Sent free to members of veteran clubs affiliated to BVAF

Number 14

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# BANKS AND FUDGE PINCH TITLES AT SCRUBS

Martin Duff, Athletics Weekly's Veterans Voice, reports on the National Veterans Cross-country Championships held at Wormwood Scrubs on March 11, 1990. Peter Banks and Paula Fudge won the M40 and W35 titles respectively.

THERE were strong fields in all age-groups for this year's BVAF Cross-coun-try in the shadow of the famous prison. Those runners who had criticised the venue before the races were noticeably quieter post-race - they knew they had been in a hard event. That the 10K course turned out to be 11.5K probably had omething to do with their reluctance to add to their earlier comments!

With 1989 Champion Andy Holden having been off-colour since his great National run at Leeds two weeks earlier, it was left to Peter Banks (81st at Leeds and 12 behind Holden) to carry the torch for the Midlands area. Banks only turned 40 on February 22 and had kept his entry to the veteran ranks deliberately low key in order to avoid unnecessary pressure.

As things turned out he would be a comfortable winner over Ampthill runner-up

Tony Ross who was again bridesmaid. With the M40-49 away first (normally the older groups and the women are used as pathfinders) the marshalls were caught in two minds as the large field ap-proached the first turn. With all of the runners prepared to veer left they were misdirected right and ended up running the first half-lap in the reverse direction Frantic efforts by the stewards resulted in the leaders being directed back onto the correct route at two miles and the race progressed without further mishap.

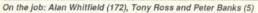
After all the early problems, the lead-ers were down to Ross, Banks and Alan Whitfield by half-distance. An effort by saw off Whitfield before Banks moved away in the last mile for a 60 yard win over Ross with Whitfield third ahead of Henry Emerton, George Meredith and

an inspired Peter Hyde. Les Davis, the best M45 at Leeds, had 'one of those days' and wound up sixth behind M45 surprise winner, Brian Booth, who had shown good League form, John Davies and Martin Duff. The Aldershot squad retained the team title over Brighton.

## M50+ RACE

Two more Aldershot men were in the running for the leadership of the M50 race. Alan Griffiths led into the wind on the first (correctly run) circuit before a group of four broke clear. Tecwyn Davies, the 1989 winner, Les Presland, Ted Isaacs and Steve James were away by half-way and with Presland leading the group dropped Isaacs at four miles. The race was seriously affected when, with one and a half miles to run, a dog (always a problem at the Scrubs) attacked Davies who, in taking avoiding action, aggravated a calf muscle injury. This left just Presland and James to battle out the finish and a storming last half by the long strider Presland saw him home 60 yards ahead of James. Davies gamely battled on to maintain third position and Tom Ryan finished full of running in fourth. Davies' position earned a unique double team award for Aldershot over 1989 Champions, Heaton.

Ron Gomez was a comfortable win-ner over Eric Appleby in the M55 section but Tom Everitt was very close behind in third. Laurie Forster had a minute to spare over Colin Simpson in the M60 Continued on page 7





## ROSS SETS IMPRESSIVE 3000M MARK AT COSFORD

The better performances, in terms of records, came from the older groups - 50 plus - at the seventh BVAF National Indoor Track and Field Championships held at Cosford on March 31. Wilf Morgan reports.

Chrimes' W50 record with 11.0.

The men's 800m usually provide plenty of interest. This year's M40 was not as exciting as in the past. With Pete Browne offered no real competition he merely did just enough to win. The M45 group was the most riveting with John Potts removing the oldest of all vet records with a time of 2:01.5 in his heat. Front running the final he had Trevor Alderdice for company most of the until he was able to pull away to win in

Jean Hulls ran 68,2 (W50) to knock a chunk off a fairly moderate 400m WR and Anna McDonald improved her own W40 record with 61.9. In the men's 400m there were WRs by Ted McBree (M70) and Len Watson (M75). Watson, the oldest competitor at the meeting, also equalled the 60m record of 9.8 and set BRs in the 200m and Long Jump.

The pick of the 1500m performances was the 4:57.0 WR by Elaine Statham in the W45. It was Browne v

Bell in the M40 but it did not provide the fireworks one might have expected. The pace was fairly comfortable by their standards but although Bell held the lead briefly and looked as though he meant business he struggled as Browne took over. We will have to wait and see if the spark has gone out of Bell, one of the

most outstanding vets of recent years.

A number of star performers were missing, notably Alun Roper, Pat Gallagher, Judy Vernon, Joanne Smallwood, Rosemary Chrimes and Bob Brown (who competed but didn't pole vault). Mary Worth did not show for the 3000m walk which was on the programme for the first time. However, Bob Care, with his immaculate style, made the discipline look so easy and set a new WR with 13:07.9. Pam Horwill (W55) showed

equally good form with a WR of 18:27.7. The championships lacked some of the sparkle of previous years and there were fewer performances to enthuse over. The star absentees may have ac-counted for this, but another factor is cramming the events into a one day meeting when the number of events and competitors is much the same as the out-door championships — a two day meet-But of course the organisation of athletics appears to be fully stretched in every direction.



Jocelyn Ross sets a new World Record in W60 3000m

## Indoor Record Breakers

Pete Browne and John Potts have both broken Indoor World records this season.

RUNNING in an 800m heat at the Omron Games at Cosford on February 16, Peter Browne set a new M40 WR with 1:55.63 In third place most of the way, he produced splits of 28.3, 57.5 and 86.7 before a last lap of 28.9 took him into second place. He was in good company, the heat was won by David Sharpe of Jarrow the 1985 World Junior Champion ahead of the 1989 World Veteran Champion.

John Potts ran in the 3000m on Feb-ruary 17 and set an M45 WR. He finished third in the 'B' race in a time of 8:47.79. He also cracked a second Indoor M45 WR in the 1500m. He ran in a semi-final of the Pearl Assurance National Indoor Champs at Cosford on March 9 in 4:03.69. The previous best was 4:10.4. Canadian, Stewart, breaks M40 In-door Mile WR in US, story P3 Indoor meetings P3, 800m profile P9

## Eagle Star Sponsor Half Marathon

EAGLE STAR Insurance will be spon-soring the 1990 National Veterans Half Marathon, which takes place on Sunday,

The organisers, the SWVAC, gearing up for a large and high quality entry by offering good prizes and sub-ventions to winners. The race is open to all runners of veteran age.

The venue has been changed from Totton to a rural route from Southampton to Romsey returning via Lordshill and ending with a fast run on tarmac, through Southampton golf course, to a tartan track finish in front of the stands at Bassett Sports Centre. Entry form on p2

## **GLASGOW UPDATE**

THE 10,000 metres will now be included in the two day programme of the BVAF National Track and Field to be held on July 14 and 15 in Glasgow. The men's Shot, which was omitted from the programme by mistake, will also be in-cluded. There will be no women's Pole Vault or Steeplechase.

Glasgow entry form on P16

## EASTERN EUROPE ENTRY

EASTERN EUROPE ENTRY
IT is anticipated that there will be a large Eastern European entry at the European Veteran Track and Field Championships to be held in Budapest, Hungary this summer. The Soviet Union, Hungary, East Germany, Czechoslovakia, Poland, Bulgaria and Romania will be well represented.

## Play it Again, Gentlemen

WREXHAM, July 28, has been pencilled in as date and venue for another meeting of the 800m stars, Browne, Bell and Duffy. They will no doubt meet in other events this summer but it seems Wrexham has been set aside for an attack on the WR. WAVA accepts the 1:53.3 by Pete Browne, set in August last year, as the M40 WR. However, a time of 1:51.5 run by Dutchman Ron Mercelina, apparently in a Grand Prix meeting in 1987, has not been ratified. However, it gives the incentive to set the record straight. With good conditions and, dare one say it, some well judged pace making, the ner could set a very fast time and perhaps put the record beyond doubt.

PRIZE DRAW AWARDS P6

ONE of the most impressive was the one set by Jocelyn Ross in the W60 3000m. Carried along in a race that included all age-groups she seemed to have run herself out with two laps to go but plugged away to finish with a WR of 12:33.3, slicing 24 seconds off the old record. In the same race Dot Fellows set new World figures in the W45 with 10:41.

The stand out performance in the men's 3000m was by Les Presland who set an M50 WR of 8:58.8. A convincing win over an Irish guest, Jim McNamara, who may have been handicapped by injuries after a fall in the 1500m., a race in which he recovered sufficiently to overhaul Steve James in the later stages and go on to win.

Sprint performances were not as impressive as in previous years — Ron Taylor excepted. He produced WRs in the M55 60m and 200m and looked as lithe and fluent as ever. He had enough left to run last leg for Royal Sutton in the 4 x 200m and overhaul Aberdeen on the last bend to give Sutton victory.

The star British women hurdlers

have a stranglehold on the Indoor WR list: Judy Vernon, Rosemary Chrimes, Pat McNab and Hilary Farmer between them have all records W35 to W60. Only McNab and Farmer showed at Cosford and Farmer was able to improve her recently set W60 time (12.5) with 12.3. But Jean Hulls chipped in to take

Indoor Championship Best Performance Trophy Winners GKN Superfast (track, man under 50) Peter Browne ES Enterprises (field, man under 50)

Avery Denison (best track performance, woman under 50) Anna McDonald Infotes Shield (best field performance, woman under 50) Jackie Charles
Castle Trophies Cup (track, woman over 50) Jocelyn Ross
Infotes Shield (field, woman over 50) Jo Ooden perfast (track, man over 50)

Sports Council (field, man over 50) Dave Burton.

## FROM THE EDITOR

CALLING all race organisers, especially those who organise BVAF graded races to attract the veterans

Often over 50% of your field is made up of veteran runners. Therefore doesn't it make sense to advertise strongly and directly to those runners, particularly to those interested in age group prizes? Well, Veteran Athletics is the ideal place to do this. It reaches over 6000 veteran athletes, a number that is ever increasing, and any advertisement would be well targeted. It is sent to active athletes.

Placing a display advertisement and of course the more display the better-gets your race noticed.

There can be no doubt that this is the way to get the best vets there on the starting line.

And rates are not high - just send for them and see! Give it a try! Write to us today at Veteran Athletics, 67 Goswell Road, London EC1 or call us one Thursday afternoon and we'll send you the information.

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## the BVAF & SWVAC

present

in collaboration with EAGLE STAR INSURANCE GROUP

The 3rd AAA & WCC & RRA National Veterans Open Half Marathon Road Race Championship '90

# SOUTHAMPTON Sunday 19 August, 10am

Permits applied for

Open to all Club Athletes of Veteran age on the day Men over 40 - Women over 35 years

Awards: Subventions in excess of £3,000 will be awarded graduated in five year age groups to M70+ and W60+

First man £300 also 'Wilmott Dixons Construction' Perpetual Trophy 1st Woman £150 also 'Hunterprint' Perpetual Trophy

Oldest finisher within 75 mins of the winner the 'Jack Haslam Memorial' Gold, Silver, Bronze Medals to each Group (subject to Perpetual Trophy

The Race starts adjacent to the Bassett Sports Park on the outskirts of Southampton and traces a single big loop out of the City into open country. The route passes through the Romsey estate of the Mountbattens before returning to the Arena where a circuit of the all-weather track completes the race in front of the viewing stand.

Entry Fee

£4.50 for members of BVAF Regional Affiliated Clubs £6,50 for non-BVAF Affiliated Clubs Cheques or POs payable to SWVAC/NVOHM.90 Send to Race Secretary NVOHM.90 15 Canton Street, Southampton SO1 2DJ Tel: 0703 334643. SAEs not required

	ENTRY FORM – BLOCK C	APITALS	ONLY
SURNAME:	FIRST NAME:		
DATE OF BIRTH:	AGE GROUP; _		
FULL POSTAL ADDRESS: _	19.00		
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I declare that I am medically fit to run and intend to run entirely at my own risk and confirm that the Organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the AAA,WCC & RRA NVOHM event.

I will comply with instructions from Police and Race Marshals and will abide by AAA, WCC & RRA Rules of Competition.

DATE:

CLOSING DATE 30 JULY FOR PROGRAMME. 13 AUGUST FINAL



## HOLDEN TROUNCES TOP QUALITY FIELD AT BARNSLEY

Andy Holden surprised most pundits with his confident victory when the postponed 1989 AAA Veterans 10K was finally run on February 11 1990 at Barnsley. The race also saw Alan Rushmer in fine form take the M45 title. Athletics Weekly's Veterans Voice, Martin Duff, reports.

PERHAPS it was the proven cross-country strength of 41-year-old Andy Holden which prevailed in the windy conditions and saw him trounce a top quality field. The race also saw a return to form for 1986 World 10K veteran champion Alan Rushmer who, third overall, took the

INDOOR

ROUND-UP

COSFORD - On January 6, 19 men ran

in three 800m races. In the first of them Peter Browne (M40) equalled the then

indoor WR with 1:56.1. He took an early lead and ran even pace throughout. The

only sign of real effort came 150m from the finish. Ed Connolly of Ireland was

second in 2:03 and Martin Watson third

in 2:07. Six men ran inside 2:10.

There were nine starters' in the women's 800m. Pat Gallagher took it on but could not make the pace hot enough

for Sheila Carey who overtook her on the

run in. They produced, for them, slowish times — 2:25.3 and 2:28.

19 men and eight women turned out for a series of 200m races. In the men's 'A' race, Walters, a short, compact sprinter

from Wolverhampton, looked in good nick, steaming round to win in 23.6.

Brian Townley was 2nd in 24.6. The overall performance was quite good, seven ran inside 25.5. The women ran in

two races, the fastest was Hocknell with

for this group.

Five of them ran inside 31 seconds and Mary Wixey (W65) went round in a creditable 36.8 — her indoor best is 36.1

In other events, Bob Brown, who will

be 58 in April, pole-vaulted 3.50 and Mike James (M40) improved his BR in

the long-jump with 6.70. Walters produced 7.4 and 7.3 in 60m races. John Potts ran 1000m in 2:42 and Conboy

threw 10.10 in the Shot. Yvonne Priest-man who, like Hocknell, competed in all

four Cosford Opens, improved her times

with each meeting.
The number of vets that took part well

justified the pressure on organisers to include veteran events.. Wilf Morgan

Same Starting Age

WAVA designed a questionnaire which

every competitor in Eugene received. 681 completed forms were returned. In it

questions ranged from how athletes felt

that WAVA World Veterans' Champion

ships should proceed, given the increas-

At the second meeting on February 3,

M45 title and helped Tipton dethrone

Aldershot as team champions. Holden took his stranglehold on the race with a storming downhill third mile of 4:39 to reach half distance in 15:21 Alun Roper, Rushmer, Alan Whitfield and Shel Cowles were left floundering in his wake as he carried on his push up the mile long hill at the start of the second lap. It was Roper's big-time form that enabled him to outgun the others to take second behind Holden's solid 31:19.

Malcolm Martin and Martin Duff took the minor M45 medals but Steve James split them in heading Tecwyn Davies to the M50 title but the Welsh 1988 champion had been suffering from a weak hamstring. Eric Appleby and Eddie Richardson had a close M55 battle with Appleby just prevailing in 35:23

Bob Peart was a comfortable M60 winner (37:14) while John Fraser (40:43) and Dennis Eyers (43:58) took the M65

and M70 titles.

Zina Marchant carried her good early December form into the New Year as she won the Women's section by nearly one minute in 35:37 (a similar time to open event winner, Cathy Newman). Diane Underwood and Dianne Payton took the minor W35 medals while Margaret Lockley narrowly headed Dot Fellows in the W40 division.

There was a similar close result as se Grimley beat Anne Nally in the W45s, with the latter helping Altrincham to the women's team title. Barbara Hines as first W55 (43:39) headed all of the W50 group but then perhaps the best were all running the previous day in the South-ern Vets Cross-country Championships.



1989 VETERANS

Ranking Star Sally Gandee

THE 1989 ranking lists for the track and field are now available. David Burton, who does the men's and Sally Gandee, who does the women's, do a sterling job. It is good to see the women's ranking lists looking stronger each year and for 1989 over 1300 performances are listed.

The men's ranking list can be obtained by sending £1 plus a first class stamp to David Burton, 71 Nethergreen Road, Sheffield S11 7EH and the women's, also by sending £1 plus a first class stamp, to Sally Gandee, 4 Westfield Road, Hertford, Herts SG14 3DJ.

## AGE GRADING ALL THE RAGE

IF YOU find age graded standards, currently the rage in US, somewhat confusing here is how it works. Standard times/distances in how it works. Standard times/distances in five year age groups have been compiled jointly by WAVA and National Masters News. To find your 'performance level percentage' you simply divide the standard time (ST) of your event and age group by your own time and multiply by 100.

For a working example I have taken some of the best reformances in two races the

of the best performances in two races, the Flying Fox Marathon and the Stroud Half Marathon. In the former the best percentage was achieved by the winner Alan Adams. By dividing the M45 standard of 2:14:24 by his time of 2:29:33 and multiplying by 100 he scored 89.8% - not quite World class which is, according to WAVA assessment, designated according to WAVA assessment, designated 90%. Most of the age group winners' percent-ages were fairly predictable in the Marathon but in the Stroud Half Marathon performances I discovered anomalies. In my estimation there were two World

class performances. The first was Taff Davies' M50 time of 71:35 which when compared to the ST of 67:29 gave him a score of 94.2%. The other was a new W65 BR of 98:34 by Pat Trickett which must be close to a WR. Amazingly the ST set here was a fast 84:14 which gave her a score of 85.5% which is only designated National class. Ahead of Pat in the ratings were Ed Nicholl M65 winner in 88:54 (87.7%), Geoff Oliver M55 winner in 78:29 (89.7%), Bronwen Cardy W35 winner in 75:22 (90.2%) and others. These were Continued on page 4

## **OVERSEAS**

# CANADIAN SETS MILE RECORD

Dave Stewart lowered Mike Boit's World Indoor veteran mile mark to 4:15.47 in the Meadowlands

ONE week after upsetting a world class field in the Millrose Masters Mile, Canada's Dave Stewart showed it was not an accident by scoring another victory that snipped one-hundredth of a second off the World Indoor veteran's mile record on February 9. Stewart won by 15 yards over Boit. Wilson Wiagwa was third. Britain's Ron Bell was forced to drop out feeling an Achilles injury aggravated the week before.

National Masters News

ALBERTO JUANTORENA of Cuba, MARTII VAINO of Finia and WALDEMAR CIERPINSKI of East Germany all turn 40 this year. ROD DIXON of NZ also turns 40 this year and aims to be the first veteran sub-four minute miler. The record stands to Wilson Waigwa with a time of 4:05.71 JOHN CAMPBELL, NZ, earned

\$4,700 on the US Masters Road circuit last year. Britain's MIKE HURD and SHEL COWLES picked up \$4,900 and \$2,250. PRISCILLA WELCH collected \$29,080 BARBARA KOUSKY, 48, of

Eugene, Oregon, was elected to the Chair of the US TAC's Masters T & F Committee last November. She was co-director of the highly successful World Veteran Champi-onships held in Eugene in 1989.



PHIL RASCHKER (above), 42, of Atlanta, USA, was voted by the US Masters' Track and Field Commit-tee of the TAC, the national governing body for athletics in the US, the top female US Masters performer.

JACK GREENWOOD, 62, of

Colorado, USA, was named the top SANDRA MUETT of Bermuda

(W40) ran the marathon in the Commonwealth games in Auckland coming in tenth in a time of 2:46:41. She won the gold medal at Eugene

ANTONIO VILLANEUVA (Mexico) World M45 5,000 and 10,000 champion recently ran a 1:02 20K in his home town of Vera Cruz.

KEN McCONNELL from Tasmania

celebrated his recent elevation to the M65 division by setting a new World Triple Jump mark of 10.87 metres on January 13, 1990.

## You Know the Type TOWARDS A BETTER LIFE

YOUR local gym for a better life, ' said the voice at the other end of the telephone. 'Er, excuse me, but you've left a card in my door saying that I can get a full, free physical check-up if I get in touch with you. It reads: Come to your local gym for a better life. And so, the appointment was made.

appointment was made.

I had been running for about four years, had a marathon best of 3:18 and wondered what it was that the gym people could do to give me a better life. So down I went at the appointed time. The small foyer of the establishment was shadowed by a huge display cabinet emblazoned with the words: 'All the equipment you will need for a better life. The large sign reading LADIES was above a collection of pink shoes, shorts, trousers, leg warmers, vests, sweat tops, head bands and wristlets while the sign reading GENTLEMEN was guardian to a similar collection of similar equip-ment in a delicate shade of powder blue. At least they will be able to tell one from the other I thought. The bottom of the cabinet was dedicated to Scrummy bars of instant food, tins of Scrummy diet additives and

ing entry, to what athletes liked best and least. The question that showed a clear answer was whether the starting age for veterans should be the same for men and women and if so what age this should be 73% said yes, it should be the same against 25.6% who said no. 1.4% did not Among the female responders 82.5% said yes whereas 16.5% said no

to 8.24 m. However the performance that had everyone excited was the marvellous Hilary Farmer destroying the W6060mH

World record with two magnificient ru

HARINGEY - Although not too well

supported the inaugaral open meeting for veterans on Saturday, February 17, at Haringey Indoor Hall was voted a suc-

ess. It was supported by nine British door record holders out of a total entry tors took advantage of the opportunity to of 27 (20 men and 7 women). Keen get in some competition.

It is proposed to hold two meetings competition and three indoor records quite something for a small new meeting the rewards. Mike James improved his own M40 British LJ record with two superb leaps of 6.70 and 6.73 while Jacqui Charles bettered her own W45 British TJ record

Mike James broke his own M40 British Long Jump record

during the next winter season, probably in mid-November and mid-February 1991, but to make these events viable it is essential to have more entries. Perhaps those athletes who were unable to make it this time can make a note in their diaries they missed a good meeting. As an added attraction it is hoped PV can be added in the future.

of 12.5 and 12.6. In both the 60mH and 60m sprints each competitor had an op-

tion of two races with the first being counted for results and the second an

optional fun run. Virtually all competi-

Those that agreed it should be the same were then asked what age should that be: 35 or 40. 24.2% were in favour of 35 and 75.2 percent were in favour of 40.

The subject would be a matter for democratic discussion within each WAVA affiliate with a possible constitutional proposal to be debated at the next WAVA General Assembly.

 $\mathbf{R}$ 

ne small capsules which were all individually stamped 'For a better life'.

'For a better life'.

I entered the reception area and reported to a young man with a golden tint in his hair, a tee shirt exclaiming 'A better life', very tight yellow track suit trousers, red leg warmers and a matching headband.

'First,' he said 'we'll check your fatness quotient'. He started to stick a pair of calipers into my calf, my thighs, my buttocks—outh please be more careful—under the arms, front of turnmy, back and neck. 'Ah well,' he said with an interested look.' If see arms. interested look, 'It seems that you are at least 20% over-weight and most of that is fat!' The previous ten weeks at an average of 70 miles per week came back into my memory and I wondered what on earth would the figure

have been without those 500 miles of training.

'Just jump on the bike and give the old wheels a whirl,'
he intoned still marvelling at the news that he had discovered a body with 20% excess on it. I was only on the bike for about half a minute before he told me to dismount. He checked my pulse and compared it with the figure taken before I jumped on the bike when I was reeling from shock with the 20% news.

WHAT ABOUT A BIT OF RUNNING? 'Well,' he said, 'we would recommend ...'. 'We' I thought, does he mean him and I or are there more people here than does he mean him and I or are there more people here than I can see, Perhaps I was still in a case of 20% shock. 'We,' he said 'recommend that you take a course of gentle aerobic exercise with weights here in our gym under strict supervision.' 'What about a bit of running?' I asked. 'Oh no,' said he, 'you see you have what we call a slight heart condition, the beat is slightly irregular. Running is out of the question. What you need is weights in the gym under reconstition.'

My ill-spent youth flashed past. I could see myself at the age of eight up the vicar's fruit tree, at eleven with big Maggie from next door, at fourteen slipping into the back door of the local pictures with a fag gripped desperately between my teeth. 'Running is right out of the question until you have seen your doctor.' 'Do you mean,' I snarled between set teeth, 'that my planned bleed-out run over 18 miles of hills for next week's Nottingham marathon is off for tomor-

'How long have you been running?' he asked eye-

'How long have you been running?' he asked eyebrows leaping several feet into the sky.
'Bout four years, I sneered back.
'Never seen a doctor about it?' he queried with his eyebrows slowly coming back down.
'No, never!' I am proud to have a heart beat of 49 at rest. It is not slightly irregular—unusual perhaps but irregular, never. I mentally checked out my own pulse which I could feel pounding below my collar bone and in my temple. Perhaps there was a slight miss in the rhythm of the beat. Perhaps he was right. Perhaps I should go to see a doctor.

'I would not recommend running under strain at all at the moment, not until you've cleared with a doctor'.

at the moment, not until you've cleared with a doctor', He went on, 'What you want is a set of planned aerobic exercises under strict control here in the gym.'

I staggered off into the cold night air to hear his I staggered off into the continging of cooling voice echoing around the empty gym, 'Don't forget to see your doctor about the running now.'

STAN ALLEN

# YOUR LETTERS

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

## CORRECT ORIGINS

We really can't have events misrepre-sented quite as Wilf Morgan has done in his article on the origins of the BAF (see

A system of seven governing bodies for one sport was producing waste and friction long before 1965. This was a great pity as many dedicated officials tried hard to make it work.

Reform came from within - the usual British way. In 1962 many prominent coaches, including Harry Wilson and Ron Murray, who were active even then, formed a British Athletics Union to achieve change. They were joined by most of the day's International team ably led by Robbie Brightwell. The union achieved a great deal but not a single governing body.

Fear of the unknown and misunderstanding of the aims of reform prevented it. The Byers report echoed the union's arguments but did no better. The lesson for the BVAF is to persevere with its sensible endeavours to provide the same excellent service as at present for ever more Vetera as. Ken Brookman more Vetera ns. Essey

## CONTROVERSY

In issue No 12 the letter from Richard Cashmore suggests malpractice in the election of BVAF officers. If he had been present at the AGM he would have been aware that all BVAF committee members are proposed and seconded from the floor and voted on by a show of hands as written in our constitution. The majority of the committee were returned unopposed. There were two nominations for Honorary Secretary. Mr Duff accounted for 26% of the total eligible votes.

Bridget Cushen

Hon. Secretary, BVAF

## PAST MASTERS

That photo of Jack Fitzgerald's was most interesting. By the way, it was the London to Brighton relay. When I first read the caption I thought it was the London to Brighton road race but I looked again at the picture and saw the way they were Wilf Morgan striding out. Birmingham

## ON YER SPIKES!

I would like to question the attitude of British Veteran Runners towards track running. I am now in my 60s and have been supporting the Veteran movement since it started, even down to running 10k races on a Wednesday night at Copthall Stadium nearly 20 years ago. I now find that in my age group it is pretty well limited to three good runners and me who all run a minute a mile faster than I do. I can't understand why I can have a 10K road race with masses of blokes giving me a darn good race but not on the track. When running the B race in the 60-64 age group in Oregon in the World Vets really had a race on and I finished third out of 19 runners having been second for much of the way. That was enjoyable. Running round in circles with nobody near you isn't.

