HIGHLIGHTS INSIDE: EUGENE P8/9, DECATHLON & HEPTATHLON CHAMPIONSHIPS P7, OSWESTRY 10 P3

Sent free to members of veteran clubs affiliated to BVAF

Number 12

The Newspaper of the British Veterans Athletic Federation

October/November 1989 £1.50

ORGANISERS DISAPPOINTED AT LOW TURNOUT AT STOKE FERRY

Jack Fitzgerald, who helped organise the AAA/WCC/ RRA Veterans Half Mara-thon 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 supremo, Alan Storey, at the main Hotel in Kings Lynn some thirteen miles away.

Runners from the North and the Mid-lands 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 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 knowledgable 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

Alan Griffiths was most people's ourite 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 ar other 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 Foord 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

strated his fitness by winning the M60 title ahead of regular dallists 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 dis-tance 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 woman. This was the unusual one of Felicity Sperke from the even more unusually named club Notfast RRC. Try explaining that anomaly to the rest of the women's field. Sperke being W40, the first three in the W35 field, Joyce Barrus of Cheltenham, Sharman Barker of Poole Runners and Diane Marsh of Norfolk Olympiades 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 in 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

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 Champion-ship 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 fol-lowing his collapse during the race. He made a speedy recovery and puts the problem down to de-hydration.
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

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 dis cus 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 committe 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.

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 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 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 Septentine RC, the ultra water of septemine 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,

seconds anead of Kita Barks of Stone,
nunning her 41st marathon of the year.
At the presentation BVAF
Chairman, Bill Taylor, presented an
engrawed 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.

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NOTICEBOARD TRACKING TROPHIES Mike Wrenn, What we do not pos

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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HOT WEATHER AGAIN FOR OSWESTRY

Doug Morris, the race organiser, reports

1989 BVAF National 10 Mile Championships at Oswestry on August 6 was another success despite the notorious hot weather. Most competitors were bet-ter 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 minites 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 Brierly'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 Aitken uncovers some interest-ing 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 announce in and province in the second second. ing and organisation at Reading, is 49.

TYRONE LEWIS, 40, is a new voice in ans 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, 110mHl and PVI 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 15's farther than 15's farther

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.



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



Eugene: A coterie of famous field eventers: American Al Oerter, ex Olympian thrower, is flanked by Joanne Smallwood on his right with Rosemary Chrimes on his immediate left and Carina Graham. Smallwood set a new World record of 1.55 to take gold in the W45 high jump. Chrimes 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: Wilf 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 espe-cially 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 cham pionships 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 Cunning-

ham 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.

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 ond M50 ahead of Alan Griffiths and Brian Fozard. Mike Barratt led Derek Wood and Dave Pettet 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

Despite the presence of the veoman 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 Obera, 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. winner of each race received \$250, second got \$150 and the third got \$100.

There were some outstanding per-formances. 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 Chrimes 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 com-mendable at 58. He won by the narrowest of margins - .01 from Tammento of



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

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 uppers arm. Gut a his own 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 tattood 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 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

STAN ALLEN

Your **FTTFRS**

views, satisfactions or dissatisfactions on any subject o 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 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

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 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 com petition is in hand and will be available for next March's championship at

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", championship, e.g. "CROSS-COUNTRY".

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

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, veter-ans 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 Athlet ics is to be taken rather less seriously than

Ken R. Johnston

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 Please contact me if you are inter ested as I would be more than happy to help anyone improve their personal bests no matter what level. My address is 17 Godstone Mount, Downscourt Road, Purley CR2 1BA.

Janis Kerr

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 6:15pm.

The delays were forgiveable but the change of programme was not. The ortiming since the official guide reflected it. Why were runners not advised? I'm cer tain 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 ver 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 VANo9 I saw an EVAA advertise-

ment 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 d 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 adver-tisement had not made this clear. I was not interested in a four to the event start. ing in Britain as I live in Spain and had no idea that I nevertheless had to use this British travel agency.

GEORGE TUNNELL
Spain

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 nection with the launching of the BVAF Road Running Scheme and I have to say that with his involvement

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 cor-rectly 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

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 liscussed? 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

Next year overnight stardom? No fear. An injury forces me out of runr from June to October, Two months light jogging and then the injury strikes again. I was lucky, I could afford private medi-cal 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

Funny though, only ten days to go to the Championships and I haven't re-ceived 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.

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 an ed 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

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







A flash welcome home emingly unweary 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 na-

tional 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

CAPTAINING THE TEAMS

Championship Prize Draw Thanks

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

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

HALF MARATHON DRAW WINNERS

Video Recorder — E Rathbone, Widnes
- Portable TV — D Rickets, Erith
Microwave Oven — F Wright, Peterborough
Digital Alarm clock/radio — J E Gent, Garswood,

Digital Alarm clock/radio — J E Gent, Garswood, jan ardware — L Fitzgerald, London SW11 — 1 yr sub Running — W Hales, Steyning, Sussex — 1 yr sub Running — J Kimber, Bushey, Watford — Pedometer — W Hales, Steyning, Sussex — Pedometer — B Hales, Steyning, Sussex — Pedometer — I Morester Park, Surrey h — Pedometer — J Alen, Worcester Park, Surrey h — Pedometer — L Maisey, London NW10 h — Pedometer — L Godsell, Warlingham, Surrey h — Runners radio — B boddy, Epsom h — Runners radio — B bebb, Stittigbourne h — Runners radio — G Hucklesby, Harpenden h — Runners radio — G Tansley, Welvy, Scotland h — Runners radio — C McCrae, Gourock, Scotland h — Bunners radio — C farager, Potters Bar h — Bourne Sports voucher — M S Firth — Aston, officied

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 crosscountry, 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 imple-ments, 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.

VORK

Alun Evans, Meeting Director of the BVAF/ AAA Road Relays 1989, offers some answers to a few questions people were asking concerning 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 hip, 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 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 Sec-

retary was required and Dennis Withers ably volun-teered, assisted by Ray Bunn, and the relevant maps and documents that would be sent out to the pro-spective 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 for ward 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 Clapgate 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 (Humberside), 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.

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

A Briffa Evan Williams Maureen Lane Aubrey Parsons Mike Barratt John Gormley G T Knox John Robson B Crook Andy Holden Frant Hulton Malcolm Branwell John Abell Jack Kee

Chan Meng Hui Les Joyce Alan Pluck Colin Hibberd W Symes D Rosenfield James Smith Nancy Mackinnon Tom Wood Dave Case Maura & Pat Brown HP Fishe

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.



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

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

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 Champion-

ships 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 continuing the term of th 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. Ce-sare 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 repre sentative at the women's meeting held the day

13th — Pedometer — H Godsell, Warlingham, Surrey 14th — Runners radio — L Boddy, Epsom 15th — Runners radio — B Webb, Sittingbourne 15th — Runners radio — B Webb, Sittingbourne 15th — Runners radio — G Hucklesby, Harpenden 17th — Runners radio — D Anstey, Welwyn 18th — Runners radio — D Granger, Potters Bar 20th — Bourne Sports voucher — M S Firth — Aston, Sheffield 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 24th — Running for Fitness — J McNally, Dundee, Scotland 25th — Running for Fitness — J H Perks, Poole, Dorset 25th — 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

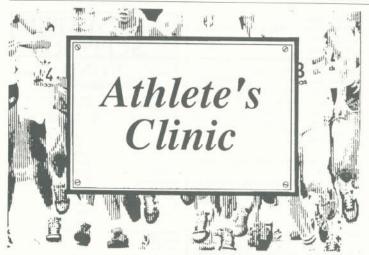
The intention of the scheme is to offer to competitors not able to be among the medallists a target at which to aim. It is not a soft one - indeed championships have been won with performances inferior to the standard.

The Merit Badge is an award that can be worn with pride on one's training top or tracksuit. 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 Clapgate Lane, Bartley Green, Birmingham, B32 3DH and your badge will be forwarded instantly.

Mike Wrenn



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



TRAINING AD

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.

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 fol-lowed 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 prod-

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 halfmarathon - 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 tender-

I have tried two short very steady jogs since I stopped running and on both occa sions 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

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 BUDAPESTContinued 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

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 follow

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 con-nection 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-

perative. Our trip was a delightful experience and

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

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, Southem 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.

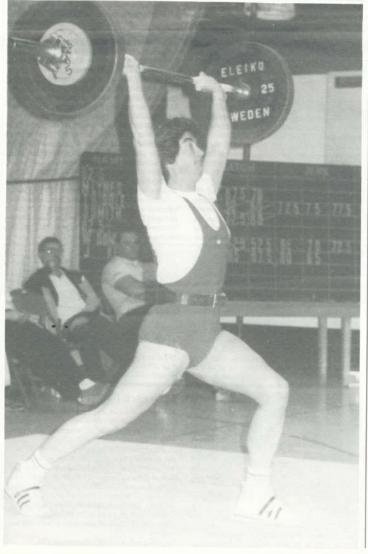
She trains on weights 2-3 times a week and 2-3 times for throws/sprints/technique. A lot of technical work on the shot is done with the 3.25 kilo and most of the weights sessions include Snatch, Clean, Clean & Jerk, Bench Press, Back Squat, Dead Lift and High Pulls. Her best competition lifts are 671/2 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 ork?" 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 Championships 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.

100m LJ

11.7 5.68

11.7 6.15 9.91

12.0 5.60 8.46

12.3 5.58

12.5 5.08 6.39

12.7 5.37 8.29

SP

10.18

6.93 8.87

5.78 10.75

12.7 5.40 9.57

12.2 5.56 6.87

13.6 4.63 8.58

13.1 4.47 6.48

13.3 4.72 10.76

13.9 4.42 7.43

14.1 4.28 8.36

15.1 NJ

100mH

22.4

13.0

17.2

8.71

8.24

13.6 4.60 8.72 1.33 66.5

13.9 4.54 10.84 1.36 74.5

6.18

HJ

1.22

HJ

1.35

1.22

12.6 4.56

11.6 5.25

13.7 4.29 7.30 HJ

1.69

1.51 55.2

1.42 56.0

1.39 61.5

1.57

1.42 66.4

1.75 60.4

1.48 62.2

1.33 60.9

1.42 59.4

1.45 65.5

1.20 68.9

1.45 63.9

1.30 58.1

NHC

1.27 75. 2

1.11

SP

SP

8.83

6.79 30.7

6.65 30.7

6.87 DNF

DECATHLON

J.Charlton

M.Bousfield

I.Fletcher

2 B.Loten

3 B.Charles

4 D. Vaughan

5 J.Clarke

2 J.Ross

3 D.Burton

1 A.Woods

2 I.Steedman

1 L.Williams

2 J.Swinton

HEPTATHLON

1 P. McNab

2 C.Morris

4 N.Cross

J.Charles

4 J.Drakeley

J.Gelder

L.Dunn

M. James

M45 1 S.Brooks

M50 1 A.Mackay

M55 1 J.Phillips

M60

M65

W35 1 M.Rhodes

W45

M40 D.Cowley 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

BVAF DECATHLON & HEPTATHLON 1989

17.8

17.4

19.8

19.0

19.0

19.6

20.0

24.4

25.6

17.6

18.6

16.9

24.0

20.6

17.9

18 9

DNE

4.24

4.13

4.15

4.15

110mH DT

PV

26.52 2.90

26.06 3.10

19.60 2.60

25.92 NHC

30.28 3.00

30.24 3.00

16.68 2.20

25.30 2.10

16.60 2.20

33.16 3.50

29.46 2.50

20.32 NHC

30.68 2.40

33.48 3.10

24.98 1.80

28.16 2.30

22.64 NHC

10.42 2:44.3

25.36 3:54.8

13.76 3:11.9

18.24 3:55.1

JT

JT

13.76

800m

800m

3:11.9

25.48 3.34

22.84 2,70

28.12 2.70

17.94 2.20 JT

31.66

39.62

40.00

34.04

26.74

30.56

44.36

32.34

24.92

32.88

19.70

40.56 DNF

31.72 7:59.2

27.16 5:51.3

21.96 7:31.2

22.44 7:48.9

Points

Points

2533

4318

3668

3629

400m

58.2

59.9

83.5

200m IJ

200m

29.9

5.23 31.5

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.

Points

6254

5533

4927

4906

4192

4906

5937

5827

5256

4334

3602

6221

5985

5270

3766

5230

6138

5664

5846

2875

1500m

4:55.7

5:25.3

6:10.9

4:59.8

5:32.6

5:49.7

5:38.5

4:49.7

5:17.8

45.66 6:41.5

30.32 5:00.9

39.58 5:50.7

42.84 5:06.6



Heptathlon Happy: Jean Hulls triumphant after taking gold in Eugene

STOKE FERRY AAA HALF MARATHON

down on the W50 duo of Pam Jones and June Aitcheson 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 re-turning 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 elec-tric 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 Oxton third ahead of

oint promotion between Aldershot Foot-

ball 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

missed the race for the ST Fun Run

Presenting the prizes in this the first



Shel Cowles Photo: A. Lovett

VAUGHAN WINS INVITATION VETERAN MILE

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

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 vet-eran'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

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 Mendip 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 be-came apparent. Two assistant field judges were incorporated in the team as was the event medic, Dr. R.Frew, and

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 Hock-nell in two W35 events and two C45 - sheer cheek. And so the SW/ events — sheer cheek. And so 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.

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 for Prize Draw numbers. 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, Send to 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 32:37.90 (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.

+3.01m. A mark of 7.04 in August awaits confirmation. If legal it 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

better than existing BR. Wind

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

THE VIII WORLD VETERANS T&F CHAMPIONSHIPS

CARDY-WISE TOP BRITISH MEDAL WINNER IN EUGENE

Martin Duff of Athletics Weekly reports on the VIII World Veterans Track & Field Championships held in Eugene, Oregon from July 27 to Aug 6, 1989

BRONWYN Cardy-Wise headed the British MIDDLE DISTANCE medal challenge in the World Veteran Games by taking four golds in the W35 age group (10k on the road, 10,000m and 5,000m on the track and the cross country). Elsewhere the home medal haul was around 80, split almost equally between gold, silver and bronze!

Perhaps we tend to dwell too much on winners in our sport, when we should feel some sympathy (indeed, in my case empathy) with e who don't quite make the medal rostrum. The law of average dictates that there will be an equal number of fourths and fifths, amongst the British team, as medallists - and in Eugene this proved to be so. Try explaining that to Jersey's Eddie Richardson who wound up fourth in each of his three events!

There was some excellent competition on Eugene's famous Hayward Field where local crowds of several thousand were the norm and where the highlights drew over six thousand! One of the highlights was the excellent commentary by Al Sheahen. Not only could the specta-tors hear him but his knowledge of the sport greatly added to their enjoyment.

As is always the case the standard of performances required to win medals varied tremendously from new World Records, by Wilson Waigwa (3:49.47) to below par efforts in the two new events for Women. Pole Vault and steeple chase. The W50 Pole Vault Gold went at 1,40 whilst the high jump in the same age group was

The steenlechase fared little better Bob Fine's T&F Technical Committee had stated that there was no need for medal standards, as women clambering the hurdles would be pulled out. In the W35 group, both entrants were rightly dis qualified, but were both re-instated upon armeal These incidents marred a truly magnificent World Championships.

THE SPRINTS

Former World 100 metre record holder, Eddie Hart, was electrifying in the men's M40 sprints with times of 10.87 and 21.74(w) while new American 400m discovery, James King, was pushed all the way by former 8.13 Long Jumper Stan Whitley. King again improved his official world mark to 48.44 and also added the 400m H in 52.76, another World best. British sprint performances were headed by 55-year-old Ron Taylor, who bettered the worldmark in the 200m (where he collected his second gold) but the wind reading was over the limit. There were minor medals for Ian Foster (M45, 100m) and Dave Cowley (M40, 400m) who was pulled to an Gore was well clear in the W50 200m after a 100m silver while the ever talkative Marjorie Hocknell posted a British best in the W45 400m of 61.31. Anna McDonald just failed to break 60 seconds in the W40 400m but took bronze after a p.b. 26.76 (5th) in the 200m, while the long striding Jackie Walpole was very elegant in securing silver in W35. The best woman sprinter on view was American Phil Raschker, who won all three W40 sprints (and six golds in all including pole vault), the best being a new World best

124 World Records Set

AN ASTONISHING total of 124 world agegroup records were set in the VIII WAVA World Veterans Championships in Eugene from July 27 to August 6, as veteran athle ics performances again reached remarkable

The total surpassed the 92 world marks set in the VII World Veterans Games in Melords established at the VI World Games in Rome in 1985.

Fifty records were set by men: 74 by women. Three of the 124 marks came in the W35 division, 25 were set by the 40-49, 29 by the 50-59, 28 by the 60s, 27 by the 70s, eight by the 80s and four by the 90s.

US National Masters News

From a world viewpoint Waigwa's 1500m was the definite highlight when, leading throughout Frye's 3:53.57 (M40) for third place would have won gold at all previous championships! The British high point was the clean sweep in the M40 800m where Peter Browne led home Ron Bell and an elated Les Duffy, with all three being cantured by the colour lens of the local Eugene paper! There were hopes that Browne would remove all doubts over the World best performance, but a slow first lap by Duffy put paid to that. Derek Vaughan jetted in from Canada for the then, just as rapidly, flew out.

