

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

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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-country 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 something 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 12th 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 Amptill 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 approached 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 leaders were down to Ross, Banks and Alan Whitfield by half-distance. An effort by Ross 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 winner 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



On the job: Alan Whitfield (172), Tony Ross and Peter Banks (5)

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.

Chimes' 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 Alderice for company most of the way until he was able to pull away to win in 2:04.6.

Sean 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 Chimes 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 absences may have accounted 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 outdoor championships — a two day meeting. But of course the organisation of vets' 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, Pete 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 February 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 Indoor Mile WR in US, story P3. Indoor meetings P3, 800m profile P9.

Eagle Star Sponsor Half Marathon

EAGLE STAR Insurance will be sponsoring the 1990 National Veterans Half Marathon, which takes place on Sunday, August 19.

The organisers, the SWVAC, are gearing up for a large and high quality entry by offering good prizes and subventions 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 Ramsey returning via Lordship 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 included. There will be no women's Pole Vault or Steeplechase.

Glasgow entry form on P16

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 Marcelina, 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 winner could set a very fast time and perhaps put the record beyond doubt.

PRIZE DRAW AWARDS P6

Indoor Championship Best Performance Trophy Winners

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

GKN Superfast (track, man under 50) Peter Browne
ES Enterprises (field, man under 50) Mike James
GKN Superfast (track, man over 50) Ron Taylor
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.

Veteran Athletics

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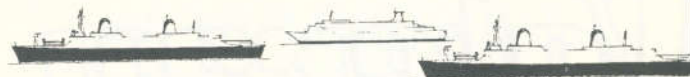
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The Race starts adjacent to the Bassett Sports Park on the outskirts of Southampton and traces a single big loop out of the City into open country. The route passes through the Romsey estate of the Mountbattens before returning to the Arena where a 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 CAPITALS ONLY

SURNAME: _____ FIRST NAME: _____

DATE OF BIRTH: _____ AGE GROUP: _____

FULL POSTAL ADDRESS: _____

EVENING PHONE NO: _____

DATE OF BIRTH: _____ AGE GROUP: _____ SEX: ☐ M ☐ W

FIRST CLAIM CLUB: _____

VETERAN CLUB: _____ MEMBERSHIP NO: _____

Strike through boxes if not required

I WISH TO JOIN A BVAF REGIONAL AFFILIATED CLUB SUB £3 ☐ yes

LIMITED SINGLE ROOM UNIVERSITY ACCOMMODATION NEAR ☐ yes

THE START FRIDAY/SATURDAY - EVENING MEALS - B&B ☐ yes

FAMILY HOTEL ACCOMMODATION ☐ yes

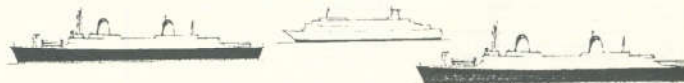
I AM PREPARED TO ALLOW THE SPONSOR TO CONTACT ME TO ☐ yes

EXPLORE THE POSSIBILITY OF ANY MUTUAL BUSINESS INTERESTS

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.

SIGNED: _____ DATE: _____

CLOSING DATE 30 JULY FOR PROGRAMME. 13 AUGUST FINAL



HOLDEN TROUNCES TOP QUALITY FIELD AT BARNESLEY

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

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. Alan 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 Evers (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 Rose 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 Southern Vets Cross-country Championships.

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.

At the second meeting on February 3, 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 28.1. Five of them ran inside 31 seconds and Mary Wixey (W65) went round in a creditable 36.8 — her indoor best is 36.1 for this group.

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 Priestman 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. **Wulf Morgan**



Mike James broke his own M40 British Long Jump record

HARINGEY - Although not too well supported the inaugural open meeting for veterans on Saturday, February 17, at Haringey Indoor Hall was voted a success. It was supported by nine British indoor record holders out of a total entry of 27 (20 men and 7 women). Keen competition and three indoor records — quite something for a small new meeting — were 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 to 8.24m. However the performance that had everyone excited was the marvellous Hilary Farmer destroying the W60 60mH World record with two magnificent runs

of 12.5 and 12.6. In both the 60mH and 60m sprints each competitor had an option of two races with the first being counted for results and the second an optional fun run. Virtually all competitors took advantage of the opportunity to get in some competition.

It is proposed to hold two meetings 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.

Alan Carter

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' Championships should proceed, given the increas-

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 know. Among the female responders 82.5% said yes whereas 16.5% said no.

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.

1989 VETERANS TRACK & FIELD RANKINGS



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 7EL 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 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 performances in two races, the Flying Fox Marathon and the Stroud Half Marathon. In the former the best performance 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 90%. Most of the age group winners' percentages 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 Finland 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 Championships held in Eugene in 1989.



PHIL RASCHKER (above), 42, of Atlanta, USA, was voted by the US Masters' Track and Field Committee 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 male performer. 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 in 1989.

ANTONIO VILLANEVA (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.'

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 guard to a similar collection of similar equipment 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

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

I entered the reception area and reported to a young man with a golden unit 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 — ouch please be more careful — under the arms, front of tummy, back and neck. 'Ah well,' he said with an interested look, 'it seems that you are at least 20% overweight 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 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 supervision.'

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 bag 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 tomorrow?'

'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.' 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 cooing voice echoing around the empty gym. 'Don't forget to see your doctor about the running now.'

STAN ALLEN

FUNNY RUNNING

YOUR LETTERS

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

CORRECT ORIGINS

We really can't have events misrepresented quite as Wilf Morgan has done in his article on the origins of the BAF (see VA13).

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 Veterans. **Ken Brookman Essex**

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 striding out.

**Wilf Morgan
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 Cophall 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 we 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 VAC**

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 category 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
NVAC**

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 Glasgow. Meanwhile if anyone is interested in a breakdown of the responses to the questionnaire, which was run in VA no 8, I shall be happy to send them a copy on receipt of an SAE. Write to 32 Highbury Hill, London N5 1AL.

**Sarah Cawkwell
Highgate Harriers**

ENTERING CHAMPIONSHIPS

George Tunnell writes from Spain (VA12) complaining that he had not received entry confirmation for the Championships 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 is to 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 1. 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?
2. On September 12 1960, John Carlos (USA) ran a world record 19.7 for 200m. It was never accepted by the IAAF — Why?
3. Which was the first Olympic Games to be held on a synthetic track?
4. Which female 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. In what 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 other winner?
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 marathon to last for long. But who set the course record for an international race back in 1969?
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 12.

THREE CHEERS FOR THE BVAf

Of course you can remain in the mainstream athletics and qualify for England-selection (see George Richardson's letter, 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 organisation 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 in veteran athletics giving older athletes the chance to compete at all levels and ages. Further, through the BVAf and affiliation 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 accordingly. The joy is that even though you might have studied all recent results from Open to European and World Championships 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. A great motivator to keep going. It is exciting, nerve-racking, full of competitiveness 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 a 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 interested 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 direc-

tion. We have our own sports shop which retails to members everything in the way of equipment from track suits and vests with our own logo (designed by members) 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 membership 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 contribute 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 comradeship.

**Les Heald
Chairman NVAC**

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 find it 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 feeling 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 interested 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 something 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 farewell to my old friend and sporting adversary, 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 Wednesday evenings! **Bernard Metcalfe**

AGE GRADING

Continued from P3

good performances but nowhere near World age group records.

