Sent free to members of veteran clubs affiliated to BVAF

Number 16

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Autumn 1990 £2.00

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 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.

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 her-self 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 a 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, 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.Perkis (M55) 118:02, 16 J.Dunsford (M55) 120:59, 17 D.Withers (M60) 122:27, 18 J.Hedgethorne (M55) 123:15, 19 G.Jones (M45) 123:43, 20 T.Collins (M45) 123:44, 20 T.Collins G.Johes (M45) 125:43, 20 1.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 con-servative 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 breasted the tape in 2:27.26.

Davies slipped back to sixth but had consolation of taking the M45 title in

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 Bamforth.

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 in-creased 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

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.Bamforth (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

M65 D.Robinson (VAC) 3:17:28, J.FitzGerald (M&S) 3:23:07, E.Joynson (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.Charman (Warr)

W45 R.Banks (SMM) 3:15:11, P.Rich (Serp) 3:23:15, M.Chipendale (Stock)

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 Early following wind incipation. The sprinters - windgauge operating. The buzzword went round: Ron Taylor is going for the M55 400m WR (pending for the M55 400m WR (pending for the M55 400m WR) and be done." Said a 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 sole to an agrazing 14.6 100m. 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.

STORY AND RESULTS PR

(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.

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: £100P.King; £10 consolation prizes:
E.Scott, F. Webb, P. Tomney,
B. Pane and M. Stewart.

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. means better lobbying powers, better spansorship 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 move-

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

SUNDAY 10 MARCH 1991

Ampthill Park, **Bedfordshire**

One of the country's really great cross-country courses

Women and M70+ 12.20 pm 1.00 pm 5kms Men 50-69 10kms Men 40-49 10kms 2.00 pm 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 ENTRIES TO: DAVID J. ROSE, 42 WOODSTOCK RD., 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

Pre-vet Men 35-39 11.30am 10kms Mixed age group Womens Relay Mixed age group Mens Relay 3.30pm

(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	
	Eve
MALE FEMALE	
DATE OF BIRTH VETERAN NO	AGE ON 10.03.91
I enclose cheque/PO for £	PLUS S.A.E. for confirmation etc.
Please send Directions	Accommodation List
Cianad	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.

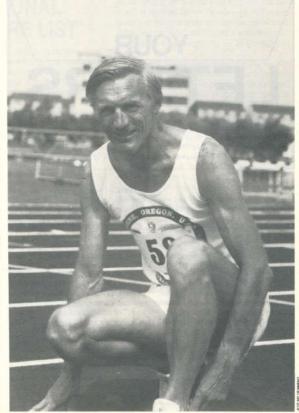
The times in the 100m were slower than in previous years with only Mike James and David Burton breaking 12.0. In the Long Jump four athletes in the M40 achieved over 6.00 and Peter Duckers achieved 5.83 in the M45 age group. In the Shot Mike Corden was nearly 3 metres better than the next competitor 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 Shafto 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 Shafto 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 Ducker's 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



Dave Burton, Winner of the Clark Cup at Sheffield

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 hem 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.

Danult

Hesuit: 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 4 Peter Mollov 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 Oceana Games at 1500m, 5000m, 10K and CC.

Master Milers

Larry Almberg (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, Almberg (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

'Almberg 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.

ENUE, September 22.

Mu-49 1 Larry Almberg (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 (CB) 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.

BVAF DECATHLON & HEPTATHLON — 1990 1500m Points DECATHLON 100m LJ SP HJ 400m 110mH DT PV JT M40 M. Corden 6926 46.74 5:14.5 12.4 5.94 12.20 1.67 16.3 36.26 3.60 55.0 J. Charlton 12.0 6.20 9.38 27.86 3.10 39.52 4:45.7 6449 1.61 53.5 D. Cowley 12.0 6.05 8.48 1.70 52.4 16.3 19.40 3.00 34.44 4:39.7 6353 3.70 E. Fitzgerald 12.5 6.01 7.49 1.85 59.1 20.20 28.58 5:45.7 5752 21.62 J. Gelder 5:16.5 5352 12.4 5.53 7.85 1.43 54.8 17.5 33.64 6:06.1 5:03.6 B. Abdy 12.6 5.32 1.58 62.7 17.8 23.88 2.80 39.00 5107 9.20 12.7 19.5 2.60 L Dunn 1.55 56.6 19.72 33.04 S. Soul M. James 13.1 23.7 4.86 6.55 43 59 6 24.12 2.10 31,30 5:02.6 4263 6.59 1.58 26.92 RETD 8.72 59.5 M45 1 S. Brooks 12.8 5.64 10.98 1.58 60.2 18,5 33.02 3.10 47.00 6:03.0 12.0 12.6 1.49 27.56 36.18 2 W Thomas 5.04 8.14 53 4 19.9 18.58 2 60 5:32.7 5487 3 P. Duckers 2.80 6:08.7 5.83 62.8 27.02 20.8 4 B. Loten 61.4 57.7 13.3 4.96 9.36 1.31 22.7 29 48 3.00 41 48 5:26.5 5292 5 B. Charles 1.46 5:07.7 5205 12.6 7.09 20.5 2.30 5.28 16.90 32.26 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 4.88 1.46 61.9 24.7 22.40 2.40 28.86 5:10.8 4592 13.9 8.15 8 B. Harlick 14.1 4.40 8.05 1.37 64.8 21.9 26.92 17.18 2.10 34.44 5:30.7 4433 9 J. Clark 3908 M50 1 T. Mackay 2 J. Ross 1.49 13.8 4.84 12.9 4.76 9.04 58.0 18.6 29.10 2.50 43.04 5:03.0 6082 M55 1 D Burton 11.9 5:22.5 6661 5.21 8.09 1.40 58.3 17.5 22.16 2.60 28.26 2 C. Shafto 3 J. Phillips 22.68 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 6:21.8 4068 23.0 23.90 1.70 22.64 M65 6015 1 G. Leete 14.5 6:30.1 4.39 7.63 1.46 73.9 19.7 25.78 1.90 21.76 HEPTATHLON 100mH HJ SP LJ JT 200m 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 32.5 3.83 11.42 2:43.7 2365 HJ SP JT 80mH 200m LJ 800m Points W40 1 M. Williams W45 18.2 2:31.4 1 J. Charles 14.8 1.27 6.84 30.6 4.51 20.00 3:07.9 4065

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 sit on while racine are all nubbits.

Ireckon 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 ou 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 postaore, 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

FIINNY RIINNING

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 Standard III.

tulining and all controls of the 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 thingies 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 locked solid from toes to neck, but I reckon that was caused by running the 26 miler on the hottest day of the year. Stupid day to pick I thought.

And we didn't need all this pre-race diet nonsense that the London seems to have started. Shoving all that Italian stuff down your guilet and then going straight off to he 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, pilchards 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.

—that was my mum's idea and she was usually right.
What about that Hungarian lad who joined the club. Said that he knew Tabon 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 secur 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—instreading that settle down.

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, certifi-cate, 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. Noone 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 supply 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 con-cerning 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 med-als. 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

I'd like to know where all the cash

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 "An ecologically pure world without hunger, war or violence"

Ability varies from beginners to experienced ultras. Their top distance run-ners 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

The club competes widely in the USSR and they promote about 20 com-petitions 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

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 ac-commodation for anyone who did make

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 fol lowing 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 reponds, that extra surge is found and as I

NATIONAL DISGRACE

All this business about getting the young-sters 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

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 throw ing 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

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

First, the attitude of the organiser throughout was intransigent and un-apologetic. Second, why was it impossible to notify athletes of the final programme? It appeared in the event pro-gramme 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 ceremo

Many felt extremely undervalued and that their aims and achievements were belittled by this cursory treatment. A fur-ther 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 seri-ous 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.

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. Try-ing 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 run-

ning I can, at least, have a shot at it.

I entered the BVAF 10K Champi-

onship last October as I'd just be-come a vet ... and won it. Subse-quent 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."

Cath Reader King's Lynn



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 such happy affairs. Thanks Reg, Priscilla and John.

> John Fraser Leicester

THREATENED ROAD RACES

Like Les Presland (VA15), I am con-cerned that the World Veterans' Championships may no longer include a 10Km 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,

Gareth Jones Southampton

PENALISED FOR BEING A VET

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 arded my first place have any sense of

when she 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 those of us who sometimes came off ond best. The Scottish organis

de 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 vice and encouragement in helping him get the inscribed gold and the UK record. Come back, the Boston tea party has been forgotten.

Denis Philcox

Magnus Masterson's Memory Lane 10

Name the American who dead-heated with Simonsen (Norway) in the first London Marathon — 1981.
 When was the last time an English-man failed to win the 1500m at the

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

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

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 get that

one.) 9. Who, in 1981, won the National Cross-country Championship by the largest ever margin in the history of the

Name the Briton who won the WAVA Championships Marathon in 1975 and 1977. M40 Class.



THE WAY FORWARD Bill Taylor, Chairman BVAF

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; Goteborg 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 requirements 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 for-

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 OQU (Tel: 081-4227157); from your Area Secretary or from myself. Please enclose 5 x 1st

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, 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 count 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

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

An up-to-cate list of IAAP 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 women and a 30K road walk for women and a 20K road walk for women and a 20K road walk for women and a 20K road walk for women and a 30K road walk for women and a 20K road wa 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. was unable to inspect the university accommo-

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 maneouvers gently through the scattered islands maneouvers gently inrough 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 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.

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

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 advan-

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

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 perfoirmances), TONY SIMMONS, 1973 European silver medallist 10,000m — here, he receives the trophy for winning the 25K race at Bruges this year, DANA ZATOPEKOVA, 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

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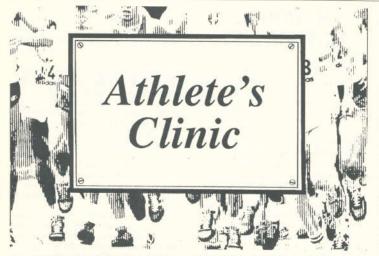
David Rosenfield Brenda Hare E J Wheeler DR Philcox Laurie Walsh C T Palmer Eddie Thompson

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 contrib-uted in 1990, please hurry.

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

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WIZARD OF WALDNEIL

Wilf Morgan looks at the philosophy of a man who made a significant contribution to modern training methods.

ALTHOUGH training methods for middle and long distance have not changed in character since 1945 we can point to a change in emphasis as being responsible for improved performances. Increased mileage in the form of steady paced distance runs came in in the mid-sixties and during the seventies 100 miles a week or more became the norm for anyone aspiring to top class. We saw big improvements in times at 5000 and 10,000m. Now the talk is of quality, which simply means shorter, faster training runs. But mileage, LSD, call it what you will, is now part of every runner's schedule and it's interesting to look back and see who started the trend and what were the ideas behind it,

Ernst Van Aaken of Waldneil in Germany began coaching after the war. His ideas were revolutionary but received no immediate rec-

ognition because he was not primarily interested in producing superb performers. His aim was to get people to adopt running as a lifestyle. He made great play of dieting, even fasting, and said that the most important food for humans was the oxygen they took in when they exercised their bodies. The exercise he recommended was long, slow distance run-ning. His philosophy led him to believe that fast times over short distances could be achieved by training like that. 'The man who runs 1:40 for 800m must have the natural speed of the 400m runner but he must train like a marathon runner'. He wrote this in 1947 and he must have been seen as an eccentric in those days when 800m runners seldom ventured far from the track

Without a star performer to display to the

world he remained a relatively unknown figure in the forties and fifties. But he stuck to his guns and declared against interval training that was in fashion at the time. Woldemar Gerschler, another German coach, was widely acclaimed and his method, based almost exclusively on interval training, had captured eveyone's attention. Some of Gerschler's men were outstanding. Rudolf Harbig set a World record for the 800m before the war, Joseph Barthel won the 1500m at the 1952 Olympics and Gordon Pirie set World records at 3000m and 5000m. Their schedules were based on scientific research and the results difficult to refute. Gerschler recommended fast runs, generally faster than race pace, over short distances with short intervals of rest between. The aim was to inure the runner to the sort of physical stress he would feel in a race. In other words if your body felt pain often enough it would get used to it.

Van Aaken said this was wasteful, that the consistently high heart rate developed by this kind of work was not producing the best training effect. He reasoned that the runner should do almost all his work with a heart rate of 130 to 140 beats to the minute. That meant he would be running well within himself, a proposition not easily swallowed by an athlete intent on improving his performance.

In a book published in 1976 Van Aaken, a

medical doctor, explained his method. He concentrated on the heart muscle and it all made sense — that long, even paced training runs made for a large heart capable of transporting oxygenated blood more efficiently and created a greater number of capillaries (blood supply to the muscles). In fact the sort of fitness associated with the marathon runner. But would it make middle distance runners, the 800, 1500 and 5000m men, race faster? Yes, he said. When a fast man with a marathon man's heart drove himself to the limit he would be driving an engine better able to maintain a fast pace. His only concession to speed work was an occasional run over a segment of race dis-tance at a pace a little slower than the intended

race pace, as a kind of final polishing. For him. endurance training, he called it pure endurance, was everything.

His standard bearer was Harald Norpoth who was second in the 5000m at the 1964 Olympics. 'I had to show him how to run slowly,' he said. It did not blunt Norpoth's speed for he was capable of a fast finish — in one race 1:53 for the last two laps and in another when Ian Stewart made him bite the bullet with a last 600 in 83 secs he followed and edged past on the line. By the early seventies there were many believers in the Van Aaken

He was truly the father of LSD. One of the first to recognise the endurance potential of women, he encouraged them to take up distance running and organised the first all womens' marathon in Waldneil in 1973. He said women were only the weaker sex in terms of muscular power but they too had the best

van Aaken died in 1985. In the winter of 1972 he was hit by a lorry while running on the road at night and lost both his legs. In the years following he coached some of the early women marathoners. At the 1975 Boston he looked at his watch and asked that his wheelchair be pushed close to the finish. 'She will arrive around 2:42', he said. With the clock showing 2:42:24, Liane Winter came across the line to set a new women's World Record.

HIGDON'S NEW BOOK HAL HIGDON, leading US athletics writer, has brought out a book dedicated to the vets, the Masters Running Guide. Hal is of course a vet runner himself, multi-medallist at world steeplechase and distance events.

The great value of the book is in its chapters on training and motivation after 40, or "Improving with Age" as he calls it. Useful information for all.