The British girls picked up some minor places; Jackie Walpole took her second silver in the 800m while Jane Holmes, W40, second in the 800m and third in the 1500m began to amass the half dozen medals she was to total by the end of the Games. Pat Gallagher, in great pain from her severely damaged achilles, somehow grabbed a



Jane Holmes hurdles the wateriump photo: S Cawkwell

bronze in the 800m (W40) and tore protective

Waigwa was a predictable winner of the M40 5000m (14:25.43), as was Antonio Villanueva in the M45s (14:46.66), but the interest of the spectators was aroused by the races being waged behind them especially in the M40 where Peter Jones led the chasing bunch behind Waigwa. It was no surprise when Alun Roper sprinted past off the last bend. Jones, however, received a tremendous ovation as he fought back and

snatched the silver by just 4/100ths of a second. Will Chapman picked up two silvers in the M80 while Alan Whitfield hung on for a bronze in the M40 10,000m and Les Presland, despite running a virtual time trial in the M45's, added

Bronwyn Cardy-Wise won both 5,000m and 10,000m in the W35 group and Elaine Statham was a narrow winner in the W45 10,000m. Myfanwy Loudon took silver in the W55 5,000m. in a British record 19:43.07 and Joselyn Ross won bronze in the W60's. Jane Holmes just lost cut in the W40's before winning the steeplechase in a fine style.

Elsewhere in the steeplechase Maurice Morrell, still on the comeback trail after winter injury, improved his M55 British best and won gold and Mike Dixon won a race-long battle with Howard Darbon for M45 Bronze. In that race New Zealander Ron Robertson was supreme with a stunning 9:27.90 clocking.

In the sprint events American Stan Druckrey ed the M40 World best to 14.24. Pat McNab, W45, won gold and Judy Vernon, W40,

her electrical world best 400mH to 66.02. Jean Hulls, W50, easily won the 300mH. Her time was faster than the W35 and W40 groups. She he never allowed the pack a chance, but Dan has a hand timed WR of 65.9 but 66.02 electric is arguably better.

Alf Woods finally improved his British M60 Pole Vault best to 3.30 and in the process topped two time Olympic gold medallist (1952, 1956) Bob Richards who, it has to be added was carrying an injury. But Woods can certainly be proud of his gold.

In the High Jump there were wins for Joanne M45 1500m, collected gold in a best 200m sprint Small wood, W45, with a WR of 1.55 and an injury-struck Rosemary Chrimes, while Geraint Griffiths jumped a British M40 best of 1.86. In the Long Jump, Mike James' one valid leap of 6.67 was only fourth in the M40's.

The Triple Jump saw wonder American 15.70 over 5 feet clear of the field. Sean Power was just 2cm short of a medal in the M45's but after his winter illnesses this was something of a victory. The Women's Triple was relatively well supported and saw Pat McNab capture a second

The big men were out in force. The West German Joseph Forstputt 17:18 (M40): the American A1 Oerter, threw the 1.5Kg Discus 62.74 (M50) and the Russian, Janis Zirnis, an outstanding 71.10 in the M40 Javelin. Chrimes, despite her serious knee injury picked up in the US champs in San Diego, scored a W55 Shot/Discus double with the best being a 40.86 in the latter. Peter Aston scored a surprise win in the M40 Hammer (50.52) while Joe Phillips was a close third in the M55 event with 46.02. There were silver Javelin medals for Shara Spragg (W35) and Carina

In the Heptathlon Jean Hulls had a tremendous win in the W50 group with a score of 5121 points.



Phil Raschker takes up the pole

Vilma Thompson was second in a lack-lustre W35 competition and for once Pat McNab was able to amass enough points early on to protect her bronze position in the final 800m.

In the Decathlon Dave Cowley, well down on the leading American M40 Rex Harvey. managed to come back for silver after at one stage falling behind. John Charlton placed an

There was a fine Welsh leading trio in the very first event of the Games, the 10K Road Race Alun Roper was first man home and Bronwyn Cardy-Wise first woman home Peter Iones came second. Bronwyn's time of 34:00 was only seconds outside her lifetime best.



Photo: Carina Graham. Right - At the finish line of the M55 100m final.

"Through the eyes of a non-competing wife"

Elsewhere in the 10K Les Presland M45 went with the leaders in the M40 race but eventually had to settle for silver after slowing draatically in the second half. Steve James, third M50, Jane Holmes, second W40, Myfanwy Loudon, second W55, were also in the 10K medals. Alas Joselyn Ross suffered disastrously in the hot, humid conditions and had to be carried off at the finish

In the Marathon, run on an extremely hot day, New Zealander, Derek Turnbull, collected his sixth distance gold in the M60's with 2:46.42, but from a British viewpoint Bob Brierley's M70 victory was the highlight, Derek Wood, despite suffering with a hamstring, pulled through to third M55. There were a series of medals for the British women. Overall first was Bermuda's

SITUATED in Oregon, USA, 60 miles from

the Pacific coast the cities of Eugene and

Springfield-a community totalling approxi-

world for the VIII World Championships for

The local hospitality was overwhelming.
 Restaurants and shops displayed signs of

welcome in English, French, German and

other languages. Over a year of planing

prought together teachers who acted as inter

preters and locals who volunteered to act as

ouriers, award stewards, recorders, registra-

tion clerks and to undertake a thousand other

asks. Students provided extra catering staff

5000 athletes and their families. Seven or eight

thousand people invaded their gentle commu-

University buildings, bright with many famil-

iar flowers and shrubs. Trees abounded every-

where and from our room in the University Inn

distant mountains.

we could see the forests of Douglas fir and the

stadium was a sight to remember. Children carried the flags of the 57 countries participat-

ng. Then the athletes entered the stadium

packed with a canacity crowd of 15,000 who their hearts

The opening ceremony at the University

Carefully tended gardens surrounded the

required to feed and house the influx of over kind

Veteran Track and Field athletes.

100,000 people played hosts to the

few British connections including a victory in the Adidas Half-Marathon series final at Windsor a couple of years back. Diane Underwood (W35), Anne Gomer (W45), Joyce Goody (W55) and Joyce Smith (W60) were all in the

The last runner to finish was Will Chapman, the only M80.

CROSS COUNTRY

The weather, which had been overcast, brightened for the country events which were run or a difficult course, mainly on wood chippings which proved strength sapping. Bronwyn Cardy-Wise and Jane Holmes got the day off to a good start with wins in the W35 and W40 classes, while the only British individual Sandra Mewett (2:43:31) who has more than a medallist among the men was Les Presland,

their brightly coloured track suits. The local

mayor declared the meeting open then thou

sands of balloons were released to float soor

away over the hills. The mayor said how

honoured the community was to be hosting

the games and a moving moment was when

Free shuttle services ran each day. Shops opened early and late to supply our needs.

People stopped us in the street to ask where we were from and wish us well. Families

invited us to their homes to enjoy real Ameri-

can hospitality. Everyone was so caring and

winning medals is not everything. A touch-

ing sight was a blind lady in her eighties who

was accompanied everywhere by her hus-

Two of our party were taken ill and the

band, her guide and companion as they trav-

spirit of the Veteran movement was mani-

fested as everyone rallied round to assist the

partners of those who were in hospital. Na-

tion met nation - the warm people of Eu

gene/Spring field will never forget us and we

shall never ever forget how they took us to

Margaret Simpson

Our British athletes performed well. But

a gesture of welcome.

elled around together.

he asked all local residents present to stand as

Transportation services were amazing.

five fourth places!

Mary Worth was the star British walker she was headed by West German, Olga Meyer, on the 10K Road event, but in the 5000m track walk she headed her rival for the first time ever to take gold in the W60 class. Gill Trower W35 claimed silver, Yvonne Withers, W50, claimed bronze in the track walk and Len Creo added : second silver to his 20k Road M65 placing. Bob Dobson was caught for speed on the 20k Road walk by the puffing and bustling appropriately named Larry Walker and wound up third in the

third in the M45s. The British men however had

All in all it was a fine championships well organised and well supported by the friendly locals. It took place in an ideal setting, most of the action happening on Eugene's idyllic cam-pus with the surrounding beauties of North America's West Coast to visit. Many claimed in to be the best World Championships yet!

Balloon bonanza at the opening ceremony, Photo: C. Graham



M40 1 E.Harl(US): 0.87M45 1 T.Bel (US) 11.49 2 LFOSTER 1.62 (11.55 in Heat) M50 1 K.Dennis (US) 11.48 7 D.BURTON 12.23 M55 1 R.TAYLOR 11.832 C.WILLIAMS D.B.H.TION 1:223 M51 R.TAYLCR 11.83 Z.C.NILLAMS 12.50 M60 J. Prives(Gen 12.38 M58) E. Kiwinran(Gen) 2.50 M60 J. Prives(Gen 12.38 M58) E. Kiwinran(Gen) 2.50 M78 J. Trian(Gen) 2.50 M78

200 Metres

Md 1 Hari 21,74 M45 1 P.Eungan(US) 23,05 ... 4 FOSTER 23,49 M50 1 R. Austin (Aus 22,88 (WF) ... 6 BURTON 24,35 M55 1 R.TAYLOR 23,05% ... 6 AMELLETT 258 I M60 1 Law (US) 254 M65 F.O'Conton (Aus) 27,33 M70 Jordan 27,05

M40 1 J.King (US) 48.44(WR) 3 D.COWLEY 50.22 5 P.BROWNE 50.92 M45 H.Morickai Can) 50.60 M50 3. Mueller(Gei) 52.31 M55 R. Romain(Tri) 55.30 M50 J.Greenwood (US) 57.64 M65 T. Hishon(Ausi 61.29 M70 Jordan 86.02 M75 H.Weickardt(Can) 74.07 M80 Gathero S.Spance 64.45, W55 R.Tiglor 53.84, J. Sammour 62.45; W00/C.Cooke 67.73, J. Monar 1719; P. Muna 68.95; W35 T. C.MA-d.tab/J.u.j. 58.70; 2.J.WAL POLE 59.75; ... 5 B.BURTON 61.75; W40 F1 Baschler 86.87; ... 3 McDCNALD 60.58 W45; TM.HCCKNELL 61.31 W30 P.Smirlyfeld 81.27 W45; T. Ober 50.00 W51 TM. AMERICAN W51 P. Calver 40.00 W51 TM. AMERICAN W51 P. Calver 61.84 W50 TM. McStardru(18, 92.44 W51 P. Calver 61.84 W50 TM. McStardru(18, 92.45); TM. W51 M. Salbaby 73.52; (TMatts: W53 J.Wapob 59.45; B. Starron 40.92; W51 J. Krinder 93.11

800 Metres

\$60 Nets | 1.500 2 R. BELLI 1:550 3 L. DUELT NO. | 2 R. BELLI 1:550 3 L. DUELT NO. | 2 R. BELLI 1:550 3 L. DUELT NO. | 2 R. BELLI 1:550 3 L. DUELT NO. | 3 R. BELLI 1:550 3 L. DUELT NO. | 3 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. DUELT NO. | 4 R. BELLI 1:550 3 L. D 219.08 3 P.GALLACHER 220.8 WMS 1 BLahman/Gen 220.09 ... 7 J.WIMBER 22.80 V MS P. Marin/inj 23.113 WSS 1 J.Horne(Can) 234.47 ... 6 M.LOUDON 252.70 WSO J.Copor/ins. 3 25.86/WJ WS J. AlwagenGen 3.03.10(WF) W70 B. Tibkling(Swa) 3114.00(Wr) W75 J.Lither(Gen) 332.89 (Heats: W35 H.Carton 244.72; W45 M.Farin 234.45)

1500 Metres

\$150 Mores

Well TWAINSAMPAIRER 1884/7VRR) ... 7 C.THOMAS

\$59.88 B COUSINS 40.055 MRS 1 D.VAUCHAR 19.558

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525:34 ... 3 M.LOUDON 5:30.4 IWSe 1 S.Brasher(Aus) 5:49:56 6 J.ROSS 6:11.96 W85 1 Mangler 6:15.82 W70 18.Töbling(Swe) 6:49.27 W75 1 J.Luther 7:09.72 (WR) (Heats: J.Kritber 6:17.08)

M40 1 Walgwa 14:26:43 2 PJONES14:37:46 3 A.ROPER14:37:50 M45 A.Villaneuva,Mex)14:46:66 4 M.DUFF15:20:82 5 WARZEE15:22:58 M60 1 M, DUFF (15/2052 S W ARKE 15/2258 M90 1 JWAN CHRISTING SHOP (15/346 F S.J.MRS 15 81 95 MS5 1 JWAN CHRISTING SHOP (15/34) — 4 E. RICHARDSON 18/34 21 — 10 M. MOPRIELL 17/227 MB0 1 C. (Billie 1 18/359 B G, LAWSON 18/6255 — 10 C. SIMPSON 18/359 B G, LAWSON 18/6255 — 10 C. SIMPSON 18/35 2 MS C. (Browned (15/35) MY C. (Browned 1 18/35 2 MS C. (Browned 1 Mio Springler 37:39 (Otheris: M401.Cousins 15;20.40, Microen 1534.35, A.Lant 154.26, R. Sammu 1550.00, R. Poderi: 1618.23, A.Bart 1942.07, R. Scott 1827.11; Microen 1542.55, Mior 1618.23, A.Bartangari 7:17:7, R. W. Scott 1827.11; Microen 1617.71, E. Richton 1422.55, Mior 1618.23, R. Microen 1618.24, R. Scott 1618.25, 20:03:18, M.McDowell 21:40.46; MB5 J.Kern F.Coomos 21:30.96; M70 G.Scutts 22:03.19)

W40 1 J.Jordan(US) 17:32:04 2 HOL MES17:35 C.BROWNE 21:43.17 W45 1 J.Cornan(US) 17 E.STATHAM 18:12:46(BR) 14 Y.MILES 21 J.EVANS 24:02:93 W30 E.Fohi(Ger) 18:43:02 R.CAMPBELL 21:47.75 WS5 Invite 19:32:07 2 LOUDO 19:5857 ... 1 I B.ATKINSCN 23:02.69 W60 1 Brasher 20:51:53(W7) ... 3 J.ROSS 22:26:22 W65 1 R.Dashwood(Car) 22:24:61 W70 P.Oxcn(US) 24:5263(WR) W75 Luther 25:43:39(WR) W80 1 B.Hielscher(Ger) 32:41:48(WR)

10,000 Metres

35.03.95, A. Syess 34X, Case, A. Weisham 3935,807, Miss C. McDoweld 45 515,955, 1933, — 9. S. CAWKWELL WS5 1 CARDY-WISE 351736, — 5. HOL MES 37.03.25 W45 1 E.STATHAM 37.34.45, — 7. Y. MILES 42.133 W9 0.05 10.907.10 — 11. S. JARR 15.02.22 (18-1) W55 Inline 40.97.10 — 12. B. GREEN 55.0C.02 W30 Brasher 43.5866. — 4. J. SMITH 48.42.00 W50 Dashwood

46 54:97 W70 Dixon 50:28:33(WR) W75 Luther 53:20:50(WR) 80 Metres Hurdles

M70 A.Guidet(LS)14.7 M75 B.Morrow(US)16.14 M80 K.Trei(Can)17:29 W40 1 D.Desmier(Fra)12.01 2 J.VERNON 12.15 W45 P.McNAB 12.71 W50 W.Ey 13.22 8 C.GRAHAM 15.52

100 Metres Hurdles

MS0 C.Miller(US) 14.66 M55 R.Hickman(US) 15.28 M60J.Greenwood(US) 15.03 M65 R.Hunt(US)17.79 (Heats M65 L.Williams 19.29) W35 E.Geist(Ger) 14.50 3 J.WILLS16.00

110 Metres Hurdies

M40 S Duckrey(US) 14.24[WR] M45 T.Witz(LS) 15.30 ... 8.FERGUSON 16.30(BR) (Heats: M40 C.Portch 18.37, M.James 16.57)

300 Metres Hurdies

MSO G.Nueller(Ger) 3996 MS5 E.Knapp(Fin) 43,28 M50 Greenwood 43.49 MS5 V.Sad.)(Carl) 50,57 M10 D.Bukky(US) 52.44 M15 G.Gonzeles 60,73 M80 K.Trai 70.87 (Heats: M50 J.Earon 48.45, S.Spance 54,36; M65 P.Munn 60,00,06) W50 J.HULLS 51,26 W55 W.Santos(Bra) 55 40 W60

400 Metres Hurdies

W35 1 J.Cayet(Fra) 68.58 2 F.ARGENT 69.24 W40 I.Kulstad(Nor) 66.18 W45 HOCKNELL 66.02 WR) 2000 Metres SC M60 J.Silva/Porti 7:13:93 M65 Sadu (Can) 8:30:10 M70

D.Bulkely(US) 8:59:97 W35 R.Winter(NZ) 8:37:19 W40 1 HOLMES 7:57:85(WR) W45 Celman 7:45:96(WR) W55 S.Strazdins(US)

M40 B.Cooper (NZ) 9:37.76 21 W.SCOTT 12:96.81 M45 1 R.Robertson(NZ) 9:27.9 ... 3 M.DIXCN10:02:93 4 H.DARSON 1:0006.07 M50. N.Urdottasker(Not) 9:50.99 WR)12 F.BUNN 11:56.34 M55 M.MORELL 10:32.83(B3)

