John Pelling and John Mills.

As usual Derek Wood played it canny to win the M55 title by coming through in the later stages passing another two unexpected medallists in Geoff Oliver of Junior Leaders and Laurie Walsh of Bedford with the better known John Chandler and Laurie Forster in fourth and fifth. Hugh Ford had been extolling the virtues of hard training at the previous evenings seminar and the former Cross Country International cer-



Eugene: the W50 4x100m relay team: Jean Hulls, Evaun Williams, Rosemary Chrimes, Una Gore.. They set a new W50 BR of 54.51. Photo: Graham

tainly demonstrated his fitness by winning the M60 title ahead of regular medallists Ron Franklin and Max Jones.

TROPHY TO MEGNIN

John Fraser of Oadby & Wigston Legionaires is another who never seems to run out of steam. I managed to catch him at five miles, but he then powered away to win the M65 title by nearly three minutes with Billy Eyles a similar distance behind me for third. The older runners were not so prolific as in previous years with only John Horner and Charlie Megnin competing for the M70 title and finishing in that order. Will Chapman was obviously feeling the strain from his strenuous Eugene programme. He is of course entitled to at the age of 83 but his retirement from the race meant that Charlie Megnin is the new holder of the "Jack Haslam Memorial Trophy" for the oldest runner within 75 minutes of the winner.

There was also a new name on the "Hunterprint Trophy" for the first woman. This was the unusual one of Felicity Speke from the even more unusually named club Notfast RRC. Try explaining that anomaly to the rest of the women's field. Speke being W40, the first three in the W35 field, Joyce Barrus of Cheltenham, Sharman Barker of Poole Runners and Diane Marsh of Norfolk Olympiads were the only others to break ninety minutes. Pauline Baker was a mere three seconds over this barrier to take second W40 but the Serpentine runner was the first to admit that she was running better last year when she clocked 88.17 at Welwyn Garden and went on to win the BVAF Marathon Championship. She was followed home in her category by the tenacious, short striding, but deceptively fast Siew Tin Yeo from Haver-

Surprisingly the W45 division was by far the weakest this year with new champion Mo Sweetlove finishing well

Continued on page 7

LOCAL LAD CARE WINS

British Veterans Walks
Championships
Norman Green Stadium,
Solihull, Sunday, August 20
Brian Owen reports

LOCAL star, Bob Care, who was unable to get to the World Championships, added the 10K Track Walk Championship title to his 3K and 5K titles won at Reading this year. This year's Championship was held in conjunction with the MVAC's annual Pentathlon and Open meeting and despite the hot and blustery conditions Bob was well pleased with his time of 49:7.7.

Another Midlander in sharp form was Birchfield's Alan Smallwood, the World

bronze medallist, who finished well clear of his rival Peter Hannell. Alan is clearly over the injury problems which hindered him in 1988 and is back to top form.

Coventry's George Chaplin was an easy victor in the M50 group as was Peter Worth in the M60s. World fourth placed Dennis Withers caused some worry following his collapse during the race. He made a speedy recovery and puts the problem down to dehydration.

In the women's 5K event World gold medallist, Mary Worth, the oldest competitor in the race produced the fastest time of 29:39.3. Yvonne Withers won the W50s, Sally Haynes the W45 category and Pam Horwill the W55 category.

Allan Adams wins Flying Fox Jack Fitzgerald reports on the marathon Championship from Stone, October 1

THE tenth annual Flying Fox and eleventh annual BVAF Marathon Championships at Stone was won for the first time by an M45 runner. This was Allan Adams who has been showing magnificent marathon form North of the border recently and made his journey down from Dumbarton worthwhile with an excellently judged 2:29:32. This was 23 seconds faster than another M45 and former winner of the title, John Davies of Newcastle (Staffs) AC. These were the only runners under 2:30 on a good running day with very little wind.

Third in the race was the first M40, Mike Noble, who had the satisfaction of leading his club Stockport Harriers - 1st team. First M50 and winner of the Fitzgerald-Athens Trophy was Evan Williams of Shrewsbury - the third time he has won this. Derek Wood (Barnet), Alastair McInnes (VPAC), Reg Ferneyhough (Michelin

and Bob Brierley won the M55, M60, M65 and M70 titles respectively.

The women's race held in conjunction was won by Sue Neal of Les Croupiers in 2:57:20 while Hilary Walker of Septentive RC, the ultra long distance performer, was the runner up and the only other woman to beat three hours. Gill Lea of Bromley Ladies and Ros Young of Serpentine won the W40 and W45 titles respectively, the latter a mere two seconds ahead of Rita Banks of Stone, running her 41st marathon of the year.

At the presentation BVAF Chairman, Bill Taylor, presented an engraved silver salver to Monica Darlington to commemorate ten years of BVAF Marathon Championships under the excellent organisation of Stone Masters. A full result sheet will appear in the next issue of *Veteran Athletics*.

Macsimczyk record falls

The longest standing British field-event record, held by the late Konstanty Macsimczyk, fell to Chris Ellis at Deansgate Stadium on May 25. The 46-year-old Ellis, competing for Blackheath in a Southern League match, produced a discus throw of 48.44. The previous M45 mark was set by Konstanty Macsimczyk back in July 1963.

BR FOR BROWNE

Fresh from his triumph at Eugene where he won the M40 800m Pete Browne set a new British record on 1:53.3 at Perivale on August 19. His time shaved .2 off the record set by Ron Bell in 1987.

BVAF votes to negotiate Stone, October 1

A Special extra Council meeting was held at Stone, before the BVAF Marathon Championships, to consider how the BVAF should proceed with discussions with the AAA regarding the position of veterans in the new BAF. It was agreed after discussion to continue pressing for a veterans commission and a sub committee was formed to negotiate with the AAA. The committee will consist of Bill Taylor, Bridget Cushen, Keith Whitaker and Ted Butcher.

AFD Wins Relay

M40 Aldershot Veterans won the first Southern Counties AAA Veteran's Road Relay over four stages at Rushmoor Arena on September 30. Cambridge Harriers won the M50.

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NOTICEBOARD

TRACKING TROPHIES Mike Wrenn, Championships Secretary, and Ursula Trevett, Trophy Secretary, need information regarding BVAF Trophies. Thanks to the generosity of members the Federation has a considerable number of perpetual trophies. In the main championship promoters have been assiduous guardians of these awards and your trophy secretary and I are aware of their location.

What we do not possess is an accurate history of each award. We'd like to know when and by whom each trophy was presented, and the names of recipients in each year. Donors, winners, and others in the know, please write to me at 114 Clapgate Lane, Bartley Green B32 3DH, or to Ursula at 20 Loewy Crescent, Parkstone, Poole BH12 4PQ with your information however minimal.

David Burton is requesting 1989 T & F men's performances to be sent to him for ranking at 71 Nethergreen Road, Sheffield, S11 7EH. Women's performances should be sent to Sally Gandee, 4 Westfield Road, Hertford SG14 3DJ.

NEEDED - Veteran Athletics needs somebody in the London area to come in just four times each year to help Jack Fitzgerald update the BVAF members list. Contact Jack: Mondays or Thursdays between 10am and 5pm on 01-250 1881.

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WEDNESDAY 25 OCTOBER 1989

HOT WEATHER AGAIN FOR OSWESTRY

Doug Morris, the race organiser, reports

THE 1989 BVAF National 10 Mile Championships at Oswestry on August 6 was another success despite the notorious hot weather. Most competitors were better prepared, having been able to train in very hot conditions in previous weeks. This was proved by the fact that 27 runners broke 60 mins. Whereas in the freak conditions of 1988 only 16 athletes achieved this.

Most outstanding performances were from 76-year-old George Oxbury of Rugby who retained his 1988 title handsomely cutting over 12 minutes from his course record set last year (his new record now stands at 93:18) and from Bill Marshall of Motherwell and Scottish fame who in clocking 62:08 took 3 minutes 35 seconds off Frank Dobson's 1987 O60 course record.

Another athlete who retained his title was John Fraser, M65, of Midland Vets who in doing so was just 45 secs short of 68:57, Bob Briery's 1987 record for the M65 category.

At the sharp end of the race, the lads

led by unaffiliated vet, Fred Reeves of Kendal, formed a group which contained Andy Holden, Ken Woodhouse, Ron Smith, Gareth James, Chris Fay and Welshman, Dic Evans, last year's runner up, which went through the first urban mile in 5:00s. Staying more or less in close contact the second mile was reached in 10:20s. As they left town Andy Holden began to show and on the small gradient immediately before the third mile mark he pulled away to take a 50 yard lead. He gradually increased the margin mile by mile leaving the remaining chasing group to fight quite a battle for the other placings.

Kath Musson made it a brother and sister double act (she being Andy Holden's sister) by winning the women's race in 63:35 placing 52nd overall.

The O40/49 men's team competition was easily won by Tipton (Holden, Tony Coyne, John Bayliss and Peter Davies). The O50s competition was much better subscribed to and the eventual winners were Sale Harriers (Don Darlington, Brian Gane and Don George).

Sorry to say and disappointingly there were no women's teams entered.

DID YOU KNOW?

Alastair Aiken uncovers some interesting facts about a few of the competitors at Reading.

LEN PRICE who won the M70 400m in 73.42 and the 800m in 2:53.40 was running his first 400m for 5 years. He had some bad burns three years ago. He was 70 last May.

LES WILLIAMS (67) who took the veteran M65 100m title in 14:00 has an interesting background. From 1945 to 1956 he was an international rugby player. He represented the British Lions. He also became a Pro-international rugby player. He is now an organiser for sports courses and a P.E. adviser. He is also an examiner for training people to rock climb and camp. He came into veteran athletics in 1979.

JACK SEARLE, now 81, is one of the most experienced veterans and has held many high jump age-records. His son Ron, who helped with the announcing and organisation at Reading, is 49.

TYRONE LEWIS, 40, is a new voice in veterans athletics with a keen interest in the future of the vets movement. He won the pole vault at Reading with 3.60 metres but pointed out that the landing

was unsafe — the pit was too dangerous. Lewis is Recreation Manager for Fawley. He has been the Dorset Champ at 400m, 800m, 1500m, 3000SC, 400mH, 110mH and PV!

KEITH LANCEY of Swansea who won the M40 400mH in 57.76 from lane 7 ran the first 6 hurdles on 15's and then 16's for the last four. He was 3 metres down on Tony Wells with 100 metres to go. His best time ever was 53.2 in 1975 the year he competed for Wales.

JO OGDEN, 62, who won the W60 100m, 200m, Shot, Discus, Javelin played netball for England some 40 years ago and was a County hockey player in 1947.

ROGER WALTERS, M40 100m and 200m champion, made a remarkable recovery after breaking his ankle last year in April. His interest is now coaching as a senior AAA's adviser in the Wolverhampton area. He ran as an international sprinter topping the UK lists in 1969 (10.3 and 21.1) and looks back to 1969 when he beat West Germans Martin Jellinghaus and Gert Metz the West German 400m and 100m Champions that year.



Eugene: A coterie of famous field eventers: American Al Oerter, ex Olympian thrower, is flanked by Joanne Smallwood on his right with Rosemary Chimes on his immediate left and Carina Graham. Smallwood set a new World record of 1.55 to take gold in the W45 high jump. Chimes took gold in the Discus at Eugene while at San Diego she set a new World W55 mark in the Shot Put (12.97). Graham took the W50 silver medal with her javelin throw (36.46) after having won gold at San Diego. Al Oerter, who was at four Olympics (1956, 1960, 1964 and 1968), threw an M50 World record of 62.74 in the Discus. Photo: Will Morgan with Carina's camera.

GOOD PACKING BY AFD AT ALDERSHOT

BVAF/Open 5K Road Race Championship at Aldershot, September 24

Martin Duff, Veteran Voice of Athletics Weekly, reports

WHAT the 5K race lacked in numbers it certainly made up for in quality especially across the men's age groups. Perhaps the M40s could have done with a few more at the sharp end but the M45s, with last year's winner Mike Wrenn back in seventh place, and the M50s were of the highest class.

With the home club, Aldershot, using the event as a trial for the Southern Counties road relay the following week, the red and green vests were packed like sardines at the front early on and at the finish provided the first five places. They were led home by 43-year-old Brian O'Neill who thus secured his first veteran championships title after many seconds and even more thirds.