To buy yourself an airmailed copy, send £8.95 to: National Masters News, PO Box 23722, Van Nuys, CA 91404, USA

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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 com-fortable 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 domi-nant 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

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

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

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 (M50) 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 arrielles interrupted with naving 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

CHRIS JENNINGS (VPH) won VAC's historic handicap individual league contest for the Snow Cup at 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

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, how-ever, 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 con-vincing 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 twen-ties. Simmons' placing was improving daily despite claiming that he was ready for the knackers vard 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

The only yet 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 re-ceded. 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

Aver	age 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 Erewash 10, Notting ham, Sept 2 1 A.Wallece 55:12, 3 Z.Marchant (W35) 55:58, P.Weich (W45) 57:10, B.Cardy-Wise (W35) 58:09, F.Sperte (W40) 62:59

BRISTOL FLOODLIT 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 MCAA WOMENS 4 STAGE, Suttor OMRON MCAA TOTAL Park, Sept 29 Best laps: 2 Z.Marchant (Bath A - winning team) 18:27, 10 C.Kilkenny (Cannock A) 17:16, 13 P.Gaillagher (Wistbr 9) 17:22, 21 S.Lappage (Tipton A) 17:53, 37 M.Palmer (Wistbry B) 18:22, 46 C.Rollason (RSC A) 18:43.

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 21/2 points ahead of Tamworth. The other

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



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 ev 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 mar-

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 ne country's stronger Track and Field clubs would be a step in that direction

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 North-ampton, =3 Coventry, 5 Nuneaton, 6 Bromley V, 7 Corby Worken: 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

ground IT WAS a home ground advantage win for the Scottish Vets in their annual match against the North East Vets at

Scots win on home

Livingstone 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. 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 points. Next year and 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

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 (Verlea) 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

JUMPING LONG

at Crownpoint, Glasgow Photographs: Jeremy Hemming



Mike Corden, M40







AAA NATIONAL VETERANS HALF MARATHON, SOUTHAMPTON, 1990

HURD AND MARCHANT STRIKE OUT FOR **GOOD WINS**

Martin Duff WAS IT the extra ozone or the predominantly downhill first half or the haphazard spacing of mile markers that gave fast early split times? In any event hopes 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 as credited. "I was 49:40 at 10 mile" said Hurd "and 60:02 t twelve" - hence his disappointment at the finish time.

Women's victor, Zina Marchant, was frankly disbeeving 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 ain was to get warm by running fast. "I eased back for this me," said Hurd after the race.

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

By the finish, Roper had used his experience to secure the ilver medal but was nearly two minutes down on Hurd. Amraoui raised a few eyebrows in third. Watson prevailed ver Davis by 150 yards for the M45s, while Newquay's Peter Marshall came through very strongly to take the M50 title in 74:31, 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) headed favourite Laurie Forster (83:24) — class runs all. A fit again David Robinson led home the M65s as Bob Brierley again

With the Yeoman twins Ann Ford and Paula Fudge in good form over 10K this year and Rosemary Ellis returning o her best. Zina Marchant could have expected a closer hallenge in the women's section. It was not to be however s Fudge and Ford waged their own battle for supremacy two inutes down with Ford narrowly coming out on top with 7:00. Ellis was also inside 80 minutes, a barrier that proved to much for W40 winner, Anne Roden, who took her section

n 80:15 from Felicity Sperke.
Pauline Rich won the W45s as Pam Jones was again the eading W50 contender. Joselyn Ross (W60) was faster than the winning W55 (Jean Palmer) with a fast 96:32 for a new ritish best. In the W65 group former Record holder, Jose Waller, was up against Pat Trickett for the first time and was 02:08, but Waller set a pb of 105:55.

All winners received subvention cheques courtesy of Eagle Star Insurance and the results presentation by Richard



Pat Trickett works for the W65 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 —

BACK in the mid seventies, the jogging boom had started in the States and Fred Wrigley and Terry Darlington started for those who try their hand, or rather their legs, at the track. Stone Jogging Club. Having organised such feats as a relay from the top of the Eiffel Tower back to Stone, Terry decided it was time to progress from jogger to runner and after running the Harlow marathon in 1978 formed Stone Master

Bill Couldrey and Tom Chitty were the other two founder members of the first veteran marathon club in the world. The bat, or more precisely the Flying Fox, is the club's symbol presenting speed and wisdom. A latin motto was chosen giving the international character intended by the founders. All members have been asked at some time or other the meaning of sapientia atque levitas and the reply depends on the stage of exhaustion reached — "wisdom and lightness of heart" or "cunning and low body weight".

From these early beginnings the club grew and included nany members from far afield. We still have one or two who ve in the States and elsewhere abroad. The entry requirenembers who are under age but closely related to a full runners in the race itself.

Mustering

miles and run back until they meet the backmarker, then events on and off the road as is demonstrated in the awards retracing their steps, continue with their run. Everyone nusters at this point, except, of course the last runner. By
nustering no-one is left behind and, of equal importance, the
always a high turnout from the club and we can usually count

marathons 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

The Flying from Maratino and Eill Couldrey decided to organise and sporsor a British Veterans Marathen Champonship. Terry's firm, Research Associates of Sone, 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

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 ment for the club is five years below the veteran age limits (30 majority of the members are out on the course helping in one for the women and 35 for men). We also have supporter way or another, so there are few bats on the vests of the

The success of the running club should not be judged entirely on the results of the faster runners, but on the achievements on a training session. This is achieved by mustering, the faster runners at the front of the pack turn round every 2 to 3 runners and those who help in the organisation of club's

unners are mixed up making for a more social atmosphere. on one or two members being in with a shout for a group win. By timing the mustered stretches, it is possible to work out. The club has provided the female winner in the Potteries your total distance run. One or two of the members are Marathon no less than four times, twice by both Celia nterested in the coaching side to running and are readily. Hargrave and Elaine Statham, the latter at 40 plus holding the available for advice. And it is not just road running and open women's course record. Rose Gillick in the mid '80:

In 1989 Rita Banks, 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

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 mirute. She recently broke the World W45 1500m indoor record by four seconds at the BVAF Indoor Championships at Cosford.

There is a small hand of ultra distance runners in the club notable of whom is George Kay, Secretary of the North Staffs Road Runners, who has competed in many races beyond the marathon distance such as the London to Brighton and who has rarely been cut of the winning position in his age category; he also holds many British records. The club also has among its members Kevim 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 Majorca 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 so elitist. You don't have to run a mar athon to be a Stone Master Marathoner.

RESULTS

EAGLE STAR

JUMPING

- Alf Woods, M60 European Pole-Vault Champion, **Budapest**







NATIONAL MASTERS NEWS

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SPECIA **VETS** ISSUE

on sale now at leading newsagents

-JOHN CAMPBEI

MAGAZINE'S VET COLUMNIST, WRITES ABOUT HOW THE AMAZING MARATHON RUN BY JOHN CAMPBELL EARLIER THIS YEAR WAS ACHIEVED

SO THE most spirit-stirring and indestructible record on the veteran books has finally gone! Sixteen years since Jack Foster of New Zealand ran that almost impossible marathon of his at age 41 (2:11:19), along has come John Campbell, also of New Zealand, and also 41, to get materially below it, in a new world vets record of 2:11:04

Campbell did this in April at the tough Boston course, what's more - and finishing fourth overall, what's even more.

Mind you, Foster, in order to carve out that record of his, had actually needed to earn the silver medal at the 1974 Commonwealth Games in Christchurch.

Although New Zealanders, both Foster and Campbell owe a good deal of their running to Britain. Foster was Liverpool born and for more than 20 years Liverpool bred. He came to running via a top career in Merseyside cycling, before emigrating. Campbell spent a stiff six months settling here temporarily and training with Dartford Harriers after his appearance in the Edinburgh Commonwealth Games of

Looking at the route taken by John Campbell to get to the top, you'll see that there's no doubt perseverance pays in the marathon. He had many, many setbacks in a world career that stretched across four decades, and has included as many swan songs as an opera singer's - no less than three times has he retired from competition. Yet he kept on, and even when not racing, kept up his dedication to training.

The first occasion was when, after running for NZ in the world cross country championships, at the age of only 19, he finished 69th and simply quit in disappointment.

He then went to work, at a variety of occupations: milliner, milkman, caretaker, fisherman - rich man, poor man though not beggarman or thief. Taking up running again in 1974 he tried to make the NZ team once more, for the Commonwealth Games in Christchurch, where he would have been a team-mate, though himself no vet, of Foster, who was. But he missed out on a split decision of the selectors.

Ten years later he was at it again, training as much as 170 miles a week, and often work ing at the same sort of fiendish rate, an 80hour-a-week job running his two food shops.

This time he did get himself selected, for the World Cross-country in 1985, and again for those Edinburgh Games a year later, where he came 13th in the marathon (2:21:25).

From then on we are talking serious running! There followed the Dartford Harriers period, during which he won for his club its highest position ever in the National Cross-country, 14th, and when he set the club's marathon record - 2:15:55 in the NY Marathon, again a

But once more he retired, on being overlooked by NZ's selectors for the World Crosscountry in 1987, and went back to earning his living as a fisherman.

He couldn't keep away from running, though, when he could see the vet age-group beckon, and he began to prepare hard for it, taking in the Boston in 1988, aged 39 and just pre-vet, in a time better than Foster's, 2:11:08.

Now came a busy period on the US Masters circuit. For the 1989 Boston he was now 40 and took home the masters prize, in a slightly slower 2:14:19, after running the first half in 2:11 pace.

From the autumn of 1989 onwards he campaigned hard for the coming record, clocking 49:37 for a ten miler in North Carolina and 29:19 for a 10K in Ohio. Then he came down to the NY marathon, finishing two minutes ahead of the second M40, Ryzard Marczak, who had held the vet record for this race, in 2:16:15

Before going for the NY he had resolved that if he won the \$53,000 prize there he would dedicate 1990 to reaching absolute tip top

Dedication and perseverance! Those are the qualities that do it - yes, and you could bet there was something out of the ordinary to come when he posted a formidable 29:04 in the warm-up 1990 Boston Milk Run, for an overall sixth place.

And so did he arrive at his peak for the Boston Marathon.

Now who is going to follow him, to drive the M40 marathon time down even below 2:11? It took a fourth place for Campbell and a second for Foster to chalk up their marks, so there's one thing you can say, whoever does it will do it in a senior race where he will most probably feature in the overall medals table



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BARRIER BREAKERS

BY JACK FITZGERALD -JOHANNA JAY-

We have beaccuscome tomed to watch-Pat ing Gallagher winning British, European and World Championships at 800m and 1500m throughout her W35 and W40 career and no doubt now that the W45 ranks this October she will continue to break records. However it was another Bristol runner, Johanna Jav. who became the first W45 to beat the 1500m five minute barrier outdoors in 1990 - Elaine Statham having already broken the in door world record with

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 Crosscountry League, the first woman from GWR to be thus honoured.



It was in this year's National Crosscountry 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.

LES PRESLAND

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

This year he won the Na-tional 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 in-M50 3000m World record Cosford with

8:58.8 and over the same distance at Woking on July 28 he went even faster to

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



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

Around the Regions

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

don), 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,

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 Churk Juett Kinnston Poly). (Croydon) and Chuck Isetts (Kingston Poly) (Croyoon) and Cruck Isetts (Kingston Po-duelled their way race after race to an annazing 'Cup tie' of 58 points a piece. Jin 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 Thomason and Geoff Mellor were club level vets who proved all sprint

distances and amassed points.

Mile and 3000m proved popular midweek 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 esting and exciting afternoon of

Alan Whitfield of Chester-le-St brok 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

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 Putt

saw new marks being set. The Long Jump, too, continued this 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 athle

Full results from NEVAC next iss

SLOUGH SUCCESS SCVAC Marathon Championships incorporated in Slough Marathon,

THE DECISION to hold the SCVAC

Slough Marathon had some far reaching effects on the open race. Bryon Heywood Burnham Joggers won the M40 title in the excellent time of 2:30:41 to also place

Anne Lippitt of Trent Park Trotters
Anne Lippitt 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 magnificient 2:52:40. Jose Waller, now in her 69th year, was also the first woman of 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 Mouat, and local boy, Eddie Thorpe (not yet a BVAF member), backing up Heywood for a Burnham Joggers success.

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

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 EVAC title in 72.48 coming second place overall. 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

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 Ryston Runners! Hugh Barnfather

SCOTTISH GRIT SVHC 10K Track Championships. Coatbridge, September 8
THREE M45s and one M40 athletes 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 put on the pressure. MacFarlane tried to pull 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 differ-ence was a full ten years. Willie Marshall gone the race started to hot up. Adams with

ence was a full ten years. Willie Marshall, 62, had his old adversary Bill McBrinn, 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 McBrinn back off the pace. Marshall was made of stem stuff and ran as if glued 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.

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

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.

WOMEN AT WIMBLEDON VAC Open Lady Vets CC, Wimbledon,

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 Windmiler, 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.

W35 1 Lesley Taylor 15:07 (record), 2 Christine Roy 17:37, 3 Catherine Brighton 19:22 W40 1 Barbara Blurton 16:25, 2 19:22 W40 1 Barbara Blurton 16:25, 2 Sarah Cawkwell 16:32, 3 Till 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 Swer 21:20 W50, 1 Almuth Progres 17:52, 2 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 Doreer 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	SERVICENCE VEC. WITH Part IP IV	
10 March		
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	** AC 10.1500 AC 40.00 AC 40.0	
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	
	NODTH PACT	