Why don't more veteran road runners go on to the track? It is a bit boring to start with and it is a different technique but it can be good fun pitting your ability against the lap times as well as other runners.

C W M McDowell

## AWARDING THE VETS

How can we encourage event organisers to award more veteran categories in their events. I am 61 and manage to compete in perhaps five or six events each year but

very rarely do I find one which caters for my age group. Recently I ran in a county cross-country event and the one vet cate gory awarded a prize was O40. In a 10K on Boxing Day I did a pb but was six minutes behind the O50 (the highest vet category) who did 33.30! I am pressing my club (Kendal AC) and county organisation to get organised in this direction. Orienteers seem to achieve what I'm after so why can't the vets. John Nettleton Windermere

## WOMEN HAVE GOT IT WRONG

On the second point in Ken Johnston's letter (VA12) - no it's the women who have got it wrong. The very fact that some are still active Internationals at 35 indicates that Veteran status should be raised to 40 ... and possibly 45 for men. Active Internationals close to the end of their International career, some of who are nearly 40, are capable of winning open races outright. Therefore there is a case for raising not lowering the age groups.

C Macartney

Holmirth Harriers

## W35 OR W40?

I have now finally collated the responses to the questionnaire 'Calling All Women Athletes Over 35'. It is my intention to bring the matter up at the AGM in Glas-Meanwhile if anyone is interested in a breakdown of the responses to the questionnaire, which was run in VA no 8, shall be happy to send them a copy on receipt of an SAE. White Hill, London N5 1AL. Sarah Cawkwell Sarah Cawkwell

Highgate Harriers

## ENTERING CHAMPIONSHIPS

George Tunnell writes from Spain (VA12) complaining that he had not received entry confirmation for the Cham-pionships in Bruges and incorrectly assumed that he had to enter via the British tour organiser, Barbara Dunsford. This is not so, all he needs to do when entering a World or European Championships i prove he is a member of the BVAF by asking Barbara to officially stamp his completed entry forms. The BVAF look forward to seeing George running again in Bruges. Bridget Cushen Hon. Secretary, BVAF

## THE MEMORY LANE 10 -

A tough course set by Magnus Masterson

In the 1 mile at the 1958 Commonwealth
Games Australians took the first three places.
Herb Elliot won the race, who finished second
and third?

and Inird?

2. On September 12 1968, John Carlos (USA) 2. On September 12 1968, John Carlos (USA) ran a world record 19.7 for 200m. It was never accepted by the IAAF — Why?

3. Which was the Ifrist Olympic Games to be held on a synthetic track?

4. Which femals Olympic champion and current World record holder was banned for refusing to take a drug test?

5. Harry Payne of Woodford Green set a British record that stood from 1929 until 1951, tabblet each.

In which event?
6. Britons won three track events at the 1924
Olympics. Harold Abrahams won the 100m
and Eric Liddell the 400m. But who was the

7. The longest standing veteran World record 7. The longest standing veteran World record fell at the WAVA Championships in Eugene last year. It was set in 1949. Name the event and the old and new record holders. 8. These days it's unusual for record times in a

Howard Payne's run of three successful

9. Howard Payne's run of three successful golds in the Hammer event at the Commonwealth Games ended at the 1974 Games in Christchurch when he took the silver medal. Name the Englishman who won.

10. In Los Angeles in 1962 Jim Beatty ran 3:58.9 for the mile. What was particularly significant about that?

Answers on page.

Answers on page 12

## THREE CHEERS FOR THE BVAF

Of course you can remain in the mainstream athletics and qualify for Englandselection (see George Richardson's let-ter, VA 13). You have to be in pretty outstanding form though - Steve Cram didn't make it to Auckland! You'd also save the BVAF area subscription of £4 pa. The centre-page articles in VA13 explain why we are a separate organisa-tion and why we now seek affiliation to the future BAF.

If you belong to a BVAF affiliated club you get the quarterly VA newspaper sent free; you can also compete in area and National Indoor and Outdoor track and road championships, the cross-country championships, etc, at low entry fees We are lucky to have our own set-up veteran athletics giving older athletes the chance to compete at all levels and ages Further, through the BVAF and affili ation to EVAA and WAVA, we can compete internationally.

We are informed of fixtures well in advance through VA and area newsletters and we can choose and plan accord ingly. The joy is that even though you might have studied all recent results from Open to European and World Champion-ships you never know who you will meet at the starting line. There might be a newcomer from anywhere who has been training hard to burst onto the scene. This is what veteran athletics is all about. great motivator to keep going. It is exciting, nerve-racking, full of competitive ness and camaraderie. It is also great fun and fills a social need. And don't forget organised so far entirely by volunteers, who put in a great deal of their own time, expenses and effort.

What can we do as individual athletes? For a start pay your subs promptly, be helpful and tolerant before and during competitions and races, support others and recruit new members.

Carina Graham (W50+) Guildford & God. AC,
Woking AC and SCVAC

John Strafford accuses me of being dinosaur. But we have to face facts. The BVAF through area clubs are the only people interested in organising veteran athletics. The AAA have never been in terested either in organising or funding and this will not change under the new BAF. As for marketing we in NVAC are rightly proud of our efforts in this direct

tion. We have our own sports shop which retails to members everything in the way of equipment from track suits and vests our own logo (designed by mem-

bers) to running shoes.

Apart from organising all usual championships we also organise a 10K run each month at a different venue with awards to first and second in each age group of five years and first newcomer, plus six handicap prizes. Guests from local clubs are encouraged to run and many subsequently become members. George Richardson thinks that member-ship of an AAA affiliated club should entitle him to compete at veteran level. It is a view expressed by many club athletes

and one in which I have some sympathy.

However the facts are that the AAA and the other athletic bodies do not con-tribute any funding nor do they help in organising veteran events. Veteran championships have always been organised by veteran clubs and funded by members subscriptions. I invite you to join NVAC where we can offer you well organised championships and comrad-

Les Heald Chairman NVAC



The pain of winning: Jo Moran M60, 100m victor, on lunging for the line tripped and seriously damaged his shoulder at the Rockfort National T&F 1989

# SNAKES ALIVE!

TAKE the train from Paris to Poitiers, continue by bus through the poppied peafields of Vienne and after 30k or so you see one of the handsomest abbeys of France which welcomes you to the medi-

When I stepped lightly off the bus last June my mind was on more serious mat-ters than architecture or cultural history. In a fortnight I was due to present myself in competition on the Reading tartan with a set of lithesome 60-year-olds, spiked grandmasters of the unilap.

With this in mind I bought a pair of green shorts with matching socks and yellow vest. A few metres on, I acquired, absentmindedly, a bottle of Chateau Beychevelle

I well knew what I had to do in the fortnight. Now was the time for the final peaking, for the consecration of effort which would bring me to the line like a Bosendorfer tuned to concert pitch.

A couple of hours later I was loping, a figure of yellow and green, along a try track. Here I skirted a wood and there I followed a path through a cherry orchard. Then, coming round a bend, I saw in front of me two snakes rearing themselves from their thick coils, winding up each other in a sinewy and tortuous embrace such as is not often achieved even on Channel 4. I had no wish to interrupt the enjoyment of their brief encounter. They also clearly had no wish that I should be a party to their sport.

Their hissing convinced me that I was

persona non grata.

My response to a sudden movement of their heads was a spurt surely not seen in Cosford or Cwmbran even in two age groups younger than mine.

Back in the gite, showered and tow elled, I could see that there was cause for celebration. How many would have seen off, with such ease, that pair of undulating ophidians? I uncorked the Beychevelle and the aroma pervaded the room. Why hurry to submit myself to new contests with those bemedalled veterans of the track, guardians of the unforgiving second? I must remember tomorrow to lay in a stock of the Bordeaux — enough to enliven the remainder of the fortnight. Plenty of time, later in the season, to up that pb, and see it immortalised in Burton's Book of Records.

Looking back at that Gallic fortnight, I cannot deny that my training strategy was fatally flawed. How could I be so careless as to put myself under the temptation of the beguiling vintages of France? Another time, yes, it would be better to forsake the vineyards. There is much to be said, I am told, for peaking at

I am now in the process of rethinking my pre-competition strategy. Do you know of any operators, like Saga, who offer a fortnight's getaway at the turn of June/July for gentlefolk in the Hindu Cedric Nuttall

## APPRECIATIONS A MAN OF RARE VINTAGE -

ALASTAIR McINNES
MANY of our members were unaware of the untimely passing of this most popular and modest member of the SVHC that we int all difficult to accept that he is no longer with us. Alastair was a late starter in taking up the sport only starting serious running at the age of 55 when most of us are thinking about calling it a day.

One of Alastair's finest achievements

was winning the O60s title in the British Vets Marathon Championships last October. Although he achieved a number of other fine performances one had the feel-ing that even greater things were still to come. The last conversation I had with Alastair was at our AGM when I had great pleasure in congratulating him on his tremendous marathon win. However, in his usual modest way, he was more inter ested in praising what other members had done. Indeed it was a most humbling and pleasant experience to talk with him. There is an old saying which goes some-thing like this: 'The more people we meet, the more experiences we have, then the greater and richer we become'. Alastair McInnes has made us all the greater and richer for having rubbed shoulders with him. Bill Stoddart

## A DECATHLETE IN HIS 80s -JACK SEARLE

AS I stood by the graveside to say fare-well to my old friend and sporting adver-sary, Jack Searle, the gale-force winds of that particularly stormy day in January bent the trees almost double and I thought it fitting for a man who enjoyed speed to be sent on his way accompanied by such a forceful element. What a time he might have recorded over 100m with a 70mph wind at his back!

For something like 30 years Jack and I competed against each other, very often locked in the tightest of finishes, and even when, by virtue of his age (he was born in 1907), he should have been starting off a much bigger mark in handicaps he could still find extra pace and reach the line first! The qualities he showed as a champion gymnast and boxer in the Army were exemplified in the resolute manner with which he tackled his sprinting and jumping events, albeit and incredibly enough, without doing any training or warming-up! A jovial man of much charm and with countless friends throughout the athletics world. He will long be remembered particularly by the 'regulars' when they get to their marks at Battersea on Wed-nesday evenings! Bernard Metcalfe

## AGE GRADING

good performances but nowhere near World age group records. If any distance track or road runner would

If any distance track or road runner would like to assess their recent performances I have tables covering 5K, 8K, 10K, 15K, 10 Miles, 20K, Half Marathon, 25K, 30K and Marathon in 5 year age groups up to 90. Please send an SAE to me at Goswell Road and I will be happy to send them a copy. Explanatory Mas-ters' Age Graded Tables are available from PO Box 2372, Van Nuys California 91404 for \$5.95 plus \$1.30 postage. Jack FitzGerald

Kenneth Spiers Ted Cooper

Anonymous



# THE WAY FORWARD Bill Taylor, Chairman BVAF

THE BVAF sub-committee of Bridget Cushen General Secretary, Keith Whitaker Treasurer, Ted Butcher and myself met Dr. Bill Evans, Chairman of the AAA, to discuss the place of veteran athletics vis a vis the new British Athletics Federation (BAF). The outcome was to be fully discussed at the BVAF Council meeting on April 1.

We learned that the AAA - and the future BAF - had no plans for organising national veterans championships and they looked to BVAF to do that. We stressed that while we had progressively opened up BVAF championships to become true national championships we stood by the principle of lower entry fees for members of BVAF clubs.

Regarding funding for veteran events Dr. Evans said that a Veterans Commission, if established, would need to make a case for

such funding. We emphasised how important it was that the AAA's sponsorship seeking agency (at present Alan Pascoe Associates) should accept responsibility for seeking financial support for the veteran section of the sport.

We also made it clear that there is a strong feeling among BVAF athletes that veteran clubs should be preserved for the specialised service they provide - particularly for the older athletes and for those who had not come up through the open club structure.

Dr. Evans said that he had examined the draft proposals for a Veterans Commission which we had submitted and that he leaned towards the formation of a commission but added that the BVAF would have to convince the AAA General Committee. Whether we do in fact want to press this will depend on the decision of our own Council. We may decide to do nothing at present but, whatever is decided, we shall have thought about it deeply.

## RUNNING YOUR FEDERATION

The AGM of the BVAF is your chance to have your say and I hope that everyone who goes to the Track and Field Championships in Glasgow will attend. There are important issues to decide: you elect your officers and you set your affiliation fees. These two items alone have a major impact on how the Federation is run and, of course, on the future of this newspaper. Please be there.

## EUROPEAN CHAMPIONSHIPS BUDAPEST

We are not encouraged to be over-nationalistic in veteran sport but competitors' countries are shown in the programme. Countries enter relay teams and team medals are awarded on a national basis in road events. Surely it adds to everyone's interest to be able to identify one's compatriots easily. As BVAF pay the entry fees for relays we feel justified in insisting that team members wear BVAF vests for relay events and we hope the desire to do this spills over into other events. After all veteran athletes continue competing long enough to get good value from their vests.

## NEWSPAPER SUPPORT **FUND**

The supporters listed below have donated since the last issue. Their generosity is appreciated. Please

join them by sending your cheque to:

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

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Donations received after Press date will be acknowledged next time

If we are going to achieve our ideal of every reader contributing once a year, the list in the next issue should contain about 1000 names. Win the race to be in the top ten of that thousand!

## SECRETARY'S REPORT •

## ECCU TO INCLUDE A VETERANS CHAMPIONSHIP?

THE ENGLISH Cross Country Union have initiated discussions with the BVAF on the possibility of including a veterans championship at their National. Ted Butcher, who is also a member of the ECCU, Keith Whitaker, who was appointed treasurer of the organising committee in Leeds and myself met ECCU Hon. Secretary, Matt Frazer, and Vice Chairman, Ken Rickhuss, on the morning of the National. Some very interesting statistics emerged. From a total entry in the senior race of 3,149, as many as 597 were O40, 218 O45, 83 O50 and 23 O55.

The BVAF stressed that they would still have their national for all age groups, this would be an extra race, open to all ECCU affiliated clubs. Currently there is a limit of nine per club and only an amendment to the constitution could allow more. The ECCU have been concerned about the large numbers and lapping but were quick to point out that veterans were by no means the tailenders. Spectators at Roundhay Park would have seen Andy Holden take a team silver medal ahead of his international team mate, Eddie Wedderburn, and the strong Aldershot team included one O45 and an O50.

A further, more detailed, meeting is scheduled for early May and a report to the AGM in Glasgow.

## TEAM WORK

The number of athletes travelling to European and World Championships has grown to such an extent that I feel strongly we should have a team manager or managers to select teams for relays, cross-country, walking and marathon. I have drafted out a paper for discussion at our next Council meeting on April 1. By appointing a manager for each age group and event, male and female, it would not impinge too much on their time. The tour organiser would insert a pro-forma with each acknowledgement informing athletes who their team manager is. The athlete would complete a tear-off section advising the team manager whether he/ she wishes to be considered and advising their best time/performance. A lot of the work

would therefore be done before departure. Already we have had Peter Worth volunteer to do the walks. I am sure there must be many athletes/supporters etc. who would like to help. You could compile a list of possibles/ probables and with a bit of encouragement. team spirit etc. watch your team race to victory. Entries are coming in fast for Budapestwill we be able to get the scheme from draft paper to reality by then. If you would like to volunteer get in touch with me and I will gladly send you a job description.

## ANNUAL GENERAL MEETING

The AGM will be held at 6pm on July 14 in Glasgow. A topic which needs to be finalised is whether or not we should accept professional athletes.

Bridget Cushen

Bridget Cushen, Secretary Of BVAF, at the National Cross-Country at Wormwood



## PAST MASTERS



Who are these past masters? Frank Whale of Poole has sent us this photograph of the Poly Marathon in the early sixtles soon after the start from the original starting place at the main gate of Windsor Castle.

He writes: 'Unfortunately I can offer

no details except that I took the photo because my hobby then was photography. I did not get into running until I was nearly a vet - 1979'. Can anyone help us? Keep the photographs coming -

please. They are of great interest to many readers. Rifle through your old photos and search out your clearest, sharpest most interesting images.

M.Kerry of Sheppey Road Runners says this small photo of S.Ferris winning again - the 1932 Poly Marathon dropped out of a book!



## LUCKY PRIZE DRAW WINNERS

December Draw
1st-£100-Doug Maugham of Douglas Sports
5 consolation prizes of £10 eachFrank Dobson of Cheshunt, Sally Gandee of
Hertford, Wally Garrod of Tolworth, Surrey, Phil
Fisher of London SW2 and John Willis of Cambourne, Cornwall. January 1990 Draw

January 1990 Draw
1st-£100-Robin Sykes of Dumbreck,Glasgow
5 consolation prizes of £10 eachDolphe Leverdier of St.Helier, Jersey, P.Cawsey
of Addlestone, Colin Simpson of Solihull, Pat
McNab of St.Albans and Jenny Costard of St

McNap of St. Albans and Jenny Costand of St Oven, Jersey. February 1990 Draw 1st-£100-Ken Crooke of Croydon 5 consolation prizes of £10 each-Roger Bartlett of Teddington, Pat Stanley of

Jersey, David Barrington of London, Margaret Perry of Sutton Coldfield and A.J. Sutton of Netley Abbey.

You, too, could be a Prize Draw winner. Every month there's a £100 winner in the draw, as well as five £10 consolation prize

winners.

Some lucky athletes have pulled off more than one prize. And some members have taken out double memberships or even quadruple, which multiplies their chances!

All you have to do is send £12 to Jose Waller, 7 Rose Briar Walk, Watford ND2 5LJ.

Remember one £12 membership entitles you to

12 draws a year. So, come on, join the Prize Draw Club today.

## ALL THE VET NEWS

If you're not a member of a BVAF club the only way to keep in touch with the news that counts is through a subscription to Veteran Athletics. Send this form off today with your payment:

To: Veteran Athletics, 67 Goswell Rd., London EC1

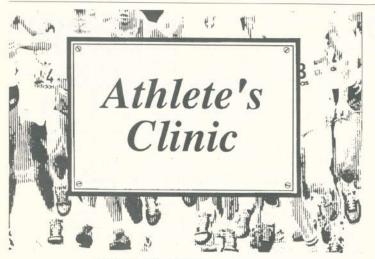
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## ONE IN THREE -THEY CAN'T MEAN ME

DAVID COWARD, who recently averaged 5:33 per 1600m leg of the 24 hour relay held last July at Cosford, tells his remarkable story, originally published in the VAC's December 1989 newsletter.

DURING the late summer and autumn of 1988 I suffered from a throaty cough. Three separate doctors prescribed antibiotics in an attempt to cure 'the virus' which lasted well over three months. In October things came to a head when I was an RAF Parade Commander. The extra vocal effort led to a complete loss of voice:

## A CANCER VICTIM

Unable to speak properly I made an appointment with a top Army Consultant in ENT at the QEM Hospital, Woolwich. Within a week of the consultation I was on the operating table to have a malignant growth removed from my vocal chords and in a state of total doom having been unceremoniously advised that I was a cancer victim - one in three people are.

## ON RADIOTHERAPY

After four days of torment I was admitted to the Cancer Ward at the Woolwich Hospital ready for a very different lifestyle. Work was completely discarded and my family rallied round to give me the necessary support. Exhaustive tests were carried out and it was decided that my condition was suitable for treatment. I was prescribed 32 doses of Radiotherapy on a lincar accelerator at the Westminster Hospital in London and briefed about the nasty side effects such as sickness, lethargy and loss of will power. The Consultants and Specialists found it difficult to come to terms with my desire to keep training. We reached a compromise to which I agreed, somewhat tongue in cheek, that I would train not strain, and certainly not

## HOW I TRAINED ... AND RACED

As any distance runner will readily appreciate the only practical way to fulfill such a commitment is to run long slow distance work keeping the consequence was doubled mileage. Despite the progressive treatment and its alleged effects I still seemed to be improving my running fitness. I was not suffering any physi-cal ill effects though my family found me pedantic, self centred and very singleminded. Racing each week end came naturally but I kept this to myself. Even though the weekly mileage was high some of the sessions, especially on a rolling road, turned into speed work (fartlek and intervals) and in addition I was fitting in two sessions a day of rigorous stretching exercises. Furthermore I was walking more than usual and making forays into the local area on my son's racing cycle to deliver my monthly newsletter to the Cambridge Harriers O50s. I had little time to brood on my illness.

aerobic. I stepped up my sessions to two or

three a day instead of my usual nine a week and

## THE SIDE EFFECTS

The radiotherapy treatment did, eventually, have an effect and during the last couple of weeks I felt so tired that I had to back off training a little. There were no signs of the anticipated sickness or any of the other physical side effects and I came to the conclusion that my disciplined approach and very strong will to live were overcoming the nastier as-

## AT SUTTON PARK RELAYS

Only at the very end of the treatment did I have to take six days rest. Some two weeks later I underwent a minor operation for a check which meant a full anaesthetic on the Wednesday. On the Saturday I was due to captain my club O50s team in the National Vets Relay Champs at Sutton Park. After the anaesthetic effects had worn off the Surgeon warned me that he was unhappy with what he had seen but I wouldn't get a positive result for a week.

average mileage and occasional injection of heavy mileage. All on the road. I am not opposed to 3 or 4 days occasional inactivity. 'My annual targets centre around the summer

season. My longer sessions are arduous because they are frequently at the hottest part of the day and endured without refreshment. Inever walk 50kms in a single session but rely on weekend sessions to cover over 50kms.

cover over 50kms.

'A typical week's training might be: Winter-Mon 8M, Tue 4M, Wed 8M, Thu rest, Fri 4M, Sat 12M, Sun 12M; Summer Mon 8M, Tue 8M, Wed 8M, Thu rest, Fri 4M, Sat 20M, Sun 20M. An exceptional week - a holiday or by doing two daily sessions Monday to Friday might produce a mileage total of 114 miles. Distances are pre-determined but speed depends on the state of body and mind.'

## WHAT'S ON OFFER FOR THE VET RACEWALKER

BESIDES the usual annual pattern of open events throughout the UK consisting mainly of 10Kms and 7 miles during the winter and longer classics such as the Bradford 50Kms, the Manchester to Blackpool (about 50M) and a 100 miles (at alternative venues)

there are plenty of specific vet events.

In London the VAC hold a series of 5 milers in Battersea Park from May to August while the Mid-

My state of mind for Sutton Park was awful. I had virtually decided to opt out but on a solitary walk I convinced myself that I could run because I didn't feel I could let the team down. In the event things went very well and the euphoria of running the last leg to finish fifth made me push aside my problems.

The iewel in the crown came a few days later when the result of the histology showed no malignancy.

## LARYNGECTOMY CALLED FOR

A month later another check was called for but I was confident that all would be clear. Once more I was devastated ... the cancer was still present but all on one side. It got worse! Additional radiotherapy was out because I had already had the maximum for safety. The only offered option to keep the cancer from spread ing was a laryngectomy (removal of the vocal chords and larynx) leaving me with a hole in the base of the throat for breathing and no form of normal speech.

## MY FITNESS

Fitness came to my aid again when I went to the Westminster Hospital to be measured up by the Surgeon. He was surprised at my state of fitness as a 52-year-old and offered the possibility of referral to a colleague with more advanced techniques. Another week passed, with two more races, and the Marsden Hospital's Consultant Head and Neck Surgeon got his hands on me. After his examination he offered a 2% chance that he could do a partial chop leaving me with a distorted form of speech but no hole. To be sure he had to operate yet again and carry out a microscopic check.

Back on the table, after runs the night before and prior to the operation instead of breakfast, I was out for the count for several hours. Next morning my run was very slow and THREE days later I ran my worst ever half marathon(1:29:30) at Maidstone.

## SAVED FROM SURGERY

For about six weeks I had been living from week to week; training had been sporadic but fast and I was putting up regular veteran PBs for short distances. The day dawned when I fully expected to get the bad news and I had absolutely come to terms with it. What joy and elation was mine when the Consultant an-nounced that he had managed to strip a layer of tissue off my left chord, including the cancer, so surgery was not needed. Yes it could come back but yes it could probably be cut out again. My singing voice is down one octave but I'm

That night I celebrated with a fast three mile road race followed on the Sunday by chasing home Bart Bartholomew, one of the top O50 middle distance runners, in the fast three mile Parkland race at Horsham.

My next run was a best ever position in the Benson 7 and a third time win of the O50's trophy. I can only go forward now despite the creeping years - what chance a place in the RAF Inter-Service Vets team!

## FACING CANCER

The hospital staffs are at a loss to understand how I coped with such a physical regime during such debilitating treatment and many op-

crations. I can only suggest that it's all down to my strong desire to live and to get back to normal. Recently I have been running as well as at any time in the last five years.

I do not recommend cancer as the answer to fitness problems but I am convinced that for those unfortunate enough to be diagnosed a sufferer the best chance of beating it is to fully face up to the problem. It must be brought out into the open, family and friends must become involved and all must work positively towards recovery using medical expertise to the full.

## THANK YOU

My thanks go to the Woolwich, Westminster and Marsden Hospitals medical Staff, my wife Sue, children Lesley and Tony and my very good clubmate Derek Pettet. They encouraged, cajoled and comforted me when I needed it most and gave me the inner strength to keep going. Maybe there is more to come but there is always hope and I'm sure there will always be running (and a few long jumps!).

SPONSORSHIP David Coward is hoping to raise the sum of £6,000 through his run in the London Marathon. The amount would purchase a very specialised piece of equipment for the Head and Neck Unit of the Royal Marsden Hospital.

Any contribution, however small, would be welcome. Please respond to David Coward, 7 Grice Avenue, Biggin Hill, Kent.



AGE IS NO DISTANCE
AT 74 years of age, Len Jones still runs good
marathons. Len's recently published
autobiography, Age is no Distance, gives the
reader tried and tested advice on how to train and
an insight into an unusual and highly successful
career in athletics.

This book disproves all those long held theories about natural talent and busines to trait some

This book disproves all those long held theories about natural talent and having to start young. Lenowes his success and amazing energy to sheer hard work and his sensible approach to enjoying his sport. He started running seriously at almost 40 years of age and went on to record some notable performances. Then he retired in his 47th year. It wasn't until he was 66 that he took up racing again and the titles once again started to come his way. This book can be read with advantage by all those who dream of taking up running, all those who have given no thought to running, all those who have reached a plateau in their running and even all those who think they know everything about running.

running and even all those who think they know everything about running.

Len lost his first and second wives to cancer and it is his wish that £4.00 out of the £5.00 purchase price of this book be donated to the Cancer Research Campaign.

Age is no Distance by Len Jones is available from the Felpham Press, 3 Nelson Road, Bognor Regis, WestSussex, Price £5.00 — Postage Free.

land Vets League have 2Km races on the track. Three areas (SCVAC, MVAC and NVAC) hold their own track championships over 3 and 5/10Kms and there are the National Championships at the track distances plus 20 and 50Kms road races. Further afield there are the bi-annual Champion-ships at European and World level. In fact there is virtually weekly competition throughout the year and Southern and Midland based walkers opportu-nity during May to August for mid-week racing.