A fairly steady start by the leaders was shaken up by Tecwyn Davies, the 51-year-old maestro, at half distance and he took his four Aldershot colleagues clear of the rest. By 3K (9:10) Davies and O'Neill led from Les Presland (who turned 50 the next day), Ernie Cunningham and myself.

Soon afterwards, up a long incline, O'Neill made his first effort. Only Davies responded as Cunningham and Presland were caught for pace. As

Davies clung on so O'Neill made his second and decisive effort and although Davies closed again by the finish at Aldershot Football Stadium there was no denying the popular Irishman, O'Neill, his moment of glory. Davies predictably took the M50s as Cunningham (third overall) took second M40 from clubmate, Mick Woods (sixth overall).

Aldershot also took the honours in the M45 class as Presland, easing just before the line, had four seconds in hand over myself with Steve Birkin coming through for third ahead of Derek Vaughan. World medallist, Steve James, although well beaten by Davies, ran creditably for second M50 ahead of Alan Griffiths and Brian Fozard. Mike Barratt led Derek Wood and Dave Pettit throughout to take the M55 title while Ron Franklin had it all his own way in the M60s. John Brent-Jones narrowly got the better of Basil Nielsen in the M65 as George Scutts took the M70.

Despite the presence of the yeoman twins Anne Ford and Paula Fudge in a veteran only race for the first time the women's race lacked both depth and quality. With Ford having her first race

Continued on page 7

400 VISITORS COMPETE AT SAN DIEGO

— From National Masters News

FOUR hundred foreign athletes from 28 countries entered as guests to the US TAC National Masters Track and Field Championships on July 20-23 a week before the World Games at Eugene.

Twenty-six world age-group records, 12 by foreign athletes, were broken or established.

Competition was available in 24 five-year-age divisions for men and women from 30-34 to 95+, with gold, silver and bronze national championship medals awarded to the top three Americans in each group and foreign places earning separate distinctive medals. Dave Pain directed the meet.

The highlight of the four-day event was the special National Masters News \$1000 age-handicapped 100 metre sprint. Each division winner of the 100m finals was invited to participate. Using the new WAVA/NMN age-graded tables, each runner was given a distance handicap based on age. In the women's race Obara, W55, held off Great Britain's Una Gore, W50, to win the women's crown with France's Margaret Girouard, W45, third.

The men's race was one of the most exciting of the meet. Payton Jordan, 72, passed Herb Anderson, 87, and Harry Gathercole, 82, and appeared to be a sure winner. But coming up fast were both Dennis and Bill Collins, 38. It was a three-way photo with Bruce Springbett, 55, and Greg Holmes, 32, close behind. The photo showed Collins the winner, Dennis second and Jordan third. The winner of each race received \$250, second got \$150 and the third got \$100.

There were some outstanding performances. New Zealander Derek Turnbull, 62, set two World M60 records in the 800m (2:12.62) and 1500m (4:29.11). James King of the US, 40, broke two World M40 marks in the 400m (48.61) and 400H (43.56). Australia's Ann Cooper set a World W60 mark in the 400m (70.68) while Sweden's Britta Tibbling lowered the W70 1500m (6:39.04).

Britain's own Rosemary Chimes set a new World W55 mark in the shot put (12.97). She broke her own record of 12.19. The only British male winner in San Diego was Keith Whitaker in the M55 200m. His 26.34 is highly commendable at 58. He won by the narrowest of margins — .01 from Tammento of Finland.



Ninety-four-year-old Ching-Chang Wang of Taiwan celebrates his 100m win in 23.15



A triumphant trio: The winners of the W45 10,000m at Eugene: Gold: Elaine Statham (37:34.45), Silver: Barbara Lehmann (Germany — 37:41.98) and Bronze: Guadalupe Sarvide (Mexico — 40:59.51). One week earlier in San Diego, Statham set a new British best for the 5000m clocking a time of 18:04.44. Photo: Mick Statham

The Spare Parts Man

IT ALL started when I read about Dave Moorcroft having his muscle sheaths opened up so that his muscles could expand. It seems that he had a lot of pain and that the muscle could not get free from the surrounding area or something. Well, anyway I trotted off to my local doc and asked if I could have the same operation, he was not keen and mumbled something about me being a drain on the Health Service. Me!!

After that I went along to the company personnel department and enrolled into one of the private health schemes. And it has made a tremendous difference I can tell you. I started with the old calf muscles, had them opened out, more than Moorcroft actually and then had

carbon fibres popped into ham strings and achilles tendons on both legs. The next thing to try was having two toes off on each foot to get the balance shifted backwards for road racing, after all its the old heel strikers who scurry along best. None of this picking your knees up and driving.

I've always thought that John Walker had the best developed arms in the middle distance business and so I took a photograph of his arms to the man who first prescribed a series of exercises to tone up the muscle and then broke the bone in the upper arm, cut a bit out and rejoined them. I reckon that I get a lot more power now from that bit when you drive and flick your eyes on your wrist bands. Ah, yes, they were also transplanted so that

they are always in the same position. Some sort of Yak's skin was used because it is compatible with human skin so that when you are under real pressure you just lift the wrists and look for the Yak's skin wristlets.

A LUNGFUL

I've got some more good ideas. I'm thinking about having open heart surgery to increase the size of the pumping parts, trying some extra skin in the lungs to make best use of the air that I breathe in when I run and, just look at this device, it's a filter which I'm asking to have implanted in my throat. It keeps out all impurities and only needs taking out and washing clean every other day. It's amazing the

amount of muck that we breathe in normally. Other ideas are polishing the ball and socket joints in the old hips to provide a really smooth drive when I'm 'looking for the Yak skin' as we devotees call it.

I'm having all my hair follicles cauterised to provide a smoother skin to stop wind drag and having the chest tattooed with the club's yellow and red hoops. I must admit that at the moment I've run out of ideas on the shorts front as it were but I'm sure that a small operation could reduce pendulosity or perhaps I could have a small permanent slit in the skin at the top of my thighs to sort of store it out of the way.

Ah, yes finally, I'm going for my lobotomy next week, my man reckons that it should make all the difference.

STAN ALLEN

FUNNY RUNNING

YOUR LETTERS

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

BAF AND BVAF

In issue No 11 Bill Taylor in his column remarks that he has had little comment on his previous article regarding his ideas for BVAF becoming part of the new BAF.

Bill's ideas were fully discussed at the last NVAC committee meeting and it was felt that we could not presume to come to any decisions without asking our members for their views and this we have arranged to do in our next newsletter. For myself I believe that the BVAF should continue in its present form with the area club committees as at present.

I feel we should be more concerned about our 6000 affiliated members than the 30,000 odd veterans who have not seen fit to join us. The AAA as a body have never been interested in funding or organising veteran events and I do not see the new BAF being any different in that respect. Belatedly the AAA have put on open veteran races but they are only really interested in the elite and have openly stated that they favour ten year age groups.

The present BVAF organisation exists for all athletes even the plodders and joggers who obtain pleasure from the social aspects of the monthly fun runs and who I do not imagine would figure in the BAF organisation.

BVAF championships are funded by affiliated members through their area clubs and I think that if Bill's ideas for full integration with the BAF were to come about the veteran clubs would become defunct through lack of funds. If the BVAF remains as at present, veteran athletics can only continue to prosper and truly represent the veteran athlete. The BAF can continue to promote open events and BVAF members can compete as they wish.

Les Heald
Chairman, NVAC

EXTENDING MERIT AWARDS? — COMMENTS PLEASE

Currently we only have merit standards for our outdoor Track and Field Championships. Merit standards for indoor competition is in hand and will be available for next March's championship at Cosford.

Perhaps a logical development is that all championships should have merit standards. I invite members to comment. There are many problems. For a fixed distance championship, say the 10km road, should the standard be absolute for each age category or flexible to accommodate conditions on the day? Where the distance is not standard, or conditions variable, such as in cross-country, can the standard be fairly related to the times of leading runners. What form should the award take? It could be the same as in current use, supplemented perhaps by an additional badge bearing the name of the championship, e.g. "5km ROAD", "CROSS-COUNTRY".

If you consider that the Merit Award Scheme should be extended please let me know.

Mike Wrenn
Championships Secretary
114 Clapgate Lane
Bartley Green B32 3DH

ALL CLEAN AT 35

Reading that because of cost there will be no drug testing in Oregon prompted the thought that this is a little unfortunate. Not that I am suggesting that anyone is not 'clean' but, given the need to show that our sport is aiming to be clean, veterans need to show their willingness to be as open and above board as possible.

And while considering that ought we not also perhaps end the situation whereby men cannot claim veteran status until the age of 40. The women have got it right, i.e. 35, when some are still active internationals. The present five year hiatus does, it seems to me, tend to incline the public to the view that Veteran Athletics is to be taken rather less seriously than it deserves.

Ken R. Johnston,
NVAC/Pendle AC

CALLING ALL SHOT AND DISCUS THROWERS

I would like to ask if there are any readers who would be interested in a morning or afternoon coaching clinic for the shot and discus events. If enough people are interested in any particular area I could co-ordinate a programme for an informal session. If these were successful they could then be held on a more regular basis. Please contact me if you are interested as I would be more than happy to help anyone improve their personal bests no matter what level. My address is 17 Godstone Mount, Downcourt Road, Purley CR2 1BA.

Janis Kerr
Purley

CHANGED CHAMPIONSHIP PROGRAMME

On July 8 I competed in the BVAF meet at Reading in the veteran women's 5000m. Prior to the day the only information regarding timing of the race indicated that it would be run at 3:00 pm. I therefore organised my own day and my family's around this timing. After rushing out to Reading by train I was astonished to find that the race was scheduled for 5:40 pm. And due to delays we didn't actually run until 6:15 pm.

The delays were forgivable but the change of programme was not. The organisers obviously knew of the changed timing since the official guide reflected it. Why were runners not advised? I'm certain everyone would happily have sent in an extra SAE to avoid the extreme inconvenience. One woman I spoke to had driven down from Lancashire with her husband and small children and a delay of over three hours was wholly disruptive to herself and her family. Please spare some

thought to the needs of the participants and make sure that such a situation does not arise again.

Janet Morris
London SE1

CHAMPIONSHIPS ABROAD

I am a member of a British vets club with an official registration number and have competed in several veterans' events in Britain and Spain which I thought would qualify me to compete in the European Championships in Bruges this year.

In VA No 9 I saw an EVAA advertisement announcing the championships, so I wrote off for an entry form which I sent to Bruges with a cheque. That was the last I heard of my money because I received no acknowledgement of my entry. I realised why when I received VA No 10 which stated in a report from Martin Duff that 'All UK entrants have to be cleared by the BVAF via Dunsford who unlike other operators offers entry only packages.'

By the time I read this it was too late for me to enter via VEST so I was rather annoyed that the original EVAA advertisement had not made this clear. I was not interested in a tour to the event starting in Britain as I live in Spain and had no idea that I nevertheless had to use this British travel agency.

GEORGE TUNNELL
Palma de Mallorca, Spain

The BVAF have to certify every applicant for championships abroad that he or she is a member. It is for this reason that the BVAF appoint an overseas Entries Coordinator, who happens to be Barbara Dunsford. This post has no connection with VEST.

SECRETARIAL CHANGES

I imagine that most of your readers were surprised to see the change of BVAF General Secretary briefly reported in your last issue. As it appears that this change was somewhat controversial, I trust that members will receive a full explanation in due course.

My only contact with Martin Duff has been in connection with the launching of the BVAF Road Running Scheme and I have to say that with his involvement

more progress was made in a few weeks than in the previous twelve months.

Let us hope that the new General Secretary will continue Martin's good work on the road-running front (where most veterans compete) as well as for the veteran movement as a whole.

As a final thought, would it not be preferable for the AGM to be held at a more convenient and better publicised place and time? How about incorporating it in a one-day 'Forum' at which all aspects of the veteran movement can be discussed? Remember, there are a lot of us — 30,000, 40,000 or more!