	NORTH EAST
4 Nov	Gateshead Road Races
11 Nov	Heaton H Memorial RRs
24 Nov	Gateshead CC Races
8 Dec	CC League, Peterlee
1991	8
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

		r eterum rumetres		Trutumii 1770
ı		SOUTH	Language	Newsletter for details of entry)
	11 Nov	Purbrook 6, ST 11.00, GR1, EF £3.25. Race Sec 73	1991	
ı.	constatute of	Chichester Rd, North End, Portsmouth POS2 0AB	6 Jan	CC Champs, Princethorpe College, Rugby, 10K (Men),
L	17 Nov	Haringey Indoor vets T&F 60m 60mH LJ TJ SP PV HJ		6K (Women) CD 2/1 (no late entries) to MVAC XC 15
		A Carter 119 Tolmers Rd, Cuffley, Potters Bar, Herts,		Meadow Lane, Alvechurch
	3000	see Fixture notes for further details.	7 Jan	MVAC CC Championships, Nottingham
1	17 Nov	VAC CC 5M, Wimbledon, SW19, ST 3pm	3 Feb	MVAC XC in conjunction with Centurion RR at
	18 Nov	Epsom 10, CD 11/11, St 10.30 GR1, EF £3.50 S Ashley		N.Warks Sports Centre, Chelmsley Wood. Entries to
		7 Garfchill Rd. Epsom Downs, Surrey KT18 5UB (Payee	Table 1 Table 1	John Walker
		Epsom & Ewell Harriers)	7 April	MVAC Road Relays, Tamworth (Handicap) see MV
ı.	25 Nov	SCVAC 2nd CC League, Chatham, Kent	20.4.71	Newsletter for details
ı	25 Nov	Hadleigh 10M, CD 16/11, ST 11am GR1, EF £3.50 H J	28 April	MVAC Winter Warm-up, Solihull
ı		Beves, 5 Old Orchard, Upper Layham, Ipswich (Payee	9 June	Midland Championships, Solihull
ı,		Hadleigh H.AC)	18 Aug	Pentathlon Meeting, Solihull
ĺ	2 Dec	VAC CC, Roehampton Vale, SW15 ST 3pm	22 Sept	Cannock Masters
97.6	2 Dec	General Portfolio Crowborough 10K, CD 21/11, ST		NORTH
136		11am, GR1 EF £3, D Crosby, 48 South Ridge Rise,	20.0	NORTH
-		Crowborough, E Sussex TN6 1LQ (Payee Crowborough	28 Oct 18 Nov	NVAC 10M Road Champs, Padgate, Warrington
	2 Dec	AC) General Portfolio St Albans Marathon, GR2, CD 6/11,	18 Nov	BVAF 10K Road Champs, Barnsley NVAC 6'M CC, Gt. Harwood, Clayton-le-Moors, ST 12
-	2 Dec	ST 10am EF £5.50 (£8 on day) F Hughes 81 Prospect	10 1907	
		Rd. St Albans, Herts (Payee St Albans Marathon)	2 Dec	noon The Leeds 10K, ST 10.30, GR1, EF £3.50 M Helm,
	8 Dec	SCVAC 3rd CC League, Hadley Wood, Herts. ST 2pm	2 Dec	Sportage, Rutland House 38-42 Call Lane, Leeds LS1
				6DT
	8 Dec	Loughton AC Vets Inter Club with Cambridge H, etc, ST	9 Dec	NVAC Christmas Yacht H'cap, E Cheshire HQ Ashton
	15 Dec	3pm VAC CC, Wimbledon SW19, ST 3pm	3 Dec	under Lyne, ST 12 noon, Entries Les Heald. See
	16 Dec	Reading Christmas Cracker, 15K, CD9/12, ST 10.30,		Newsletter
	10 100	GR2, EF £3 M Sandmas, Sportage, 18 Willis Ave.	1991	The watering
		Sutton, Surrey (Payee Help the Aged)	6 Jan	NVAC 10K CC Leverhulme Park, Bolton. ST 12 noon
	22 Dec	Open Veterans Rochester Road Relay, GEC Sports Club,	13 Jan	Lancs Vets 10K CC Champs, Witton Park, Blackburn
	LL DIC	Rochester Airport, M40 & M50 (4 per team). SAE to	10 Feb	NVAC 6'M RR Stockton Heath, Warrington, ST 12
		D.Coward, 7 Grice Ave, Biggin Hill, Kent TN16 3EW	1000	noon
	1991	Diconata, Fortee Five, Diggar Fini, Rent 11/10 50/1	17 Feb	NVAC CC Champs, Newcastle-U-Lyme, See Newslette
	January	SCVAC 4th CC League, Woodford, Essex, ST & date to	17 March	
		follow	21 April	NVAC 10K RR RUFC Cross Lane, Wallasey, ST 12
	1 Jan	City of London New Year 10M, CD 12/12, ST 1pm,	100	noon
		GR1, EF £2.50. R Jacobs 123 Coxtie Green Rd, Coxtie	8 May	NVAC T&F League No 1, Leverhulme Park, Bolton. ST
		Green, Brentwood, Essex (Payee R Jacobs Races)		7pm. Enter on night - Vet guests welcome
	5 Jan	Ranelagh H Vets CC Champs 7.8M, Petersham, ST 3pm		
	5 Jan	Kent Veterans CC Champs		WALES
	12 Jan	VAC CC Champs, Wilberforce School, Wimbledon, ST	31 Dec	Old Father Time, vets only 5M race, Cardiff, ST 12
		3.00, EF £1	4	noon, EF £2, CD 23.12, Mrs. R.Collishaw, 13 Llangefui
	26 Jan	VAC CC Wimbledon, SW19, ST 3pm		Plce, Llanishen, Cardiff CF4 2JR
	February		31 Dec	Nos Galan 4.25, ST 23.45 GR1, Ef £5, B Baldwin MBE
	2 March	Blackheath H. CC Champs, W. Wickham, ST 2.30		9 Campbell Ter. Mountain Ash. M Glam
		SCVAC 5th & Final CC League, Croydon, ST 2pm		
	2 June	SCVAC T & F Champs		SCOTLAND
		B = 2.490000 (1958b)	25 Nov	5M CC, Huntershill, Auchinairn, Bishopbriggs ST 2pm
	2.44234	SOUTHWEST		
	3 March	Bradninch Guildhall Chase, 5.4 CC, GR2, ST.11.15, EF	2.31	NORTHERN IRELAND
		£2.50 D Pressley, 22 High St. Bradninch, Exeter, (Payee	3 Nov	2' miles CC Comber Cup League, Male & Female
		SW Road Runner)	17 Nov	5 Miles CC McConnel Shield, Ballyclare
		AUDI ANDO	8 Dec	10K Road Race, Seely Cup, Ormeau Park
	MCAAT	MIDLANDS	1991 5 Jan	3 miles CC Man 21 miles Woman Mullyels
	8 Dec	door Promotions, RAF Cosford Vet Mens 1500m, CD 20/11	12 Jan	3 miles CC Men, 2' miles Women, Mallusk 2 miles CC Miskimmon Cup, Ballyclare
	8 Dec 26 Jan		12 Jan 19 Jan	3 Miles CC also Handicap, Vets Champs, Bangor
	26 Jan 23 Feb	Vet Men/Women 800m CD 12/1	19 Jan 16 Feb	2 miles CC also Handicap, Vets Champs, Bangor 2 miles CC also Handicap, Crawford Cup, Men/Women
	23 1'60	Vet Men/Women 200m CD 5/2.	10 1.60	Belvoir Pk.
		Details: SAE to MCAA Devonshire House, High Street, Deritend, Birmingham B12 0LP (021-773-163)	16 March	6 miles Road Race also Handicap, Conlig
	16 Dec	Christmas Handicap, Birchfield, ST 11.30 (See MV	TO MINICIL	o mines recourses and radialeap, comig
	10 000	Citioning Handrap, Discitled, 31 11:50 (See MV	1	

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

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

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.



Neil Griffin, M40 Shot and Discus

Answers to Quiz p4
1. Dick Beardsley. 2. In 1974 when Filbert Bayi
won. 3. Gary Cook, he ran 2nd leg. 4. Discus
thrower Nina Ponomaryeva was charged with shoplifting. 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 P Tancred 54.30, Norwich, 16.8.90 M40 Discus

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)recor M45 1500m K Sparks (USA), 3:59.24)1 Mile M50 100m Hurdles C Miller (USA), 14.84)1 Mile run L Presland (GB), 31:59.56 R Romain (USA), 52.52 E Keller (USA), 10:10.66 M50 10,000m M55 400m M75 2000m S/C

C Espy (USA), 14:22.44 B Fox (USA), 22.24 W McFadden (USA), 6.26 M80 2000m S/C M85 Discus M85 Javelin 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 P Clarke (USA), 1:40.45 W80 400m 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

W35 1 J.Beese 41.60 2 I.Morrison 18.26 W40 1 B.Terry 27.98 2 J.Rammell 25.84

2 J.Rammell 25.84 W45 1 K.Dawes 21.66

1 K.Dawes 21.66 W50 1 C.Graham 27.92 W55

W60 1 J.Ogden 22.18 W65 1 M.Wixey 13.94

W55 1 A.Williams 22.94 2 M.Grant-Stevens 20.28 3 B.Burton 13.04

Wes I M. Wizey 13.94 Javelin M40 Javelin M40 I M. Corden 42.67 2 J.Golder 35.89 3 J. Charlton 33.28, 4 G.Large 32.98 M41 J. M. Tumer 48.34 S. Brooks 39.18 3 B. Harrick 33.14 M50 I J. Webster 46.00 2 J.F. Rose 45.82 3 J.Fresbaum 36.64, 4 J. Driver 34.24 M55 I J. Philips 41.75 I Philips 41.

1 T.Henderson 24.20 M70

1 H.Karlsson 24.38 2 B.Metcalle 23.82

2 B.Motcafle 23.82 W35 1 V.Thompsen 31.44 W40 1 L.Tucker 22.78 2 J.Rammel 17.78 3 J.Hogg 16.88 W45 1 C.Morris 25.72 1 J.SMallwood 22.16 3 N.Crosis 21.10, 4 K.Dawes 20.56

W50 1 C.Graham 30.72 W55 1 A.Williams 34.10 2 M.Grant-Stevens I6.54

W60 1 J.Ogden 30.40 W65 1 M.Wixey 15.22

MSO 1 B.Gentleman 45.98 2 J.Webster 39.70 3 J.Freebairn 36.60 MSS M55 1 J.Caton-Mason 44.90 2 D.Birch 28.96

M60 1 J.Watson 40.54 2 B.Tyndail 28.40 3 W.Kearney 21.90

RESULTS · RESULTS · RESULTS

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

100m M40
1 G.McNeill 11.5
2 D.Pickering 11.8
3 P.Burns I.9, 4 R.Minling 11.9, 5 D.
O'Reilly 12.1, 6 M. Hermings 12.1, 7
S.Wies 124, 8 K.Gibson 12.8
M50
1 G.Sutton 11.7
2 W.Thomas 12.1
3 R.Austin 12.2, 4 S. Waton 12.8
M50

M50 1 J.Penwarden 12.2 2 C.Derrett 12.3 3 J.L. Soott 12.9, 4 J.Hurley 12.9, 5 A.Higton 13.4, 6 J.Driver 13.5, 7 J.Drakely 14.3

13.4, 6 J.Driver (3.5, 7 J.Drakely 14.3 M55 1 R.Taylor 12.2 2 D.Burton 12.3 3 A.Mellett 13.1, 4 B.Parnaby 13.4, 5 B.Arthur 14.9, 6 W.Russell 15.8, 7 K.Ficken 17.1, 8 C.Pauling 25.0 M60

I A Bowdier 13,8
2 F Cluyton 14.0
3 D.King 14.5, 4 S.Stein 15.3, 5
T-Henderson 16.3
M70
1 E Matthews 14.5
2 J.Lucas 15,0
3 W.Carrmen 15.4, 4 D.Philoox 15.4, 5
A Googan 15.7, 8 B. Metcalle 15.8
M75
I L. Watson 20.8
W/ss

1 A.Munro 13.4 2 I.Morrison 13.9 3 E.Morrison 14.2, 4 V.Thorrpson 14.3 W40

W40
1 J.Vernon 13.3
2 Y.Priestman 13.5
3 B.Blurton 13.6, 4 A.LePlongeon 13.8, 5
J.Brown k3.9, 6 L.Tucker 13.9, 7 J.Wills
14.0, 8 V.Doggett 14.7
W45

W50 I C Graham 15,2 2 M.Gallagher 18,2

W60 1 J.Ogden 15.0 2 F.Cross 19,8 Wes M.Wixey 17.0

W70 1 P.Taylor 19.3 W75 1 M.Williams 20.9[BR]

1 M. Prilinana 200m M40 1. B.Townley 24.1 2. P.Burns 24.5 3. S. Willes 24.9, 4 S.McCallum 25.5, 5 D. Tale 25.6, 6 K. Gibson 25.6, 7 W. Richmond 26.4, 8 B. Colile 28.4 4445

3 W. Thornas 24.3, 4 R. Austin 24.4, 5 B. Campbell 25.4, 6 S. Walton 25.8, 7 B. Charles 26.2

J.Hurley 27.7, 6 J.Draxety 29.4 M70 1 E. Matthews 30.1 2 J.Lucas 31.4 3 W.Carrnen 32.1, 4 B.Metcaife 33.3, 5 D.Philcox 33.9, 6 A.Coogan 34.4 1 A.Munro 27.1 2 C.Powell 27.1 3 I.Morrison 28.1, 4 E.Morrison 29.5

W45 1 P.McNab 29.6 2 K.Dawes 30.2 3 J.Towler 30.6, 4 C.Morris 31.0 W50 I J.Hulls 30.5 2 M.Wilmoth 35.9 3 M.Gallacher 38.3

W60 I J.Ogden 31.1 2 M.Shone 36.3 M.Wixev 35.9

W70 1 P.Taylor 42.6 400m M40 I P.Browne 51.7 17-Stowns 91,7 2 J.Charkton 53,5 3 D.O'Reilly 54,4, 4 P.Madden 54,7, 5 D.Taylor 54,8, 6 D.Tate 55,7, 7 P.Anthony 56,6, 8 D.Lowe 59,0 M45

M45
1 W.Thornas 52.9
2 J.Tresdwell 53.7
3 F.Auston 54.4 B.Campbell 54.8, 5
B.Smith 55.1, 6 S.Walton 56.7, 7 M.Balch 57.8
1 J.F. Ross 57.1
1 J.F. Ross 57.1
3 J.Baron 59.2, 4 A.H.Jigton 83.3
M55

D.Burton 58.5

2 M.Fox 59.3 3 B.Parnaby 59.3, 4 G.Feast 62.2, 5 K.Whitaker 62.5

E.Matthews 70.8

2 G. Matrier St. 9 3 G. Adamson 62.4, 4 A.Munro 63.0, 5 1.Morrison 67.0 W40 1 B. Bluton 59.4

1 8. Blurton 59,4 2 J.Hogg 66.8 3 L.Tucker 71.1, 4 V.Doggett 74.6 W45 1 K.Dawes 65.3 2 G. Rickard 65.5 3 J.Towler 69.6, 4 L.Hornsey 70.2

3 J. Towler 69.6, 4 J.I W50 1 G. Plater 67.9 2 M. Robertson 72.5 3 M. Wilmoth 84.2 W60 I M. Shone 84.1 800m

1 H.Minting 2:01.5 2 P.Molfoy 2:01.9 3 D.Spencer 2:02.7, 4 M.Watson 2:09.7, 5 P.Madden 2:08.0, 6 B.Mundy 2:12.2, 7 W.Richmond 2:15.0, 8 R.Gray 2:21.5, 9 J.Chartton 2:28.7

J.Chariton 2:28.7
M45

1 J.Potis 2:00.6

2 J.Treadwell 2:01.4

3 B.Smith 2:03.5, 4 T.Allardyce 2:05.9, 5

R.Kirkon 2:05.5, 6 M.Balch 2:00.8, 7

B.McKay 2:11.3, 8 D.Haynes 2:22.3, 9
J.Robinson 2:22.5
M50

1 B.Bartholomew 2:10.2

2 S.James 2:12.5

3 D.Frampton 2:13.4, 4 R.Checkley 2:15.2, 5.L.Parrott 2:16.4, 6 A.Oliver 2:22.4
M55

1 L.Evans 2:11.3

3 M.Fox 2:13.7, 4 S.Wilde 2:18.8
M60

M60 1 S.Sonerson 2:29,5 2 R.Maxwell 2:32.7 3 E.Dunster 2:39.6 3 E. Dunster 2:39.6 M65 1 H. Tempan 2:21 2 J. Todd 2:34.4 3 T. Joynson 2:47.9 M70 1 E. Obree 2:38.6 M75