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 Masters' Age Graded Tables are available from PO Box 2372, Van Nuys California 91404 for \$5.95 plus \$1.30 postage. **Jack Fitzgerald**



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 popped peafields of Vienne and after 30k or so you see one of the handsomest abbeys of France which welcomes you to the mediaeval St. Savin.

When I stepped lightly off the bus last June my mind was on more serious matters than architecture or cultural history. In a fortnight I was due to present myself in competition on the Reading tartan with a set of lonesome 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 country 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 towelled, 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 set 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 altitude.

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 Kush? **Cedric Nuttall**



THE WAY FORWARD

Bill Taylor, Chairman BVAF

TALKS HELD

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 de-

cided, 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

Nigel Wray	Jim Ryan	Kenneth Spiers
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Charles Manning	John Hayward	

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 Budapest - will 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 Scrubs



PAST MASTERS



Who are these past masters? Frank Whale of Poole has sent us this photograph of the Poly Marathon in the early sixties 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 each-
Frank Dobson of Cheshunt, Sally Gandee of Hertford, Wally Garrod of Tolworth, Surrey, Phil Fisher of London SW2 and John Willis of Camborne, Cornwall.

January 1990 Draw

1st-£100-Robin Sykes of Dumbreck, Glasgow
5 consolation prizes of £10 each-
Dolphe Leverdier of St. Helier, Jersey, P. Cawsey of Adlestree, Colin Simpson of Solihull, Pat McNab of St. Albans and Jenny Costard of St. Owen, 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

Please start my annual subscription to Veteran Athletics immediately. I enclose £10. (Outside Europe the rate is US\$34, which includes airmail).

Name _____

Address _____

Payment enclosed _____

Athlete's Clinic

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 linear 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 race.

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

aerobic. I stepped up my sessions to two or three a day instead of my usual nine a week and 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 physical 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 OSOs. I had little time to brood on my illness.

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 aspects.

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 OSOs 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. I never walk 50kms in a single session but rely on weekend sessions to 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 miles 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 jewel 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 spreading 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 announced 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 in one piece!

That night I celebrated with a fast three mile road race followed on the Sunday by chasing home Bart Bartholomew, one of the top OSO 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 OSO'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 staff are at a loss to understand how I coped with such a physical regime during such debilitating treatment and many op-

erations. 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 having to start young. Len owes 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.

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 Pelham Press, 3 Nelson Road, Bognor Regis, West Sussex. Price £5.00 — Postage Free.

■ **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 exercises 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 detached 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 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

land Vets League have 2Kms 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 Championships at European and World level. In fact there is virtually weekly competition throughout the year and Southern and Midland based walkers opportunity 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 Bec 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, Downcourt Road, Purley.

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 every day.

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.

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 6K course, in hand.

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

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 occasion.

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 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 continued her come-back in fourteenth overall to take the W50 title. Lola Smal (W55) and Jocelyn Ross (W60) were also age group winners.

The women's team event would have been interesting if Ann and Paula had a Hounslow colleague on duty. However in the event, Westbury retained their title over Altrincham and Aldershot. Gallagher was joined by Marilyn Palmer and Sue Swift-Smith in the victorious team.

HERTS COUNTY staged a well supported first county Cross-country 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 Cross-country, 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 1966.

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 EVAC.



17th

BRUGGE

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

1. The organizers

The international races are organized together with the Town Council of Bruges, the Flemish Athletic Federation (VAL) and the Bruges Athletic Club (ABAV).

2. Correspondence

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

3. Collecting of numbers

Competitors can collect their race numbers at the sekretariat of the OLYMPIC STADIUM, Olympialaan, 8200 Brugge-Sint-Andries - on Saturday 23rd June from 9.00 till 17.00 - on Sunday 24th June 1990 from 7.30 till 9.30.

4. Time table

DRESSING ROOMS - at the Olympia Stadium.
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 Bruges (only for participants with a race number for the 25 km race).

5. Entry modalities

Veterans must have the age in the different age groups THE DAY OF THE RACE. For the non veterans race participants must be - 35 (women) and - 40 (men) years old THE DAY OF THE RACE.

AGE GROUPS

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

6. 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.

7. Provision

Provisioning and refreshments will be organized on the course and at the finish line.

8. Entries: till May 11th 1990.

TOUR AND HOTEL DETAILS

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.

Hotels:

ARAGON 3* deluxe - 3 nights from £139.
LUCCA 2* 3 nights - from £109.

Self drive:

If you want to make your own travel arrangements we have secured the NAVARRA 3* hotel from £66.

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

ARE YOU
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AND HAVE
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6 YEARS
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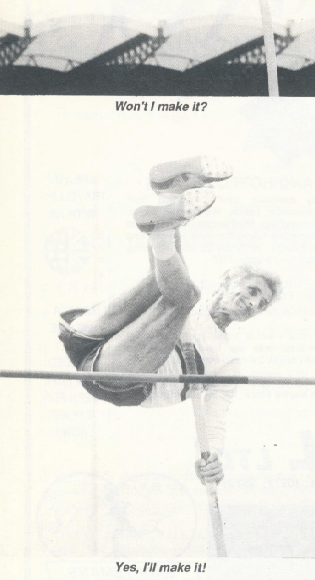
THREE MEN ON A POLEVAULT



Will I make it?



Won't I make it?



Yes, I'll make it!

