

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 16

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HALL AND READER CHAMPIONS 1990

A terrific 12:26 last lap (just over 2.5K) gave John Hall victory by more than half a minute in the BVAF 20K Road Walking Championships held at Chigwell on October 20, while Cath Reader made a determined and successful bid for the women's 10K title. Peter Cassidy reports.

DAVE BOXALL led the field out onto the first of the eight laps of a testing course in conditions thought by many to be ideal. The pace was soon taken up by a group of three - Amos Seddon, Brian Adams and Dave Baxter - with John Hall, Chris Rawlins, Bob Dobson, Alan Smallwood, Dave Stevens, Brian Armstrong and Stuart Maidment close up.

By the third lap Adams, Baxter, Seddon, Hall and Dobson were covered by two seconds with Rawlins 20 seconds down. But by half way Rawlins had moved through to lead with Dobson now a few seconds down on the following group. Adams and Baxter now got away from Hall, with Rawlins, Seddon and Dobson not far behind and a two and a half minute gap to Smallwood.

With two to go, Adams and Baxter were still together with Hall looking fairly cool in third, Rawlins was two seconds up on Seddon, and Dobson, not having one of his best, began to drift back and Smallwood led the rest. The top three kept their positions to the bell, Seddon having meanwhile got half a minute up on Rawlins, who was beginning to look threatened by Dobson.

It was in the final lap that Hall set a stunning time to bring him home first, ahead of Baxter.

THE WOMEN

In the women's 10K only half of the eight entrants started but that did not prevent an interesting race. Gill Trower and Cath Reader set off at a very fast pace, a little too fast for the latter as she suffered a stitch on the second lap and dropped back dramatically. However, Reader set herself to pull back the deficit over the second half and finally drawing level on the last hill she went away to win by five seconds.

The only slight hitch in a meeting well organised by Peter Worth (who had to be absent discharging his duties as newly-elected President of the RWA) was that the men failed to hear - or at least understand - the starting signal. Their official times are consequently some nine seconds slow.

RESULTS - 20K Men 1 J.Hall (M40) 101:32, 2 B.Adams (M40) 102:10, 3 D.Baxter (M45) 102:53, 4 A.Seddon (M45) 104:09, 5 C.Rawlins (M45) 104:32, 6 R.Dobson (M45) 105:19, 7 A.Smallwood (M45) 110:55, 8 D.Stevens (M50) 113:06, 9 C.Young (M55) 113:23, 10 S.Maidment (M40) 114:01, 11 B.Armstrong (M40) 114:37, 12 D.Boxall (M55) 115:38, 13 D.Fotheringham (M60) 117:12, 14 K.Batten (M45) 117:39, 15 R.Perkins (M55) 118:02, 16 J.Dunford (M55) 120:59, 17 B.Withers (M60) 122:27, 18 J.Hedgehorne (M55) 123:15, 19 G.Jones (M45) 123:43, 20 T.Collins (M45) 126:46, 21 K.Abolins (M60) 127:28, 22 J.Taylor (M55) 127:39, 23 D.Ainsworth (M40) 134:38, 24 G.Mitchell (M75) 136:02, 25 W.Garratt (M60) 140:57

10K Women 1 C.Reader (W35) 53:16, 2 G.Trower (W35) 53:21, 3 M.Rawlins (W40) 57:02, 4 P.Wilson (W45) 70:42

LOLA SMAL SETS NEW RECORD AT STONE

Barry Peatfield proved to be the dark horse in the pack as he took his first National title. Lola Smal was the star of the women's race as she set a new W55 British record with her time of 3:14:17. Dave Edwards reports on the Flying Fox Marathon incorporated in the BVAF Marathon Championship, held on Sunday, October 7.

THE FLYING Fox Marathon title had resided in Wales for three years under the guardianship of course record holder Eddy Lee before transferring North of the border last year when Scotsman Allan Adams won. This year the title returned to England.

John Davies, who last year was pipped by fellow M45 veteran Adams, on this occasion started favourite in the absence of the Scot. He made a positive early move to signal his intentions to his rivals by opening up a 40 metre gap in the first three miles. However, Davies was forced to retreat into the pack for shelter in the face of a strong headwind and with no-one prepared to take the initiative the first five miles were covered in a conservative 27:40 with Davies, Peatfield, John Pointer and Eric Ranicar prominent.

The runners had to endure the headwind for five miles on each of the two large laps of just over 10 miles and this was a major factor in the stalemate that ensued. At 16 miles the action began as Peatfield decided to go. His lead was short-lived as Ranicar and Davies covered the break to draw level at 18 miles. Ron McAndrew and John Wagstaff, who had conservatively worked his way through, were in close attendance.

Peatfield surged again half a mile on - this time successfully - and despite slowing in the final stages built up a commanding cushion of over 90 seconds which he maintained to the end. He breached the tape in 2:27:26.

Davies slipped back to sixth but had the consolation of taking the M45 title in 2:38:27.

Phil Hampton, M55, produced a brilliant run to eclipse his younger rivals with a blistering 2:43:00, six minutes clear of M50 winner, Donald Bamford.

THE WOMEN'S RACE

The women's race witnessed a brilliant front running performance from one of Tipton's newest recruits, Diana Harvey. She started as one of the favourites but was only appearing at Stone by a twist of fate. "All my training had been geared to the Mersey Marathon and I am only here because that event was cancelled."

She was pressed hard in the early stages by Felicity-Anne Sperke but began to pull away at five miles. She admitted that her 1:23 intermediate time was probably a bit ambitious but she maintained her form and concentration to slice over 90 seconds from Marianne Savage's course record as she stopped the clock at 2:53:59. Sperke came second to take the W40 title.

Lola Smal of Horwich produced a marvellous performance to finish sixth woman overall in a time of 3:14:17 - a new W55 British record. Rita Banks, who holds the World record for the highest number of marathons by a woman in one year, had to be at her best to get within a minute of Smal and take the W45 title.

The women's race may not have increased significantly in numbers, but cer-



Above: John Payn, M55, leads Lola Smal, W55, on her way to a new BR; Below: David Robinson on course for the M65 title.

tainly the quality this year was much higher with the first seven women all inside 3:16.

BVAF Age Group Medallists:

M40 B.Peatfield (Salford) 2:27:26, J.Pointon (Pont) 2:29:12, E.Ranicar (Bolt) 2:30:37
M45 J.Davies (Newcastle AC) 2:38:27, R.Wadeley (Bigg) 2:40:37, I.Fairley (L&M) 2:46:42
M50 D.Bamford (Holme Val) 2:49:23, A.Verdie (Bel) 2:51:18, A.Bamford (Shef) 2:57:21
M55 P.Hampton (Plym AC) 2:43:00, G.Oliver (100Km Ass) 2:49:05, A.Dunn (Stock) 2:49:22
M60 M.Pittock (Burnden) 3:02:19, B.McNeil (Dur C) 3:03:14, D.Whiting (West) 3:07:44
M65 D.Robinson (VAC) 3:17:28, J.FitzGerald (M&S) 3:23:07, E.Joyson (Gates) 3:27:30
M70 B.Brierley (Carm H) 3:35:52
M75 D.Rosenfield (E Ches) 4:30:52
W35 D.Harvey (Tipton) 2:53:59, B.Sheldon (Serp) 3:10:29, E.Castledine (Leigh) 3:12:33

W40 F.Sperke (Redhill) 3:00:28, L.Cliff (Hurst) 3:03:54, 3 S.Charmar (Warr) 3:28:59
W45 R.Banks (SMM) 3:15:11, P.Rich (Serp) 3:23:15, M.Chipendale (Stock) 3:25:37
W55 L.Smal (Horwich) 3:15:17 BR
Full Results next issue

HAVE YOU JOINED THE PRIZE DRAW YET?

If not - it's time to get into the system. Every month there's a £100 prize in the draw as well as five £10 consolation prizes - see below for recent lucky winners. Membership is just £12 pounds and there are 12 chances a year to win. Some members have taken out double memberships or even quadruple, which multiplies their chances. We naturally encourage this! And note that everyone who enters helps to raise the total amount of the prize money - as well as helping with the production costs of *Veteran Athletics*. Want to join? Send £12

Carina Graham reports on the season's closing track and field event, the Digital Veterans Open, held at Palmers Park, Reading on October 7

A LAST FLING

CUMULUS clouds bulging in a blue sky, a deceptive bright sun and nippy. A total of 141 track and field vets turned up from near and far. Our stars were not so much sparkling as holding champion position: Pete Browne, the two Pats, Dave Burton (200m 25.1) and Charlie Williams (400m 57.4) battling it out and busy Les Williams and Mary Wixey.

Early following wind helped the sprinters - windgauge operating. The buzzword went round: Ron Taylor is going for the M55 400m WR (pending 53.81). "Yeah, that can be done," said a confident Ron. But fell foul of officialdom after a stylish 100m (11.7). He was not changing his PUMA tights nor his oval number, sans white corners ... and buzzed home instead.

A surprise guest was Euro-sprints W50 champion, Brunhilde Hoffmann, from Germany, taking the 100m and 200m (13.7 and 28.2) with Una Gore close (13.8 and 28.7). Jo Ogden steamed solo to an amazing 14.6 100m. A new British Record?

An unpredictable wind with a bite was not conducive to the Field, yet Jean Wills leapt to 4.91m and 9.28m in the Long and Triple Jumps. Barbara Terry (W45) took a top double in Shot and Discus and J.Kee (M50) in Discus and Hammer with 39.16m and 46.58m. Dave Bayes (M55) settled for 45.42m.

Joe Phillips (M55) had the best Javelin throw by merit with 43.48m followed by P.Cramp (M45) with 48.62m. Versatile PV World champion, Alf Woods, never cleared a height but had M60 wins in Discus, High Jump, 100m Hurdles and Shot.

The busiest man of the day was M70 Denis Philcox taking eight gold medals home to Sligo in Ireland. What a good way to end the season.

Selected results to appear in VA17

HURD AND MARCHANT STRIKE OUT FOR GOOD WINS

WHILE the downpour that greeted the 400 odd runners for the fourth AAA and WCC/RRA Veterans Half-Marathon sponsored by Eagle Star Insurance was a blessed relief from the sweltering summer it did rather put a damper on the proceedings. Nevertheless, Mike Hurd and Zina Marchant were unchallenged on the hilly Southampton course on August 19. Martin Duff of Athletics Weekly reports.

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(or multiples of) to the Draw Organiser, Jose Waller, 7 Rose Briar Walk, Watford ND2 5LJ.

PRIZE DRAW WINNERS

June Draw Winners: £100 John Exley; £10 consolation prizes: Tom Clowry, Nigel Wray, R.Walker, D.G.Allum and Jack Cross.
July Draw Winners: £100 Mrs V.S. Tranter; £10 consolation prizes: Peter King, Bill Taylor, John Tanner, Ken Glenesk and Nigel Wray.
August Draw Winners: £100 P.King; £10 consolation prizes: E.Scott, F.Webb, P.Tomney, B.Pape and M.Stewart.

FROM THE EDITOR

THE MAIN function of *Veteran Athletics* is to help stimulate the veterans athletics scene by telling our readers what has been going on and what is coming up for their delectation. It is a communication. It helps to keep members of the movement feeling that their interests are being looked after and that they belong to something tangible.

Now the paper is sent to all members of BVAF affiliated clubs — that is around 6000 of you. 6000? But aren't there more likely 50,000 veterans out there racing, jumping, throwing, walking? So that makes about 44,000 who either do not know about the veteran scene or who know but are unclear about its activities and what it could do for them. Shouldn't we persuade them to join our movement? There is strength in numbers. It means better lobbying powers, better sponsor-

ship possibilities, better all round. But isn't it more that those 44,000 people should be told what they are missing?

Veteran Athletics would like to initiate an annual campaign to stimulate new members from among those just turning or just turned vet and from those long time vets who haven't yet found us. Perhaps you have tried and have had difficulty in persuading vets that the movement is for them. Well, try and again and this time tell them, if they are not convinced, to write to us here at 67 Goswell Road, EC1, and we will send them a copy of this issue of the paper at no charge. Then they will see for themselves how active and lively our movement is.

And don't forget to be on the look out to recruit those just turning vet.

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BRITISH VETERANS CROSS-COUNTRY CHAMPIONSHIPS

Promoted by
EASTERN VETERANS ATHLETIC CLUB
in conjunction with
BEDFORD AND COUNTY ATHLETIC CLUB
A closed championship restricted to members of clubs affiliated to BVAF

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1.00 pm Men 50-69 10kms
2.00 pm Men 40-49 10kms

Championship Awards in 5 year age groups

ENTRY FEE £2.50 (payable to Bedford and County A.C.)
CLOSING DATE: 26 FEBRUARY 1991 — NO LATE ENTRIES
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BEDFORD MK40 4JY
TEL: (0234) 56570

Supporting Events (s.a.e. for further details and entry forms):

11.00am Pre-vet Women 30-34 5kms
11.30am Pre-vet Men 35-39 10kms

3.00pm Mixed age group Womens Relay

3.30pm Mixed age group Mens Relay

(Relays — 4 x 1 lap: 1 runner Under 13, 1-Under 15,
1-Under 17, 1-Over 17)

1991 BRITISH VETERANS CROSS-COUNTRY CHAMPIONSHIPS ENTRY FORM

NAME _____

Address _____

TEL NO. Day _____ Eve. _____

MALE ☐ FEMALE ☐

DATE OF BIRTH _____ AGE ON 10.03.91 _____

VETERAN NO. _____

AAA/VETERAN CLUB _____

I enclose cheque/PO for £ _____ PLUS S.A.E. for confirmation etc.

Please send Directions ☐ Accommodation List ☐

Signed _____ Date _____

RETURN TO: DAVID J. ROSE, 42 WOODSTOCK RD., BEDFORD MK40 4JY

DAVID BURTON reports on the annual Multi-eventers Jamboree held the weekend of September 8-9 at Sheffield

BVAF DECATHLON/HEPTATHLON

IN CONTRAST to recent previous years very good weather blessed this meeting but other than in the M40/M45 age groups entries were down, with only four women competitors. However, good competition was expected and so it turned out despite several injured athletes — probably the most serious being Mike James who struggled through seven events but was unable to lift his legs to even get over 1.50m in the Pole Vault.

The times in the 100m were slower than in previous years with only Mike James and David Burton breaking 12.0. In the Long Jump four athletes in the M40 achieved over 6.00 and Peter Duckers achieved 5.83 in the M45 age group. In the Shot Mike James was nearly 3 metres better than the next competitor in the M40, while Snowy Brookes was 1.5 metres better than the others in the M45. Tony Mackay was pleased with his 11.45 in the M50. The High Jump saw some pbs including John Charlton (M40) and Norman Carter (M60). The best scorer in the 400m was Winston Thomas in the M45

closely followed by Burton in the M55, although Dave Cowley ran a second faster than anyone with a 52.4.

The best hurdles was run by Colin Shafu who was very close to his UK record. In the discus Mike Corden again showed his superiority in the field events beating his fellow competitors by throwing over 8m further than the next best. Brookes was also dominant in the M45 but only beating Brian Loten by 4.50m. Mackay won the M50 by 7m. Three competitors achieved at least 3.50 in the Pole Vault. Corden and Eamon Fitzgerald in the M40s and Mackay in the M50s. After eight events barring an accident, the winners in the M40 (Corden), M45 (Brookes) and M50 (Mackay), appeared to be home and dry, but in the M55 only two points separated Shafu and Burton with both on course for a new UK record. However, the next event altered the position markedly with Burton gaining 140 points to take what proved to be a significant lead. Although Corden threw 46.74 in the Javelin,

this was surpassed by a 47.00 throw by Brookes. Loten (M45), John Ross (M50 and the UK record holder) and Joe Phillips (M55) also exceeded 40.00.