M75 1 D.Morrison 2:57.1 W35 1 C.Powell 2:14.5 2 C.Marler 2:18.9

2 C.Marfer 218.9 3 K.Dowson 224.1, 4 G.Adamson 224.1, 5 M.Balch 227.7 W40 1 P.Gallagher 2:17,1 2 J.Hoog 226.0 2 K.Yower 2:26.7 3 G.Rickard 2:33.8, 4 I.Hornsey 2:35.9, 5 Mally 2:36.1 W50 1 G.Pister 2:35.2 (BR)

2 M.Singleton 2:35.6 3 B Matley 2:45.6, 4 D.McLennan 3:17.7 W60 1 J.Ross 2:57.2 [8R] 2 M.Shone 3:08

H.Morans-M45 1.J.Potts 4:03.0 2.S.Warzee 4:04.9 3.D.Vaughan 4:06.8, 4.R.Kirlson 4:30.6, 5 B.McKay 4:32.4, 6.S.Yates 4:39.2,7 J.Robinson 5:03.3

1 B.Bartholomew 4-27-3 2 K.Summersgill 4-32-2 3 R.Checkley 4-36.4, 4 G.Harrold 4-36.4, 5. L.Parrolt 4-40.4, 6 M. Turner 4-41.6, 7 H.Mucharmore 4-43.9 Model 1 Barnes 4-29.0

1 I.Barres 4-28.0 2 L.Evans 4-37.0 3 S.Wilde 4-35.6, 4 B. Ramage 4-52.7, 5 A.Prouse 5-58.0, 6 J. Betney 5-23.9 M60 15 Lawston 5-58.8 2 S. Sonerson 5-17.8 3 G.Brindley 5-18.9 M65

M65 1 H. Tempan 4:46.5 2 J. Todd 5:14.5 3 T.Joynson 5:40.2 M70 1 E.Obree 5:30.5 2 D.Blyth 7:00.9 W35

2 D.Blytin 7337.8 W35 1 K.Dowson 4:53.7 2 H.Emery 5:35.4 3 J.Jones 5:51.8 W40 1 P.Gallagher 4:52.7

1 P.Galsagher 4:52.7
2 C.Brownsey 6:02,7
W45
1 J.Jap 4:56.9
2 E.Statham 4:58.8
3 K.Yewer 5:07.3, 4 LHornsey 5:18.2, 5
A.Naly 5:26.2
W50
1 B.Mailley 5:31.2
2 M.Singleton 5:52.4
3 M.Robertson 5:54.8
5000m
M40
1 P.Banks IS:01.2
2 B.Emerson 15:04.2

t P.Banks 15:01.2 2 B Emeron 15:04.2 3 R.Church 15:07, 4 G.Meredith 15:09, 5 J.Fry 15:28.7, 6J.Dingwall 15:33, 7 L.Emery 15:35.2, 8 R.Smith 15:39, 9 C.Martin 16:03.9,

10 J.Christie I6:IL2, II T.Langley I6:16:1, 12 A.Bradshaw I6:17.1, 13 Z.Bankowski I6:22.1, 14 W.Mitchell I6:25.9, 15 K.Hogg I6:49.7 M45

M45 1.S. Warzee | 5:41.5 2 M. Duff | 5:44.1 3 D. Littlewood | 6:26.3, 4.M. Edwards M. Price | 7:01.3, 6 8. Purvis | 7:08, 7 P. Woodham | 19:48.2

M50 J. K.Summersgill 16:28.4 2 G.Harruld 16:43.0 3 D.Fraser 17:03.8, 4 H.Muckamore 17:19.8, 5 M.Turner 17:27.8, 6 S.Molfat 19:01.9

MS5
1 E. Richardson 18:50,4
2 H. Rankine 17:20,9
3 E. Applioby 17:27.8,4
8 B. Ramage 18:23,5
4 Gilston 18:25,1,6
1 J. Brothers 18:29,8,7
4 Prouse 18:57,0,8
1 J. Betney 19:46,3,9
1 J. Oross 23:36,5
M60
1 W. Marshall 17:45,4
2 L. Forster 18:18,8
3 D. Linton 18:22,5,4
3 R. Franklin 19:03,2,5
3 S. Lawson 19:08,7,6
3 A. Walsham 19:23,2,7
J. Elphinstone 19:34,2
M65

M65 1 T.Joynson 20:28.2 M70 1 B.Brierley 20:47.9 2 R.Creese 21:10.7 3 D.Blyth 25:21.6

M75 1 D.Morrison 22:23.6 M80 W.Chapman 27:57.1

W35

1 J.Barrus 18:05:5

2 H.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.Cushen 25:26.8

W50 1 P.Jones 21:29,7 2 D.McLennan 25:55.4 W60

2 D.MoLennan 25: **W60** 1 J.Ross 21:55.6 2 B.Foster 23:39.8 W65 1 J.Waller 23:55.1 10,000m

M40
1P.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
32:14.8, 7 K.Piks 32:48.3, 8 D.Hart 32:55.8,
9 J.Fry 330.9, 1 0 D.Faithrass 33:21.7, 11
J.Christie 33:52.2, 12 P.McGregor 34:07.6
M45

1 E. Hichardson 34:13.7 2 E. Appleby 35:12.8 3 H. Gibson 37:17.0, 4 H.Morrison 37:41.6, 5 J.Brothers 38:12.9, 6 J.Dietrichsen 46:12.4

46:12.4
M80
1 W.Marshall 36:07.8
2 L.Forster 38:12.3
3 D.Linton 38:18.0, 4 R.Franklin 39:12.8, 5
H.Foord 39:28.1, 6 R.Drew 39:59.4, 7
A.Walsham 40:41.0
M85

M65 1 T.Joynson 41:28.9 2 D.Anderson 44:59.8 3 J.Geddes 53:11.8

M80 1 W.Chapman 58:34.2

W35 1 W,Cole 43:14.9 W40 1 J,Stevenson 36:25 2 K,Bowler 39:25.9 3 S,Cawkwell 39:54

W45 1 E.Statham 38:43.9 2 B.Cushen 53:19.8 W50

c d.cusnen 53:19.8 W50 1,P_Jones 45:17.1 W65 1 J.Waller 46:41.1 3000m Walk M40 1 R.Care 12:54.2 M45 1 P.Hannell 13:39.5 2 A.Smallwood 14:31.7 3 D.Young 14:41.2 4 W.Lawrence 16:57.0 1 D.Stevens 14:38.1 M55 1 C. Stapleford 15:48.9

MS5 1 C.Stapleford 15:46.3 2 F.Dawson 15:49.0 3 J.Dunsford 16:48.8, 4 T.McManus 20:02.3 M60 1 P.North 15.52.0

M65 1 L.Creo 16:12.2 2 C.Colman 16:42.3 3 H.Harris 17:52.7 W35 1 C.Reader 15:35.2 1 C.Header 15:35.2 W40 1 S.Morrison 16:53.8 W45 1 S.Haynes 18:38.7 2 C.Lawrence 20:49.8

W60 1 M.Worth 17:00.1 5000m Walk M40 1 R.Care 23:10.1

2 D.Young 25:58.2 3 W.Lawrence 28:52.5

1 D.Stevens 25:55.3 2 J.Dunsford 28:38.3 M55 1 C.Stapleford 27:32.9 2 F.Dawson 27:40.2

M60 1 P.Worth 27:17.4 M65 M65 1 L.Creo 28:00.7 2 C.Colman 28:45.5 3 H.Harris 30:06.4 3000m Steeplechase M40

M40 J.Kennedy 9:49,5

3 D.Cairns 10:30.6 M45 1 F.Bush 11:05.1

1 F. Bush 11:05.1 M55 1 K.F.F.kol 16:10.9 2000m Steeplechase M80 1 S. Sonerson 8:35.5 [BR] 110m Hurdles M40 1 T. Wells 15.7 2 M. Corden 16.7 3 E.F.Regerald 17.4, 4 J.Elder 17.5 M45

3 E.Fitzgerald 17.4, M45 1 8.Ferguson 16.6 2 S.Brooks 18.0 100m Hurdles M50 1 J.Freebairn 18.1 2 J.Driver 19.6 M55 1 C.Shaho 15.8 2 J.Day 20.1 M60

M60 1 LSteedman 17.3 2 J.Cross 19.5 W35 1 LMorrison 19.3 2 C.Brown 19.5 30M Hurdles M70 1 W Carmen 16.5 2 D.Philcox 18.6 3 B.Metcalle 18.6 W40

W40 1 J.Vernon 12.1 2 J.Willis 12.3 3 V.Doggett 14.9 W45

W45 1 P.McNab 13.3 2 N.Cross 14.5 3 J.Charles 14.5 W50

W50 1 J.Hulls 14.6 400m Hurdles M40 1 T.Wells 58.6 2 J. Gelder 59.8 3 M.Corden 63.2 M45 1 W.The

M45
1 W.Thomas 60,9
2 F.Bush 62,8
3 S.Brooker 66.4, 4 B.Charles 66.5, 5
B.Ferguson 70,1
W40
1 J.Hogg 78.0
2 V.Doggert 84.2
300m Hurdles
M50
1 J.Ross 45.1
2 J.Baron 46.5
M55
1 J.Ross 45.1
2 J.Baron 46.5

2 J.Baron 46.5

1 C.Snafto 47.0

2 K.Fickan 50.0

3 K.Whitaker 51.3

M60

1 I.Steedman 50.8

M70

1 W.Carmen 59.7

High Jump

M40

1 E.Fitzgerald 1.78

2 M.Jarmes 1.73

3 S.Fitzpatrick 1.8, 4 R.Minting 1.53, 5

B.Colle 1.43

M45

1 B.Charles 1.38

M50

M50 1 J.Freebairn 1.53 2 A.Chapman 1.48 3 J.Driver 1.38

3 J.Driver 1.38 M55 1 C.Shafto 1.53 2 J.Oulton 1.33 3 J.Day 1.28 M60 1 .A.Woods 1.40 2 J.Cross 1.35

M65 1 G.Leete 1.4 W35 1 N.Thompson 1.55 2 V.Thompson 1.30

W40 1 A.LePlongeon 1.30 2 J.Hogg 1.25 W45

W45 1 J.Smallwood 1,40 2 J.Charles 1,25 3 C.Morris 1,20 Long Jump M40

M40

1 M.James 7.15

2 J.Charlton 6.11

3 J.Geider 5.75, 4 M.Corden 5.74, 5

S.Fitzpatrick 5.67, 6 R.Minting 5.61, 7
K.Gibson 5.60, 8 B.Colie 4.34

M45

M50 1 A.Chapman 5.11 2 J.Driver 4.97 M55 1 C.Shafto 5.45

2 D,Burton 5,49 2 D,Burton 5,49 3 R,Sykes 4,91, 4 J,Oulton 4,72, 5, J,Christie 4,15 M60 1 A,Woods 4,52

2 R.Laidier 4.14 3 J.Quantrell 4.12. 4 R.Clark 3.91, 5 B.Morrow 3.80 M65 1 G.Leete 4.79 [BR]

M70 1 E..Matthews 4.16 2 D.Philcox 3.83

2 D.Philcox 3.83 **W35** 1 V.Thompson 4.69 **W40** 1 J.Wills 5.03 2 A.LePlongeon 4.59 3 J.Rammell 4.23, 4 J.Hogg 4.16 **W45**

J.Charles 4.48 2 S.Wood 4.22

W50 C.Graham 4.23

1 C.Graham 4,23 W65 1 M.Wixey 3,40 Triple Jump M40 1 M.James I3,04 2 E.Fitzgerald 11,82 3 M.Corden 11,65, 4 J.Gelder 11,22, 5 D.Low 10,29, 6, 8, Collie 9,16 M50

M50 1 A.Chapman 10.28 2 J.Driver 10.20 3 W.Gentieman 9.55 M55

M55 1 J.Day 9.50 2 J.Phillips 9.47 3 T.McManus 8.03

M60 1 A.Kaliria 10.26 2 A.Woods 9.38 M65 1 G.Leete 10.09

M70 1 D.Philcox 8.29 [BR] 2 E.Mathews 8.23 3 W.Carmen 7.81

3 W.Carmen 7.81 W35 1 V.Thompson 9.35 W40 1 J.Hogg 8.45 2 J.Rammell 8.45 W45 1 J.Charles 8.98 W65 1 M Wixey 6.18 Pole Veult M40 1 E. Fitzgerald 3.70 2 M.Corden 9.50 3 S Fitzpatrick 3.50 M45

M45 1 G.Sutton 3,80

M50 1. J.Freebaim 2.50 M55 1 J.Day 2.90

M60 1 A.Woods 3,30 [BR] Shot Putt 1 A.Woods 3.30 (BR) Short Putt M40 1 N.Griffin 13.00 2 W.Renshaw 12.20 3 M.Corden 11.70, 4 T.Lalley 11.21, 5 J.Charlton 7.44 M45

M45 1 J.Scott 12.59 2 T.Roper 11.48 3 G.Leak 10.50, 4 J.How 9.93, 5 S.Brooks 9.81, 6 B.Harlick 7.68

MS0 1 J.Waltera 12.65 2 J.Fraebaim 12.48 3 M.Jones 11.53, 4 A.Chapman 10.10, 5 J.Driver 8.61

M55 1 D.Telford 11.77 2 R.Sykes 10.62 3 J.Caton-Mason 10.55, 4 I.Buckley 10.50, 5 A.Graham 5.85

M60 1 J.Watson 11.28 2 A.Woods 10.89 3 R.Laidler 9.26, 4 B.Tyndall 9.20, 5 S.Petty

2 V.Thompson 10.1 W40 18.Terry 10.52 2 J.Rammell 8.93 W45 1 P.McNab 8.55 2 N.Cross 7.49 W50 1 J.Hulls 8.59 W55

weo I J.Ogden 8,45

W75 1 M.Williams 4.82

1 A.Williams 8.96 2 M.Grant-Stevens 7.46

1 M. Williams 4.sc Discus M40 1 N. Griffen 42.62 2 W. Flenshaw 40.08 3 T. Lalley 38.29, 4 M. Corden 37.40 M45 1 G.Leak 35.48

S.Petry 29.06 M65 1 W.Jankins 27.96 2 W.Laing 27.20 3 T.Henderson 26.24, 4 J.Millar 25.69 M70 1 B.Metcaffe 26.88 2 H.Karisson 26.14