At the BVAF Croquet Track & Field Championships 1989 held at Reading

TRACK AND FIELD BRITISH AND WORLD RECORDS

British Records		World Records	
100metres	10.2	9.9	10.1
M40 R.Taylor & B.Jones	10.2	T.Baker (USA)	10.1
M45 C.Williams	11.1	E.Hart (USA) pending 10.6	
M50 R.Taylor	11.5	J.Kentani (USA) & R.Austin (USA)	11.4
M55 R.Taylor	11.8	E.Chenoi (USA) & A.Goulden (USA)	11.6
M60 C.Williams	12.3	J.Yimpo (Sweden)	12.4
M65 W.Williams	13.0	E.Hart (USA)	11.8
M70 M.Martin & S.Bushy	15.0	H.Smith (France)	12.7
M80 S.Martin	17.1	J.Pickard (USA)	12.7
M85		J.Hall (Australia)	16.8
M90		Jing Chang Wang (China)	20.4
M95 M.E.Kyle	12.2	E.Kyle (Germany)	11.6
M40 M.Kyle	12.0	P.Krakauer (USA)	11.8
M45 M.Kyle	12.0	M.Kyle (GB) & W.Kyle (Australia)	12.2
M50 M.Kyle	13.4	L.Horne (USA)	12.0
M55 E.Chenoi	14.2	S.Peterson (Den)	13.6
M60 M.Kyle	14.2	P.Krakauer (USA) & R.Peterson	14.7
M65 M.Kyle	16.1	P.Krakauer (USA)	16.1
M70 M.Kyle	17.8	P.Krakauer (USA)	17.8
M75		P.Krakauer (USA)	16.7
M80		P.Krakauer (USA)	20.5
M85		V.Glen (USA)	33.1
M90			
M95			
M40 M.Kyle	22.2	E.Hart (USA)	21.4
M45 M.Kyle	22.8	R.Austin (Australia)	22.4
M50 E.Taylor	23.0	R.Austin	22.8
M55 E.Taylor	23.8	A.Chenoi (USA)	23.6
M60 S.Williams	26.2	S.Williams	26.2
M65 C.Williams	27.4	H.Smith (Australia)	25.6
M70 C.Williams	28.0	J.Hart (USA)	26.4
M75 S.Bushy	32.0	J.Pickard (USA)	31.8
M80 S.Martin	37.5	J.Pickard (USA)	32.5
M85		J.Hart (Australia) pending 37.4	
M90		Chenoi (Australia)	35.4
M95		Jing Chang Wang (China)	52.1
M40 M.Kyle	36.7	M.Singapore (USSR)	35.5
M45 M.Kyle	37.0	S.Williams (Denmark)	36.2
M50 M.Kyle	40.0	P.Krakauer (USA) pending 36.4	
M55 M.Kyle	42.0	W.Kyle (Australia)	36.1
M60 M.Kyle	45.0	L.Horne (USA)	37.5
M65 M.Kyle	48.0	O.Horne (USA)	38.5
M70 M.Kyle	50.0	O.Horne (USA) pending 38.5	
M75 M.Kyle	52.0	P.Krakauer (USA) pending 50.0	
M80 M.Kyle	55.0	P.Krakauer (USA) pending 51.5	
M85 M.Kyle	58.0	P.Krakauer (USA) pending 53.0	
M90 M.Kyle	61.0	P.Krakauer (USA) pending 54.5	
M95 M.Kyle	64.0	P.Krakauer (USA) pending 56.0	
M40 M.Kyle	67.0	P.Krakauer (USA) pending 57.5	
M45 M.Kyle	70.0	P.Krakauer (USA) pending 59.0	
M50 M.Kyle	73.0	P.Krakauer (USA) pending 60.5	
M55 M.Kyle	76.0	P.Krakauer (USA) pending 62.0	
M60 M.Kyle	79.0	P.Krakauer (USA) pending 63.5	
M65 M.Kyle	82.0	P.Krakauer (USA) pending 65.0	
M70 M.Kyle	85.0	P.Krakauer (USA) pending 66.5	
M75 M.Kyle	88.0	P.Krakauer (USA) pending 68.0	
M80 M.Kyle	91.0	P.Krakauer (USA) pending 69.5	
M85 M.Kyle	94.0	P.Krakauer (USA) pending 71.0	
M90 M.Kyle	97.0	P.Krakauer (USA) pending 72.5	
M95 M.Kyle	100.0	P.Krakauer (USA) pending 74.0	
M40 M.Kyle	103.0	P.Krakauer (USA) pending 75.5	
M45 M.Kyle	106.0	P.Krakauer (USA) pending 77.0	
M50 M.Kyle	109.0	P.Krakauer (USA) pending 78.5	
M55 M.Kyle	112.0	P.Krakauer (USA) pending 80.0	
M60 M.Kyle	115.0	P.Krakauer (USA) pending 81.5	
M65 M.Kyle	118.0	P.Krakauer (USA) pending 83.0	
M70 M.Kyle	121.0	P.Krakauer (USA) pending 84.5	
M75 M.Kyle	124.0	P.Krakauer (USA) pending 86.0	
M80 M.Kyle	127.0	P.Krakauer (USA) pending 87.5	
M85 M.Kyle	130.0	P.Krakauer (USA) pending 89.0	
M90 M.Kyle	133.0	P.Krakauer (USA) pending 90.5	
M95 M.Kyle	136.0	P.Krakauer (USA) pending 92.0	
M40 M.Kyle	139.0	P.Krakauer (USA) pending 93.5	
M45 M.Kyle	142.0	P.Krakauer (USA) pending 95.0	
M50 M.Kyle	145.0	P.Krakauer (USA) pending 96.5	
M55 M.Kyle	148.0	P.Krakauer (USA) pending 98.0	
M60 M.Kyle	151.0	P.Krakauer (USA) pending 99.5	
M65 M.Kyle	154.0	P.Krakauer (USA) pending 101.0	
M70 M.Kyle	157.0	P.Krakauer (USA) pending 102.5	
M75 M.Kyle	160.0	P.Krakauer (USA) pending 104.0	
M80 M.Kyle	163.0	P.Krakauer (USA) pending 105.5	
M85 M.Kyle	166.0	P.Krakauer (USA) pending 107.0	
M90 M.Kyle	169.0	P.Krakauer (USA) pending 108.5	
M95 M.Kyle	172.0	P.Krakauer (USA) pending 110.0	
M40 M.Kyle	175.0	P.Krakauer (USA) pending 111.5	
M45 M.Kyle	178.0	P.Krakauer (USA) pending 113.0	
M50 M.Kyle	181.0	P.Krakauer (USA) pending 114.5	
M55 M.Kyle	184.0	P.Krakauer (USA) pending 116.0	
M60 M.Kyle	187.0	P.Krakauer (USA) pending 117.5	
M65 M.Kyle	190.0	P.Krakauer (USA) pending 119.0	
M70 M.Kyle	193.0	P.Krakauer (USA) pending 120.5	
M75 M.Kyle	196.0	P.Krakauer (USA) pending 122.0	
M80 M.Kyle	199.0	P.Krakauer (USA) pending 123.5	
M85 M.Kyle	202.0	P.Krakauer (USA) pending 125.0	
M90 M.Kyle	205.0	P.Krakauer (USA) pending 126.5	
M95 M.Kyle	208.0	P.Krakauer (USA) pending 128.0	
M40 M.Kyle	211.0	P.Krakauer (USA) pending 129.5	
M45 M.Kyle	214.0	P.Krakauer (USA) pending 131.0	
M50 M.Kyle	217.0	P.Krakauer (USA) pending 132.5	
M55 M.Kyle	220.0	P.Krakauer (USA) pending 134.0	
M60 M.Kyle	223.0	P.Krakauer (USA) pending 135.5	
M65 M.Kyle	226.0	P.Krakauer (USA) pending 137.0	
M70 M.Kyle	229.0	P.Krakauer (USA) pending 138.5	
M75 M.Kyle	232.0	P.Krakauer (USA) pending 140.0	
M80 M.Kyle	235.0	P.Krakauer (USA) pending 141.5	
M85 M.Kyle	238.0	P.Krakauer (USA) pending 143.0	
M90 M.Kyle	241.0	P.Krakauer (USA) pending 144.5	
M95 M.Kyle	244.0	P.Krakauer (USA) pending 146.0	
M40 M.Kyle	247.0	P.Krakauer (USA) pending 147.5	
M45 M.Kyle	250.0	P.Krakauer (USA) pending 149.0	
M50 M.Kyle	253.0	P.Krakauer (USA) pending 150.5	
M55 M.Kyle	256.0	P.Krakauer (USA) pending 152.0	
M60 M.Kyle	259.0	P.Krakauer (USA) pending 153.5	
M65 M.Kyle	262.0	P.Krakauer (USA) pending 155.0	
M70 M.Kyle	265.0	P.Krakauer (USA) pending 156.5	
M75 M.Kyle	268.0	P.Krakauer (USA) pending 158.0	
M80 M.Kyle	271.0	P.Krakauer (USA) pending 159.5	
M85 M.Kyle	274.0	P.Krakauer (USA) pending 161.0	
M90 M.Kyle	277.0	P.Krakauer (USA) pending 162.5	
M95 M.Kyle	280.0	P.Krakauer (USA) pending 164.0	
M40 M.Kyle	283.0	P.Krakauer (USA) pending 165.5	
M45 M.Kyle	286.0	P.Krakauer (USA) pending 167.0	
M50 M.Kyle	289.0	P.Krakauer (USA) pending 168.5	
M55 M.Kyle	292.0	P.Krakauer (USA) pending 170.0	
M60 M.Kyle	295.0	P.Krakauer (USA) pending 171.5	
M65 M.Kyle	298.0	P.Krakauer (USA) pending 173.0	
M70 M.Kyle	301.0	P.Krakauer (USA) pending 174.5	
M75 M.Kyle	304.0	P.Krakauer (USA) pending 176.0	
M80 M.Kyle	307.0	P.Krakauer (USA) pending 177.5	
M85 M.Kyle	310.0	P.Krakauer (USA) pending 179.0	
M90 M.Kyle	313.0	P.Krakauer (USA) pending 180.5	
M95 M.Kyle	316.0	P.Krakauer (USA) pending 182.0	
M40 M.Kyle	319.0	P.Krakauer (USA) pending 183.5	
M45 M.Kyle	322.0	P.Krakauer (USA) pending 185.0	
M50 M.Kyle	325.0	P.Krakauer (USA) pending 186.5	
M55 M.Kyle	328.0	P.Krakauer (USA) pending 188.0	
M60 M.Kyle	331.0	P.Krakauer (USA) pending 189.5	
M65 M.Kyle	334.0	P.Krakauer (USA) pending 191.0	
M70 M.Kyle	337.0	P.Krakauer (USA) pending 192.5	
M75 M.Kyle	340.0	P.Krakauer (USA) pending 194.0	