5K Track Walk

M40 1 J.Benon(Fra)22:01 M45 D.Zschlesche(Ger) 22:32:0 A.SMALLWOCD 23:54 8 R.DOBSON 24:15 M50 J.ROOS (Gan) 23:04 M55M J.Green(J.S.215 L... 7 D.FOTHERING-HAM 26:45 8 P./WORTH: 27:13 M60 S.Nakarnicht(pg) 26:47 M85 A.Sumi 27:20 72 CJEEG 27:42 M70 C.Damsn(US) 26:20 M75 T.Dairtys/July) 25:32 M00 S. Formon(Gr) 42:14 M60 T.Robodski/July 36:351 NBO S. Formosi (Nor.) 4221 M/99 G. Theobash (Aus.) 425-51 WOS 1.1 MicChouldkuig) 25:282 C. TROWER 8:52, T. TROWER 8:52, T. SUBLECTON 19:57 WAG V. Solalay (U.S.) 25:53 WAG V. WAG

10K Road Walk

W35 McDonald 50.51 3 TROWER 54.24 WW0 Spdiak 50.47 ... 12 J.B.LEACH 61.10 W45 F. Receletic(Sw) 51.3 4 G.BEAN 65.64 ... 18 P. NILSON 54:52 W90 La Ved 57.21 ... 6 Y.MTTHERS 62:54 7 HANYMAN 62:59 W55 Eberlis 55.31 W56 Meyer 59.20 WORTH 60.2 ... 6 SCOTT 66.30 W65 Newman 63:25 W70 Bonnans 73:33 W80 M.Sallsbury U3) 9:10.3

20K Road Walk

Siguso(hd) 1,21 M85 E. Crane(US) 1,02 W35 1.5 Presig(Yug) 1,64 L., 3 J.HONDUR 1,48 W40 Y.Blagowa(Bul) 1,67 W45 J.SMALLWCOD 1,55(WR) W5 T.Tseortalk(USSR) 1,45 W55 R.CHRIMES1,30 W60 CWloperstag(Ge) 1,23 W55 G.Davdson(Jus) 1,12 W70 M.Bowmaster(US) 1,04 W80 Helscher 0,88

M40 1 P. Iwinskii Foli 4.40 M45 W. Johnston (1514 20 M50

Long Jump

M40 1 S.Whtley(US)7.06 4 J.NEWCOMBE 6.67 M45 D.Horne(US) 6.16 M50 P.Pinto(Port) 6.11 M55 Nices 5.69 Discret(US) 6.16 MS0 P.Pinc(Per) 6.11 MS5 Niers 5.69 NS0 C.Vars Guardia/Ver) 5.49 ... A.KALARAI 5.11 BF) M85 N.Larror(US) 5.05 N.70 A. Koch(Ger) 4.25 M75 M. Morti, (Jan) M80 G.Sirgh 3.95 (WR) M80 S. Dizzne(US) 1.99 (Deher: V52) D.Burbn 5.07 , S.Spenco 3.79, M80 S. Mortow 3.99 (WS) S. Organia 4.79 WS C. Markinska 4.50 WS0 M35 Niers 4.50 WS0 Niers 4. Peterson 4:30 W65 Schneiderhan 4:02 5 M.WIXEY 3:06 M70 R.Sole(NZ) 2:62 W75 R.Frith(Aus) 2:32 W80

Triple Jump

M40 1 N.TH(LS) 15.7C(WF) ... 6 JAMES 13.46 ... 8 J.VERNON 13.0 MS 5 BBccklund[Fin | 13.72 ... 4 S.POWER 12.37 MS 5 IN 6 JAMES 1... 4 J.NEWCOMBE 11.82 MS 5 North 12.63 ... 10 J.PHILLIP S. 82 MS0 VSON Glardia 11.58 MS 5 J.Tanakhalpo J. 0.48 MT9 J. Johnson 0.91 9.14 MT5 KShonen 9.78 MS0 G. Singh 7.84 MS9 Soss 4.54 MS0 M. Sottonpill 3.56

www.m.saicnengerinj.3.56 W35 S.Annamma(India)8.75 W40 Raschker 11.35 (WR) W45 McNAB 9.39 W50 Searle 9.66 (WF) W55 Krześniska 9.88 (WR) W60 Feterson 8.21 W65 Davkcen 7.37 2 WIXEY 6.51 W70 Sole 5.77 W75 E.Mendyka(US) 3.92

M40 1 J.Forst(Ger) 17.13 5 M.HOLMES12.B5 7 B.GILLO11.90 M45 C.Walin(US) 15.02 M50 B.GILLC11:90 M45 C.Walin(US)15.02 M50 E.Koelmel(1915.5 P.SAVERY 10.34 M55 H.Poetsch(Austria) 14.87 M60 LWachenhaldt(Swe) 14.99 (WR) M55 E.Work(g(Ge) 12.99 M70 S.Meier(SM) 13.59 M75 R.Carter(US)124.5 M80 K.Broderson(Chile) 9.43 M65 B.Crane 6.76 M90 Wang 4.30 M95 O.Porath(Ge) 3.87 W76.

Meo B. Uranie L. 76 M90 Vrang 4.50 M95 D. Porath[Gef]
3.81 (WP)
W35 1 V. Kautzeck (Ger) 15.00 6 SPRAGG 11.21 W40
W35 1 V. Kautzeck (Ger) 15.00 6 SPRAGG 11.21 W40
A. Riselfsver(Gen) 15.00 W55 CHRIMES 11.36 W60 Hamm
10.09 W60 E. Poragor (Gef) 6.55 W70 A. Reile(Gen) 7.15 W75
Gelbrich 7.10 W60 M. Thisidif-Sanvang (Fin) 8.68 (Others:
W45 J. Errans 7.10 F. Sorerson 4.97; W55 G. Charman 3.27)

MAD 1 P ASTON 50 52 B M MOI MED 36 36 MAE M40 T F.ASTON 50.52 ... 8 M-HOLMES 36.36 M45 T-CagerUSS 19.34 M50 A Singlitudus 57 28 M35 Postsch 50.10 M60 P Steat Vossi(Fr) 55.54 M55 E.AmillaFin) 48.55 M70 T-Clegykus 1, 2800 M75 E.Schrift(Ger) 57 28 M50 M70 T-Clegykus 1, 2800 M75 E.Schrift(Ger) 57 28 M50 W35 Schrift 37 22 M40 P Compil (Aus) 15.20 V/M70 M35 W35 Schrift 37 22 M40 P Compil (Aus) 15.20 V/M70 M35 93.54 (W75) ... 3 E.WHLLJAMS 32 94(BF) W30 M. Bent/Ger 39.54 (W75) ... 3 E.WHLLJAMS 32 94(BF) W30 M. Bent/Ger 25.70 W55 Bellin 30.04 (W76)

28.70 W65 Bellin 30.04(WR) W70 Reile: 17.50(WR) W75 Frith 20.00(WR)

M40 J.Zirnis (USSR) 71.10 M45 J.Dyes (US) 56.72 M50 L.Stuart (US) 60.70 (WR) M55 M.Hoffman (Ger) 49.40 LStuart, US) 60.70 (WR) MS5 M. Hoffman (Ger) 49.40 ...
J.PHILLIPS 46.02(3R) 7 MORHELL 39.90 M60
D Feckers (15) 53.44 M85 S. Sibido(I,Ma) 47.06 M70
W. Morales (US) 46.18 (WR) M75 G. Schepe (Ger) 36.76
Broderson 34.72 M85 H. Andrson (US) 16.88 M80 Wan Bioderson 34.72 MBS H.Andrisor(US)16.68 MB0 Wang 7 W35 1 K.Berkhou(Hcf)48.43 2 SPRAGG 44.59 W40 N.Bez|akfy.go)46.85 W48 H.Haase(Gan) 40.00 7 J.SMALLWCOD 25.60 W50 G.Scheenauf,Austria) 43.82(WH) 2.0 C.GRA HAM 33.46(BF) 7 EWILLIAMS 31.28 W55 J.Schulz-Garcia(Ven) 32.88 W50 R.Fanssens(Bel) 30.58 W65 M.Garcia de Lines(Col) 24.16 8 WIXEY 13.44 W70 M.Ronri(Fin) 21.88 W75 Gelbrich

W35 1D Blurne(Ger) 4651 2 V.THOMPSON 4065 W40 M Eather 5525 W45 F.Valk(Ger) 5570 3 MCNAB 5225 W50 J.HULLS 5121 W55 C Kreuzwieser(Ger) 4323 W60 K.F.Noem(No) 4250 W65 G.Davidson(Aus) 4499

M40 1 R.Harvey(US)7724 2 D.COWLEY 6934 ... 4
J.CHARLTON 6537 7 C.BROOKS 6339 6
M.CORDON 4162 M4S U.Keiler(Gel)7303 M50 G.Miller(US)
6558 7 A.MACKAY 6231 M55 1 LSOcanne(Fil)7562 ...
J.PHILLIPS 6426 M60 R.Hochelter(Aust 7331 M65 P.Pantilla(Fin) 7628 7 LWILLIAMS 6186 M70 (.Hankisz(Hun) 8927 M75 G.Gonzalez (US) 6513 4x100 Metres Relays

M40 I US 43.41 2 GB 44.96 3 Germany 44.97 M45 I US 45.44 M50 I US 45.96 3 GB 48.59 M55 I US 48.78 M60 I US 50.03 6 GB 55.06 M70 I US 55.04 W35 I Plance 48.33 4 GB 51.70 W50 I GB 54.51

4 x 400 Metres Felays M40 1 US 3:21:54 2 GB 3:24:90 M45 1 US 3:32:55 M50 1 US N3:35:93 M55 1 Finland 3:51:07 M60 1 US 3:58:40

MM0 1 US 32:104 2 UB 326400 Here 1 03 33410 US 33:38 M5 1 Finda 3:5107 M60 1 US 3:58 43 ...
GB 4:37 88 M70 1 US 4:35:07
W35 1 GB 4:00:21 2 US 4:00:87 W40 1 Germany 4:07:34
W50 1 US 4:36:85 W60 1 Germany 5:21.91

10K Road Race

M40 1 A.FOPER 30:43:40 2 P.JONES 30:49:00 (Others: M.Green 33:03:30 C.Hadjiouda 35:08:00, A.Brangam M.Green 33:03:30 C.Hadjiouda 35:08:00, A.Brangam M.Green 23CC3.00 C. Hadjilousa 3578.00, A. Branspart 50F.1780,7 T. W.SCOT 39C1.800 MB 18. Robinson/V2 50E3802 P.RESILAND 312.00 (Others: R. Grafram 3358.80 E. Kimber 3727.10, ISBARD 64 359.27, R. Ankers 40E400. MSO R. Robinson/V3.211390 ... 3 SJAMES 52E3800 ... 9 R. HARROLD 3450.30 (Others: Morrison 3458404 R. Carronal 35S1.10, D. Weir 25S4.50, J. Dean 561880 H. Morrison 3644.80, G. Amerratorg 35S4.60, 36. IsoJu H. Adrillion J. ScH. 361, U.S.Amstrong 39:34.85.), M. Sawyer 37:25.00, J. Walker 37:39.50, M. Kirkwood 37:43.10, J. Barr 37:49.10, T. Jones 38:14.10, A. Prouse 38:22.02 B. Gore 39:02.50, T. Kingg 40:136.5, U.Drakeley 40:46.30 A. Vanderplank 41:57.00, C. Richardson 42:21.40, (Albore 47:39 70. R. Vilde 48:65.60) MSN 67:06rept (IS) 33:09:50 4 E. FICHARDSON 34:35.70, Others: D. Wood

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*Delete as applicable Card No.	
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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 Shettleston 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 how-ever, 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 ex-

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

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 determi-nation 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.

round the Regions

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

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 Jarrow with Ken breaking clear of Brother Dave after six

Scotlands best perforances John McFarlane who won the O40 400m and 800m, John Ross, who won the O50 400m long jump and javelin and Eric Fitz-gerald winner of the high jump, long jump triple jump and discus in the O40 category The best NE field performer was Bob long jump

Laidler who won five events in the O60 group.

Jimmy Walters

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

Meeting
Corby, September 7
SUNDAY moming 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.

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, Prince and Park 100m. 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.Arriss 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 substance.

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

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 browers held the real centre stage at attrac

tive 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

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

was the current SCVAC when Peter Browne, later World champion, recorded

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 achieve by a race of four well matched contenders Alan Painter set the pace, 60.5 at the bell, Adain Faither set the place, 60.3 at the best, 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. 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

kenham. Treadwell, a strongly built ru 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 Allocok set the first CBP, newly on the card here, in 100m, ahead of Janice Warren of Woking AC who inscribed the 200m.

AC who inscribed the 200m.

And Almuth 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.

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 stories Bill Guy and Geoff Feast.

Dennis Williams come in from the sould

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.



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

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

WHISKY not medals is the order of prizes WHISN'S 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

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 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

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. study is that of Midland's WAAA The case 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

Former Midland Counties m coff Blyton, was in great form taking the

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 I Smits just ahead in the M60 competition.

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
M55s 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-warp 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



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

INTERNATIONAL
VII European Veteran Champs BUDAPEST
Hungary details shortly VEST TOURS 71 Hillside Cres
S HARROW HA2 0QU

SOUTH

14 Oct

15 Oct

29 Oct

22 Oct

17 Dec

7 Lan

SCVAC Open Vet League West Lon Stdm du Cane Rd W12 Surrey Co Vets CC Champs Ranelagh H Petersham Barns Green Half Mar incp SCVAC Champs inc Sussex 22 Oct

Co £4, 3 Smugglers Way Barns Green Horsham RH13 4 Nov

Cambridge H O/50 & Open 5M - CH HQ Glenhurst Av 5 Nov

SALISBURY PLAIN 15 Amesbury ed 27/10
Amesbury Sports Centre Antrobus Rd Amesbury Wilts
Essex Vets CCC Danbury Park 75p ed 19/10 H Williams
84 Tyelands Billericay CM12 9PB 11 Nov

3 Dec 23 Dec CROWBOROUGH 10K BVAF Gr 1 Open Vets Relay ROCHESTER Airport11am 4x2.5M M Payne 8 Tennyson Close Welling Kent VAC CC Champs Wilberforce School SW19 13 Jan

11 Feb SCVAC CC Champs Bedford Park Havering 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 Totton 10K with SWVAC/BVAF Invitation category 26 Nov

21 Jan SWVAC CC Champs Burham-on-Sea to be confirmed

MIDLAND

STROUD Half Marathon & MVAC Champs 10v 6wv prizes ed 23/10 S James Spring Cottage S Woodchester Glos GL5 5EL

£3.50 cd 19/11 no late to 15 Canton St Southampton

AGM and Handicap 4M Newbold on Avon

Christmas Handicap REDDITCH MVAC CC Champs NOTTINGHAM MVAC T&F Champs ALDERSLEY STADIUM

WALES N Trust SNOWDONIA Marathon ed 30/9 LLANDUDNO 10M 3 Llys Gwyfan Llandudno LL30 12 Nov

NORTH

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

NORTH EAST

Heaton H Mem Road Vet Men 10K. £1 cd 18/10 Venmore, 13 Mitcham Cres, High Heaton, Newcastle on 12 Nov

GATESHEAD CC Races Vets 3M 50p cd 13/11 Dept Parks & Rec Prince Consort Rd Gateshead NE8 4HJ

SCOTLAND

Half Marathon Handicap Champs GRANGEMOUTH AGM and 1 Mile Time Trials Coatbridge 1pm 5M Road Race CAMBUSLANG 2pm 15 Oct 22 Oct 12 Nov 26 Nov SM CC Hunters Hill Bishopbriggs 2pm Christmas Handicap Bishopbriggs Sports Centre 130pm SVHC Spanish Championships Torremolinas SCCU Veteran Champs DUMFRIES 10 Dec 20-24 Ian 18 Mar ALLOA - BISHOPBRIGGS 8 man Relay 1030am

SVHC Indoor Champs Kelvin Hall GLASGOW 11am Tom Scott 10M Road Race MOTHERWELL 25 Mar

7 Apr 22 Apr Lochaber Marathon & SVHC Champs FORT WILLIAM 5 May GLASGOW 800 10K Garscadden 215pm

LUDDON Half Mara SVHC Champs Kirkintilloch BATHGATE Hill Race Vets 215pm Bathgate CAMPSIE Tiso Hill Race & SVHC Champs 3pm 13 Max 26 May 27 May

SVHC T&F Champs COATBRIDGE BVAF T&F Champs Crownpoint GLASGOW LOCHINCH 10K Road Race 7pm 14-15 Inl 1 Aug

Records By British Teams in International Relays

4 x 100m - Men

30 Jun

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) Malmo

(EVAA) 1986 M60 52.13 (?) Brighton (EVAA)

1984 M70 64.96 (D.Morrison, 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) Malmo (EVAA) 1986 M60 4:13.2 (?) Brighton (EVAA) 1984 M70 5:09.71 (D.Morrison, L.Watson, G.Scutts, 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 admitted temporarily to Europe.