## Colin Young

## COACHING CLINICS

JANIS KERR has held the first of her coaching clinics for shot and discus. She writes: 'We have had two informal coaching days at Tooting Bee when Jenny Moore (W50), Brian Harlick (M45) and Bron Carter (W35) braved the elements. Jenny had never thrown before and wanted to do shot but found discus more rewarding. After two sessions she has reached 16m. She is now running more and generally getting fitter. Brian has improved on his technique in the discus and has already reached 25m. Bron surprised herself by throwing 33m so early in the year and with a sprained ankle! More clinics are planned. Contact Janis at 17 Godstone Mount, Downscourt Road, Purley

## ■ BOB DOBSON, M45 Race Walker, former UK and Commonwealth Record holder at 30M and 50Kms (1974) and from 1969 to 1989 inclusive ranked in the UK top ten at 50kms, outlines his approach to training.

'ANYONE who thinks race-walking is a soft option has obviously never tried it seriously. Longer race distances and slower pace combine to demand more training hours. The discipline of technique is closely scrutinised by judges so effort tends to be distributed evenly over the entire race.

\*Suppleness and mobility lend themselves to stylish walking - a problem for older veteran walkers - so, if time can be found, a daily routine of stretching and mobility excercises will help.
Strength and stamina can be improved in the gym or on the road.

'Monotony one has to live with. It is part of the mental preparation. I have always trained solo which helps to overcome the isolation when de-tached in a race. Motivation is important. You have to set targets. I like the longer distances - 50kms as opposed to 20kms. It is only personal satisfaction

opposed to Zoshis.

that keeps me going.

'Training ... full-time work necessarily limits
this. Over 25 years of competition has developed a
solid foundation, which is kept ticking over with

## SCOTS GO WINTER TRAINING IN SPAIN

Molly Wilmoth, SVHC's President, reports back



SIXTY-SEVEN members of the SVHC went for a superb week's holiday in Torremolinos, Spain, this January. The ideal weather allowed us to swim and run

Danny Wilmoth organized a 5K and 10K along the promenade and back and we had even brought our official starter, Davy Corbett, to set us off in true style.

There was a 100m sand sprint for men and women. Watching over 20 people running abreast, ages ranging from 40 to over 70, trying to run on shifting sand was hilarious. Needless to say a few landed on their faces.

We held a ceilidh at the side of the pool one afternoon - our group being very fond of singing and dancing - and a fancy

dress competition. Prizes were presented by the hotel's entertainments organiser at the cabaret show in the evening.

All-in-all — a week to remember.

And that is surely what veteran athletics is about.

This was our first trip abroad. Members hope it will be an annual occa-

## TITLES AT SCRUBS

Continued from page 1
group - Willie Marshall was a non-starter. A
close race ensued in the M65 division between Edgar Nicholls and John Fraser with the latter just prevailing but in the M70s Denis Eyres had nearly three minutes, over a shorter

## THE WOMEN'S RACE

There was a good turn-out in the Women's race run in conjunction with the M50 event. With over 100 entered it may have been better to have arranged a separate

start but at least shelter from the wind was obtained by combining with the men. Twins Ann Ford and Paula Fudge, long time servants of England and GB National squads, made their veteran cross-country debuts and dominated the event. Fudge led most of the way and completed the course (about 5.75K) in and completed the course (about 5.75K) in 20:20 for a fifty yard victory over Ann. With Glynis Penny a non-starter, Celia Duncan was

the closest challenger 150 yards back.
Pat Gallagher, who turns 45 in October
and who came fifth overall, was victorious in
the W40 section ahead of Margaret Beacham. Gallagher is still coming back to fitness after

an Achilles problem.

Dot Fellows, W45 champion, was in tenth place overall while Joyce Smith contin-ued her come-back in fourteenth overall to take the W50 title. Lola Smal (W55) and Joselyn Ross (W60) were also age group

The women's team event would have been interesting if Ann and Paula had a Houn-slow colleague on duty. However in the event, Westbury retained their title over Al-trincham and Aldershot. Gallagher was joined by Marylin Palmer and Sue Swift-Smith in the victorious team. HERTS COUNTY staged a well supported first county Crosscountry Champs event this season to underline the popularity of county events. KENT COUNTY Cross-country Championships now has a trophy for the O50s team event donated by Cambridge Harriers

CAMBRIDGE HARRIERS celebrate their centenary year with a big presence in the veteran scene. After a massive entry in the National Crosscountry, they plan six teams in the Vet Relays and top line challenge with the Welsh in the Porthcawl 10K.

GEORGE MEREDITH was an unusual winner of the SVHC CC Champs at Dumfries. Southerner' Meredith of Cambridge Harriers won in 30:01.

Ultra-runners ELEANOR ADAMS and DON RITCHIE produced World record runs at the Milton Keynes 24-hour race on February 3/4. Adams clocked 147 miles 1408 yds and Ritchie, 166 miles 429 yds. JIM HOGAN, M55, is entered for the 10,000m in Budapest. This means a return to the scene of his greatest triumph, his victory in the marathon at the European Championships of

RITA BANKS, 45, a Stone Master Marathoner, ran 52 marathons in 1989. 'Having come nowhere near running a sub-3 hour marathon I decided to go for quantity! I ran all of them in under four hours. The travelling and organisation was the tiring part."

WOMEN'S Pole Vault and Steeple Chase are not on the programme for the BVAF Championships. Pat Gallagher, one of the British delegates who voted in favour of their inclusion at the World Games, had this to say: 'If these events are not included, how are our women going to improve and challenge at world level ... if no women take up the challenge there would be grounds for dropping the events and the women would have no grounds for complaint'. JANE HOLMES, Britain's only woman steeplechaser, won the inaugural 2000m (W40) SC at the World Championships last year. There is no doubt she could improve her time (7:57) considerably. Eugene was her first ever steeplechase.

Holmes used the 'step-on' hurdling technique recommended by her husband, a multi-event coach, and was arguably the best performer in the field of 13. Although distracted and possibly hampered by the 'hands-on' vaulting style used by most of the others — they spread themselves across the barriers she gained in confidence as the race progressed and made quite an impressive debut COLIN SHAFTO, M55, was awarded the Derek Clarke Perpetual Cup at the BVAF Veterans Indoor Pentathlon Championships held on March 4 at Cosford. A total of 21 athletes competed.

PETER DUHIG, organiser of the 1989 BVAF Half Marathon, has been elected Chairman of



# RUG

Saturday 23rd June -Sunday 24th June 1990

BELGIUM

**VETERANS 25 Km VETERANS 10 Km OPEN RACE 10 Km** 

with The Athletic Tour Specialists

**OUR 6th GREAT YEAR TO THIS EVENT** 

## RACE DETAILS

The international races are organized together with the Town Council of Brugges, the Flemish Athleticfederation (VAL) and the Brugges Athleticclub (ABAV).

Correspondence

For race entries and tour details to our official agent – Sportsmans Travel, address as below.

Travel, sources as seem.

Collecting of numbers

Competitors can collect their race numbers at the sekretariat of
the OLYMPIC STADIUM, Olympalaan 8200 Brugge-Sint-Andries:

- on Saturday 23rd June from 9.00 till 17.00

- on Sunday 42rd June 1990 from 7.30 till 9.30.

 Time table DRESSING ROOMS – at the Olympia St DRESSING ROOMS – at the clympia stratum: START – Saturday 23rd June 1990 14.00 10 km race women – 35, men – 40 years old 15.30 10 km VETERANS all age groups. Sunday 24th June 1990 10.15 International 25 km for veterans. 9.15 departure of buses from the Olympia Stadium to the start of the 25 km race on the Market Place in Brugges (only for participants with a race number for the 25 km race).

terans must have the age in the different age groups THE DAY
THE RACE. For the non veterans race participants must be
15 (women) and –40 (men) years old THE DAY OF THE RACE.

AGE GROUPS M 60 M 65 M 70 M 75 Women: W 35 W W 40 W W 45 W W 50 W W 75 and older M 40 M M 45 M M 50 M M 55 M M 80 and older

 Prizes

 a) Individual prizes: the first three of each age category.

 women category included.

b) commemoration prize all competitors finishing their race, receive a commemoration medal.

Provision
 Provisioning and refreshments will be organized on the course and at the finishline.
 Entries: till May 11th 1990.

**GENERAL SPORTS TOURS – GROUP SPECIALISTS** 

P.O. Box 269, Brentwood, Essex CM15 8NR. Tel: (0277) 222260/264444 Telex: 99373 SPOTRA G Fax: (0277) 261934

TOUR AND HOTEL DETAILS

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WOM

Travel:

By executive coach departing from Newcastle, Leeds, Manchester, Stoke, Birmingham, Northampton, London and Ramsgate taking the short sea crossing to Dunkirk, on Friday 22 June returning Monday 25 June 1990.

BRUGGE

1990

FVAC.

Hotels:

ARAGON 3★ deluxe - 3 nights LUCCA 2\* 3 nights - from £109.

Self drive: If you want to make your own trave arrangements we have sec NAVARRA 3\* hotel from £66. secured the

All hotels are well equipped, friendly and within 200 metres of the Market Place, the centre of Brugge.

ARE YOU TRAVELLING WITH AN



MEMBER -WE ARE

**FULLY** BONDED AND HAVE BEEN FOR 6 YEARS NOW!!





















Siemens computer





TRAVEL

Veteran Athletics

45.02 L.Kittsteiner (Czech)

B.Mcrales (USA) W.Morales (USA) G.Schepe (Germany) K.Broderson (Chile) H.Anderson (USA) C.Wheeler (USA)

31.40 J.Ogden (GB) 14.82 H.Gelbrich (Germany)

APribai (India) HFibingtrova (Czsch) AIvanova (USSR) HParts (USSR) V.Young (Australia) R.Chrimes (GB)

A Iwanowa (USSR) pe M.V an An (RSA) H.Stephens (USA)

7.01 E.Mendyka (USA)

# THREE MEN ON A

M46 R.Taylor & B.Green 10.9

M45 C.Williams
M50 R.Taylor
M55 R.Taylor
M60 C.Pairor
M60 C.Pairor
M70 C.Pairor
M70 C.Pairor
M70 C.Pairor
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M50 N.Martin de S.Basby 1
M50 N.Martin M50
M50 N.Martin M65
W35 M.K.Yle
W46 M Kyle
W45 M Kyle
W45 W Kyle
W45 W Kyle

W56 U.Gore W55 R.Chrimes W60 J.Ogden W65 M.Wixey

M50 R.Taylor

W60 J.Ogder

400metres M40 J.Dixon M45 J.Dixon M50 R.Taylor M55 C.Williams

M66 S.Bsooks M65 L.Batt M70 S.Busby

M75 S.Bunby M80 W.Baker M85 M90 W35 G.Bird W40 M.Kylo W45 B.O.iver W50 J.Hells W55 C.Mel.ers W60 M Shore

W65 M Williams W76 W75 W86 W85

M40 F.Browne M45 B.Bartholomey

M90 D.Morrison
M70 D.Morrison
M70 D.Morrison
M80
M80
M85
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W35 T.Bateman
W40 F.Gallagher
Gallagher pt
W45 B.Oliver

M40 R.Bell M45 E.Bullex M50 E.Bartholo: M55 L.O'Hain

M80 W.Chap M85 R.White M90

W35 J.Smit

M50 B.Tullol

Oliver penaing 2:23D WS0 A.Prowse WS5 M.Loudon W60 M.Shone



Will I make it?





Yes, I'll make it! At the BVAF Rockfort Track & Field Championships

1989 held at Reading

## TRACK AND FIELD BRITISH AND WORLD RECORDS

r & B.Green		ACK A	ML	FIEL	7.	BRIT	15	H AN	D	V
		World Records		M75 J.Farrell  D.Morrison pending 20	21:32.7 0:36 <i>0</i>	A.Funk (USA)  D.Morrison pending 20:35.0  E.Benham	20:55.39	M80 A.Sutherland	3.14	G.Singh ( D.Markse B.Crane (
	10.9	T.Baker (USA)  E.Hart 'USA) pending 10:6  T.Baker & P.Knox (USA)	10.7	M30 W.Chapman M35 M30		J.Galin (Genracy) P.Spangler (USA) pending 37:39.3	21:57.88 26:50.2 8 15:15.2	M85 M96 M95	5.56	C.Wheele C.Wheele W.Waite
ne .	11.89	K.Denris (USA) & R.Austin (Aus P.Jordan (USA) & A.Guidet (USA P.Jordan	11.6	S.Brasney pending It W40 J.Smith W45 E.Statham W50 M.Loudon	5.08.15 15.54.0	E.Pakn (Sweden)	16:02.88	W35 M.Kyle W40 M.Kyle	5.28	
TS.	13.5 13.5	Y.Brange (Sweden) P.Jordan H.Smola (Finland)	11.8 12.4 12.72	W45 E.Statham W50 M.Loudon	18:04.44 19:54.0	E.Palm E.Pohl (Germany)	16:17.6	W44 M.Kylo W45 M.Kylo W50 M.Kylo W55 H.Farmer W64 M.Wixey	5.13	CJarson D.Breaf ( K.Dienes
n & S.Busby	17.1	J.Packard (USA)	14.24 15.4 16.58	W55 M.Loudon W60 J.Ross W65 J.Waller	21:02.3	J. Albury (Azetralia) M.lrvine (USA)	18.49.0 19:14.0	W55 H.Farmer W60 M.Wixey	3.82	L.Seuber
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ma	22.8	R.Aastin (Australia)	22.14	M45 M90	37.12.12	J.Galin (Germany)  P.Straneler (USA) pending 71:40.7	54:23.0	M86	7.05	M.Marita S.Gulab
gins s	24.5	R.Aastin A.Guidet (USA) P.Mirkes (Germany)	22.8 23.6 24.71	M90 W35 P.Welch W40 J.Smith	33:34.7 34:26.4	F.Larrica-Smith (USA) E.Palm (Sweden)	31:35.52 32:47.25 32:34.05	M85 M90		B.Crane C.Wheels E.Hindle
	27.48 28.2 32.0	B.Hogan (Australia) P.Jordan (USA) J.Packard (USA)	25.6 26.8 29.5	W45 E.Statham W50 J.Aitcheson W55 P.Plotcher	37:34.45 42:29.00	E.Fakr. (Swoden) V.Ostberg (Norway)	32:34.05 35:37.0	W35 C.Brown D.Shimed pending W40 P.McNab	8.57 8.99	
	37.5	I.Packard (USA) I.Packard II.Gathercole (Australia) pending	32.3	W60 J.Ross W65 J.Waller	43:01.1	J. Albury (Australia) J.Ross (GB)	38:38.6 43:01.1 46:52.2	W46 P.McNab W45 McNab	9.94 9.79	P.Raschi P.McNab
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ımı	24.7	M Stemanous (EISSR)	22.5	W16		H.Crooks (USA)	98:38	W60 W65 M.Wixey	6.60	K.Hveen G.Davide
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nel pending		101 (1/84)	27.05	W45 P.McNab W50 J.Hclls W55 R.Chrimes	12.55 14.45 14.87	F.Kimmerie (Germany) C.Roovers (Holland) E.Kenseinder (Moland)	12.08	W75 Pole Vault		E.Mendy
it.	32.00	Direct (CslA)  Obrera (USA) pending 28.48  P.Schneiderhan (Gormany)  5.Peterson (Australia) pending 30  P.Schneiderhan	28.9	W60 H.Farmer W65		E.Krzesinska (Foland) K.Hveen (Norway) R.Sole (NZ)	14.06 15.5 18.62	M40 M.Bull	4.30	R.Tomas
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		P.Clarks B.Hielscher (Germany)	35.93 45.27	M80		K.Trei (Canada)	17.29	M65 A.Rawlinsor M76 A.Rawlinsor	2.45	
	49.7	Millacia (Venenuela)	47.87	104metres Hurdles (33*) W35 J.Vernon M50		R.Larionova (USSR)	13.1 14.39	M75 M80		CJohnsti B.MacCo
	50.5 51.8	M.Ulacio (Venezuela) G.Muller (Germany) R.Taylor (GB)	50.1	M55 G.Daborn M60 L.Williams	16.3 16.7	P.Mulkey (USA) J.Greenwood (USA)	14.98	M85 W46 W45		A.Pit:her P.Raschk B.Stewar
ims	53.98	R. Lyter (OB)  E. Williams (GB)  E. Hydardsster (Norway)  R. Valentine (USA)  F. Assury (Germany)	53.98	M65 L.Williams.	17.9	A.Van Zyl (RSA)	16.4	W50		A.Segers
	58.31 65.4 69.93	E.Hydardseter (Norway) R.Valentine (USA)	57.1 59.5. 64.35	110metres Hurdles (39") M40 D.Finlay (120 yds 42' M45 B.Ferguson	16.10	S.Duckrey (USA) V.Thodaksson (Joeland)	14.06	Javelin M46 (806g) J.McScrisy M46 New Javelin	65.38	U.Von W
	72.2		68.5	M50 C.Shafto M55 D.Marshall	16.05	J.Greenwood (USA) J.Greenwood	14.7 15.57 16.3	K.Tambull M45 (800g) R.Ball.	63.22	J.Zirnis (
r	98.57	J.Packard (USA) H.Chapson (USA) L.Perez (Mexico)	75.4	304metres Hurdles	and the same		-	M45 New Javelin M56 (806g) J.Webster M56 New Javelin	47.82	A.Jelien
	54.02 55.3	W.Empey (Australia)	127.5 50.56 55.3	M50 M55	47.00	G.Muller (Germany) E.Knapp (Finland)	39.96 43.28		45.02	L.Kittstei
	60.0	M.Kyle (GB) J.Pollock (Australia) P.Smith (Hillan)	58.35	M60 J.Arneld M65 L.Williams			44.76 43.49 47.82	M55 New Javelin M60 (600g) K.Brookman	39.96	J.Smidin P.Piccart
mar 5	72.17	P.Schneiderhan (Genrany)	66.59 72.24	M70 M75		D.Bulkley (USA) G.Genzalez (USA)	52.44 60.78	K Brookman peading M65 (600g) H.Karlsson M76 (600g) H.Karlsson	33.00 32.15	B.Mcrale W.Morale
ums	92.78	A.Cooper (Australia) pending 69 L	74.31.	W50 J.Hulls	50.29	E. Haapa ainen (Firland) B.Farkinson (Australia)	67.42 49.78	M75 (600g) W.Baker M80 (600g) W.Baker	23.68 23.24	G.Schepe K.Broder
		r.Schnisterian A.Mangler (Germany) pending 73 A.Roid (RSA) P.Clarks (USA)	71 79.74 89.62	W55 W60		W.Sakata (Brazil) E.Laine (Finland)	55.40 62.77	M85 (690g) M90 (690g) M95 (690g) W35 (600g) A.Williams		H.Anders C.Wheels
		M.Ames (USA) M.Ames	141.5 190.3	400metres Hurdles	54.8	L.King (USA)	52.76		48.80	N.Nikano
-	-			M46 J.Dixon M45 J.Dixon M50 W.Lane		J.King (USA) G.Mueller (Germany) J.Greenwood (USA) (33")	55.18 58.1	W40 (600g) A.Williams W45 (600g) A.Williams	39.68 38.86	TLackso A.Virkka A.Gerhar
olomev	1:53.3 1:58.9	R.Mercelina (Holland) G.Cohen (USA) K.Mainka (Germany) pending 1:5 4 Budford (Australia)	1:51.52 1:57.8.	MSS D.Marshall M60 P.Mars M65 R.Evens	65.18 73.86 86.5	I.Greenwood F.Buys (Holland) (30") R.Hun: (USA)	59.85 64.45 71.4	W45 (604g) A.Williams W50 (404g) C.Gruham W55 M.Gran:-Stevens pen W64 J.Ogden	35.46 disg 18.10	H.Doche
blomev	2:04.1	m n	2.00.40	M70 E.Hines	106.9 68.75	G.Genzales (Puerte Rico) M.Stepanova (USSR)	77.5 52.94	W65 M.Wixey W70	14.82	H.Gelbri
un e	2:15.2	B.Newmann (Germany) pending 2.	2:12.62	J Bigos pending 67 8 W40 M.Focknell		J.Hynes (Australia) M.Hocknell (GB)	62.58	W75 W80		
	2:25.95 2:47.31 2:54.1	D.Famball (NZ) J.Stevens (Australia) J.Sponseller (USA) H.Chapson (USA) H.Chapson L.Perez (Mexico) B. Scansler (USA)		W45 Hocknell		M.Hocknell (GB)	55.9	Hammer I	70.83	20
S-001	234.1	H.Chapson (USA)	2:40.0 2:49.4 3:29.42	3000metres Steeplechase M40 T.Davies M45 T.Davies	9-03-5	G.Roelants (Beigium)	8:41.5	M40 (7.26K) H.Psyne M45 N.McDonald		E.Burke ! H.Potsch
50E)							9:16.2		56.22	S.Stielie
-	2:09.7	J.Kratochvilova (Czech)	4:48.0 1:56.51	M45 T.Daviss M50 M.Morrell		N.Uzdensakos (Norway) N.Uzdensakos I.Kuna (Finland) pending 9:37.79	9:16.2 9:50:96	M50 (6K) D.Bayes	52.55 47.74	5.Stiglic !
-	2:14.3	J.Kratochvilova (Czech) A.McKinzie (RSA)	4:48.0 1:56.51 2:06.5	M55 M.Morrell M60 G.Brindley	10:52.83 11:51.4	I.Kuna (Finland) pending 9:37.79 E.Garlicia (Mexico) O.Elvland (Sweden)	9:50:96 10:39:0 11:41.6	M50 (6K) D.Bayes M55 (6K) Bayes M60 (6K) J.Frase: M65 (6K) W.Lairg	52.55 47.74 46.04 30.38	5.Stiglic !
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an ber er pending 2: enaing 2:231	2:14.3 13.2 2:24.9 2:35.6 2:50-36	J.Kratochvilova (Csech) A.McKanzie (RSA) J.Podock (Australia)	4:48.0 1:56.51 2:06.5 2:16.8	M55 M.Morrell M66 G.Erindley M65 M70 R.Wiseman M75 R.Wiseman 2000metres Steeplechase	10:52:83 11:51:4 18:03:0 19:29:4	J.Kuna (Finland) pending 9:37.79 E.Garlicin (Mexico) O.Elvland (Swedon) N.Bright (USA) S.Nichols (Austral a) S.Nichols	9:50:96 10:39:0 11:41:6 12:24:8 13:03:0 15:21:0.	M50 (6K) D.Bayes M55 (6K) Bayes M60 (6K) J.Frase: M53 (6K) W.Lairg M70 (4K) B.Metcalfe M75 (4K) M.Cullen M84 (4K)	52.55 47.74 46.04 30.38	P.Sasrike E.Arrtila R.Foley ( O.Repper A.Miettir C.Broder
an ber er pending 2: enaing 2:231	2:14.3 13.2 2:24.9 2:35.6	Listatochyllora (Czech) A.McKrazie (RSA)  JPollock (Australia)  A.McKrazie  O.Vyskova (Czech) A.McKrazie  A.McKrazie	4:48.0 1:56.51 2:06.5 2:16.8 2:23.1 2:39.0 2:53.8 2:52.47 3:03.10	MS5 M.Morrell M40 G.Erindley M65 M76 R.Wiseman M75 R.Wiseman 2000metres Steeplechase M60	10:52:83 11:51:4 18:03:0 19:29:4	J.Kuna (Findand) pending 9:37.79 LGarlian (Medice) O.Elvland (Sweden) N.Bright (USA) S.Nichola (Australia) S.Nichola J.Da Shva (Perugal)	9:50:96 10:39:0 11:41:6 12:24:8 13:03:0 15:21:0.	M50 (6K) D.Bayes M55 (6K) Bayes M60 (6K) J.Frase: M65 (6K) W.Lairg M70 (4K) B.Metcalfe M75 (4K) M.Callen	52.55 47.74 46.04 30.38 23.04	P.Sasrike E.Anttila R.Poley ( O.Repper A.Miettir C.Broder P.Bender M.Saloms P.Schultz
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British and World Veteran Age-Group Record application form: p10

# **BRITS SHINE IN 800**



On a wet day, GB's Peter Browne (I) celebrates victory over countrymen Ron Bell (c) and Les Duffy in the M40 division of the 800m. This moment, captured by Eugene, Oregon's Register Guard, was splashed on the front page of the sports section

## Wilf Morgan looks at the history of veteran 800m racing.

time British vets have taken all the medal places in a stadium event at a 800m for it is an event in which the British have performed well at most US athletes have taken three golds but fewer medals overall. In terms of second, Ian Pearce seventh and Vic Smith ninth. high placings it is perhaps our strongest event.

In the early '70s when the vet scene was beginning to bloom there were a couple of M40s who could mix it with the best — Ron Allen of Harrogate and Brian Bullen of Stretford. In 1974 Bullen rana Worldbest of 1:57.2 and Allen turned in 1:57.3 and 1:57.9. They took these credentials to the firs: World Games in Toronto in 1975. On a track that resembled a stretch of linoleum glued to concrete, the 12 finalists were overtaken by nerves and crawled round the first lap in a bunch. Allen made a dash for glory 300m out but the field went with him and swallowed him up in the home straight. Larry Means (USA) won in 2:00.2, Bullen was third. Allen sixth. But it was all very close, the seventh man home was just 1.4 seconds behind the winner.

Gothenburg in 1977 provided a different type of race. Noel Clough of Australia, winner of the Commonwealth 880 in 1966, made it a straightforward test of strength. His first lap of 55 strung the field out in a single file behind him. Another Aussie, Tony Blue, tracked Clough all the way and just got his chest in front on the line. Both recorded 1:54.8 - a new WR. The first eight were inside two minutes. The best placed Brit was Nat Fisher in fifth. Klaus Mainka of Germany, who finished third, later reduced the WR to 1:54.6.

The race in Hanover in '79 did not have that strength in depth. It had a good front runner, Ernie Billups from Chicago, and a man prepared to to with him, Ron Anderson of Morpeth, but the rest were way back. Billups was a hard nut to crack at the time and he got away from Anderson 150m out, winning in 1:56.6—exactly the time Anderson had run for a BR the year before. At the next two Games, Christchurch, NZ, '81 and Puerto Rico '83, there was a shortage of Brits. In Christchurch

the M40 was won by George Cohen (USA) in 1:55.5.

In Puerto Rico an unconsidered Canadian, George Smith, came through at the end to beat Ulacio of Venezuela. (A man with a set of incredibly fast but unverified times for 200, 400 and 800). Interest entred on Noel Carroll of Ireland but he was surprisingly beaten into

fifth in a fast finish - usually his force. The Games came back to Europe in '85 and at the Olympic Stadium in Romethere was a memorable win by Smith who became the only man but couldn't manage it on the day. Duffy simply ran as fast as he could to successfully defend the M40 title. There were 12 finalists and they started off the curved line. The first lap was just within 60 and when the of 59) was the fastest since Gothenburg. Great stuff.

THE BRITISH 1-2-3 in the M40 800m in Eugene last year was the first pace quickened along the back straight they all went along with it. Walter Wilkinson was up there and locked in with a chance. There was World Games. It was appropriate that this success should come in the congestion on the final bend as everyone went for home. Then Smith, who had lain towards the back throughout, turned in a remarkable sprint, of the previous World Championships — particularly the M40 group.