M80 M.Kyle	343.0	P.Krakauer (USA) pending 195.5	
M85 M.Kyle	346.0	P.Krakauer (USA) pending 197.0	
M90 M.Kyle	349.0	P.Krakauer (USA) pending 198.5	
M95 M.Kyle	352.0	P.Krakauer (USA) pending 200.0	
M40 M.Kyle	355.0	P.Krakauer (USA) pending 201.5	
M45 M.Kyle	358.0	P.Krakauer (USA) pending 203.0	
M50 M.Kyle	361.0	P.Krakauer (USA) pending 204.5	
M55 M.Kyle	364.0	P.Krakauer (USA) pending 206.0	
M60 M.Kyle	367.0	P.Krakauer (USA) pending 207.5	
M65 M.Kyle	370.0	P.Krakauer (USA) pending 209.0	
M70 M.Kyle	373.0	P.Krakauer (USA) pending 210.5	
M75 M.Kyle	376.0	P.Krakauer (USA) pending 212.0	
M80 M.Kyle	379.0	P.Krakauer (USA) pending 213.5	
M85 M.Kyle	382.0	P.Krakauer (USA) pending 215.0	
M90 M.Kyle	385.0	P.Krakauer (USA) pending 216.5	
M95 M.Kyle	388.0	P.Krakauer (USA) pending 218.0	
M40 M.Kyle	391.0	P.Krakauer (USA) pending 219.5	
M45 M.Kyle	394.0	P.Krakauer (USA) pending 221.0	
M50 M.Kyle	397.0	P.Krakauer (USA) pending 222.5	
M55 M.Kyle	400.0	P.Krakauer (USA) pending 224.0	
M60 M.Kyle	403.0	P.Krakauer (USA) pending 225.5	
M65 M.Kyle	406.0	P.Krakauer (USA) pending 227.0	
M70 M.Kyle	409.0	P.Krakauer (USA) pending 228.5	
M75 M.Kyle	412.0	P.Krakauer (USA) pending 230.0	
M80 M.Kyle	415.0	P.Krakauer (USA) pending 231.5	
M85 M.Kyle	418.0	P.Krakauer (USA) pending 233.0	
M90 M.Kyle	421.0	P.Krakauer (USA) pending 234.5	
M95 M.Kyle	424.0	P.Krakauer (USA) pending 236.0	
M40 M.Kyle	427.0	P.Krakauer (USA) pending 237.5	
M45 M.Kyle	430.0	P.Krakauer (USA) pending 239.0	
M50 M.Kyle	433.0	P.Krakauer (USA) pending 240.5	
M55 M.Kyle	436.0	P.Krakauer (USA) pending 242.0	
M60 M.Kyle	439.0	P.Krakauer (USA) pending 243.5	
M65 M.Kyle	442.0	P.Krakauer (USA) pending 245.0	
M70 M.Kyle	445.0	P.Krakauer (USA) pending 246.5	
M75 M.Kyle	448.0	P.Krakauer (USA) pending 248.0	
M80 M.Kyle	451.0	P.Krakauer (USA) pending 249.5	
M85 M.Kyle	454.0	P.Krakauer (USA) pending 251.0	
M90 M.Kyle	457.0	P.Krakauer (USA) pending 252.5	
M95 M.Kyle	460.0	P.Krakauer (USA) pending 254.0	
M40 M.Kyle	463.0	P.Krakauer (USA) pending 255.5	
M45 M.Kyle	466.0	P.Krakauer (USA) pending 257.0	
M50 M.Kyle	469.0	P.Krakauer (USA) pending 258.5	
M55 M.Kyle	472.0	P.Krakauer (USA) pending 260.0	
M60 M.Kyle	475.0	P.Krakauer (USA) pending 261.5	
M65 M.Kyle	478.0	P.Krakauer (USA) pending 263.0	
M70 M.Kyle	481.0	P.Krakauer (USA) pending 264.5	
M75 M.Kyle	484.0	P.Krakauer (USA) pending 266.0	
M80 M.Kyle	487.0	P.Krakauer (USA) pending 267.5	
M85 M.Kyle	490.0	P.Krakauer (USA) pending 269.0	
M90 M.Kyle	493.0	P.Krakauer (USA) pending 270.5	
M95 M.Kyle	496.0	P.Krakauer (USA) pending 272.0	
M40 M.Kyle	499.0	P.Krakauer (USA) pending 273.5	
M45 M.Kyle	502.0	P.Krakauer (USA) pending 275.0	
M50 M.Kyle	505.0	P.Krakauer (USA) pending 276.5	
M55 M.Kyle	508.0	P.Krakauer (USA) pending 278.0	
M60 M.Kyle	511.0	P.Krakauer (USA) pending 279.5	
M65 M.Kyle	514.0	P.Krakauer (USA) pending 281.0	
M70 M.Kyle	517.0	P.Krakauer (USA) pending 282.5	
M75 M.Kyle	520.0	P.Krakauer (USA) pending 284.0	
M80 M.Kyle	523.0	P.Krakauer (USA) pending 285.5	
M85 M.Kyle	526.0	P.Krakauer (USA) pending 287.0	
M90 M.Kyle	529.0	P.Krakauer (USA) pending 288.5	
M95 M.Kyle	532.0	P.Krakauer (USA) pending 290.0	
M40 M.Kyle	535.0	P.Krakauer (USA) pending 291.5	
M45 M.Kyle	538.0	P.Krakauer (USA) pending 293.0	
M50 M.Kyle	541.0	P.Krakauer (USA) pending 294.5	
M55 M.Kyle	544.0	P.Krakauer (USA) pending 296.0	
M60 M.Kyle	547.0	P.Krakauer (USA) pending 297.5	
M65 M.Kyle	550.0	P.Krakauer (USA) pending 299.0	
M70 M.Kyle	553.0	P.Krakauer (USA) pending 300.5	
M75 M.Kyle	556.0	P.Krakauer (USA) pending 302.0	
M80 M.Kyle	559.0	P.Krakauer (USA) pending 303.5	
M85 M.Kyle	562.0	P.Krakauer (USA) pending 305.0	
M90 M.Kyle	565.0	P.Krakauer (USA) pending 306.5	
M95 M.Kyle	568.0	P.Krakauer (USA) pending 308.0	
M40 M.Kyle	571.0	P.Krakauer (USA) pending 309.5	
M45 M.Kyle	574.0	P.Krakauer (USA) pending 311.0	
M50 M.Kyle	577.0	P.Krakauer (USA) pending 312.5	
M55 M.Kyle	580.0	P.Krakauer (USA) pending 314.0	
M60 M.Kyle	583.0	P.Krakauer (USA) pending 315.5	
M65 M.Kyle	586.0	P.Krakauer (USA) pending 317.0	
M70 M.Kyle	589.0	P.Krakauer (USA) pending 318.5	
M75 M.Kyle	592.0	P.Krakauer (USA) pending 320.0	
M80 M.Kyle	595.0	P.Krakauer (USA) pending 321.5	
M85 M.Kyle	598.0	P.Krakauer (USA) pending 323.0	
M90 M.Kyle	601.0	P.Krakauer (USA) pending 324.5	
M95 M.Kyle	604.0	P.Krakauer (USA) pending 326.0	
M40 M.Kyle	607.0	P.Krakauer (USA) pending 327.5	
M45 M.Kyle	610.0	P.Krakauer (USA) pending 329.0	
M50 M.Kyle	613.0	P.Krakauer (USA) pending 330.5	
M55 M.Kyle	616.0	P.Krakauer (USA) pending 332.0	
M60 M.Kyle	619.0	P.Krakauer (USA) pending 333.5	
M65 M.Kyle	622.0	P.Krakauer (USA) pending 335.0	
M70 M.Kyle	625.0	P.Krakauer (USA) pending 336.5	
M75 M.Kyle	628.0	P.Krakauer (USA) pending 338.0	
M80 M.Kyle	631.0	P.Krakauer (USA) pending 339.5	
M85 M.Kyle	634.0	P.Krakauer (USA) pending 341.0	
M90 M.Kyle	637.0	P.Krakauer (USA) pending 342.5	
M95 M.Kyle	640.0	P.Krakauer (USA) pending 344.0	
M40 M.Kyle	643.0	P.Krakauer (USA) pending 345.5	
M45 M.Kyle	646.0	P.Krakauer (USA) pending 347.0	
M50 M.Kyle	649.0	P.Krakauer (USA) pending 348.5	
M55 M.Kyle	652.0	P.Krakauer (USA) pending 350.0	
M60 M.Kyle	655.0	P.Krakauer (USA) pending 351.5	
M65 M.Kyle	658.0	P.Krakauer (USA) pending 353.0	
M70 M.Kyle	661.0	P.Krakauer (USA) pending 354.5	
M75 M.Kyle	664.0	P.Krakauer (USA) pending 356.0	
M80 M.Kyle	667.0	P.Krakauer (USA) pending 357.5	
M85 M.Kyle	670.0	P.Krakauer (USA) pending 359.0	
M90 M.Kyle	673.0	P.Krakauer (USA) pending 360.5	
M95 M.Kyle	676.0	P.Krakauer (USA) pending 362.0	
M40 M.Kyle	679.0	P.Krakauer (USA) pending 363.5	
M45 M.Kyle	682.0	P.Krakauer (USA) pending 365.0	
M50 M.Kyle	685.0	P.Krakauer (USA) pending 366.5	
M55 M.Kyle	688.0	P.Krakauer (USA) pending 368.0	
M60 M.Kyle	691.0	P.Krakauer (USA) pending 369.5	
M65 M.Kyle	694.0	P.Krakauer (USA) pending 371.0	
M70 M.Kyle	697.0	P.Krakauer (USA) pending 372.5	
M75 M.Kyle	700.0	P.Krakauer (USA) pending 374.0	
M80 M.Kyle	703.0	P.Krakauer (USA) pending 375.5	
M85 M.Kyle	706.0	P.Krakauer (USA) pending 377.0	
M90 M.Kyle	709.0	P.Krakauer (USA) pending 378.5	
M95 M.Kyle	712.0	P.Krakauer (USA) pending 380.0	
M40 M.Kyle	715.0	P.Krakauer (USA) pending 381.5	
M45 M.Kyle	718.0	P.Krakauer (USA) pending 383.0	
M50 M.Kyle	721.0	P.Krakauer (USA) pending 384.5	
M55 M.Kyle	724.0	P.Krakauer (USA) pending 386.0	
M60 M.Kyle	727.0	P.Krakauer (USA) pending 387.5	
M65 M.Kyle	730.0	P.Krakauer (USA) pending 389.0	
M70 M.Kyle	733.0	P.Krakauer (USA) pending 390.5	
M75 M.Kyle	736.0	P.Krakauer (USA) pending 392.0	