M65 1 W. Jankins 8.86 2 J. Millar 8.19 3 T. Henderson 7.98, 4 W. Laing 7.37 M70 1 B. Metcaffe 9.81 2 R. Spikes 8.01 W35 1. J. Beese 12.32 2 V. Thompson 10.89 W40

2 B. Iyonat 2.3.0
M65
M65
W Xeamey 21.90
M65
2 W Lising 27.40
X The Molection 16.34
M70
I R. Spikes 23.00
2 B. Molcafe 21.04
3 H. Karlsson 20.04
W35
J. Hardreson 20.04
W35
J. Harrison 20.04
W35
J. J. Besse 31.38 [BR]
2 C. Brown 29.38
W46
J. B. Terry 26.60
Z. Hammell 21.02
W45
J. Parmell 21.02
W45
J. Hammell 21.03
W56
J. W60
W60

W60 1 J.Ogden 17.46

VAC TRACK & FIELD
VAC TRACK & FIELD
VAC TRACK & FIELD CHAMPIONS August 12

August 12

100m

M40 1 I Northey(G) 13.0
2 S Fodsham 13.3,
M45 1 C Isett 13.4,
2 I Thorrepon 14.1
M50 1 B Gray 12.8
2 J McNarree 12.9, 3 R Bruck 12.9,
4 J Hurley 13.4, 5 A Carter 13.4,
8 A Sowden 14.8
M55 A Flavel 16.6
M60 1 W Guy 13.4
2 G Cheetham 14.0, 4 E Matravers 19.0
M55 1 L Brown 14.9,
4 J Swirton 15.4, 5 J Mason 15.5,
6 L Lillman 15.6, 7 S Srein 15.9
M70 1 B Mccarde 15.4.
200m

M70 1 B Metcalfe 15.4
200m
Women 1 R Allcock (W45) 29.6,
2 J Warren (W45) 22.8
M40 G Pope 25.4
M40 G Pope 25.4
M45 1 J Mellor 25.8
M45 1 J Mellor 25.8
2 C Isetts 27.0, 3 D Barrington 27.3,
4 I Thompson 28.2
M50 1 B Gray 25.5
2 J McNamee 25.6, 3 R Bruck 25.7,
4 A Carter 25.5, 5 J Hurley 26.7,
6 A Sowden 25.8
M55 1 G Feast 27.8, 2 P Field 28.2,
M60 1 W Gy 26.9
2 G Cheekhem 27.9, 3 E Matraivers 38.6
M65 1 D Cikeson 31.1
2 P Munn 31.9, 3 J Mason 32.2

IGLeak 35.48
2 S.Brooks 34.32
3 J.Howie 28.96, 4 T.Roper 27.36, 5
B.Hartick 27.16
MS0
1 J.Walters 39.02
2 J.Freebaim 37.06
3 J.Wright 33.50, 4 W.Gentlernan 32.52, 5
A.Chapman 32.24, 6 M.Jones 31,24
MS5
1 J.Caton-Mason 30.56
3 J.Buckley 26.34, 4 D.Telford 26.18, 5
J.Christe 16.20
MS0
1 J.Walson 42.22
2 R.Laidler 33.24
3 A.Woods 31.56, 4 G.Bridgeman 29.30, 5
SPetty 29.06
MS6

RESULTS · RESULTS · RESULTS · RESULTS ·

400m M40 1 D Hayward 57.7, M45 1 J Treadwell 54.0[CBP] 2 N Jackman 58.7, 3 D Sarrington 60.2, 4 C leets 62.4, 5 1 Thompson 63.4, 6 J Meller 64.2 M50 1 J McNamee 58,5 MSD 1.3 McNamee 65.5 2.8 Bruck 65.2 M55 1 G Feast 62.7, 2.J Hemming 68.6 W40 1.3 Warren 72.4 W50 A Prowse 72.2 (CBP) M65 1. Brown 69.7 2.8 Nidsen 70.6, 3.D Dickson 72.8, M75 A Southwell 99.2 800m 800m W40 1 A Nally(G) 2:47.0 wwo 1 A valay(s) 247.0 2 J Warsen 2424(EBP), 3 S Graftweel 244.8, W50 A Prowse 245.9 M40 1 G Littaur(G) 270.0(CBP), 0 D Hayward 204.9, M45 1 Treadwell 2014(CBP), 2 S Corti 209, M50 1 J McMarme 215.8 2 F Frewin 222.8, 3 J Volce 223.7, 4 M Doogan 224.2, 5 R Jeans 229.3 M50 1 J Forster 227.3 G Birdidy 246.9, M55 B Nielsen 235.7(CBP) M75 1 A Southweel 338.1, 2 L Rols 455.4 2 L. Rolls 4:55,4 1500m M40-55 1 B. Cane 4:27.3 2 J. McGlbr/ray 4:29.9, 3 J. Brown 4:43.6, 7 R. Stewart 4:52, M45 1 J. Sheldrake 4:30.4, 2 DCF Williams 4:38.2, 2 W van Gennip 4:54.5, 3 R. Marent 4:58.1, 4 M. Doogan 5:00.2, 5 J. Volice 5:10.7, M55 1 L. O'Hara 4:39.8, 2 Lieth 5:17.9, 4 B. Griffinis 5:37, 2 Lieth 5:17.9, 4 B. Criffiths 5:32, J J Leith 5:17.9, 4 B Criffiths 5:32, W40 1 S Cawkwell 5:28.6[CBP] W50 A Prowse 5:39.2 [CBP] W55 B Norrish 6:50.5, 2 M60 1 G Brindley S:31.7, 2 M McDowell 8:00.4. M65 B Nielsen 5:32.1 M70 E Flowers 6:14.4 M75 1 A Southwell 7:34.5, 2 L Rols 8:50.2, 3 J Chaventre 9:16.7 5,000m M40-50 1 P Finch 16:34. 2 L. Rois 8:50.2, 3 J. Chaventre 9:16.7 5,000m M40-50
1 P. Finch 16:34
2 L. Lyons 16:38, 23 DS Williams 17:01, 4 S. Herington 17:08, 5 F. Thormason 18:48, 6 M. Perkins(G) 21:10
M45:1 A Stone 17:23, 2 JB Lloyd 17:32, 3 K. Spiers 18:50, M50:1 R. Jaans 17:30, 2 T. Ryan 17:40, 3 D. Coward 17:43, 4 D. Button 20:22, 5 C. Collins 20:41, 6 A. Charman 22:27,8
M50:1 R. Jeans 17:30, 3 D. Coward 17:43, 4 D. Button 20:22, 5 C. Collins 20:41, 6 A. Charman 22:27,8
M50:1 L. Fontier 18:43, 3, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 3, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 3, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 2 R. Belmore 19:31, 5, 3 G. Brindly 20:40, 1 L. Fontier 18:43, 2 R. Belmore 19:41, 1 L. Fontier 18:43, 2 R. Belmore 19:41, 1 L. Fontier 18:43, 3 R. Belmore 19:41, 1 L. Fontier 18:44, 3 R. Belmore 19:41, 1 L. Fontier 18:44 rudrales MoS 100H

1 F Field 18.3(GBP)

2 A Carter 19.2, 3 C Knowles 19.8

Long Jump

M40 I Northey(G) 5.55, M50 A Carter 4.4.1,

M55 T Quintan(G) 4.28, 2 C Knowles 4.21,

M50 E Matravers 3.05

M55 1 E Brown 4.15, 2 J Swinton 4.10,

3 P Munn 4.01 W55 H Knowles 2.66 M40 F Thomason 1.18. M40 F Thomason 1.18. M45 J Treadwell 1.40, M50 A Carter 1.27. M55 C Knowles 1.30 M65 J Swinton 1.11 Med 3 Swinter 111
M40 F Thomason 6.71
M40 F Thomason 6.71
W45 R Allcock 8.84, J Eldridge(LG) 6.43.
M Hobrough(G) 30.58
M70 B Metcatle 9.69
Javatin Javalin
M40 Thomason 15,78
M45 1 Curtin 28,20, 2 Harlick 34,66
M45 1 Swinton 24,34, 2 Brenotite 22,26
M55 1 Swinton 24,34, 2 Brenotite 22,26
M55 1 Swinton 24,54, 2 Brenotite 22,26
M40 Thomason 15,84
M45 1 Curtin 29,00, 2 Harlick 27,44
M55 1 Swinton 21,96, 2 Brenotite 21,60
M55 1 Swinton 21,96, 2 Brenotite 21,60
M70 Metcalfe 21,52 J Etiridge(LG)
20,42, Holbrough(G) 30,58

Hammer M40 Thomason 13.28 M45 1 Curtin 31.46, 2 Harlick 20.22 M65 Swinton 24.34 M70 Metcalfe 21.32

SOUTH WEST VAC TRACK & FIELD CHAMPIONSHIPS, SOUTHAMPTON JUNE 17 100M M40 15 Wies 12.J.1422 R.Minling 12.4.1423 S.M.Callum 12.6, 4 & Robinson 12.6.154 R. Faulkner 13.5, 6 K. Stone 14.J M451421 R. Austin 12.3,1422 C. Toole

M501421 R.Woodland-Hagmik 13.2.1422 D.Whitton 13.6 M551421 J.Peaty 14.3,1422 C.Sheppard M/01421.J.P/III.027.16.2 W401421 J.Wilis 14.0,1422 A.L.e.Plongeon 14.0, 1423 S.Keating 15.7 W45 1 E.Stagg 14.3, 2 K.Dodd 15.4 W50 1 C.Derrien 16,5 W55 1 M.Wixsy 17.2

W85 1 M.Wixey 17.2
200m
M40 1 S.Wises 24.5, 2 R.Mintling 24.6, 3
5.McCallum 25.8, 4 K.Stone 28.3
M46 1 R. Austin 24.6, 2 C. Toole 64.1, 3
6.Clements 26.8, 4 M.Jeut 39.1
M56 1 W.Davies 31.0
M56 1 W.Davies 31.0
M70 1 W.Kuy 30.6, 2 D.Philcox 35.1
M70 1 W.Kuy 30.6, 2 D.Philcox 35.1
W30 1 M.Surpinis 29.9
W40 1 A.Le Plongeon 28.6
W40 1 A.Le Plongeon 28.6
400m

W45 1 E. Stagg 29.5, 2 K. Dodd 33.1 M40 1 R. Mirding S2.1, 2 A. Robinson 54.3, 3 J. Birchiey 57.4, 8 L. McDonald 57.6, 5 B. Mundy S8.6, 6 C. Arch 61.0 M45 1 R. Austin 55.9, 2 S. Cord 57.7 M50 1 F. Coles 56.6, 2 C. Crieg 59.9 M60 1 R. Nuttail 74.5 M65 1 S. Monor 710 W35 1 B. Lock 64.6, 2 C. Jones 69.9 800m

MMO 1 F. Court 27.5 2 College 215.2, 3 MMO 1 C. Thromas 205.3, 2 A. Rebinson 205.7, 3 M. Cockwill 208.2, 4 B.Mundy 205.5, 5 L.Bitchiey 21.5, 6 R.McDonald 205.5, 7 L.Dock 22.75, 8 M. Smith 25.8, MMS 1 F. Sawkinsige 213.0, 2 J. Robinson MMS 1 F. College 27.5, 2 C. Clegg 215.2, 3 D. Bucke 22.15, Was 1 B. Lock 22.7, 7, 2 C. Jones 2.37.5 Was 1 B. Lock 2:27.7, 2 C. Jones 2.37.5

1500m M40 1 C.Thomas 4:23.2, 2 E.Trezona-Phillips 4:33.9, 3 M.Cockwill 4:39.I, 4 M.Hetherington 4:43.6, 5 M.Cleary 5:01

5:01.1 M45 1 P.Sawbridge 4:27.2, 2 J.Robinson 5:03.5, 3 C.Jager 5:0.5 M50 1 D.Bucke 4:5/.9 M55 1 J.Rhoden 5:50.0 3000m M40 1 E.Trezona-Phillips 9:45 I. 2 N.Gibbs

9:50,6 M45 1 P.Sawbridge 9:2L2 M50 1 P.Mernattry 9:56.1, 2 T.Gochrane 9:59.3

9:59:3 5000m M40 1 P.Dornan 16:25.5, 2 M.Smith I7:27.2, 3 D.Willson I8:345.3 M50 1 R.Churcher 16:20.4 M50 1 R.Churcher 16:20.4 M50 1 R.Belmore 9:48.4, 2 R.Fry 21:49.1 W35 1 W.Choye 12:64 10,000m M40 1 G.Jones 33:20.2, 2 P.Dornan 34:03.8 M45 1 G.Edwards 45:26.5

34.03.8 M45 1 G.Edwards 45:26.5 M50 1 R.Jeans 35:56.3 W35 1 Z.Marchant 35:52.I, 2 W.Cole

M40 1 T.Lewis 17.8 300mH M70 1 D.Philcox 66.4

400mH M40 1 T.Lewis 63.9, 2 S.Corti 66.7 3000m Welk M40 1 S.Maidment 14:27.9, 2 P.Rod I5:02.1 M45 1 W.Lawrence 17:08.4, 2 M.Butler

17:50.4 M50 1 C.Dunn I5:19.9 M55 1 J.Short 17:25.0 M70 1 R.Hillier I7:42.9 W40 1 D.Butler I9:03.2, 2 R.Chappell. 20:415 20:41.5 W45 1 C.Lawrence 20:52.7

5000m Walk M40 1 S.Maldment 24:3.2, 2 P.Rod 26:15.6 M45 1 W.Lawrence 28:47.3 M50 1 E.Shillabeer 23:58.6, 2 C.Dunn

M65 1 H.Harris 29:10.9 M70 1 R.Hillier 30:33.4 W40 1 D.Butler 32:48.5 W45 1 C.Lawrence 35:43.6

W45 1 C.Lawrence 35:43.6 High Jump M40 1 T.Lewis L50, 2 A.Faulkner I.30 M45 1 B.Clements L35 Long Jump M45 1 A.Cheers 5.42, 2 B.Clements 5.14, 3 C.Tooze 5.03

M45 1 A.Cheeris D.Ac., as C.Tooze 5.03 M50 1 D.Whitton 4.73 M70 1 D.Phitton 3.65 W35 1 M.Darriels 5.01 W40 1 J.Wills 4.00.2 A.Le Plongeon 4.57, 3 S.Koatting 3.80 W55 1 K.Dodd 3.70 W50 1 C.Dorrien 3.48 W65 1 M.Wisey 3.24

W65 1 M. Wixey 3.24
Triple Jump
M40 1 A.Faulkner (0.08
M45 1 A.Clements (2.06, 2.8 Loten II.22
M55 1 J.Philips 9.74, 2 A.Carter 9.08
M55 1 J.Philips 9.74
M75 1 D.Philips 7.88
W65 1 M. Wixey 6.54
Pole Vesult
M40 1 T.Lowis 3.80
M45 1 B.Loten 3.00
Hammer
M40 3 M. 1