Richard Cashmore
Sutton Coldfield

IT SHOULDN'T HAPPEN TO A VET

Taking up track running in 1986 after a few years as a 'new breed' runner I ended up with respectable times of 1:59.1 and 4:07.3 for the 800 and 1500 aged 39. Imagine my incredulity in finding these times by 1988 Vets standards to be potentially good enough for a top five UK Vets ranking.

Next year overnight stardom? No fear. An injury forces me out of running from June to October. Two months light jogging and then the injury strikes again. I was lucky, I could afford private medical help. I pay a lot of money and put my back out having a bone scan taken of my feet! Unable now to do training of any sort from January to April I reach the magical 40 pretty fed up.

The back slowly gets better (yes Mr Stein those exercises worked for me as well) and I start training again in May after almost a year out of the sport. Average weekly mileage about 15. No more is possible. No chance of reaching my dream of the National Vets 800 final now but at least I can compete in the heats — might even get to run against one of the stars.

Funny though, only ten days to go to the Championships and I haven't received any acknowledgement of my May 5 entry. I phone the organiser. Apparently he's never received my entry. Of the hundreds of letters I send out every year this one has gone missing. An appeal to the organiser and to the Chairman of the BVAF come to no avail.

CHERUBS TAKE GOLD AND SILVER

Here's a photograph of my grandson Matthew Hyde taken in our garden after a recent athletic event. The only other competitor, the stone cherub, is shown occupying first place on the dais, having Matthew's track bottoms draped over the basket on his shoulder. Matthew, in spite of being more correctly kitted out for the sack race event, could only finish second. Even his latest style streamlined footwear failed to get him there ahead.

Alan Lovett
Moreton in Marsh



Still, I can take all of this. After all wasn't I the guy who on his way to the Northern Vets Track Champs in Stockport found that a crane had ripped apart the overhead power cables and that all trains were being diverted? Didn't it take six and a half hours to get to Stockport from London via Moreton in Marsh, Macclesfield and all points nowhere near Stockport? Wasn't I the idiot who braved the BR-strike-induced London traffic for two and a half hours only to arrive at a race with a minute to spare to be told the meeting had been cancelled because of a double booking?

But now I realise that this season was really all a bad dream because I've just discovered that officially I'm not a Vet after all! Why? Well I've just had my original cheque for membership to a Vets club returned, somehow it had slipped down the side of a filing cabinet and got lost. So you see I wasn't a vet after all.

Roll on next year.

David Spencer
London WC2

TO BUDAPEST

Next year Budapest hosts the European T&F Championships. Hugh Richardson, the thrower, went with a group this summer to partake in competition at the Hungarian National T&F and gives us a preview.

THIS time it was off to Hungary and my first time behind the Iron Curtain.

On arrival at Budapest we proceeded from the airport to the student hostel which is in fact the tallest building in Buda. The six of us all went out for a meal. This was quite an experience with knowing only a few words of the language; however, we found a small restaurant and enjoyed omelette, chips and salad in the best Hungarian style.

On the next evening we went up to the Budai Var, or for those of you who don't speak Hungarian, Budapest Castle. We realised that we were staying in essentially a working class area but as we moved across Budapest and up to the Castle the past glories in connection with the Austro-Hungarian empire became more apparent. We walked up onto the Castle walls overlooking the river and the twin city of Pest. The view across the river was breathtaking.

We dined in a sumptuous manner serenaded by a violinist accompanied by another on an instrument which appeared to be a cross between a zither and a xylophone. Unfortunately the duo rarely appeared to be playing in concert.

On the way back and downhill we were treated to taxi driving at its wildest. The taxi driver became more enthusiastic the more we laughed at his antics. After we had been through three sets of red traffic lights and nearly rammed a bus I was not too surprised to find David Bayes

Continued on page 6



A flash welcome home. Four seemingly weary athletes from Eugene touch down at Gatwick. Despite the long flight and the time zone changes they were all able to raise a smile for the photographer. Mary Wixey (above) looks particularly pleased — her brother, Peter, is the photographer. On the left Pat Gallagher and Elaine Statham are equally excited although Mick Statham is not so sure.



THE WAY FORWARD

Bill Taylor, Chairman BVAF

PROBLEMS ARE THERE TO BE SOLVED

BECAUSE of printing deadlines I am having to write this column before a very important BVAF Council meeting scheduled for October 1. This is a special meeting called for the purpose of discussing the future of veteran athletics after the new single governing body, the BAF, is formed. The meeting will recommend the way in which negotiations with the AAA and BAAB should proceed.

My hope is that we can find a way to integrate veteran athletics into the mainstream of the sport — the unification of all veterans and the retention of organisational and administrative control in the hands of the BVAF. After all, the BVAF has formalised the sport and pioneered veteran competition in this country developing a full programme of national and regional events.

No doubt the delegates to the meeting will have studied the problem and will be able to advise on what their club members really want. I hope that they want the things I do. That is the knowledge that a British title means the best in Britain (on the day) and not just the best of a limited number. Let's find a way to unite all veterans.

CAPTAINING THE TEAMS

We go to World and European Championships as individuals but because there are team events in the programme we do need some

form of team management.

We can often form between 15 and 20 relay teams and would like them to be the best that can be fielded from the athletes available. Nomination of cross-country, road-walk and marathon teams is sometimes necessary especially when a competitor is asked to make up a team from a younger group. But communication is difficult; athletes stay at half a dozen or more locations and compete at different stadia.

Perhaps the solution is to nominate a number of people; one each for the men's and women's sprint relays, one each for the women's 4x400s and the same for the cross-country, marathon and walks. This means about ten people with possibly an overall coordinator to arbitrate and to deal with competitors' queries and protests.

Peter Worth has said he will help with the walks; Mary Wixey will help with women's relays, but would not like sole responsibility for all of them. Perhaps the host of volunteers who are sure to come forward for these jobs will let BVAF Secretary Bridget Cushen know of their desire to help. If we established such a system the event managers could get a list of entrants from Barbara Dunsford and start to consider potential teams well in advance.

THE WAY AHEAD IN WAVA

WAVA is run by real people not by some faceless bureau. I know; I am now one of the Council. Since my election in Eugene as Vice

President (Stadia), formerly VP Track & Field, I have been thinking how I shall try to do the things I mentioned in my election pamphlets and address: consider the questions of medal standards, specifications for implements, height and distances of hurdles, the new events for women and ways of maintaining the integrity of our sport as athletics. Also, to help to maintain a sensible rotation of world championships so that they return to Europe for each alternative meeting, although this may have to change if the spread of veterans throughout the world changes. Which leads me to

WORLD CHAMPIONSHIPS IN GREAT BRITAIN?

With the 1991 championships allocated to Turku, Finland and Japan and Sweden intending to bid for 1993 (they are really due to go out of Europe that year) should Britain make a bid for 1995? If so where? Birmingham could be interested, but having experienced Eugene, I am not sure that a big city is the right place, unless it was as a preview to an Olympics and we had the use of an Olympic Village. Eugene was so well appointed. Its University campus provided so many facilities: accommodation, catering, one track with another an easy bus ride away and a bus shuttle-service from 5.30am to whenever needed at night — midnight sometimes.

So many other factors come to mind. Could we find an Executive Secretary with the dedication and competence of Barbara Kousky? Could we find 1500 volunteers to cover from 7am to goodness knows when? Could we find a town to integrate with and support the event as well as Eugene did?

Your answer is probably "We're British; of course we can!" If you have any serious ideas, please let me know.

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.

A Briffa	Chan Meng Hui
Evan Williams	John Emmett Farrell
Maureen Lane	Les Joyce
Aubrey Parsons	Alan Pluck
Mike Barratt	Colin Hibberd
John Gormley	W Symes
G T Knox	D Rosenfield
John Robson	James Smith
B Crook	Nancy Mackinnon
Andy Holden	Tom Wood
Frant Hulton	Dave Case
Malcolm Branwell	Maura & Pat Brown
John Abell	H P Fisher
Jack Kee	Walter Smith

Also a number of donations were received with half marathon entries. It is hoped to identify these next time. In the meantime, thank you!

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!



Slow shutter action gives Chairman Bill Taylor a speedway look in Eugene. Photo: Mick Statham

Championship Prize Draw Thanks

THANKS must go to *Running Magazine* and Councillor Ben Jeffrey of Moreton in Marsh for their sponsorship of many of the prizes awarded at the championship Half Marathon at Stoke Ferry. Also to Bourne Sports who sponsored a voucher prize. Thanks go, of course, to all those who bought raffle tickets but an extra big thanks must go particularly to members of the SVHC for their fantastic response to buying the raffle tickets distributed with *Veteran Athletics*.

HALF MARATHON DRAW WINNERS

- 1st — Video Recorder — E Raithbone, Widnes
- 2nd — Portable TV — D Rickerts, Erit
- 3rd — Microwave Oven — F Wright, Peterborough
- 4th — Digital Alarm clock/radio — J E Gent, Garswood, Wigan
- 5th — Hardware — L Fitzgerald, London SW11
- 6th — 1 yr sub Running — W Hales, Steyning, Sussex
- 7th — 1 yr sub Running — J Kimber, Bushey, Watford
- 8th — Pedometer — W Hales, Steyning, Sussex
- 9th — Pedometer — B Thornton, Kings Lynn
- 10th — Pedometer — J Allen, Worcester Park, Surrey
- 11th — Pedometer — L Maisey, London NW10
- 12th — Pedometer — J Loftus, YMCA, Manchester
- 13th — Pedometer — H Godsell, Warrington, Surrey
- 14th — Runners radio — L Boddy, Epsom
- 15th — Runners radio — B Webb, Sittingbourne
- 16th — Runners radio — G Huddlesley, Harpenden
- 17th — Runners radio — D Anstey, Welwyn
- 18th — Runners radio — C McCrae, Gourrock, Scotland
- 19th — Runners radio — D Granger, Potters Bar
- 20th — Bourne Sports voucher — MS Fifth — Aston, Shetfield
- 21st — Runners radio — E Dolan, Croydon
- 22nd — Running for Fitness by Seb & Peter Coe — Mr Sergeant, London NW3
- 23rd — Running for Fitness — J Chandler, W Horsley, Scotland
- 24th — Running for Fitness — J McNally, Dundee, Scotland
- 25th — Running for Fitness — J H Perks, Poole, Dorset
- 26th — Running for Fitness — L & S Smith, York.

MERIT AWARD BADGES

THE MERIT Award Scheme was proposed by Dave Thomas of Hereford at the Wigan 1986 AGM. Bill Taylor and Wilf Morgan quickly set to work and by using results from British, European and World Championships produced Merit Standards that were accepted by Council and first implemented at Corby.

The intention of the scheme is to offer to competitors not able to be among the medal-lists a target at which to aim. It is not a soft one — indeed championships have been won with performances inferior to the standard.

The Merit Badge is an award that can be worn with pride on one's training top or track-suit. If you were out of the medals at Corby, Cwmbran or Reading yet achieved the Merit Standard this is the award for you. Send your cheque for £1.50 payable to B.V.A.F. and performance details to me at 114 Clappgate Lane, Bartley Green, Birmingham, B32 3DH and your badge will be forwarded instantly.

Mike Wrenn

TEAMWORK

Alun Evans, Meeting Director of the BVAF/AAA Road Relays 1989, offers some answers to a few questions people were asking concerning the event held at Sutton Park in May.

LIKE any good race and especially so for a major Championship, the success of the event lies in the planning and what this means in practice is having a good committee of people available with plenty of expertise to rely on. The Championship Secretary Mike Wrenn assembled such a group which first met way back in January to establish some guidelines and sow the seeds for a successful day.

It was established early on that an Entries Secretary was required and Dennis Withers ably volunteered, assisted by Ray Bunn, and the relevant maps and documents that would be sent out to the prospective competitors were designed by Ron Payne. Wilf Morgan was to handle the relevant publicity with Colin Simpson looking after the financial side. Wrenn was to keep an overall eye on events.

One of these concerned the inclusion of 'B' teams in the event. In the first year of the event these had been included but with the holding of the event at a more central location more teams from the North would be encouraged to attend. After a long discussion it was agreed that it would be too unwieldy. When we were asked to reconsider 'B' teams we did. But in our opinion the situation had not changed.