1990 Rundown Events Diary

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to
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THE LONDON MARATHON — THE FIRST TEN YEARS

When Chris Brasher floated the idea of the 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 woman 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.

In 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

Watson, was first M40 in 2:18.00 closely followed by Verle'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 councillor 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 1988.

In 1988 Hugh Currie again made headlines with a new M65 British record of 2:55.41. Ery 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
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SUNDAY 3rd JUNE 1990

Start 9.30am on a new fast course

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EASTBOURNE ROVERS ATHLETICS CLUB 4TH YOUNG ATHLETES & VETERANS OPEN MEETING

(Under AAA and WAAA laws)

at

Princes Park Oval, Channel View Road, Eastbourne

Sunday 13th May 1990

Meeting commences at 12.00

Events:

100m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
200m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
400m (IW, VW, Youths, VM)
800m (Minors, Girls, IW, VW, Colts, Boys, Youths, VM)
1500m (Girls, IW, VW, Colts, Boys, Youths, VM)
HJ (Girls, IW, VW, Youths, VM)
LJ (Minors, Girls, IW, VW, Boys, Youths, VM)
Shot (Girls, IW, VW, Colts, Boys, Youths, VM)
Discus (Girls, IW, VW, Boys, Youths, VM)
Javelin (Girls, IW, VW, Boys, Youths, VM)
Hammer (VW, 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
0SB 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

To: J. Fitzgerald, 6 Tyers House, Aldington Rd, London SW16.

(Please type or use capitals throughout)

Event _____ Age Group _____ Men/Women _____

Full Name of Competitor(s) _____

Date(s) of Birth _____

(For relays, full name of each team member is required, in order of running.)

Competitor's Country _____ Date of Meeting _____

Name of Stadium _____ Town _____ Country _____

RESULT OF RACE

The names of the first three competitors and their times were as follows:

1st _____ Time _____

2nd _____ Time _____

3rd _____ Time _____

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter _____ Signature _____

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ Signature _____

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ Signature _____

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was _____ metres/sec

Name of Operator _____ Signature _____

PAT McNAB A VETERAN OF THE MULTI-EVENT

A profile by Bill Taylor

PAT MAWER, as she then was, started athletics at school but by the age of 15 she needed a club to give her much needed competition. So she joined Hull Spartan 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 relay.

By 1962, she was mixing with the greats: third to Mary Peters and Thelma Hopkins in her first Pentathlon at the Yorkshire Women's AAA. This was during her three years (1961 to 1964) at Danford 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 Pentathlon in the Europa Cup (Barcelona 1975) but it 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 Tom McNab and her third child was born that year. She was far from finished with athletics and in 1979

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 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 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 Hepthathlon!

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 great motivator.

Most athletes have views about the administrators 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 when weather permits.

Summer is more structured with three



Pat puts all her power behind her shot at the 1989 Rockford 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 week, either 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 competition 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.