Overtaking 5 or 6 within about 40 metres on the crown of the bend. He Therecord is a good one: two gold, three silver and two bronze medals.

entered the straightin front and hungon to win in 1:56.9. Wilkinson took

## Gallagher's Gold - Then Bell and Browne

Given the British strength at 800m it is a surprising fact that we did not win in any group, men or women's, until Pat Gallaghet won the W35 in Rome. A victory by a British male was overdue. It came in '87 in Melbourne, Ron Bell of Wrexham turned yet that year and immediately made an impact. He won the Indoors at Cosford in 1:57.2 - a WR - and improved the BR outdoors in May with 1:55.8. In June he ran 1:53.5 for

a new WR. He went to the World Championships as favourite.

The changeable weather in Melbourne provided a cold and windy day for the M40 final. The early pace was slow and there was lots of physical contact within the bunched field of eight. The race finally took shape going into the last 200m when Bell broke loose from the pack.

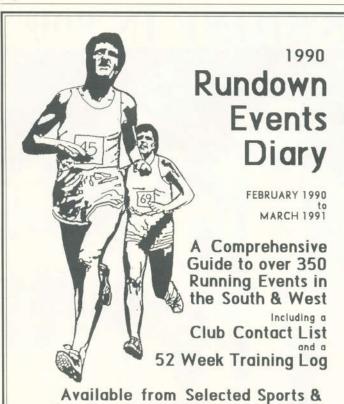
Once clear, he went on to win convincingly but in an uninspiring time of 1:59.3. Les Duffy, the other Brit in the race, was fourth.

In '88 the domestic scene started to look really interesting as

Yorkshireman Geoff Peel pushed Bell to 1:56.1 indoors. Bell lost out to Mercelina of Holland in the Europeans in a grinding neck and neck struggle.

Peter Browne of TVH entered the fray in 1989. A GB international with European and Commonwealth Games experience, he provided the perfect foil for Bell. At the Indoors in Glassow he lost parrowly as Bell. drew his sting with a long run for home. In July he turned it around with a victory in the British. With a win apiece they turned their attention to the rest of the world in Eugene. They put the damper on the other 800

men with a show of class in the preliminaries and Browne scored a psychological point by easing in front of Bell to win the semi. The race had four Americans, an Australian and the three Brits. Duffy took the lead and held it throughout the first lap. Browne and Bell Duffy now hir each aim test intoughout mension, because and test followed him and, if you will forgive a nationalistic touch, it looked inspiring to see the three of them, in 'club colours', dictating the race. Duffy, running above himself, clung grimly onto the lead until 120m out when Browne and then Bell came past. Browne proved to be the best 'short' finisher. Bell needed a longer, more sustained finishing phase,



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## THE LONDON MARATHON — THE FIRST TEN YEARS

first big city London Marathon, writes Jack FitzGerald, he created an occasion that was to have very solid repercussions. The veteran competitors were able to use the race as a catalyst for rewriting the British and World age category record lists.

The first, which ended in Birdcage Walk, was itself an eyeopener with 50 in the first 80 achieving pbs and no fewer than 142 beating two and a half hours. Leading vet was Bill Venus, the Blaydon Marine stationed in Devon, in 2:22.59 but he was probably upstaged by M45 Eric Austin who was just 30 seconds behind him. However the veteran performance that really caught the imagination was that of 42-year-old Joyce Smith who became the first British women to beat the magic barrier with a scintillating 2:29.56.

In 1982 the race moved to its present course and finished on Westminster Bridge. So many supporters were watching the epic struggle between Munich Olympic Marathon contenders, Ron Hill and Don MacGregor, that most failed to notice ex-St Alban's International Steeplechaser, Mike Palmer who beat both with 2:19.40. But again the glory went to Smith who reduced both her W40 World and British records to 2:29.43. Because it was still very much of a lucky dip whether you were selected for the race, the older age groups had not yet made much impact in the race.

În 1983 Priscilla Welch emerged as a future prospect by winning the Women's race with 2:39.29. From 1984 standards were set so that veterans could qualify as good for their age and Men O60 and Women O50 gained automatic entry. Welch improved her time to 2:30.06 which she subsequently reduced to 2:28.54 at the LA Olympics to capture Smith's W40 World and British records. The surprise winner of the 1976 Olympic trial, Barry

(Name of Chief Photo-Finish Judge)

WIND GAUGE

Name of Operator

lowed by Verlea's Dave Clark in 2:18.57

By 1985 the older veterans were taking advantage of their automatic entry, among these were two Scots: Hugh Currie who reduced the M60 British record to 2:47.40 and Gordon Porteous the 70-year-old who scampered round in 3:11.45. Laurie Forster was the other British record breaker with 2:34.32 at age 55 but the first overall vet was the great Swede Kjell Stahl, in a course veteran record of 2:16.0.

Two 50-year-olds dominated the 1986 veteran section: Derek Lawson smashing the M50 British record with 2:24,58 and ex-800m International Ann Chapman (formerly Oliver) reducing the W50 British best to 3:01.41. Monica Shone of Altrincham set new W60 figures of 4:14.30. Monica further reduced her W60 record by 21 minutes in 1987 and yet was completely upstaged by an even maturer athlete, Jose Waller. The 65-year-old clocked 3:46.25 on only her second marathon.

Jenny Wood Allen, the Dundee counciller

who already held the W70 World record, was an hour slower but would undoubtedly have broken the W75 record had she started further up the field. Mainly as a result of this, Veteran good-for-their-age athletes were afforded yet another concession with a separate start from

In 1988 Hugh Currie again made headlines with a new M65 British record of 2:55.41. Evy Palm, from Sweden and still competing Internationally, broke the W45 World record with 2:31.35 and Waller reduced the W65 World record to 3:35.49. In 1989 Palm further reduced her W45 record to 2:31.05. Again it was the two Scotsmen who obliged with British records: Currie reducing his M65 time to 2:52.55 and Porteous setting new M75 figures of 3:32.14

## Walthamstow Road Races

Guardian Newspapers with Walthamstow Athletic club present

# 7 MILE ROAD RACE

## SUNDAY 3rd JUNE 1990

Start 9.30am on a new fast course (Also 11/2M Joggers Fun Run, Kids 400m Run (U10 only)

Prizes to All Age Groups Including All Veteran Age Groups Subject to sponsorship

SAE to: Nick Joseph, 30 Morland Road, Walthamstow E17 7JB

EASTBOURNE ROVERS ATHLETICS CLUB

4TH YOUNG ATHLETES & VETERANS OPEN MEETING

(Under AAA and WAAA laws)

Princes Park Oval, Channel View Road, Eastbourne

Sunday 13th May 1990

Meeting commences at 12.00

HJ (Girls, IW, VW, Youths, VM)

100m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
100m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
200m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
400m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
800m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
1500m (Girls, IW, VW, Colts, Boys, Youths, VM)
1500m (Girls, IW, VW, Colts, Boys, Youths, VM)
1500m (Girls, IW, VW, Colts, Boys, Youths, VM)

Cinder Track and synthetic run ups

ENTRIES: Advance entries 60p per event, £1.00 on day Closing date for advance entries: 5th May, 1990 Send you entry giving Events, DOB, Club and Age group to:

DAVE LARKIN, 9 HAZELWOOD AVE, EASTBOURNE, EAST SUSSEX BN22 OSB Tel: Eastbourne 508715 (before 9.30pm)

Please enclose an SAE and make cheques/POs payable to EASTBOURNE ROVERS ATHLETICS CLUB

## British Veterans' Athletic Federation

Application for World Veteran Age-Group Record and/or British Veteran Age-Group Record.

## TRACK EVENT

		Age Group	Men/Women
Date(s) of B	irth		
		mber is required, in order o	
Competitor's	Country	Date	of Meeting Country
Name of Sta	adium	Town	Country
RESULT OF	FRACE		
The names	of the first three cor	mpetitors and their tim	es were as follows:
2nd		Time	
3rd		Time	
STARTER'S	CERTIFICATE		
I hereby that		e was in accordance	with I.A.A.F. Rules.
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NOTE - A Photo-Finish print must be included with this application.

I hereby certify that wind speed in direction of running was

Signature

Signature

metres/sec

## PAT McNAB A VETERAN OF THE MULTI-EVENT A profile by Bill Taylor

PAT MAWER as she then was letics at school but by the age of 15 she needed a club to give her much needed competition. a cut to give ner much needed competition.
So she joined Hull Spartian and her career took
off. In 1960, aged 17, she won the Yorkshire
Schools Senior Girls 80m Hurdles championship and represented Yorkshire in the All
England Schools in the hurdles and sprint

By 1962, she was mixing with the greats: third to Mary Peters and Thelma Hopkins in her first Pentathlon at the Yorkshire Women's ner IIIst Pentathion at the 1 orkshire Women 5
AAA. This was during her three years (1961 to
1964) at Dartford College for whom she competed regularly. Her first England vest came in
1965, a match versus East Germany. She finished fourth in the 80m Hurdles against tough

opposition.

In 1966 she became Mrs Chapman and for a while athletics took a back seat but by the end of 1969, after the birth of her second child, she was training again. She first represented Great Britain in the Pentathlon in 1970 and followed this by selection for various British teams over the next six years at Pentathlon, 100m Hurdles and Indoor Long Jump. She feels that her highest achievement in British open athletics was her selection for the Pen-tathlon in the Europa Cup (Barcelona 1975) tainton in the Europa Cup (Barcetona 1973) but if was no mean feat to be ranked in the National top ten in 100m Hurdles, Long Jump and Pentathlon from 1970 to 1976.

By 1977 Pat was married to Torn McNah and her third child was born that year. She was far from finished with athletics and in 1979

1279	W76	World	Earne Jump	15 Gent	5.48m
			100m H	Til ven	14.65e
			Percaryon	Branze	373720
1981	W35	World	200-	Cele	26.491
			100m H	Geld	15-18k
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			Lang Jump	Stiver.	5.36m
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			+weraction-	Brarure	5225010

started a glittering career as a veteran. The World Championships at Hanover brought her silver in the Long Jump and 100m Hurdles and bronze in the Pentathlon. She missed the European in 1980 but from 1981 to 1989 she was never out of the medals except for 1983 in Puerto Rico when she tore a calf and achilles uerto Rico when she tore a calf and achilles in the final of the 100m.

Pat has had more than her share of injury and for years pain has limited her training. She has had operations on both achilles tendons, removal of neuroma (left foot), retinaculum release (right ankle), removal of a toe joint in each foot and arthroscopy in both ankles — the last two operations in November 1989. In the last two operations in November 1989. In spite of the arthritis and wear in her ankles Pat's surgeon says she can carry on for the time being. Who would dare try stop her? She still has unfulfilled ambitions: to improve the W45 World record for the Hammer to 40 metres plus and to win a World Championship with a World record performance. Immediate aims — to beat 12.5 for 80m Hurdles, 13.5 for 100m, 28 for 200m and, the tough one for her, to get under three minutes for 800m

For the sake of her Hepsathlor!
Pat appreciates the benefits of coaching and pays tribute to the help Tom has given her both as an International and as a veteran. His teaching of the techniques for multi-events has helped her to build on her considerable natural ability. Nowadays perhaps there is less to teach her but his watchful eye ensures that her technique does not slip - and he is a motivator

Most athletes have views about the admin-istrators on high. Pat is no exception. She dislikes what she sees as male dictation of the events women are allowed to do. She applauds WAVA decision to provide the whole range for women and wants to goad EVAA into doing the same. She would also like to see

more veteran events at open meetings.

She has not been able to do cross-country and long runs for winter training in recent years because of her foot problems but does work with static bike, weights and circuits. She also does some 200s and 300s on the track n weather permits.

Summer is more structured with three



Pat puts all her power behind her shot at the 1989 Rockfort National Track and Field.

sessions each week of technical work on multi-events, short and long sprints and some starting practice. She tries to compete every her in a mid-week open meeting or at the week-end. She has to rest at least every

third day or her feet won't take the strain.

The camaraderie and international

friendliness in veteran athletics are as important to Pat as the medals. Her hardest co tition is against herself. She has to keep fit and

to keep herself repaired and balance the amount of training she would like to do against the damage she does if she works too hard. If she can keep that balance she intends to be around for a long time.

A STRONG MAN'S COURSE MVAC Cross-country Championships, Woolaton Park, Nottingham, January 7 THE WEATHER was mild, the going soft and the course a fair test.

As the race developed M50s Alan Griffiths and Dick Cooper took the eye. Griffiths was able to stay in contact with the leading group well into the race and even when he became detached was well able to hold off Cooper, always a good man over the country. Griffiths' win was good — seventh overall. He finished ahead of clubmate and M45 winner Graham Astill (not yet fully back in the groove after an op)

At the front M40s Walton, Parker, Keen and Edwards (last year's winner) stayed together on the flat and downhill stretches. It was a strong man's course and Alastair Keen finally broke up the group to win.

In the M60s Tempan and Simp essentially track men, were well clear of the others. Harry appeared to be moving well and always had the edge on Colin. The way in which Diane Payton won

the W35 was a revelation. Looking strong, she made light work of it, well up on Chris Kilkenny — no mean feat. On balance, maybe Dot Fellows' performance was the best of the women. She took the W45 with only Payton and Kilkenny ahead of her.

Altogether a fine race over a course many regarded as tough. Wilf Morgan

## HAT TRICK HAMILTON VAC Cross-country Championships, Wimbledon, January 13 WHEN Laurie O'Hara won the VAC four years back at the age of 53 it was acknowledged as a fine performance but the question was asked 'where were the young

men?'. The answer is here in the persons of Peter Hamilton, Uliano Previati, Mike Peter Hamilton's domination of this event (he recorded a hat trick) was underlined for in conditions a shade softer

and from a record field of 147 he ran to five seconds of his '89 record time. Uliano Previati, a new presence who had prominent form in Surrey and who hails from Milan, took silver. And Peter Finch

took third.

Mike Fuller headed a very strong M45 class. An equally fine hat trick was that of Irish-man Tom Ryan who won the M50. His time was equal to his race winning time

The M55 division offered a new age

# Around the Regions

group trophy and this was won fittingly by Laurie O'Hara. Year after year it seems a new man bursts up into M60. Now it was the turn of Laurie Forster clear of Steve Chariton and Ron Franklin. And not to be outdone M70 came to the boil as well -Dennis Eyers ahead of Richard Creese, Ted Flowers and two others.

Nine women completed the tough vet fair course. In form Mary Todd of Wokin AC won convincingly from Brenda Ford who out sprinted Sarah Cawkwell on the run in and Jill Laird. And the first listed W60 was Joyce Haigh, better known as Joyce Smith of the home grown Wimbledon Windmilers Jeremy Hemming

NEW BOY CRAIG A WINNER NI Vets Cross-country Champion Castle Park, Bangor, January 27 THE three mile race, promoted by NIAAF, was over two laps of undulating parkland on a cool dull day. Underfoot conditions were quite good after snow during the

week.
The initial charge from the start by 93 vets up a steep hill saw Craig, Price and McMurtry to the fore. Settling down after half a mile Craig, Price and Gregory were together with Campbell, McMurtry, Williamson and Jones in close contenti-The end of the first lap saw Craig ten yards in front of Price with Gregory 20 yards back and a further 20 yards saw Campbell, McMurtry, Jones, Williamson and Patterson in indian file. Craig ran out an easy winner, ten seconds from Price, with Gregory closing fast five seconds behind. Patterson more noted for fell running, came through strongly to fourth which enabled North Down to beat Sparta 21 points to 23 in the team race.

Gerry Craig and Tom Price are new vets who with Bernie Gregory will certainly upgrade veteran standards in Northern Ireland. Eddie McAyov

TWO NEW VETS SHOW EVAC Cross-country Champio Stopsley, Luton, January 28 The very demanding, hilly, and moist course was well-marked out by Vauxhall Motor AC and long spikes were the order of

Two new vets showed to the front early

n, Ray Church and Peter Duhig, with Mike lson (O45) running aggressively following a run in the Inter-Counties the day before. Ray Church having run the course in the warm-up saw the single-track section over the last mile and a half and took the lead accordingly knowing it would be difficult to overtake. Ray won the race.

Mike Nelson (M45) was third overall almost two minutes ahead of Tony Hawkins, second M45, and Alec Horn, third M45. The M50 medals were claimed by Des Haughney, Patrick Lusardi, and Ian Vaughan-Arbuckle. The M55 medals were elaimed by Lauric Walshe, Ken Jones and Phillip Holland while the M60 medals were won by Ted Cooper with ringo organ, chasted in vain one place behind, and Edward Thompson, all three beating the second-placed M55 runner. The age group placed women's race were: W35 won by Ted Cooper with Hugo Soper, who winners in the women's race were:W35 Diane Marsh; W40 Faith Suter, W45 Iris Homsey; and W50 Elizabeth Holmes

Hugh Barnfather

ALMOST IDEAL NEVAC Cross-country Championship, Jarrow, February 3 THE RECENT gale like weather unexpectedly relented to give us almost

ideal conditions in which to run the

mpionships.

Alan Whitfield of Chester-Le-Street easily won the O40 race, breaking away from Harry Matthews of Elswick and Bob Firth of Mandale after the first of the four laps. Walter Ryder of Morpeth successfully defended his O50 title ahead of Reg

Checkley of Heaton. An interesting competitor in this event was John Hillen, a former British International, making his debut in the NEVAC Championships and who despite a lack of racing fitness completed the course

in sixteenth position.

Judy Allison of Bridlington won the women's race with Pam Goddard of Claremont taking second place.

LOTS OF GLAUR SVHC Cross-country Championships, East Kilbride, February 4 THE TRAIL at East Kilbride was in splendid condition - very heavy, lots of

glaur. There's a growing belief that Drew lumbull waters the course to ensure an over

sufficiency of mud.

Mud or not, George Meredith hit the nt and stayed there from the start closely followed all the way by Charlie McDougall. George led the field for every one of the five laps but always closely pressed by Charlie. Andy Stirling never gave up and finished third in the M40 class.

Messrs Edwards, Fairweather and Young took the first three places in the class in a closely contested race. Willie Spark was a comfortable winner in the

Hugh Gibson had a super run to finish eleventh overall and first in the M55s with eleventh overall and first in the M55s with Bill Stoddart second and inestimable Tom O'Reilly in third place. The remarkable Willie Marshall easily took the M60 title and Jim Geddes the M65.

In the women's race I Morrison won the W35 title, Kay Dodson the W40 and S Thompson the W55.

The post race tea and snacks supplied by the Ladies of the East Kilbride AAC were to their usual high standards and to them and the other members of East Kilbride who assisted, our warm thanks

Alex Muir

HILLY MUDDY AND WET SCVAC Cross-country Championships, Bedford Park, Havering, February 10 GEORGE Meredith became the automatic favourite for the M40-49 title when his Cambridge Harrier team mate Keith Penny was prevented from making his veteran debut because of a dislocated shoulder blade. Meredith was pushed hard by Pete Witcomb on the first lap of the hilly, muddy and wet course but broke away on the second to win. Witcomb held on for second place ahead of a fast finishing Phil Wallace. With Graham Ashdown first M45 in overall seventh place and Dick Peel in ninth backing up Witcomb's runnerup position, Brighton was first team. In the Women's race Marathon

International, Glynis Penny, finished a minute ahead of another Marathon International returned after a year in the wilderness. Joyce Smith is still full of running at 52. The American, Caroline Dowling, W35, was next. Shaftesbury/ Barnet won the team awards as Smith was joined by first W40, Barbara Kirk, and first W45, Carol Gould. The W50 division was tough - behind Smith, Jean Hulls, Mary Anstey and Pam Jones all finished ahead of the second W40. Joselyn Ross won the

At the halfway mark in the O50s it was obviously going to be a great race between holder, Torn Ryan, and challenger, Geoff Harrold, but it was the tenacious Irishman who stormed up the finishing incline for a five second win. Another former M50 champion, Ron Gomez, was third to win the M55 title from Laurie O'Hara. The M60 title went to Laurie Forster who won by over three minutes from Ron Franklin. The nome club, Havering, must have had aspirations in the team race but it was Vale of Aylesbury who triumphed on the day.

Jack PitzGerald

JUST TO PLEASE THE LADIES NVAC Cross-country Champion Accrington, Lancs, February 18 THIS corespondent was taken to task for describing the Accrington course as difficult so organiser Jack Betney took the race a little further up the side of a mini-fell

— just to please the ladies who compete er the full distan

In the combined O50s and Women's event, Steve James was pursued by Ted Isaacs before going away to win. Les Vaughan-Hodkinson was a popular winner of the M55 class and R Lucas of Newcastle, who could trouble the best in the National, easily won the M60.

June Foster was well up in the field to take the women's title from Denise Wakefield. Other age group wins went to Sue Smith, Anne Nally, Mary Gartrell and

Wirral salvaged some of their past glories by winning the team race, albeit without Maurice Morrell, who found presenting the prizes and kissing the ladies

infinitely more pleasurable.

The 'main event' provided a titanic struggle between T. Hesketh and Peter Hyde. The pair were locked together until the last field when Hesketh finally stormed away. Barry Peatfield had tracked them on a lone furrow to finish a gutsy third. Brian Little, seventh overall, had a good win in the M45 class from John Davies, the marathoner. Newcastle won the team event.

An excellent afternoon's running proving that the Northern dinosaurs are alive and kicking - come and join the Zoo!



Track work: Shel Cowles leads the way at Reading 1989

## FIXTURES

## NATIONAL

- National Veterans Road Relays ALDERSHOT 11am cd 28 Apr forms Organiser, 6 Edney Close, Church 13 May Crookham, Aldershot GU13 0BW
- 15 Jul
- 5 Aug
- 12 Aug
- Crookham, Aldershot GU13 0BW
  BVAF T&F Champs Crownpoint GLASGOW and AGM
  BVAF T&F Champs Crownpoint GLASGOW
  BVAF 10M Champs OSWESTRY
  Inter Area T&F Match SOLIHULL provisional
  10K/5k Track Walk Champs SOLIHULL provisional
  BVAF/AAA Open Half Marathon SOUTHAMPTON
  BVAF 20K/10K Walking Champs CHIGWELL
  BARNSLEY Veterans 10K Champs 19 Aug 19 Aug 20 Oct
- BARNSLEY Veterans 10K Champs INTERNATIONAL 18 Nov
- LONDON Marathon
- 23-24 Jun 10K & 25K Vets Grand Prix BRUGGE 30 Jun-8 Jul VII European Veteran Championships BUDAPEST 2-6 Nov 5th Oceania Veteran Games AUCKLAND NZ
- SOUTH 25 Apr 5 May VAC Track 1st Meet Battersea Park 630pm
- VAC 10M Champs Wilberforce School SW19 34th ISLE OF WIGHT Marathon £5 cd 5/5 Ryde H HQ, 19 May
- 34th ISLE OF WIGHT Marathon £5 cd 5/5 Ryde H HQ, 31 Oakfield High St, Ryde, IOW PO33 1EJ WORTHING DIS H Open mtg Vets M&W 100 200 400 800 3K handicaps & Vet DT SP JT P Leeves, Downside, Stable La, Findon W Sussex SCVAC T&F Champs CROYDON WALTHAMSTOW 7 BVAF Gr 1 N Joseph, 30 Morland Rd, London E17 7JB 28 May
- 3 Jun
- VAC 5M Champs BATTERSEA PARK SW11 BUCKS BERKS OX HANTS & HERTS Vets T&F

- Champs WATFORD Keith Bearling, Watford Gen Pontfolio BATTERSEA PARK Vets 10K A Heafield, LRRC, Alexandra Gate Lodge, Hyde Park, 12 Aug London SW7 1QH
- VAC Track Champs W LONDON Stadium W12
  SUSSEX Open Vet meeting CRAWLEY incp Sussex Co 12 Aug 1-2 Sep AA Vets Champs
- SLOUGH MARATHON and HALF M BVAF Gr 2 Forms N Demot, Sports & Leisure Dept, Town Hall, Bath Rd, Slough SL1 3OQ inc SCVAC Marathon Champs SCVAC LEAGUE Track Meetings Mondays 23 April Albert Rd, Croydon - 14 May Barn Elms SW13 - 11 June Croydon

- Great West Run & SWVAC Half Mar Champs EXETER
  Training Grants 5 Vet Men & Women cd 30/4 PO Box 88 6 May Exeter EX26LN
- Poole Marathon see ad in VA13 3 June
- Poole Marathon see ad in VAI3
  Poole Sports Council, Civic Centre, Poole, BH15 2RV
  SWVAC T&F Champs SOUTHAMPTON Bassett Sports
  Centre John Liddle, 19 Roundhouse Drive, Totton,
  Southampton SO4 2EU
  Newquay 10K inc Co. Champs BVAF Gr 1
  P Sargent, Byeways, Cubert, Newquay
  BVAF/AAA Open Half Mar SOUTHAMPTON Bassett
  Sports Council
- 1 Jul
- 19 Aug

## MIDLAND

- DUDLEY KINGSWINFORD 10K BVAF Gr 1 £3 cd 20/4 R Blackburn, 97 the Broadway, Dudley, W Mid DY1 3EB 9th OSWESTRY 10M BVAF Gr 1 £2.50 cd 10/5 D 2 May 13 May
- Morris, 27 Whittington Rd Oswestry SY11 1JD MVAC T&F Champs ALDERSLEY Stadium General Portfolio CHELMSLEY WOOD 10K J Walker
- 17 Jun
- H11 Cooks Lane Kingshurst Solihull B37 6NU H1-TEC POTTERIES Marathon prizes 18v 11wv D Shelley, PMP, Trentham Gardens, Stoke on Trent ST14 8AX
  - MIDLAND Veterans T&F League, Divisions North, East and South West 3 May, 14 June or local variation, 19 July, 9 August and 5 Sep Final MIDLAND Vet League Alexandra Stadium B'ham
- EAST IPSWICH JAFFA 15 BVAF Gr1 cd 15/5 C Buckton, 124
- Hawthorne Drive, Ipswich ST NEOTS Half Mar BVAF Gr 1 £4 cd 12/5 E Newland, 7 Dial Close, Little Paxton, Cambs PE19 4QN BEDFORD Grand Prix T&F Meetings May 2, May 23, Jun 24 final icw EVAC T&F Champs WALES
- WALES

  27 May PORTHCAWL 10K Welsh Vets Champs and VAA challenge 1 each M40, M45, M50 & Wvet D Crowder 15 Bredenbury Gardens Nottage Porthcawl CF36 3NY Welsh Veterans T&F League 16 May Newport, 5 June Swansea, 24 July Barry, 14 Aug Cardiff