The IAAF Cross Country Committee have recommended to Council that a veteran's race, as a support-ing 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 com-

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 with-drawn 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 FI-DAL. 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 5K CHAMPIONSHIPS

BVAFIOPEN SK CHAMPIONS Aldershot, September 24 M409 1 B.O'Nell (AFD) 15:22 2 E.Cunningham (AFD) 15:31 3 M.Woods (AFD) 15:57 4 J.Shieds (Swindon) 15:59 5 J.Dryden (Sharlt) 16:11 6 D.Curwell (AFD) 16:25 7 U.Previati (Woking) 16:26 8 C.Woodhams (VAC) 16:27 9 P.Malloy (Sharlt) 16:37 10 G.Watkir (Bryde) 16:50 11 M.Murphy (AFD) 16:53 12 R.Black (Sharlts 17:07 13 T.Branagan (AFD) 17:20 4 J.Jackson (AFD) 17:20 15 M.Owin (F&C) 17:26 15 S.Cowan (MK) 17:28 17 R.Aider (Woking) 17:30 18 E.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) 16:29 23 R.Green (Woodford) 18:36 24 K.Spiers (Woodford) 18:36 25 L.Barden (Woking) 18:43 25 C.Barden (Woking) 19:21 26 G.Hyde (WS&E) 20:34 28 M.Paarse (Airlog J) 22:24 MAS

1 L. Presland (AFD) 15:40 2 M.Duff (AFD) 15:44 3 S.Birkin (Camb H) 15:54

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

P.Rogers (SVAC) 20:25

11 P. Rogers (SVrucy avaments)
M50
1 T. Davies (AFD) 19:25
2 S. James (Southport W) 16:12
3 A. Griffiths (Notra AC) 16:29
4 R. Fozard (Reading) 17:10
5 T. Cochrane (B*nouth) 17:27
6 D. Coward (Carnbi-I) 17:34
7 A. Lang (Ranen) 17:45
8 R. Gould (Wessex RR) 17:45
9 L. Scott (Woking) 19:17
10 R. Kersey (SLH) 19:19
M55

10 R.Kersey (SLH) 19:19 M55 1 M.Barratt (E&S) 17:13 2 D.Wood (Barnet) 17:44 3 D.Pottet (Cambrl) 17:51 4 C.Portsmore (SVAC) 19:14 5 D.Porter (VAC) 20:09

1 R.Franklin (TVH) 18:50 2 A.Norrish (SVAA) 24:28

M65 1 J.Brent-Jones (Salis) 19:58 2 B.Nielsen (Hill) 20:06 3 R.Creese (TH&H) 21:22

G.Scutts (Ports) 22:27

1 G Scutts (Ports) 2:27 W35 1 A Ford (Bolf+) 17:10 2 J Webb (AFD) 18:30 3 P Fudge (Bolf+) 20:04 4 V-Holdenness (Brmouth) 20:15 5 J Whhe (LOAC) 23:53 W40 1 C Hyde (WS&E) 20:42 2 J Crump (Brmouth) 2:13 2 J Chrump (Brmouth) 2:3:26 W45 1 C Orton (LRRC) 18:58 2 V Miles (Brmouth) 2:27 2 V Miles (Brmouth) 2:27 2 V Miles (Brmouth) 2:20 2 V Miles (Brmouth) 2:29

2 Y.Miles (8'mouth) 22:3 3 A.Myers (Unatt) 33:32









MVAC 10M Championship (Incorporated in the

MYAC to Muneston 10)
Nuneston 10)
Nuneston (5)
Nuneston (5)
Nuneston (5)
Nuneston (5)
Nuneston (5)
Nuneston (5)
Nulls 55:51,
M45 1 M.Hawkins 56:27, 2 J.Grumbley 59:34, 3 M50 1 B.Hughes 61:52, 2 J.Powell 66:02, 3 L.Kyd

MS0 1 B.Hugmen 0 - 36, 6 at 17.750; MS5 1 G.Oliver 60:41, 2 B.Rawlins 67-28; MS6 1 C.Simpson 64:21, 2 G.Phipps 67:14, 3 A.Hischman 70:33; MS6 1 E.Nichols 66:23, 2 J.Fraser 68:31, 3 R.Käeley 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

RESULTS · RESULTS · RESULTS · RESULTS ·

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

1 R Walters. 11.28 2 G McN elli 11.40 3 G Suton 11.53 4 B Townley 11.55 5 J Mailort 11.66 6 D Pickaring 11.82 4 B Townley 11.55 5 J Mailort 11.66 6 D Pickaring 11.82 Heats M Boustleid 12.43, V Novel 12.59, L D Dunn 13.26, C Gassidy 18.02, K Ryan 12.31, B Strange 12.33, P Barrent 13.58, B Collie 13.67, G Pope 12.19, N Balley 12.71, M45 1 I Foster 11.50, 2 R Austin 11.80 1 Foster 11.50, 2 R Austin 11.80 3 W Thornas 11.86 4 B Ferguson 12.33, 5 I Newcombe 12.49, 6 B Clements 12.59 Heats G Jephcott 13.13, C Isetts 13.61, J Conbby 19.03, M Clarke 13.31, A Higton 13.75 13.75 1 D Burton 11.93 2 B Gray 11.93 3 J Swannell 12.00 4 F Tayor 12.06, 5 R Wright 12.48, 6 J Ocody 12.56 Heats P Hoars 12.86, J Rous 12.96, J Peaty 13.41, C Derrett 13.16, A Turner 13.46, J Fagan 15.44, J Horg MS5 1 A Blackman 12.53 2 A Mellett 12.67 3 B Guy 12.69 4 C Andrews 12.90, 5 B Parnaby 12.92, 6 G Daborn 12.97 5 G Uaborn 12.97 Mico 1 J Moran 13.68[CBP] 2 A Kalirai 13.73 3 G Bridgernan 14.01 4 B Ellison 14.13, 5 J Quantrell 14.53, 6 P Balgent 14.51, 7 B Morrow 15.12 M65 M65 1.7 R Morrow 15.12
1 L Williams 14.00
2 W Dickson 15.29
3 A Lovett 14.31
4 L Audritt 14.55 J Swinton 15.54
Heats R Mason 15.15, D Philox 15.24, D Sylvet 16.45
M70 M70 1 J Lucas 14.81, 2 B Metcaffe 15.43 3 L Price 16.01 4 L Watson 17.68 4 L Watson 17.68 Mao J Searle 20.59 W35 1 S Woodman 13.10 21 Wills 13.27 3 H Godsell 13.46 4 G Walford 13.50 5 B Billinton 13.69, 8 C Fereday 14.40 Healts A to Pholipson 13.66, E McMahon 14.40mm 14.57, J Roeves 15.1 W40 J Vernon 14.51 Y Priostman 13.73 H Vogel 14.11 J West 14.37, 5 P Oakes 14.050 P Spence 14.86 N45 P McNab 13.77

W50 1 U Gore 13.50[CBP][BR] 2 E Williams 14.44 3 B Colvell 14.60 4 J Burns 15.17, 5 A Prowse 15.33, 6 C Graham 15.36 W45 3 S Thompson 17,80

W60 1 J Ogden 14.92[BR] 2 F Cross 19.05 W65 1 M Wixey 16.63[CBP] 2 P Taylor 19.11

200m M40
1 R Walters 22,98
2 8 Townloy 23,53
3 G McNeil 23,95 J Mallort 24,08
4 G Sutton 23,75, 5 J Mallort 24,08
Heats D Hayward 22,58, T Briggs 26,08, D Pickering 24,57, D Headrey 24,77, V Novell
25,84, P Barrert 27,20, R Roach 24,69, G
Pope 25,04, M Corboy 25,92, B Collie 28,06
M5 lenson 23.39(CBP)

1.3 Henbon 23:39(2BP) 21 Footer 22:60 3 W Thomas 23:98 4 R Austin 24:27, 5 B Charles 24:93, 6 B Ciements 25:32 Heats M Clarko 27:51, C Isetts 27:54, T Bilham 28:32

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1 A Blackman 25.45
2 A Mellett 26.10
3 B Pamaby 26.17
4 G Dabom 26.59, 5 C Andrews 27.36
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1A Lovett 30.10
2 P Munn 30.40
3 E Clayton 30.40
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1 J Lucas 31.22
2 L Watson 34.39
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1 S Woodman 26.79
2 G Welford 27.43
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2 G Werord 27.43 3 B Blurton 27.63 4 A le Plongeon 28.15, 5 C Glover 29.78, 6 J Warren 30.45 Heate J Reeves 31.55, G Hockerday 33.80

W40 1 A McDonald 27.19[CBP] 2 B Ford 27.92 3 Y Priestman 28,43 4 H Vogel 28,72, 5 R Hinds 31,55 W45

W45
I R Alicock 28.00
2 K Dawes 28.25
3 E Stagg 28.66
4 M Mills 30.20, 5 P McNab 36.14
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1 J Herison 51.36(CBP)
2 W Thornas 52.44
3 R Austin 54.90
4 B Clements 55.57, 5 T Peters 26.89, 6 C Clegg 59.98 Heats C Isetts 61.71

Clegg 59.98 - Heate C Isetts 61.71
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1 J Newcombe 54.93
2 J Roos 56.06
3 J Goody 56.49,
4 A Garrett 60.46 Heate F Taylor 60.62, J Fagan 69.31, L Cooke 63.25, C Sheppard 63.74, D Oaman 77.43,
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1 A Blackman 57.14
2 B Pamalay 56.31
3 K Whitakar 56.79
4 G Feast 61.48 Heats C Williams 59.22, M Fox 60.11, G Daborn 62.60, K Fichian 69.42
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1 Hayward 62.80
1 Hayward 63.80
4 Silvedman 65.80, 5 K Crooke 68.40, 6 F Cooping 78.90
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M65

Codylary 7-8-10 M65 1 L Brown 68.57[CBP] 2 E Clayton 68.69 3 B Neilsen 68.61 3 B Neilsen 68.61 Nr0 70-28, 5 C Nuttall 61.85, 6 L Audrit 75.80 M70 1 L Price 73.42 2 L Watson 61.18 3 B Taylor 87.45 Was

3 B Light et al., Watson S B.03 1 J Bigo 50.03 2 J Walpole 52.99 3 R Bilunon 81.15 4 G Weford 61.94, 5 S Keen 62.15, 6 C Fereday 85.35 Heats J Warren 70,06, A Cursons 71.11

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1 M. Hocknell 61.30 2 K. Dawes 61.21 3 J Kimber 67.49 4 N Cross 71.02, 5 J Towler 72.44, 6 C Moris 73.04 W50 1 J Hulls 64.06[BR] 2 G Plater 70.13 3 B Colvall 73.17 W50 M Shone 79.65 W65 P Taylor 107.21

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1 P Browne 1:55.6(CBP)
2 R Bell 1:57.20
3 R Bell 1:57.20
5 D Higgins 2:93.3, 6 R Scrivener 2:03.5, 7
J Treadvell 2:04.2, 8 K West 2:05.0
Heats M Brownohn 2:05.8, N Balley 2:09.5, J Avis 2:09.8, T Attoy 2:14.8, K Lancey 2:05.6, K Jackson 2:11.4, J Schlaepfer 2:13.4, D Green 2:13.9,

M45
1 T Alderdios 2:14.7,
2 M Smith 2:04.2,
2 M Smith 2:04.2,
2 M Smith 2:04.2,
3 I Facura 2:04.30, 4 M Whenn 2:04.6,
5 T Youn g 2:05.9, 6 P Sawthridge 2:07.2,
7 R Churcher 2:07.7, 8 L Jones 2:08.8
Heats C Turner 2:12.1, 1 Hodge 2:15.5,
1 Dawson 2:16.2, P Peters 2:10.7,
8 Mackay 2:12.0, W Magee 2:14.6,
0 Huffler 2:03.0, 0 Haynes 2:26.9,
MS0
1 B Bartholomew 2:09.00
2 R Checkley b2:09.70,
1 C Garol 2:11.30, 4 L Cooke 2:12.2,
5 C Beckwith 2:15.8, 6 W Morgan 2:17.5,
7 G Hardy 2:17.8, 3 J Willis 2:21.5,
8 L Earl 2:34.2, 10 J Godbeer 2:42.4,
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1 M Fox 2:11.40([GBP]
2 L Vaughan-Hoddinion 2:15.70
3 D Thomas 2:16.10, 4 I, Addison 2:22.9,
5 D Howarth 2:442, 6 R Elis 2:27.1
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M80 1 Hayward 219.70[CBP] 2 H Tempan 2:20.90 3 U Charman 2:25.2, 4 G Simpson 2:27.8, 5 K Crooke 2:35.4, 6 C Walker 2:35.7 7 M McDowell 3:30.5 M85 1 B Neilson 2:36.50 1 L Price 2:53.40 2 B Taylor 3:20.80

1 L Price 2:59.40 2B Taylor 3:22.60 W35 1 J Walpole 2:15.30 2 J Bigos 2:15.50 3 H Edwards 2:16.90, 4 F Argent 2:18.8, 5 K Dowson 2:24.3, 6 J Barrus 2:27.9 7 H Boszko 2:37.2, 8 A Cursons 2:47.4

W40 1 P Gallagher 2:17.40 2 A McDonald 2:25.50 3 C Brown 3:51.7 W45 W45 1 K Yewer 2:28.00 2 A Nally 2:33:20 3 I Homsey 2:33.7, 4 M Farish 2:36.0, 5 J Kimber 2:39.3 W50 1 A Prowse 2:40.6[BR] W60 1 M Shone 3:01,3[BR] 2 J Ross 3:06.0

1500m 1 C Thomas 4:05.5 2 A Roper 4:07.2 3 B Plain 4:08.4, 8 R Bell 4:08.6 5 D Higgins 4:09.5, 8 P Hamilton 4:12.23 7 D Curwell 4:14.3, 7 R Chapman 4:14.9 F Wall 4:16.4, 9 D Sumpton 4:24.8 P Wallsco 4:41.2 B Mundy 4:30.2, N Costello 4:31.1 8 Stone 5:09.3, D Butter 5:02.5 K Jackson 4:25.6, D Wallser 4:29.5, H Mortimer 4:41.8, M Etherington 4:43.7, M Cleary 5:06.6 M45

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M45
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2 T Alderticle 4:09.0
3 S Warzee 4:09.7, 4 M Wrenn 4:12.2
5 P Sambridge 4:14.5, 6 H Darbon 4:18.7, 7 M Smith 4:18.8, 8 R Burrows 4:22.7
7 M Smith 4:18.8, 8 R Burrows 4:22.9, 11 W Magee 4:41.7, 12 T Bilham 5:19.3
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11 J. Godbert 5:21.9
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1 L. O'Hara 4:35.8
2 L. Vaughan-Hodkinson 4:38.7
3 E. Richarson 4:39.7, 4 P. Wilks 4:465.6, 5
4 B. Ball 4:43.7, 6 R. Ellis 4:54.0
7 D. Howarth 4:58.1, 8 C. Portsmore 5:02.0
9 J. Stephenson 5:19.7, 10 P. Parmenter 5:50.2
9 J. Stephenson 5:19.7, 10 P. Parmenter 5:50.2
9 J. Charman 4:45.6 [CBP]
2 J. Charman 4:48.7
3 C. Sirreson 4:54.1, 4 C. Walker 5:16.3
5 F. Copcing 5:27.5, 6 T. Rowley 5:30.5
M65 I. B. Neilsen 5:18.0
M60 I. W. Chapman 7:39.5 [CBP]
M85 R. White 17:55.9 [BR]
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1 C. Duncan 4:40.10

W35
1 C Duncan 4:40.10
2 F Argent 4:46.2
3 J Barns 4:50.9, 4 K Dowson 4:52.4
5 C Fereday 5:08.1, 6 C Wilkins 5:13.8
7 C Bishop 5:17.9, 8 H Darbon 5:26.5
9 R Newman 5:33.6, 10 J Jones 5:47.0
11 J White 54:57.5
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1 P Gallagher 4:40.1
2 M Townsend 5:28.0
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W45
1 K Yower 5:02.7[CBP]
2 J Jay 5:05.2
3 M Farrish 5:09.2, 4 I Hornsey 5:15.7,
5 A Nally 5:18.8, 6 Y Miles 6:01.0
7 J Edwards 6:35.7
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W50 1 A Prowse 5:28.3[CBP] 2 Jones 5:38.9 W55 1 B Atkinson 6:06.0, 2 S Thompson 6:16.2

5000m m M40 pt 15:01.8 2 H Errerton 15:04.6 3 G Meredin 15:26.0, 4 J Fry 15:34.5 5 D Cordwell 15:36.6; 8 D Hart 15:52.8, 7 G Taylor 15:35.8, 8 Nov 16:18.1, 10 Curvel 16:25.0, 10 K West 16:28.7, 11 N Gibbs 16:25.0, 10 K West 16:28.7, 13 H Goddard 17:22.4, 14 J Neville 16:14 M45 M45 M45 M45 M45 M52/9 n

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5 R Churcher 16:07.5, 4 JB Lloyd 16:25.7,
5 J Convery 16:29.8, 6 R Graham 16:35.0
7 R Dickson 16:41.5, 8 T Webb 16:45.5
9 A Stone 17:07.6, 10 T Dwaron 17:13.9
11 M Parry 17:22.2, 12 R Walsh 17:25.3
12 E Kürrber 17:54.1, 14 R Hazel 18:38,5
15 M Stanley 18:48.6, 16 T Morris 18:59.4
M50
1 S James 15:51.5(CBP)
2 T Islaces 16:03.4
3 A Grilliths 16:16.0, 4 R Gorrez 16:49.2
5 R Parnell 17:19.3, 6 R Joans 17:21.6
7 D Survey 17:27.7, 8 D Petes 17:33.8
9 T Sichland 17:40.0, 10 J Mathiston
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9 J Morris 21:24.9

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2 C Youngon 31:52.5
3 D Harl 31:57.1, 4 D Cordwell 31:58.5,
5 B Plain 32:01.2, 6 G Taylor 32:31.1,
7 J Fry 32:53.7, 8 M Goddard 35:29.7,
9 M Walsh 35:53.7, 10 D Feradry 36:59.9,
11 J Neville 37:26.5, 12 G Harvey 40:14.2
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1 M Duff 33:16.9
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3 H Williams 34:40.3 34:40.3 5 A Stone 35:27,7, 6 J Monaghan 36:25.8, 7 E Kimber 38:02.5, 8 R Hazell 38:13.2 7 E Kimber 38:02.5, 8 M50 1 A Griffiths 33:28.00