In the final event the main interest centred around the possibility of Dave Cowley beating Charlton by a sufficient amount to take second M40. Although injured, Cowley did win but not by a sufficient margin to overtake Charlton. In the M45 Peter Duckers' slow 1500m let in a slightly faster Winston Thomas to give Thomas second in his first vets decathlon. In the M50 John Ross had too much to do to pull back Mackay's lead and in the M55 Burton finished just two points outside Alf Woods' UK record (but did have the satisfaction of winning the Clark Cup for the best overall performance based on the closeness to the record). In the M60 and M65 both Norman Carter and George Leete completed the strenuous two days and it was good to see Leete competing again after his serious illness.



Dave Burton, Winner of the Clark Cup at Sheffield

BVAF DECATHLON & HEPTATHLON — 1990

DECATHLON	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	Points
M40											
M. Corden	12.4	5.94	12.20	1.67	55.0	16.3	36.26	3.60	46.74	5:14.5	6926
J. Charlton	12.0	6.20	9.38	1.61	53.5	17.6	27.86	3.10	39.52	4:45.7	6449
D. Cowley	12.0	6.05	8.48	1.70	52.4	16.3	19.40	3.00	34.44	4:39.7	6353
E. Fitzgerald	12.5	6.01	7.49	1.85	59.1	17.2	20.20	3.70	28.58	5:45.7	5752
J. Gelder	12.4	5.53	7.85	1.43	54.8	17.5	21.62	2.70	33.64	5:16.5	5352
B. Abdy	12.6	5.32	9.20	1.58	62.7	17.8	23.88	2.80	39.00	6:06.1	5107
L. Dunn	12.7	5.31	6.52	1.55	56.6	19.5	19.72	2.60	33.04	5:03.6	5013
S. Soul	13.1	4.86	6.55	1.43	59.6	23.7	24.12	2.10	31.30	5:02.6	4263
M. James	11.9	6.59	8.72	1.58	59.5	17.6	26.92	RET'D			
M45											
M5											
1 S. Brooks	12.8	5.64	10.98	1.58	60.2	18.5	33.02	3.10	47.00	6:03.0	6348
2 W. Thomas	12.0	5.04	8.14	1.49	53.4	19.9	18.58	2.60	27.56	5:32.7	5487
3 P. Duckers	12.6	5.83	9.11	1.40	62.8	20.8	27.02	2.80	36.18	6:08.7	5372
4 B. Loten	13.3	4.96	9.36	1.31	61.4	22.7	29.48	3.00	41.48	5:26.5	5292
5 B. Charles	12.6	5.28	7.09	1.46	57.7	20.5	16.90	2.30	32.26	5:07.7	5205
6 P. Harris	12.6	5.32	7.38	1.43	59.6	20.5	19.24	2.50	28.72	5:18.2	5116
7 D. Vaughan	13.9	4.88	8.15	1.46	61.9	24.7	22.40	2.40	28.86	5:10.8	4592
8 B. Harlick	14.1	4.40	8.05	1.37	64.8	21.9	26.92	2.10	34.44	5:30.7	4433
9 J. Clark	13.1	4.73	6.49	1.25	64.2	24.5	17.18	2.20	25.56	5:44.7	3908
M50											
1 T. Mackay	13.8	4.84	11.45	1.49	64.0	18.1	37.64	3.50	39.34	5:56.6	6267
2 J. Ross	12.9	4.76	9.04	1.34	58.0	18.6	29.10	2.50	43.04	5:03.0	6082
M55											
1 D. Burton	11.9	5.21	8.09	1.40	58.3	17.5	22.16	2.60	28.26	5:22.5	6661
2 C. Shafu	13.1	5.15	8.89	1.55	63.5	15.8	22.68	2.60	21.84	5:49.7	6378
3 J. Phillips	13.8	4.39	8.98	1.31	66.9	20.3	30.20	2.20	44.96	6:40.0	5540
M60											
1 N. Carter	15.6	3.36	6.32	1.34	77.0	23.0	23.90	1.70	22.64	6:21.8	4068
M65											
1 G. Leete	14.5	4.39	7.63	1.46	73.9	19.7	25.78	1.90	21.76	6:30.1	6015
HEPTATHLON	100mH	HJ	SP	200m	LJ	JT	800m	Points			
W35											
1 S. Dodson	18.7	1.30	7.07	30.3	4.48	21.34	3:10.7	3165			
2 M. Rhodes	22.0	1.18	5.24	32.5	3.83	11.42	2:43.7	2365			
W40											
1 M. Williams	18.2	1.27	6.65	29.4	3.55	16.24	2:31.4	3286			
W45											
1 J. Charles	14.8	1.27	6.84	30.6	4.51	20.00	3:07.9	4065			

WREXHAM 800 - A boost for vets

THE WELSH Games at Wrexham on July 28 was a top class meeting that included an invitation vets 800m and most of the 3000 crowd were able to see a veteran track event for the first time.

Browne, Bell and Potts were among the eight that lined up and Ron Bell took them along at a good lick. Leading at 400 in 56.7 (at which point he only had Pete Browne on his tail) Bell reached 600 in 86.3. He held the lead around the bend and into the straight but Browne smoothed his way into the lead 60m out and won by about 5 metres. Pete has looked unbeatable this year. The race was a splendid advertisement for veteran athletics.

Result:
1st Pete Browne 1:55.60 5 Martin Watson 2:05.09
2nd Ron Bell 1:56.48 6 Ian Pearce 2:08.86
3rd John Potts 2:02.01 7 John Garber 2:09.85
4th Peter Molloy 2:02.42 8 Berni Mundy 2:11.29

JOHN GILMOUR, 71, (Australia) had set his sights on being the first O70 runner to break three hours. He was on target for the first 20 miles of the Mila Perth Marathon this July but faded at the end to clock 3:05.54.

PEGGY FLETCHER, British W55 Champion, who returned to NZ last year, came back to competition in the NZ National Vets Cross-country Champs at Masterton. She won the W55 class and plans to compete at the Oceania Games at 1500m, 5000m, 10K and CC.

Master Milers

Larry Almborg (43) and Wilson Waigwa (41) were involved in an exciting mile race at the New York Games on July 29. A pacemaker took them through 800m in 2:03.6 and Waigwa took it on from there. He led by 30 yards at the bell and reached 1500m in 3:49.21 — a new WR. However, Almborg (3:50.43 at 1500) was closing fast and he swept past to win in 4:06.70 against Waigwa's 4:07.36. The WR for the mile is 4:05.39 set by Waigwa last year. Ken Sparks (M45) placed sixth in 4:17.14. He missed the WR by less than a second but set a new M45 WR for 1500 — 3:59.24.

"Almborg was back in New York on September 23 for the Masters section of the Fifth Avenue Mile. He won the race last year in 4:10 and proceeded to win it again this year, improving his time to 4:08.66.

RESULT of the MEN'S MASTERS MERCEDES MILE on FIFTH AVENUE, September 22.

M40-49 1 Larry Almborg (US) 4:08.66, 2 Dan Frye (US) 4:13.66, 3 Ken Sparks (US) 4:13.85, 4 Dave Stewart (Canada) 4:15.04, 5 Harold Nolan (US) 4:15.46, 6 Steve Ferraz (US) 4:16.33, 7 John Serrao (US) 4:19.52, 8 Al Swenson (US) 4:24.39, 9 John Potts (GB) 4:27.96, 10 Michael Wilson (US) 4:29.76
M50+ 1 Fay Bradley (US) 4:35.83, 2 Dan Hammer (US) 4:47.60, 3 Sid Howard (US) 4:49.08

RALPH ROMAIN, M55, from Trinidad clocked a World record 52.52 this July for the 400m. Pending ratification, this removes UK's Charlie Williams' 53.98 set in Melbourne 1987.

FUNNY RUNNING

KNOW THE TYPE — KEEN ON HIS FOOD

I FIND it impossible to believe all these new foods and drinks that we are supposed to buy to improve our performance on the field, road or track. It's just another excuse to rip hard-earned money from our pockets. Yes, I reckon that most of these new fangled diets and drinks you are supposed to sip while racing are all rubbish.

My mum knew what was good for me. Why, if I was out on a long run and dinner was ready for my dad she used to steam the whole dinner up over a saucepan of boiling water. Piping hot she would get it. So when I came in, it was nutritious hot mushy potatoes, tongue-nipping hot meat and her best gravy, drying into a brownish cobweb holding the entire meal together. Real food that.

Yes, when I got married it took me ages to get used

to having food like you see on the telly and of course I had to learn how to make conversation during a meal as well. Not easy for a man who had spent his formative years running the three mile triangle from the Oval to Brixton to Stockwell!

What I do remember was that a tin of rice pudding before a long race takes a lot of beating. Did me no harm at all. Apart from feeling a little sickish during the Finchley 20 when I had trouble every time we went past the pig farm. Happy memories.

And it can't be natural to replace sweat regardless of what the makers claim. Sweat is what you sweat out, I reckon.

ELECTRIC-LITES

I also drank pure orange juice before a big race. Sitting

there in the old YMCA sipping from a bottle in a brown paper bag at breakfast time. It has got vitamin thinsies in. Never touched anything once the race started — that's too much like cheating. Racing is meant to be runner against runner, man to man. We certainly did not need those electric-lites now advertised in running magazines in my day. Well, perhaps sometimes I did have a bit of trouble with cramp in marathons. I remember the Poly one year when I looked solid from toes to neck, but I reckon that was caused by running the 26 miles on the hottest day of the year. Stupid day to pick all this pre-race diet nonsense that the London seems to have started. Shoving all that Italian stuff down your gullet and then going straight off to the nearest pub. Not ideal preparation for the big day. We used

to have good, nourishing, hot, spicy soups to line the stomach followed by bacon and eggs, pulchards and good wholesome white bread. I once ran a great race over four miles with a good lining of bacon sandwich — that was my mum's idea and she was usually right.

What about that Hungarian lad who joined the club. Said that he knew Tabori and that the thing to eat was nothing but onions. You know, those big white ones. Nothing but onions before the big race. They used to scour him and get rid of all his excess body fat in the form of waste. And, he told me he always got a seat on the bus going to work. He did not last long with our club — just could not settle down.

No, the youngsters don't know much about good grub these days. Once I was at home by myself on the day of the Herne Hill 10 and I wanted a quick snack before trooping off to Crystal Palace. I got stuck into this tin of baked beans and....

STAN ALLEN

YOUR LETTERS

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

POOR SHOW

I had my 35th birthday in July and was thus delighted to be able to enter my first veteran event — the National Vet Half Marathon at Southampton — only a month later. I have to say how utterly disappointed I was to have been part of the shambolic affair. I appreciate that the total lack of organisation was made worse by the very wet weather, but nevertheless, I feel cheated. The information in *Veteran Athletics* was misleading and untrue: "Good changing facilities close by, baggage tents and regular mini-bus service to the start... refreshments at the Sports Centre... fast, flat scenic course."

Maybe we missed seeing the mini-bus as we all walked/jogged a mile, in pouring rain, to the start, having eventually found a dry space to leave clothing. No one in the Sports Centre would admit to having anything to do with the event at all! The course could never be described as flat! The hill stretched from 6-10 miles with another long upward stretch at 12 miles. However, what amazed us most was the total lack of any drink at the end of the race.

Please, where did my entry fee go? I understand Eagle Star were generous sponsors. We received nothing to mark the occasion, no medal, T-shirt, certificate, or even a drink of water! I do feel we are owed some sort of explanation.

My colleague was lucky enough to be an age category winner but I understand there was no prize to be taken away, only a letter promising a trophy! I trust this was a fiasco I shall never experience again.

Nicola Rosewell
Eastcote, Ruislip

I would like to offer some comments about the Vet's National Half:

- (1) The map provided for long distance travellers was inadequate and for an event of this size a few road signs near the start and Sports Centre would have been appreciated by many.
- (2) Although runners accepted the mile or so from the changing rooms to the start this situation is surely best avoided? A number missed the start.
- (3) There were insufficient marshals. No one at all at one road junction. Hopefully we all guessed right!
- (4) We didn't even receive a cup of water at the finish. Had the weather been hot some angry scenes would have resulted.
- (5) The race numbers and directions should have been distributed earlier.
- (6) The course was described as 'fast' in pre-race publicity. The second half certainly wasn't with several long uphill stretches. This was taken up afterwards with David Lord who reported that the original course had been dropped. Sorry, but this really isn't good enough.

David Hays
Chesham, Bucks

I must complain at the organisation of the National Vets Half. I arrived at Southampton from Portsmouth 8.30am in the pouring rain. There were no signs to tell you the directions, I went the wrong way. Finally I arrived at what I thought was the start with 10 minutes to spare. No one knew where the changing room was. Managed to get changed by 2 minutes before the start of the race and, guess what, nobody knew where the start was. We asked a policeman. So more jogging up a hill just like Snowdon — to arrive at the start shattered. I joined in at the end of the race and that's where I finished. I had run six miles before I arrived at the start.

Finally I went to get my kit and spent over an hour looking for it. It had been moved into another room.

Harry Harper
Portsmouth

I have reluctantly put pen to paper concerning the Vets Half. Without any hesitation (and it's the opinion of a good many others that took part) it was the worst organised event I've been to. I'm only too aware of how much organising and work goes into these events to say the least. The start of the race was approx one mile from the finish. The signing to the car park and to race start was deplorable. There were only two water stations on the course. No drinks at the finish unless you were prepared to buy them. Then no medals. To top it all runners were having to pay £1 for the results service. My wife came to this event with me and she complained bitterly about the state of the toilets.

I'd like to know where all the cash goes to?

T.W.F. Hills
Midhurst, Sussex

HELPING GLASNOST

While at Budapest I spoke to Andrei Odinenko about the Sports Club of Kharkov. It has been a Runners Club for about 20 years but has more recently extended into all branches of track and field athletics and into other sporting activities such as cycling and triathlon.

There are about 500 members from the age of eight to 80. The club's slogan is "An ecologically pure world without hunger, war or violence".

Ability varies from beginners to experienced ultras. Their top distance runners have set good times. The men's record for the marathon is 2:17:28, and for women 2:39:50. For 100K their bests are 7hrs 50 by a man and 10hrs by a woman.

The club competes widely in the USSR and they promote about 20 competitions annually, including the Liberation Marathon in the third week in August. For the last two years this has had an international flavour, with competitors from France, Poland and Czechoslovakia in 1990.

Andrei works for the Kharkov Labour Association of Youth and Students, where he is the Vice Director's Assistant on International Contacts. He would like to forge sporting links with British veterans. He knows that, at 400 miles South of Moscow, it is more than a morning's drive away, but he could arrange accommodation for anyone who did make the trip.

Meanwhile he would welcome any contact. His address is: Andrei Odinenko, TOMS, 310002 Kharkov, Dzerzhinsky st.1, USSR. Tel: 0572 45 50 07 (Office); 0572 94 31 15 (Home). His English is a lot better than my Russian!

Bill Taylor
Milton-under-Wychwood

HAPPY AFFAIRS

The last mile of the BVAF 10 at Oswestry... an incline and wind to face... all resources seemingly exhausted... Reg still ahead of me so better settle for following him in - once again. Suddenly, shouting words of encouragement, Priscilla Welch and John Offord running towards us. Two top runners taking the trouble to return and revitalise older competitors — what a thrill. The body responds, that extra surge is found and as I

All this business about getting the youngsters in at 35. What about keeping those of us at the other end of the age spectrum a bit happier? Or don't we count if we are throwers?