Year	Event	Place	Time
1979	W45 World	Long Jump	Silver 5.48m
		100m H	Silver 14.88s
		Pentathlon	Br 372/208
1981	W45 World	200m	Gold 36.48s
		100m H	Gold 15.16s
		Pentathlon	Gold 367/208
1982	W45 European	Long Jump	Silver 5.36m
		Pentathlon	Gold
		100m H	Silver 14.54s
		Shot Put	Br 12.45m (1979)
1984	W45 European	Pentathlon	Silver
1985	W45 World	Pentathlon	Silver
1986	W45 World	Pentathlon	Silver
1987	W45 World	Pentathlon	Silver
1988	W45 World	Pentathlon	Silver
1989	W45 World	Pentathlon	Silver
		100m H	Gold 12.71s
		Shot Put	Br 12.45m (1979)
		200m	Gold 36.48s

A STRONG MAN'S COURSE

MVAC Cross-country Championships, Woolton 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 Simpson, 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 Don 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. **Wulf 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 Previali, Mike Fuller and co.

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 Previali, 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 Irishman Tom Ryan who won the M50. His time was equal to his race winning time in '87.

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 Charlton and Ron Franklin. And not to be outdone M70 came to the boil as well — Dennis Evers ahead of Richard Creese, Ted Flowers and two others.

Nine women completed the tough yet fair course. In form Mary Todd of Woking 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 Windmills. **Jeremy Hemming**

NEW BOY CRAIG A WINNER

NI Vets Cross-country Championships, 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 McMurry to the fore. Settling down after half a mile Craig, Price and Gregory were together with Campbell, McMurry, Williamson and Jones in close contention. 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, McMurry, 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 McAvoy**

TWO NEW VETS SHOW

EVAC Cross-country Championships, 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 the day.

Two new vets showed to the front early

on, Ray Church and Peter Duhig, with Mike Nelson (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 claimed by Laurie Walsh, Ken Jones and Philip Holland while the M60 medals were won by Ted Cooper with Hugo Soper, who chased in vain one place behind, and Edward Thompson, all three beating the second-placed M55 runner. The age group 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 championships.

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 Cheekley 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.

Jimmy Waters

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 Turnbull waters the course to ensure an over sufficiency of mud.

Mud or not, George Meredith hit the front 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 M45 class in a closely contested race. Willie Spark was a comfortable winner in the M50s.

Hugh Gibson had a super run to finish 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. Jocelyn Ross won the W60 title.

At the halfway mark in the O50s it was obviously going to be a great race between holder, Tom Ryan, and challenger, Geoff Harold, 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 over Laurie O'Hara. The M60 title went to Laurie Forster who won by over three minutes from Ron Franklin. The home club, Havering, must have had aspirations in the team race but it was Vale of Aylesbury who triumphed on the day. **Jack Fitzgerald**

JUST TO PLEASE THE LADIES

NVAC Cross-country Championships, Accrington, Lancs, February 18

THIS correspondent 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 over the full distance.

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 Lola Small.

Witral 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! **"Fido"**



Track work: Shel Cowles leads the way at Reading 1989

FIXTURES

NATIONAL

- 13 May National Veterans Road Relays ALDERSHOT 11am
cd 28 Apr forms Organiser, 6 Edney Close, Church
Crookham, Aldershot GU13 0BW
- 14 Jul BVAF T&F Champs Crownpoint GLASGOW and AGM
15 Jul BVAF T&F Champs Crownpoint GLASGOW
5 Aug BVAF 10M Champs OSWESTRY
- 12 Aug Inter Area T&F Match SOLIHULL - provisional
19 Aug 10K/5k Track Walk Champs SOLIHULL - provisional
19 Aug BVAF/AAA Open Half Marathon SOUTHAMPTON
20 Oct BVAF 20K/10K Walking Champs CHIGWELL
18 Nov BARNSELY Veterans 10K Champs

INTERNATIONAL

- 22 Apr 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 VAC Track 1st Meet Battersea Park 630pm
5 May VAC 10M Champs Wilberforce School SW19
19 May 34th ISLE OF WIGHT Marathon £5 cd 5/5 Ryde H HQ,
31 Oakfield High St, Ryde, IOW PO33 1E1
- 28 May WORTHING DIS H Open mtg Vets M&W 100 200 400
800 3K handicaps & Vet DT SP JT P Lees, Downside,
Stable La, Findon W Sussex
- 3 Jun SCVAC T&F Champs CROYDON
3 Jun WALTHAMSTOW 7 BVAF Gr 1 N Joseph, 30 Morland
Rd, London E17 7JB
- 12 Jun VAC 5M Champs BATTERSEA PARK SW11
29 Jul BUCKS BERKS OX HANTS & HERTS Vets T&F

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

SOUTH WEST

- 6 May Great West Run & SWVAC Half Mar Champs EXETER
Training Grants 5 Vet Men & Women cd 30/4 PO Box 88
Exeter EX2 6LN
- 3 June Poole Marathon see ad in VA13
Poole Sports Council, Civic Centre, Poole, BH15 2RY
- 17 Jun SWVAC T&F Champs SOUTHAMPTON Bassett Sports
Centre John Liddle, 19 Roundhouse Drive, Totton,
Southampton SO4 2EU
- 1 Jul Newquay 10K inc Co. Champs BVAF Gr 1
P Sargent, Byeways, Cubert, Newquay
- 19 Aug BVAF/AAA Open Half Mar SOUTHAMPTON Bassett
Sports Centre

MIDLAND

- 2 May DUDLEY KINGSWINFOR 10K BVAF Gr 1 £3 cd 20/4
R Blackburn, 97 the Broadway, Dudley, W Mid DY1 3EB
- 13 May 9th OSWESTRY 10M BVAF Gr 1 £2.50 cd 10/5 D
Morris, 27 Whittington Rd Oswestry SY11 1JD
- 10 Jun MVAC T&F Champs ALDERSLEY Stadium
17 Jun General Portfolio CHELMSLEY WOOD 10K - J Walker
111 Cooks Lane Kingshurst Solihull B37 6NU
- 17 Jun HI-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

- 27 May IPSWICH JAFFA 15 BVAF Gr1 cd 15/5 C Buckton, 124
Hawthorne Drive, Ipswich
- 27 May 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 inc EVAC T&F Champs

WALES

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

NORTH

- 22 Apr NVAC 6M Road WALLASEY RUFC 12noon
2 May ROCHDALE H Robinson Classic 5.2M BVAF Gr 1 19v
6wv £2 PC O'Sullivan, Rochdale Police Station, the
Holme, Rochdale OL16 1AG
- 9 May Vets T&F Mtg, Leverhulme Park, Bolton 7pm
13 May NVAC Road, Hood Lane WARRINGTON 12noon
23 May Vets T&F Mtg, Leverhulme Park, Bolton 7pm
27 May NVAC Champs & EAST CHESHIRE Half Mar BVAF Gr
1 25v M McGann, I County Av, Ashton-u-Lyne OL6 9RP
- 30 May ROCHDALE Peelers 'n Weevers 5.3 BVAF Gr 1 as above
3 Jun NVAC T&F Champs, E Chesh HQ, Ashton-u-Lyne 12.00
12 Jun ROCHDALE H D Ibbotson Classic 5.19v 7wv £2 as above
17 Jun NVAC Track meeting Belle Vue MANCHESTER
entries Joe Moran 061-477-2433
- 17 Jun Gen Portfolio LIVERPOOL H Riverside 5.8R BVAF Gr
1 £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
- 22 Aug NVAC 10K Road & Path, IRLAM 12 noon
12 Sep Lancashire Vets T&F Champs, Leverhulme Park, BOLTON