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1 E Richardson 34:59.4
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9 J Altinson 39:42.8, 10 A Walsham
40.37.6, 11 J Marples 41:06.8, J
Stephenson 41:25.8
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1 W Marshall 36:27 7
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3 R Franklin 37:52.6, 4 D Yeabsley 40:57.4,
5 M McDowell 45:05.07
M65

M65
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2 R Creese 43:02.0
2 J Etzgerald 43:05.7, 4 J Skelding 51:30.6
M70
1 R Brienley 42:01.0[CBP]
2 J Seby 52:52.5
M80 W Chapman 57:08.6
W35

1 C Duncan 35:48.3[CBP] 2 C Collier 42:03.1

W40
1 D Fellowes 38:25.8, 2 C le Fiern 42:51.0
1 D Fellowes 38:25.8, 2 C le Fiern 42:51.0
1 M Garret 40:27.6
2 Y Miles 44:20.3
W60 J Ross 43:301.1[WR]
W65 J Walfor 48:52.20[WR]

3000m Walk M40 1 R Care 13:00.60[CBP] 2 J Hall 13:21.02 3 C Lawton 14:05.5, 4 P Rod 15:03.4

A Smallwood 13:59.4 J Richards 14:06.0, 3 P Cassidy 14:35.1 MS0 1 C Dunn 15:13.4, J Marshall 17:01:02 MS5 1 G Chaplin 14:33.2[CBP]

1 G Chaplin 14:332(CBP) 2 J Dunsford 15:16.0 3 D Fotheringham 15:28.7, 4 K Livermore 15:33.7.5 R Purkiss 15:42.1, 6 P Worth 15:45.3, 7 B Rawlins 16:16.7, MBO 1 D Withers 16:35.6 2 H Jaquest 16:55.9, 3 A Goodwin 19:22.0 MSC 1 L Creo 16:16.7, 2 H Harris 18:09.3 M70 1 R Hillier 17:59.5, G Mitchell 18:57.2 M75 1 A Poole 19:31.6

W45
1 C Bean 15:53.2[CBP]
2 P Wilson 19:01.9, 3 C Lawrence 20:15.5
W50 1 P Horwill 17:37.5, 2 Y Withers
18:25.0
W60 M Worth 16:28.5[CBP]

W80 M Worth 16:28.5[CBP]
5,000m Walk
M40
1 R Care22:29.80
2 P Rod 25:28.7
M45
1 A Smallwood 24:03.1
2 J Richards 24:03.3, 3 P Cassidy 24:42.3
4 R Dobson 25:14.3, 5 M Brodie 30:24.2
M50
1 C Dunn 25:41.6, J Marshall 28:56.0
M45
1 G Chaplin 24:36.40[CBP]
2 J Dunsford 25:47.8
3 P Worth 26:15.9, 4 D Fotheringham
26:22.7
55 K Liverrore 26:38.6, 6 B Rawlins 27:36.7

49-23.7 5 K Livermore 26:38.6, 6 B Rawlins 27:38.7 7 E Horwill 29:49,1 M60

7 E now Miso 1 D Withers 27:55.50 2 H Jaquest 29:11.8, 3 A Goodwin 31:58.9 M65 1 L Creo 27:30.60[CBP] 2 H Harris 30:35.0 M70 2 H Harris 30:35.0 M70 1 R Hillier 30:31.6, G Mitchell 31:51.5 M80 L Barrett 38:30.1

3,000m Steeplechase III

M40

1 H Ernerton 947.8

2 A Edwards 10:24.4

3 D Evans 10:11.0, 4 D Mitchell 10:24.4

3 D Evans 10:11.0, 4 D Mitchell 10:24.7

J Deaton 13:53, 6 J Lintum 11:15.5

7 J Deaton 11:47.9

M45

1 M Dixon 9:53,2[CBP]

2 B Griffish 10:18.7

M59 M Morrell 11:14.0[BR]

Hurdles 110mH M40 11 Wels 16.70 2 M James 16.70 3 J Mallott 16.20, 3 J Mallott 16.20, 4 T Lewis 17.4 5 A Fletcher 18.0, Heats SBrooks 17.43, J Charlton 18.06, E Fizzperald 17.6, J Deaton 18.06, E Fizzperald 17.6, J Deaton 19.77, L Dunn 18.98, M Bousfield 21.85 M45

400mH M40

1 K Lancey 57.765

2 T Walls 58.85

3 T Lewis 59.35, 4 J Mallott 60.02

5 H Smith 60.19, 6 C Portch 64.10
Heasts C Monks 62.20, R Jones 67.80
L Dunn 63.96

M45

1 F Bush 61.85

2 H Darbon 62.27

1 F Bush 61.85 24 Darbon 62.27 3 B Charles 65.07, 4 M Clarke 68.91 5 B Harrick 74.63 30 S F Argent 68.75[BR] W45 M Hocknell 66.33[WR] 300mH M50 1 C Shaft 45.26[CBP] 2 C Sheppard 48.74 3 D WS MINON 58.10

3 D Whitton 53.10 M55 1 G Daborn 46.50[CBP] 2 K Whittakor 47,80 3 K Ficken 50.33 M60 1 I Steedman 49.19 M65 L Williams 52.89 W50 J Hulls 50.29[WR]

High Jump ■ M40 1 M James 1 8

1 G Hickey 1.55[8R] 2 J Cross 1.35 3 J Phillips 1.30 M60 1 A Woods 1.35, 2 B Thomas 1.20

M65
1 L. Williams 1.30[CBP-]
2 A Lovet 1.25
3 J Swinton 1.15
M80 J Searle 0.98
W35
1 N Thompson 1.45
2 V Thompson 1.45
2 V Thompson 1.25
W45
J Smailwood 1.48[CBP]

W45 J Smailwood 1.48[CBP] 2 P McNab 1.40 W55 R Chrimes 1.37[WR]

Long Jump IIII M40 1 M James 6.81[BR] 2 B Camp 6.26 3 J Chasthon 6.12, 4 M Corden 5.66 5 D Hawthorn 5.56, 6 M Boustleid 5.47 7 B Strange 521, 8 L Dunn 5.15 9 B Collie 4.48 M45

9 B Collie 4.48 M45 1 B Clements 5.68, 2 S Power 54.43 3 W Thomas 5.40, 4 G Jephcott 5.24 5 I Newcombe 5.14, 6 B Charles 5.02 7 T Billham 4.36

7 T Billham 4.36
M55
1 R Brown 5.22
2 D Barber 4.83
3 P Jonos 3.92,
M60
1 A Kaliral 4.89[CBP-]
2 R Marcantonio 3.96, 3 B Morrow 3.94
M65
1 A Lovet 4.26
2 P Munn 4.20
3 J Swinton 4.00, 4 D Philox 32.90
5 L Brown 3.78
M70 L Watson 3.80
M80 J Soarie 2.56
W35
1 J Wills 4.74
2 A Ite Proppon 4.45
3 V Thompson 4.35, 4 G Welford 4.24
5 E McMahon 4.20, 6 C Glover 4.00
7 G Hockerday 3.15
W45
N H Hinds 3.99
W45
1 M ST

W45 1 I Martie 4.50 2 P McNab 4.30 3 K Dawes 4.22, 4 J Smallwood 3.98 5 C Morris 3.76, 6 N Cross 3.76 7 J Charlos 2.52

W50 1 A Prowse 3.98, 2 C Graham 3.30 W65 M Wixey 3.04

Triple Jump
M40
1 B Camp 13.39
2 M James 13.29
3 J Vernon 13.06, 4 E Fitzgerald 11.67
5 C Hickey 11.51, 6 D Hawthorn 11.03
7 B Collie 9.38
M45
1 S Power 13.18

2 B Clements 11,52 3 C Green 11,47, 4 G Jephcott 11,26 5 I Newcombe 11,24 M50

J Newcombe 10 70

M55 1 G Hickey 10.39 2 J Phillips 9.83 3 D Barber 8.98 M60 1 A Kalirai 9.94 2 A Woods 9.88 3 R Laidler 8.71 M65 1 D Philoox 8.32

Hammer Throw 1 M45 1. J Scott 41.08 2. M. Ermens 40.30 3. J How 35.88; 4. J Curlin 32.54 M50 1. J Kee 40.90 2. J Cation-mason 45.58 4. J Richardson 45.18 5. B Strange 32.06

M55 1 D Bayes 47.74[BR] 2 B Lewis 39.72 3 P Barber 38.06, 4 P McEvoy 36.64 5 J Watson 34.78, 6 D Birch 31.32

5 J Watson 34,78, 6 D M60 1 B Kingsbury 28,16 2 R Marcantonio 24,30 3 E Cheetham 23,30 M65 1 J Gercs 18,58 2 T Henderson 14,48 M70

M70
1 R Spikos 20.98
2 H Karisson 20.76
W35 J Beese 18.66
W40
1 B Terry 27.68
2 E Brandon 24.20
W45 P McNab 31.98[CBP]
W50

W50 1 E Williams 32.50(BR) 2 B Dunsford 19.50 3 B Burton 17.94 W55 R Chrimes 31.96

Shot Putt M40
M40
M40
N Griffin 13.49
2 M Cordon 11.79, 4 V Allen 10.24
5 J Charlton 9.49
M45
1 J Scott 12.57
2 J Curin 10.11
3 J Holw 10.02
M50
1 J Walkers 12.94
2 D Telford 11.29
3 B Strange 11.18, 4 J Caton-Mason 11.12
5 B Summer 10.00, 6 T Chapman 10.23
M53
1 G Hockey 12.57
2 J Watson 11.03
9 P Calesband 10.74, 4 1 Buckley 10.52
5 P Jones 8.15
M60
1 A Woods 11.87
2 R Labilot 9.47
3 W Waugh 9.16, 4 R Marcantonio 9.08
M55
1 A Woods 11.87
2 R Labilot 9.47
3 W Waugh 9.16, 4 R Marcantonio 9.08
M55
1 J Gercs 9.73
1 J Gercs 9.73 Shot Putt

Mos 1 J Gercs 9.73 2 G Prowling 8.60 3 T Henderson 8.24, 4 E Chandler 7.32 W35

W35 1 J Beese 11.59 2 V Thompson 10.43 3 M Carding 8.24

1 B Terry 11.11 2 E Brandon 7.54 W45 1 P McNab 9.47

1 P McNab 9.47 2 D Morris 8,78, 4 J Charles 5.88 W50 1 J Hulls 8,23 2 B Burton 5.26 W55 1 R Chrimss 9.192 2 G Charman 9,28 3 M Grant-Stevens 7.49 W60 J Ogden 8,29[BR]

Discus Throw B W40 N Griffin 44,44

1 N Griffin 44.44
2 W Ridrewood 38.34
3 M Mayo 34.66
M45
1 C Ellis 43.64[CBP]
2 P Jeffries 34.00
3 G Leak 33.80, 4 G Smith 30, 16
3 G Leak 33.80, 4 G Smith 30, 16
3 G Leok 33.80, 4 G Smith 30, 16
3 G Leok 33.80, 4 G Smith 30, 16
4 J Cornboy 28.06, 8 J Curlin 28,74
7 J Cornboy 28.06, 8 T Bitharm 25.96
9 B Harliot 25.94
M00
1 H Richardson 39.24
2 J Watters 38.88
3 J Kes 38.62, 4 D Tellord 30.82
5 B Surmer 30.82, 6 R Sytes 30.34
7 J Caton-Mason 29.46, 8 B Strange 29.38
9 C Derrett 29.30
M55

N Watson 32.8: 17 MeChey 32.12 2 P.McChey 32.12 3 P.Mice 30.68. 4 P.Tomney 30.48 5 G.Hickey 30.10, 6 G.Edwards 25.34 7 K.Fickon 32.72, 8 P.Barber 22.64 9 E. Horwill 19.38 M60 1 Biriggs 38.42 2 A Woods 36,10 3 W.Kingsbury 32.20, 4 G.Bridgeman 31.62 5 R.Macandonio 30.12, 6 W.Waugh 29.42 7 R.Laidler 27.68, 8 I Steedman 25.90 M65

M65
1 L Williams 31.58
2 J Gercs 31.050
3 G Prowting 30.10, 4 T Henderson 35.74,
5 J Swinton 21.14, 6 L Audritt 21.06

1 J Beese 36.18 2 M Carding 24.05 CONTINUED ON NE

RESULTS · RESULTS · RESULTS

BVAF TRACK AND FIELD CHAMPIONSHIPS Continue 3 G Hockerday 13,40 W40 1 B Terry 25,90 W45 1 J Evans 18,92 1 R Chrimes 37.96 2 G Charman 24.44

J Ogden 20.72[BR] 2 H Farmer 20.36 W65 M Wixey 15.76[CBP] Javelin ===

M40 1 K Tumbull 60.22[CBP] 2 K Sheppard 56.56 3 V Allen 49.80, 4 M Corden 44.68 5 T Lewis 39.34

5 T Lewis 39.34 M45 1 R Barrlett 51.10 2 M Turner 50.96 3 T Gill 42.14, 4 G Smith 40.09 5B Harlink 30.08 M50 1 J Webster 47.30[BR] 2 J Ross 43.34 3 P Hable 42.12, 4 G Ratcliffe 40.5 5 T Chapman 34.44, 6 C Derrett 3 M55

MS5 1 J Phillips 42.00[CBP] 2 M Morrell 36.96 3 G Hickey 35.78, 4 P Tomney 26.64 5 G Dabors 26.26

M60 1 K Brookman 39,96[BR] 2 R Laidler 31.06 3 I Steedman 26.16 M65 M65 1 J Geros 29.38 2 G Proviting 29.00 3 A Lovett 26.10, 4 J Swinton 23.48 5 T Henderson 18,74

W40 1 P Brearley 29.06 2 B Terry 20.68 W45

W60 1 J Ogden 31.40[WR] W65 M Wixey 13.46

BYAF TRACK WALK CHAMPIONSHIPS SOLIHULL 20 AUGUST

Womena 5K 1 M Worth W60 29:38.3, 2 P Horwill W55 31:22.0, 3 Y Withers W50 33:14.0, 4 S Haynes W63 34:20.0 Mena 10K 1 R Care M40 49:07, 2 B Adams M40 1 R Care M40 49:07, 2 B Adams M40 1 Care M40 49:07, 2 B Adams M40 1 Care M40 49:07, 2 B Adams M40

51:32, 3 A Smallwood M45 51:46, 4 G Chapfin M55 53:05, 5 P Hannell M45 54:39, 6 P Worth M60 56:01. 16 finished, times of others not available.

INTER AREA T&F MATCH MILLFIELD SCHOOL SOM 13 AUG Legend (M)Midland, (S)South, (SW.E)South West & East, (W)Wales

(SW.E)South West & East, (W)Wales

100m M40 1 P Goulding(M)11.5, 2 R

Austin(W) 11.6, 3 W Thormas(S) 11.8 M50 1
A Meilott(M) 12.4, 2 A Blackman(S) 12.5, 3
L Evans(W) 13.0, 4 M5 18 M0odman(S)
13.1, 2 G Weltort(SW.E) 13.2, 3 A le

Plongon(SW.E) 12.5, W61 M0odman(S)
13.1, 2 G Weltort(SW.E) 13.7, 3 C

Morris(M) 13.6, 2 E Stagg(SW.E) 13.7, 3
C Morris(M) 13.6, 2 E Stagg(SW.E) 13.7, 3
C Morris(M) 13.6, 2 E Stagg(SW.E) 13.7, 3
C Morris(M) 12.6, 3 E Stagg(SW.E) 13.7, 3
C Morris(M) 12.5, 3 E Stagg(SW.E) 13.7, 3
C Morris(M) 12.5, 3 E Stagg(SW.E) 13.7, 3
C Morris(M) 12.5, 2 E Stagg(SW.E) 13.7, 3
D M60 1 Thormas (S) 24.2, 2 Austin (W) 26.2, 3 G Woodman(S) 27.2, 2 Westord(SW.E) 28.1, 2 Hockmal(M) 28.2, W45 Fond 400 M60 1 Thormas (S) 54.7, 2 P
Madden(S) 55.0, 3 A Robinson(SW.E) 55.6, M50 1 B Arris(M) 56.1, 2 Blackman (S) 58.8, 2 Evans(W) 61.7, W35 1 Bligos(S) 58.8, 2 Evans(W) 61.9, 3 le Plongeon (SW.E) 67.0, W451 Stagg(SW.E) 70.8, 2 M

M93 Aniidus 80-01-77-735-20
W35 CARDY-W3S 24-00-8 6
DUNDERWOOD 97:53-30 8 LROBB
38:23-40 10 S.CAWKWELL 93:31.20
(Otheris: H.Darbon 48:28,20) W40
N.McLaren(Carl) 37:10-5 2 HOLMES
37:30.0 9 M.GOVENDER 39:23-40

Hidmes(SW.E) 81.1 800m M40 T P Browne(S) 2:06.1, 2 K Lancay(W) 2:08.7, 3 R Clark(SW.E) 2:08.8, M50 1 F Coles (SW.E) 2:15.2, 2 M Fox(M) 2:18.0, 3 E Williams(M) 2:21.5, W35 I J Bigos(S) 2:29.2, 2 Edwards(M) 6:19, 3 J Barrus(M) 2:32.7, W45 1 I Homsey(SW.E) 2:31.0, 2 Hocknell(M) 2:41.6, 3 M Farrish(S) 2:45.3