It appears to be the norm to have no 400g javelin at some area champs and at the National Champs. It's no less than an insult to those of us who have trained hard, and in my case, to have been throwing distances far enough to recapture my WR javelin record, to be presented with two "darts" which were worse than useless for competition. So, as has happened at my three last important matches we all threw one javelin which one of us had been in a position to bring.

The shots were overweight. I was hoping to improve my pb. Did I get the chance? Perhaps I'm wrong. Perhaps it isn't performance that counts and I should just be enjoying myself. Maybe I should take up tiddlywinks.

Let's have someone primed in good time beforehand to see we of the older groups are treated properly and made to feel our efforts count. This was the National Championships not some half-inch

struggling club meeting.

It wasn't a cheap weekend to top it all. Perhaps you're thinking "the lady doth protest too much". Likely the trouble is, the ladies for too long have done far too little protesting.

J. Ogden
Basildon

There were many instances of athletes finding that programme changes at the BVAF National Track and Field Championships at Glasgow caused major inconvenience and even total lack of competition. There are some fundamental issues which reflect very badly on the BVAF.

First, the attitude of the organiser throughout was intransigent and unapologetic. Second, why was it impossible to notify athletes of the final programme? It appeared in the event programme so it must have been prepared at least a week before. To suggest that everyone should have rung for confirmation of the schedule is ludicrous. Third, having stated most vehemently that no

changes could be made to the programme the organisers were quick enough to try to hurry through adjustments on Sunday when the weather turned foul and also to abandon formal presentation ceremonies.

Many felt extremely undervalued and that their aims and achievements were belittled by this cursory treatment. A further point is the mediocre quality of awards. While I accept the need for economy I also feel that the medal should reflect the effort of the individual and the status of the event.

Basically Championship events are flagship events. If these are seen to be maladministered how can we expect serious support for such events? Without the athletes there would be no events even with the best administration in the world. Consequently the athletes need to be treated properly and with some respect for and understanding of their efforts and achievements or they will seek their sport elsewhere. Then there will be no need for a Federation to support and unite them.

Cath Reader
King's Lynn

RUNNER TURNED WALKER

Cath Reader takes the silver in the W35 5K Track Walk in Budapest in 26:38. She also took the W35 silver in the 10K Road Walk in 54:40.

"I was, indeed, a runner first, from about 1983 until 1987 when I joined Ryston Runners. Peter Duhig of RR thought I could do better and offered to coach me. 1988 began well with a sub-90 half and all the Norfolk County road titles except 10K and marathon. In October I tried a marathon and came 3rd in 3:08. About three weeks later I was in fifth place in the Barnsley 10K, heading for about 37 minutes, when my knee gave way under me... and that was it. Lots of physio and ultimately surgery confirmed the worst. Trying to keep cheerful, I joked, 'Oh well, if I can't run I'll just have to walk fast, won't I?' Duhig followed up my remark and contacted a few people. We both watched a bit of walking, I tried it and though it doesn't give me the buzz of running I can, at least, have a shot at it. I entered the BVAF 10K Championship last October as I'd just become a vet... and won it. Subsequent progress has been less dramatic, and sometimes frustratingly slow or elusive, but my tally to date is BVAF 10K road, 3K indoors, 5K track, 20K road, and 3K track championships — and Budapest, of course."



pass Reg he helps me along.

These little gems are in stark contrast to the tantrums often seen on the television and one of the reasons that vet races are such happy affairs. Thanks Reg, Priscilla and John.

John Fraser
Leicester

THREATENED ROAD RACES

Like Les Presland (VA15), I am concerned that the World Veterans' Championships may no longer include a 10K road race. As a road runner, specialising mainly in half-marathons, I find it hard enough to choose between 10K and marathon distances; now it seems I may not have even that amount of freedom. Let's have more road races at Turku, not fewer. Why not a half-marathon, or 25K, as well.

Gareth Jones
Southampton

PENALISED FOR BEING A VET

I am beginning to feel penalised because I am a vet. I must confess to being close to tears when having come in first lady, elated, only to find I was awarded first vet, the second lady given first spot. Race organisers have a tough job, I don't like to make a fuss at prize giving, it makes me sound like a pot hunter which I am most definitely not. I just want recognition of my achievement — how can the girl awarded my first place have any sense of

satisfaction when she came second. I don't think you should have two prizes, but if I as a vet feature in the top awards I would like to accept that position — the vet prize then going to the next vet home. Could we not have a national understanding for race organisers to keep to?

Jane Bird
Milton Keynes

AMERICAN VISITORS

The reference to American visitors to Glasgow in the Championship report (VA15) somehow involved a light hearted speculation about the feelings of those of us who sometimes came off second best. The Scottish organisers

made sure that, although the inscribed gold medal went to the winners, gold, silver and bronze were awarded to the first three UK finishers who reached the standard, whatever their position. Had the increased duties of the reporter not prevented him, as they did again at the Five Counties meet, from waiting for the full details of the Triple Jump, he might have seen the writer warmly thanking the Maryland and Boston men for their advice and encouragement in helping him get the inscribed gold and the UK record. Come back, the Boston tea party has been forgotten.

Denis Philcox
Sligo

Magnus Masterson's Memory Lane 10

1. Name the American who defeated by Simonsen (Norway) in the first London Marathon — 1981.
2. When was the last time an Englishman failed to win the 1500m at the Commonwealth Games.
3. The British 4x400 squad that finished second in the 1984 Olympics was Kris Akabusi, Todd Bennett, Phil Brown and which other runner.
4. Why was the 1956 GB v USSR match at the White City called off hours before it was due to start.
5. In the past fifty years there have only been three holders of the men's World record for the Long Jump. Ralph Boston and Bob Beamon are two of them, who is the other?
6. Which famous athlete's forenames

were James Cleveland although he was known by another name?

7. Iolanda Balas improved the World High Jump record 14 times between 1956 and 1961. What nationality was she?
8. When Bannister (1954) and Cram (1985) set World records for the mile they both wore the same number. What was it? (Top marks if you got that one.)
9. Who, in 1981, won the National Cross-country Championship by the largest ever margin in the history of the race.
10. Name the Briton who won the WAVA Championships Marathon in 1975 and 1977. M40 Class.

Answers p12



THE WAY FORWARD

Bill Taylor, Chairman BVAF

WAVA Championships

The IXth WAVA Track and Field Championships will be held in Turku, Finland in July 1991. They will be the fourth such championships to be held in Europe; Göteborg in 1977, Hanover in 1989 and Rome in 1985 were the others.

As there are six WAVA Regions, it may be said that we have had our share of easy access. During WAVA's early development stages, Asia, South America and Africa have not figured. However, with Miyasake, Japan, likely to be chosen for 1993, and a bid from South America for 1995 mooted, the scene is changing.

WAVA Council is committed to a reasonable rotation of the championships throughout the regions, provided that the stringent re-

quirements of the meeting can be met. This is only fair, as the balance of numbers of active veterans throughout the world is changing.

Nevertheless, we in Great Britain ought to try to see that they do not desert Europe for too long. What about somewhere in the UK for 1997 or even 1995 if the South American bid does not materialise?

I have said in this column before that we have no such ideal facilities as Eugene or Melbourne but preliminary appraisals indicate that it might be practicable to use Birmingham or Sheffield. I feel that we should now do a serious study with a view to making a bid.

I hope that we can find someone to spearhead such a project. I know the saying "Come the hour, cometh the man" but I wish he or she would step out of the shadows and come forward now.

Turku, Finland's oldest city and its capital until 1812, is the host city for the WAVA IX World Veterans' Championships from 18-28 July

TURKU BOUND?

Bridget Cushen

THE ENTRY brochure is now available from the BVAF official tour organiser, Mrs Barbara Dunsford, 71 Hillside Crescent, Harrow, Middx. HA2 0QU (Tel: 081-422 7157); from your Area Secretary or from myself. Please enclose 5 x 1st class stamps.

The WAVA Council made a reconnaissance visit in June and were pleased to find three excellent tracks; the main one is in the centre of Turku on which several World records have been established. It is in a parkland setting with a jogging trail round the perimeter, the changing and toilet facilities were spotless and it has a covered stand. The second track at Kaarina Field, where heats of the middle distances will be run, is in a pretty wooded area a short drive out of town. The third track, to the North, at Raisio is part of a sports complex, now under the management of an ex-Olympic silver medallist. This is the venue for all walks, cross-country and heats of the 100m.

I did not like the start of the cross country which is on a wide gravel area, down a small bank, through a narrow channel at the back of a building before going out on the course proper. The course is on bark chip and is normally used for cross-country skiing. It does incorporate short steep hills. The organisers are looking into moving the start area dependent on entry. Bob Fine, a walker, made several recommendations on improving the start of the road walks, it is a flat course.

The field events are well catered for and the marathon starts from near the main stadium. We did not see the course, but the area has some hills.

The heptathlon and decathlon will be held on the first two days before the official opening. I was assured that everything possible would be done to prevent disciplines included in these two events from being contested on the third day. You will note from the draft programme that my pleas have not been adhered to. I am now in correspondence with the meeting director to move the heats of the 100m, hurdles and hammer to later in the week.

The women's walks remain at 5,000m track and 10K road. There will be no 10K road run. Please note heats may be necessary for the men's 5000m younger age groups.

DRUG TESTING

A drug testing programme will be carried out. An up-to-date list of IAAF banned substances will be printed in the next issue of this newspaper. If in doubt, please do check with your Area Secretary, tour organiser or myself.

WAVA agreed to introduce a 10K and 25K road race in non-World Championships years. A 20K road walk for women and a 30K road walk for men may also be added. (In Budapest the Europeans agreed to add the same to their programme to take place the same year as the WAVA events).

Our only disappointment is accommodation. This has to be booked through the main sponsor, Kaleva Travel. In their Presentational bid to the General Assembly in Eugene, the Finns said they had 7,000 beds in Turku, we found 5,000, the discrepancy would be made up by placing mattresses on gym floors if necessary! The cost of a hotel room had increased substantially, e.g. in Eugene economy class was quoted as US\$25-40 and in the draft brochure it was US\$76-99.

WAVA had some difficult dialogue on this subject. The standard of hotels however is very high. I was unable to inspect the university accommodation.

A UNIVERSITY CITY

Turku is a spacious, clean and pretty university city with a population of 160,000. The river Aura runs through the centre and there is a fruit and vegetable market in the square. The Hansa shopping centre backs on to it. There is plenty to see: ancient churches, museums, ships in harbour and music lovers should not miss the Sibelius Museum. Another suggestion is a trip to the beautiful wild flower covered independent Aland Island. No need to book through a travel agent, just pop down to the harbour and buy your own ticket. The massive 9-deck liner manoeuvres gently through the scattered islands as you feast from the smorgasbord and your offspring has a fabulous time playing in the luxury floating children's playground. If you have a language problem, ask a young person, nearly all speak English.

Finland is a beautiful but expensive country. You are well advised to bring with you as much as you can (the maximum duty-free food is 33lbs). A glass of coca cola in the hotel lobby costs £2, a fishburger and chips in a Wimpy bar £6, a meal in a restaurant £20 upwards, a pair of running socks £6, 5 postcards without stamps £4.

I noticed that the air is very dry so take plenty of skin cream with you. Finland is two hours ahead of GMT plus one hour in summer. It is usually pleasantly warm and sunny and going to bed at 11pm when it is still daylight becomes a novelty for tired athletes!

NO VISA NEEDED

A visa is not necessary; most credit cards are acceptable. Finland has a reciprocal medical agreement with Britain, get a form from your local DSS before departure. In an emergency dial 008 or 000 at any time. Medicines are sold at pharmacies (apteekki) not at chemists (kemikaalikauppa). Tourists can get 'tax-free' (about 11%) off purchases over FIM 200 in tax-free shops. You will be issued with a cheque (even if paying by credit card) which you hand in at the airport or on board ship for your refund.

Phoning home, direct dialling, dial 990 (out), 44 (into Britain), followed by area and your number. If you are aged over 65 and want to travel you can get a Senior Pass for FIM 50 in any railway station, which entitles you to a 50% reduction. Children under six travel free, six to 17 at half price. You can actually go from Victoria or Liverpool Street station to Turku by train - it takes 2 1/2 days.

KYLLA/EI?

If you are still undecided whether or not to go, you do not of course have to stay for the full duration of the championships, it may be less expensive outside Turku. By careful planning; using public transport, visiting supermarkets for snacks etc. you can cut down considerably. It may be sometime before the World Championships returns to Europe.

Meanwhile, you may wish to practise some Finnish! — yes (kylla), no (ei), thank you (kiitos) please (olkaa hyva), good morning/afternoon (hyvaa/paivaa).

NATIONAL FIXTURE LIST

NATIONAL and area club fixtures, plus open veterans' events are now becoming so numerous that clashes of dates are inevitable unless planning is done well ahead. Even then, without a centralized pool of information it is not always easy to avoid other events.

Brenda Burton has agreed to maintain such a list and she requires the cooperation of all organizers in providing information. Club secretaries and event organizers are asked to let Brenda have, as soon as possible, available information on 1991 fixtures. Thereafter, they should let her have additional dates as soon as they are arranged.

To make full use of the system, those planning to organize an event should ask Brenda for an up-to-date copy of the list before selecting a date. Please send an SAE with your request.

Her address is: 21 Nether Green Road, Sheffield S11 7EH.

NEWSPAPER NEWS

Sadly, Jeremy Hemming has left the Editorial and Production team of *Veteran Athletics* and without doubt we shall miss his input. One of his dedicated activities is producing the excellent and lively VAC newsletter and for this he has won the VAC trophy for the person who has done most for the club over the year. And

to crown this he was elected President of the VAC at their AGM on October 11. All much deserved. He promises to keep the paper well informed on VAC matters and will continue his interest in photography — to our advantage.

Some of his tasks are already being slowly taken up by an expanded team. Brenda Burton, in Sheffield, will be compiling the fixture list. This is an important part of the paper. So race organisers and club secretaries, please keep her well informed with as much detail as possible (date, distance, start time, entry fee, closing date, to or from whom entries or details should be sent or obtained, with their address, etc.) Her address is on the left.

Hilda Nyman has already done sterling work in inputting results — a thankless task — and now Joan Burns and Nanette Cross have joined her.

One area where Jeremy did a lot of hard work was with the advertising. As you will see this issue is not well used by advertisers — partly seasonal and, alas, partly lack of someone selling space. The paper gets important revenue from advertisements. Is there not someone out there with the skill even if it is just to get us one full page advertisement an issue? That's just four advertisements a year.

WAVA via EVAA Supports VA

Veteran Athletics has received \$600 from EVAA as a share of the WAVA grant to regional publications.

PAST MASTERS



This issue's historic photograph was taken at Bruges this year. Reminiscing from left to right: GASTON REIFF, the 1948 5000m Olympic gold medallist, EMILE ZATOPEK, the 1952 triple Olympic gold medallist — 5000m, 10,000m and Marathon (among many other masterly performances), TONY SIMMONS, 1973 European silver medallist 10,000m — here, he receives the trophy for winning the 25K race at Bruges this year, DANA ZATOPEKOV, 1952 Javelin Olympic gold medallist and JACQUES SERRUYS, veteran race organiser supreme.

Look out a nostalgic photograph now and send to us for publication.