Hammer M40 1 M. Mayo 26.60 M45 1 P. Joffrice 27.38 M70 1 R. Spilkes 21.98, 2 L. Byrne 20.60 W40 1 B. Terry 26.04, 2 R.Chappell 17.80, 3 Y. Mileo 12.34

Y.Mileo I2.34 Javellin M.Moyse 43.72, 2 T.Lewis 37.84 M40 1 M.Tumer 47.88, 2 B.Clerrents 33.28 W50 1 C.Derrien 19.72 W55 1 M.Wixey H.72

M55 1 P.Oakeshott ID.22 M70 1 R.Spiles 8.09 W35 1 B.Catter I2.75 W30 1 B.Terry 8.03, 2 S. Keating 7.28 W30 1 C.Derrien 6.90 Discus M40 1 M.Mer-

M.Mayo 35.66, 2 A.Faulkner 23.44 P.Jeffries 30.4, 2 B.Clements 26.48

M40 1 M. Mayo 35.60, 2 A.Faulkner 23.44
M45 1 P. Jeffrios 30.M., 2 B.Clements 28.48
M45 1 P. Jeffrios 30.M., 2 B.Clements 28.48
M45 1 R. Spikes 21.26, 2 D.Philicox 20.82
W40 1 R. Spikes 21.26, 2 D.Philicox 20.82
W40 1 B. Terry 27.36, 2 S. Keating 15.54
W40 1 B. Terry 27.36, 2 S. Keating 15.54
W40 1 B. Terry 27.36, 2 S. Keating 15.54
W40 1 T. Lewis 25.8, 2 A.Faulkner 27.6
M45 1 B.Clements 26.6, 2 B.Loten 27.5, 3
C.D. Startey 30.7
M45 1 T. Lewis 50.4, 2 A.Faulkner 516.5
M45 1 B.Clements 50.4, 2 A.Faulkner 516.5
M45 1 B.Clements 50.1, 2 B.Loten 525.3
M45 1 B.Clements 520.1, 2 B.Loten 525.3
M45 1 B.Loten 29.32, 2 B.Clements 27.24
M40 1 T. Lewis 54.2, 2 A.Faulkner 4.87
M45 1 B.Loten 5.45, 2 B.Clements 57.44
M45 1 B.Loten 5.45, 2 B.Clements 57.44
M45 1 B.Loten 37.44
M40 1 T. Lewis 9.76, 4 2 A.Faulkner 4.87
M45 1 B.Loten 38.65, 2 B.Clements 33.28
M45 1 B.Loten 38.65, 2 B.Clements 33.28
M45 1 B.Loten 38.65, 2 B.Clements 33.28
M45 1 B.Loten 38.65, 2 B.Clements

2234.04 M45 1 B.Loten 30l6.34, 2 B.Clements 2963.68 **M55** I J.Phillips 3302.56

SCOTTISH VETERANS TRACK AND RELD CHAMPIONSHIPS, COATBRIDGE, June 24

June 24

100m

M40 1 M. Hermings 11.9, 2 D.O'Reilly 12.0, 3 K.Gibson 12.0, 4 R. Skene 12.3, 5 D.Linw 12.6, 6 R.Beshon 12.0, 7 K.Birown 12.6, 8 R.Beshon 12.7, 7 K.Birown 12.6, 8 R.Coille 14.0, Coalles 13.9, 4 G.Casley 14.4

M50 1 J.Lomie 12.4, F.CBPT, 2 J.F. Ross 12.7, 3 J. Exotot 12.8, 4 A. Johnson 13.3, 5 G.McDonald 13.4, 6 R. Watson 15.5

M. MSD 1 J.Lomie 12.4, F.CBPT, 2 J.F. Ross 12.7, 3 J.L. Scott 12.8, 4 A. Johnson 13.3, 5 G.McDonald 13.4, 6 R. Watson 15.5

M. MSD 1 K. J. Rose 14.5, 6 J. Christia 14.7, 5 W. Russell 14.9, 6 J. Christia 14.9, 7 P. Thomson 15.0, P. Taryor DNF M65 1 A. Bowderi 13.7, CBPT, 2 D.King 14.4, 3 J. Addams 14.9, 4 J. Swinton 15.J. M70 1 A. Coogan 15.6

W35 1 K. Munro 13.1 [CGBP], 2 I. Morrison 13.3, 3 J. Johnson 13.4, 4 E. Morrison 13.3, 3 S. Johnson 13.4, 4 E. Morrison 13.7, W40 1 J. Rammell (CBP), 2 C. Geddes 14.9

W45 1 C. Scatter 14.3 [-CBP], 2 C. Geddes 14.9

W45 1 C. Scatter 14.3 [-CBP], 2 S. Wood 14.7, 3 P. Spence 14.7

200m M40 1 D.O'Reilly 24.5, 2 M.Hemmings 24.5, 3 A.Stirling 25.2, 4 K.Gibson 25.3, 5 R.Skene 26.5, 6 R.Botton 26.6, 7 J.Willis 28.3. 8 B. Collie 28.9 M45 1 J. Sleed 25.0, 2 J.B. Sloan 26.8 M50 1 J.Lornie 25.8, 2 J.L. Scott 26.2, 3 J.F. Ross 26.4, 4 A. Johnston 27.2, 5

21.9, 6 W. Russell 36.8 M70 1 A. Coogan 30.9 W35 1 A. Munor 27.5, 2 I. Morrison 28.6, 3 E. Morrison 29.9 W461 C. Gadden 31 8, 2 J. Rammell 32.8 W45 1 C. Scarles 30.3, 2 P. Spence 31.0, 3 S. Wood 32.5 W50 1 M. Wilmoth 38.8, 2 M. Gallacher 40.1

W90 1 M. Wilmoth 38.8, 2 M. Gallacher 40.1 400m M40 1 D.O'Reilly 54.8, 2 D.Low 55.7, 3 M.Hemmings 61.3 M50 1 J. Steede 57.2 M50 1 J. F. Ross 58.4, 2 A.Johnston 62.3 M55 1 H. Flotcher 64.9, 2 W. Russell 66.6, 3 C. Stewart 67.2, 4 P. Thompson 67.3, 5 F. Gallacher 7, 2 L. Morrison 68.9 W40 1 C. Gaddes 76.1 W50 1 M. Robertson 72.5 (~CBP) 800m M40 1 L. Stark 2:10.1, 2 J. McFarlane 2:10.7, 3 A.McSoorran 2:12.0

M40 1 LStark 2:10.1, 2 J.McFarlane 2:10.7, 3 A.McSporran 2:12.0 M45 1 R.Kirton 2:12.6, 2 W.McCann 2:13.8 M59 1 H.Muchamore 2:27.7 M55 1 F.Cowan 2:28.9, 2 W.Russell 2:29.6, 3 P.Thompson 2:30.7, 4 H.Mortison 2:31.2, 5 H.Fletcher 2:39.9, 6 A.Cleary 2:50.4

M69 1 E.Dunster 2:37.5 M75 1 D.Morrison 3:02.4 W40 1 J.Hogg 2:40.5 W50 1 M.Wilmoth 3:26.6 W55 1 M.Moore 3:27.2

W55 1 M.Moore stace; a 1500m M40 1 J.Christie 4:22.3, 2 I.Stark 4:40.9, 3 AM6Sporran 4:44.9 M45 1 R.Young 4:27.3, 2 P.Cartwright 4:34.4, 3 R.Kiron 4:50.2, 4 A.Edgar 5:02.3 M501 A.Muchamore 5:03.6 M55 1 H.Moorison 5:03.8, 2 H.Gibson 5:28.4, 3 A.Cleary 5:49.1, 4 P.Thormpson 4:761.1

6:06.1 M60 1 S.Lawson 5:21.0, 2 E.Dunster 5:27.2 M80 1 J.E.Farrell 6:45.2 W45 1 E.McMillan 6:21.3 5000m

Web 1: "McMalan 6:21.3 5000m Me0 1 C; Youngson 15:26.8; 2 W.Mitchell 15:01.1, 3 P.McGregor 16:04.1, 42.Bankowski 16:12.8, 5 J.Christie 18:29.7, 6 D.Coney 16:40.3 Me5 1 H; Young 16:00.8 (CBP), 2 3.McMonagle 19:22.8, 3 B.Puris 16:51.8 MSO 1 D)Fraser 17:25.9, 2 H.Muchamore 18:37.5, 3 S.A.Moffel 18:22.3 MS5 1 H.Morison 16:19.1, 2 H.Gibson 19:00.2, 3 A.P.Duose 19:12.4 M60 1 W.Marshall 17:52.8, 2 S.Lawson 19:32.3, 3 P.Lingston 20:37.5 WS5 1 M.Moore 23:09.8 3000m

3000m W45 1 E.McMilian 13.11.3 [CBP] W50 1 M.Robertson 12:23.0 [CBP] 100m Hurdles M60 1 i.Steedman 17.4 W35 1 C.Brown 20.3 [CBP], 2 S.Johnson

20.6 110m Hurdlee M40 1 E.Fitzgerald 17.1, 2 J.Gelder 19.5 300m Hurdlee M50 1 K. Rance 50,4 M60 1 I.Steedman 4.9 400m Hurdlee M40 1 J.Geider 62.1, 2 D.Caims 65.9 W40 1 J.4 Hogg 75.5 [CBP]

W40 1 J-Hogg 75.5 (CBP)
High Jump
M40 1 E-Fizgerald 1.65, 2 B.Collie 1.30
M45 1 A. Dingwall 1.45
M50 1 J-Freebaim 1.50
M55 1 A. Graham L00
M65 1 J. Swinton 1.05
W35 1 N. Thompson 1.50
Pole Vault
M40 1 E-Fizgerald 3.50
M55 1 B.Ford 2.70
M55 1 B.Ford 2.70
Long Jump

Long Jump M40 1 E,Fitzgerald 5.73, 2 J,Gelder 5.41, 3 K,Gibson 5.18

K.Gibson 5.18 M45 1 A.Dingwall 5.02 M501 J.Lomie 4.95, 2 K.Rance 4.17 M55 1 R.Syles 4.47, 2 J.Christie 3.83, 3 A.Graham 3.59 M65 1 J.Swinton 3.77

J-Hogg 3.82 Triple Jump M40 1 E-Fitzgerald 11.59, 2 J.Gelder 10.76, 3 D.Low 10.41, 4 B.Collie 9.09 M45 1 A.Dingwall 9.84 M50 1 G.McDonald 10.36, 2 W.Gentleman

9.57 M55 1 P.Thompson 9.14, 2 A.Graham 6.94 M65 1 J.Swinton 7.04 W35 1 C.Brown 8.05, 2 E.Kennedy 7.03

Hammer M50 1 W.Gentleman 43.36, 2 J.Freebalm 35.34, 3 K.Rance 35.10 M65 1 W.Laing 28.76 W35 1 C.Brown 24.76 [CBP], 2 M.Ingram 19.02

Shot Putt M40 1 D.I.Sales 10.87 M45 1 A.Dingwall 10.62, 2 J.B.Sloan 8.98, 3 J.Howie 8.01 M50 1 J.Freebairn 12.14, 2 W.Gentleman

9.61 MS5 1 R.Sykes 10.14 [CBP], 2 P.Thompson 6.20, 3 A.Graham 5.70 MS5 1 J.Milar 7.76 [CBP], 2 W.Laing 6.84 W35 1 M.Ingram 8.72, 2 S.Johnston 7.49 W46 1 J.Hammell 8.79 [CBP] W45 1 P.Spence 6.73, 2 C.Scarles 5.27

W49 1 P. Openson

M40 1 D.I.Sales 27.82

M45 1 G.Taylor 26.34, 2 J.Howie 26.20, 3

J.B. Sloan 25.00

M50 1 J.Freebaim 37.02, 2 W.Gentleman
32.84, 3 K.Rance 23.04, 4 G.McDonald

3C-99, 3 N. Flatte 2000, 2 J. Christie 19,80 J. A. Graham 13,78 M60 1 W. Kearney 20,74 M65 1 W. Laing 28,36 (CBP), 2 J. Swinton 24,88, 3 J. Millat 23,06 E. Kornedy 15,39 E. Kornedy 15,39 E. Kornedy 15,39 W40 1 J. Rammell 20,46 (CBP) W45 1 P. Spence 17,30

NORTHEAST VAC TRACK & FIELD CHAMPIONSHIPS, JARROW, June

CRAMPIONISHIPS, JARRICHY, JUNE 30 100m M40 1 G.McNeill II.7 (CBP), 2.8 Briggs 12.5, 3.0 Crate 12.5, 4 R.Simpson 12.6, 5 R.McKsy 13.1, 6 R.Brichenton 13.7 R.McKsy 13.1, 6 R.Brichenton 13.7 R.McKsy 13.1, 6 R.Brichenton 13.7 R.McKsy 13.1, 5 R.Brichenton 13.7 R.McSon 19.1, 2 R.Bricken 13.3, 3 Thompson 13.5, 2 J.Melville 15.3, 3 R.Bricken 13.5, 2 J.Melville 15.3, 3 R.Lawrick 15, 8 M60 1 R.Brook 14.0, 2 R.Brown 14.8, 3 Al-bosis 14.9, 2

M60 1 H.Brook 14.0, 2 F A.Hosle 14.9 M65 T.Henderson 15.0 M70 1 J.Lucas 15.0 W45 1 C.Seneult 16.0 200m

200m M40

1 = R.Friggs 25.5, D.Taie 25.5, 3

R.Simpson 25.6, 4 R.McKay 26.0, 5

A.Gardner 26.7, 6 J.Peacock 27.5, 7

G.Urron 22.6

M45 1 J.B.Steede 26.5, 2 D.Maxwell 25.6, 3

A.Seede 25.6, 4 G.Armstrong 20.5, 5

F.Strand 32.1

M50 1 P.Per 25.9, 2 J.Scott 26.5, 3

G.Smith 28.7

W90 1 M.Avery 35.0
400m
M40 1 P.Page 55.4, 2 D.Tate 56.6, 3
R.Sirripson 57.3, 4 J.Loughtan 57.4, 5
R.McKay 57.7, 6 A.Gardner 58.0, 7 G.Ulron
62.1, 8 R.Parker 64.9
M45 1 J.B.Steede 55.2, 2 A.Ward 59.3, 3
R.Jurowsk 16.1, 9, 4 F.Strand 72.0
M50 1 R.Checkley 60.0, 2 A.Cliver 64.5, 3
T.Thorripson 66.2, 4 L.Waller 70.6
M55 1 B.Parnaby 56.9, 2 A.Clirinton 62.3, 3
R.Lavarick 67, 5, 4 J.Melylie 68.8
M60 1 E.Huskisson 66.8, 2 H. Brook 67.3
W35 1 C. Potts 70.3, 2 B.Hare 73.7
W45 1 C. Seneult 79.3
6000m