23-3.0, 2 Hookeel(M) 24.1, 6, 3 M Farrish(9) 24.3, 3 Hookeel(M) 24.1, 6, 3 M Farrish(9) 24.3, 3 M Farrish(9) 24.3, 3 M Farrish(9) 24.3, 3 M Farrish(9) 24.3, 4 M Farrish(9) 24.3, 5 M Farrish(9) 24.3,

[M] 18.6, 2 v Loggert (sW-E)18.7, 3 r Colases (S) 19.2 d. 3 p P Rod(SW-E) 9.21.3 p P Rod(SW-E) 9.3 p P Rod(SW-E) 9.3

Vets AC Track Champs West London Stadium 27 August Hurdles

Stadium 27 Augustur Hurdles
M40 110m W O'Connor 24.2
M45 110m B Charles 20.5
M55 100m J Day 20.5
M70 30m B Metcaffe 18.1
W45 80m 1 J Charles 15.2
2 R Alcock 16.4 **EUGENE RESULTS Continued from page 9**

M40

1 S. Cowles (Ox) 68:00

2 F. Reeves (Ken) 69:36:3

3 F. Moon (E. Hull) 70:05

4 D. Passons (CN) 71:26

5 D. Passons (CN) 71:26

5 D. Baros (CN) 71:26

5 D. Baros (CN) 71:26

6 D. Lacey (Col.J) 72:05

7 M. Noble (Stock) 72:16

9 K. Morerum (Dav) 72:02

9 K. Morerum (Dav) 72:05

11 M. Welland (Ch) 73:08

12 A. Edwards (Spark) 74:59

13 A. Whitehouse (Duke) 75:17

14 R. Treadwell (Col.) 75:15

15 P. Passons (Spark) 74:59

13 A. Whitehouse (Duke) 75:17

14 R. Treadwell (Col.) 75:15

15 P. Passons 75:59

15 M. Welland (Col.) 75:17

15 P. Passons 75:59

15 M. Welland (Col.) 75:17

17 J. Clarke (Bed) 76:38

18 N. Wobl (Bed) 77:19

19 P. Coleman (Stone) 77:36

20 J. Manson (Hol) 79:07

20 J. Alamson (Hol) 79:07

20 J. Alamson (Well 80:10

25 S. Alfoughton (Well 80:10

26 S. Skevington (Winake) 80:39

27 P. Sliom (Lowe) 80:48

28 D. Palmer (Winake) 80:39

29 P. Quant (Un) 81:27

30 M. Andrews (Duke) 81:34

31 P. Crisp (The) 81:49

32 M. Kilby (Hun) 82:51

33 A. D. Harmon (Hol) 39:09

34 P. P. Caust (Lowe) 80:48

35 J. Hall (Mans) 85:09

37 A. Brangsan (Ad) 84:04

38 A. Smith (Pitsoa) 85:37

38 A. Smith (Pitsoa) 85:37

39 A. Grandon (Nort) 85:37

30 R. Grandon (Nort) 85:37

31 G. Grandon (Nort) 85:37

32 H. Kilby (Hun) 82:57

33 M. Deborne (SM) 89:12

34 D. Overton (Nort) 86:29

35 H. Hodoon (Hun) 88:09

47 E. Hodoon (Hun) 88:50

48 M. Parker (Mans) 88:09

27 E. Hodoon (Hun) 88:50

31 M. Wells (Horar) 90:29

32 E. University (Kman) 88:09

33 H. Wells (Horar) 90:29

34 E. Wells (Horar) 90:29

35 E. L'Globon (Horar) 90:29

36 E. L'Globon (Grand) 90:39

37 E. Hodoon (Hun) 88:50

38 M. Parker (Mans) 85:09

38 J. Holling (Un) 93:56

38 J. Holling (Un) 93:55

39 J. Hall (Mans) 95:29

30 H. Walls (Herrico) 93:55

30 H. Maller (Herrico) 93:55

31 M. Wells (Herrico) 93:55

32 M. Wells (Herrico) 93:55

33 M. Okborne (SM) 93:59

34 M. Wells (Herrico) 93:55

35 M. Okborne (SM) 93:93

35 H. J. Maller (Mans) 93:29

36 J. Maller (Mans) 93:29

37 J. Herrew (Mans) 93:29

38 J. Maller (Mans) 93:29

39 J. J. Maller (Mans) 93:29

30 J.

85 N Wells (Hensc) 92.55
64 M.Clingo (Un) 94.25
65 L.Gooch (GYva) 95.49
65 L.Gooch (GYva) 95.49
65 A.Copley (Cold) 95.50
67 D.Moir (Roadh) 96.59
67 B.Moir (Roadh) 96.29
69 R.Biggs (Fairl) 97.17
70 P.Suler (SiA) 99.19
71 J.Canhvright (Ryston) 99.19
72 D.Bowman (Closs) 100.23
73 P.Shakerpoare (Un) 102.32
74 D.Roman (Closs) 100.23
75 D.Whitmore (Elm) 108.50
75 J.Oalf (GYva) 109.29
75 M.Kesseiring (Bung) 109.28
74 M.Kesseiring (Bung) 109.28
74 M.Kesseiring (Bung) 109.28
74 M.Kesseiring (Bung) 109.28
75 L.Mathieson (Cold) 110.31
76 L.Hathieson (Cold) 110.31

M40 1 J Harvey 12.2, 2 T Komorek(Gst) 12.5 3 J Treadwell 12.6, 4 A Williams 12.6, M45 1 J McNamee 12.7, 2 T Ryan 12.8 3 P Facer 13.0, 4 J Mellor 13.3

MS0
1 R Wight 12.7, 2 J Hurley 12.9
2 D Whitton 13.5
MS5-60
3 D Whitton 13.5
MS5-60
1 A Blackman 13.0, 2 W Guy 13.4
3 B Grittins 13.7, 4 G Cheetham 13.9,
5 M60 L LiBiman 17.0
M65-70-75
1 D Philox 15.0, 2 J Swinton 15.3
3 D Smee 17.2
4 M70 B Metcaffe 17.1
5 M75 L Maisey 21.5

3 M.Duff (Aid) 71:38
4 R.Prichard (Nene) 74:26
5 C.Holmos (Vaux) 74:35
6 R.Williams (Garthe) 74:55
7 B.Kew (StEd) 75:35
7 B.Kew (StEd) 75:35
8 R.Mawer (Lowe) 76:27
9 B.Lloyd (Brightion) 76:45
11 G.Marsden (WSuf) 76:51
12 J.Edwards (Linc) 78:21
13 T.Fone (Bush) 78:51
14 P.Hazed (Lincy) 79:46
15 B.Bromley (Duke) 79:54
16 D.Mawer (Stey) 80:01
17 R.Price (StEd) 80:02
17 R.Price (StEd) 80:02

16 D. Mawer (Stev) 80.01
17 R.Price (STEI) 80.42
18 G. Bowman (Fak) 81.01
19 G. Ayre (Bed) 81.13
20 G. Stack (Mans) 82.46
21 D. Starland (Woods) 81.03
20 G. Stack (Mans) 82.46
21 D. Starland (Woods) 83.03
22 D. McNab (Bed) 83.33
23 A. Stewam (Woods) 83.57
25 K. Watsh (Cold) 83.59
26 P. Hutchiston (Big) 84.56
27 D. Wilcook (Sale) 85.04
28 G. Haryward (Denny 85.31
29 J. Haddock (Gran) 85.40
30 K. Wilkinson (Brauns) 86.05
31 P. Arek Darins (Starla 86.43
30 K. Wilkinson (Brauns) 86.05
31 P. Arek Darins (Star) 85.24
33 R. Hadd (Starla 86.34
33 R. Hadd (Starla 86.34
34 D. Hutcheon (NorC) 88.22
35 P. Harrington (Pits) 83.20
30 P. Harrington (Pits) 83.20
30 P. Harrington (Pits) 83.20
31 P. Harrington (Pits) 83.21
31 P. Rager (Intel) 83.03
31 J. Hayer (Lark Cyd) 93.13
34 G. Noville (Barry) 90.44
34 C. Clarisk (Theil) 90.01
34 L. Locusers (VrVA) 90.13
35 J. Hipkin (Repton) 92.56
34 J. J. Hipkin (Repton) 92.56
34 J. J. Hipkin (Repton) 92.56
34 J. J. Hipkin (Repton) 92.56
35 K. Blank (Golb) 97.06
36 K. Blank (Golb) 97.06

48 J-Hjokin (Flyston) 92:56 49 J-Doggett (Hunt) 93:24 50 K Black (Cob) 97:06 51 M.Chambors (Plyston) 98:27 52 B Příce (RAF-HW) 98:04 53 T.BilhamteVAC) 100:06 54 LSavage (Stone) 101:15 56 B.Honeyman (PocleAC) 102:5 56 B.Honeyman (PocleAC) 102:5 78 B.Gathoric (Col) 107:5 58 R.Tucker (LonRR) 108:51 59 P.Gübson (GYar) 109:24 60 B.Rolle (Vegotarians) 117:19 M50

MS0 filths (Notts) 74:20 1 A Griffiths (Notts) 74:20 2 P. Andrews (Duke) 74:47 3 G.Bowman (Diss) 77:53 4 M.Turner (Liv) 77:12 5 J.Pelling (C&C) 77:42 6 J.Wright Duke) 78:06 7 J.Mills (Spark) 78:49 8 D.Cannon (Fairly 79:13 9 J.Taylor (Heaton) 79:27 10 T. Stothard (SCVAC) 79:

2 J.Mills (Sparry, 1449 8 D. Cannon (Fairl) 79:13 9 J. Taylor (Heaton) 79:27 10 7. Storhard (ScVAC) 79:23 11 P.Lusardi (Ips.J) 79:35 12 P. House (Mood) 80:32 28 13 D.Desborough (NLAC) 81:28 14 R.Goold (Wessay) 81:29 15 I.Vaughan-Arbuckie (Ryston) 81:41 16 D.Beane (Wessay) 81:29 15 I.Vaughan-Arbuckie (Ryston) 81:41 18 D.Fereday (Barr) 82:44 19 K.Overy (GIYar) 83:03 20 W.Perry (Mood) 84:06 21 C.Brooks (Plas) 85:44 22 B.Linday (Lewis) 85:49 23 J.Burroughs (Ips.) 85:51 24 4. Walker (Cheirra) 86:57 24 A. Walker (Cheirra) 86:07 25 J. Fordham (GEO) 87:10 27 M.Sireet (Plas) 87:47

1 W45 R Allcock 14.3[CBP] 2 W35 J Warren 15.2[CBP]

1 J Harvey 24,5, 2 T Komorek/Gst) 25.1 3 A Williams 25.4, 4 G Pope 26.1, M45

J McNamee 26.3, 2 B Charles 26.6 P Facer 26.7, 4 T Ryan 27.0, M50 1 R Wright 26.8, 2 J Hurley 27.5, 3 J Torns 27.7, 4 Whitton 30.2

3 J Torns 27.7, 4 trims 28.0, 2 W Guy 28.0 1 A Blackman 26.0, 2 W Guy 28.0 3 B Griffiths 28.2, 4 G Feast 28.6, M60.65-70 1 M65 P Mainn 31.2, 2 J Swinton 32.4 3 M60 J Hay 32.9 5 M60 D Hay 32.9 5 Women

Vomen I W45 Allcock 29.8 2 W35 Warren 31.2[CBP] 3 W45 Charles 32.1

400m M40
1 J Treadwell 53.7(CBP), 2 Pope 55.0
3 Harvey 55.2, 4.D Hayward 57.8, 5 M Corboy 59.2, 6 C Lawn 59.8
M45
1 McNames 57.5, 2 N Jackman 58.4
3 Facer 61.3
M50
1.8 Bantholomew 57.5, 2 C Beckwith 61.04, 3 Whitton 61.

M55-60 1 Blackman 58.4, 2 Feast 62.7 3 J Hemming 67.8, 4 M60 J Hay 69.9 5 T Shilling 80.9 5 T Shilling 80.9 Women & M65-70 1 W45 Alcock 67.1, 2 W35 Warren 70.9, 3 M65 B Nielscan 71.0 4 M70 L Price 76.8, 5 M65 Munn 77.0

MO-45

1 Treadwell 2/02.7[CBP],
2 D Spencer 2:03.4, 3 A Painter 2:04.0
4 P Hamilton 2:04.0, 5 J R Bannister 2:08.0,
6 D Hayward 2:10.0, 7 M45 McNamee
2:18.0, 8 R Turney 2:20.0
18 Bartholomew 2:09.3[CBP]
2 R Davidson 2:14.9, 3 C Beckwith 2:18.7,
4 D Coward 2:28.8, 5 M55
J Stephenson 2:39.9, 6 J Godbeer 2:43.7

28 C. Weight (Sticl) 87:58
28 P. Urchasself All 8:29
30 G. Hendry (PBRR) 89:29
31 M. Sawyer (Barn) 90:22
32 J. Howlett (Van) 91:51
31 M. Sawyer (Barn) 90:22
32 J. Howlett (Van) 91:51
33 J. Alksen (Lun) 92:23
34 M. Jones (Carri-I) 94:57
35 M. Morris (Mans) 95:01
36 K. Vernon (Mans) 95:02
37 R. Earham (Sk) 95:52
38 R. Frewire (Poole AC) 96:21
38 R. Crope (Waske) 96:50
40 L. Andrews (Mans) 96:56
41 E. Yatase (Bod) 99:15
42 G. Foulds (Norf) 100:40
43 P. Barnfather (Granta) 101:54
44 B. Caiger (Bed) 104:01
45 B. Harding (PpJ) 104:45
68 B. Chirlwers (Whor) 107:13
47 M. Holland (Un) 108:47
48 P. Pershins (Dias) 110:35
48 P. Rosborous (Un) 100:47
48 P. Pershins (Dias) 110:35
49 R. Desborous (Poole 91:56
41 D. Honder (Mans) 98:24
41 J. Chandler (Wan) 82:41
51 J. Wood (Barn) 79:24
52 C. Oliver (J. LAR) 91:11
51 J. Waller (Bed) 18:47
51 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:38
71 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:38
71 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:38
71 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:38
71 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:39
51 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:39
51 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:39
51 J. Abel (SCXVC) 87:59
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51 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:39
51 J. Abel (SCXVC) 87:59
51 R. Staws (FBG) 86:39
51 J. Abel (SCXVC) 87:59
51 J. Abel (SCXVC) 87:

11 R.Stanton (MVAC) 96:36 12 A.Brown (L.Road-1999) 86:25 13 E.Fox (SCVAC) 101:31 14 M.McCowell (Ran) 106:34 15 R.Larbot (RALO) 106:18 16 R.Bell (WNor) 106:49 17 J.Bryart (March) 109:00 M65 1 J.Fraser (Cwle) 90:13 2 J.FrzGerlad (MSS) 93:08 3 E.Fyles (Vw) 95:43 4 A.Fraserley (Botton) 95:57 5 C.Posser (EMSL) 101:52

4 A.Fasmins (Botton) 99:57 5 R.Crease (TH8-H) 101:52 6 N.Jordan (NAC) 103:00 7 B. Robinson (Borden) 115:29 8 A.Good (NAC) 115:44 9 B.Woodruffe (Sal) 119:547 10 D.McMullen (Be) 120:59 12 D.Lord (PooleR) 142:14 M70

M80-55-70 1 M60 G Smith 228.8, 2 M60 K Crooke 235.8, 3 M65 R Nielsen 239.4(CBP) 4 W50 A Provse 243.3(CBP) 5 M60 J Hay 24.4, 6 T Rowley 245.7 7 M70 L Price 2:53.4(GBP), 8 M60 Shilling 2:58.4, 9 M70 E Flowers 3:01.6, 11 M75 L Rolls 4:33.0

M40

1 Hamilton 427.0.2 8 Cane 4:30.1

3 D Spencer 4:32.3, 4 Painter 4:34.4, 5 J Brooks 4:55.2

M45.50

1 M50 Dort Williams 4:34.0

3 M65 A Stone 4:45.2, 4 M50 F Jeans
4:52.9, 5 M45 Tumey 5:10.5

M55 Odober 5:56.