## NORTH

- NVAC 6M Road WALLASEY RUFC 12noon ROCHDALE H Robinson Classic 5.2M BVAF Gr 1 19v 22 Apr 2 May 6wv £2 PC O'Sullivan, Rochdale Police Station, the Holme, Rochdale OL16 1AG
- 9 May Vets T&F Mtg, Leverhulme Park, Bolton 7pm NVAC Road, Hood Lane WARRINGTON 12noon
- Vets T&F Mtg, Leverhulme Park, Bolton 7pm NVAC Champs & EAST CHESHIRE Half Mar BVAF Gr 1 25v M McGann, I County Av, Ashton-u-Lyne OL6 9RP ROCHDALE Peclets 'n Weevers 5.3 BVAF Gr 1 as above 23 May 30 May
- NVAC T&F Champs. E Chesh HQ, Ashton-u-Lyne 12.00 ROCHDALE H D Ibbotson Classic 5 19v 7wv £2 as above 3 Jun 12 Jun
- NVAC Track meeting Belle Vue MANCHESTER entries Joe Moran 061- 477-2433 Gen Portfolio LIVERPOOL H Riverside 5 RR BVAF Gr 17 Jun 17 Jun
- £2 cd 12/7 P Simpson, 24 Whitham Av, Crosby, Liverpool L23 0RD
- 2 Jul PENNINE MARATHON AD Sykes, c/o Ellis & Booth, 843 Leeds Rd, Huddersfield
- NVAC 10K Road & Path, IRLAM 12 noon
- Sep Lancashire Vets T&F Champs, Leverhulme Park, BOLTON ISLE OF MAN
   ISLE OF MAN Half Mar BVAF Gr 1 £3.50
   D Higgins, Curlew Cottage, Scarlett, Castletownn, IOM
   19-24 Aug ISLE OF MAN Road Running Grand Prix details David
- Phillips, 14 Upper Dukes Rd, Douglas IOM NORTH EAST

## NEVAC T&F champs JARROW NEVAC Pentathlon Champs 30 Jun

- 23 Sep
- 26 Sep NEVAC 10K Track Champs, with 200m and JT NEVAC Inter Club League Monkton Stdm, Jarrow on

## Weds 7pm 23 May, 13 Jun, 11 July and Sun 19 Aug 11am SCOTLAND

- GLASGOW 800 10K Garscadden 215pm LUDDON Half Mara SVHC Champs Kirkintilloch A McInnes Memorial 10k KIRKINTILLOCH BATHGATE Hill Race Vets 215pm Bathgate 5 May 23 May
- 26 May 27 May
- CAMPSIE Tiso Hill Race & SVHC Champs 3pm SVHC T&F Champs COATBRIDGE
- 14-15Jul 1 Aug
- BVAF T&F Champs COATBRIDGE
  BVAF T&F Champs Crownpoint GLASGOW
  LOCHINCH 10K Road Race 7pm
  INVERCLYDE Marathon inc SVHC Champs
  10K Track Champs & Pentathlon COATBRIDGE 19 Aug
- 8 Sep WOMEN ONLY
- EPSOM Allsorts Womens 10K & 5K £4 G Grieve, 29 Apr 27 May
- Georgian Lodge, The Drive, Tynwood, Leatherhead LIVERPOOL Womens 10K 7wv cd 27/4 Liverpool City Council, Sport & Rec Dept, 11 Dale St, Liverpool L2 2TE LOTHIAN Ladies Open 6K Mrs B Howie, 123 Newbattle
- Abbey Cres, Dalkeith, EH22 3LP PORTSMOUTH Ladies Only 10K BVAF graded Race Sec., 73 Chichester Rd, North End, Portsmouth

## **FIXTURE NOTES**

and John Temperton

## SUSSEX VET TRACK CHAMPS Sussex AAA hope to hold an Open Vet's meeting at Crawley in September for county awards, in conjunction with Sussex Multi Event Champs, we are informed by Ron Stead of the Associa-tion. A full range of track events from 100m to 3000m with two jumps and two throws for men and women are envisaged. Age groups could go to five ROCHDALE HARRIERS & AC promote five road races with sponsor-ship, variety and above average veteran prize levels. For their contribu-tions to sport the May 30 event is dedicated to Max McNally, Cyril Leigh

LIVERPOOL WOMENS 10K claims to be the UK's premier womens event and be the UK's premier womens event and hopes to top 6,000 entrants on Bank Holiday Sunday, May 27. Also quality brochure - health promotions - corporate teams - 39 first vets were Celia Duncan 36:23 and Leslie Watson 37:43 GLASGOW 1990 Booking for Univer-sity accommodation for the National Track and Field will close on April 30. The organisers are anxious that people book early because of Glasgow being Europe's Cultural Capital this year. At the LONDON MARATHON good for their age veterans will be numbers 20-23,000 and they will have a special start. M65+ and W60+ will be starting on the green start behind the elite Total numbers will be around 38,000

## INVITATION TO ATTEND THE WAVA NORTH AMERICAN REGIONAL TRACK AND FIELD CHAMPIONSHIPS

IN PORT OF SPAIN, TRINIDAD, W.I. AUGUST 23 - 26, 1990

CONTACT: Mrs. Barbara Dunsford 71 Hillside Crescent, South Harrow HA2 0QU Tel: 01-422 7157 FOR APPLICATION FORMS AND INFORMATION

ALL TRAVEL/ACCOMMODATION ARRANGEMENTS BEING HANDLED THROUGH MYSTIQUE ISLES INTERNATIONAL LTD., 19 ROYAL AVENUE HOUSE, 1 ROYAL AVENUE, LONDON SW3 4QD Tel: 01-730 6493 on behalf of WAVA organising committee,

Port of Spain, Trinidad W.I.

Hugh Richardson competed in Hungary last summer and we have asked him for a few tips on what to do...

## WHEN IN HUNGARY...

I am told by Barclays Bank that one can bring forints (the country's currency) to Hungary provided that they arrive in coin. Unfortu-nately Banks can't supply coin so be prepared to change currency at the Airport or border. to change currencies are gladly accepted as are travellers cheques in dollars or sterling to-gether with Barclays Visa cards and Euro-cheques at most major tourist centres. A word of warning. You will certainly be approached to sell dollars or pounds sterling

once your country of origin becomes appar-ent. Be warned — don't do it. The illegal sale of currency is still regarded as a serious criminal offence apart from the fact that it is clearly

a breach of good faith and good manners.

The rate of exchange is much in our favour. We can eat well and embarrassingly cheaply at the best restaurants and there are many of these in the spectacular Castle area. Gifts for relatives and friends, although some-what scarce, fall into the same category. But be careful about eating out on Sundays. It is difficult to find convenient eating places which remain open on Sunday evenings.

Hungarian is a Uralic agglutinative language where the parts of speech are not clearly identified and endings are strong out after the root word. What this really means to you and I is that we are unlikely to be able to guess what is being said to us. This language is related to Finnish and to no other European language.

Taxis too are extremely cheap. There is public transport but the language difficulties are again sure to follow us. Most taxi drivers

are again sure to follow us. Most taxi drivers have a smattering of English or German and judging by the way they drive an excellent knowledge of Japanese!

The Hungarian economy is still mainly agricultural — just see the variety of produce which is available at the various open air Markets. You will also see people trying to sell the odd item of second-hand clothes or possibly a handful of radishes.

Hungary enjoys a continental climate and

Hungary enjoys a continental climate and apparently there is only about 30 inches or so of rain a year, most of which falls in Spring or early Summer. We can, therefore, expect hot

days though possibly a little muggy.

When you are there you should visit
Margaret's Island and its thermal baths, visit
the Houses of Parliament and while wandering

through the old narrow streets enjoy the glo-ries of the old Austro-Hungarian Empire. Finally, I am sure that all who visit Budapest will have a most memorable holiday and don't forget what miracles some enthusi-asm and a warm smile can work.

## VETERAN TRACK LEAGUES

## SOUTHERN COUNTIES VAC TRACK LEAGUE

new league is announced by Jim Hurley, the Croydon and Irish sprinter. Nine AAA clubs have signed up to compete in three early season meets in the South London area. Notably the full range of track events except hurdles are intended in the main programme, with a late season final.

O50s will have full opportunity as well as A and B Men and Women.

## BEDFORD GRAND PRIX

The League for Individuals, with club awards, directed by Howard Darbon, who handled last year's Vets CC International, goes into its second year. The final forges bonds in the East Midland region with the EVAC Track Champs.

## MIDLAND VETERANS T&F LEAGUE

The league returns to the title it originally bore before Redditch's sponsorship and continues to grow, reports John Topliss. 21 club teams, an increase of three, will compete over the three divisions. O50 Men will have two events per meeting and there will be one more meeting, by popular demand, making four and a final, this year at prestigious Alexandra Sta-

## NORTH EASTERN VETS INTER CLUB LEAGUE

This enters its third year with four dates at Jarrow and growth is confidently expected by Jim Waters. Women compete in all events and are increasingly supporting the League.



Paula Fudge, W35 winner of 1990 **BVAF National Cross-Country** 

## ANSWERS to Quiz P4

- 3. Mexico City, 1988.
  4. Talyana Kazaniona (USSR), Olympic 1500m.
  4. Talyana Talyana (USSR), Olympic 1500m.
  4. Talyana Talyana (USSR), Olympic 1500m.
  4. Talyana (USSR), Olympic 15
- D. 108 bearsons: 1
   D. 109 bearsons: 1
   D. Im Peters who ran 2/29/24 in the Poly Marathon by Jim Peters who ran 2/29/24 in the Poly Marathon Deputs 1, 100 bearsons: 100 bear

# RESULTS RESULTS RESULTS

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BVAF CC	CHAMPI	ONSHIPS 1990 WORMW	OOD SCRUBBS LOND	ON W12 MARCH 11	MVAC CC CHAMPS WOLLATON PARK, NOTTS JAN 7	14 P Edwards 27:10 16 B Lloyd 27:19
M40	0000000	8 G Ashdown(Brighton & H) 39:51	65 M Robinson[Hav] 49:18	19 C Bishop[Shaf Bar] 24:12	MENS 10K	19 J Sheidrake 27:44 20 M Bott 27:47
1 P Banks[Cov G] 2 A Ross[Ver]	36:45 36:52	9 J Norman[Alt & Dis] 39:55 10 M Wrenn[Tip] 39:59	66 S Robinson[Newc (Staffs)] 49:39	20 S Cawkwell[High] 24:29	1 A Kean [Derby] 35:04 2 J Walton [W&B] 35:23	22 L Ingold 27:54 23 G Bradbury 27:56
3 A Whitfield[Ches le S] 4 H Emerton[Colch]	37:04 37:13	11 D Rogers(AFD) 40:18	68 J Breen[Hil] 51:08	21 S Frnwic(RRC) 24.59 22 P Parker[Vaux] 25:38	3 M Parker [B&R] 35:31	33 A Stone 28:31
5 G Meredith[Cam H]	37:37	12 K Burgess[Alt & Dis] 40:38 13 A Matson[Crawley] 40:40	69 J Cox[Bar & Dis] 51:38 70 B Matthews[Carn & Coll] 51:50	23 H Darbon[Bedford C] 25:49	4 A Edwards [Sparkhill] 35:55 5 B Russell [D&K] 36:06	35 P Harris 28:50 36 J Wasbrough 28:52
6 P Hyde(Alt & Dis) 7 H Matthews(Els)	37:44 37:49	14 M Hawkins(B&R) 40:43 15 R Williams(CamH) 40:53	71 G Hughes[Newc (Staffs)] 53:39 72 K Burnett[Phillips] 57:36	1 P Gallagher[Westbury] 21:14	6 J Heywood [Huncote] 36:13 7 W Chance [Notts] 36:38	42 C Jennings 29:19 44 R Turney 29:27
8 D Fairbrass(Kent) 9 P Whitcombe(Brighton &	37:55 H) 37:58	16 C Holmes[Vaux] 40:55 17 M Barnes[Bolton] 41:05	M55	2 M Beecham[AFD] 21:50	B B Wilkins [Sparkhill] 36:51	45 K Spiers 29:30 46 R O'Donoghue 29:32
10 B Peatfield[Salf] 11 R Church[Nene V]	37:59 38:01	18 D White[Black H] 4124	1 R Gamez[V o Aylesbury] 40:41	3 L Clift[Holme P] 22:27 4 P Mee[All & Dis] 22:51	9 K Atkins [Tipton] 37:00 10 M McCabe [West Brom] 37:08	48 A Stevens 29:42
12 S Tone[Newcastle]	38:07	19 M Cronin[Black h] 41:32 20 D Wary[Stevng] 41:42	2 E Appleby[Heaton] 41:27 3 T Everin[Eaton M] 41:31	5 K Howe[Border] 22:53 6 B Kirk[Shaf Bar] 22:54	11 A Jenkins (Worcs) 37:40 12 S Tattersall [Derby] 37:43	49 A Hardy 29:43 56 F Barrett 30:11
13 F Davies[Liverpool] 14 P Duhig[Ryston]	38:09	21 K MayerBotton] 41:52 22 A Green[SCVAC] 41:53	4 D Case(E&S) 41:46 5 R Stewart[Musewll H] 42:12	7 F Suter[St Albans] 23:02 8 P Baker[Serp] 23:41	13 M Smedley [Derby] 37:44 14 P Watts [Huncote] 37:58	60 A Aitken 30:37 69 D Byng 31:36
15 J Johnston[Plym] 16 B O'Neill/AFDI	38:11	23 H Airken[Barnet] 41:59 24 T Webb[M Keynes] 44:02	6 P House[Wood G] 42:20	9 P Hutcheon[Norf O] 24:07	15 C Moore [Notts] 38:29	77 B Harlick 3221
17 P Browne[TVH] 18 E Cunningham[AFD]	38:24	25 R Brett(Vaux) 42:07	7 (Barnes[Darlington] 42:45 8 M Ward[Harboro] 43:05	10 M Curran[At & Dis] 24:16 11 Y Murray]Massey] 24:19	16 S Nee [Notts] 38:34 17 R Smith [Notts] 38:40	94 M Matthews 33;36 98 M Perkins 33:50
19 M Woods[AFD]	38:25 38:27	26 C Jennings[VPH] 42:11 27 J Sheldrake[S'end[] 42:15	9 J Hawes[Heaton] 43:19 10 i Addison[V o Aylesbury] 43:37	12 S-T Yeo(Hav) 25:01 13 F Curtin[Windsor SE] 25:16	18 K Allen [Notts] 38:50 19 D Hyde [M.Ferg] 38:53	99 G Jones 33:51 100 A Balbi 33:54
20 A Edwards[Spark] 21 M Noble[Stockport]	38:32 38:36	28 M Brooks[Alt & Dis] 42:18 29 P Baxter[Alt & Dis] 42:29	11 P Carmichael[Eis] 43:53 12 L V-Hodkinson[Liv Pem] 44:07	14 M Moody[Handy Cross] 25:21 15 S Monk[Cam Coll 25:59	20 M White [Huncote] 40:53 21 A Green [Cannock] 40:56	102 I Thompson 34:05 111 P Biencowe 35:02
22 N Fairbrass[Kent] 23 P Briscoe[W Horse]	38:38	30 D Keams[Bolton U] 42:31 31 M Dixon[Ver] 42:47	13 M Morreli[Wiral] 44:41 14 JD Wood[Bar Dis] 45:04	16 P Bearley[B&R] 26:25	22 S Dickson [Notts] 41:40	118 D Plummer 35:32 127 C Beale 37:58
24 K Pike[Kent] 25 P Cheatle[NHEB]	38:44 38:49	32 A Stone[Bel] 42:53	15 M Ball[Pitsea] 45:09	17 M Shirley[Bar Dis] 27:03 18 J Goodwin[Bed Co] 27:49	23 P Rowlands [D&K] 41:51 24 W Collier [Notts] 42:53	130 S Fitzpatrick 37:29
26 P Keenan[Lon Irish]	38:51	33 K Nonhard (Sinfin) 42:54 34 C Botton(Els) 42:57	16 S Vidhan(Medway) 45:34 17 W Clapham[Black H] 46:15	19 C Walder[B&R] 28:20 20 B Thomas[Serp] 30:21	25 8 Wakefield [Notts] 43:48 M45	M56 6 T Ryan 26:23
27 R O'Mahoney[Brighton 8 28 P Wallace[Medway]	38:56	35 D Waton(At & Dis) 43:03 36 A Higgins(Car) 43:24	18 D Howarth(Leigh) 46:29 19 D McWhinter(Tip) 46:44	W45	1 G Astill (Notts) 36:49 2 A Davies (Sol & SH) 37:46	13 R Davidson 27:09 17 C Crump 27:33
29 A Fielding[BoltonH] 30 C Thomas[TVH]	39:00 39:01	37 K Buckle(Chelt) 43:38 38 A Corkery(L Irish) 43:39	20 M Westen[Frome] 46:45 21 R McLeod[MVAC] 46:58	1 D Fellowes[Canock] 21:41	3 K Buckle [Chelt] 37:52 4 D Reffin [Notis] 37:55	21 L Parrott 27:29 24 B Smith 27:57
31 J Willoughby(QPH) 32 G Wooton(Thur)	39:01 39:03	39 G Charles[Vaux] 43:40	22 D Thomas[Cam H] 47:08	2 J Jay[G Western] 22:12 3 C Gould[Shaf Bar] 23:13	5 H Billings (Sutt Ash) 38:02	26 P House 28:00
33 T Smith[B'mouth]	39:04	40 P Fisher[B&R] 43:58 41 T Lyons[Kent] 44:12	23 R Silver[Helsby] 47:11 24 J Jewoll[Cam H] 47:16	4 P Card[AFD] 24:03 5 J Bryan[Cannock] 24:05	6 M Price [Stone] 38:06 7 P Ball [Omega] 39:40	27 K Spacie 28:01 28 M Doogan 28:02
34 V Monk[Thur] 35 B Plain[Car]	39:09 39:15	42 D Mawer[Stevg] 44:35 43 E Orchard[Shaf Bar] 44:17	25 B Shave[HHH] 47:37 26 G Crowder[Black H] 47:52	6   Hornseu[Cam col) 24:08 7 M Farish[Bromley V] 24:44	8 G Shirley [Sutt Ash] 40:19 9 D Cowley [Staffs] 40:33	30 D Coward 30:17 40 M Newton 29:14
36 R Peel(Brighton & H] 37 S Coleman[Have]	39:21 39:25	44 A Sowden[High] 44:57 45 D Walsh[Coich] 44:58	27 M Kerry[Sheppey] 48:00	8 C HydefWindsor SEI 24:58	10 R Blackburn [D&K] 41,10	43 D Chapman 29:21
38 D Parsons[B'mouth] 39 P Murohy[Lon Irish]	39:27 39:29	46 K Spiers[Meteors] 45:30	28 T Deighton[Newc Staffs] 48:03 29 R Blastland[V o Ayleribury] 48:05	9 J Kimber[Medway] 25:08 10 S Gandee[Hertford] 25:13	11 A Martin [Sutton] 41:28 12 J Neary [O & Wig] 41:38	47 C Wroth 29:36 50 B Merrett 29:47
40 S Grace[Alt & Dis]	39:33	47 C Maughan[Vaux] 45:37 48 E Kimber[Bar Dis] 45:40	30 W Jones[Vaux] 48:20 31 R Francis[bury] 48:36	11 N Cross[Bromley V] 26:02 12 M Gannon[Warrington] 26:18	13 A Smith [D&K] 41:43 14 D Hackett [Notis] 42:23	52 D Desborough 29:54 58 I Jones 30:30
41 P Malloy(Shah Bar) 42 D Parsons(Oxford)	39:34 39:36	49 G Kidman(Solihul) 45:54 50 G Groome(Sinfin) 45:56	32 R Laverick[Ches Le S] 48:40 33 P Taylor[Bar Dis] 49:47	13 C Bean[Steyning] 26:39 14 J King[E&S] 27:23	15 R Cox [Words] 42:31 16 P Owen [Tartwith] 45:43	65 G Sheffield 31:18 66 P Cawsey 31:32
43 N Collins[Newcastle] 44 P Hamilton[Blackh]	39:43 39:44	51 V Robinson[Black H] 46:46 52 J Martin[Bar Dis] 46:49	343 P Chaplin[Cam Col] 50:32 35 J Parrott[High] 50:41	15 A Tomkinson[Roch] 28:09 16 Y Miles[B'mouth] 28:59	17   Savage [Stone] 50:46 M50	68 T Penfold 31:34 71 D Button 31:38
45 C Moxem(TVH) 46 R Waterlow(Alt & Dis)	39:48 39:52	53 J Foulcher[Bar Dis] 47:29	36 J Kirsop(Bar Dis) 50:49	17 B Cushen[M&S] 29:58	1 A Griffiths [Notts] 36:23	73 C Brown 31:56
47 D Turner[Liverpoot]	39:56	54 J Barton(Cam H) 47:58 55 T Park-Davis(St Albans) 48:07	37 D O'Connell[TVH] 51:25 38 A Hardman[Alt & Dis] 51:57	18 P Davidson[Cam H] 30:19 19 D Taylor[Shaf Bar] 30:36	2 R Cooper [Worcs] 36:49 3 J Mills [Sparkh] 37:50	74 EJ Hills 31:58 76 E Stroud 32:19
48 P Toms[Brighton & H] 49 P Doman[Soton]	39:57 39:59	56 R Hammond[SCVAC] 48:42 57 M Butler[Somer] 48:48	39 G Poole(High) 52:04 40 R Griffiths(Ver) 52:36	W50	4 B Hughes [Nuneston] 38:43 5 J Cleland [Tipton] 38:59	78 M Jones 32:23 79 M Hawkes 32:24
50 P Dornan[Soton] 50 S Knight[SLH]	39:59 40:04	58 J Donnelly[Vaux] 49:04 59 D Tomkinson[Roch] 49:13	41 N Thompson[Newc Staffs] 52:47	1 J Smith(Shaf Bar) 21:58	6 C Hunt [Tipton] 40:29	80 B Reekie 32:29
51 R McGall[Alt & Dis]	40.0	60 S Harris[Bar Dis] 49:17	42 J Atkinson(Bar Dis) 52:48 43 D Jones[itford] 53:07	2 P Jones [iff] 23:56 3 J Hulls [Bromley V] 25:19	7 R Picksley [Notts] 40:50 8 J Barr [Chell] 41:03	81 C Collins 32:36 83 J Hanscomb 32:39
52 S Herington[Wood G] 53 N Dooling[Liverpool]	40:08 40:14	61 P McQuillan[E&S] 49:44 62 A Vincent[Banbury] 50:11	44 B Lister[Bolton H] 53:43 45 P Yates[Kent] 54:43	4 E Thomson(HndyC) 25:26 5 J Altcheson(Wigan) 26:00	9 J O'Brien [Huncote] 41:08 10 M Knight [Derby] 41:13	87 A Coaker 33:01 92 S Harris 33:25
54 L Lyons[Bef] 55 C North[B'mouth]	40:17	63   Woggett[NLAC] 50:40 64 D Hewitt[Sinfin] 50:44	46 D Coffey[CamH] 54:45	6 E Mansfield [Handy C] 26:24	11 T Preston [Nun] 42:02	112 T Rowley 35:04
56 P Larkin[Newcastle] 57 B Standen[TVH]	40:26 40:29	65 D Jenkerson[Oxf] 51:33	48 T Rees[MVAC] 59:10	7 M Holmes[Cam Col] 26:32 8 P Part[Bolton U] 26:40	12 R Suddens [Nun] 42:50 13 R Barnes [Notts] 42:59	97 I Todd 33:44 103 J Breen 34:07
58 P Finch[Wav]	40:31	66 D Huntington[Sinfin] 55:32	49 M Pointer[CAm H] 65:08	9 S Barr[Chet] 26:53 10 U Duckworth[Bedford C] 28:06	14 R Froggatt [Sol] 43:16 15 J Parker [Strattd] 43:24	105 D Reid 34:17 117 A Charman 35:29
59 J Wagstaff[Tipton] 60 R Morgan[B'mouth]	40:42	TEAMS M40 - 49 1 Aldershot Farnham & District AC 90, 2	TEAMS M50+ 1 Aldershot Farnham & District 36, 2 Heston	11 C Stewart[Muswell H] 33:44	16 J Diaper [Huncole] 45:40 M55	120 K Burnett 36:15 126 J Binfield 36:47
61 B Binns[S'end] 62 W Hagan[S'end]	40:50 40:51	Brighton & Hove 130, 3 Altrincham & District 160, 4 Newcastle (Staffs)161, 5 Tharnes	H 65, 3 Wirral 68, 4 Vale of Aylesbury 85, 5	W55	1 S Rogers [Worcs] 40:37	131 J Bowen 38:04
63 R Melvern[Ver] 64   Dunn[Box]	40:53 41:01	Valley H 167, 6 Kent AC 194, 7 Vertea AC	Cambridge H 88, 6 Havening 90, 7 Blackheath H 101, 8 Barner & District 105, 9		2 T Mateley (Derby) 43:09 3 D McWhirter (Tipton) 43:33	132 R Vidler 38:44 133 D Dennelly 39:21
65 T Pretty[TVH]	41:03	207, 8 Bournemouth AC 217, 9 Cambridge H 233, 10 Liverpool H 234, 11 London Irish	North London AC 144, 10 Medway 197, 11 Pitsea RR 206, 12 Bolton H 221, 13	3 B Forster[Shaf Bar] 27:27 4 B Atkinson[Shaf Bar] 29:04	4 B Rawins [8&R] 44:21 5 G Berry (Holme P] 46:45	134 T Brennan 39:23 M55
65 L Sawkins[S'end] 67 A Bowden[NeneV]	41:05 41:11	245, 12 Elswick H 318, 13 Bolton United H 323, 14 Southend AC 342, 15 Belgrave H	Hillingdon 229, 14 Vauxhall Motors 264, Ranelagh H 264, 15 Ahrincham & District	5 H Rider(Cam H) 33:24	6 W Stapleford [RSC] 55:07 M60	10 L O'Hara 26:56(Rec) 25 T Everitt 27:58
68 B Wilkins[Spark] 69 W Valentine[Bath]	41:25	456, 16 Vauxhall Motors 461, 17 Ryston R 522, 18 Barnet & District 545, 19 Milton	279, 16 Newcastle (Staffs) 342	W60	1 H Tempan (Cheadle) 40:33	32 D Pettet 28:24
70 H Chadwick(8 Mouth) 71 J Percival(Els)	41:39	Keynes 552, 20 Sinfin AC 567	MEO	1 J Ross[Garden C] 26:16 2 E O'Neill[Reading] 41:10	2 C Simpson [Sol] 41:42 3 J Day (MVAC) 44:01	38 R Steuart 28:59 57 J Pontsmore 30:28
72 R Hilyard[Medway]	41:43	M50	1 L Forster[Bar Dis] 44:12 2 C Simpson[Solihull] 45:05	TEAMS	4 G Phipps [Learn] 46:11 5 K Dare [Solihuli] 47:23	59 D Forrester 30:36 61 D Devey 30:42
73 J Spell(Els) 74 D Curwenll(AFDF)	41:44 41:48	1 L Presland[AFD] 38:46 2 S James[Southport] 38:54	3 E Cooper[Duke St] 46:07	1 Westbury Harriers 34, 2 Altrincham & District 45, 3 Aldershot Farnham & Dis 47, 4	6 T Clowry [Notts] 48:17 M65	52 K Powley 30:46 70 S Nicol 31:38
75 T Reynolds[North] 76 R Masling[Bath]	41:51	3 T Davies(AFD) 39:29 4 T Ryan(NLAC) 39:34	4 R Frankin[TVH] 48:22 5 D Smith(Kettering T] 47:14	Shaftesbury Barnet 59, 5 Norfolk Olympiad	1 E Nicholls [B&R] 42:29	75 D Porter 32:05
77 J Phelan[Balck H] 78 R Poret[Ver]	41.54 41:55	5 E leases[Wirral] 39:43 6 A Griffiths[Notts] 39:50	7 G Phipps[Learnington] 47:23 7 G Bootn[Forbanks] 47:41	76, 6 Cambridge & Coleridge 112, 7 Windsor Slough & Eton 116, 8 Bromley Vet	2 J Fraser [OWLS] 44:28 3 A Lovett [Ranelagh] 56:41	95 B Lane 33:58 96 C Chamberlain 33:40
79 J McGil;vray[Philips]	41:58	7 B O'Gormon[BlackH] 40:09 8 G Harrold[Entield] 40:33	8 H Soper[[Vaux] 48:08 9 R Dare(Ran) 49:01	142, 9 Handy Cross Jopgers 156,10 Serpentine RC 167, 11 Bedford & Co 200	TEAMS Men 40 1 Nottingham 62pts, 2 Derby 75, 3	104 D Church 34:08 108 P Harvey 34:31
80 P Simpson(iver H) 81 R Bale(Bel)	41:58 42:13	9 L Carroll[Wirral] 40:49	10 R Jeffrey[Mets] 49:06	NORTHERN IRELAND AAF 10K ROAD	Huncole 106; 4 Wordester 112; 5 Dudley & Kingswinford 144	114 J Simmons 35:21 121 P Vates 36:02
82 N Fitch[Bracnell] 83 G Waker[Nen eV]	42:14 442:21	10 G Gee[Cam H] 41:03 11 K Summersgili[NVAC] 41:15	12 R Blow[Alt & Dis] 49:34	CHAMPIONSHIP DECEMBER 9	Men 50 1 Nottingham 100, 2 Tipton 123, 3 Nuneaton 131, 4 Solihull & Small Heath	123 C Chisholm 36:28
84 R Portis[Cam H] 85 CDickinson[Bolton U]	42:22 42:23	12 R Davidson[Carn H] 41:25 13 R Checkley[Heaton] 41:27	13 P Ashton[Wolds VR] 51:09 14 R Walis[Wood G] 51:26	M40 1 T.Price 31:07	174	124 P Waghorn 36:39 M60
86 R Black[Shaft Bar]	42:27	14 B Fozard[Reading] 41:38 15 A Lang[Ran] 41:42	15 T Rowley[Woking] 52:28 16 M Robertson[S Shields] 53:08	2 B.Gregory 31:27 3 D.Seaton 33:27	WOMENS SK W35	37 L Forster 28:55 41 S Charlton 29:17
87 T Brannigan [AFD] 88 A Clarke[E&E]	42:32 42:34	16 D Surrey[Shaf Bar] 41:48	17 A Brown(MVAC) 53:59 18 M McDowell(Ran) 54:04	4 L.McMurtry 34:22 5 W.McCracken 35:29	1 D Payton (Tipton) 24:45 2 C Kilkenny [Cannock] 25:31	63 R Franklin 31:09 67 J Charman 31:33
89 A Broown[Walton] 90 J Shirley[BarnetDis]	42:40 42:45	17 A Thomas[Colch] 41:53 18 T Palithorpe[Hav] 42:17	19 J Brown[itf] 59:00	6 C.Richardson 35:36	3 L Robb [Notts] 25:55 4 C Rollason [RSC] 27:36	84 J Hayward 32:40 85 R Dare 32:56
91 A Barlowe[Alt & Dis] 92 S Toolan[L Irish]	42:49 42:51	19 J Clare[Blackh] 42:25 20 J Mills(Spark) 42:39	20 P Vine[LRRC] 61:00 21 A GoodwinSLH] 62:44	M45 1 E.Campbell 32:42, 2 G.Williamson 34:04	5 J Clowes [Derby] 27:59	88 C Walker 33:05
93 T Vallance(Liver) 94 T Edgley(Medway)	43:00 43:07	21 M Sawyer[Bar & Dis] 42:47 22 L Parrott[Hav] 42:50	M65	3 B.Smith 34:43, 4 L.Jones 34:50 5 T.Alderdice 34:57, 6 E.Playtair 34:58	6 R Godsall [Worcs] 30:34 W40	106 E Barnford 34:22 116 C Stockings 35:25
95 J Evans[Medway]	43:34	23 D Ferraday[Bar & Dis] 42:52 24 J Massey[Liverpool] 42:55	1 J Fraser[Oadby W] 46:45 2 E Nicholls[8&R] 47:49	M50 1 K.Hawlin 35:05, 2 T.Long 36:27 3 J.Kennedy 37:00, 4 G.Graham 37:52	1 A Eley [Derby] 28.48 2 B Lamb [Notts] 31:20	129 M McDowell 37:14 136 J Shave 40:11
96 L Barden[TVH] 97 B [Poole[Sinfin]	43:48 44:02	25 B Kitchener[AFD] 43:03	3 E Joynson[Gates HH] 49:28 4 B Eyles[Ver] 50:09	5 B.Adair 38:03, 6 A.Sewell 38:15 M55 1 B.Booth 38:12, 2 B.Grimason 40:02	3 C Clark [Worcs] 31:47 4 P Brown [Notts] 33:27	144 D Hardy 46:21 M65
98 P Toms[Brighton & H] 99 N Robinson[Sinfin]	44:10 44:18	26 R Jeans[Sai] 43:11 27 P Ferguson[V o Aylesbury] 43:15	5 B Nielsen[Hill] 50:37	3 W.Metcalfe 40:47, 4 W.McCullough 42:38	5 S Moore (Notts) 33:39 W45	101 B Nielsen 33:55 107 T Shiling 34:27
100 P Parker[Vaux] 101 G Skevington[Wreake]	44:20 44:21	28 C Clegg[B'mouth] 43:21 29 T Hoyles[Hav] 43:29	6 T Shilling[Basing] 52:06 7 J Fitzgerald[M&S] 52:15	5 J.Sweeney 45:13, 6 N.McKee 48:42 M60 1 V.Elliott 40:23, 2 S.Allen 40:45,	1 D Fellows [Cannock] 26:04	110 J Fitzgerald 34:56
102 M Weston[Ryston]	44:27	30 B Black[Valley S] 43:30	8 R Allen(NVAC) 52:17 9 M Stancombe(Bar Dis) 56:18	3 T.McKeown 47:37 M65 1 J.Todd 38:29, 2 J.Kennedy 44:56	2 J Bryan [Cannock] 28:23 3 S Cox [Worcs] 28:50	125 L Brown 36:41 135 A Lovett 40:01
103 D Catlin[M Keynes] 104 T Doherty[At & Dis]	44:30 44:38	31 D Attwell(At & Dis) 43:36 32 D Desborough(NLAC) 43:48	10 A Lovett[Ran] 61:03	91 Fin	4 J York [MVAC] 33:33 W50	142 J Small 44:59 145 B Wade 53:39
105 R Aubrey[SCVAC] 106 S Cowan[M Keynes]	44:48 44:53	33 E Campbell(Pitsey) 43:58 34 B Court(Botton U) 44:09	M70	NORTHERN IRELAND VETS CC CHAMPS	1 B Mateley [Shelton] 30:37	146 W Hartfree 50:13
107 J Reynolsds[M Keynes] 108 P Reeve[Stevnage]		35 C Hunt[Tip] 44:13 36 M Newton[Bei] 44:14	1 D Eyers[Hill] 24:25 2 R Creese[TH&H] 27:15	CASTLE PARK BANGOR JAN 27 1 G.Craig [Sparta] 16:35	TEAMS 1 Cannock 13, 2 Nottingham 29, 3 Worcester 32	M70 91 D Eyers 33:23(Rec)
109 D Bearley(B&R)	45:23	37 J Barr[Chelt] 44:16	3 T Bennett(Black H) 29:38 4 D Blyth(Carn Col) 32:31	2 T.Price [Achilles] 16:45 3 B.Gregory [Cuvehill] 16:50	VETERANS AC CROSS COUNTRY	109 R Creese 34:45 122 E Flowers 36:26
110 J Allen[VAC] 111 D Maughan[Bel]	45:46 45:53	38 K Underwood[Nene V] 44:22 = 39 T Laybourne[M Keynes] 44:27	M75	4 J.Patterson (North Down) 17:25	CHAMPS WIMBLEDON JANUARY 13	137 L Burnett 40:31 139 J Flowers 42:17
112 J Mould[BarnetDis] 113 R Bull[Trent Pk]	45:58 46:03	40 E King[Medway] 44:52 41 M Miller[Hi] 45:00	1 P Frean[Bar Dis] 33:37	5 L.McMurtry [East Antrim] 17:32 6 L.Jones [Ninth Old Boys] 17:34	M40 1 P Hamilton 25:44	W35
114 C Dickinson[Bolton U] 115 P Conway[M Keynes]	46:05 46:29	42 J Gordon[Hil] 45:02 43 A Hardy[Bel] 45:08	2 W Symes[QPH] NTR	7 D.Seaton [North Down] 17:35 8 E.Campbell [Willowfield] 17:37	2 U Previati 26:02 4 P Finch 26:18	89 S Cawkwell 33:08 W40
116 P Linturn[Bracknell]	46:37	44 M Thompson[Hav] 45:29 45 R Collins[Oxf] 45:44	M85 1 RE White[Ran] 69:13	9 G.Williamson [Sparta] 17:43 10 B.Smith (North Down) 17:48	5 L Lyons 26:22 7 D Spencer 26:25	86 B Ford 32:59 90 J Laird 33:15
117 M Doughty[Enfield] 118 J Dixon[Alt & Dis]	46:54 46:58	46 D Coward[Cam H] 45:59	W35	11 J.McAllister [Larne] 17:53	8 C Woodhams 26:28	115 S Yeo 35:23 W45
119 J Cartwright[Ryston] 120   Harlow[Sinfin]	46:59 47:32	47 A Tewkenbury(Hav) 46:05 48 R Kersey(SLH) 46:06	1 P Fudge[Hounslow] 20:20	12 A.Andrews [Lisburn] 17:54 13 P McBride [Sparia] 17:57	9 DS Williams 26:51 11 R Marsh 27:06	72 M Todd 31:40(Rec)
121 B Connelly[Wreake] 122 T Lane[Bicester]	47:50 47:51	49 P Hough[Vaux] 46:11 50 J Goody[G & G] 46:20	2 A Ford[Hounslow] 20:29 3 C Duncan[AFD] 20:59	14 R.Corry [Willowfield] 18:03 15 M.McGuigan [Sparta] 18:13	12 J McGilvray 27:08 15 R Jenkins 27:17	113 L Bowcott 35:08 128 P Hawkes 37:06
123 D Ricketts[Kent]	48:00	51 K Burgess[Chelms] 46:35	4 A Briscoe[Oxt] 21:09 5 K Dowson[Ches L S] 21:20	16 D.Graham [Ninth Old Boys] 18:20 17 J.Harris [C.I.Y.M.S] 18:25	18 I Ure 27:22 29 R Bale 28:15	W60 140 J Haigh 42:48
124 J Clune [Soton] 125 P Kearns[LRRC]	48:18 50:35	52 T Kelly[Oxf] 46:42 53 D Cornwell[Bolton] 46:43	6 M Palmer[Westbury] 21:29	18 K.Hawtin (North Down) 18.29	31 J Francis 28:20	141 D Offredi 43:19 146 Finished
126 R Woolaston[Ryston] 127 S Fricker[B'rmouth]	53:02 57:06	54 P Causey[Woking] 46:47 55 V Withers[Medway] 47:07	7 A Pugh(At & Dis) 21:30 8 M Thompson[Bourne] 21:34	19 M.McNulty [Dromara] 18:30 20 T.Mason [Beechmount] 18:31	34 A Brown 28:40 38 P Parker 29:10	SCVAC LEAGUE CHATHAM DEC 17 1 P.Wallace(Medway)29:40, 2 T.Edgeley
M45	H1.000	56 B Flowers[Trent P] 47:31 57 P Thomas[V o Aylesbury] 47:34	9 D Marsh[Norf O] 21:47 10 C Dowling[Wycombe] 21:52	NIVAA AGE GROUPS M40 1 B.Gregory, 2 L.McMurtry, 3	51 R Jones 29:51 53 M Bruok 29:58	(Med) 33:01, 3 J.Evans(Med)33:17, 4
1 B Booth(Ver)	38:51	58 B Glover[Bar & Dis] 47:51	11 A Smith[Northtn] 21:27	D.Seaton.	54 F Woodcock 30:06	MField (B'Heath)33:50, 5 W.Clapham(B'Hth) 35:14 6 E.King
2 J Davies[Newc (Staffs)] 3 M Duff[AFD]	39:02 39:11	59 D Hayes[NLAC] 48:12 60 T Parr[Bolton U] 48:27	13 S Swift-Smith[Westbury] 21:55	M45 1 L.Jones, 2 E.Campbell, 3 B.Smith, M50 1 K.Hawlin, 2 T.Long, 3 R.Calvert	55 I Camfield 30: 09 64 D Maughan 31:12	(Med)35:28, 7 R.Franklin(TVH) 35:29, 8 R.Hallyard(Med)35:31, 9 J.Raines
4 S Birkin[Cam+i][ 5 J Dear[E&E]	39:20 39:30	61 J Seed[M Keynes] 48:37 62 M Street[Pitsey] 48:51	14 D Braverman[Cam Col] 21:25 15 A Lippitt[TrentP] 21:25	M55 1 R.Booth, 2 B.Grimason M60 1 J.Metcalle, 2 S.Allen, 3V.Elliott	82 G Kennedy 32:38 93 M Pidgeon 33:27	(Med)36:08,10J.Robinson(B'Hth)36:52, Teams 1 Medway"A"49, 2 Black
6 L Davies[Glos] 7 P Fagan[L Irish]	39:36 39:50	63 M Callow[M Keynes] 49:03 64 B Strong[Bar & Dis] 49:06	16 D Watefield[Sal] 21:29 17 H Ernery[WindsorSE] 21:48	Teams 1 North Down 21pts, 2 Sparta 23pts, 3 Willowfield 44pts, 4 Sparta B 53pts, 5 9th	119 P Still 36:04 M45	heath"A"44, 3 Medway"B"42, 4 Med"C"29, 5
- Ludwid usul	33.00	31.00 0.01	18 K Dwyer[Norf O] 24:01	Old Boys 54pts, 6 East Antrim 66pts	3 M Fuller 25:16(Rec)	GEC Av 21. Women 1 J.Hulls(Brom)21:50, 2 M.Farish (Brom)22:31, 3 N.Cross
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EVAC 10M ROAD CHAMPS WITH NENE VALLEY 10 DECEMBER 3