NEWSPAPER SUPPORT FUND

The supporters listed below have donated since the June 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
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David Rosenfield
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D R Philcox
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C T Palmer
Eddie Thompson

Donations received after Press date will be acknowledged next time.

In spite of the contribution now being made by BVAF from increased affiliation fees, and our advertising revenue, we still need a healthy annual sum in donations. If you have not contributed in 1990, please hurry.

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

I wish to support Veteran Athletics

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va

BANKS AND MARCHANT SUPREME

Peter Banks continued his unbeaten assault on veteran races with another good win at Oswestry in the BVAF 10 Mile Road Race Championship on August 5. Alongside Zina Marchant, pictured here, ran a top class race. Martin Duff of Athletics Weekly reports.

IN THE best race since Harry Clague's record breaking year of 1987, the temperature in the high seventies, combined with strong winds, kept times slow. This was the case for the leading men, but further down the field and among the women there were several new age group records.

Local organiser Doug Morris had wisely positioned more water stations this year and the 240 finishers were grateful for that. Banks (52:29) sealed his victory with two miles of 5:07 and 5:06 after half distance was reached in 25:47. Dic Evans gave chase initially but was worn down by a fast finishing George Meredith as Colin Youngson, Gareth Jones and Roy Marson completed the top half dozen.

Grahame Wootton (54:36) and John Bolton went with the early pace to take first and second in the M45s from Martin Duff. Les Presland (55:19) was a comfortable M50 winner. Eric Appleby had a close win over Mick Ward in the M55 section, but it was behind all of these that the records began to fall.

Willie Marshall, currently the dominant British M60 runner, improved his age-group best to 60:51 while Harry Tempan found the move up to 10 miles rewarding with a M65 win in 64:04. Bob Brierley also bettered a record with his M70 time of 72:20.

For many watchers, the revelation of the race was 39-year-old Zina Marchant. Since her come back last Autumn something good had been expected and the way she disposed of a less than 100% fit Priscilla Welch elevated her to the top bracket. Always ahead of her rival (who was admittedly two classes up the age scale) Marchant was through 5 miles in 27:30, before posting a new course



record of 57:11 over a minute clear of Welch.

Diane Underwood and Janet Kelly were also inside the hour, while Barbara Kirk, in fifth, set a new W40 best of

63:40. Welch's 58:35 was a W45 record while Pam Jones took the W50s.

Jocelyn Ross (73:01) added her name to those of the other record setters with a W60 victory.

Midland Clubs Cup Finals

ON WEDNESDAY evening, September 5, the Alexander Stadium, Birmingham, was taken over by the veteran teams that had competed in the three divisions of the Midland Track and Field League: 21 men's and 16 women's. The teams were divided into three sections according to their final placings in their respective divisions of the League. There were seven trophies on offer.

The number of teams meant the number of events were restricted but there was keen rivalry and an exciting atmosphere at a meeting that started at 7pm and went on until after 10pm. Rugby relied heavily on Dave Cowley in the A final—he won four events: HJ, LJ, 100m and 200m. But it was Royal Sutton, who placed in the first three in almost all events, that comfortably retained the trophy it has won for the last four years. Their victory was never in doubt; it was a case of which team would finish second and it was close, Rugby getting there 2½ points ahead of Tamworth. The other

finals showed the same pattern, there were convincing winners but a tight struggle for second and third places.

In the women's A final the colours of Bromsgrove & Redditch were prominent on the track. But it was Bromley's strength in the field events that gave them a decisive victory; Vilma Thompson won HJ and JT and was second in the LJ.

A men's track race that took the eye was the 800m in which John Potts (Bir) led Les Duffy (RSC) until the last 50 metres. Duffy edged past to win but Peter Duhig (Notts) was closing on them all the way down the final straight. He could not quite make up the ground and finished third, barely a metre behind Potts, who lost out to Duffy by about the same margin.

It was a splendid meeting, showing that inter-club events are very popular. A national league is some years away but an invitational trophy meeting for some of the country's stronger Track and Field clubs would be a step in that direction.

Wilf Morgan

Final League Placings

Division North

Men: 1 RSC, 2 Birchfield, 3 Tamworth, 4 Shrewsbury, 5 Burton, 6 Telford, 7 Stoke

Women: 1 Birchfield, 2 RSC, 3 Burton, 4 Telford, 5 Tamworth, 6 Stoke, 7 Shrewsbury

Division East

Men: 1 Rugby, 2 Notts, =3 Northampton, =3 Coventry, 5 Nuneaton, 6 Bromley V, 7 Corby

Women: 1 Bromley V, 2 Rugby, 3 Nuneaton, 4 Northampton, 5 Corby, 6 Notts

Division South West

Men: 1 Bromsgrove & R, 2 W.Bromwich, 3 Stourport, 4 Halesowen, 5 Worcester, 6 Droitwich, 7 Sandwell, 8 Dudley & S.

Women: 1 Bromsgrove & R, 2 Sandwell, 3 Droitwich, 4 Dudley & S, 5 Worcester, 6 Halesowen, 7 Stourport

Scots win on home ground

IT WAS a home ground advantage win for the Scottish Vets in their annual match against the North East Vets at Livingston on September 2 following their first ever win in the competition two years ago at Grangemouth. The match is traditionally a very friendly affair where most runners double up their events — and this year the time table had 1500m runners out on the track only a few minutes after many had completed their 5000m events in very blustery conditions. It was all good fun and with points at a premium no one seemed too concerned about the times.

Multi event winners included: D. O'Reilly (M40) in the 100, 200 and 400; J. Lornie (M50) 100, 200 and Long Jump; and John Freebairn (M50) in the Triple Jump, High Jump, Shot. He was also second in the Long Jump. Best lady of the day was Irene Morrison who won the 100, 200 and 400 and then added the High Jump and Shot Put events. SVHC made sure of their victory when they won all three medley relays. The final scores were SVHC 352 points NEVAC 297 points. Next year the Geordie lads will have the home advantage.

'Pacemaker'

ROAD RELAY RECORD

SCAA 4 Stage Veterans Road Relay, Aldershot, September 29
FROM a record entry of 105 M40 and 40 M50 teams, 109 first leg runners lined up to face the starter. The leg was two laps of the tough Rushmoor circuit of 2955 metres.

O40 1 Brighton & HAC (P.Toms 19:57, P.Bidmead 19:33, R.O'Mahoney 19:30, P.Witcomb 19:16); 2 AFD (M.Woods 20:03, L.Presland 19:11, M.Duff 19:36, P.Marsh 19:35) Fastest laps: K.Penny (Camb) 18:37, P.Standing (WSE) 19:03, D.Balthazar (S'end) and G.Jones (Soton) 19:10, L.Presland (AFD) and A.Ross (Verle) 19:11

O50 1 Cambridge H (D.Coward 21:35, P.Jenner 22:01, G.Gee 21:12, R.Davidson 21:14), 2 VofA (I.Addison 22:14, R.Gomez 20:29, J.Hogan 21:41, P.Ferguson 22:25) Fastest lap: T.Davies (AFD) 19:45

PENTATHLON MEETING, SOLIHULL, August 19

THE BVAF women's 5000m walk was won by Cath Reader W35 in 26:59.0. With only three women entered this was a fine effort. Two hours later she set off with the men in the BVAF 10,000m walk clocking 57:19.0. The men's race was better supported with 17 entries. The winner was D. Baxter (M45) with a time of 49:51.6.

In the MVAC Pentathlon Dave Burton won the M55 with 3485 points, T. Clowry the M60 with 3141 points and W45 Jackie Charles guesting the women with 3256 points. Outstanding in the British throws Pentathlon was Hugh Richardson (M70) with 2651 points (Hammer 47.30m; 35 lbs Hammer 10.60m; Shot 10.0m, Discus 41.42 and Javelin 36.84). Jo Ogden (W60) shone in the sprints (15.2 and 31.2) while P. Smith (M40) won the coffee in the Maxwell House Mile 4:45.6. The highlight of the day was Elaine Statham's W45 mile in 5:20.7.

John Mills

WALTER JENKINS, 69, from Canada, did not know till he met Andy Coogan at Crownpoint, Glasgow, that they were both in the same Japanese POW. camp during the second world war.

CAROL POWELL, 36, originally a 200/400m runner but "has had her athletics interrupted with having children ages now 16, 13, 4, 3 and is a busy Bristol club athlete", ran 56.17 for 400m in Midland open championships. She won the National Veteran W35 800m.

EDDY RICHARDSON, the M55 winner of the National Veteran's 5000m this year took part in Alby Thomas' World 2 mile record in 1958.

CHRIS JENNINGS (VPH) won VAC's historic handicap individual league contest for the Snow Cup at Battersea Park on August 14. Previous winners include Eddie Sears, Arthur Welling, Len Rolls, Chalky White and Mike McDowell. Jennings, 47, ran 18 of the 22 club events, from 800m to 5M over cross-country and road during the year.

FRANCIS THOMASON added to his impressive set of five gold medals in the M40 High Jump, Shot, Javelin, Discus and Hammer at the VAC Track & Field Champs on August 12. His main claim to fame, which has reached the Guinness Book of Records, is his 71 "O" Level passes. This, however, is only in 70 subjects, as he accidentally took one subject twice.

ZINA MARCHANT was handed an unassailable lead in the MCWAA 4 Stage in Sutton Park on September 29 as she took over the last leg for Bath. One does not usually expect a runner to produce a fast time from this position but Marchant went round the hilly 3 mile course in 16:27, the second fastest time of the day. CHRIS KILKENNY (Cannock) ran 17:16 and PAT GALLAGHER (Westbury) 17:23.

TONY COLLINS, because of his excellent performance in Rouen's 24 hour race in May, has been invited to compete in the ultimate Race-Walking test: The Paris to Colmar 524kms (328 miles) in 1991. The first stage is approximately 150 miles followed by a compulsory three-hour rest. The second stage is approximately 100 miles, then a compulsory one-hour rest. The third stage completes the race and last year the winner's time was 64 hours 35 minutes or 8,113 metres per hour.

GEORGE PHIPPS has competed in the 80 miles South Downs Way race which includes about 8,500 feet of climbing. With tongue in cheek he planned a schedule to beat the existing O60 year age-group record. In fact everything went so perfectly on the day that he knocked almost 3 hours off the record to complete the distance in 12 hours 55:03. 86th place out of 563 finishers.

The SUN LIFE GREAT RACE

GLASGOW — LONDON, Sept 2 — 23

— Dave Walsh and Wilf Morgan

THIS, the first major Stage Race to be run in the UK was a truly amazing exhibition of athletic endeavour. The associated razamataz should not cloud the issue; some of the best running performances ever seen in this country were executed before fairly sparse audiences. Among the starters were six vets: Waldemar Cierpinski, Alan Rushmer, Tony Simmons, Rod Dixon, Graham Patton and Sammy Kosgei. (Although Kosgei carries a passport that says he is 39 he claims to be 43). Five of them made it all the way to London.

The first surprises of the tour were supplied by Kosgei. He shrugged off the cold rain of Glasgow to power to a convincing stage win over World class runners. Twelve miles in 60:44. The other vets in the race low profiled it. Stage two was the same story; the finely drawn Kenyan running sub five minute miles and then running even faster the next day for a third stage win. This was incredible running for anyone — for a vet it was just mindblowing.

Kosgei cracked on the fourth stage. He cracked Delmir Dos Santos on the jaw for allegedly running too closely and heel clipping. His stage win was forfeited for this outrageous lack of discipline and his place in the General Classification plummeted to 49th, two places below Britain's, Tony Simmons. The good guy was now the villain.

The Kenyan was by no means finished as fifth, fourth and first placings saw him climb slowly back towards the top, ending the first week 22nd overall with an average running speed of 12.1 mph for the 79.7 miles run so far. He was starting to show signs of the stress now, limping and complaining of pains in his lightly muscled calves. Simmons was clear second vet ahead of double Olympic Marathon Champion, Cierpinski.

Cierpinski started the second week in fine form with a second and fourth but that really was his swansong as most of his other daily placings were in the twenties. Simmons' placing was improving daily despite claiming that he was ready for the knackers yard at any time.

Kosgei rallied on the final stage to beat Simmons by a minute on the exactly ten miles Westminster course. Overall the Kenyan was a clear half an hour ahead in the vets after a total of 223 miles in 20 stages.

The only vet who failed to finish was Rod Dixon who gave up after only two stages citing a virus infection. His well publicised plans for running inside 4 minutes for the mile appear to have receded. There were some interesting comments from Cierpinski the 1976 and 1980 Olympic Marathon champion who has just turned 40. He seemed to think the training benefits of a race like this would lead someone in the direction of running the first 2 hour marathon.

The following details should give food for thought to any who are worn out after a quick spin around the block.

Average mile speed

Kip Kosgei	5 min 9 sec
Tony Simmons	5 min 21sec
Waldemar Cierpinski	5 min 38 sec
Dave Hart	5 min 42 sec
David Oldfield	5 min 43 sec
John Wagstaffe	5 min 53 sec
Alan Rushmer	5 min 54 sec
Graham Patton	5 min 55 sec

TARKA WOMEN'S NATIONAL 10M CHAMPS incorporated in the Sabaco Erwash 10, Nottingham, Sept 2

1 A.Wallace 55:12, 3 Z.Marchant (W35) 55:58, P.Weich (W45) 57:10, B.Cardy-Wise (W35) 58:08, F.Spoite (W40) 62:59

BRISTOL FLOODIT MEETING, Sept 12 Women - BMC Mary McCombe Mile, 5 P.Gallagher (W40) 5:07.0, 10 J.Jay (W45) 5:19.3 (possible WR).

OMRON MCWA WOMENS 4 STAGE, Sutton Park, Sept 29

Best laps: 2 Z.Marchant (Bath A - winning team) 16:27, 10 K.Kilkenny (Cannock A) 17:16, 13 P.Gallagher (Wistery B) 17:23, 21 S.Lappage (Tipton A) 17:53, 37 M.Palmer (Wistery B) 18:22, 46 C.Rollason (RSC A) 18:43.

Bob Care, M40 3000m Walk Champion (12:54.2) walked at Alexander Stadium to a 2000mW win in 8:31.8.



JUMPING LONG

at Crownpoint, Glasgow
Photographs: Jeremy Hemming



Mike Corden, M40



Peter Duckers, M45



Robert Minting, M40



Ken Gibson, M40

AAA NATIONAL VETERANS HALF MARATHON, SOUTHAMPTON, 1990

HURD AND MARCHANT STRIKE OUT FOR GOOD WINS

Martin Duffy

WAS IT the extra ozone or the predominantly downhill first half or the haphazard spacing of mile markers that gave fast early splits times? In any event, horses of fast finish times for all but a few athletes evaporated on the hilly second half of the race — or was it the overlong thirteenth mile?

Overall race winner Mike Hurd definitely thought he was on for a time a good deal faster than the 67:26 with which he was credited. "I was 49:40 at 10 mile" said Hurd "and 60:02 at twelve" — hence his disappointment at the finish time.

Women's victor, Zina Marchant, was frankly disbelieving of her 10 mile time of 55:25 which would have been nearly two minutes up on her personal best. She held on to win by nearly two minutes in 75:18.

From the start of the men's race it was obvious that, as at Welwyn in 1987, Hurd meant business as the former RAF man decided that the best method to deal with the incessant rain was to get warm by running fast. "I eased back for this one," said Hurd after the race.