M55 D. M50 Godber 5:76.5

M55 J. Chlana 4:47.2, 2 JD Wood 5:76.1

M55
1. CPHara 4:43.7, 2 JD Wood 5:05.1
3 J Leith 5:13.7, 4 Stephenson 5:30.6
M60-75 W50
1 M60 G Smith 5:03.2(CBP)
2 M65 Nielsen 5:43.1
3 W50 Prowse 5:49.9(CBP)
4 M60 Rowley 5:51.5 M70 E Flowers
6:18.4, 7 M75 L Rolls 7:29.9

M35 N Novembarn 17:14,6
2 M35 D Case 17:36
3 M55 D Patte 17:46
4 M55 D Case 17:36
3 M55 D Patte 17:46
4 M55 JD Wood 18:25 & L Fonster 18:25,
6 M60 R Franklin 18:35, 7 M60 R Belimore
19:04, 8 Leith 19:06, 9 M55 D Ponter 19:13,
10 W35 S Carekwell 19:42, 1 M55 S Izzard
19:46, 12 Crooke 20:02, 13 Stephenson
20:16, 14 M65 J Frzgorad 20:39, 15 M55 Creese 20:54, 16 W50 Prowse 21:30(CBP),
17 Shilling 21:39, 16 M70 J Fowers 22:44,
19 W45 Jill Smith 23:25, 20 W55 B Nortish
23:39, 21 M60 P Vine 24:29, 22 M75 Rolls
26:27.3

2 C.Mognin (WoodG)120:31 W38 1 J.Barus (Chelt) 84:02 2 S.Barker (PooleR) 84:57 3 D.Marsh (NorO) 85:41 5 K.Dawyer (Right) 91:11 5 K.Dwyer (NorO) 93:15 6 E.Harferdorp (Wymondham) 95:44 7 J.Charlesworth (Nort) 100:06 9 J.Rogerson (Dere) 100:28 10 C.Gragg (North 107:20 11 C.Mason (Corby) 107:51 12 G.Holmes (March) 113:58 13 S.Barnet (Col.) 115:25 14 K.Barlow (Wy) 123:19 W40

14 K.Barlow (Wy) 123-19
Wa0

1 F.Sperke (Not) 83-34

2 F.Saperke (Not) 83-34

2 F.Saperke (Not) 83-34

3 S.Tin Yeo (Nav) 90-03

3 S.Tin Yeo (Nav) 90-03

3 S.Tin Yeo (Nav) 90-03

5 S.Goold (Nav) 96-06

6 C.Lan (807-09) 90-20

7 J.More (Not) 90-20

8 K.Bisham (ASC) 125-35

8 K.Bisham (ASC) 125-35

8 K.Bisham (ASC) 125-35

8 K.Bisham (ASC) 125-35

9 J.Authenon (Wigan) 94-25

9 J.Authenon (Wigan) 94

Women all ages 2 to score polimes)
1 Norfolk Olympiades 176:56
2 Notfaat RRC 183:40
3 Serpentine 194:54
4 St Albans Striders 206:10
5 Mansfield 220:34
6 Shafhesbury/Barnet 221:54
7 Bromley Ladies 229:47
8 Harringey 242:43
9 March A.C.242:51

1 M45 P Hannell 13:47.2, 2 M45 P Cassidy 15:55.6 3 M55 J Dunsford 15:31 4 M40 W Sutherland 15:38, 5 M60 P Worth 15:57(GBP), 6 M55 K Livermore 16:20.8, 7 W46 S Morrison 16:50.3, 8 W60 M Worth 17:27.8, 9 M40 F Thorn-ason 17:39.8, 10 M60 S Bennett 18:05, 12 M60 C Gittins 21:47.7 3000m Walk

21347.7. 13 M80 L Barrett 22:20.8[CBP], 14 M65 Parsons 24:17

High Jump M40 1 J Vernon 1.53, 2 Treadwell 1.50 M45 1 Charles 1.40, 2 Terry Ryan 1.30 M55 1 C Knowles 1.35, 2 J Day 1.26 W45 J Charles 1.23

Long Jump
M40 J Vernon 5,91[CBP]
M45 B Charles 5,20
M50 I Whitton 4,87 2 Hurley 4,80
3 Coward 4,52
M55 I Knowles 4,37, 2 Day 4,17
M55 I Munn 3,97 2 Swinton 3,91,
3 Philicox 3,67
W45 J Charles 4,50[CBP]

M) 36:16, M55 37 J Chandler(Waverley) 36:32, 46 M Ball(Pisea) 37:34, 61 B Ferris(Ivanhoe) 38:06, 70 C Potamore(VAC) 38:27, 78 J

Cross Country 10K

1440 Van Noten 33,06 4 A.WHITFIELD

46:37.70 W60 Sogstad(Not) 43:42:0 6 J.ROSS 47:22:50 10 J.SMITH 50:24.80 W65 Dashwood 46:17:3 W70 Dixon 50:29:7 W75 Luther 54:14:7

54:08 M45 Robertson 33.12 2 Heffernan 33.49 3 PRESLAND 34.08 5 DUFF 35:23 M50 Robinson 33.58 4 JAMES = 35:16 ... 8 G.HARROLD 36:54 M55 Van Onselen 36:25 4 E.RICHARDSON 33.49 ... 3 PRIESLAND 34.08 ... 5 DUFF 35.23 MNO ROOMSON 35.8 ... 4 JAMES 93.23 MNO ROOMSON 35.8 ... 4 JAMES 93.16 ... 8 G.HARROLD 36.54 MS5 Van Onselen 36.25 ... 4 E.RICHARDSON 37.12 M80 Turnbull 38.17 ... 4 C.SIMPSON 99.57 ... 6 R.FRANKLIN 40.06 MS5 Samuelson 41.08 ... 9 JAMEN 99.57 ... 6 R.FRANKLIN 40.06 MS5 Samuelson 41.08 ... 9 JAMEN 99.57 ... 6 R.FRANKLIN 40.06 MS5 Samuelson 41.08 ... 9 JAMEN 99.57 MS5 SAMUELSON 99.57 ... 6 JAMEN 99.57 ... 6 JAMEN 99.57 MS5 SAMUELSON 99.57 JAMEN 99.57 JA

Marchon

May 1 A Pabon(Col) 2:28:57 — 8 A Lamb
2:42:56 M85 F Synth(Aus) 2:24:17 — 52
2:42:56 M85 F Synth(Aus) 2:24:17 — 52
5:RTZPATRICK 3:22:20 — 56
5:STANSRELD 3:28:22 M50
1:STANSRELD 3:28:23 M50
1:STANSRELD 3:28
1: LONDERWOOD/2:55:50 W40 H.Stenbaik(Not) 2:54:40 8 M.GOVENDER 3:11:51 W45 T.White(US) 3:06:20 2 A.GOMER 3:31:02 W50 M.Ellis-Smith (Aus) 3:10:03 W55 B. Robinson(US) 3:24:46 2 J.GOODY 3:38:10 M60 3:24:46 2 J.GOODY 3:38:10 M60 3:48:35

RESULTS · RESULTS · RESULTS · RESULTS ·

Abeli (SCVAC) 38:59
M60 73 K Fotherby (Flan) 38:43, 78 G.
Smith (Elon M) 38:45, 117 K
Bray (Woodlord) 41:33,
M70 134 M Huchnigs (Straggiers) 50:25
W48 67 C Oxton (LRIC) 38:25, 122 M
Todd/Wolking J 4270, 178 V.
Futbank/Lawrening J 48:06
W40 100 P Basker/Serij H 024, 124 C Ie
Flem (Rasing) 42:16, 168 B Cossins (VAC)
45:34 W35104 H Walker(Serp) 40:40, 137 J Platt(Southend) 42:37, 134 R Taylor(LRRC)

42:53 W50 106 P Jones (Illord) 40:41, 170 C-Hearsey(Fleet & C) 46:23, 205 R Locke(Tooting) 52:19 219 ran Team Men 1 Woking AC 35, Women 1 London Road Runners Club 32, 2 Serpentine RC 39

NEVAC 10M CHAMPS MORPETH 9 JULY M4011 Matthews 64.22. 2 M McNally 100.55, 11 K Girm 165.29. 4 McNally 100.55, 11 K Girm 165.29. 4 McNally 100.55, 11 K Girm 165.29. 4 McNally 100.5754, 2 D Thomton 58.22, 3 L Lind 59.29 M501 F Docklery 57.50, 2 J Walker 50.00, 3 S Mottet 59.24 MS5 1 W Ramage 69.50, 2 J Melville 62.25, 3 G Freeman 66.18 M601 R Pearl 61.22, 2 G Shortland 71:10 M65 R Walker 90.59 W35 1 A living 60.22, 2 E Smeo 71:17 W40 1 R Haggan 61:24, 2 S Kirkup 64:28, 3 S Wilson 71:11 W45 H Simpson 72:53

BVAF 10M Road Championahip
Cswestry August 6
MAO 1 A Holden (Tiston) 51:31, 2 R Smith
(NEVAC) 53:03, 3 G Jonnes (S'Hampton C)
53:23, 4 C Foy (Blackburn) 53:45, 5 D Evans,
(Cardif) 54:11, 7 G Mercékh (Cart H)
54:25, 9 J Bell (Clarerront) 54:42, 9 S
Curran (Salorios) 55:16, 10 J Fr (Fellord)
55:30, 11 T Coyne, (Tiston) 55:57, 12 B
Russell (Dulley & K RC) 56:55, 12 B
Russell (Dulley & K RC) 56:55, 13 J Aston
(Les Croup) 57:42, 14 J Walton (Wolves & B)
Bl) 58:04, 15 C Ripby (L'Dool Peril 58:26), 16 J Baylies (Tiston) 58:36, 17 C Gavanaph
(Warrington AG, 99:02, 17 P Draise (Tiston) 58:23, 18 P Robotns (Prestatyr) 59:43, 19 D
Walsh (Les Croup) 59:25, 22 O Ribbins
(Poole) 60:47, 21 A Fynn (Pressey H)
67:10, 22 A James (Prestatyr) 51:43, 19 D
Walsh (Les Croup) 59:25, 27 O Ribbins
(Poole) 60:47, 21 A Fynn (Pressey) H
Rrown (Lies Croup) 59:27, 26 G Phillips (Salo)
62:22, 28 R McGall (Ale & Dist) 53:10, 18 C Pressey
19 C Pressey (Pressey) 19 19 C Pressey (Pressey)

92:18 W45:1 E Haines (Gloucester) 70:03, 2 D Testaristance (Gloucester) 72:57, 3 J Cla (Wgan) 91:39 W50:1 J Alcheson (Wgan) 73:02, 2 M Gartfell (Wrasham) 82:11, 3 S Arnold (Abergele) 88:49

OPEN YETS RACE
Men 46/44 (P. C/A); Fleevee (Kendal)
50/2, 2 T Exara (Bredysinni) 60/02, 3 C
Clode (Mold) 62/24
C050 1 M Ward (Haborough) 62/17, 2 P
Blunden (O60, Brodysinni) 68:11, 3 J Cooke
(Des Sitriders) 71:15
Ledden 10 T-Marroy (Amazing Feet) 64/28, 2
P Emery (Tellard H) 72:32, 3 S Reed
(Placed) 86/24.

ISLE OF MAN MARATHON AUGUST 20

M40 C Halsall (Manx) 2:43:30, 8 R Taubman (Western) 3:00:03, 20 B Carlidge (Bourton) 3:18:57, M45 11 A Kelly (Boundary H) 3:11:33, 18 M

M50 19 E Kawanajh (Kawanajh Sir) 3:18:16, 25 Carroll (Kawanajh Sir) 3:18:16, 25 Carroll (Kawanajh Sir) 3:28:33, 33 B Wilkinson (Unatr) 3:47:55 055 23 J Girmon (IOM AVI) 3:27:42, 41 C Vermank (Manx AC) 4:06:00 065 32 J Fitzgerald (Micham & Sutton) 3:41:49 3:41:49 IOM Championship 1 C Haisall (Manx) 2:43:30, 3 R Taubmun (Western) 3:00:03

W40 40 Z Vermack (Manx) 4:06:00 W45 23 D Madden (Stockport H) 3:24:33, 35 A Gomer (Manx) 3:51:03, 45 R Banka (Stone Master) 4:24:49

(Souther Act John Mann) 1:24:06, 18 S Sille (Chorley) 1:28:38, 21 B Cowley (Southern Act J. 130:15 MA5 16 D Corrin (Mann) 1:27:54, 31 C Bowen (Unail) 1:36:28, 33 J McGivern (IOM AVA) 1:38:34 M State (Western) 1:44:00, 52 L Booth (Unail) 2:27:55 M S 48 M Askoy (Unail) 2:27:55 M S 54 S M

VETERAN LADIES W35 35 D Wilson (IOM AVA) 1:38:42 W40 49 C Jouchin (Boundary) 2:06:49 Northern VAC T&F Champs Stockport 4 June

June
100m
18 Townley 11.5
2 P Burns 11.7
3 D Picketing 11.7
3 D Picketing 11.7
4 R Simpson 11.8
M45 1 R Walton 12.6
2 V Blanchard 12.7
3 G Lawrenson 13.2
M50 D Horman 13.2
M50 D Horman 13.2
H Ecclos 14.1
M60 1 J Moran 13.6
M65 1 A Bowdler 13.8
M70 1 L Watson 15.3
1500m
M40 P Levison 4:18.1
2 J Carter 4:25.4

M70 11, Watson 15.3
1500m
M40 1P Levison 4:18.1
2 J Carter 4:25.4
3 T Aftey 4:29.4
M45 1 M Smith 4:18.5
2 F Watsh 4:20.3
3 D Cowgll 4:37.5
M50 1 S. Larmes 4:24.1(CBP)
2 D Comwall 5:01.2
2 E Wid 4:93.7
3 M Mornil 4:45.3
M60 1 H Tompan 5:00.1
M70 J Shelson 6:31.8
W35 J Jones 5:42.3
W36 J Jones 5:42.3
W36 J Johns 5:42.3
W40 C Wid 5:05.1(CBP)
W44 C Wid 5:05.1

W45 J Dolan 5:29.7
400m
M40 1 G Peol 5:3.9
2 R Brown 54.4
3 M Hopwood 55.5
4 J Creaty 55.6
4 J Creaty 55.6
4 S Walton 55.9
2 Blanchard 56.3
3 Lawrenson 58.2
M50 1 J Newcombe 55.5
3 L Coke 59.7
M55 1 Parnaby 58.8
2 K Whitaker 58.9
3 D Howarth 64.0
M60 1 E Moran 70.5
2 Wigley 70.6
M75 D Kng 74.49(CBP)
W60 M Shone 76.9(CBP)

W00 M Shone 78.8[C8P] Hurdles 110mH M40 M Bousfield 17.8 M50 C Shafto 17.4 400mH M40 B Chapman 73.7 900mH M50 I Shafto 45.3[CBF 2 Baron 46.3 M52 Whitaker 49.1[CBP]

M40 1 M Holmes 37.3

1 M Holmes 37.3 2 Bousfield 31.3 3 Moore 28.8 1 JT Smith 30.889 2 JR Wright 30.89 2 JR Wright 30.82 3 G Smith 90.58 1 H Richardson 39.26 2 W Nicholis 29.10 3 T Driver 27.54 1 J Watson 39.10 2 I Buckley 27.24 2 J Betney 24.82 Jump

M55

3 J Betney 24.sc Long Jump M49 1 Bouslield 5.78 2 K Gibson 5.35 3 G Barent 4.72 M50 1 Newcorbs 5.49 M70 Watson 2.53 M75 J Murphy 2.60(CBP) Pole Vault M40 1 Bouslield 2.80 2 S Johnson 2.30

Southleid 2.80

S000m

M40 1 S Curran 15:17:1[CBP]

2 A Bradshaw 15:42.0

M45 1 F Walsh 16:17.4

2 JB Clarke 16:19.1

M50 1 Jumes 15:53,1[CBP]

M55 1 Jumes 15:53,1[CBP]

M55 1 Wild 18:05.4

2 B Regens 19:28.8

3 B McGulgan 18:40.4

3 B McGulgan 18:40.4

3 B McGulgan 18:40.4

3 B McGulgan 18:40.4

3 B McGulgan 18:40.8

1 W Marshal 17:31.5[CBP]

2 C Betts 19:02.9

M55 1 E Joynson 20:03.4[CBP]

M70 Sneison 22:33.8[CBP]

W40 1 Wild 18:20.0[CBP]

2 B Bradshaw 19:17.6

3 Jones 20:08

45 1 A Nailly 19:31.6

2 J Altcheson 20:51.5

D0m

M40 1 B Townley 22.5[CBPI

2 P Bumes 22.5[CBPI

2 P Bumes 22.5[CBPI

2 P Bumes 22.5[CBPI

200m M40 1 B Townloy 23.5(CBP) 2 P Burns 24.0 3 D Pickering 24.2 3 Pickering 24.8 3 Section 24.9 Barchard 25.9 3 G Lawrenson 26.2 M50 1 Baron 26.7 2 D Herman 27.7 M55 1 B Parnaby 26.4

2 Whitaker 26.7 M60 1 B Ellison 28.2 2 J Moran 28.2 M65 1 A Sowdler 29.1[CBP] M70 1 L Watson 32.1 W40 M Williams 29.7 1 Holmes 12,14

2000 AMA 1 Holmes 12.14
2 Bousfield 10.73
3 Allen 9.90
M45 1 JT Smith 10.72
2 How 9.68
M50 1 Fikhardson 10.56
M55 1 J Watson 10.38
5 1 J Watson 10.38
5 1 J Watson 10.38
5 1 J Watson 10.38
M50 E Cheelham 8.20
M75 J Murphy 6.32(CBP)
W45 R Schelham 8.20
M75 J Murphy 6.32(CBP)
W45 R Schelham 8.20
M75 J Murphy 6.32(CBP)
W45 R Schelham 8.20
M75 J Murphy 6.32(CBP)
M40 1 Bousfield 11.09
2 Moore 10.92
3 Barratt 10.85
4 B Chapman 10.25
M45 1 J Newcombo 11.53
2 Driver 10.33

2 Driver 10.10 High Jump M40 1 Moote 1.6 2 Chapman 1.40 M55 1 Shaho 1.55[CBP] 2 Driver 1.30 W40 Williams 1.30[CBP=]

W40 William 16.72
Javetin
M40 b1 Allan 46.72
Z Moore 33.80
3 Bousfield 33.58
M45 G Smith 98.42
M50 1 Driver 35.26
Z Richardson 33.80
M55 Morrell 38.70

MS5 Moreal 38.70
800m ornell 3 on 2:20.7

6 R Scott(West) 18-147.7
T L Procious(W65) 20:47.7
Hammer
M40 1 Holmes 40.48
M45 1 How 33.68
2 JT Smith 24.52
M50 H Richardson 48.78[CBP]
M55 1 J Watson 35.48
M60 W Cheutham 25.42[CBP]