M40 1 K.Sanderson 2:09.8, 2 P.Page 2:10.8, 3 A.Gardner 2:15.2, 4, A. Elder 2:15.8, 5 B.Brown 2:34.6 M45 1 E.Knapp 2:04.8, 2 R.Kirton 2:08.2, 3 A.Ward 2:18.2, 4 R.Jurownski 2:21.6

M50 1 R.Checkley 2:16.9, 2 A.Oliver 2:26.6 M55 1 I.Barnes 2:16.0 [CBP], 2 A.Clinton 2:32.7, 3 J.Melville 2:35.7 M65 1 E.Joynson 2:49.7, 2 J.Johnson

3.09.8 **W35** 1 K.Dowson 2:24.1 [CBP], 2 B.Hare

W90 1 M. Avery 2:53.9 M. Avery 2:53.9 M. Avery 2:53.9 M. Avery 2:53.0 A D. Lowther 4:24.1, 3 R. Davison 4:25.0, 4 D. Lowther 4:29.3, 5 S. Eccleston 4:39.0, 6 R. Cousins 4:391, 7 T. Har 4:50.8, 8 D. Bellown 5:13.6 M. St. Erlinger 3:40.3, 2 R. Strond 4:51.2, 3 E. Strand 5:11.6 M. St. Erlinger 3:40.3, 2 R. Strond 1:43.1, 3 E. Strand 5:11.6 M. St. Erlinger 3:40.3, 2 R. Strond 5:11.6 M. Strond 5:40.3, 2 R. Strond 5:11.6 M. Strond 5:40.3, 2 R. Strond 5:11.6 M. Strond 5:40.3, 2 R. Strond 5:40.3, 2

M90 1 P.Lancaster 4:27.1, 2 A.liver 4:55.1, 3 S.Moffatt 4:57.6 M55 1 LBarnes 4:31.9, 2 W.Ramage 4:52.9, 3 J.Melville 5:19.9 3 J.Melville 5:19.9 M60 1 B.McNell 5:10.7 M65 1 E.Joynson 5:37.9, 2 J.Johnston

5:44.2 W35 1 K.Dowson 4:54.9, 2 C.Potts 5:28.3

W35 1 K Downon 4:54 9, 2 C Potts 5:28.3 5000m M40 1 A.Whitlield 15:09.8 [CBP] 2 K. S.White 15:52.3 M McNally 15:48.9, 4 S.White 15:50.0, 5 T Langley 16:03.6, 6 B.Cook 16:18, 7 K KSanderson 16:47.9, 8 R. Davison 17:10.9, 9 A. Thompson 17:96.8, 10 S.Eccleston 17:55.6, 11 R.Pariser 18:11.6, 12 A.Elder 18:20.5, 13 D.Bolam 18:31.2, 14 J.Roulledge 18:40.3, 15 R.Brown 20:09.3 M45 1 R.Hghmarn 15:52.2, 2 P.Wight 16:51.5, 3 B.Hurst 17:48.0, 4 R.Smoult 18:16.0, 5 G.Amstrong 19:01. Smith 19:10.6, 5 G.Amstrong 19:01. Smith 17:24.1, 3 J.Hreighe 17:24.5, 4 S.Morlam 17:24.1, 3 J.Hreighe 17:24.5, 4 S.Morlam 17:24.1, 3 J.Hreighe 17:24.5, 4 S.Morlam 17:24.1, 3 J.Hreighe 17:24.5, 5 S.Morlam 17:24.1, 3 J.Hreighe 17:28.6, 5 S.Morlam 17:24.1, 3 J.Hreighe 17:24.1, 3

17:24.1, 3 J.Hepple 17:48.5, 4 S.Moffatt 18:12.4, 5 L.Walker 18:37.2, 6 T.Thomp 19-26.0 M55 1 EAppleby 17:14.5, 2 W.Rarnage 18-32.5, 3 A.Prouse 19:02.7, 4 D.Hall 19:55.7, 5 S.Robson 21:24.8 M60 1 B.McNell 18:59.7, 2 K.Shortland 20:41.5 M65 1 E.Joynson 20:24.5, 2 J.Johnston 20:33.5

3000m W35 1 C.Potts, 2 B.Hare 11;39.1 W40 1 S.Kirkupm 11:04.2 W45 1 H.Simpson 12:51.0 W50 1 M.Avery 12:43.3

W50 1 M.AWEY TERRISON
M40 1 R.Simpson 5.23 [CBP], 2 B.Briggs
M40 1 R.Simpson 5.23 [CBP], 2 B.Briggs
M40 1 R.Simpson 5.23 [CBP], 2 P.Pye 4.74
M45 1 A. Ward 4.50
M50 1 J.Sord 1.70 [CBP], 2 P.Pye 4.74
M55 1 R.Syves 4.46, 2 A.Clinton 4.18, 3
H.Fyan 3.78
M60 1 E.Huxiksson 4.31
"violed Jumn

Triple Jump M40 1 J.Loughran 10.85 [CBP], 2 B.Briggs

9.73 M50 1 J.Scott 9:90 M55 1 D.Field 10.09 [CBP]

M55 1 D.Fied 10.09 (CBP) Javelin M40 1 W.Nichols 38.05 (CBP), 2 R.McKay 32.23 9.P.9ag 31.61, B.Brotherion 27.80, 5 A.McDonald 24.11 M45 1 A.Ward 29.50 M50 1 J.Scott 32.22 M50 1 J.Scott 32.22 M50 1 T.Henderson 22.34 Shot Putt M40 1 B.Brotherion 82.0, 2 M.McDonald 7.19 4.06 Routledge 8.78

7.19, 3 G.RNUROSA M55 1 R.Jurowski M56 1 P.Pye 11.33, 2 J.Scott 10.40 M55 1 H.Ryan II.50 (CBP), 2 R.Sykes II.05, 3 A.Clinton 8.11

3 A. Clinton 8.11 M65 1 T. Henderson 7.83 (CBP) Discus M40 1 P.Page 24.55 (CBP), 2 A.McDonald 18.20, 3 G. Routledge 15.21 M55 1 P.Pys 36 7 (CBP), 2 J.Scott 28.69 M55 1 R.Sykes 36.34 (CBP), 2 H.Ryan

30.11 M65 1 T.Henderson 28.50 [CBP]

MBS 1 1-1-derioartico 2-8-50 [CdP]

SVHC 10000m Track Championships,
Coatbridge, September 8

M40 1 A MacFarlane 33:09, 2 P.McGregor
33:09, 3 P. Peterson
34:0, 3 A. Frainships 33:09, 4 P. Peterson
34:0, 3 A. Frainships 33:09, 4 P. Peterson
35:00, 6 F. Roccan 37:48, 7

McGregor 36:00, 6 F. Roccan 37:48, 7

AMCDermid 4:11

M45 1 A. Adams 33:00, 2 P. Pairweather
33:14, 3 R. Vongrago 38:04, 6 L. Pearson 38:46, 7

H. O. Tumbull 4:154

M50 1 H. Muchamere 35:53, 2 G.McKirdy
37:10

37:10 M55 1 P.Keenan 37:05, 2 W.Farrell 38:19, 7 T.O'Reilly 39:05 M60 1 W.Marshall 35:55, 2 B.BcBrinn 36:55

T.O'Reilly 39:05

NEVAC 10000m Track Championehipe, Lightfoot Stadium, September 26
MAO 1 A.Whitelide 31:26, 2 H.Matthews 31:19, 2, 3 K.Lowther 31:31.8, 4 H.Matthews 31:19, 2, 3 K.Lowther 31:31.8, 4 H.Matthews 31:19, 2, 3 K.Lowther 31:31.8, 6 H.Matthews 31:19, 2, 3 K.Lowther 31:31.8, 7 H.Matthews 31:19, 2, 3 K.Lowther 31:31.8, 7, 6 H.Matthews 31:19, 3, 4 H.Matthews 31:19, 3, 5 H.Matthews 30:33, 9, 6 H.Matthews 30:10, 10 H.Matthews 30:33, 9, 6 H.Matthews 30:30, 6, 4 T.Harra 30:31, 3, 5 E.Watson 30:30, 6, 4 T.Harra 30:31, 3, 5 E.Watson 30:30, 6, 4 T.Harra 30:30, 9, 3, 3, 1 T.Hompson 39:50, 4 H.Matthews 30:34, 9, 3, 1 T.Hompson 39:50, 4 H.Matthews 30:34, 9, 3, 1 T.Hompson 39:50, 4 E.Matthews 30:34, 9, 3, 1 T.Hompson 39:50, 4 E.Matthews 30:34, 9, 3, 1 T.Hompson 39:50, 4 H.Matthews 30:34, 9, 3, 1 H.Matthews 30:34, 9,

INTER-AREA MATCH, Solibull - August A.Le Plongeon I4.I W45+ 1 E Stagg 14.I, 2 J. Towler I4.7, 3 C.Morris I4.8 200m M40+ 1 R.Walters 23.9, 2 R.Austin 24.3, 3 R.Webber 24.6

R.Booth 25.8 W35+1 J.Browne 28.1, 2 A.Le Plongeon 28.3, 3 H.Godsell 28.6 W45+1 E.Stagg 28.9, 2 G.Rickard 29.5, 3 J.Towler 29.9 M40+1 P.Browne 52.3, 2 A.Robinson 54.3,

3 R.Roker 54.6 M50+ 1 B.Arris 58.i, 2 Guest 59.0, 3 R.Booth 59.2 W35+ 1 A.McDonald 62.4, 2 B.Lock 63.J, 3 J.Farry 65.0 W45+ 1 G.Rickard 65.0, 2 M.Fourt 67.5, 3 P.Stanley 69.3

P. Stanley 69.3 800m M404 | P. Duhig 2:05.3, 2 D. Spencer 2:97.5, 3 P. Liewellyn 2:07.9 M504 | M. Fox 2:34.0, 2 A. Churchill 2:18, 2, 3 T. Ciowry 2:18, 5 W354 | P. Gallagher 2:20.5, 2 A. Bragg 2:20.8, 3 B. Lock 2:23.4 W454 | K. Yewer 2:31.7, 2 D. Fellows 2:35.6, 3 L. Hornsey 2:37.1 1:500m

3 Homesy 2-32.1 3 Homesy 2-32.1 1500m M04+1 J.Potts 430.4, 2 P.Molloy 434.4, 3 M.Laynes 4;17.7 M.Laynes 4;17.7 M.Saynes 4;17.8 M.Saynes 4;17.8 M.Saynes 4;17.8 M.Saynes 4;18.1 MSS+1 A.Braga 45.5, 2 P.Gallagher 4;54.1, 3 A.Smith 513.4 MSS+1 E.Bragham 531.0, 2 D.Fellows 5;94.3 K.Yewer 5;21.4

3000m M40+ 1 H.Emerton 8:48.L 2 F.Smith 9:02.2.

M40+1 H.Errerton 8.84.1.2 F.Smith 9:02.2, 3.1Fry 91.36. M50+1 A.Griffiths 9:31.9, 2 P.Morris 9:51.5, 3.P.Andrews 9:57.2. W35+1 C.Kilkenny 10:20.8, 2 A.Smith 10:57.1, 3.J.Farry 11:30.6. W45+1 E.Statham 10:51.3, 2 J.Bryan 11:51.2, 3.K.Yewer 11:53.3. W45+1 N. Cross 14.6, 2 J.Charles 14.8, 3 C.Morris 71.

C. Morris 17.1 (Olion Hurdies W35-1.1 Willis 17.8; 2 J.Farry 18.2, 3 V.Doggett 20.0 (Olion Hurdies W35-1.1 Willis 17.8; 2 J.Farry 18.2, 3 V.Doggett 20.0 (Olion Hurdies W1-1 T.Wells 15.9, 2 M.James 167-13 L. Bovell 17.6 (Olion Hurdies W1-1 T. Roker 17.5, 2 G.Long 187-1 Hurdies W1-1 T. Roker 17.5, 2 G.Long 187-1 Hurdies W1-1 T. Roker 17.5, 2 G.Long 187-1 Hurdies W1-1 Hurdies

J.Coleman 12,40,5 Relays 4 x 100 M40+ 1 South 46,9, 2 Midlands 47,6, 3 Southwest & East 50,0 M50+ 1 Midlands 51,7, 2 Wales 52,7

3 Disq. W35+ 1 SW & East 54.4, 2 South 56.4, 3 Midlands 57.5 W45+ 1 Midlands 58.I, 2 SW & East 58.I, 3 South 6I.5

High Jump M40+ 1 G.Griffiths L60, 2 M.James L76, 3 P.Goulding L65 M50+ 1 T.Crocker L55, 2 A.Chapman L50, 3 M.Burrell L50

MS0+ 1 T.Crocker L55, 2 A.Chapman L50, 3 M.Burrel L50, 3 W 35+ 1 Y.Thompson L35, 2 S.Dodson L30, 3 A.Le Pisnigen L25 3 A.Le Pisnigen L25 W 455+ 1,3 mailwood L40, 2 J.Charles L25, 3 C.Morrel L5, 7 C.Morrel L50, 3 C.Morrel L50, 2 P.Duckers 2,80 P.Duckers 2,80 P.Duckers 2,80 MS0+ 1,4 McKay 3,55, 2 J.Day 2,90, 3 A.Woods 2,80 Lorel Memory Language Language

A.WOOD 8.Cov Long Jurnip M404 - 1 M. James 6.96, 2 P. Duckers 5.85, 3 G.Griffinte 5.67 M504 1 D. Burton 5.20, 2 A.Chapman 5.01, 3 A.Crocker 4.97

W35+1 J.Wills 4.99, 2 E.McMahon 4.45, 3 V.Thompson 4.45, 3 V.Thompson 4.45, 3 V.S. C.Morris 3.59 Triple 1.