New vet Ahmed Amraoui, George Meredith, Alan Roper, Gareth Jones, Martyn Fisher and leading M45 Barry Watson (formed themselves into a fast moving chasing group, Graham Woolton, first M45 & Oswestry, was dropped off the pack as Les Davis proved the closest challenge to Watson.

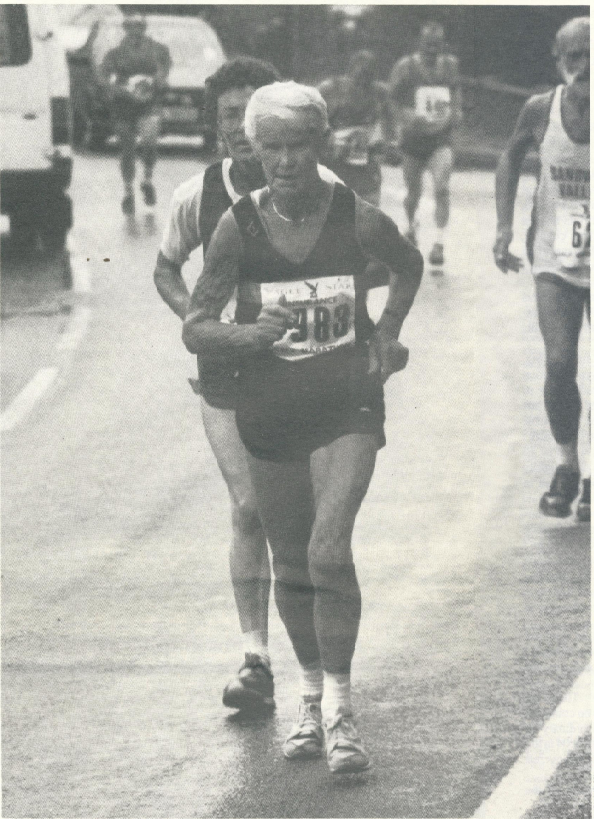
By the finish, Roper had used his experience to secure the silver medal but was nearly two minutes down on Hurd. Amraoui raised a few eyebrows in third. Watson prevailed over Davis by 150 yards for the M45s, while Newcussy's Peter Marshall came through very strong to take the M50 title in 74:51, ahead of Peter Andrews, Phil Hampton (76:17) took the M55 crown by nearly three minutes.

There were however surprises in the M60 class as both Alan Hughes (80:10) and Steve Charlton (82:10) leading favourite Laurie Forster (83:24) — class runs all. A fit again David Robinson led home the M65s as Bob Brierley again won the M70s.

With the Yeoman twins Ann Ford and Paula Fudge in good form over 10K this year and Rosemary Ellis returning to her best, Zina Marchant could have expected a closer challenge in the women's section. It was not to be however as Fudge and Ford waged their own battle for supremacy two minutes down with Ford narrowly coming out on top with 77:00. Ellis was also inside 80 minutes, a barrier that proved too much for W40 winner, Anne Roden, who took her section in 80:15 from Felicity Spence.

Pauline Rich won the W45s as Pam Jones was again the leading W50 contender. Joelynn Ross (W50) was faster than the winning W55 (Jean Palmer) with a fast 56:32 for a new British best. In the W65 group former Record holder, Jose Walker, was up against Pat Trickett for the first time and was soundly beaten. Trickett was well outside her record with 102:08, but Walker set a pb of 105:55.

All winners received substitution cheques courtesy of Eagle Star Insurance and the results presentation by Richard Dean was first class.



Pat Trickett works for the M65 honours

As organisers of the Flying Fox Marathon it is timely to profile the club, SMM.

STONE MASTER MARATHONERS — A Club for the Veteran Runner —

marathon that get done now. Speed sessions are on the menu for those who try their hand, or rather their legs, at the track. Cross-country too has become popular.

The Flying Fox Marathon

In 1979 Terry Darlington and Bill Couldey decided to organise and sponsor a British Veterans Marathon. Champion, Terry's firm, Research Associates of Stone, still sponsors the event. Ten years on and eleven Flying Fox Marathons later, the event still thrives with well over 250 runners in the past four or five years in spite of the decline in marathon running and the limitation to veterans only in the race.

Many of the competitors return each year to run at Stone, due in part to the meticulous planning by the race organising committee of over 20 who meet throughout the year to ensure the smooth running of the event.

The course is fast and flat with good crowd support as the race passes through the town four times. On the day the majority of the members are out on the course helping in one way or another, so there are few bats on the vests of the runners in the race itself.

All stars

The success of the running club should not be judged entirely on the results of the runners, but on the achievements of the whole range of its active members. SMM values all its runners and those who help in the organisation of club's events on and off the road as is demonstrated in the awards presentations at the beginning of each year.

In the local North Staffs Road Runners leagues there is always a high turnout from the club and we can usually count on one or two members being in with a shout for a group win. The club has provided the female winner in the Potteries Marathon no less than four times, twice by both Gaila Hargrave and Elaine Statham, the latter at 40 plus holding the open women's course record. Rose Gillick in the mid '80s

won a number of marathons including the Bedford, Inverclyde and Snowdon.

In 1989 Rita Bates, at the age of 45, ran no fewer than 52 marathons and this has been recognised by the Guinness Book of Records and represents an outstanding achievement of determination and organisation.

1989 and a 45th birthday instigated a quite different challenge to Elaine Statham. At the beginning of the year she set up a new training schedule with Olympic coach, Harry Harvey, with the ultimate goal of winning the W45 World 10,000m championship — achieved in a World record time of 37:34. En route she also took the British and European titles for 10K on the road and broke the British 5000m record by nearly a minute. She recently broke the World W45 1500m indoor record by four seconds at the BVAIF Indoor Championships at Coftord.

There is a small band of ultra distance runners in the club, most notable of whom is George Kay, Secretary of the North Staffs Road Runners, who has completed in many races beyond the marathon distance such as the London to Brighton and who has recently been out of the winning position in his age category; he also holds many British records. The club also has among its members Kevin Uzzell, an ultra distance runner and walker and secretary of the Long Distance Walkers Association.

The club produces a quarterly magazine full of articles by members on their exploits in races at home and abroad and advice. It could be said that there are those in the club who are better by far with a pen than a pair of running shoes.

While on the Club trip to Murcia last year, it was overheard that SMM was a club for elite runners and it was necessary to break three hours in a marathon to join. While it was great to think that I looked capable of this feat, it was disturbing that runners as a whole wrongly may consider us to be elite. You don't have to run a marathon to be a Stone Master Marathoner.

Mike Statham

RESULTS

M & B, L, F, O & Open

Pos.	No.	Name	Club	Age	Time	Position
1	41	MIKE HURD	Bedfordshire Har	M40	1:09:14	1
2	81	MIKE HURD	Bedfordshire Har	M40	1:09:14	2
3	101	MIKE HURD	Bedfordshire Har	M40	1:09:14	3
4	121	MIKE HURD	Bedfordshire Har	M40	1:09:14	4
5	141	MIKE HURD	Bedfordshire Har	M40	1:09:14	5
6	161	MIKE HURD	Bedfordshire Har	M40	1:09:14	6
7	181	MIKE HURD	Bedfordshire Har	M40	1:09:14	7
8	201	MIKE HURD	Bedfordshire Har	M40	1:09:14	8
9	221	MIKE HURD	Bedfordshire Har	M40	1:09:14	9
10	241	MIKE HURD	Bedfordshire Har	M40	1:09:14	10
11	261	MIKE HURD	Bedfordshire Har	M40	1:09:14	11
12	281	MIKE HURD	Bedfordshire Har	M40	1:09:14	12
13	301	MIKE HURD	Bedfordshire Har	M40	1:09:14	13
14	321	MIKE HURD	Bedfordshire Har	M40	1:09:14	14
15	341	MIKE HURD	Bedfordshire Har	M40	1:09:14	15
16	361	MIKE HURD	Bedfordshire Har	M40	1:09:14	16
17	381	MIKE HURD	Bedfordshire Har	M40	1:09:14	17
18	401	MIKE HURD	Bedfordshire Har	M40	1:09:14	18
19	421	MIKE HURD	Bedfordshire Har	M40	1:09:14	19
20	441	MIKE HURD	Bedfordshire Har	M40	1:09:14	20
21	461	MIKE HURD	Bedfordshire Har	M40	1:09:14	21
22	481	MIKE HURD	Bedfordshire Har	M40	1:09:14	22
23	501	MIKE HURD	Bedfordshire Har	M40	1:09:14	23
24	521	MIKE HURD	Bedfordshire Har	M40	1:09:14	24
25	541	MIKE HURD	Bedfordshire Har	M40	1:09:14	25
26	561	MIKE HURD	Bedfordshire Har	M40	1:09:14	26
27	581	MIKE HURD	Bedfordshire Har	M40	1:09:14	27
28	601	MIKE HURD	Bedfordshire Har	M40	1:09:14	28
29	621	MIKE HURD	Bedfordshire Har	M40	1:09:14	29
30	641	MIKE HURD	Bedfordshire Har	M40	1:09:14	30
31	661	MIKE HURD	Bedfordshire Har	M40	1:09:14	31
32	681	MIKE HURD	Bedfordshire Har	M40	1:09:14	32
33	701	MIKE HURD	Bedfordshire Har	M40	1:09:14	33
34	721	MIKE HURD	Bedfordshire Har	M40	1:09:14	34
35	741	MIKE HURD	Bedfordshire Har	M40	1:09:14	35
36	761	MIKE HURD	Bedfordshire Har	M40	1:09:14	36
37	781	MIKE HURD	Bedfordshire Har	M40	1:09:14	37
38	801	MIKE HURD	Bedfordshire Har	M40	1:09:14	38
39	821	MIKE HURD	Bedfordshire Har	M40	1:09:14	39
40	841	MIKE HURD	Bedfordshire Har	M40	1:09:14	40
41	861	MIKE HURD	Bedfordshire Har	M40	1:09:14	41
42	881	MIKE HURD	Bedfordshire Har	M40	1:09:14	42
43	901	MIKE HURD	Bedfordshire Har	M40	1:09:14	43
44	921	MIKE HURD	Bedfordshire Har	M40	1:09:14	44
45	941	MIKE HURD	Bedfordshire Har	M40	1:09:14	45
46	961	MIKE HURD	Bedfordshire Har	M40	1:09:14	46
47	981	MIKE HURD	Bedfordshire Har	M40	1:09:14	47
48	1001	MIKE HURD	Bedfordshire Har	M40	1:09:14	48
49	1021	MIKE HURD	Bedfordshire Har	M40	1:09:14	49
50	1041	MIKE HURD	Bedfordshire Har	M40	1:09:14	50
51	1061	MIKE HURD	Bedfordshire Har	M40	1:09:14	51
52	1081	MIKE HURD	Bedfordshire Har	M40	1:09:14	52
53	1101	MIKE HURD	Bedfordshire Har	M40	1:09:14	53
54	1121	MIKE HURD	Bedfordshire Har	M40	1:09:14	54
55	1141	MIKE HURD	Bedfordshire Har	M40	1:09:14	55
56	1161	MIKE HURD	Bedfordshire Har	M40	1:09:14	56
57	1181	MIKE HURD	Bedfordshire Har	M40	1:09:14	57
58	1201	MIKE HURD	Bedfordshire Har	M40	1:09:14	58
59	1221	MIKE HURD	Bedfordshire Har	M40	1:09:14	59
60	1241	MIKE HURD	Bedfordshire Har	M40	1:09:14	60
61	1261	MIKE HURD	Bedfordshire Har	M40	1:09:14	61
62	1281	MIKE HURD	Bedfordshire Har	M40	1:09:14	62
63	1301	MIKE HURD	Bedfordshire Har	M40	1:09:14	63
64	1321	MIKE HURD	Bedfordshire Har	M40	1:09:14	64
65	1341	MIKE HURD	Bedfordshire Har	M40	1:09:14	65
66	1361	MIKE HURD	Bedfordshire Har	M40	1:09:14	66
67	1381	MIKE HURD	Bedfordshire Har	M40	1:09:14	67
68	1401	MIKE HURD	Bedfordshire Har	M40	1:09:14	68
69	1421	MIKE HURD	Bedfordshire Har	M40	1:09:14	69
70	1441	MIKE HURD	Bedfordshire Har	M40	1:09:14	70
71	1461	MIKE HURD	Bedfordshire Har	M40	1:09:14	71
72	1481	MIKE HURD	Bedfordshire Har	M40	1:09:14	72
73	1501	MIKE HURD	Bedfordshire Har	M40	1:09:14	73
74	1521	MIKE HURD	Bedfordshire Har	M40	1:09:14	74
75	1541	MIKE HURD	Bedfordshire Har	M40	1:09:14	75
76	1561	MIKE HURD	Bedfordshire Har	M40	1:09:14	76
77	1581	MIKE HURD	Bedfordshire Har	M40	1:09:14	77
78	1601	MIKE HURD	Bedfordshire Har	M40	1:09:14	78
79	1621	MIKE HURD	Bedfordshire Har	M40	1:09:14	79
80	1641	MIKE HURD	Bedfordshire Har	M40	1:09:14	80
81	1661	MIKE HURD	Bedfordshire Har	M40	1:09:14	81
82	1681	MIKE HURD	Bedfordshire Har	M40	1:09:14	82
83	1701	MIKE HURD	Bedfordshire Har	M40	1:09:14	83
84	1721	MIKE HURD	Bedfordshire Har	M40	1:09:14	84
85	1741	MIKE HURD	Bedfordshire Har	M40	1:09:14	85
86	1761	MIKE HURD	Bedfordshire Har	M40	1:09:14	86
87	1781	MIKE HURD	Bedfordshire Har	M40	1:09:14	87
88	1801	MIKE HURD	Bedfordshire Har	M40	1:09:14	88
89	1821	MIKE HURD	Bedfordshire Har	M40	1:09:14	89
90	1841	MIKE HURD	Bedfordshire Har	M40	1:09:14	90
91	1861	MIKE HURD	Bedfordshire Har	M40	1:09:14	91
92	1881	MIKE HURD	Bedfordshire Har	M40	1:09:14	92
93	1901	MIKE HURD	Bedfordshire Har	M40	1:09:14	93
94	1921	MIKE HURD	Bedfordshire Har	M40	1:09:14	94
95	1941	MIKE HURD	Bedfordshire Har	M40	1:09:14	95
96	1961	MIKE HURD	Bedfordshire Har	M40	1:09:14	96
97	1981	MIKE HURD	Bedfordshire Har	M40	1:09:14	97
98	2001	MIKE HURD	Bedfordshire Har	M40	1:09:14	98
99	2021	MIKE HURD	Bedfordshire Har	M40	1:09:14	99
100	2041	MIKE HURD	Bedfordshire Har	M40	1:09:14	100

	204	75	SOUTHERN Slough	Sloughing Grn	M40	1:11:18	147
	205	317	MARSHALL Ave	Dorset	M40	1:12:41	148
	206	44	MARSHALL Ave	Dorset	M40	1:12:41	149
	207	417	MARSHALL Ave	Dorset	M40	1:12:41	150
	208	417	MARSHALL Ave	Dorset	M40	1:12:41	151
	209	417	MARSHALL Ave	Dorset	M40	1:12:41	152
	210	212	MIKE HURD	Bedfordshire Har	M40	1:12:41	153
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	382	38	JOHN JONES	Bedfordshire Har	M40	1:12:41	325
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BARRIER BREAKERS

BY JACK FITZGERALD

JOHANNA JAY

We have become accustomed to watching Pat Gallagher winning British, European and World Championships at 800m and 1500m throughout her W35 and W40 career and no doubt now that she has entered the W45 ranks this October she will continue to break records. However it was another Bristol runner, Johanna Jay, who became the first W45 to beat the 1500m five minute barrier outdoors in 1990 - Elaine Statham having already broken the indoor world record with 4:57.0 at Cosford in March.