M60. W Cheetham 25.42(GBP)

NEVAC v SVHC MATCH JARROW TYNE
5 WEAR 26 AUGUST
Event points at end in order [NE]/(SV)
100m M401 B Brights|NE| 12.2.2 D
100m M401 B Brights|NE| 12.2.2 D
100m M401 B Brights|NE| 12.2.2 D
100m M40 B Brights|NE| 12.2.3 J
100m M40 B Brights|NE| 15.8.3 J
100m M40 B Brights|NE| 15.8.3 J
100m M40 Brights|NE| 15.3.3 M60 Peart|NE| 73.3, A
100m M60 Brights|NE| 15.3.3 M60 Peart|NE| 73.3, A
100m M60 Brights|NE| 15.3 J
100m M60 Brights|NE| 1

| RosigSV| 57.6, T. Carrol [NE] 58.9, | RosigSV| 57.6, T. Carrol [NE] 58.9, | Ros Pearth | Reg | Rosig | Rosig

Shot Put m40 R Snolistor, 38, Briggs[NE]
7.31, Chamborian [NE] 7.17 M50
Freeban(SV) 1.4.0, Pyn(NE] 0.78,
Scot(SV) 9.68 M60 Latien(NE] 10.53,
Michnes(SV) 7.86 car(NE] 7.56 8020,
Michnes(SV) 7.86 car(NE] 7.56 303,
Michnes(SV) 7.56 car(NE] 7.56 car(NE] 7.56 car(NE] 7.56 car(NE] 7.56 car(NE] 7.56 ca

200m C Wake(GH) 31.3, A Bilight(Eis) 34.1 C Scheult(Durham) 34.2 1500m K Dowlon(Law) 5:05, C Hay 5:11 3000m Hay 11.22 Long Jump Dowson(Law) 4.20, Hay 3.36, Bilight(Eis) 3.05

MALES Swansea MALES
2 Swansea
2 Cardiff
3 Neath
4 Newport
5 Rhondda
6 Port Tabot
7 Bridgend
8 Beddau
9 Llanelli
10 Pegasus
11 Torfaen
12 Caerphilly 440 540 386 384 162 114 95 94 34 30 11

25 Jul Bartin 24.6, 800m K Lancey 2072, 3000m B Plain 907.8, Reley Swan-soa 357.9 TJ G Benson 10.76, JT T Roberts 82.0, PV Benson 3.70 HT J Walters 25.84 15 August Cardiff 100m Austin 12.1 400m Lancey 82.9 67 Austin 56.2 1900m Plain 4.14.3 Reley 4x60 Swansea 3149, 15het Walters 11.84 LJ S Power 5.34 HJ Power 1.65, PV R Davies 2.20 All Winners and Stadium records - this was the first ever event in the new Cardiff Athletics Stadium

FEMALES	Jul	Aug	Eins
1 Newport	141	163	506
2 L Croupiers 116	114	443	
3 Cardiff	140	159	441
4 Rhondda	8		84
5 Beddau			62
6 Bridgend	8		22
7 Ammon Valley		10	
25 Jul Barry 200r	n S Per	igilly 29.4	800m
D Davies 2:38.4 4	00m D	avies 69.8	Relay
Cardiff 5:05.8 HJ	J Bees	e 1.20 DT	Beese
38.86 JT Beese 2			

38.88 JT Bosco 27.98. 15 August Cardiff 100m Pengilly 13.9 800m Davies 2:34.6 1500m C Collier 5:11.3, S Neal 5:12.6 Relay 4x400 Cardiff 4:56.5 HJ S Horton 1.05.LJ C Fereday 4.06 SP Beese 10.83 DT Beese 37.96 EVAC T&F CHAMPS CORBY 17 SEPTEMBER

SEPTEMBER 100M
Ma0 1 S Mee 12.5 2 R Abdy 12.5, 3 G Popo 12.6 Ma0 1 S Mee 12.5 2 R Abdy 12.5, 3 G Popo 12.6 Ma5 1 Finaler 11.7 M50 F Taylor 12.6 M65 A Lovel 14.4 M70 C Fairey 14.8 M70 C Fairey 14.8 W33 G Welford 13.7 W40 M Barrett 14.2 W45 R A Ricock 14.9 W50 E Holmes 16.7 W50 F Arms 16.2 W65 P Taylor 19.6

M40 Mee 25.5 M45 Foster 24.3 M50 D Burlon 24.5, 2 Taylor 25.6 M55 Dabnom 27.7 M60 Cross 27.8 M65 Lovett 30.3

M65 Lovett 30.3 M70 C Fairey 31.9 W35 G Welford 28.2 W40 M Barrett 30.8 W45 M Hocknet 26.6, Allooch 29.1 W50 E Holmes 35.3 W55 S Suddens 40.6 W65 P Taylor 43.5

400m M40 Pope 54.4, S Graham 55.7 M45 Foster 55.4 M50 Taylor 57.5. Burton 58.2 M65 C Nuttal 71.4 M70 B Taylor 91.9 W35 G Welford 64.5 W36 W Monk 79.4 W45 M Hocknell 64.2, J Towler 71.3 Hormey 71.7 W50 E Holmes 78.6 W55 S 3

Hurdles 110mH M40 T Wells 16,0 100mH M50 C Shafto 16,3 100mH M50 C Shafto 16.3 M55 Daborn 18.1 80mH M65 Lovett 16.8 W45 M Olioy 16.8 400mH M60 1 Wels 60.99, 2 R Crosby 63.3 300mh M50 1 B Arris 45.6, 2 Burton 45.7 3 Shafto 45.7 M55 Disborn 49.2

M40 D Spencer 2:03,5 M45 T Young 2:07,9 M50 R Instram 2:36,6 M55 P Parmenter 2:51,4 M60 F Copping 2:56,7 M70 B Taylor 3:29,8 W35 A Smitt 2:30,3 W40 M Williams 2:39,3 W45 Homsey 2:35,9 W50 Holmes 3:07,2

1500m M40 J Smith 4:20.3 M45 R Scholes 4:34.5, 2 Darbon 4:34.5 M50 M Turner 5:06 M55 M Ball 5:03.6 M60 E Cooper 5:32.5 W35 A Smith 4:56.2, M Thompson 5:01.9 W40 Monk 5:51.8

High Jump M40 Abdy 1.55 M45 G Jephcott 1.50 M50 Shaft of 1.50, A Mackay 1.45 M50 G Hickey 1.45 M60 G Leete 1.40, Cross 1.35 M60 Leete 1.40, Cross 1.35 M60 Williams 1.20

Long Jump MAD Aby 5.23 MAD SO Josphoot 5.31 MSD Burton 5.33, Taylor 4.80, Shatho 4.74 M60 G Lisete 5.81 M85 Lovel 4.23 M70 B Melcafe 9.25 W35 Welford 4.30 W40 G Smith 4.05 W45 M Ciley 3.47

M40 P Greenrall 10.82 M50 P Hailett 12.23 M55 P Hailett 12.23 M55 Hickey 12.32 M55 Hickey 12.32 M55 J Gercs-9.69 M70 B Metcalfe 9.62 W35 C Gooch 4.48 W40 B Terry 10.61 W45 Oldy 5.64 W50 Holmes 7.02

Discus
M40 D Webster 33.10
M45 J Smith 29.66
M50 P Hallert 35.80
M60 K Brookman 32.96
M65 J Gercs 35.42
M70 B Metcalle 25.16

Javelin M40 Wells 36.52, Abdy 34.36 M45 C Lawson 37.76, R Williams 34.46 M50 Mackay 37.66 M50 Mackay 37.66 M50 C Sc.2 M60 C loss 31.36 M65 J Gents 26.66 M70 C Fairey 19.92, B Metcalfe 19.46 M46 C liber 15.

REDDITCH & DISTRICT SPORTS COUNCIL VETERANS LEAGUE

Div West Men R Sutton Coldfield Rushin Coldield Rushy Birchfield Solinuli &S Heath Coventry Godiva Dudley Stourbridge Div Weat Women Birchfield 103 108 43 18 R Sutton Coldfield Rugby Dudley Stourbridge Division South Men Stourport Broms & Redditch Boro Sandwell rcester ision East Men 111 88 52 56 20 22

Nota 59 22 5

Div West Sutton Coldineld 8 Jun

200m G Cassidy(SSH) 24.0, 6': R Taylor

(RSCI 22.7, 800m D Cowley(Rlug) 200-3.

OSO W Morgan(Bild) 22-83. 3000m D

Potts Bild; 92-1.6, 2000W K Richards[Rug]

92-8. LJ Cowley(Rug) 5.94, 0': 50 R Taylor

(RSCI) 47-8. JT R Taylor (RSC) 93-92

See Sutton C Morrisipii 30.2 800m C

Rofason(Rug) 2-34.6, 3000m C

Rofason(Rug) 10-54.6, 2000W P Horwill(DS)

11:57.7 LJ R Hinds(RSC) 4:29

UY South Redditch 8 Jun

200m B Cutler(Str) 26.0, 2000mW R Care

83:59 3000m D Hope(Worl) 947.2 LJ B

Cutler(Str) 5.35 JT P Goodard(Worl) 34.60

Women 2000m B Cardy-Wisse(BR) RI]

10:02.9 2000mW S Haynes(BR) RI]

11:55 KJ

Rohmens(Holes) 1.30 DT R

Chrimes(Holes) 1.30 DT R

Chrimes(Holes) 1.30 LT R

Chrimes(Holes) 1.30 LT R

Hulls [Brom] 1.30
<u>Dt. West</u> date not stated TJ D Cowley
[Rug] 11.99, J Toplies 11.23 1500m S
<u>Winning SH 427.8 HJ D Cowley [Rug] 13.90</u>
<u>J Toplies 11.23 1500m S
<u>Winning SH 427.8 HJ D Cowley [Rug] 13.</u>
<u>J To Price [SSH] 44.50 Women 200m C
<u>Cox[Rug] 28.8 2000W P Horwill 11.46.5, Y</u>
<u>Withors [DS] 11.58.9 400 M Pour[Br] 67.7
1300m C Rollsson [RSC] 51.6.6
<u>DTI B Bevan [Br] 27.58</u></u></u></u>

MVAC Pentathion 1 Cowley, 2 Ross, 3

MVAC Pentathion 1 Cowley, 2 Rosa, 3 Conboy
M40 1 D Cowley (6.01, 31.90, 23.7, 23.84, 443.5) 3209 pts, 2.1 Dunn 2629
M45 1 J Conboy (4.96, 34.58, 26.7, 28.58, 53.4) 9, 281; 9,

26.38, 550.8] 2800 pts, 2 J Quantrell 220 3 N Carter 1341, 27.78, 30.5, 20.86, 63.10, 2702 pts, 27.8, 30.5, 20.86, 63.10, 2702 pts, 27.8, 20.5, 24.1, 30, 4, 28, 24.20, 24.89 pts, 24.6, 12.3, 40.2, 24.00, 24.89 pts, 2 C Morris 2505 (Ad.F. Spores Cowley 2616, Conboy 2048, Frost 261, 15.6, 24.6, 12.3, 40.2, 10.1, 25.34 pts, 2 C Morris 2505 (Ad.F. Spores Cowley 2616, Conboy 2048, Fromptier 19.23, Charles 16.38

Brownier 1823, Charles 1638
Throws Quadathlon (35lb Hammmer, Hammer, Javein, 55nd, Discus)
Overall 1 Biyton, Richardson, Murphy
Math 1 G Biyton, Richardson, Murphy
Math 1 G Biyton, Richardson, Murphy
Math 1 G Biyton, 11,74, 43,50, 42,74, 13,52,
38,71) 2903 pts.
2 M Loath 2107, 3 M Bousfield 1808, 4 T
Rioper 1756, 5 J Deaton 1368
M55 1 J Marboy (11,72, 41,16, 37,20, 9,97,
28,84) 2349 pts.; 2
M Ermens 2020
M50 1 H Richardson (9,97, 47,54, 37,60,
10,8,37,90) 2555 pts.; 2 B Summer 1809,
3 G Brown 1602, 4 D Burton 135
M55 J Wathon (9,95,35,18, 27,00,10,77,
36,08) 2170 pts.
M50 1 I Smiss (7,53, 22,22, 32,14, 9,37,
34,86) 1670 pts.; 2 M Carter 849
W35 B Terry (554, 22,18, 26,64, 10,01,
15,56) 1618, 2 J Murray 1277, 3 B Blurton
1277, 4 M Wixey 562
Graded 100 varias Men. 'A'

1277, 4 M Wirey 502

Graded 100 yards Men 'A'

1 R Austin 11.3

2 R Capitis 12.0, 9 P Overen 12.1

4 S Graham 12.7, 5 J Robinson 13.0

Womens A 1 M Mills 12.0

2 N Wirey 13.0, 9 P Taylor 14.0

2 N Wirey 13.0, 9 P Taylor 14.0

2 Austin 24.2, 3 Buran 24.4

4 Robinson 24.4, 5 Capitis 24.6

Women 1 Mills 24.1, 1 Yaylor 25.0

Weod [Taylor 14.0

2 P Richardson [Taylor 14.0

2 P Richardson [Taylor 15.1], 3 M Wirey 15.0

2 P Richardson [Taylor 15.1], 3 M Wirey 15.0

4 N Lumber 15.13, 3 N Wirey 15.0

4 N Lumber 15.13, 3 N Wirey 15.0

4 N G Davise [Bir] 34.50, 5 M

5 Buttler [Bir] 34.50, 5 M

5 Buttler [Bir] 43.25, 6, M50 R

M45 J Buttler [Bir] 43.25, 6, M50 R

M45 J Buttler [Bir] 43.25, 6, M50 R

M50.03, 7 N Morgan [Sipi] 37.70, 8 M Or Cashmore [Risc] 56.0, 8 M S • P Morrie [Loz] 36.54, 2 G Oliver [MYAC] 37.25, 8 M O C Simpson 39.42.7 M 70 E Wannick 51.15

WELSH VETERANS AAA CHAMPS 1989

WELSH VETERANS AAA CHAMPS 1989 10,000m M40 1 DO Lowis[Swan] 34:18.2 2 J Poston[Swan] 34:36.8, 3 D Roy[New] 2 J Poston[Swan] 34:36.6, 3 D Roy[New] 37:03.8 M50 1 J O Brien[Brid] 35:10.9, 2 J Evans[Neath] 37:15.0, 3 E Hughes[Brid] 38:01.3, 4 LE Evans[Swan] 39:35.5, 5 J Colline[Swan] 40:15.8 W35 S Neal(L Croup) 38:17.8

5000m M40 1 J Poston 16:38.9 2 D Fereday 17:36.6; 3 D Collier 17:45.4 M45 D Crowder 19:49.6, M50 J O'Brion 17:07.6, J Evans 18:08.4 W35 D Burntall 20:12.8

1500m M40 1.D Vaughan 4:12.1, 28 Plain 4:14.1, 3 J Davies[PT] 4:40.8 M50 A Haggins 4:40.3, 2 E Hughes 4:421.0, 3 B. Russell 4:45.6 W35 C Coller 5:224, 2 D Burntall 5:30.2, W55 M Loudon 6:15.5

900m 1 K Lancey 2:09.8, 2 DRW Lewis 2:14.1 M45 M James 2:19.4, M50 Higgins 2:15.5, 2 Russell 2:20.2 W40 D Davies 2:42.7, W55 Loudon 3:05.9

200m M40 N Lewis 25.3, M45 R Austin 24.3, 2 G Benson 25.5 M50 LE Evans 26.4

100m M401 N Lew's 12.1 2 P JC Jones 12.5, 3 K Ryan 13.1, M45 1 Austin 11.9, 2 Benson 12.04 M50 LE Evans 13.1, W35 S Pengilly 13.7

400m Hurdles M401 K Lancey 57.9 2 8 Barrett 70.4, 3 D Jones 80.2

Relay 4x400 Swansea H 3:50.6, 2 Cardiff AAC 4:27.1 Relay 4,4400 Swansea H 3:50.6, 2 Cardiff AAC 427.1 Hammer M401 P.J.C Jones 30.24 2 P Harper 22.74, 3 GA Lewis 20.70, 4 Barrett 2.06, 0.045.1 Wh51 W Alters 29.54, M50 J Loney 28.65, M55 B Lowis 29.50, M60 W Kingsburg 31.35, 0.000 W AVI P Taylor 20.52, 2 Davies 18.68, W30 A Williams 16.22 Discus M60 Loney 26.88, M55 B Lowis 31.36, M60 Kingsburg 41.6, W401 Taylor 20.78, 2 Davies 20.27, W50 Williams 27.27, W50 Williams M40 J Davies 39.20, 22 T Roborts 38.86, 3 N Lowis 38.20, M50 Loney 21.70, M55 B Lowis 33.20, M50 Loney 21.70, M55 B Lowis 33.20, M50 Loney 21.70, M55 B Lowis 23.20, M50 Loney 21.70, M55 B Lowis 20.20, M50 Loney 21.70, M55 B Lowis 20.20, M50 Lowis 23.20, M50 Lowis

HJ 1 D Hawthorn 1,40, 2 Barrett 1,35

TJ M40 1 Hawthorn 10.54, 2 Barrett 10.27

LJ M401 Hawthorn 5.05, 2 Barrett 4.89, 3 GA Lewis 4.85

PV M45 Berson 3.70, M40 D Jones 2.00













7-14 Price (29-99













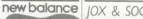








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