I had agreed to act as Meetings Director — to ensure everything ran smoothly on the day. The main problem would be the finish and the first two legs of each race — over a three mile course there is little time for the field to break up. Take the O40s race, for example: at one stage five bodies were crossing the line in one second! Add to that tired athletes falling as they cross the line then one can see that providing a results service could be a difficult job. The main criterion, obviously, was to keep the athletes in order as they finished and to do this various methods were examined and discarded until

one was chosen which was to provide a funnel for the athletes to enter once they had crossed the line and touched their team mate. This would record the places, always assuming that the timekeepers would record the times, on the line!

It had been decided at a fairly early stage that two races would be held: the women, O60 and O50 men would go at 10.30am with the O40 men going at 1.00pm. The first race started and so came the first change over. Result: organised chaos. The timekeepers were hard pressed to keep up. By leg two the crush was not as bad and we could breathe again. Between the legs and before the start of the O40s men's race subtle changes were made to the funnel. The result the next time around? A better organised chaos! With the lessons learned from the first race it somehow seemed we had slightly more time in which to panic! And that really is the secret — to give yourself enough time to cope.

One or two athletes seemed to object to being manhandled into the funnel. To all the runners I say we hope you understand what we were trying to do — all the marshalls were runners who understood precisely what you were going through. In the end, and apart from one or two isolated incidents I think we coped and Joe Lee, who computed the results, made good order out of the recording.

My thanks must go to the people already mentioned and others too numerous to mention but who did a most valuable job, plus the many marshalls and helpers from Royal Sutton Coldfield AC and Birchfield Harriers. It was an enjoyable day, the racing was superb and the numbers attending, almost 1,400, very encouraging. I certainly look forward to having it back in Sutton Park in 1991. See you in 1990 at Aldershot and good racing!

A full set of Road Relay results together with a race programme can be obtained from Mr M. Wrenn, 114 Clappgate Lane, Bartley Green, Birmingham B32 3DH. Cheques for £1.00 should be made payable to M.V.A.C.

£100 each to Noble and Weight

JOY Noble, married to VAC's Noel, has picked up the first prize in the July draw. Colin Weight of Bury St Edmunds was the winner of the August draw. They both won £100.

Five consolation prizes of £10 are offered each month and the following were those picked out for July and August: Colin Simpson (Solihull), Jeff Wilson (Lancs), Margaret Moore (Renfrewshire), Lesley Bowcott (London SW19), Nigel Wray (London N20), Margaret Perry (Sutton Coldfield), Marjorie Hocknell (Humbly Grove), Bob Luker (Devon) and Mel Edwards (Aberdeen). Nigel Wray won a £10 consolation prize in both July and August!

To join the club: see advertisement P10.



Pete Browne, World 800m champion and British record holder. Photo: J. Hemming

Taylor and Turku in

Martin Duff of Athletics Weekly reports on the WAVA General Assembly held on August 1, 1989 in Eugene, Oregon.

BRITAIN'S Bill Taylor was elected as Vice President Track and Field and the Finnish sea port of Turku was voted as the venue for the ninth world veterans Track & Field Championships to be held in 1991.

The assembly also heard that Osaka in Japan had bid for the 1993 event and stands a good chance of being accepted. Other items discussed were the retaining of Medal Standards in World Championships despite objections from the Americans and the continued use of the term "Veterans" rather than the word "Masters", again as proposed by the USA.

A proposal, to reduce the entry age for veteran men to 35 was withdrawn by the US after unanimous opposition while there was a groundswell of opinion in favour of raising the women's age to 40 but this was not put to the vote on a technicality.

A move to limit delegate participation in line with entry in the championships was approved by the assembly as was a move to structure the bidding of future games four years in advance.

Bill Taylor was narrowly elected as Vice-President Track and Field, replacing Bob Fine of the US who was voted on as the new Vice-President. Cesare Beccalli of Italy retained the Presidency over Britain's Owen Flaherty. Jacques Serruys, of Belgium, becomes Vice President Road and Country replacing Clem Green of NZ.

Bridget Cushen was reelected women's representative at the women's meeting held the day before.

Athlete's Clinic

MASTERS TRAINING ADVICE

Warming Up — Why Do It and How To Do It

JOHN COSGROVE from the US National Masters News explains what is involved in a really serious workout.

A PROPER warmup is essential to a good performance especially for veterans. Most serious veteran runners tell me it takes longer to warm up as they get older.

Strangely, the fast-twitch muscles of sprinters warm up faster than the slow-twitch muscles of distance runners. Ken Foreman, an experienced coach who has done clinical studies on this issue, explained that it was biologically based and a normal characteristic of the differences in the muscle fibre. The fast-twitch muscles are also more prone to injury if not properly readied. Sprinters can leave their race

in the warmup, so it's a fine line that one has to find!

A well structured warm-up sequence is also a great way to deal with the pre-race jitters. If you go into automatic mode when the sequence is started, this tends to relieve the pressure at the same time that you are preparing for the race in the best possible way. No decisions are required, you are familiar with your physical state at each step and how long each will take. The race time arrives with your mental and physical state at a predictable point. Of course the sequence is never perfect with the normal variations to be expected but having a standard plan is far better than 'winging it' every time.

Pre-Race Warm Up

1. Easy jog for 7-20 minutes. The emphasis is on 'easy'.
2. Stretch using your normal routine. The key is that the stretch should be done after the warmup jog and with some kind of warmup suit on to retain the heat.
3. Start off with some easy stride-outs. This begins the phases of building up your energy delivery system volume capacity. Think of the thermostat on your car being forced to open up to maximum volume. Your blood system needs to be opened up to get the oxygen in and the waste products out. The first strides are relatively easy with a gradual buildup. Always think about form and relaxation.
4. Follow with six 100-metre out-and-back strides with a jog on the turn. No stopping or walking. Doing them in 100 increments is not the same as a 600 because you have a sense of building to a full stride in stages. This is followed by a 100 walk. Never stop completely.
5. The six 100s are followed by three 100s at a faster pace. More emphasis is placed on getting your hips under you and landing more forward on your feet. This set is followed by a 100 walk.
6. The last three 100s are usually the most fun because you hit them harder and are warm enough to feel good about it. Each of these is followed by a 100 walk. Run these fast but still hold back on the intensity. The idea is to experience speed without losing your relaxation and smooth form.
7. You are now ready to race or do your normal workout.
8. If the race is delayed or you begin to cool down before the workout starts do a few rolling starts. These are only 20-30 metres with a quick acceleration to get your blood flowing but without any build-up of waste products. In fact these rolling starts invigorate your leg muscles by clearing out leftover waste products.
9. After the work, some easy jogging for a quarter mile to a mile.

TORN ATTACHMENTS

I first noticed a slight ache in the right buttock in the area below the back trouser pocket. The ache quickly disappeared after the training run but gradually after each run the ache became more painful causing me to limp for some time after the run.

I continued to train and race returning good times without too many problems but about four weeks ago I attempted a half-marathon — the first five miles were OK but after that the buttock pain came on and got progressively worse so that by the time I struggled to the finish I was in extreme pain and had the greatest difficulty in walking. I stopped running, sought advice from my GP and started a programme of stretching and flexing exercise. I can feel no pain or ache in the normal movements and when I press on the area from where the pain appears to come I cannot locate any tenderness.

I have tried two short very steady jogs since I stopped running and on both occasions I have felt the ache developing towards the end of the jog. So it would appear that rest and stretching have had little effect. You give a very clear account of things so it is reasonable to suggest that you have torn the attachment of your hamstring to your pelvis. The hamstrings and the inner thigh muscles are attached over quite a wide area on the pelvis — very much in the region that you sit on. You may just have an inflamed bursa rather than a tear and this is where an examination might be useful.

No matter what you do with these things they take a long time to get better and I am not very convinced that any kind of medical or physiotherapy input cuts down the period of frustration. Probably the time when applying ice to the area is likely to be useful is past but ultrasound is certainly worth a try if you have access to physiotherapy.

Plenty of buttock and hamstring stretching is certainly indicated but for heaven's sake do it properly with no jerking and never stretch sufficiently hard as to cause yourself any pain. It would be perfectly alright to train short of the level that gives you any pain but certainly no high quality stuff or racing. The eventual outlook for such injuries is excellent. Try and maintain cardiovascular fitness by swimming.

The difficult area with this is whether this is a tear or bursitis. If it is a bursitis, which I think is unlikely from the description, a hydrocortisone injection into the area may get things better rather more quickly. The difficulty is that although hydrocortisone injection may speed things up if you are dealing with a bursitis it may well delay things or make the situation worse if dealing with a tear.

It is not always easy to distinguish one from the other so on balance the course of action as detailed above would be best.

TO BUDAPEST *Continued from page 4*

attempting to climb into the back of the taxi. While this dangerous manoeuvre was taking place I watched a traffic policeman standing open mouthed before leaping for safety as we careered round a bend.

After a good night's rest we were ready for the Saturday competition which continued unabated and at the close of play the British contingent were invited by Lajos, a hammer thrower of some repute, to his house which backed onto a tributary of the Danube. Were that not enough he had a motorboat as well.

The hospitality continued on a grand scale and there was a copious amount of strong drink followed by ham and eggs.

Barbara and John spent quite a lot of time and effort in seeking out hotel accommodation in connection with the European Championships in Budapest next year. Those who intend coming to Budapest will surely have to be even more self-reliant than usual. Unless one speaks German an awful lot is going to have to be done by sign language.

However Hungarians are kind, friendly and co-operative. Our trip was a delightful experience and I for one can't wait to go back. The European Track & Field Championships are to be held in Budapest, Hungary, from June 30 to July 6, 1990. Entry booklets will be available in due course by sending 50p in postage stamps to Barbara Dunsford, 71 Hillside Crescent, S. Harrow HA2 0QU, who will send them as soon as they arrive.

JANIS KERR — THROWER

Age Category W40
Indoor WR holder for Shot — 13.75

At the end of the season (September) Janis usually puts down a training plan towards the South East Weightlifting Champs in November and the South East Powerlifting Champs in December. Usually from these competitions she qualifies to do the British Powerlifting Champs in February and the British Weightlifting Champs in April. In between the two she likes to do the British Indoor Vets Champs.

Then she looks to the outdoor throws competitions with the Surrey Champs, Southern Vets and British Vets as the most important. Interspersed during the summer she does Southern League for her club and possibly some National League Jubilee Cup competitions thrown in.

1989 has not been a good year with injuries not even related to her sport.

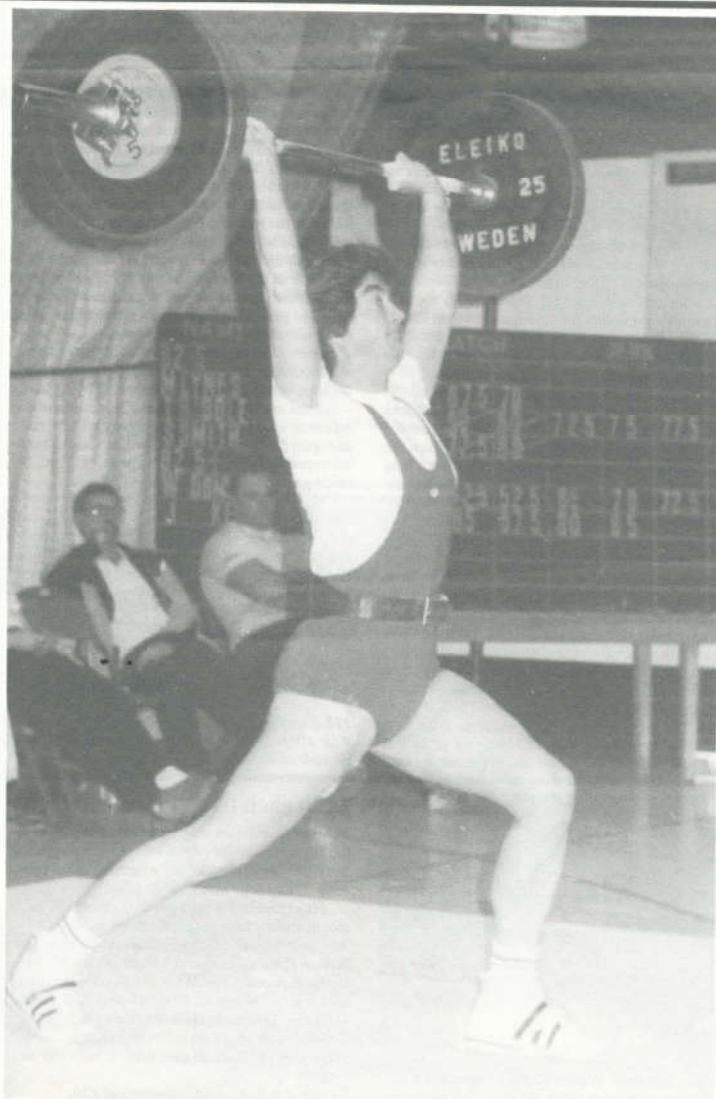
She trains on weights 2-3 times a week and 2-3 times for throws/sprints/technique. A lot of technical work on the shot is done with the 3.25 kilo and most of the weights sessions include Snatch, Clean, Clean & Jerk, Bench Press, Back Squat, Dead Lift and High Pulls. Her best competition lifts are 671/2 KILO SNATCH and 921/2 KILO CLEAN & JERK; 1621/2 KILO BACK SQUAT; 100 KILO BENCH PRESS; 185 KILO DEAD LIFT.