VALLEY 10 DECEMBER 3
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1 P Dunig 52:51, 2 V Holman 54:33, 3 R
Arnol 55:24, 3 L Clarke 56:58, 5 K Brockes
57:16, 8 B Webb 57:20, 7 K Prior 57:34, 8 K
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M45
1 M Mason 54:05, 2 R Pritchard 55:20, 3 G

M63

1 M Mason 54:05, 2 R Pittchard 55:20, 3 G Ayre 56:17, 4 D Smith 56:10, 5 D Mover 56:40, 6 M Toylor 50:16, 7 M Toylo

M907 1 J Pelling 56:47, 2 I Vaughan-Arbuckle 58:37, 3 P Lusardi 60:02, 4 H Barnfather 62:50, 5 B Mules 70:09, 6 E Vates 71:21, 7 D Harvey 77:02

A Hughes 58:48, 2 L Walshe 60:23, 3 D Linton 61:17, 4 M Ball 61:57

M60 1 E Cooper 65:35, 2 N Copping 67:30, 3 G Webb 85:102

Webb 85:102 W35 1 A Smith 82:42, 2 D Braverman 67:15, 3 C Mason 75:59, 4 G Holmes 76:57 W49 1 F Sperke 62:11, 2 P Haines 72:03, 3 Ptynch 83:01 W45 1 M Eventt 75:07

## SVHC CC CHAMPIONSHIPS EAST KILBRIDE JANUARY 4 M40

MLBBIDE JANUARY
M40
1 G Meredith 26.21
2 C McDougail 26.42
3 A Stirling 27:59
4 A Hughes 28:27
5 P Bradley 29:18
6 R Shanha 30:42
7 I Gordon 31:05
9 J McGregor 31:14
9 W Black 31:34
10 J Peachy 32:25
11 B Dodson 32:40
12 T Kert 33:25
13 G Dick 33:53
15 B Colle 41:24
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M Edwards 28:16

2 D Fairweather 28:24 3 R Young 28:37 4 T Gallon 29:10 5 R Brennan 29:39

6 A McCall 30:28 7 A Dunbar 32:10 8 D McDonald 32:53 9 D Tumbull 35:46

M50 1 W Spark 32:47

1 W Spark 32:47 2 D Kerr 33:24 3 D Malcoim 33:26 4 A Shaw 50:27 5 R Lennon 33:46 6 J Haldane 33:52 7 R Cronar 34:10 8 Drysdale 36:09 M55

8 W Drysdale 36.09 MS5
1 H Olisson 30:17
2 W Stoddart 30:49
3 T O'Helly 32:15
4 W McCaskey 30:32
5 J Newbigging 36:07
6 W Hamill 34:08
7 E King 36:09
8 JP Ouinn 36:04
9 F Gallagher 36:11
10 T Paton 36:20
11 J Barr 36:41
12 C Stewart 37:21
13 S Thompson 43:07
M60

13 S Thompson 43:07 Mode 
1 W Marshall 31:24 2 S Lawson 34:56 31 M McGinely 39:36 M65 J Gaddes 44:04 W35! Mode 
185 Lawson 54:59 39:36 M65 J Gaddes 44:04 W35! Morrison 45:39 W40 1st Woman K 20 M65 S Thompson 45:07 SCOTTISH CC UNION VETERANS CHAMPIONSHIPS DUMFRIES FEBRUARY 4 M60

10 D Logue[Lummoss]
M45
1 A Adams [Dumbarton]
2 B Prence [Aberdeen]
3 R Young (Clydes]
4 M Edwards [Aberdeen]
5 R Farquhar [Aberdeen]
M50
1 J Linaker [Pit]
2 I Legaett[Lw]
3 G Armstrong [HELP]
M55

MS5
H Rankin[Kilmarnoc
H Gibson[Hamilton]
O Light[Troon]

M60 1 W Marshall[Motherweil] 42:43

185 finished TEAMS 1 Aberdeen AC 28, 2 Teviotdale H 50, 3 Cambuslang H 88

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MAD

A Church (NVH) 35:27

P Duhig (Ryson) 35:43

J Smith (Carch) 36:33

4 A Daglish (Waushal) 36:46

F Denor (Bector) 36:33

A Daglish (Waushal) 36:46

F Thompson (Bourne) 37:05

R Wadeley (B wade) 37:46

A Whitehouse (Duke St) 37:53

K Moore (NVH) 38:06

J Jenkins (CaC) 36:22

10 J Jenkins (CaC) 36:22

10 G Boll (Rwade) 38:32

12 B Webb (Bectord) 38:38

14 M Hott (NVH) 38:36

15 J Turington (ZaC) 36:53

16 K Cook (Vhall) 38:57

77 A Bowden (RVH) 39:46

O T Cooke (Ryston) 39:51

10 T Cromin (RVH) 40:09

23 P Assist (RVH) 40:09

24 N Bush (B wade) 41:58

S P Stewart (Miseld) 41:58

S S Dstewart (Miseld) 41:58

S S Dstewart (Miseld) 41:58

S S Dstewart (Miseld) 41:58

30 P Roster (CaC) 30:58

A Horizon (Price) 42:20

31 Hudson (PG) 42:26

32 I Walker (Ortham) 42:26

33 Hall (Miseld) 43:58

44 Roster (PG) 43:18 R Church (NVH) 35:27

32 | Walker [Griham] 42:96 32 | Hall Mirleid 43:06 34 R Churtersworth [Newark] 43:13 36 R Seamarsic[coty] 43:18 36 A Mitchell [Bigg] 43:48 37 M Walde [Ryston] 43:39 38 P Cotton[Cam coi] 44:09 39 M Weston [Ryston R] 44:19 40 D Philio[Cotty] 44-51 41 L Goeofil Grarmoulch [44:54 42 I Barnard [Newark] 45:11 43 S Broachead 46:46 43 J Carlwright [Ryston R] 45:53 45 W Taylor[Mandfel] 47:70 46 B Hobody]\*[Hingdin] 487:16 71 L Tindal[Newark] 47:50 48 A Clingo [Ryston R] 52:59 M45

W45

1 Homsey(CAC) 24:39

2 S GandeelHert W) 24:49

2 S GandeelHert W) 24:49

4 C Constable(Mande) 27:46, 5 E Mayried [Mande) 20:12, 8 M Oley(S Yarmth) 30:00

W50

12 E Holimes(CAC) 28:37

2 S Barr(Chell) 27:07

TEAMS 1 Nortok Olymp 12, 2 Cam 8 Col. 18, 3 Mansield RC 34, 4 Gt Yarmouth 62.

SWVAC CC CHAMPIONSHIPS WITH SW COS BURNHAM-ON-SEA JANUARY 21 COS BURNI OVER 40

Over 30

Ove

OVER 60 1 B Boxwell 43;11 2 R Lancashire 43;22 3 V McKee 46:06 4 R Nuttall 50:56 5 P Hammond 51:58

NORTH EASTERN VAC CC CHAMPS MONKTON STADIUM, JARROW FEB 3

33 G Patterson [Morp] 41:56
34 M Haydon [Bin] 42:41
M45
M45
I R Hightnam [Vine] 34:05
C B Bitton [Elwi] 55:25
B Purvis [Social 55:52
4 R Lune [Dur] 36:31
D Kitching [Bin] 36:36
B Mackay [Dur] 36:40
7 P Wright [Bin] -36:36
8 A Philapon (Gos) 36:49
9 T Winhe [Mough] 36:50
10 R Witson [Sond] 37:50
11 F Strand [SrSh] 37:40
12 G Widoo [Qur] 38:10
13 W Baimer [SrSh] 36:48
4 P Baster [Gos] 36:49
15 R Hunt [JAH] 36:50
16 A Ward [Mon] 39:19
17 R Jacques [Bin] 39:55
17 R Jacques [Bin] 39:55
18 A Whithwam [Hoogh] 41:41
M50

18 A viant (leoph) 39.125
19 A yathor (leoph) 41.41
M50
10 A Whitwam (Irouph) 41.41
M50
11 W Ryder (Morp) 35.10
11 W Ryder (Morp) 35.10
12 R Checkbery (Islan) 36.14
3 F Dockerty (Islan) 36.16
14 S John (1963) 37.54
15 I Hopole (Birl) 37.58
15 J Hopole (Birl) 37.58
15 Melan (Boog) 39.25
17 W Barkes (Sund) 38.51
18 E Sweeting (Birl) 38.54
9 A Oliver (Morp) 39.02
10 J Willien (Islan) 39.09
11 B Milburn (Dur) 39.02
11 B Milburn (Dur) 39.43
13 T Kirby (Hough) 39.43
13 T Kirby (Hough) 39.43
14 C Dunn (Dur) 39.45
15 A Purcham (Crook) 41.57
16 A Davison (Circle) 41.54
17 R Prinkney (SSR) 41.57
18 D Whitmore (ISSR) 42.03
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18 D Whitmore (ISSR) 36.29
21 Barnes (Dari) 37.28
18 Sheridan (SSR) 36.20
15 P Carmichae (INO) 38.26
15 I Hawes (Hough) 41.51
11 S Robeno (Caste) 38.22
15 P Carmichae (INO) 38.26
15 I Hawes (Flosi) 38.39
17 J Melville (SSR) 40.30
18 T Lavenick (LL.S.) 41.11
15 Robbon (Caste) 47.57
12 K Herdman (An) 48.50
M60
18 M6Nell (Dur) 39.55
21 J Carr (Dur) 49.55

Tell R Horoman (Jun) 49-20 M60 1 B McNell [Dur] 39:55 2 J Carr [Dur] 43:50 3 E Cassels [Elwy] 47:58 4 M Robertson (SSR) 46:40 M69 1 T Joynson [Gate] 42:58 2 D Burs (N.E.V.) 48:20 Teams: 1 Goston 1:68, 2 Durham 40, 3 Sunderland 49, 4 Houghton 61,

5 South Shields 76, 6 Birtley 115, 7 Jan 133.

3 South Shields 76, 6 Birtley 115, 7, 133, W35
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J Allison (Bird) 18,44
2 P Goodand (Clane) 19301
3 Laws (Devry 20:32
4 S Johnstone (Clare) 20:38
4 S Johnstone (Clare) 20:38
4 S Johnstone (Clare) 20:38
5 Micro (Birtley 20:31
5 Kirkup (Durf 20:31
5 Kirkup (Burf 20:31
5 Kirkup (Bur

3 H Simpson [ELSW] 20:11
Teams: 1 Claremont 11, 2 Ebwick
NORTHERN VAC CC CHAMPS
ACCRINGTON FEBRUARY 18
M40
1 T Heiswith [Horwich H] 37:23
2 P Hydra [Althornol.] 37:37
3 B Peatfield [Sallord] 37:48
4 S Ture [Newcastle] 38:15
5 P McWade (Claryon) 38:25
6 P Lathins (Newcastle) 38:26
7 M Noble (Stock) 38:48
8 S Grace [Althrinch] 39:13
0 R McCall [Altrinch] 39:13
0 R McCall [Altrinch] 39:13
1 S Weeney (Stock) 39:44
13 J Sweeney (Stock) 39:43
13 J Sweeney (Stock) 39:45
14 F Riley [Pres] 39:50
15 A Fielding [Botton] 39:57
16 H Hargraves [L'pool H] 40:16
17 C Rigby [L'pool H] 40:16
17 C Rigby [L'pool H] 40:16
18 T Keenan (L'pool H] 40:16
19 B Goulden [Sale] 40:56
20 R Taylor (Stock) 41:10
21 M Dooling [L'pool H] 41:45
23 T Vallance [L'pool H] 43:15
23 T Vallance [L'pool H] 43:17
24 C Wood (Burni) 43:27
25 A Harviow [Clayton] 43:42
27 M Tipton [NVAC] 43:47
28 D Hadley [Burn] 44:50
31 A Healey [Burn] 44:50
31 Linley [NVAC] 44:51
39 J Dixon (Altrinch) 47:70
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31 J Golder (Stole) 44:50