ISLE OF MAN

- 19 Aug ISLE OF MAN Marathon & Half Mar BVAF Gr 1 £3.50
D Higgins, Curlew Cottage, Scarlett, Castletown, IOM
19-24 Aug ISLE OF MAN Road Running Grand Prix details David
Phillips, 14 Upper Dukes Rd, Douglas IOM

NORTH EAST

- 30 Jun NEVAC T&F Champs JARROW
23 Sep NEVAC Pentathlon Champs
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

- 5 May GLASGOW 800 10K Garscadden 215pm
13 May LUDDON Half Mar SVHC Champs Kirkintilloch
23 May A McInnes Memorial 10K KIRKINTILLOCH
26 May BATHGATE Hill Race Vets 215pm Bathgate
27 May CAMPSIE Tiso Hill Race & SVHC Champs 3pm
24 Jun SVHC T&F Champs COATBRIDGE
14-15 Jul BVAF T&F Champs Crownpoint GLASGOW
1 Aug LOCHINCH 10K Road Race 7pm
19 Aug INVERCLYDE Marathon inc SVHC Champs
8 Sep 10K Track Champs & Pentathlon COATBRIDGE

WOMEN ONLY

- 29 Apr EPSOM Allsorts Womens 10K & 5K £4 G Grieve,
Georgian Lodge, The Drive, Tynwood, Leatherhead
27 May LIVERPOOL Womens 10K 7wv cd 27/4 Liverpool City
Council, Sport & Rec Dept, 11 Dale St, Liverpool L2 2TE
21 Jun LOTHIAN Ladies Open 6K Mrs B Howie, 123 Newbattle
Abbey Cres, Dalkeith, EH22 3LP
1 Jul PORTSMOUTH Ladies Only 10K BVAF graded
Race Sec., 73 Chichester Rd, North End,
Portsmouth

FIXTURE NOTES

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 Association.
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
year splits if entries allow.

ROCHDALE HARRIERS & AC
promote five road races with sponsor-
ship, variety and above average
veteran prize levels. For their contribu-
tions to sport the MA 30 event is
dedicated to Max McNally, Cyril Leigh
and John Temperton.

LIVERPOOL WOMENS 10K claims to
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 - corpo-
rate teams - '89 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
women. Total numbers will be around
38,000.

**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.
All hard 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 crim-
inal offence apart from the fact that it is clearly
a breach of good faith and good manners.

The rate of exchange is much in your
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 lan-
guage where the parts of speech are not clearly
identified and endings are stringed 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.
Good practice for Turkey.

Taxis too are extremely cheap. There is
public transport but the language difficulties
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
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 glori-
es 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 COUNTRIES VAC TRACK LEAGUE

A new league is announced by Jim
Hurley, the Croydon and Irish sprinter.
Nine AAA clubs have signed up to com-
pete 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 Interna-
tional, 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 Stadi-
um.

NORTH EASTERN VETS INTER CLUB LEAGUE

This enters its third year with four dates at
Jarrow and growth is confidently ex-
pected by Jim Waters. Women compete
in all events and are increasingly support-
ing the League.

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

ANSWERS to Quiz P4

1. Merv Lincoln was 2nd, Albert Thomas 3rd.
2. He had more than the regulation number of spikes
in his running shoes.
3. Mexico City, 1968.
4. Tatyana Kozachenko (USSR), Olympic 1500m
winner in 1976. She holds World record of 3:52.47 set
in 1980. Last year she was reported to be about to
enter veteran athletics.
5. The Marathon. Pym's time of 2:30:57 was beaten
by Jim Peters who ran 2:29:24 in the Poly Marathon
in 1951.
6. Douglas Lowe won the 800m.
7. The M40 110m Hurdles. Don Findlay (GB) ran 14.4
on August 1st, 1969 and Stan Cruckley (USA) 14.24
on July 30th, 1969. Note: Findlay ran 120 yards which
is 10 inches short of 110m, but cleared hurdles of 42
inches. Cruckley cleared 39 inch hurdles.
8. Bill Adcock ran the Marathon to Athens race in
2:11:07 in April, 1969. It is still a course record.
9. Ian Chipchase.
10. It was the first sub 4 minute mile on an indoor
track.

**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 4GD
Tel: 01-730 6493
on behalf of WAVA organising committee,
Port of Spain, Trinidad W.I.

1. *Journal of the American Medical Association*, 1997; 278: 1019-1024.

9 R. Heywood (Dart) 40:50
10 T. Hoyles (Hay) 40:56
11 P. Ferguson (Vol) 41:03
12 E. King (Med) 41:07
13 K. Burgess (Che) 41:16
14 M. Doogan (Wok) 41:25
15 J. Reynolds (Vol) 41:59
16 R. Leary (Med) 42:16
17 F. Taylor (Bas) 42:18
18 G. Williams (Ilford) 42:44
19 V. Withers (Med) 42:54
20 M. Thompson (Hay) 43:07

21 G.Hewitt(Soul)43:36
22 P.Thomas(VolA)44:10
23 K.Hammond(Deal)44:16
24 C.Gordon(NEB)44:30
25 N.Fairlea(NEB)46:28
26 R.Silk(NEB)46:38
27 M.Wills(Deal)47:25
28 J.Cox(Barnet)48:30
29 V.Martin(HandyCJ)49:52
30 R.Corney(Toot)51:05
31 H.McGregor51:32
32 R.Kochigaster(Duch)53:10

32 W. Kerginon (Lea) 52.19
33 I. McGrogan (NE) 53.21
M55
1 R. Gomez (Vol A) 37.05
2 L. O'Hara (Bef) 38.00
3 R. Stewart (Mus Hill) 39.43
4 I. Addison (Vol A) 40.01
5 J. D. Wood (Barn) 43.33
6 R. Blastland (Vol A) 43.51
7 J. Atkinson (Barn) 43.57
8 J. Jewell (Camb) 44.40
9 B. Shave (HHH) 44.42

10 J. Leach (Hill) 45:20
11 G. Crowder (BH) 45:30
12 G. Standen (Med) 45:51
13 J. Parrot (High) 48:18
14 D. Jones (W.G.) 48:18
15 B. Griffiths (Ver) 48:51
16 D. Jones (Ilford) 49:20
M50
1 L. Forster (Barn) 40:35
2 R. Franklin (TVH) 43:43
3 R. Hale (Kent) 47:52
M55

1 W.Eyles(Variaa)48:19
2 B.Nielsen(Hill)50:40
Teams 50+
1 Vale of Aylesbury 30.M 2 Havering 48
3 Barnet & District 51, 4 Medway 72,
5 Newham/Essex B. 112, 6 Deal Strds 12
W35
1 G.Penny(Camb)19:07
2 C.Dowling(Wycp)20:43
3 B.Blurton(RaiP)21:29
4 J.Webb(AFD)21:37

5 C. Wilkins (Hav) 22:45
6 S. Cawkwell (High) 23:56
7 M. Farmer (Cartford) 24:45
W40
1 B. Kirk (Sh/B) 21:48
2 F. Cuthin (Windsor) 23:34
3 M. Moody (Hardy C) 23:43
4 B. Harvey (Barn) 24:41
5 C. Brown (Sh/B) 24:53
6 H. Jackson (Bas) 25:14
7 M. Shirley (Barn) 27:53
W45