While injured Janis started coaching again and has helped follow vet Bron Carter also taking time out to study for exams (written and practical) for Remedial Massage. During this winter she will be progressing to Sports Massage and eventually to the International Therapists exam.

She has just been requested to coach the GB powerlifting womens team for the World Champs in Sydney, Nova Scotia, in November up to and during the event. This covers 8 girls plus 2 reserves. "Do I have time to train or work?" she asks.

Janis is offering to set up coaching clinics for any vets interested. See "Calling all Shot and Discus throwers", p4.

Janis Kerr lifts 85Kg at Crystal Palace in March this year.



HEPTATHLETES UP DECATHLETES DOWN

10th BVAF Decathlon and 2nd Heptathlon Champ- ionships held in Sheffield, September 9 and 10

—David Burton reports

ENTRIES for the decathlon were down this year but the women's heptathlon attracted eight competitors although due to injuries only five competed.

Due to strong winds, the sprint events were run on the back straight. Naturally this produced some good times — the best being David Burton's 100m time of 11.6 — but generally all competitors' times were reduced by the wind in the 400m, 800m and 1500m events.

In the Long Jump, Mike James, in his first decathlon for several years, was near his season's best with 6.93, but with too strong a following wind for record purposes. He also had a 1.75 High Jump.

Snowy Brooks very recently turned 45 had a 5.78 Long Jump and showed his strength by doing the best Shot of 10.75. In the older age groups good putts came from Tony Mackay (M50) and Alf Woods (M60).

Two excellent hurdles races saw James pip Dave Cowley in the M40 and Mackay and Burton almost dead-heat in the M50 group. Only two competitors achieved 30m Javelin both in the M45 group and with some good events to come it was looking as though the M50 with Mackay and M60 with Woods were tied up. In the M40 a disaster in the Pole Vault ruled out leader James. He subsequently withdrew leaving a battle for the gold between Cowley, who eventually won, and John Charlton. In the M45 after the two leaders had both thrown 44.46m Javelin it rested on the 1500m to decide the result. It was known Snowy struggled

in this event but he valiantly managed to retain his first place against Brian Loten. Mackay won the M50.

Joe Phillips, unwell for most of the weekend and who struggled on but without completing the 1500m, won the M55. Woods took the M60 title and Les Williams the M65.

In the women's event, Mary Rhodes completed the seven events and won the W35 group in her first attempt at a heptathlon. Pat McNab won the W45 and there was a battle for the silver only being resolved in the final straight of the 800m in which Carol Morris won by just a few points from Jackie Charles.

Unfortunately several athletes suffered injuries but struggled on including Nanette Cross (W45) and both Ian Fletcher (M40) and John Drakeley (M50) were competing a decathlon for the first time.

BVAF DECATHLON & HEPTATHLON 1989

DECATHLON	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	Points
M40											
D.Cowley	11.7	5.68	8.69	1.69	52.7	15.9	26.52	2.90	31.66	4:38.8	6442
J.Charlton	11.7	6.15	9.91	1.51	55.2	17.8	26.06	3.10	39.62	4:55.7	6254
J.Gelder	12.0	5.60	8.46	1.42	56.0	17.4	22.84	2.70	40.00	5:25.3	5533
M.Bousfield	12.3	5.58	10.18	1.39	61.5	19.8	28.12	2.70	34.04	6:10.9	4927
L.Dunn	12.5	5.08	6.39	1.57	58.2	19.0	19.60	2.60	26.74	4:59.8	4906
I.Fletcher	12.7	5.37	8.29	1.42	66.4	17.5	17.94	2.20	30.56	6:56.2	4192
M.James	11.7	6.93	8.87	1.75	60.4	15.7	25.92	NHC			4906
M45											
1 S.Brooks	12.5	5.78	10.75	1.48	62.2	19.0	30.28	3.00	45.66	6:41.5	5937
2 B.Loten	12.7	5.40	9.57	1.33	60.9	19.6	30.24	3.00	44.36	5:32.6	5827
3 B.Charles	12.2	5.56	6.87	1.42	59.4	20.0	16.68	2.20	30.32	5:00.9	5256
4 D.Vaughan	13.6	4.63	8.58	1.45	65.5	24.4	25.30	2.10	32.34	5:49.7	4334
5 J.Clark	13.1	4.47	6.48	1.20	68.9	25.6	16.60	2.20	24.92	5:38.5	3602
M50											
1 A.Mackay	13.3	4.72	10.76	1.45	63.9	17.6	33.16	3.50	39.58	5:50.7	6221
2 J.Ross	12.6	4.56	8.71	1.30	58.1	18.6	29.46	2.50	42.84	5:06.6	5985
3 D.Burton	11.6	5.25	8.24	NHC	59.9	16.9	25.48	3.34	32.88	4:49.7	5270
4 J.Drakeley	13.7	4.29	7.30	1.24	66.4	24.0	20.32	NHC	19.70	5:17.8	3766
M55											
1 J.Phillips	13.6	4.60	8.72	1.33	66.5	20.6	30.68	2.40	40.56	DNF	5230
M60											
1 A.Woods	13.9	4.54	10.84	1.36	74.5	17.9	33.48	3.10	31.72	7:59.2	6138
2 I.Steedman	13.9	4.42	7.43	1.14	65.7	17.1	24.98	1.80	27.16	5:51.3	5664
M65											
1 L.Williams	14.1	4.28	8.36	1.27	75.2	18.9	28.16	2.30	21.96	7:31.2	5846
2 J.Swinton	15.1	NJ	6.18	1.11	83.5	DNF	22.64	NHC	22.44	7:48.9	2875
HEPTATHLON	100mH	HJ	SP	200m	LJ	JT	800m	Points			
W35											
1 M.Rhodes	22.4	1.22	5.23	31.5	4.24	10.42	2:44.3	2533			
W45	80mH	HJ	SP	200m	LJ	JT	800m	Points			
1 P.McNab	13.0	1.35	8.83	29.9	4.13	25.36	3:54.8	4318			
2 C.Morris	17.2	1.22	6.79	30.7	4.15	13.76	3:11.9	3668			
3 J.Charles	14.9	1.22	6.65	30.7	4.15	13.76	3:11.9	3629			
4 N.Cross	14.6	1.16	6.87	DNF	2.37	18.24	3:55.1	2267			

VAUGHAN WINS INVITATION VETERAN MILE

DEREK Vaughan of Swansea won the Bromley Reebok Challenge Veteran Mile in 4:29.1. Peter Hamilton of Blackheath came second (4:31.8) and Jim Phelan, also of Blackheath, came third (4:37.5).

The event took place at the annual Bromley Reebok Challenge Meeting held at Norman Park on Wednesday, August 23, organised by Mick Hamlin. This is the first year that a specific veteran's race has been included. Hamlin's main purpose is to arrange one and a half hours of good athletics and hopes for the occasion to have 12 runners with a qualifying time of 4:50.

Glynis Penny ran a 16:45.8 5000m at the same event.

MIKE JAMES, M40 long jumper, failed to take a medal in Eugene — fourth with 6.67 compared with his 6.81 win at Reading. His best form this year has been in league matches for his club, Windsor S & E. At Meadowbank on July 15 he went 6.96 assisted by a wind of

MILLFIELD MAGIC

David Lord reports from
Millfield, August 13

THE FAMOUS sports oriented Private School, Millfield, was the venue for the South area T & F Team Championships '89. Their recently completed all weather track is most beautifully situated with views across to Glastonbury Tor and the Mendips Hills.

The busy programme of 60 events began at 11am, the only delay being caused by the strong wind.

Surprisingly the combined regional team of SW/EVAC took an early lead with the MVAC in hot pursuit. The advantage of being the home team became apparent. Two assistant field judges were incorporated in the team as was the event medic, Dr. R.Frew, and

+3.01m. A mark of 7.04 in August awaits confirmation. If legal it will be a new BR.

BARRY FERGUSON, M45, ran 16.30 for 110H to finish fourth in Eugene and 16.1 in the Kent Championships in May. Both times

even the event announcer, R.Jones. Further surprises were utilised when two well known local athletes turned up on spec and had to be signed up as members first. The final coup was to sign up a member of the school staff.

But the MVAC was equally resourceful. They entered Margorie Hocknell in two W35 events and two O45 events — sheer cheek. And so the SW/EVAC lead looked precarious.

There was no respite for anybody. The denuded field officials could not cope with the pace. The tension in the recorders hut was nearly unbearable. With all the track events completed the heavens opened. The only event left to decide the winners was the women's Discus. Undeterred they completed their event in the pouring rain.

The outcome was: MVAC 565, SW/EVAC 488, SCVAC 454.5, WVAA 371.5. It really was a magical day and the drama of the final half hour was a very fitting finale.

better than existing BR. Wind reading needed before ratification.

DAVE COWLEY won the MVAC's Pentathlon Championship held at Solihull on August 20. Due to severe blustery conditions kindly officials allowed the 200m to be run



Heptathlon Happy: Jean Hulls triumphant after taking gold in Eugene

STOKE FERRY AAA HALF MARATHON

Continued from page 1

down on the W50 duo of Pam Jones and June Aitchison with the consistent Mary Anstey only 31 seconds behind her. Cynthia Hearsey of Fleet and Crookham must consider herself extremely unlucky not to get in the medals as she finished well ahead of Pauline Ash and Liz Ealham the W45 silver and bronze recipients. Joyce Goody, who must be one of the youngest looking W55's, added that age title to the silver medal that she won in the marathon at Eugene and it was nice to see 1987 champion Betty Norrish returning to form to take silver ahead of the other Betty, Betty Forster.

BEST PERFORMANCE

The best performance of the race was without doubt that of Jose Waller, now 67 and still breaking 1:43.

The organisation of Peter Duhig's team from Ryston Runners was first class. Having already registered 68:30 on this course, Peter will be hoping that the 1990 race will return there for his veteran debut. He has promised all electric trains from Kings Cross plus a coach from the nearest station at Downham Market, six miles from Stoke Ferry, in 1990, so the committee will have to consider his claim seriously. It would certainly be hard to find a better course.

ALDERSHOT 5K

Continued from page 3

after injury for ten weeks and Fudge her first outing since the birth just over six weeks before of a baby daughter neither were in the best shape. Nevertheless, Ford won comfortably enough yet missed the presence of Glynis Penny, last year's winner, who was out injured. Second, a minute down, was June Webb with Carolyn Oxtan third ahead of Fudge.

Presenting the prizes in this the first joint promotion between Aldershot Football Club and AFD running club, was the soccer club's president, Comedian, Arthur English. 'You must all be mad', the comic said as he started the race — but it did add to the sense of occasion. A pity therefore that some serious runners missed the race for the ST Fun Run.

clockwise round the track.

UNA GORE, 200m gold medallist at Eugene, has broken Maeve Kyle's British 200m record clocking 27.8 at a Southern League meeting at Melksham on September 2. A week later she broke her own W50

PRIZE DRAW 1990

Renewal notices will be going out soon for Prize Draw numbers. Jose Waller is organising this. Please help her by responding quickly.