Although Johanna Jay had competed successfully in school sports at Birmingham at 220 yards and Long Jump, there was a gap of 30 years before she decided to start jogging and join an athletic club. Modestly assuming that she would not be good enough for the "big two", Westbury Harriers and Bristol AC, she chose Great Western Runners, then considered to be just a joggers club but now boasting over 300 members, and after two seasons of steady improvement Johanna was selected to represent the Gwent Cross-country League, the first woman from GWR to be thus honoured.

LES PRESLAND

The other barrier breaker has rather a longer pedigree. Les Presland, always a first class road and cross-country runner at Junior, Senior, M40 and M45 level, has gone through a purple patch since turning 50 last September.

This year he won the National M50 Cross-country title at Wormwood Scrubs and the 10M title at Oswestry but he confined his record breaking activities to the track, indoors and out. On March 31 he shattered the indoor M50 3000m World record at Cosford with 8:58.8 and over the same distance at Woking on July 28 he went even faster to clock 8:57.1.

Although a British record this was nearly four seconds slower than former Birchfield Harrier Ray Hatton's outdoor World record.



It was in this year's National Cross-country Championships at Wormwood Scrubs that Johanna made her first veteran impact. She finished second W45 behind Dot Fellows but over a minute ahead of Marathon International, Carol Gould. Turning her attention to track running she increased her training schedule and was introduced to circuit training. This had immediate benefits as she broke the W45 1500m British record at Cwmbran on July 11 with 4:54.2 and followed this up three days later with her fine wins at Glasgow over Elaine Statham in 4:56.9 at 1500m and over Karen Yewer with 2:26.0 at 800m.



However at Palmers Park, Reading on August 21 he became the first man over 50 to beat 32 minutes for 10,000m on the track with a scintillating 31:59.6. This when ratified removes Luciano Aquaroni's world best of 32:05.5 from the record books.

ACTIVITIES VAC STYLE

A 2:01.4 800m was top of the bill at VAC Track Champs when John Treadwell continued personal improvement into his fourth veteran year. His challenge or support, according to view point, in this came from new vet Gavin Littaur of Haringey, 2:02.0, David Hayward (Croydon), and Sergio Corti (Oxford).

The day was a very hot one but no-one suffered exhaustion. Bas Nielsen brought Budapest sunshine back in the 800 and 1500 while in the sprints VAC handicap men switched to medal conditions readily.

As well as handicaps in distance races, matters of pencil and paper, track start handicaps have gone on with long tradition in the first vets club. Frequent handicap revision helped the equalisation process, to bring all standards and ages to the finish line under the proverbial blanket, and a group of vets supported the seven night series with conviction. Heading these Jim Hurley (Croydon) and Chuck Isatts (Kingston Poly) duced their way race after race to an amazing 'Cup tie' of 58 points a piece. Jim held the edge at the 'shorts' but at the lap American Chuck prevailed.

Don Dickson (Woking) was a good third. Ian Thompson and David Williams, both Ranelagh, and from the new entry Francis Thomson and Geoff Mellor were club level vets who proved all sprint distances and amassed points.

1 mile and 3000m proved popular mid-week additions. David Spencer, who reported his 2:01.1 800m at Watford, took a competitive M40 mile and Leo Lyons the 3000 from a field of 24. **Jeremy Hemming**

FINE FIELD WORK

NEVAC Track and Field Championships, Jarrow, June 30

A RECORD number of entries produced an interesting and exciting afternoon of athletics.

Alan Whitfield of Chester-le-St broke his own record to win the 5000m in the M40 class. Alan was closely challenged by Jarrow's Ken Lowther before dropping his rival with two laps remaining.

New track records were also set in the M40 class 100m while the 800m produced a further two new marks namely the M55 and W35 events.

However, it was in the field events that the greatest improvements were evident with no fewer than eleven new standards being set. In the Triple Jump M40 and M55 distances were improved, the discus produced new distances for all age groups contested and the M55 and M65 Shot Put saw new marks being set.

The Long Jump, too, continued this streak of improving standards in the M40s and M50s and finally, not to be outdone, the M40 Javelin flew to new records.

All in all a successful afternoon. The encouraging interest in field events and the keen competition augurs well for North East vets athletics. **Jimmy Waters**

Full results from NEVAC next issue

SLOUGH SUCCESS

SCVAC Marathon Championships incorporated in Slough Marathon, September 9

THE DECISION to hold the SCVAC

Championships in conjunction with the Slough Marathon had some far reaching effects on the open race. Bryon Heywood of Burnham Joggers won the M40 title in the excellent time of 2:30.41 to also place second overall.

Anne Lippiott of Trent Park Trotters went one better to win the Women's race (and of course the W35 title) in a pb of 3:08.41. Derek Wood, who turns 60 next February, signalled his forthcoming potential in that group by not only winning the M55 title but also posting up the best time for a male over 50 in the race with a magnificent 2:52.40. Jose Waller, now in her 69th year, was also the first woman over 50 with 3:51.15.

Surprise performer of the race was Roy Jeffreys with an excellent M60 winning time of 3:12.37 while Graham Wheeler, Pat Ferguson and Jack Fitzgerald all ran well to win the M45, M50 and M65 titles respectively. Even the team race went to a veteran trio with second M40, Jim Mount, and local boy, Eddie Thorpe (not yet a BVAF member), backing up Heywood for a Burnham Joggers success. **JF**

WISSEY WONDER DUHIG

EVAC Half-Marathon Championships incorporated in the Wissey Half, Stoke Ferry, September 2

THE WEATHER was hot and sticky and everyone knew they had had a hard run at the end of the 13.1 mile journey. The energetic race director, Peter Duhig, and his right-hand-man, Ian Vaughan-Arbuckle, took time-out from organising to run the race. Duhig even managed to win the EVAC title in 72:48 coming second place overall. Ian (to test his leg after injury) finished fifth in the O50s with a time of 84:57m.

The Royston Runners was formed in 1986 (Duhig being a founder member). They now play a major part in East Anglian running and must be complimented and thanked for once again organising a superb event.

The ever active Duhig, now Chairman of EVAC, last year ably headed the efficient organizing committee of the National Veterans Half Marathon 1989 at Stoke Ferry. Well done all Royston Runners!

Hugh Barnfather

SCOTTISH GRIT

SVHC 10K Track Championships, Coatbridge, September 8

THREE M45s and one M40 athlete made a fine race of the 40-49 age group race.

Alastair MacFarlane (M40), Alan Adams (M45) Dave Fairweather (M45) and Bob Young (M45) took on the early pace clocking steady 80 second laps. With 8K gone the race started to hot up. Adams with five laps to go then started to pull on the pressure. MacFarlane tried to put him back but was seven seconds adrift at the finish with Fairweather a further five seconds behind. Adams winning time of 33:02 was 2 seconds faster than his 1989 performance.

The O50s race proved to be an equally tactical battle but this time the age difference was a full ten years. Willie Marshall, 62, had his old adversary Bill McBinn, who turned 60 in July, and was out to test his metal along with 'youngster' Henry Muchamore, 52, who since his sojourn in

New Zealand last winter has gained inspiration from meeting Arthur Lydiard and other Kiwi's. The three ran together for the first 2K until Muchamore put in a few bursts on the back straight that saw McBinn back off the pace. Marshall was made of sterner stuff and ran as if gloed to Muchamore's shoulder for the next 7K. With just three laps to go it looked as if the wisdom of age had got the better of youth, when Marshall at last tried to go past, and as if trying to take a leaf from Yvonne Murray's coaching book, Muchamore, having looked beaten with 500 metres to go summoned up his sprint with 350 metres left and held off Marshall by just 2 seconds at the finish, clocking 35:53.

'Pacemaker'

MIDLANDS INTER-AREA WIN

Solihull, August 12

THE INTER Area Match won by the Midland Vets to retain the cup produced some fast times. Pete Brown won the men's 400m in 52.3 and Anna McDonald the women's in 62.4. Elaine Statham (W45) clocked in 5:01.0 for the 1500m. Cath Reader clocked 10:24.0 for the 2000m walk and Ed Shillabeer was the fastest man in 9:20.4.

In the Field Terry Lally threw the hammer 49.30, J. Ferrari won the Javelin 46.26 and Bronwen Carter the women's shot (12.75) and Discus (37.22). Mike James just missed 7m with 6.96 in the Long Jump followed by a 12.80 Triple Jump. Jackie Charles won the women's with 9.23. In the High Jump G. Griffiths cleared 1.80 to win. Final Positions: Midlands 707 points, South 617, Southwest & Eastern 533, Wales 110. **John Mills**

WOMEN AT WIMBLEDON

VAC Open Lady Vets CC, Wimbledon, October 6

LESLEY TAYLOR (35), of Mole Valley, formerly Chessington and Bookham Runners, made light of wet and windy conditions. She won for the second time and improved the record to 15:07. Barbara Blurton (40) raced clear of Sarah Cawkwell for second with Mary Todd and Jill Holmes, formerly Laird, in close pursuit. Support from Bromley Vets, Wimbledon Windmills and runners from the South Coast, Swindon and Herts boosted numbers while senior runners Alice Smith (65) and Alice Billson (75), warmly applauded, cut a path for the LRRC. **JH**

W35 1 Lesley Taylor 15:07 (record), 2 Christine Roy 17:37, 3 Catherine Brighton 19:22 W40 1 Barbara Blurton 16:25, 2 Sarah Cawkwell 16:32, 3 Jill Holmes 16:40, 4 Wendy Hales 17:23, 5 Margaret Auerback 17:41, 6 Janice Warren 18:45, 7 Michele Lawrence 18:59, 8 Jean Bleach 20:39 W45 1 Mary Todd 16:36, 2 Maureen Farrish 18:50, 3 Carol Bean 18:56, 4 Nannette Cross 19:04, 5 Diane Taylor 20:10, 6 Pauline Hawkes 20:47, 7 Judith Syer 21:20 W50 1 Almuth Prowse 17:52, 2 Mary Anstey 18:10, 3 Joan Burns 21:33 W55 Hilary Brindley 24:12 W60 1 Joselyn Ross 18:23, 2 Betty Norrish 20:59, 3 Doreen Offredi 22:45 W65 Alice Smith 29:12 W75 Alice Billson 29:14

Wissey Wonder: Peter Duhig, Chairman of EVAC





Shay Fitzgerald — precisely over to take third M40 High Jump at Glasgow

FIXTURES

NATIONAL

- 18 Nov Barnsley AAA Vets 10K Road CD 2/11
1991
10 March BVAF Indoor Pentathlon, Cosford
10 March BVAF Multi Events, Cosford
10 March BVAF CC Champs, Ampthill, Beds. See ad p2.
17 March (Prov) BVAF T&F Indoor Champs, Glasgow
5 May BVAF Road Walks, 50K(Men) 20K(Women) Plymouth
11 May (Prov) BVAF Vets Relays, Sutton Park
29 June BVAF Road Walks, 20K(Men) 10K(Women), Birmingham
6-7 July BVAF T&F Champs, Alexander Stadium, Birmingham
4 Aug BVAF and open vet 10 mile Road, Oswestry
18 Aug Inter Area T&F
7-8 Sept BVAF Decathlon/Heptathlon, Sheffield
6 Oct BVAF and open vet Flying Fox Marathon, Stone

INTERNATIONAL

- 1991
23 June Bruges 25K Road Run
18-28 July World Vets, Turku, Finland. Details £1 B Dunsford, 71 Hillside Cresc. S Harrow, Middx. HA2 0QU
3-4 Aug Baden T&F Meet

NORTH EAST

- 4 Nov Gateshead Road Races
11 Nov Heaton H Memorial RRs
24 Nov Gateshead CC Races
8 Dec CC League, Peterlee
1991
1 Jan Morpeth-Newcastle Road Race
5 Jan CC League, Crook
19 Jan CC Champs, Jarrow
26 Jan CC League, Sunderland
9 March CC League, Prudhoe
23 March CC League, Wallsend

SOUTH

- 11 Nov Purbrook 6, ST 11.00, GR1, EF £3.25. Race Sec 73
Chichester Rd, North End, Portsmouth POS2 0AB
17 Nov Haringey Indoor vets T&F 60m 60mH LJ TJ SP PV HJ
A Carter 119 Tolmers Rd, Cuffley, Potters Bar, Herts,
see Fixture notes for further details.
17 Nov VAC CC 5M, Wimbledon, SW19, ST 3pm
18 Nov Epsom 10, CD 11/11, St 10.30 GR1, EF £3.50 S Ashley
7 Garfchill Rd, Epsom Downs, Surrey KT18 5UB (Payee
Epsom & Ewell Harriers)
25 Nov SCVAC 2nd CC League, Chatham, Kent
25 Nov Hadleigh 10M, CD 16/11, ST 11am GR1, EF £3.50 H J
Beves, 5 Old Orchard, Upper Layham, Ipswich (Payee
Hadleigh H.A.C.)
2 Dec VAC CC, Roehampton Vale, SW15 ST 3pm
2 Dec General Portfolio Crowborough 10K, CD 21/11, ST
11am, GR1 EF £3, D Crosby, 48 South Ridge Rise,
Crowborough, E Sussex TN6 1LQ (Payee Crowborough
AC)
2 Dec General Portfolio St Albans Marathon, GR2, CD 6/11,
ST 10am EF £5.50 (£8 on day) F Hughes 81 Prospect
Rd, St Albans, Herts (Payee St Albans Marathon)
8 Dec SCVAC 3rd CC League, Hadley Wood, Herts. ST 2pm
8 Dec Loughton AC Vets Inter Club with Cambridge H, etc, ST
3pm
15 Dec VAC CC, Wimbledon SW19, ST 3pm
16 Dec Reading Christmas Cracker, 15K, CD9/12, ST 10.30,
GR2, EF £3 M Sandmas, Sportage, 18 Willis Ave,
Sutton, Surrey (Payee Help the Aged)
22 Dec Open Veterans Rochester Road Relay, GEC Sports Club,
Rochester Airport, M40 & M50 (4 per team). SAE to
D.Coward, 7 Grice Ave, Biggin Hill, Kent TN16 3EW
1991
January SCVAC 4th CC League, Woodford, Essex, ST & date to
follow
1 Jan City of London New Year 10M., CD 12/12, ST 1pm,
GR1, EF £2.50. R Jacobs 123 Coxtie Green Rd, Coxtie
Green, Brentwood, Essex (Payee R Jacobs Races)
5 Jan Ranelagh H Vets CC Champs 7.8M, Petersham, ST 3pm
5 Jan Kent Veterans CC Champs
12 Jan VAC CC Champs, Wilberforce School, Wimbledon, ST
3.00, EF £1
26 Jan VAC CC Wimbledon, SW19, ST 3pm
February SCVAC CC Champs Date & Venue to follow
2 March Blackheath H. CC Champs, W. Wickham, ST 2.30
10 March SCVAC 5th & Final CC League, Croydon, ST 2pm
2 June SCVAC T & F Champs

SOUTHWEST

- 3 March Bradninch Guildhall Chase, 5.4 CC, GR2, ST.11.15, EF
£2.50 D Pressley, 22 High St. Bradninch, Exeter, (Payee
SW Road Runner)