A J Gooder (Sasle) 49:07

A J Gooder (Sasle) 49:07

A B Little (Botton) 38:37

2 J Davies (M'Castle) 39:28

3 B Oale (N'Castle) 40:02

4 K Burgees (Altimeth) 40:50

5 M Barmes (Solon) 41:26

5 D Farmer (Sasle) 41:36

7 A Lyttle (Sasle) 41:36

7 A Lyttle (Sasle) 41:36

7 A Lyttle (Sasle) 42:04

7 A Winners (Basel) 42:04

7 A Winners (Basel) 42:04

7 A Horizon (Basel) 42:04

7 P Attention (Basel) 42:04

7 P Attention (Basel) 43:05

7 D Watten (Basel) 43:07

8 K Mayer (Solon) 43:42

18 F Manners (Bosten) 44:07

18 J Missey (Lipool) 44:28

18 R Mannings (Haitize) 45:07

20 D Tomkinson (Roch) 48:10

21 Gaile (Pres) 56:09

22 T Gaile (Pres) 56:09

23 A Arrisosom (95:48)

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15 James (S pord) 38:49

6 J Farrar [Rtrees] 51:42 7 T Heaton [Clayton] 51:55 8 G Gowland [NVAC] 52:11 9 H McPherson [Sten] 54:08 10 D Mason [Escafeld] 60:35

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1 E Smith [Othey] 5 1:06

1 E Smith [Othey] 5 1:06

2 J Johnstone (NVAC) 53:47

3 A Fearnley [Bhon] 57:00

4 W Brown (ECH] 70:48

M70

R Jackson (SCH] 70:48

M70

R Jackson (Storri) 80:25

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Afrincham AC 43, 3 Stockboot H 60, M45 1

Escalede AC 126, M60 1 Botton UH 245

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W35

Escaleid AC 120, Mn.
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1 J Foster [8'ton] 47:38
2 D Waterfeld [5'tong] 48:29
3 A Heenan [L'pool H] 53:18
4 S Williams [5VAC] 54:04
5 L Leach [R'clife] 56:55
6 A Smythe [Sale] 61:53
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6 A Smythe (Sale) 61-53 Who are the foliation of the foli

4 P Coller [rod] 64:36 W50 1 M Gartrell [Wrex] 51:48 2 J Attheson [Wgan] 55:12 3 P Parr [B1on] 55:23 W55 1 L Smal [Hor] 53:07 2 M Chadwick [NVAC] 50:36

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1 G. Moredith(Camb)33:31 2 P.Witcom(E)[61)33:54 3 P.Wallace(Med)34:00 4 G. Woothor (Thur)34:13 5 P.Cheatle(New/E)34:44 6 P.Baryan(Hav)35:17 7 P.Bryan(Hav)35:17 9 A. Stedman(Verlea)35:25 10 C. Mossom(TVH)33:29 12 R.O'Mahoney(Bin)36:02 12 R.O'Mahoney(Bin)36:02 13 S. Coleman(Hav)36:02

13 S.Coleman(1-ay)3-50.
13 S.Coleman(1-ay)3-50.
15 D.Parsons(Bourne)36:17.
15 D.Parsons(Bourne)36:17.
16 S.Bandan(1VH)36:13.
17 S.Smith(Bourne) 36:43.
19 Bisma(Southend)37:03.
19 P.Bisma(Southend)37:03.
19 P.Bisma(Southend)37:03.
20 M.Frend(Barta)37:11.
21 P.Perciva(IVE)307:19.
22 M.Pisch(Barta)37:19.
22 M.Pisch(Barta)37:19.
22 M.Pisch(Barta)37:36.
23 H.Pisch(Barta)37:36.
24 H.Pisch(Barta)37:36.
25 H.Horton(H-H)37:41.
26 M.Davey(Barta)37:36.
27 A.Larresourne(H-H)37:42.
27 M.Barta)38:10.
28 H.Huiyard(Med)38:13.
29 H.Huiyard(Med)38:13.
20 L.Sawvinica(Sou)39:09.
21 D.Smith(Dea)139:16.
27 Edglyg/Med)39:25.
23 J.Stutley(Barta)39:39.
26 P.Lintun(Barta)39:39.
26 P.Lintun(Barta)39:39.
27 G.Hyde(Windo)39:27.
29 J.Evarta(Med)40:17.
20 H. Marown)39:36.
21 Monaghard(Josi)39:57.
29 J.Evarta(Med)40:17.
24 S.Fortune(Bri)40:44.
24 N.Brown)39:14.
25 Portune(Bri)40:44.
24 M.Coorbe(Dea)41:10.
24 P.Corcebe(Parl)41:40.
27 M.Mur(Bri)42:18.
24 H.Coorbe(Dea)41:10.
24 H.Coorbe(Dea)41:10.
25 B.Jones(Nel)40:19.
25 B.Jones(Nel)40:19.
25 B.Jones(Nel)40:19.
25 B.Jones(Nel)40:19.
26 B.Jones(Nel)40:19.
26 B.Jones(Nel)40:19.
27 B. B.Jones(Nel)40:19.
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27 B. B.Jones(Nel)40:19.
28 B.Jones(Nel)40:19.
27 B. B.Jones(Nel)40:19.
28 B.Jones(Nel)40:19.
29 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
21 B. Finch(Nel)30:19.
21 B. Finch(Nel)30:19.
21 B. Finch(Nel)30:19.
21 B. Finch(Nel)30:19.
22 B. B.Jones(Nel)40:19.
23 B. B.Jones(Nel)40:19.
24 B. A.Davison(Hasile)40:19.
25 B. B.Jones(Nel)40:19.
26 B. B.Jones(Nel)40:19.
27 B. Finch(Nel)30:19.
28 B.Jones(Nel)40:19.
29 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
21 B. Finch(Nel)30:19.
22 B.Jones(Nel)40:19.
23 B.Jones(Nel)40:19.
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25 B.Jones(Nel)40:19.
26 B.Jones(Nel)40:19.
27 B.Jones(Nel)40:19.
27 B.Jones(Nel)40:19.
28 B.Jones(Nel)40:19.
29 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
20 B.Jones(Nel)40:19.
20 B.Jones(Nel

W45 G.Ashdown(Brl)35:07

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1 G. Achdown (Ri) 35: 07
2 B. Smith (Bourn) 35:40
3 R. Grath (Bourn) 35:40
3 R. Grath (Bourn) 35:40
3 R. Grath (Bourn) 35:40
4 J. Consyl (Bourn) 35:40
6 R. Ley (Bourn) 36:40
6 R. Ley (Bourn) 36:40
6 R. Ley (Bourn) 36:21
9 R. Williams (Camb) 38:21
9 R. Williams (Camb) 38:21
9 R. Burgorn (Camb) 38:22
10 T. Dawson (Bas) 38:46
11 E. Swith (Brill 19:11
12 L. Winght (Camb) 39:24
11 E. Swith (Brill 19:11
12 L. Winght (Camb) 39:24
13 R. Wintendad (Brent) 39:59
14 E. Kirrber (Ban) 41:01
15 M. Clams (Ban) 42:08
16 J. Rains (Mac) 42:26
17 J. Robinson (Brill 19:42)
18 R. Dawson (Brill 43:10
19 S. Hains (Ban) 43:40
20 S. Blake (Ban) 43:40
22 S. Blake (Ban) 43:40
23 B. Russell (W. Bis 5:59)
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1 Brighton 18, 2 TVH 42,
21 Havering 50;4 Bournemouth 51,5
Blackheath 63:6 Medway 71,
21 Cambridge H. 79, 8 Bracknell 84,
3 Newhom 6 Essew B 101,
10 Cantod 122, 11 Barner 127,
12 Basidon 14, 13 Deal 187

Teams 6 to score 1 Brighton 95:2 Medway
200, 3 Barnet 5 Detrict 319
M50

230, 3 Barnet & District 319
M50
1 T. Ryan(NLAC)36:06
2 G. Harrold(BofE)36:11
3 P. Dobbs (Thur)37:28
4 J. Claris (BH)38:24
5 A. Laing (Ranelagh)38:57
6 L. Parrot(Hav)39:25
7 D. Surrey(Shar)39:43
8 D. Fereday(Barn)40:11

9 R-Heywood (Dart) 40:50
10 T-Heyles (Hay) 40:56
11 T-Heyles (Hay) 40:56
11 T-Heyles (NoVA) 41:03
12 E. King (Med) 41:03
12 E. King (Med) 41:03
12 E. King (Med) 41:16
14 M. Doogan (Wol), 41:25
15 J. Reymolas (Yol), 41:25
16 R. Leary (Med) 42:16
17 E. Taylor (Bas 42:18
16 G. Williams (Illord) 42:44
19 V. Withers (Med) 42:54
20 M. Tearry (Med) 42:54
20 S. Hammond (Dea) 44:10
23 F. Hammond (Dea) 44:10
24 S. Hammond (Dea) 44:10
25 F. Faries (Med) 42:55
26 G. Sovi (Med) 42:55
26 G. Sovi (Med) 42:55
27 M. Willis (Dea) 47:25
28 J. Cow (Barnet) 48:30
29 V. Marinit (Harry (C.) 49:55
21 G. Tearry (Med) 42:54
23 J. M. Willis (Dea) 47:25
24 W. Kerghinton (Dea) 52:19
35 J. M. Willis (Dea) 47:25
36 R. Gorney (Teo) 53:10
37 J. M. Willis (Dea) 47:25
38 J. M. Willis (Dea) 47:25
39 J. Marinit (Harry (C.) 49:55
31 J. M. Willis (Dea) 47:25
31 J. M. Willis (Dea) 47:25
32 J. W. Willis (Dea) 47:25
33 J. M. Willis (Med) 47:25
34 J. M. Willis (Med) 47:25
35 J. M. Willis (Med) 47:25
36 J. M. Willis (Med) 47:25
37 J. M. Willis (Med) 47:25
38 J. M. Willis (Med) 48:25
39 J. M. Willis (Med) 49:37
30 J. M. Willis (Med) 49:37
30 J. M. Willis (Med) 49:38
31 J. M. Willis (Med) 49:38
31 J. M. Willis (Med) 49:38
32 J. W. Willis (Med) 49:38
33 J. Steward (Med) 49:38
34 J. Steward (Med) 49:38
35 J. Steward (Med) 49:38
36 J. Steward (Med) 49:38
36 J. M. Willis (Med) 49:38
36 J. Steward (Med) 49:38
36 J. Willis (Med) 49:38
37 J. W. Willis (Med) 49:38
38 J. Willi

331 Mcgregor(NEB)63:21
MS5
MS5
MS6
MS6
MS7
1 R.Gormaz(VofA)37:05
2 L.C'Hara(Be)33:00
3 R.Stewart/Mus Hill)39:43
4 LAddison/VofA)4:001
5 J.D. Wooc(Barn)43:33
6 R.Blastatan(VofA)4:03
7 J.Atkinson(Barn)43:57
8 J.Jrewel(Carn)44:40
9 S.Shave(H+H)44:42
10 J.Lesvel(H+H)44:42
10 J.Lesvel(He)45:50
11 G.Crowder(B+H)45:30
11 G.Crowder(B+H)5:30
11 G.G.Stander(Med)45:51
13 J.Parot(H-gh)48:18
14 D.Jones(W,Oj48:18
15 B.Grifflins(Ver)48:51
16 D.Jones(Mord)49:20
MS0
1 L'Erristre(Barn)40:35
2 R.Franklin(TVH)43:43
3 R.Hale(Ken)47:52
MS6
1 W.Erylos (Verisa)48:19
2 B.Nieben(H-ill)50:10
Teams 50+
1 Valis of Alylasbury 30.M 2 Havering 48
3 Bamet 8 District 51, 4 Medway 72,
5 Newharw/Eusev 8. 112, 6 Deal Strdrs 126
W35
1 G.Penny(Carn) 19:07
2 C.Dewilng(Wyp)20:43
3 B.Blurton(RelP)21:29
4 J.Wobo(JAFD)21:37
5 C.Wilkins(Hay)22:45
6 S.Cawkwall(Hg)23:43
4 Modody(Handy)(2):343
4 B.Harvey(Barn)24:41
5 C.Brown(SW)(Barn)27:53
W45
1 C.Gould(Sh/B)21:53
6 H.Jackson(Basn)25:14
7 M.Shirky(Barn)27:53
W45
1 C.Gould(Sh/B)21:55
5 V. Yewer(New)22:05

6 H. Jackson (Bas) 25:14
7 M. Shrivy (Barry) 27:53
W45
1 C. Gould (Shr (B) 21:55
3 C. Hyad (Shr

Joggers 51, 3 Bamet & District 91

SOUTHERN COUNTES VAC LEAGUE
CROYDON MARCH 17

1 P Wallace [Med] 28:39, 2 K Peanson[Croy]
30:02, 3 H Aixen[Barri] 31:01, 4 8 Collins
[Croy] 31:07, 5 J 0 Wood[Barri55] 31:10, 6 T
Edgeley[Med] 31:21, 7 M SwyerBarri50]
32:29, 8 J Evans[Med] 31:21, 9 M Reynolds
[Black4] 33:26, 10 R Kersey[Brom50] 33:40
Women 1 J Williams[Brom] 19:25, 2 J
Goody[Brom] 29:07, 3 B Cushen 22:12

PANAL RESULTS

MEN 40-49

P Wallace 89, 2 T Edgelay 73, 3 J Evans 51, 4 V Smith 48, 5 J Rains 46, Hillipard 40, Hobinson 33, King 32, Bannister 31, Phelan 29, Field 19, Maurice 17, Pearson 17, Aliken 16, Collins 15, Doogan 14, Mould 11, Drizul 10, Boaney 8, Naville 7, Steft & Good 4, Wheaton 3 So-59

Wheaton 3 Shawyer 50, Clapham 38, Withers 34, Palithorpe 29, Parront 26, Clare 24, Stevens 21, Haiber 19, Altinson 19, Hoyle 18, Hammond 16, Jeany 11, Wans & Harris 10, Kinsey 9, Mayari 7, Slaz 6, C. Brown, Cox 8 Harris 5, Cross 4, Thomas 3, J Brown 2

Brown 2 Over 60 Frankin 32, Charlton 8 Bray 6, Hughes 4, L Brown 8 Stancombe 2 Women W45 N Cross 8, Farish 6, Cushen 3, Williams 3,

Dolling 1 W50 Hulls 143, James & Goody 6, McLennan1

McC.ennan1 TEAMS
Medway 'A' 208, Medway 'B 154, 3
Blackheath 'N' 135, Barnet 'A' 127, Medway
'C' 38, Havering 72, Woodfort Green 'A'
582, TW-19, Woodford 'B' 33, Barnet 'B'
33, Medway 'D' 32, Blackheath 'B' 20,
Watton 14, Woodford 'C' 12, Grävesend,
Ealing and Barnet 'C' 5, Mitcham & Sutton 1

# RESULTS · RESULTS · RESULTS

# NORTH WALES CC CHAMPS KELSTERTON, DEE-SIDE DECEMBER 9 M40

KELSTERTON, DES-SIDE DECEM M40

1 P Walker [Weexham] 38:50

2 R Bell [Wexham] 39:47

3 R Robson [Prest] 40:27

4 D McEwan [Prest] 40:36

5 B Hodgson [Wissham] 40:39

6 G Owens [Prest] 40:43

7 I Jones [Newtown] 41:57

8 Ward [Cohwyn Bay] 42:12

9 S Jeffrey [Abergele] 42:34

10 Hill [Eryr] 43:22

12 B Frost [Wexham] 46:27

13 Leech [Wexham] 46:27

14 S Haffield [Prest] 49:66

15 C Dawson [Cohwyn Bay] 46:10

16 Miles [Wexham] 46:27

17 D A Williams [Wexham] 47:25

18 D Vallance [Wexham] 42:7

18 D Vallance [Wexham] 42:7

18 D Vallance [Wexham] 42:7

18 D Vallance (Wrexham) 48-27 M5 1 A Egan (Wrexham) 39:34 2K Peers (Colwyn) 39:50 3 D Williams (Eryr) 41:07 4 B Yale (Eryr) 45:03 6 M Pollard (Cohwyn Bay) 46:16 7 T Gannon (Wrexham) 51:08 8 B Overson (Wrexham) 51:27 M50

8 B Oversion | Wrexham | 51.27 MS0 1 D Garder | INWRRC| 45.55 2 P Norman | Wrexham | 45.55 3 G Loyd | Wrexham | 45.21 4 G Gartrell | Wrexham | 47.40 5 G Jones (Wruxham | 50.71 6 L Hughes | Newtown | 52.45 MS0 1 D Morris | Oswostry| 46.54 M60 1 R Jones (Wrexham | 57.07 1 R Jones (Wrexham | 56.05 1

M60 1 R Jones [Wrexham] 57:07 TEAMS 1 Wrexham AC 6pts, 2 Prestatyn RC 19pts, 3 Colwyn Bay 28pts, 4 Eryn H 38rts.

W35
1 L Hardley [Wrexham] 28.44
2 S Robbins [Eryri] 31.97
3 S Williams [Colwyn Bay] 31.55
4 S Bernell [Eryri] 32:10
5 J Spence [Wrexham] 36:27
6 D Vallance [Wrexham] 38:29

W40 1 J Hallard (Colwyn Bay) 30:54 2 S Lloyd (Eryri) 35:10 3 M Brayshay (Colwyn Bay) 38:32

N Lloyd [Wrexham] 36:31

1 N Doyo (Irwinalin Se.31 W Santrell (Wesham) 31:23 2 J Glass (Eryri) 31:28 3 C Bebbington (Colwyn Bay) 34:10 Teams 1 Eryri H 15pts, 2 Wrexham AC 15, 3 Colwyn Bay AC 16

CHAMPS WATFORD JANUARY 27
M40

1 A Ross[Ver] 27:08, 2 P Mailory [S/6]
27:06, 3 R Mebrent[Ver] 26:03, 4 A
Steudman[Ver] 26:03, 4 A
Steudman[Ver] 26:03, 4 A
Schubber [Royleg 26:04, 18 B Unton
[Watd] 29:51, 14 S Owen [Watd] 29:54,
296 Gubbern[Watd] 29:53, 19 R Bunton
[Watd] 29:51, 14 S Owen [Watd] 29:54,
296 Gubbern[Watd] 29:53, 19 R Lawler[Dat]
27 A Harvey [BamDis] 31:21, 20 P
Reevel[SVHts] 37:34, 12 Lawler[Dat]
31:34, 32 G OBSTANIES [WATG] 37:41, 36 R
Edgar[Ver] 22:10

4 D Wilson [BamDis] 28:48, 15 D
Wray[SNHts] 29:56, 17 H Alben 30:17, 28
Verys[SNHts] 29:56, 17 H Alben 30:17, 28

1 C OBSTANIES [WATG] 28:48, 15 D

C OBSTANIES [WATG] 28:48,

M50 5 G Harrold[Enf] 28:48, 10 E Dickens[Ver] 29:36, 11 D Surrey[S/B] 29:41, 12 T Hair[GCJ] 29:49, 16 J Clara 29:59, 33 J Jales[Dac] 31:45, 34 D Feroday [BarnDis] 31:52, 52 D Biots[GCJ] 33:46, 54 B Glover [BarnDis] 34:04

[BarnDis] 34:04 M55 JD Wood [BarnDis] 32:08, 57 J Atkinss [BarnDis] 34:14, 58 P Taylor (BarnDis] 34:17, 73 G Woods [GCJ] 36:20, 77 J Boisfel[Tring] 36:48

M60 23 L Forster [BarnDis] 30:52, 79 F Dobson[Hentd] 37:03, 84 G Johnsi 39:44

39344
MeS 70 W Eyles [Ver] 36:09
TEAMS
1 Veries 16, 2 Garden City Joggers 59, 3
Shaftesbury Barnet 71, 4 Watford H 72, 5
Barnet & District AC 73, 6 Verlea '8' 74, of
17 teams; 90 finished

17 isams; 90 finished

NATIONAL TRUST SNOWDONIA
MARATHON OCTOBER 29 1889
MEN OVERMO
14 THeoketh (Horwich RM); 25:06, 17 M
Owen(Cardft); 25:125, 18 B Russell
(Dudley); 25:133, 24 B Flais Barvies (Croth
Ambrey); 25:33, 24 B Flais Darvies (Croth
Ambrey); 25:33, 24 B Flais Darvies (Croth
2:55:11, 28 G Tolimie(Liverpool RC); 25:57, 28 G
29 M Furile(Halmarshire); 25:57, 32 D
Hill(Eryi); 2:55:23, 37 S Fitzpatrick(Liverpool RC); 25:75:07, 39 N
Johnson (Dudley Kings); 25:7:50
OVER 50
VIETS 00
VIETS 01
Cabher(PMAC); 30:8:07, 104 R Andriews (E
Comwal); 31:212, 113 R Webb(SCVAC);
31:31-6, 128 A Gallagher(Hillingdon);
31:51:2, 167 D Parsons(Mold); 31:8:59, 176
R Parsons(Rings); 31:95.8, 178 R
Baellec(Hillingdon); 32:02:20
OVER 60
537 C Goode(Unitt); 34:8:21 646 BMcCarthy
(SWV);35:75:87 41 G Williams(Llan); 40:5:58

OVER 60
537 C Goode(Unst) 3:49:21 646 BMcCanth (SWI)3:57:58 741 G Williams(Lian) 4:06:58 WOMEN OVER 33 164 A Smith(Chin) 5:18:09, 263 J Tyler Croft) 3:27:35, 364 K Dodson(Law) 3:36:18, 383 S Taylor(Shin) 5:36:13, 393 M Woodward (Rivacre) 3:38:52, OVER 40

OYER 40 623 M Fourt(Cent) 3:56:01, 750 S Foster (Little) 4:08:16, 803 F Classon(Dee) 4:14:11 1003 ran, Vets 524, (50.7%)

EUROWEST PLYMOUTH HOE 10M & SWVAC CHAMPS FEBRUARY 18 M40 1 Johnston 53:06, 2 C Liston 55:49, 3 R Court 58:05, 4 P Locket 546:56, 6 D Francis 57:21, 7 M Jacket 57:56, 8 K Braddon 57:59, 9 G S Cott 58:25, 10 J Parkman 57:21 at 36.3 R J Bobert 51:57, P Helyer 70:35, G Edwards 79:22, 1 M Set 13 Bloth 51:25, P Helyer 70:35, G Edwards 79:22, 1 P Taberon 56:46, 4 C Aurahams 57:21, 5 R Shapland 56:20 also J Willmost 59:28, P Carroll 64:45, C Jager 65:48, J Gregory 79:25,

79.25. M50 1 R Andrews 57:55, 2 T Hair 58:50, 3 T Aplin 62:06, 4 J Newman 62:06, 5 D Parkin 64:38 also B Luker 68:06, K Ballam 68:32,

Aum 0210, 4.3 Newman 62:06, 5.0 Parkin 64:38 also 8 Luker 68:06, K. Ballam 68:32, N. Cheng 68:37, 175, 2.4 House 68:49, 3.3 House 17:39, 4.0 Foster 71:39, 5.0 House 17:39, 4.0 Foster 71:39, 5.0 May 1.4 Feyr 75:40, 2.7 McKee 76:43, 3.4 Boxwel 77:55, 4.3 Harris 82:01, 5.4 McKee 76:43, 3.4 Boxwel 77:55, 4.3 Harris 82:01, 5.4 McKee 76:43, 3.5 Boxwel 77:55, 3.1 Factor 10:32.7 Mod. Valston 105:45 Davies 70:39, 4.0 Amstrong 70:10, 5.1 Parsons 70:27, 6.4 Challacomber 37:39, 7.4 Lesch 74:53, 8.5 Color 75:512, 9.1 Pearce 79:48.

75:13, 10 K Witcher 78:28 also R Whitaker 73:48, W40 1 L West 69:21, 2 R Frankin 72:22, 3 A Horton 72:43, 4 K Emerson 75:07, 5 T Guilber 76:17, 6 S Jehnece 77:28, 7 J Mile 73:56, 8 L Knyll 80:22, 9 M Carey 81:30, 10 L Broom 81:29 W45:1 G Lewrence 76:09, 2 M Luker 79:31, 3 M Cunningham 81:30, 4 A Wieske 87:29, 5 F Keyré 91:22, W50:1 M Pye 70:51, 2 C Hearsey 82:001, 3 B Penny 86:35, 4 J Leonard 73:18, 5 M Twomey 106:28, 6 M Tremblet 121:27 Veteran Teams Men 1 Exeter H, 2 Revequay H, 3 City Of Pymouth AC, 4 Erre Valley H, 5 Pools AC, 6 Tebos A

## FLEET & CROOKHAM HALF MAR 25 M40

M40
1 A Simmons 67:24,
2 M Hurd 68:47,
3 G Jones 70:20
4 M Woods 70:28, 5 H Doherty 72:13, 6 T
Cousins 72:22, 7 C Woodhams 72:23, 8 R
Hartford 72:26, 9 P Clark 73:38, 10 A Ive

10 Rogers 73:58, 2 8 Milo 75:07, 3 C New 75:07, 3 N

W60 I Clarke 122:15

KENT VETERANS CC CHAMPS
CANTERBURY JANUARY 6

MEN OVER 40

1. G Mered th(Carm H) 34:35, 2.N Fairbrass
(Kent AC), 3.D Fairbrass(Kent AC) 35:17, 4.8

Bikkin(Carm H) 93:25, 6. K Pken(Kent)
35:39, 6.P Harrilton (Blackheath) 35:47, 7.

PWallace (Modeway) 36:22, 8. M Rouse
(Invict E K) 36:x6, 9.P Howlett 37:08, 10.S

Home (Medway) 32:23, 11.B Tayler/T

Wells R) 37:30, 12.R Friend (Darford)
37:41, 1.3.D Phelan (Blackheath) 36:06, 14.