GEORGE COLLETT MEMORIAL

TROPHY to be presented to winning O60 team in AAA/BVAF Road Relay. Donations being sought. Send to P.W.Davis, 6 Three Oaks Close, Ickenham, Middlesex.

Budapest, Hungary - Results September 9

Hugh Richardson (M50): Shot 9.85 (5th), Discus 40.64 (2nd), Javelin 35.82 (4th); Doug Linton (M50): 5000m 18:20.95 (2nd); Art Briffa (M50): 5000m 13:37.90 (2nd).

100m record with 13.4 at the Bennett Trophy meeting at Yeovil

BOB BRIERLEY is starring in *Gold* to be shown on Tuesday, October 24, at 2.15pm. *Gold* will follow Skyline's short bulletin *Senior Service* which begins at 2 pm.

Shel Cowles Photo: A. Lovett

CONTINUED ON PAGE

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EUGENE MEDAL TABLE

Name	S	A	Gold	Silver	Bronze	Total
F Argent	W 35			400mH		1
B Cardy-Wise	W 35		10KRoad 5000m 10,000m 10KCC High J Shot Discus			4
R Chrimes	W 55				800	3
P Gallagher	W 40			Marathon		1
A Gomer	W 45			Marathon		1
J Goody	W 55			100m		1
U Gore	W 50		200m	Javelin		2
C Graham	W 50					1
M Hocknell	W 45		400m, 400mH			2
J Holmes	W 40		10K CC, 2KS/C	800 5000 10KRoad		6
J Honour	W 35				1500m High Jump	1
J Hulls	W 50		Hept'n, 300mH			2
M Loudon	W 55			10K Road		1
A McDonald	W 40				400m	1
P McNab	W 45		80mH, Triple J		Heptathlon	3
J Ross	W 60				5000m	1
R Scott	W 60				5000m Walk	1
J Smallwood	W 45		High Jump			1
J Smith	W 60			Marathon		1
S Spragg	W 35			Javelin		1
E Statham	W 45		10,000m			1
V Thompson	W 35			Heptathlon		1
G Trower	W 35			5000m Walk	10KRdWalk	2
D Underwood	W 35			Marathon		1
J Vernon	W 40			100mH		1
J Walpole	W 35			400m, 800m		2
E Williams	W 50				Hammer	1
J Wills	W 35				100mH	1
M Wixey	W 65			Triple Jump		1
M Worth	W 60		5000m Walk	10K Road Walk		2
Relay Wmn	W 35		4x400m			1
	W 50		4x100m			12
P Aston	M 40		Hammer			1
R Bell	M 40			800m		1
R Brierley	M 70		Marathon		5000m	2
P Browne	M 40		800m			1
W Chapman	M 80		Marathon	5,000 10,000m	10K Road	4
D Cowley	M 40			Decathlon	400m	2
L Creo	M 65			5KWalk 20KRdWalk		2
M Dixon	M 45				3000 S/C	1
R Dobson	M 45				20KRdWalk	1
G Duffy	M 40				800m	1
R Ferneyhough	M 65				Marathon	1
I Foster	M 45			100m		1
S James	M 50				10K Road	1
P Jones	M 40			10K Road, 5000m		2
M Kolmes	M 40				Hammer	1
M Morrell	M 55		3000m S/C			1
J Phillips	M 55				Javelin	1
L Presland	M 45			10K Road	10,000m	1
A Roper	M 40		10K Road		10K CC	3
A Smallwood	M 45				5000m	2
R Taylor	M 55		100m, 200m		5K Walk	1
D Vaughan	M 45		1500m			2
C Williams	M 55			100m		1
A Whitfield	M 40			10,000m		1
JD Wood	M 55				Marathon	1
A Woods	M 55		Pole Vault			1
Relays Men	M 40			4x400	4x100	2

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DAVID MORRISON: A THROWER TURNED RUNNER

Kay Dodson, Editor of the SVHC
Newsletter, gives us the story.



DAVID Morrison was born on December 19, 1913. He began his athletics career in 1933 when he joined Shetleston Harriers. In these early days David specialised in throwing events and although he retired from competition in 1956 he continued to coach the hammer and discus. From here he progressed to judging and was a field events judge at both the 1970 and 1986 Commonwealth Games in Edinburgh. During this period however, in 1975, he joined the veteran movement and returned to competition but this time as a highly successful runner. Since then he has never looked back.

In common with many athletes, David once vowed that he would never run a marathon, but of course, he did. In fact he had his first outing at this distance at the age of 67. He has since run six marathons with a best time of 3:20 set in Dundee at the age of 71 but it has been at the shorter distances that David has excelled.

Since 1977, when he competed in the M60 age group at the World Track and Field Championships at Gothenburg, he has progressed steadily travelling to major competitions at home and abroad gaining experience and making many new friends.

His first major win came in 1980 on home territory when he took gold in the M65 age group in the 10K event at the World Road Running Championships in Glasgow finishing in 42:12. The following year he took gold again at the Scottish Cross-Country Championships at Irvine but suffered a set-back in 1983 when he had an operation on his right knee. Lesser men would have been daunted by this but David was even more determined and by cautious rehabilitation he was soon back to even greater fitness.

In 1984, now in the M70 age group, he tested himself out over short distances and took gold medals in the 800m (2:50.02) and 1500m (5:42.00) at the BVAF Track and Field Championships in Edinburgh. The next year, at the World Road Running Championships at Blackpool he showed he was still a force to be reckoned with over longer distances when he took gold at 10K (42:31) and silver at 25K (1:55.10). In the same year he set a new British record for 10,000m on the track of 41:07. In 1986 David competed in Vancouver where he won

silver at 10K (43:56) in the World Road Running Championships. But perhaps his happiest memories are of the VII WAVA Track and Field Championships in Melbourne where he was able to visit his son and family — and take two silvers (1500m and 10000m) and a bronze (800m).

He had success at cross country in 1988 and 1989 winning gold medals at the BVAF Championships at Irvine and Sunderland and for someone like David there is always something new to be tried. This year, now in the M75 age group, he has taken to running the boards with outstanding success. At the Scottish Indoor Championships in the Kelvin Hall David set a new world best for 800m of 2:57.09 and a few weeks later, at the BVAF championships, reduced this to 2:53.01. While still in this fine form he set a new British record for 800m outdoors of 2:54.00 in June.

Besides all this David is capable of times on the road which put much younger men to shame. At 76 he has run this year 1:33 for the half marathon and 71 minutes for 10 miles. Food for thought for all of us perhaps?

By profession, David was a radio engineer which no doubt explains his keen eye for detail and his outstanding organising ability. He is a man of determination and courage who knows what he wants to achieve and, more importantly, knows exactly what he must do to achieve it. However, he never forgets others and is always ready to give advice and help to younger vets. A very popular and well known figure, he is a past President, Honorary Life Member and currently a committee member of the SVHC, where his vast experience and knowledge are invaluable. In spite of all his success David is a down to earth, realistic man who is never afraid to speak his mind. In his spare moments, when not training, racing, organising events or serving on committees, David indulges in his other great passion — computers. He enjoys using this expertise to keep the club membership files and information up to date and to efficiently produce results for club races.

Anyone who meets him cannot fail to be impressed by his attitude to life and enthusiasm for our sport. David Morrison is a very remarkable man.

THE NE AVENGES THE SCOTS NEVAC v SVHC

Lightfoot Stadium, Newcastle, July 22
THE NE vets avenged last year's defeat by winning the annual match against the Scottish vets by 393 points to 311 points.

Enjoying home advantage the North East dominated the track events, ably assisted by Elswick's Bob Peart who won all his track races from 200m to 5000m in the O60 category. However the Scots performed the better in the field.

Phil Pye's winning sprint double in the O50's was faster than the O40 winner, Bill Briggs of Washington. And in a close finish to the O50's 800m Heaton's Reg Checkley just edged out Tim Carroll on the line.

The O50's 5000m saw Joe Hawes sprint past Heaton clubmate Eric Appleby, the longtime leader with just 80m to go, while the O40 5000m was dominated by the Lowther twins from Jarrold with Ken breaking clear of Brother Dave after six laps.

Scotland's best performances came from John McFarlane who won the O40 400m and 800m, John Ross, who won the O50 400m long jump and javelin and Eric Fitzgerald winner of the high jump, long jump, triple jump and discus in the O40 category.

The best NE field performer was Bob Laidler who won five events in the O60 group.

Jimmy Walters

KEEN CONTEST AT CORBY EVAC T & F Championships and Open Meeting

Corby, September 7
SUNDAY morning broke and the rain experienced over the past 24 hours seemed set to continue — shades of Barcelona? As if taking pity on an entry of over 120 the clouds moved on and left a still, dry, but rather cold day for the championships. Performances at the tail end of a busy summer were not brilliant nevertheless every event was keenly contested.

In the women's events Gillian Welford completed a hat-trick of convincing sprint wins in the W35 100m, 200m, and 400m and in the Long Jump, while Marjorie Hocknell produced good form to take the W45 200m and 400m. Elizabeth Holmes completed a busy afternoon winning the W50 100m, 200m, 400m, 800m, Shot, Discus and Javelin! Gwen Bird, W35, gave a superb display of discus throwing, winning with 43.26.

Ian Foster showing the speed that earned him a World Championship silver, completed his hat-trick in the M45 sprints. Frank Taylor won the M50 100m and 400m, but had to settle for second in the 200m with David Burton gaining the edge.

There were fine 800m wins for David Spencer, M40, (2:03.5) and T. Young, M45, (2:07.9). Jim Smith comfortably won the M40 1500m (4:20.3) while the best race of the day proved to be the M50 300m Hurdles with a tenth of a second separating the first three — B. Arris finishing the strongest to pip Burton and Colin Shafto, with Shafto gaining revenge in the 100m Hurdles. In the field good wins were recorded in the Long Jump by Bob Abdy, M40, 5.23, G. Jephcott, M45, 5.31 and Burton, M50 5.33.

Many other athletes enjoyed busy afternoons, among the most successful being Gordon Daborn, M55, who recorded wins in the 100m, 200m, 100mH, 300mH and a second in the Javelin.

Howard Darbon

THROWERS ON THE CENTRE STAGE

Richmond and Twickenham Open
Veteran Meeting

Barn Elms, September 3
DESPITE any objection that the discus is performed well away outside the oval throwers held the real centre stage at attractive Barn Elms Park.

Neil Griffin threw discus from the cage by the oak tree 45.84 metres and Ian Briggs achieved a personal best mark of 41.54.

In Shot Putt Griffin had a final mark of 13.26 and meeting organiser John Curtin 10.05 metres. Javelin had a strong entry but wind from behind was not conducive.

Opportunities for end of season fill-in were taken by track athletes; at Triple Jump David Whitton covered 10.52 and Tony Chapman from Worthing 10.06 and Midlander J Quantrell doubled 100m and 200m.

JH

FEATURING A STRONG 800m VAC T & F Championships

West London Stadium, August 27
AN outstanding 800m was the feature of the VAC T & F Championships at West London Stadium. John Treadwell's winning time of 2:02.7 has seldom been bettered in veteran circles outside national galas. Obvious exception

was the current SCVAC when Peter Browne, later World champion, recorded 2:01.7.

But research of results in VA shows that typical values for the veteran club gatherings are firmly in the range 2:04 to 2:07 for the distance while some are as easy as 2:10 or more.

The 800m always draws competition at West London and this 2:02.7 was achieved by a race of four well matched contenders. Alan Painter set the pace, 60.5 at the bell, with David Spencer, a new vet from North London, and Peter Hamilton, a national medallist. This group led Treadwell until the bend and when he kicked they gave up so little that all placed inside or on 2:04. The minor placings went Spencer, Painter and Hamilton.

These had their compensation: Hamilton won the 1500m; Painter later won mile and victor ludorum at the Clearing Banks Games at Crystal Palace, and Spencer was distance winner at EVAC and Twickenham.

Treadwell, a strongly built runner with finishing speed, of the sprint and 400/800m kind, placed seventh in the talent packed race for the national 800m at Reading. He will make a mark in M45 group next year.