MIDLANDS

- MCAA Indoor Promotions, RAF Cosford
8 Dec Vet Mens 1500m, CD 20/11
26 Jan Vet Men/Women 800m CD 12/1
23 Feb Vet Men/Women 200m CD 5/2.
Details: SAE to MCAA Devonshire House, High Street,
Deritend, Birmingham B12 0LP (021-773-163)
16 Dec Christmas Handicap, Birchfield, ST 11.30 (See MV

Newsletter for details of entry)

1991

- 6 Jan CC Champs, Princethorpe College, Rugby, 10K (Men),
6K (Women) CD 2/1 (no late entries) to MVAC XC 15
Meadow Lane, Alvechurch
7 Jan MVAC CC Championships, Nottingham
3 Feb MVAC XC in conjunction with Centurion RR at
N.Warks Sports Centre, Chelmsley Wood. Entries to
John Walker
7 April MVAC Road Relays, Tamworth (Handicap) see MV
Newsletter for details
28 April MVAC Winter Warm-up, Solihull
9 June Midland Championships, Solihull
18 Aug Pentathlon Meeting, Solihull
22 Sept Cannock Masters

NORTH

- 28 Oct NVAC 10M Road Champs, Padgate, Warrington
18 Nov BVAF 10K Road Champs, Barnsley
18 Nov NVAC 6'M CC, Gt. Harwood, Clayton-le-Moors, ST 12
noon
2 Dec The Leeds 10K, ST 10.30, GR1, EF £3.50 M Helm,
Sportage, Rutland House 38-42 Call Lane, Leeds LS1
6DT
9 Dec NVAC Christmas Yacht H'cap, E Cheshire HQ Ashton
under Lyne, ST 12 noon, Entries Les Heald. See
Newsletter
1991
6 Jan NVAC 10K CC Leverhulme Park, Bolton. ST 12 noon
13 Jan Lancs Vets 10K CC Champs, Witton Park, Blackburn
10 Feb NVAC 6'M RR Stockton Heath, Warrington, ST 12
noon
17 Feb NVAC CC Champs, Newcastle-U-Lyme. See Newsletter
17 March NVAC 10K Road Champs, Path, Frodsham, ST 12 noon
21 April NVAC 10K RR RUFC Cross Lane, Wallasey, ST 12
noon
8 May NVAC T&F League No 1, Leverhulme Park, Bolton. ST
7pm. Enter on night - Vet guests welcome

WALES

- 31 Dec Old Father Time, vets only 5M race, Cardiff, ST 12
noon, EF £2, CD 23.12, Mrs. R. Collishaw, 13 Llangefui
Place, Llanishen, Cardiff CF4 2JR
31 Dec Nos Galan 4.25, ST 23.45 GR1, EF £5, B Baldwin MBE,
9 Campbell Ter. Mountain Ash. M Glam

SCOTLAND

- 25 Nov 5M CC, Huntershill, Auchinairn, Bishopbriggs ST 2pm

NORTHERN IRELAND

- 3 Nov 2' miles CC Comber Cup League, Male & Female
17 Nov 5 Miles CC McConnell Shield, Ballyclare
8 Dec 10K Road Race, Seely Cup, Ormeau Park

1991

- 5 Jan 3 miles CC Men, 2' miles Women, Mallusk
12 Jan 2 miles CC Miskimmon Cup, Ballyclare
19 Jan 3 Miles CC also Handicap, Vets Champs, Bangor
16 Feb 2 miles CC also Handicap, Crawford Cup, Men/Women
Belvoir Pk.
16 March 6 miles Road Race also Handicap, Conlig

SPEN TRAFFORD A True Multi-Eventer

Sadly, multi-eventer, Spen Trafford, died on October 13, 1990. As many will know he had been sidelined for the last couple of years because of a stroke but he continued his interest in the athletic scene and would come to the Cosford Indoor National Veteran Meetings to support and watch. His large presence will be missed.

In 1984 Spen, as a Surgeon of some repute, agreed to act as Doctor at the European Games which were organised by the BVAF and held at Brighton and Crawley. He was having a very easy passage until the day of his own Pentathlon event which corresponded with the elder men's 10,000m events. Conditions were very hot. Spen found himself alternating between constant calls to treat some of the older runners and concentrating on his own disciplines. The professional that he was, he took this easily in his stride.



Neil Griffin, M40 Shot and Discus

Answers to Quiz p4

1. Dick Beardsley. 2. In 1974 when Filbert Bayli won. 3. Gary Cook, he ran 2nd leg. 4. Discus thrower Nina Ponomareva was charged with shop-lifting. The USSR withdrew in protest. 5. Jesse Owens. 6. Jesse Owens. The initials J.C. became Jesse. 7. Romanian. 8. It was number 42. 9. Julian Goater (Shaftesbury) by nearly two minutes.
10. Eric Austin.

Fixture notes

INDOOR SEASON STARTS This year the BVAF National Indoor Track looks like it will be held on 17 March at Kelvin Hall, Glasgow. There are a few indoor meets which track and field athletes can enter in preparation:

■ On 17 November Alan Carter is organising for the second time an indoor meet at the Haringey Indoor track which includes a 60m, 60mH, LJ, TJ, SP, PV, HJ. Each event is £1.50 (£6 for all events). Alan can be contacted at 119 Tolmers Road, Cuffley, Potters

Bar, Herts - phone 070 787 4079.

■ The MCAA is organising the usual indoor open promotions at RAF Cosford including a veteran event on each occasion. The first will be held on November 17 with a 200m for vets. On December 8 there is a men's 1500m (cd November 20), on January 26 there is a men's and women's 800m (cd January 1) and on February 23 there is a men's and women's 200m (cd February 2). See fixture list for where exact details can be obtained.

RECORD UPDATE

Further British Records ratified since the Summer Edition of VA:

M60 400m Hurdles	J Arnold 67.4 at Wigan 12.7.86
M70 Triple Jump	D Philcox 8.36, Woodside Stadium, Watford, 29.7.90
M55 High Jump	C Shafto 1.56, Hull, 1.9.90
M40 Discus	P Tancrad 54.30, Norwich, 16.8.90
M40 Javelin	K Taylor 64.36, Sheffield, 2.9.89
W35 Long Jump	Susan Longden 5.86, Oslo, 14.5.85
M50 300m Hurdles	C Shafto 44.9, Dundee, 2.6.89
M50 110m Hurdles	C Shafto 16.8, Melbourne, Jan 87
M50 100m Hurdles	C Shafto 16.05, Reading, 1989

Pending British Records

Long Jump	W60 H. Farmer 3.85, Split, 30.5.87
	W65 M. Wixey 3.72, Split, 30.5.87

New World Records since the Summer Edition, not yet ratified

M40 1500m	W Wagwai (Kenya), 3:49.21 recorded during
M45 1500m	K Sparks (USA), 3:59.24 1) Mile run
M50 100m Hurdles	C Miller (USA), 14.84
M50 10,000m	L Presland (GB), 31:59.56
M55 400m	R Romain (USA), 52.52
M75 2000m S/C	E Keller (USA), 10:10.66
M80 2000m S/C	C Espy (USA), 14:22.44
M85 Discus	B Fox (USA), 22.24
M85 Javelin	W McFadden (USA), 6.26
W40 5K Track Walk	V Sedlak (USA), 24:38.0
W45 5K Track Walk	J Nedelco (USA), 25:10.0
W75 5K Track Walk	M Crews (USA), 38:21.0
W75 Triple Jump	S Evans (USA), 6.13
W80 400m	P Clarke (USA), 1:40.45
W80 5K Track Walk	P Clarke (USA) 38:23.0

Many more British and World records have been broken since these tables were published and these can be found elsewhere in this edition

CITY OF LONDON NEW YEAR ROAD RACES

1st January 1991

1 mile races for younger age groups, veterans (all groups) and the handicapped. Entry fee 50p. Start mid day.
10 mile races for men and women, time limit 90 mins.
Start 1pm (1300 hrs) Entry fee £2.50, unaffiliated £3.00.
Closing date for all entries 12 December 1990.

SAE with entry please.

Cheques/POs to

Reg Jacobs Races A/C,
123 Coxtie Green Rd,
Brentwood, Essex CM14 5PT.

**BVAF TRACK AND FIELD
CHAMPIONSHIPS,
CROWNPOINT, GLASGOW
14/15 JULY 1990**

1 I. Steedman 64.8
2 J. Quantrell 70.2
M55
1 E. Clayton 70.2
2 L. Brown 70.6
3 A. Sutton 71.5
M70
1 E. Matthews 70.8
2 W. Carmer 71.8
3 E. Obree 74.5, 4 A. Coggan 83.1
W35
1 C. Powell 58.2
2 C. Marler 60.9
3 G. Adamson 62.4, 4 A. Munro 63.0, 5
J. Morrison 67.0
W40
1 B. Blurton 59.4
2 J. Hogg 66.8
3 L. Tucker 71.1, 4 V. Doggett 74.6
W45
1 J. Davies 65.3
2 G. Rickard 65.5
3 J. Towler 69.6, 4 I. Horsney 70.2
W50
1 G. Plater 67.9
2 M. Robertson 72.5
3 M. Wilmoth 84.2
W60
1 M. Shone 64.1
800m
M40
1 P. Miting 2:01.5
2 P. Molloy 2:01.7
3 P. Spencer 2:02.7, 4 M. Wundy 2:03.7, 5
P. Madden 2:08.0, 6 M. Balch 2:12.2, 7
W. Richmond 2:15.0, 8 R. Gray 2:21.5, 9
J. Charlton 2:28.7
M45
1 J. Potts 2:00.6
2 J. Treadwell 2:01.4
3 B. Smith 2:03.5, 4 T. Allart 2:05.8, 5
R. Kirton 2:08.5, 6 M. Balch 2:09.9, 7
B. McKay 2:11.3, 8 D. Haynes 2:22.9, 9
J. Robinson 2:28.2
M50
1 B. Bartholomew 2:10.2
2 S. James 2:12.5
3 D. Parrott 2:13.4, 4 R. Checkley 2:15.2,
5 L. Frampton 2:18.4, 6 A. Oliver 2:22.4
M55
1 L. Evans 2:11.3
2 I. Barnes 2:11.7
3 M. Fox 2:13.7, 4 S. Wilde 2:18.8
M60
1 S. Sonenson 2:29.5
2 R. Maxwell 2:32.7
3 E. Dunster 2:39.6
M65
1 H. Tampion 2:21
2 J. Todd 2:34.4
3 T. Joynson 2:47.9
M70
1 E. Obree 2:38.6
M75
1 D. Morrison 2:57.1
W35
1 C. Powell 2:14.5
2 C. Marler 2:18.9
3 J. Dawson 2:24.1, 4 G. Adamson 2:24.1, 5
M. Balch 2:31.7
W40
1 P. Gallagher 2:17.1
2 J. Hogg 2:36.4
W45
1 J. Jay 2:26.0
2 K. Yewer 2:26.7
3 G. Rickard 2:33.8, 4 I. Horsney 2:35.9, 5
A. Nally 2:36.2
W50
1 G. Plater 2:35.3 [R]
2 M. Singleton 2:35.9
3 B. Matley 2:45.6, 4 D. McLennan 3:17.7
W60
1 J. Ross 2:57.2 [R]
2 M. Shone 3:06
1500m
M40
1 I. Elliot 4:07.6
2 P. Duhig 4:10.3
3 P. Molloy 4:11.8, 4 P. Livingston 4:15.0, 5
D. Spencer 4:17.0, 6 P. Lewellyn 4:30.2, 7
J. Mortimer 4:44.3, 8 J. Charlton 4:56.4
M45
1 J. Potts 4:03.0
2 S. Wazee 4:04.9
3 P. Vaughan 4:06.8, 4 R. Kirton 4:30.6, 5
B. McKay 4:32.4, 6 S. Yates 4:39.2, 7
J. Harrison 5:03.3
M50
1 B. Bartholomew 4:27.3
2 K. Summers 4:32.2
3 R. Checkley 4:36.4, 4 G. Harold 4:36.4, 5
L. Parrott 4:40.4, 6 M. Turner 4:41.6, 7
H. Muchamore 4:43.9
M55
1 I. Barnes 4:29.0
2 L. Evans 4:37.0
3 S. Wilde 4:43.6, 4 B. Ramage 4:52.7, 5
A. Prouse 5:06.0, 6 J. Betney 5:02.9
W50
1 S. Lawson 5:08.8
2 S. Sonenson 5:17.8
3 G. Brindley 5:18.9
M65
1 H. Tampion 4:46.5
2 J. Todd 5:14.5
3 T. Joynson 5:40.2
M70
1 E. Obree 5:30.5
2 B. Blyth 7:00.9
W35
1 J. Dowdon 4:53.7
2 H. Emery 5:35.4
3 J. Jones 5:51.8 -
W40
1 P. Gallagher 4:52.7
2 C. Brownsey 6:02.7
W45
1 J. Jay 4:56.9
2 S. Eatham 4:58.8
3 K. Yewer 5:07.3, 4 I. Horsney 5:18.2, 5
A. Nally 5:26.2
W50
1 B. Matley 5:31.2
2 M. Singleton 5:32.4
3 M. Robertson 5:34.8
5000m
M40
1 P. Banks 5:01.2
2 S. Emerson 5:04.2
3 R. Church 5:15.5, 4 G. Meredith 5:09.5,
J. Fry 5:28.7, 6J. Dingwall 5:33.7, 7 L. Emery
5:35.2, 8 R. Smith 5:39.9, 9 C. Martin 5:40.3