B. Meillan (Black) 36:06, 15.H Mosten
(Black) 36:07, 17.R Williams (Carn H)
38:23, 18.J Seck (Bexl) 36:35, 21.S

Flussel (Medway) 38:34, 22.M Burgoyne
30:40 (Chartford) 23.D Deervoy (Inv) 30:00

OVER 50

OVER 50

G. Georgian H):38:21,18.P Jenner (Carn

Line Side (Carm H):38:21,18.P Jenner (Carn

Line Side (Carn H):38:21,18.P Jenner (Carn

Line Side (Carn

Line Si

OVER 60
70 W Booth(Forbanks) 42:58, 86 S
Standen (Medway) 44:35, 115 R Hake
(Mon) 47:35
115 R5 Insished
115 RMS OVER 40
115 RMS OVER 40
12 Cambridge H 50, 3
15 Kent AC 79, 6 Dantford H 85 ol 20 teams
OVER 50
OVER 50

OVER 50 1 Cambridge H 54, 2 Cam H B 173, 3 Medway AC 246, 4 Cam H C 283, 5 Blackheath 286, 6 Medway B 302, 7 Cam H D 331, 8 Deal Striders 384

RAF COSFORD OPEN MTG JANUARY 10 SENIOR MEN 50M

SENIOR MEN 66M Race 6 3 R Walters[W&B] 7.5, R9 4 J Corboy [Birch] 8.4, R10 8 J Cross[Tam] 8.4 SEN 800M R6 2 R Bell[Wrex] 2:02,1

Comboy (Birch) 84, R10 6 J Cross[Tam] 8.4 SEN 800M RS 2 R Bell[Wirst] 202.1
VET WEN 800M
R1 P Browne[TVH] 1:56.1, 2 E
Connolly(Civil Svc) 2202.0, 3 M Watson
Blinch] 207.4, 4 Fry[Tan] 208.2, 5 A
Fizichni[Petentorol] 2:06.9, 6 P Moddan
[Hassinge] 2:11.2, 7 C Sargen(Veyl 2:14.0, 7
R2 1 D Taylor(Tei] 2:12, 2 R Morgan [Bridg]
2:13, 3 A Iring(Wirst]] 2:17, 4 D Haynes
(Brom 6 R] 2:23, 5 P Owen[Tam] 2:25, 6
G Jahnsan(Incoll) 2:25
R3 1 T Yound(Derby) 2:09, 2 A Barrington
Stoke) 2:12, 3 P Goulding (Solbhuil) 2:22, 4
B F ox[Birch] 2:25
VET WOMEN 800M
1 S Carry(Nun) 2:25, 3, 2 P Gallagher [West]
2:26, 3 D Feilowes(Cann) 2:33.2, 4 M
1 Cocknell[Barrin] 2:35.2, 2 N Govern (Newbury) 2:37,3, 6 U Weltord(March)
[Newbury] 2:37,3, 6 U Weltord(March)
[2:40.9, 7 M Farthi[Birch] 2:28
4.1 Town (Peterb) 2:36.9, 9 V Anderson(Chell) 3:05

RAF COSFORD OPEN MTG FEBRUARY 3 60M SEN WOMEN GROUP 1 R3 M Hocknell[MVAC] 8.7, 2 Y Priestman

HARINGEY INDOOR MEETING. 60 METRES M40 race 1 1 R.Porter 7.7, 2 R.Abdey 7.9 3 M.Corboy

8.3 M45 race 1 1 P.Ducker 7.9, 2 B.Charles

M45 race 1 1 RDucker 7,9, 2 B.Charles 8.0, 3 G.Jeiphoth B.1 M50 race 1 1 A Blackman (M55) 8.0, 2 Dwhition 8.2, 3 A Canter 8, 4 R Bruck 8.4 M60 race 1 1 L. Williams (M65 8.9 2 A Kallira 8.9, 9 W40-55 race 2 1 E. Williams 9.0 2 Doggett 9.1 3 Charles 9.4 4 Lodge 9.9 W50 race 1 1 H.Farmer 9.9, 2 M.Wirey (W55) 10.2

(W65) 10.2 60 M HURDLES M40 race 1 1 M James 8.9, 2 R Abdey 9.7, 60 M HURDLES
MA0 race 1 M Jarmes 8.9.2 R.Abdey 9.7,
race 2 1 James 8.9.2 Abdey 9.7,
race 2 1 James 8.9.2 Abdey 8.7,
M45 race 2 1 Charles 10.7, 2 Ducker 10.8,
3 A Carrie (M50)11.4, 4 Jephcot11.9,
M50-1 Cater 11.0 2 Williams 11.0.0
Whitton 11.2 4 Katirai 12.0
Whoton 11.2 4 Katirai 12.0
W60-proce 1 1 V / Dopget 10.9, 2
J.Charfos (W45) 11.0
W60 race 1 H-Farmer (W60) 12.5 [WFI]
LONG JUMR/M40
IM Jarmes 6.73[BR]. 2.Abdey 5.32
M48 1 Duckers 5.66, 2 .Charles 5.26, 3
Jephcott 5.18
M50 1 Carter 4.49 2, Whitton 4.41
M60-1 Katirai 4.74, 2 (Williams (M65) 4.19
W48 1. Charles 4.34 W60 Farmer 3.02 W65
I M.Wixey 3.07
TRIPLE JUMP M40
I Abdey 11.09, M45 I.Jephcott 10.92, 2
Charles 10.20
M50 I Whitton 9.89 2 Carter 9.35 M60 1
Kalirai 9.93
M65 1 Williams 9.12 R.Philcox 8.06

Kalirai 9.93 M65 1 Williams 9.13 2 R.Philcox 8.06 W45 1 ,Charles 8.24[BR] W65 1 Wixey

W45 1 .Charles 6.24 [BH] W65 1 Wixey 6.37 SHOT PUTT. M40 1 Abday 6.63, M45 1 E.Barker 11.90, 2 J.Currin 10.11, 3 P.Duckers 9.51 4 B.Charles 7.46, 5 Japhoth 6.07 M50 1 Carler 6.85, M55 1 G.Hickey 12.22 M60 1 Kaira 8.28 M55 1 Williams 8.72 W40 1 B.Terry 10.91 W45 1.Lodge 7.11, 2 Charles 6.17 W50 1 E.Williams 9.62 W60 1.Farmer 6.57 W65 1.Wixey 5.54

1.Farmer 6.57 W85 1. Wixey 5.54

MALLUSK CC 3M JANUARY 6
1 O Noonan(Cloniste) 16:21, 2 8 Mooney
[Sligd] 16:30, 3 8 Gregory(C 8 Dun) 16:33,
4 K Punnyl, Littley 16:30, 5 8 Shericock(Mon)
16:47, 6 1 Prico(Ach) 16:53, 7 J Gonningle
[Sligd] 16:55, 8 H Wallace(Blackorck) 16:56,
9 M Coleman(Liftey) 17:06, 10 1 Speirs
[Speirtn] 17:06
7 EAMS 1 Sligo 28, 2 Liftey Valley 34, 3
North Down 47, 4 Willowfield 51, 5 Clonitite
82, 6 E Antrim 69

WOMENS 2M CC CHAMPIONSHIPS 1 S Patrick[CIYMS] 13:24, 2 H Mars|Lagan VJ 14:02, 3 M Oliver[Dub] 15:26, 4 J McClughan[CIYMS] 15:31, 5 P Watterson [Dub] 15:34, 6 A Brown [CIYMS] 16:34, 7 J Burton[Lame] 17:02

## **BARNSLEY AAA VETERANS 10K CHAMPIONSHIPS BARNSLEY S YORKS FEBRUARY 11**

13	Andy Tolden	40	31:19		John Kerr		55.18		ferry Sentley	50	36.50		Decrick Screen	40	35.00
1	Alan Roper	40	31.25		Dente Stitt		35-51		trever Birks	40	36.31		Ism Hill	60	38.0
1	Alen Rusbmer	45	31.28		michael Mainer		22.17		Secis A Toda	45	36.53		Andrew Stafford	45	36.0
*	Alan Whichield	40	31.34		Michael Wrone Rod Churcher	45	35.14		May Clayton Marris Cull	10	36.55		Stine Sergent	43	38.0
5	Shel Cowles	40	31.41		Donald Seefarth	. 50	35.18		Far Linck	AZZ	36.37		Genneth Countrighem	65	36.0
6	Tony Simeone	40	31.47	67	Richael Comshaw	40	35-18	137.1	Torry Fax	40	36+3		William Horgan	40	36.0
7	Wike Hurd	40	32.02		Harry Todd	60	35.20		Seoff Bruckpool	40	36 - 34		David Holden	50	38.0
	Jim Dingwall	40	32.04		Byle Appleby	55	15.23		dillion hometroom	10	17:00		Margaret Luckies	MOR	38,10
10	Matry Matthews Matcula Hartin	45	32.09		Sean Ree	10	35.27	130 (	cuest Bradshew	40	17.02		David & Forman	NO:	38.11
11	Thomas Price	40	32.09	71	Suplicate Humber	10	35.30		Devil Eldridge	48	37.03	191	Gardon heath	53	38.0
17	Savey Peatfield	40	12.11		Edward Michardson	35	35 34		Len Mainwright	30	27.06		Anthony For	46	30.1
13	Stanley Curren	40	37.14		Siches! Green	40	33-35		Slines Brayls	+0	37.07	1,93	Lea Greenwood		38-1
116	John Marrhese	40	32.16	74	Bartit Tate	AB	39-35		David Cartwright	10	37.09		Christapher Monre	40	34-3
13	tan Louther	40	12.20	75	Paul Sonaldeon	40	15.36		MICK KODINGOD	45	37.10		Caroline Royd	378	
18	Asbert D. Firth	40	32.23	78	Zena Marchane	114			Sydney Warley		37.11		Bornald Crimither	23	36-1
1.7	Briss O'Welli	40	32.24	28	Peter Stapeon	40	35.39		lim Golden	45	37.12		Ken Stone	45	38-1
16	Stephen James	50	12.41	79	David Greyson Peter Jones	-40	33.45		Roger Hannings Gordon Hollis		57.13		Also Collins	40	18-1
1.9	Jim Sell	40	12:49		alan Stainer	40	25.47		Sob Fearl		37.14		Sobn Clarkson	40	38.2
20	Martin Buff	45	32,52		Alan Frailin	45	23.47		Scewart Dale	+0	37.15				38-2
21	Apr. Selith	46	32.54		I. Waller	40	35.50		Philip Roberts	10	17.19		Norman Grimler	45	38.2
22	Pases Weseffeld	10	33.04	63	Stree Tables	40	35.51		A.S. Havmarth	40	37.23		Tony denderson	40	38.2
23	Teceyn Davies	543	33.09	64	John Creen	10	35.53		Maurice Morrall	15	37.26		Alan walker		38.2
24	John Temperton	40	33.11	85	Gerry Salak	- 55	35.54	145	Conffrey Oliver		37.27		Hichari Maliy	50	18.7
25	David B Baker	10	33.19	84	Trever Hill	45	35.57		Michael Wakefield	10	37.27		Robert Mckey	40	18.2
27	Mike-Strason	40	33.23	87	John Griffin	40	35.59		Richard Brockway	40.	17.78		Tuny Allen	40	38.2
28	Obrigatioher Far	10	33.26	98.1	Robert Taylor	46	36.06		Jeck Hubertshie	42	37.29	208	Patrick Senley	40	78.7
29	William Day	40	33.26	89	Pater Battery	NO.	36.08		David Needlaw	40	37.29	209	Julian Loserds	40	58.1
30	D.C. Barnes	40	- 33.33	90	Jim Summeries	- 40			C.I. Forth		17.10	210	Alan Feers	45	38.3
31	Zack Cook	40	33.40	91.	Ryle Cuesch	MS-			Martin Bleakard	40	37.32		John Well	10	38.3
	S Girace	40	33:44	93	Alfred Wood Peter Sail	65	36.11		Bert Braumont Cline Crahem	45	37,33		Geoffvey Clark	140	38.3
33	David Louther	90	33.49	76	David Goddard	63			Malcola Sicer	*0	37.35		Michael Frank Carr	55	38.3
34	liw Woffmenn	40	33.56	95	Minhael Howard	ATT	30.16		Julia Gregory		37.34		Kenneth Pickering	50	38.4
33	Mike Hoble	40	33.58	96	Calch Schartage	65	36.17		Chris Drake	40	37.36		Norman Thomas Wichael Enight	50	38.4
36	Graham Astill	45	54-02	97	L.B. Clarke	30			Egith Winner	10	37.37		Peter Lauters	50	38.4
37	Tissy Cityte	40	34.04	98	David Collingwood	40			Janey Pearson	358	37.36		Marrin Blake	40	38.4
38	John Jackson	10	34-02	119	Key Caschelli	40	16.21		David Malmesting	45	37.58		Feter Caretcheel	55	38.4
:39	Alan Crittithe	30			Barry Croster	40		100	Gary Chartury		37.40		Donald Shaw	56	38.4
60	Michael Galliven	65	34.17		Berry Mills	40		191	Rud Schules		37.41		A.R. Burghall	40	38.4
47	Dane Lindessy	65		392	Diane Underwood	356			Halvyn Roymon		37.41		Tony Stiller	ěĐ.	38.4
93	Wiches Friend	45		103	Brian Varies	40	39.27		Halcolm Batres	40			Jack West		38.4
44	Frills Dewberry	40		10%	Ketth Sauforth	30			Anne Pugh		37.47	224	Tony Sowerby	45	38.A
43	Peter Page	40			Douglas Williams	40			CILIT Believe	4D	37,47	221	You Goddand		7. 38 (4
45	Kayeong Jackson	60			Helippo HuCaso	640	34.29		Anthony Stronge	40	17.48		Anthony Daney	60	36.5
4.7	June Sweeters	40			Hudson TLIKer	60.			Dave Sennetz	45	17.52		Bevid Wilkinson	45	31.5
45	David Sugers	45			Kanseth Alles	48			Fred Smuglas David Feets	80	37.51		Hick Sharpe	40	38.5
49	Ted Leases	-50	34.42		Brian Turker	40	34-35		George Black	63	37.53		Allen Touliuson	6.5	38.5
.10	Steve Conscal	-80	38.44		Gerald Parkin	40			Devid Shanten	40	37.38		Graham Whitehead	10	36.7
51	Sell Bosle		35.46		Inn Sculling	60			Christinher franch				Sennie Hulberry	45	39.0
32	Keith Croham	AD			Joseph Cooke	60			R. Green	60			Trever Lives	23	39.0
53			34.49		Diame Taylob.	350			Paul Edgar	40			Trever Livys	90	19.0
54	Leslie Nayres	65			Perer Rowland	- 65		675	Soverd Gee	43			Hiches! Cross	40	19.0
35	Thomas Kennan	140			Tow Energy	55			Serry Louis	40			Hickory Comes	44	19.0
-56	Rettly Summerogilli	5.5			Benald Ct11	. 46			Alan Aubforth	40	17.58		Stephen Dickson	90	19.0
57	Juhn Walton	40			Bryan Macay	- 41			A. Pletther	40			Carl Nothing	40	59.1
36	Billy Aurgreaves	43			Paul knthory.	40	16.46		Poter Chapman	40.			Senia Siliors	10	39.1
159	John Blundell William Suberrann		35,03	3.20	Seonts Hayes	56	18.67	180	Martys Carintiphs	60	38.02		Christine Ashberry	All	F 39.1
74	factor Beadline	241	20.12	30	Bart & Parktick	W	40.00	263	Anne Hally	A	57 41.38	4.2	I Mirje Inhert Abil	-40	# 62.

20. Decid Fueltonia
20. Concise Service
20. Concordial Faths
20. Concordial Faths
20. Concordial Faths
20. Marka Conpert
20. Marka Anne Mally

O. FaltHild

O. John Ryss

Frank Mollingerth

Frank Mollingerth

Frank Mollingerth

Frank Mollingerth

Frank Mollingerth

Frank Mollingerth

FaltHild

O. John Mollingerth

O. John Market

O. John Marke

BARNSLEY AAA VETERANS 10K CHAMPIONSHIPS AWARDS TABLE

M40 1.A. Holden, 2.A. Roper, 3.A. Whitfield, 4.S. Cowles, 5.A. Simmons, 6.M. Hurd M45 1.A. Rushmer, 2.M. Martin, 5.M. Dutl. 4.G. Astill, 5.M. Gallivan, 6.M. Friend M50 1.S. Jarres, 2.T. Davies, 3.A. Griffshs M55 1.E. Appleby, 2.E. Bichardson, 3.G. Spink M56 1.P. Part, 2.C. Simpson, 3.B. M. Galligan M56 1.F. Faster, 2.E. Richols, E. Smith M70 1.D. Eyers, 2.E. Esthelis, 3.J. Walker TEAMS 1.Tepton 4.1, 2.A. More short F.D. 60, 3.E. lewick 70, 4. Jarrow 6.H. 73, 5.City Hull. 103, 6.Wirnel 120, 2.7. Notis. 145, 8. Hallamshire 146, 9.Steel CS 15.1, 10. Stockport 155

W35 1 Z Marchant, 2 D Underwood, 3 D Payton W40 1 M Lockley, 2 D Fellowes, 3 C Ashberry W45 1 F Grimley, 2 A Nally, 3 D Hand W50 1 J Ancheson, 2 S Diskering, 3 P Parr W55 1 B Hinds, 2 J Fox TEAMS 1 Affincham 42,2 Hallamshire 58, 3 Denby Dale T 59

Original Results by John Dyson , Rapid Running Results, Green Bank, Thurgoland, Sheffield S30 7AE

MSKIMMON CUP 2M CC BALLYCLARE
JANUARY 13
MM0 11 Speers [Sperin] 10:42, 2 L
MM0 11 Speers [Sperin] 10:42, 2 L
MM0 11 Speers [Sperin] 10:42, 2 L
MM0 11 Speers [Sperin] 10:42, 4 D Seaton[N
Down] 10:53, 5 J McAlister[Lame] 11:09,
6 M MONINJOCA [11:12
MS 3 1, Jones (2001) 11:39
MS0 11 K Hawin[N Down] 11:39,
21 J Reid 12:01
MS5 37 H Bovaid (Pegasus) 12:27,
43 B Booth[E Ant] 12:43
MS0 51 J Medatlel (CYMS) 13:01
MS5 37 Tools[E Ant] 12:50
78 Finished

M65 J ToddjE Anij 12:50 78 Finis
KINGSTON 8 POLY OPEN MTG
KINGSTON 0 THAMES MARCH 4
100m Veteran men 1 D Hayward 13:2
2 B Harlick 14:3
3 I Thompson 14:4, 4, 3 Heimming 15:1
200m Son B Foot W40:39:2,
Homming M55:30:3
400m Sen Wmn 18 Ford 64:4,
Sen Men Hayward 59:8
800m Son 4 D Spencer 20:6.8
800m Vets 1 J Hodge 2:20:5,
2 Harlick 2:34,
3 Thompson 2:39:4,
4 D Osman 2:56.7
Javelin Sen Harlick 31:88

BLACKHEATH H VETERANS CHAMPS
10K WEST WICKHAM KENT FEB 17
OVER 40
11 H Morton(BH) 37-22, 2 S Herrington(WG)
37-37, 3 N Inglest(WG) 38-51, 4 J McGilwray
(VAC) 39-37, 7 P Hsis(BH) 39-343, 8 D White
(BH) 39-49, 9 A Brown(VAC) 39-57, 10 J
Ketyl(BH) 401, 11 1 Swift(BH) 401-40,
12 M Decgan(VAC) 41:14
OVER 50
5 G Geel(CH) 396-208, 6 C Crump(WG)
39-34, 13 D Coward(CH) 42:06, 15 W Perry
(WG) 42:32, 28 H Savory(BH) 45:10, 31 G
Ivest(CH) 42:00, 32 D Thomas(CH) 45:20,
23 D Holloen(CH) 46:32, 39 M Jones(CH)
48-31

OVER 60

OVER 60
46 C Stockings (WG), 52.27, 54 M McDowell
(VAC), 53.58, 63 D Hardy (WG), 61:50
(VAC), 53.58, 63 D Hardy (WG), 61:50
MCMEN
45 M Farish (Brom V), 49:57, 52 J Betchley
Brom V), 53.27, 58 N Cross (Brom V), 54:12,
57 A Cross (Brom V), 55:30, 59 H James
(Brom V), 56:27, 56 N Cross (Brom V), 56:70
TEAMS 1 Blackheath H 93, 2 Wboodford
Green AC 167, 3 Cambridge H 167, 4
Veterans AC 163
63 Finished

## MYCIL CRANLEIGH 10K JANUARY 1

M40 1 A Rich [Walthamstow] 31:57 2 G A H Taylor [CBR] 32:50 3 E G Cooke [Woking] 33:27 4 U Praviatl [Woking] 33:41 4 U Praviati (Woking) 33:41 M45 1 M J H Duff (AFD) 32:43 2 F Bolf (Wok) 33:54,3 M Bott (Wok) 36:08

2 F Bar (Wok) 30:54.3 M Barr (Wok) 36:08 MS0 1 T Davies (AFG) 32:01, 2 L Presitand 1 AFG) 32:14, 3 K Spacies (THAH) 35:52 M55 1 J Chandler (Way) 36:36.2 T Eve (Philips) 30:04.3 H Wowarth (Burn) 39:29 M60 1 H Dares (DRN) 42:52 2 I Howely (Wox) 44:30 M65 1 T Shilling (Basingstoke) 44:21 M70 1 F Back (Cratheigh) 67:03 T Ceams: 1 AFG 29: 2 Wok 54, 3 Wav 113, 4 Arena 241, 5 W SAE 248. Wav 113, 4 Arena 241, 5 W SAE 248. Wav 113, 4 Arena 341, 5 W SAE 248. Wav 113, 6 MS0 1 T Shilling (Basingstoke) 44:25, 4 C Baylon (Wok) 42:2 W M91 1 R Robson (Arena) 43:33, 2 G Blake (Air Log) 45:32 9 Boby (Woking) 46:03

| Arena| 49:53, 2 G Blake [Ar Log| 45:32 3 P Bloby [Wooking] 46:54 W45 1 S Lambert [Elm 42:34, 2 C Hyde [WSE] 43:17,3 S Williams [SCVAC] 49:23 W50 1 P Thorp [Unatl] 57:13 W55 1 E R Quinton [Hotsham] 47:45 Teams: 1 Woking AC 83, 2 Horsham J 93, 3 Reigate Priory AC 155.

## 20th BVAF T&F CHAMPIONSHIPS

Crownpoint Stadium GLASGOW The full 20 events including 10,000m (and Shot Men)

SUNDAY 15 JULY

also AGM of BVAF closing Date 11 JUNE

entry T&F

PLEASE USE CAPIT	TAL LETTERS				
M/F_ FORENAMESI	JRNAME				
ADDRESS					
	POST CODE				
DATE OF BIRTH A	GE(S) AT 14/15 JULY 1990				
VETERAN CLUB	VET NUMBER				
AAA CLUB EVENTS ENTERED next line					
ENTRY FEE £2.00 FIRST EVENT, £1.00 EA	CH FURTHER EVENT				
I ENCLOSE CHEQUE/PO CROSSED AND I	PAYABLE TO THE SCOTTISH				
VETERAN HARRIERS CLUB FOR THE SU	M OF £ AND SAE				
I hereby agree that the organisers shall not be liable for an of my participation in the BVAF 20th T&F Championship					
Signed	Date				
Closing Date Mon 11th June 1990 Late entrie 9x6" SAE for Acknowledgement of Entry is n	s will not be accepted				
SEND ENTRY ONLY TO DAVID MORRISON, 12c DI	EEDES ST, AIRDRIE, LANARKSHIRE, ML6 9AG				
ACCOMMODATION	University of Strathclyde Block Booking closing April 30th or when full				
Special deals ALBANY Hotel, Bothwell St, GLASGOW G2 tel 041-248-2656 Double Rooms Bed only £15.50 ea for 2 sharing	Please reserve forpersons as followsSingle B&B @ £13.50with private Bath £5 ex tick if requiredTwin Rm B&B with Bath @ £13.25 ea				

# 4th HUMBERSIDE **MASTERS AND** PRE-MASTERS OPEN CHAMPIONSHIPS

Sponsored by Humberside Leisure Services and Dale Farm/Northern Foods

## SATURDAY/SUNDAY, 1/2 SEPTEMBER

commencing at noon at the Costello Stadium, Booth Ferry Road, Hull

Events for pre-Masters are: 200m, 1500m, Discus, Shot. Events for Masters are: 100m, 200m, 400m, 800m, 1500m, 5000m, Sprint H, 400mH, 3000m Walk, LJ, HJ, PV (M & W), Hammer (M & W), Javelin, Discus, Shot. Team Events: 100m Relay, Medley Relay (2 x 200m, 400m, 800m) John Conlon Trophy for Fastest Vet 1500m (Record 4:19:1)

£2 first event, £1 for additional events, £5 for team events

Concessionary rates at the new Post House Marina Hotel for this meeting £22 b&b per night, facilities inc. swimming pool, gymnasium, etc. Other accommodation available.

## Closing date: 20th August 1990

For entry form, etc. send SAE to E.J. Sawkins, 48 The Vale, Kirkella, North Humberside HU10 7PS. Tel: 0482 655529

## 1990 BVAF 10 Mile Championships

Open to all Veterans



quote 'SAAA Agreement'

Oswestry, Shropshire **Sunday August 5** 



All Plus VAT

Under MCAAA, MCWAAA and BVAF Regulations Assisted by Oswestry Borough Council and Oswestry Sports Council Start 2pm Venue: Oswestry College, College Road AIMS Course Closing Date August 1st No Entries on Day

All veterans are invited to run but the BVAF Championships are restricted to Paid Up Members of Veteran Clubs & Associations affiliated to British Veterans Athletic Federation. Non Affiliated Vets will have their own competition, tick box below, but must be members of an AAA club.

## CHAMPIONSHIP AWARDS

1st, 2nd, 3rd in 5 year age groups Men in 5 year age groups to Over 75 Ladies in 5 year age groups to Over 65

CENTRAL Hotel, 99 Gordon St, GLASGOW G1

Double Rooms B&B £21 each for 2 sharing

Team Awards 1st, 2nd & 3rd teams in groups 10 . 10

## NON AFFILIATED AWARDS

1st, 2rd, 3rd in classes Men 40 - 49, Men Over 50,

Evg Meal £6.25

close Deposit @ £5 per

Payable to University of Strathclyde

nd to A Muir 46 Riverside Gdns Glasgow G76 8EP

Entry Fee £3 payable '1990 BVAF 10' Race Numbers issued on Day SAE further details & confirmation to

Ien Over adies All	50 t	hree to count hree to count	DOUG M	ORRIS, 27 WHITTINGTON ROAD, RY, SHROPSHIRE, SY11 1JD TEL 0691 653338
<	Please	accept my entry for the		pen 10 Mile Championship
Name				Age on Day
Address				Date of Birth
				Telephone
AAA Clu	ıb			Vet Reg No
Affiliate	d Vet C	lub (Northern/Midl	and) etc	
Non Affi	iliated (	means not a memb	er of an are	a Vet Club) please tick box
		f this event will not b y AAA and WAAA La		e for any loss or injury to myself.
Signed			(4434)	Date

## BEDFORD AND COUNTY AC

1990 VETERANS TRACK AND FIELD GRAND PRIX SERIES

INCORPORATING

EASTERN VETERANS AC OPEN ATHLETIC MEETING AND CHAMPIONSHIPS



NEWNHAMS ATHEFTIC TRACK BARKERS LANE

BEDFORD



DATES Wednesday 2nd May

Wednesday 23rd May Wednesday 6th June Sunday 17th June

Grand Prix I commencing 7.00pm Grand Prix II commencing 7.00pm Grand Prix III commencing 7.00pm

Grand Prix IV and EVAC commencing 11.00am

EVENTS Grand Prix

Evening events

2 events in each of 4 categories Sprints - Middle Distance - Throws - Jumps

Events will differ each meeting

Full programme (subject to sufficient entries) Grand Prix / EVAC

AGE Grand Prix

GROUPS EVAC

M40-49 M50+ W35+

5 year age groups

AWARDS Grand Prix

1. For each age group in each of the 4 event categories

2. Overall champions in each age group

EVAC

Medals for 5 year age groups. Also medals to best placed EVAC members. No of medals depends on No of entries

1. Trophy to Club scoring most points in Grand Prix series Champion Club 2. Trophy to Club scoring most points in EVAC Open Mtng

FURTHER DETAILS AND ENTRY FORMS

SAE to Howard Darbon 1 St Augustine's Road Bedford MK40 2NB

The Grand Prix Series aims to encourage veteran athletes to compete in a wide range of events - not just those in which they are most successful. SO TRY A NEW EVENT - YOU MAY SURPASS YOURSELF!