BVAF Vice President Ruth Allcock set the first CBP, newly on the card here, in 100m, ahead of Janice Warren of Woking AC who inscribed the 200m.

And Almut Prowse, a recruit to vet athletics but clearly no beginner, set three in middle and distance events.

Six in a row was the sequence set by speedy Laurie O'Hara who makes this an annual date in 1500m.

Sprinters who doubled were John Harvey, from Hamlin, Germany, Jim McNamee, an Essex County vet Champion, and Bob Wright, of Woking. Andrew Blackman keeps well clear of injury and in the absence of other M55 stars ran a triple from tall stones Bill Guy and Geoff Feast.

Dennis Williams came in from the road for a useful 16.08 win at the 5000m.

The wind was at the back of the long jumpers and John Vernon added 7 cms to his meeting best at 5.91m.

JH



D. Hart and D. Cordwell, fourth and fifth, in the M40 10,000m at the Reading National.
Photo: Hemming

A BOTTLE OF WHISKY MVAC 10M Championship, Nuneaton, September 16

WHISKY not medals is the order of prizes at the MVAC 10M champs. It was following Nuneaton Harriers 10M road race in 1971 that a group of veteran athletes met to discuss the founding of the Midland Veterans Athletic Club. Since that time MVAC have returned each year and, with the agreement of Nuneaton Harriers, used

the event as a championship but awarded prizes rather than medals.

Keen competition always ensues and this year was no exception. Times were noticeably slower than in previous years which, by general agreement, was attributed to the high humidity.

John Offord continued his habit of finishing in the first three in open races as well as being first veteran and was the recipient of the bottle of whisky for his efforts.

Colin Simpson

A PUSHED COWLEY WINS MVAC Pentathlon and Open Meeting Norman Green Stadium, Solihull, August 20

WORLD silver medallist, Dave Cowley, produced a fine performance to win the Midland Pentathlon. Due to strong winds the 200m was run clockwise and Cowley ran 23.7. He also added a 6.01 Long Jump. Lothian's John Ross and Birchfield's John Conboy pushed Cowley all the way. Ian Steedman was only slightly behind.

There must be some question mark over the artificially adjusted IAAF scoring system being the most satisfactory way of determining a competitor's score. The case study is that of Midland's WAAA President, Rita Brownlie, who won three of the five events and was placed third overall. Jackie Charles who's only victory came in the hurdles was declared the victor with the age factor which in this case was two years.

As last year, the throwers had a great time. Former Midland Counties medallist, Geoff Blyton, was in great form taking the M40 event.

Birchfield's John Murphy was not that far behind in the M45 group and Hugh Richardson did not need an age adjusted score to finish second.

Happy man of the day was John Gercs who took the M65 with 1.5m just ahead in the M60 competition.

The meeting hosted the BVAF Track Walk Championships (report P1) and also the Midlands 10K Track Championship. This was won in fine style by Telford's new vet, John Fry. Paschal Morris won the M55x and MVAC Treasurer, Colin Simpson, won the M60s.

The 'Maxwell House Mile' was won by Davies from Birchfield by 24 seconds from Phil Richardson of Tamworth. The remaining events on the programme were two time-warps events: the 100 yds, won by Roy Austin in 11.3, and the 220 yds, where Stewart Graham edged ahead of Austin to win by one tenth in 24.1. The events were made more interesting by a handicap devised and implemented by Phil Owen.

Brian Owen



Ian Briggs, M60, Discus gold at the Reading National.
Photo: Hemming



BVAF 5K Aldershot: Duff (10), O'Neill (1) and Cunningham (2) lead



Wales, Scotland and England present for battle at the 1988 international match at Wrexham

FIXTURES

NATIONAL

- 28 Oct AAA Open Veterans 20K 10K Road Walk Champs
Perry Barr BIRMINGHAM £2 cd 16/10 D Withers 14
Cottage La Marlbrook Bromsgrove B60 1DW
5 Nov Home Countries Veteran CC match AMPHILL - see p2
19 Nov AAA/BVAF10K Road Champs BARNLEY £4 cd 3/11
Forms '10K' 9 Richard Rd Darston Barnsley S75 5NP
24 Feb Indoor Pentathlon COSFORD - to be confirmed
11 Mar BVAF CC Champs W London Stadium LONDON W12
Mar BVAF Indor T&F COSFORD - date to be confirmed
12 May BVAF Relays ALDERSHOT
14-15 Jul BVAF T&F Champs Crownpoint GLASGOW
5 Aug BVAF 10M OSWESTRY

INTERNATIONAL

- 30 Jun VII European Veteran Champs BUDAPEST
- 8 Jul Hungary details shortly VEST TOURS 71 Hillside Cres
S HARROW HA2 0QU

- SOUTH**
14 Oct SCVAC Open Vet League West Lon Stdm du Cane Rd W12
15 Oct Surrey Co Vets CC Champs Ranelagh H Petersham
22 Oct Barns Green Half Mar incp SCVAC Champs inc Sussex
Co £4, 3 Smugglers Way Barns Green Horsham RH13 7PP
4 Nov Cambridge H O/50 & Open 5M - CH HQ Glenhurst Av Bexley
5 Nov SALISBURY PLAIN 15 Amesbury cd 27/10
Amesbury Sports Centre Antrobus Rd Amesbury Wilts
11 Nov Essex Vets CCC Danbury Park 75p cd 19/10 H Williams
84 Tyelands Billericay CM12 9PB
3 Dec CROWBOROUGH 10K BVAF Gr 1
23 Dec Open Vets Relay ROCHESTER Airport 11am 4x2.5M
M Payne 8 Tennyson Close Welling Kent
13 Jan VAC CC Champs Wilberforce School SW19
11 Feb SCVAC CC Champs Bedford Park Haverling Essex
Vic Smith 88 Gardiner St Gillingham Kent
17 Feb Blackheath H Vet Champs & Hcp W Wickham Kent

SOUTH WEST

- 12 Nov PURBROOK 6M BVAF Gr 1
£3 cd 21/10 73 Chichester Rd North End Portsmouth
26 Nov Totton 10K with SWVAC/BVAF Invitation category
£3.50 cd 19/11 no late to 15 Canton St Southampton
SO1 2DJ
21 Jan SWVAC CC Champs Burham-on-Sea to be confirmed

MIDLAND

- 29 Oct STROUD Half Marathon & MVAC Champs 10v 6vw
prizes cd 23/10 S James Spring Cottage S Woodchester
Glos GL5 5EL
22 Oct AGM and Handicap 4M Newbold on Avon
17 Dec Christmas Handicap REDDITCH
7 Jan MVAC CC Champs NOTTINGHAM
10 Jan MVAC T&F Champs ALDERSLEY STADIUM

WALES

- 29 Oct N Trust SNOWDONIA Marathon cd 30/9
12 Nov LLANDUDNO 10M 3 Llys Gwyfan Llandudno LL30 1SX

NORTH

- 29 Oct NVAC 10M Champs Padgate WARRINGTON
19 Nov Monthly CC Run CLAYTON LE MOORS
26 Nov 10K Road Race LEIGH

NORTH EAST

- 12 Nov Heaton H Mem Road Vet Men 10K. £1 cd 18/10
Venmore, 13 Mitcham Cres, High Heaton, Newcastle on Tyne
25 Nov GATESHEAD CC Races Vets 3M 50p cd 13/11 Dept
Parks & Rec Prince Consort Rd Gateshead NE8 4HJ

SCOTLAND

- 15 Oct Half Marathon Handicap Champs GRANGEMOUTH
22 Oct AGM and 1 Mile Time Trials Coatbridge 1pm
12 Nov 5M Road Race CAMBUSLANG 2pm
26 Nov 5M CC Hunters Hill Bishopbriggs 2pm
10 Dec Christmas Handicap Bishopbriggs Sports Centre 130pm
20-24 Jan SVHC Spanish Championships Torremolinas
4 Feb SCCU Veteran Champs DUMFRIES
18 Mar ALLOA - BISHOPBRIGGS 8 man Relay 1030am
Alloa
25 Mar SVHC Indoor Champs Kelvin Hall GLASGOW 11am
7 Apr Tom Scott 10M Road Race MOTHERWELL
22 Apr Lochaber Marathon & SVHC Champs FORT WILLIAM
5 May GLASGOW 800 10K Garscadden 215pm
13 May LUDDON Half Mara SVHC Champs Kirkintilloch
26 May BATHGATE Hill Race Vets 215pm Bathgate
27 May CAMPSIE Tiso Hill Race & SVHC Champs 3pm
17 Jun SVHC T&F Champs COATBRIDGE
14-15 Jul BVAF T&F Champs Crownpoint GLASGOW
1 Aug LOCHINCH 10K Road Race 7pm

Records By British Teams in International Relays

- 4 x 100m - Men**
M40 44.38 (C.Derrett, J.Hurley, F.Taylor, B.Green) Strasbourg (EVAA) 1982
M50 45.52 (B.Guy, F.Taylor, D.Burton, R.Taylor) Malmö (EVAA) 1986
M60 52.13 (?) Brighton (EVAA) 1984
M70 64.96 (D.Morrison, L.Watson, E.Plimer, A.Coogan) Melbourne (WAVA) 1987
4 x 400m - Men
M40 3:24.4 (C.Wootton, R.Harvey, R.Anderson, W.Morgan) Hanover (WAVA) 1979
M50 3:39.40 (F.Taylor, K.Whitaker, F.P.Higgins, R.Taylor) Malmö (EVAA) 1986
M60 4:13.2 (?) Brighton (EVAA) 1984
M70 5:09.71 (D.Morrison, L.Watson, G.Scuttis, A.Coogan) Melbourne (WAVA) 1987
4 x 100m - Women
W35 49.29 (P.McNab, M.Taylor, U.Gore, J.Roscoe) Strasbourg (EVAA) 1982
W40 53.16 (P.McNab, B.Ford, A.McDonald, M.Hocknell) Verona (EVAA) 1988
W50 54.51 (J.Hulls, R.Chrimes, E.Williams, U.Gore) Eugene

- (WAVA) 1989
W60 73.09 (M.Williams, P.Taylor, M.Wixey, J.Ross) Verona (EVAA) 1988
4 x 400m - Women
W35 4:00.21 (B.Blurton, A.McDonald, M.Hocknell, J.Walpole) Eugene (WAVA) 1989
W40 3:59.08 (B.Ford, A.McDonald, M.Hocknell, P.Gallagher) Verona (EVAA) 1988
24 Hour Relay* - Men
M50 379.880Km Cambridge Harriers (R.Davidson, D.J.Coward, D.Pettet, B.Middleton, P.Jenner, K.Haith, D.Thomas, D.Coffey, M.Jones, M.Page) RAF Cosford (Outdoor track) July 1/2, 1989
*An officially recognised club team of ten runners each covering 1600m in rotation with the running order remaining the same throughout the race.

Compiled by Wilf Morgan

Trying to get his records fully up to date, Wilf would appreciate any information as to who made up the two M60 teams at Brighton. Information to Veteran Athletics please.

IAAF TO GIVE WAVA A SUBSIDY

Bridget Cushen of the IAAF Veterans Committee reports

The IAAF have agreed to give WAVA a subsidy. This was agreed at the IAAF Veterans Committee meeting held during the World Cup in Barcelona.

The profile of veteran athletics has been established in several new countries. The USSR and several African countries have now affiliated. At the IAAF Congress it was announced that Israel has been ad-

mitted temporarily to Europe.

The IAAF Cross Country Committee have recommended to Council that a veteran's race, as a supporting or preview event, be added to all IAAF distance running championships. This not only includes the World Cross Country championships but road races, such as the Women's 15K, as well. WAVA have been pressing for this for some time and the Chairman, Otto Klappert, is sympathetic.

Council will now consider this recommendation at their next meeting in October but they have in the past overruled this particular committee.

At the Women's meeting, I tried unsuccessfully to get the proposal from France to have the women's age

raised from 35 to 40 ruled out of order as the IAAF do not currently provide any veteran competition. At the two day Congress the proposal was withdrawn as it was agreed that the Veterans committee should be responsible for veteran athletics. Again, this has given us more authority.