- 1 C. Gould (Sh/B) 21:55
- 2 K. Yewer (Newb) 22:05
- 3 C. Hyde (Windsor) 23:14
- 4 M. Farish (Brom) 23:55
- 5 J. Kimber (Med) 24:00
- 6 B. Dawson (Bas) 24:28
- 7 C. Bean (Steyn) 24:31
- 8 P. Wilkes (Handy C) 26:14
- 9 J. Evans (Sh/B) 28:07
- 10 B. Cushen (M&S) 28:29
- 11 Y. Miles (Bourn) 29:34
- 12 R. Antoniou (Rd) 31:12

W50
1 J. Smith (ShB) 20:09
1 J. Hulls (Brom) 23:07
3 M. Anstey (GCJ) 23:26
4 P. Jones (Ilfor) 23:28
5 E. Mansfield (HandyC) 23:40
6 E. Thompson (New) 24:03
7 A. Cooper (Newbury) 24:23
W55 1 B. Foster (ShB) 27:48
W60 1 J. Ross (GCJ) 24:09
Teams

SOUTHERN COUNTIES VAC LEAGUE
CROYDON MARCH 17
1 P Wallace [Med] 28:29, 2 K Pearson [C] 30:02, 3 H Aiken [Med] 31:01, 4 B Collins [Croy] 31:07, 5 JD Wood [Barn55] 31:10, 6 Edgely [Med] 31:21, 7 M Swyer [Barn50] 32:09, 8 J Evans [Med] 31:21, 9 M Reynol [Blackh] 33:26, 10 K Sersay [Brom56] 33:29
Women 1 J Williams [Reynol] 14:26, 2 J

FINAL RESULTS
MEN 40-49
P Wallace 89, 2 T Edgeley 73, 3 J Evans
51, 4 V Smith 48, 5 J Rains 46, Hillyard 4
Robinson 33, King 32, Bannister 31, Phil
29, Field 19, Maurice 17, Pearson 17, Ali
16, Collins 15, Doogan 14, Mould 11, Drk
10, Beaney 8, Neville 7, Stott & Good 4,
Wheaton 3

50-59
Wood 51, Sawyer 50, Clapham 38, Withe
34, Pailthorpe 28, Parrott 26, Clare 24,
Stevens 21, Haines 19, Atkinson 19, Hoy
18, Hammond 16, Jeary 11, Watts & Ham
10, Kersey 9, Mayan 7, Siaz 6, C.Brown,
Cox & Harrie 5, Cross 4, Thomas 3, J
Brown 2
Over 60
Franklin 32, Charlton & Bray 6, Hughes 4
I. Brown & Stancombe 2
Women W45

N Cross 8, Farish 6, Cushen 3, Williams
Dolling 1
W50 Hulls 143, James & Goody 6,
McLennan1

TEAMS

Medway 'A' 208, Medway 'B' 154, 3
Blackheath 'A' 135, Barnet 'A' 127, Medw
C' 88, Havering 72, Woodford Green 'A'
562, TVH 38, Woodford 'B' 33, Barnet 'B'
33, Medway 'C' 32, Blackheath 'B' 20,
Walton 14, Woodford 'C' 12, Gravesend,

Ealing and Barnet C 5, Mitcham & Sutton

20th BVAF T&F CHAMPIONSHIPS

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

SATURDAY 14 JULY
SUNDAY 15 JULY

also AGM of BVAF
closing Date 11 JUNE

entry
form
T&F

PLEASE USE CAPITAL LETTERS

M/F _____ FORENAME _____ SURNAME _____

ADDRESS _____

POST CODE _____

DATE OF BIRTH _____ AGE(S) AT 14/15 JULY 1990 _____

VETERAN CLUB _____ VET NUMBER _____

AAA CLUB _____ EVENTS ENTERED next line _____

ENTRY FEE £2.00 FIRST EVENT, £1.00 EACH FURTHER EVENT

I ENCLOSE CHEQUE/PO CROSSED AND PAYABLE TO THE SCOTTISH

VETERAN HARRIERS CLUB FOR THE SUM OF £ _____ AND SAE

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BVAF 20th T&F Championships

Signed _____ Date _____

Closing Date Mon 11th June 1990 Late entries will not be accepted

VA Apr

9x6" SAE for Acknowledgement of Entry is necessary

SEND ENTRY ONLY TO DAVID MORRISON, 12c DEEDS ST, AIRDRIE, LANARKSHIRE, ML6 9AG

ACCOMMODATION

Special deals

ALBANY Hotel, Bothwell St, GLASGOW G2
tel 041-248-2656

Double Rooms Bed only £15.50 ea for 2 sharing

CENTRAL Hotel, 99 Gordon St, GLASGOW G1
Double Rooms B&B £21 each for 2 sharing
quote 'SAAA Agreement'

University of Strathclyde Block Bookings
closing April 30th or when full

Please reserve for _____ persons as follows

Single B&B @ £13.50

with private Bath £5 ex tick if required

Twin Rm B&B with Bath @ £13.25 ea

Evg Meal £6.25 All Plus VAT

I enclose Deposit @ £5 per person = _____

Payable to University of Strathclyde

Send to A Muir 46 Riverside Gdns Glasgow G76 8EP

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

**Oswestry, Shropshire
Sunday August 5**



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

Team Awards

1st, 2nd & 3rd teams in groups

Men 40 - 49 four to count

Men Over 50 three to count

Ladies All Ages three to count

NON AFFILIATED AWARDS

1st, 2nd, 3rd in classes

Men 40 - 49, Men Over 50,

Ladies

Entry Fee £3 payable '1990 BVAF 10'

Race Numbers issued on Day

SAE further details & confirmation to

DOUG MORRIS, 27 WHITTINGTON ROAD,

OSWESTRY, SHROPSHIRE, SY11 1JD

TEL 0691 653338

Please accept my entry for the 1990 BVAF Open 10 Mile Championship

Name _____ Age on Day _____

Address _____ Date of Birth _____

Telephone _____

AAA Club _____ Vet Reg No _____

Affiliated Vet Club (Northern/Midland) etc _____

Non Affiliated (means not a member of an area Vet Club) please tick box ☐

The Organisers of this event will not be responsible for any loss or injury to myself. I agree to abide by AAA and WAAA Laws

Signed _____ Date _____

BEDFORD AND COUNTY AC

1990 VETERANS TRACK AND FIELD GRAND PRIX SERIES

INCORPORATING

**EASTERN VETERANS AC OPEN ATHLETIC MEETING AND
CHAMPIONSHIPS**

NEWNHAMS ATHLETIC TRACK

BARKERS LANE

BEDFORD



DATES	Wednesday 2nd May	Grand Prix I commencing 7.00pm
	Wednesday 23rd May	Grand Prix II commencing 7.00pm
	Wednesday 6th June	Grand Prix III commencing 7.00pm
	Sunday 17th June	Grand Prix IV and EVAC commencing 11.00am

EVENTS	Grand Prix	2 events in each of 4 categories
	Evening events	Sprints - Middle Distance - Throws - Jumps
		Events will differ each meeting
	Grand Prix / EVAC	Full programme (subject to sufficient entries)

AGE GROUPS	Grand Prix	M40-49 M50+ W35+
	EVAC	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. N° of medals depends on N° of entries
	Club Awards	1. Trophy to Club scoring most points in Grand Prix series
	Champion Club	2. Trophy to Club scoring most points in EVAC Open Mng

**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!