J. Christie 16:12, 11 T. Langley 16:16, 1, 12
A. Bradshaw 16:17, 1, 13 Z. Bankowski
16:22, 1, 14 W. Mitchell 16:25, 9, 15 K. Hagg
16:49, 7
M45
1. S. Warzee 15:41.5
2. M. Duff 15:44.1
3. D. Littlewood 16:26.3, 4. M. Edwards
M. Price 17:01.3, 6 B. Purvis 17:06, 7
P. Woodham 19:48.2
M50
1. K. Summersgill 16:28.4
2. G. Harrell 16:43.0
3. D. Fraser 17:03.8, 4. H. Muckamore
17:19.8, 5 M. Turner 17:27.8, 6 S. Moffat
19:01.9
1. E. Richardson 16:50.4
2. H. Rankine 17:20.9
3. E. Appleby 17:27.8, 4 B. Ramage 18:23, 5
H. Gibson 18:25.1, 6 J. Brothers 18:29.8, 7
A. Prouse 18:57.0, 6 J. Betney 19:46.3, 9
D. Jones 23:36.5
1. W. Marshall 17:45.4
2. J. Foster 18:19.8
3. D. Linton 18:25.6, 4. R. Franklin 19:03.2, 5
S. Landon 19:08.7, 6 A. Walsham 19:23.2, 7
J. Echlinstone 19:34.2
M55
1. T. Joynton 20:28.2
M70
1. B. Brierley 20:47.9
2. R. Creece 21:10.7
3. D. Blyth 25:21.6
M75
1. D. Morrison 22:23.6
M80
1. W. Chapman 27:57.1
W35
1. J. Barnus 18:05.5
2. R. Emery 20:55.1
W40
1. S. Kirkup 19:24.4
2. S. Cawkwell 19:26.0
3. B. Bradshaw 20:13.8
W45
1. C. Hyde 21:11.3
2. T. Woodham 21:12.4
3. B. Cusken 25:26.8
W50
1. P. Jones 21:29.7
2. M. Lennan 25:55.4
W60
1. J. Ross 21:55.8
2. B. Foster 23:39.8
W65
1. J. Waller 23:55.1
10,000m
M40
1. P. Banks 31:00.2
2. A. Whitfield 31:10.8
3. C. Youngson 31:39.2, 4. R. Church 31:40.8,
5. R. Smith 32:02.2, 6 G. Meredith
32:03.7, 7 K. P. K. P. 32:48.3, 8 D. Hart 32:55.8,
9 J. Fry 33:09.5, 10 D. Fairbrass 33:21.7, 11
J. Christie 33:57.2, 12 P. McGregor 34:52.8
M45
1. M. Duff 32:40.2
2. D. Littlewood 33:17.7
3. B. Purvis 34:46.8, 4. G. Lawson 36:33.4, 5
M. Statham 42:06.0
M50
1. K. Summersgill 33:53.4
2. R. Pannell 36:08.9
3. H. Muckamore 36:17.8, 4. S. Moffatt
38:29.3
M55
1. E. Richardson 34:13.7
2. E. Appleby 35:12.8
3. H. Gibson 37:12.0, 4. H. Morrison 37:41.6,
5 J. Brothers 38:12.9, 6 J. Dietrichsen
38:12.4
M60
1. W. Marshall 36:07.6
2. J. Foster 38:12.3
3. D. Linton 38:19.0, 4. R. Franklin 39:12.8, 5
J. Foot 39:28.1, 6 R. Drew 39:59.4, 7
A. Walsham 40:41.0
M65
1. T. Joynton 41:28.9
2. Anderson 44:59.8
3. J. Geddes 53:11.8
M70
1. B. Brierley 43:06.5
2. R. Creece 43:20.6
M80
1. W. Chapman 58:34.2
W35
1. W. Cole 43:14.9
W40
1. J. Stevenson 36:25.9
2. K. Bowler 39:29.5
3. S. Cawkwell 39:54
W45
1. E. Statham 38:43.9
2. B. Cusken 53:19.8
W50
1. P. Jones 45:17.1
W65
1. J. Walker 46:41.1
10,000m Walk
M40
1. R. Care 12:54.2
M45
1. P. Hannell 13:29.5
2. A. Smallwood 14:21.7
3. Young 14:41.2, 4 W. Lawrence 16:57.0
M50
1. D. Stevens 14:38.1
M55
3. Stapleford 15:46.3
F. Dawson 15:49.0
J. Dunsford 16:48.8, 4 T. McManus 20:02.3
P. North 15:52.0
M65
1. C. Croo 16:12.2
2. C. Colman 16:42.3
3. J. Harris 17:52.7
C35
3. Reader 15:36.2
W40
1. Richardson 16:53.8
W45
3. Haynes 19:38.7
C. Lawrence 20:49.8
M60
1. M. Worth 17:00.1
10,000m Walk
M40
1. R. Care 23:10.1
M45
1. A. Smallwood 25:20.5

Y. Young 25:56.2
 W. Lawrence 28:52.5
M50
 D. Stevens 25:55.3
 J. Dunford 28:58.3
M55
 C. Stapleford 27:32.9
 F. Dawson 27:40.2
M60
 P. Worth 27:17.4
M65
 L. Croo 28:00.7
 C. Colman 28:45.5
 H. Harris 30:06.4
9000m Steeplechase
M40
 J. Kennedy 9:49.5
 M. Givellish 10:19.2
 D. Cairns 10:30.6, 4 T. McCallum 11:52.6
M45
 F. Bush 11:05.1
M55
 K. Fickel 16:10.9
9000m Steeplechase
M60
 S. Sonneron 8:35.5 [BR]
10m Hurdles
M40
 T. Wells 15.7
 M. Corden 16.7
 E. Fitzgerald 17.4, 4 J. Elder 17.5
M45
 B. Ferguson 16.6
 S. Brooks 18.0
100m Hurdles
M50
 J. Freebairn 18.1
 J. Driver 19.6
M55
 C. Shatto 15.8
 J. Day 20.1
M60
 I. Steedman 17.3
 J. Cross 19.5
M65
W35
 I. Morrison 19.3
 C. Brown 19.5
10m Hurdles
M70
 W. Carmen 16.5
 D. Philcox 18.6
 B. Metcalfe 18.6
M40
 J. Vernon 12.1
 J. Willis 12.3
 V. Doggett 14.9
M45
 P. McNab 13.3
 N. Cross 14.5
 J. Charles 14.5
M50
 J. Hulls 14.6
100m Hurdles
M40
 T. Wells 56.6
 J. Gelder 59.8
 M. Corden 63.2
M45
 W. Thomas 60.9
 F. Bush 62.8
 S. Brookier 66.4, 4 B. Charles 66.5, 5
 Fitzgerald 70.1
M40
 J. Hogg 78.0
 V. Doggett 84.2
100m Hurdles
M50
 J. Ross 45.1
 J. Baron 46.5
M55
 C. Shatto 47.0
 K. Ficklen 50.0
 K. Whitaker 51.3
M60
 I. Steedman 50.8
M70
 W. Carmen 59.7
High Jump
M40
 E. Fitzgerald 1.78
 M. James 1.73
 S. Fitzpatrick 1.88, 4 R. Minton 1.53, 5,
 Collie 1.43
M45
 B. Charles 1.38
M50
 J. Freebairn 1.53
 A. Chapman 1.48
 J. Driver 1.38
M55
 C. Shatto 1.53
 J. Oulton 1.39
 J. Day 1.28
M60
 A. Woods 1.40
 J. Cross 1.35
M65
 G. Leete 1.4
M70
 N. Thompson 1.55
 V. Thompson 1.30
M40
 A. LePlongeon 1.30
 J. Hogg 1.25
M45
 J. Smallwood 1.40
 J. Charles 1.25
 C. Morris 1.20
Long Jump
M40
 M. James 7.15
 J. Charlton 6.11
 J. Gelder 5.75, 4 M. Corden 5.74, 5,
 Fitzpatrick 5.67, 6 R. Minton 5.61, 7
 Glosion 5.60, 8 B. Collie 4.34
M45
 P. Duckers 5.87
 S. Brooks 5.63
 B. Charles 5.31
M50
 A. Chapman 5.11
 J. Driver 4.97
M55
 C. Shatto 5.45
 D. Burton 5.40
 R. Sykes 4.91, 4 J. Oulton 4.72, 5,
 Christie 4.15
M60
 A. Woods 4.52
 R. Laidler 4.14
 J. Quantrell 4.12, 4 R. Clark 3.91, 5,
 Morrow 3.80
M65
 J. Leete 4.79 [BR]

E. Matthews 4.16
D. Philcox 3.83
735
V. Thompson 4.69
740
J. Wells 5.03
A. LePingeon 4.59
J. Rammell 4.23, 4 J. Hogg 4.16
745
J. Charles 4.48
S. Wood 4.22
750
C. Graham 4.23
765
M. Wixey 3.40
770
M. James 13.04
E. Fitzgerald 11.82
M. Corden 11.65, 4 J. Gelder 11.22, 5
Low 10.29, 6 B. Collie 9.16
780
A. Chapman 10.28
J. Driver 10.20
W. Gentlemen 9.55
785
J. Day 9.50
J. Phillips 9.47
J. McManus 8.03
790
A. Kalirra 10.26
A. Woods 9.38
795
G. Leete 10.09
800
D. Philcox 8.29 [BR]
E. Matthews 8.23
W. Carmen 7.81
35
V. Thompson 9.35
40
J. Hogg 8.46
J. Rammell 8.45
45
J. Charles 8.98
65
M. Wixey 6.18
He Vault
70
J. E. Fitzgerald 3.70
M. Corden 3.60
S. F. Fitzpatrick 3.50
75
G. Sutton 3.80
80
J. F. Freebairn 2.50
85
J. Day 2.90
90
A. Woods 3.30 [BR]
95
Hot Putt
100
N. Griffin 13.00
W. Renshaw 12.20
M. Corden 11.70, 4 T. Lailay 11.21, 5
Cherton 7.44
105
J. Scott 12.59
J. Roper 11.48
J. Leak 10.50, 4 J. How 9.93, 5 S. Brooks
11, 6 B. Harlick 7.68
110
J. Walters 12.65
J. Freebairn 12.48
J. Jones 11.53, 4 A. Chapman 10.10, 5
Driver 8.61
115
D. Telford 11.77
S. Sykes 10.62
Corden-Mason 10.55, 4 I. Buckley 10.50,
A. Graham 5.85
120
J. Watson 11.28
J. Woods 10.89
J. Laidler 9.26, 4 B. Tyndall 9.20, 5 S. Petty
125
W. Jenkins 8.86
J. Millar 8.19
J. Henderson 7.98, 4 W. Laing 7.37
70
B. Metcalfe 9.81
J. Spikes 8.01
35
J. Boese 12.32
V. Thompson 10.89
30
J. Terry 10.52
Rammell 8.93
45
J. McNab 6.55
J. Cross 7.43
50
J. Hufts 6.59
55
A. Williams 8.96
W. Grant-Stevens 7.46
60
J. Ogden 8.45
75
J. Williams 4.82
ecus
40
N. Griffin 42.62
W. Renshaw 40.08
J. Lailay 38.29, 4 M. Corden 37.40
15
J. Leak 35.48
J. Brooks 34.32
J. Howie 28.96, 4 T. Roper 27.36, 5
Harlick 27.16
90
J. Walters 39.02
J. Freebairn 37.06
J. Wright 35.50, 4 W. Gentlemen 32.52, 5
Chapman 32.24, 6 M. Jones 31.24
100
J. Sykes 33.58
J. Buckley-Mason 30.56
A. Cordon 26.34, 4 D. Telford 26.18, 5
Christie 16.20
90
J. Watson 42.22
J. Laidler 33.24
J. Woods 31.56, 4 G. Bridgeman 29.30, 5
Petty 29.06
15
W. Jenkins 27.96
W. Laing 27.20
J. Henderson 26.24, 4 J. Millar 25.69
70
B. Metcalfe 26.88
J. Howie 26.44, 4 J. Roper 26.44, 5

Spikes 23.68, 4 D.Philcox 17.70
 5
 1 Beese 41.60
 Morrison 18.26
 10
 1 Terry 27.98
 Rammell 25.84
 15
 1 Dawes 21.66
 10
 1 Graham 27.92
 15
 1 Williams 22.94
 1 Graham-Stevens 20.28
 1 Burton 13.04
 10
 1 Ogden 22.18
 15
 1 W.Wisey 13.94
 10
 1 Corden 42.67
 Gelder 35.89
 1 Charlton 33.28, 4 G.Large 32.98
 15
 1 Turner 48.34
 Brooks 39.18
 Harlick 33.14
 10
 Webster 46.00
 F.Ross 41.82
 Freebairn 36.64, 4 J.Driver 34.24
 15
 Phillips 41.75
 Taylor 41.04
 Christie 18.78
 10
 Laidler 33.32
 Woods 31.40
 Steedman 25.66
 15
 Henderson 24.20
 10
 Karlsson 24.38
 Metcalfe 23.82
 15
 Thompson 31.44
 10
 Tucker 22.78
 Rammell 17.78
 Hogg 16.88
 15
 Morris 25.72
 Smallwood 22.16
 Cross 21.10, 4 K.Dawes 20.56
 15
 Graham 30.72
 10
 Williams 34.10
 Grant-Stevens 30.54
 15
 Ogden 30.40
 10
 Wizey 15.22
 10
 Laffey 46.10
 Griffin 40.34
 15
 Renshaw 36.94, 4 M.Corden 32.98
 10
 Scott 41.00
 How 34.30
 15
 Gentleman 45.98
 Webster 39.70
 Freebairn 36.60
 10
 Caton-Mason 44.90
 Birch 28.96
 15
 Watson 40.54
 Tyndal 26.40
 Kearney 21.90
 10
 Jenkins 31.86
 Laing 27.40
 Henderson 16.34
 15
 Spikes 23.00
 Metcalfe 21.04
 Karlsson 20.04
 10
 Beese 31.38 [BR]
 Brown 29.38
 15
 Terry 26.80
 Rammell 21.02
 10
 McNab 38.12 [BR]
 15
 Burton 19.14
 Williams 18.68
 10
 Ogden 17.46
 15
 11 Northey[G] 13.0
 Frodsham 13.3,
 11 C.Isets 13.4,
 Thompson 14.1
 11 B.Gray 12.8
 McNamee 12.9, 3 P.Bruck 12.9,
 Hurley 13.4, 5 A.Carter 13.4,
 Sweden 14.8
 11 W.Guy 13.4
 Cheetham 14.0, 4 E.Matravers 19.0
 11 L.Brown 14.8
 Dickson 15.3, P.Munn 15.3,
 Swinton 15.4, 5 J.Mason 15.5,
 Lilliman 15.6, 7 S.Stein 15.9
 11 B.Metcalfe 15.4
 11 R.Alicook[W45] 29.6,
 H.Mason[W45] 32.8
 11 G.Pope 25.4
 Northey[G] 26.4, 3 Frodsham 26.7
 11 J.Mellor 26.8
 Isets 27.0, 3 D.Barrington 27.3,
 Thompson 28.2
 11 B.Gray 25.5
 McNamee 25.6, 3 H.Bruck 25.7,
 Carter 26.5, 5 J.Hurley 26.7,
 Sowden 29.0
 11 G.Geast 27.8, 2 P.Field 26.2,
 11 W.Guy 26.9
 Cheetham 27.3, 3 E.Matravers 36.6
 11 D.Dickson 31.1
 Munn 31.9, 3 J.Mason 32.2

M40+ 1 N.Griffin 12.66, 2 C.Ellis 11.86, 3 E.Barker 11.83
M50+ 1 J.Waters 12.22, 2 P.Hallett 11.83, 3 A.McKay 11.35
W35+ 1 B.Carter 12.75, 2 B.Terry 10.76, 3 R.Wallace 9.89
W45+ 1 A.Moore 7.09, 2 N.Cross 6.70, 3 C.Morris 6.55
Discus Throw
M50+ 1 J.Waters 39.46, 2 A.McKay 36.60,

1 Midlands 707 points



116 46066 Super Briefs. Broad elasticated waist, nylon windproof front panel, flatlock seams, colour navy, sizes S-XL, usual £9.50, offer £8.50.

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113 46000 Crew Neck Long Sleeve Top. Round neck, striped insert on sleeve and shoulder, flatlock seams. Combines with 46005 and 46008, colour navy, vanilla blue, red, turquoise, white and plain yellow, sizes S, M, L, we also stock the following sizes in navy only age 10-12 XS and XL, usual £12.99, offer £11.95.

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120 46210 LIFA Super Gloves. Polypropylene with lycra, colours navy, green, red, yellow, size standard, usual £3.99, offer £3.50.



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94 Bukta Fashionable Rugby Shirt. Gold, scarlet, royal, emerald quarters with gold collar and emerald cuffs in 100% cotton, sizes M 40/42", L 44/46", offer £21.95.

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376 Frank Shorter Ultra Lightweight Lycra Racing Pant. Colours pink, navy, jade, lilac, sizes S, M, L, XL, usual £19.99, offer £12.95.

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384 Viga Cascade Rainsuit Jackets. Colour navy, details as 383, size L, usual £39.95, offer £25.

385 Viga Cascade Rainsuit Trousers. Only size XL, usual £24.95, offer £15.



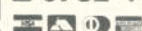
372 Frank Shorter Training Jacket. With short zip at neck, plus 2 zip pockets. Fabric polyester, warm with windproof front, colours and sizes navy/jade/purple M, L, XL, usual £21.95, offer £15.95.

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