In mingling with the delegates from 142 countries we learned that Hungary now has a new President and Secretary. Cesare Beccalli is going there in October to check out accommodation on behalf of FIDAL. Hans Axmann, President of EVAA, would accompany him in order to check on how the organisation for next year's European Track and Field was progressing. Should there be any problems it is intended to approach Mulhouse in France.

BVAF/OPEN SK CHAMPIONSHIPS

Aldershot, September 24

- M40
1 B.O'Neill (AFD) 15:22
2 E.Cunningham (AFD) 15:31
3 M.Woods (AFD) 15:57
4 J.Shields (Swindon) 15:59
5 J.Dryden (Shaft) 16:11
6 D.Curwell (AFD) 16:25
7 U.Prevatt (Woking) 16:26
8 C.Woodhams (VAC) 16:27
9 P.Malloy (Shaft) 16:37
10 C.Walker (Ryde) 16:50
11 M.Murphy (AFD) 16:53
12 T.Black (Shaft) 17:07
13 T.Branagan (AFD) 17:09
14 J.Jackson (AFD) 17:20
15 M.Owen (F&C) 17:26
16 S.Cowan (MK) 17:28
17 R.Alder (Woking) 17:30
18 B.Robinson (Unatt) 17:49

- 19 P.Hooper (AFD) 17:50
20 M.Chaplin (F&C) 17:57
21 K.Hatter (F&C) 18:11
22 J.Reynolds (MK) 18:29
23 R.Green (Woodford) 18:36
24 K.Spiers (Woking) 18:45
25 L.Barden (Woking) 19:31
26 G.Hyde (WS&E) 19:43
27 G.Bailey (WS&E) 20:34
28 M.Pearse (Alding J) 22:24
M45
1 L.Prestland (AFD) 15:40
2 M.Duff (AFD) 15:44
3 S.Birkin (Camb H) 15:54
4 D.Vaughan (Swansea) 16:02
5 D.Rogers (AFD) 16:22
6 R.Graham (WS&E) 16:31
7 M.Wrenn (Tipton) 16:41
8 D.Gibson (Shaft) 16:46
9 T.Webb (MK) 17:22
10 W.Van-Gennip (Woking) 18:03

- 11 P.Rogers (SVAC) 20:25
M50
1 T.Davies (AFD) 15:25
2 S.James (Southport W) 16:12
3 A.Griffiths (Notts AC) 16:29
4 B.Fozard (Reading) 17:10
5 C.Cochrane (B'mouth) 17:27
6 D.Coward (Camb H) 17:34
7 A.Lang (Ranel) 17:45
8 R.Scull (Woking) 17:45
9 L.Scott (Woking) 19:17
10 R.Kersay (SLH) 19:19
M55
1 M.Barratt (E&S) 17:13
2 M.Wood (Barnet) 17:44
3 D.Pettet (Camb H) 17:51
4 C.Portsmore (SVAC) 19:14
5 D.Porter (VAC) 20:09
M60
1 R.Franklin (TVH) 18:50
2 A.Norrish (SVAC) 24:28

- M65
1 J.Brent-Jones (Sails) 19:58
2 B.Nielsen (Hill) 20:06
3 R.Creese (TH&H) 21:22
M70
1 G.Scotts (Ports) 22:27
W35
1 A.Ford (Bolt) 17:10
2 J.Webb (AFD) 18:30
3 P.Fudge (Bolt) 20:04
4 V.Holderness (B'mouth) 20:55
5 J.White (LOAC) 23:53
W40
1 C.Hyde (WS&E) 20:42
2 J.Crump (B'mouth) 21:41
3 P.Atkinson (B'mouth) 23:26
W45
1 C.Oxon (LRRC) 18:58
2 Y.Miles (B'mouth) 22:02
3 A.Myers (Unatt) 33:32

MYAC 10M Championship (incorporated in the Nunelton 10)

- Nunelton, September 18
M40 1 J.Olford 53.02, 2 H.Lambert 55.04, 3 R.Wills 55.51;
M45 1 M.Hawkins 56.27, 2 J.Grumbly 59.34, 3 T.Preston 63.23;
M50 1 B.Hughes 61.52, 2 J.Powell 66.02, 3 L.Kyd 77.30;
M55 1 G.Oliver 60.41, 2 B.Rawins 67.28;
M60 1 C.Simpson 64.21, 2 G.Phips 67.14, 3 A.Hitchman 70.33;
M65 1 E.Nichols 66.23, 2 J.Fraser 68.31, 3 R.Kriley 72.29;
W35 1 C.O'Mahoney 67.52;
W40 1 S.Carey 64.11;
W50 1 H.Shilling 81.21.

FOUR WAYS TO PUTT A SHOT

From left to right: Like Ruth Allcock in dark glasses, or like Pat McNab with a shout, or like Vilma Thompson claiming she's number one, or like Barbara Terry with closed eyes

Photos: S. Cawkwell



BVAF TRACK AND FIELD CHAMPIONSHIPS, PALMER PARK, READING. 8/9 JULY 1989

CONTINUED ON N1

Aoki(SCVAG) 38:59	Jouchlin (Boundary) 3:16:26, 27 M	2 Whitaker 26.7	200m C Wake(GH) 31.3, A Right(Tix) 34.1,	Long Jump	MYAC SOLIHILL MASTERS MEETING
M60 73 K Forthright(Ran) 36:43, 76 G	McCurran (KOM AVA) 3:29:05,	M60 1 B Ellison 28.2	C Scheult(Durham) 34.2 1500m K	M40 Abby 5.23	20 AUGUST
Smith(Eton M) 38:54, 117 K	M50 19 E Kavanagh (Kavanagh Str)	2 J Moran 28.2	Dowson(LAN) 5:05, C Hay 5:11 3000m	M45 G Jephcott 5.31	MYAC Pentathlon 1 Cowley, 2 Ross, 3

MMVC SOLIHULL MASTERS MEETING
20 AUGUST
MMVC Pentathlon 1 Cowley, 2 Reas, 3
Conboy
M50 J Ross (6.01, 31.90, 23.7, 23.04,
 14.53) 3209 pts, 2 J Dunn 2525
M45 J Conboy (4.96, 34.58, 26.7, 28.58,
 5.24 R) 2612 pts
B Charles 2769, 3 G Smith 2615, 4 T
 Bilham 2451, 5 R Charnock 2437, 6 D
 Haynes 2155
M50 J Ross (4.48, 40.82, 25.56, 26.14,
 5.24 R) 3209 pts, 2 J Drayley 2525
M40 J Steedman (4.50, 27.24, 29.4,
 25.38, 5.50 R) 2800 pts, 2 J Quarmitt 228
 3 N Carter 1341,
M65 A Lovett (4.11, 27.78, 30.5, 20.86,
 6.31 R) 2702 pts
W40 R Brownlie 16.0, 5.94, 1.30, 4.26,
 2.40 R) 2489 pts

IAAF Scores Cowley 2616, Conboy 2089, Ross 2261, Steedman 1520, Lovett 1143, Brownlie 1923, Charles 1638

Throws Quadathlon (35lb Hammer, Hammer, Javelin, Shot, Discus)
Overall 1 Blyton, Richardson, Murphy
M40 1 G Blyton (11.74, 43.50, 42.74, 13.58, 38.71) 2903 pts
2 M Leath 2107, 3 M Bousfield 1808, 4 T Roper 1750, 5 J Deaton 1368
M45 1 J Murphy (11.27, 41.16, 37.20, 9.92, 28.84) 2349 pts, 2 M Erms 2092

10 O 38 79020 2555 pts 2 B Summer 1888
3 G Brown 1602, 4 D Burton 1358
10 P 355 Watson (B-95, 35.18, 27.00, 17.00)
36.20 210pts

M60 1 L Smith {75.22, 22.22, 22.14, 9.37,
34.58} 1870 pts 2 C Carter 849
M55 J Garcia 1710

W35 B Terry {54.22, 22.18, 20.54, 10.01,
10.95} 1875 pts 2 Murray 1277, 3 B Blunton
1270, 4 W Wiley 562

Graded 100 yards Men 'A'
1 R Austin 1120
2 R Miller 12.5, 3 P Owen 12.1
4 G Hamlin 12.7, 5 J Hobson 13.2

Women's 'A': 1 M Mills 12.8
2 M Wiley 13.0, 3 P Taylor 14.0
220 Yards
2 Austin 24.2, 3 Burton 24.4
4 G Hamlin 24.4, 5 Caples 24.5
Women 1 Mills 24.1, Taylor 29.0

Men's Mile 1 R Davies [Bert] 5:07.1
2 P Richardson [Tam] 5:31.9, 3 K
Wood [Tom] 5:37.1
4 J Fyfe [Fred] 5:41.7

4 H Lambert [Spot] 34:30.1, 3 S Murfin [SS]
34:40.5

4 R Davies [Bert] 34:50.0, 5 M
Butterfield [RSC] 36:07.6, 6 J Mansorn
36:10.0

Cashmere[RSC] 36:36, M55 1 P Morris L
36:45, 2 G Oliver[MAC] 37:29,6 M0
Simpson 39:42, 7 M0 E Warwick 51:15

WELSH VETERANS AAA CHAMPS 1991
10,000m
M40 1 D0 Lewis[Swan] 34:18,2
2 J Poston[Swan] 34:26,6, 3 D Roy[New] 37:03,8
M50 1 P O'Brien[Brn] 35:10,9, 2 J
Evans[Neath] 37:15,0, 3 C Hughes[Br] 37:31,4, 4 L Evans[Swan] 39:35,5, 5 J Collins[Swan] 40:15,8 W35 S Neall[1. Cro] 38:17,8

5000m
M40 1 J Poston 16:28,9
2 D Fereday 17:38,6, 3 D Collier 17:45,4
M45 D Crowder 19:49,6 M50 O'Brien 17:07,6, 1 Evans 18:08,4
W35 D Burtall 20:12,8

1500m
M40 1 D Vaughan 4:12,1,
2 B P. Hains 4:28,3, 3 J Davies[P7] 4:40,8
M45 H. Hains 4:41, 2 Hughes 4:42,1,
3 R Russell 4:45,1,
W35 C Collier 5:22,4, 2 D Burtall 5:30,2,
W55 M Loudon 6:15,5

K Lancey 2:09.8, 2 DRW Lewis 2:14.1
M45 M Lewis 2:19.4, M50 Higgins 2:15
2 Russell 2:20.2
W40 D Davies 2:47, W55 Loudon 3:05.

200m
M40 M Lewis 25.3, M45 R Austin 24.3, 2
Benson 25.5
M50 L E Evans 26.4

100m
M40 M Lewis 12.1
2 PJC Nunes 12.5, 3 K Ryan 13.1, M45 I
2 Austin 11.9, 2 Benson 12.04
M50 L E Evans 13.1, M53 S Pengilly 13.7

400m Hurdles M40 K Lancey 57.9
2 B Barrett 70.4, 3 D Jones 80.2

Relay 4x400 Swansea H 3:50.6, 2 Cardiff
AC 4:27.1
Hammer

M401 PJC Jones 30.24
2 P Harper 22.74, 3 G Lewis 20.70, 4
B Barrett 20.60, 4 G Walters 19.54, M50
Lewis 28.65, M55 B Lewis 39.20, M60 W
Kingsbury 31
2 Davies 18.88, W50 W40 P Taylor 20.52
D Davies 18.88, W50 A Williams 16.22

Discus

M50 Lewis 26.88, M55 B Lewis 31.36, M
Angsburg 34.18, M50 Lewis 20.78, 2
Davies 20.27, W50 Williams
Javelin
M40 J Davies 39.20
2 T Roberts 38.88, 3 N Lewis 38.20, M50
Loney 21.70, M55 B Lewis 33.00
W35 Beese 27.94, 2 U Brown 23.70, W40
Taylor 23.14, W50 Williams 27.58

HJ 1 D Hawthorn 1.40, 2 Barrett 1.35

TJ M40 1 Hawthorn 10.54, 2 Barrett 10.2

LJ M40 1 Hawthorn 5.05, 2 Barrett 4.89, 3
Gale Lewis 4.85

PV M45 Benson 3.70, M40 D Jones 2.00