C. Moriis 3.59 Triple Jump M40+ 1 M. James 12.80, 2 P. Duckers 11.50, 3 A. Cheers 11.34 M50+ 1 J. Darlington 11.58, 2 T. Chapman 10.58, 3 G. Hickey 9.82 W35+ 1 J. Wills 91.2, 2 V. Thompson 8.74, 3

W35+ 1 J. Willia 9.2, 2 V. Hornplon B.74, 3 S. Dodson B.57 W45+ 1 J. Charles 9.23, 2 B. Colwell 7.5l, 3 C.Morris 7.00

C.Morris 7.00
M40+ T.T.Lalley 49,30, 2 J.Murphy 42,72, 3
Barber 42,50
M50+ J.Caton-Mason 41,60, 2 B.Sumner
37.0, 3 B.Strange 33,40
W35+ 1 B.Terry 25.14, 2 R.Wallace 23,16, 3
G.Hockaday 29,94
W45+ 1 B.Dunsford 20,06, 2 A.Moore 9,02,
3 M.Culshaw 16,08
Javelin
M40+ J.Ferrari 46,25, 2 E.Barker 38,82, 3
C.Lawson 38,22

M404 1 J. Ferrari 48.25, 2 E. Barker 39.82, 3: C. Lawson 58, 22 M504 1 A. McKay 41.44, 2 G. Hickey 33.86, 3 T. Clegg 33.10 W354 1 V. Thompson 28.02, 2 B. Carner 29.90, 3 M. Carding 25.70 W454 1 C. Mrnis 26.14, 2 J. Ogden 24.16, 3 M. Holmes 18.80 Short Putt M404 1 N. Crifflin 12.66, 2 C. Ellis II.86, 3 T. Barker II.82

L. Barner II.B3 M50+ 1 J.Waters I2.22, 2 P.Hallett II.B3, 3 A.McKay II.35 W35- 1 P.Communication

er 12.75, 2 8.Terry 10.76, 3 W35+ 1 B.Carter I2.75, 2 B.Terry I0.76, 3 R.Wallace 9.89 W45+ 1 A.Moore 7.09, 2 N.Cross 6.70, 3

C.Moms 6.55 Discus Throw M50+1 J.Walters 39.46, 2 A.McKay 36.60, 3 T.Clegg 34.96 M40+1 G.Ellis 46.8, 2 T.Lalley 39.8, 3 N.Griffin 36.62

N.Serflin 38.62 W35+ 1 B.Carter 37.22, 2 B.Terry 27.64, 3 R.Wallace 27.44 W45+ 1 J. Ogden 21.88, 2 C.Derren 20.76, 3 A.Moore 18.70 Final Positions 1 Midlands 707 pd

RESULTS · RESULTS · RESULTS

South 6/7 points SW & East 533 points

SOLIHULL CHAMPIONSHIPS, August 19

W35 C. Header 26:590 W45 S. Haynes 315.2.9 W50 M. Worth 291 Half Championships M40 S. Maynes 49:51.6. P. Hannell 50:18.2. R. Dobson 50:57.4. R. Dobson 50:57.4. S. C. Dunn 54:28.1. M50 D. Siversei 53:78.6. C. Dunn 54:28.1. M51 G. Chapifi 50:47.1. W. Rawkin 58:18.2. M51 G. Chapifi 50:47.1. W. Rawkin 58:18.3. M51 G. Chapifi 50:47.1. M51 G. Chapifi 60:47. M51 G. Cha

J.Taylor 58:42.9 M66 D.Fotheringham 55:00.2, P.Werth 55:55.5, D.Withers 58:18.7, K.Abolins 60:58.9, J.James 69:45.5 M70 P.Malings 66:56.0 M75 G.Mitchell 65:40.7

M79 P. Malinga 66:56.0
M79 S. Milchel 65:40.7
M79 S. Milchel 65:40.7
M79 S. Milchel 65:40.7
M79 S. Milchel 65:40.7
Deen events
5000m Walk: P. Worth (M60) 28:53.1,
W. Hawirus (M50) 31:52 10000m Walk:
C. Reader (W35) 57:10.0 100m J. Ogden
(W60) 15:2 200m J. Ogden (W60) 31:2
MVAC Three charles (W60) 15:0 35:10
MVAC Three charles (W65) 15:0 35:10
MVAC Pentathion Final Pointes:
MVAC Pentathion Final Pointes:
MVAC Pentathion Final Pointes:
MVAC Three charles (W65) 15:0 35:10
MVAC Three charles (W65) 15:10
MVAC Three charles (W65)

3 R.Reynolds M55 44:52.2, 10 J.Piggs M70 45:28.3, 11 M.Redman M55 48:58.1, 12 T.Page M70 52:02.0, 13 J.Hempenstall M55 52:28.4

NEVAC Pentathion Championships, Newcasite-u-Tyne, Sept23 M40 1 B.O Connell 2107 pts (J 31.96, LJ 462, 200m 26.9, D 199.4, 1500m 4.38.7); 2 W.Nichol 2022 pts (J 34.00, LJ 4.70, 200m 26.9, D 21.84, 1500m 4.56.2); 3 R.Nicksy 1972 pts (J 30.80, LJ 4.89, 200m 26.4, D 17.78, 1500m 4:50.8; 4 J.Loughra 1694 pts (J 22.88, LJ 4.95, 200m 26.9, D 16.12, 1500m 5:17.1); 5 J.Chartion 1352 pts (J 36.32, LJ 3.42, 200m 31.4, D 16.28,

pts (J 9s.32, LJ 3.42, 200m 31.4, D 18.28, 1500m 51.74, D 18.28, 1500m 51.74, M45 1, G Wood 1907 pts (J 27.66, LJ 4.72, 200m 36.5, D 16.68, 1500m 500) M60 1 D.Field 1974 pts (J 99.64, LJ 3.98, 200m 31.7, D 372.2, 1500m 614.3); 8. E-Huskisson 1161 pts (J 18.54, LJ 4.04, 200m 30.7, D 24.14, 1500m 532.26); 3. R.Ladder 860 pt (J 36.44, LJ 3.74, 200m 39.7, D 28.72, 1500m 7.97.6)

99.7, D 28.72, 1500m 797.8)

LEAMINGTON I HR TRACK RACE
SEPTEMBER 12
3 M.Hawkins V45 (Broms) 17284m, 6
C.Woodward V40 (Leam) 16684m, 7 J.
Whiley V40 (Leam) 16682m, 9 C.Jackson
V45 (Leam) 167212m, II D.Bendy V45
(Leam) 167212m, II D.Bendy V45
(Leam) 15728m, 15 (Leam) 15089m*,
Is J.Finch V40 (Leam) 14580m, I7 M.Young
V40 (Leam) 14329m, IB L.Booth V45
(Leam) 14329m, IB L.Booth V45
(Leam) 14329m, IB L.Booth V45

13293m New World age-group best subject to ratification - previous 14373 by 6.8oal, USA EUROPEAN VETERAN CHAMPIONSHIPS, BRUGES 10K RACE - JUNE 23

M40
1 O. Van Noten (Beli) 32:09
2 G. Jonne 32:43
3 S. Collie 33:05
6 R. Charney 33:50, 7 P. Smith 34:08, 8.
JMcGillvray 35:50, 7 P. Smith 34:08, 8.
JMcGillvray 35:50, 7 P. Smith 34:08, 8.
JMcGillvray 35:50, 18 R. Kalsop 35:43, 11
JShiriny 36:08, 16 R. Rail 38:22, 19
J.Callan 40:18, 22 D. Nillion 42:04, 24
R. Oliver 42:57, 25 8 Spicer 43:01, 26
R. Weilman 44:10, 32 J. Kingagate 46:13, 34
S. Fart 46:45, 37 C. Brower 46:41, 38 G.
Piner 48:44, 39 D.Fentem 49:24, 40
B. Whitmore 50:06, 41 C. Beckley 52:46, 42
R.Cox 59:32

B.Whitmore 50:06, 41 C.Beckley 52:46, 42
R.Cox 59:32
M45

1 M.Deparade (DDR) 33:37

3 D.Wilson 34:58

4 A.Stone 36:20, 5 D.Denton 37:10 6, 1,Wilson 37:20, 7 M.Burgoyne 37:46, 8 M.Booth 38:06, 12 A.Blan 93:19, 146, 8 M.Booth 38:06, 12 A.Blan 93:19, 15 L.Cousens 39:38, 15 T.Pakre-Davis 40:07, 17 J.Neville 40:43, 19 N. Hamilin 41:06, 20 J. Leggent 41:06, 22 B.Bovington 41:24, 23 P. Grainger 41:07, 24 P.Houghton 42:05, 25 B.Bathgate 42:06, 26 D.Howard 42:21, 28 R.Wigley 43:12, 30 D.Raeside 43:22, 31 L.Holmes 43:44, 32 D.Glit 44:30, 33 L.Holmes 43:44, 32 D.Glit 44:30, 33 G.Dench 45:50, 36 T.Tugweil 48:1, 37 F.Pearson 47:24, 24 J.C.Lible 50:16, 41 A.Moon 51:06, 42 M.Scales 50:06, 43 P.Doran 54:45, 45 P.Allen 1.05:45, 46 L.Cook 1.7:37
M59

1 S. James 32:57

5 B. James 32:57

5 B. James 32:57

5 B. James 15:58, 6 M.Moody 36:43, 9

19. James 32:57 19. James 32:57 19. James 32:59, 6 M.Moody 36:43, 9 5 R.Jeans 35:59, 6 M.Moody 36:43, 9 5 M.Jinon 37:50, 10 Disans 37:27, 12 R.Hill 38:20, 13 R.Lambo 36:46, 14 M.Fiodgrove 39:03, 15 R.Heywood 35:08, 16 M.Sullivan 39:10, 17 D.Chambers 39:18, 20 C. Bennett 40:57, 28 F.Fowert 4:10, 23 H.Barnfather 40:57, 29 E.Fowert 4:10, 23 H.Barnfather 40:57, 28 F.Fowert 4:10, 28 H.Barnfather 40:

43:34, 32 A Preston 43:41, 33 D.Smyth 44:04, 36 R.Boyce 45:32, 40 R.V.Speers 45:53, 41 B.Standrigh 46:35, 42 A Charman 46:33, 43 J.Couch 48:25, 44 I.Magrath 50:25, 45 J.Fatton 50:48, 46 P.Munden 512, 48 A.Wym 53:48, 46 P.Munden 512, 48 A.Wym 53:48, 49 D.Zavis 54:35, 52 G.Dickinson 57:45, 53 M.Stuart 57:55 M55

1 H.Rankin 34/29 3 S.Wid 36:55 4 O.Linton 37/45, 5 D Beckett 38:22, 6 J.Atkinson 39:53, 7 E.A.Byern 39:53, 9 R.Bustland 40/47, 12 J.Barley 4/18, 13 D Weston 41/46, 14 G.Hill 42/24, 15 A.Riley 42/26, 21 R. Smith 4615, 52 M. Gunston 45/20, 21 C.Buckley 46:46, 24 J. Royev 46:54, 25 M. Morite 47:19, 28 R.Shaddock 48:45, 21 M. Webb 53:14, 32 M60 M60 1 L. Forstier 47:20

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M65 1 R.Boterberg (Bel) 39:55 3 E.Joynson 43:41 4 J.Geddes 53:4, 5 S.Chesson 54:04, 6 R.Penney 56:32 M70 1 D.Eyers 43:6 4 H.Wilson 50:21

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G.Porteous 4:03-8
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1 D.Underwood 36:02
2 A-M L.ppt 39:11
4 S.McIntosh 47:32, 5 A. Sanders 48:04, 7
C. Srith 55:41, 8 N. Brooks 56:26, 9
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1 B.Kifk 38:03
2 F. Suter 40:42
3 S.Cocké 41:48
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2 S Shaddook 48:50
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1 Johann 50:50:21; 11 P Fam 56:20; 10
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EUROPEAN VETERAN CHAMPIONSHIPS, BRUGES -25K RACE - JUNE 24

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4 K.Fiddier I.40:10
5 A.E.Byern I.42:42, 9 G.Hill I.48:38, 10
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M70 1 L.Travaille (Fra) 2.02:45 2 G.Soutts 2.04:56 M75 G.Porteous I.59:39

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3 A.M.Lippitt L47:55
6 A.Sanders 2:09:39, 7 W.Peyrio 2:32:32, 8
J.Aktine 3:23:44
W40
1 L.de Vooght (Bel) L42:50
2 P.Beckert I.45:54
4 F. Suter I.49:56, 8 M.Rowson 2:03:53, 9
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E.Baker 2:2:09, 15 A.Conroy 2:12:45, 16
A.Donald 2:19:37
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1.D.Ahvoot (1,91), 143.92
1.D.Ahvoot (1,91), 143.92
6.J.Manson 2.840, 7 E. Rutter 2.20.50,8
V.J.Wild 2.34.57, 9 LGibson 2.36:14
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1.M.Van Caelwinberghe (Bel) 1.54.53
2.L.Smal 1.59.36
4.B.Ahtinson 2.1125, 6 E.Good 2.51.44
W50

Ne0 B.De Preter (Bel) 2.03:09

BVAF 10 MILE CHAMPIONSHIP OSWESTRY, AUGUST 5, 1990

84.09, 7.3 M Fowel(IShriops Shuff) 80:30.

M5

1 G Wootten [Thurrioch] 84.36, 2.J Bolton
(Weymouth St P] 54:40, 3 M Duff [AF&D]
55:12, 4 M Pariser [Brome & Reddich]
55:12, 4 M Pariser [Brome & Reddich]
55:30, 5 K Burges (Altriné & D) 55:17, 6 N
Boyle [Shrows & Dist] 56:39, 7 E Davies
[Les Croupiers] 57:08, 8 K Green [Tiptor]
57:28, 9 M Wenn [Tictor] 89:08, 10 R
Williams [Carriod] 58:22, 1 N M Branagan
[AF&D] 58:24, 12 B Mackley [Hungcole)
55:1, 10 D Jules (Altriné & S cite) 88:57,
14 A Davies [Soifhull & S Hh] 59:09, 15 D

Watton (Altrinch & Dist) 59:36, 16 L
Creenwood (Shoffled) 60:13, 17 J Lane
[Rowheath] 60:13, 17 J Lane
[Rowheath] 60:13, 17 J Lane
[Rowheath] 60:13, 18 Chaddid (Elswick)
60:49, 19 P Lawrence [Bgh Enfled) 61:00,
20 J Giolden (Newcastie) 61:30, 21 V Peraz
[Stonemaster] 61:40, 22 D Gent [Wigan]
62:20, 23 T Lythe [Salo] 62:29, 24 J
Grurnfely (Godwa) 62:47, 25 E Goe [E
Cheshrie] 63:00, 26 D Corwisy [Midland
Vots) 63:32, 27 G T Edwards [Ggk H] 65:09,
28 A Prior [Aborgele) 65:19, 24 S Street
[E Cheshrie] 65:51, 30 J Pediery [E Cheshrie]
66:21, 31 B Little [E Cheshrie] 66:50, 32 T
Gannon (Wrexham) 66:52, 33 D Griffiths
[Sin Chesh] 67:12, 34 S Hindley (GotH)
88:14, 35 W Barrachough (Wrexham) 69:23,
36 J Wood [Les Crouphers] 70:48, 37 D
Winter (Midland V) 77:36, 36 A Robinson
[Colwyn Bay] 73:56, 33 D Charbers
[Arrower P 74:00, 42 Lany [Shross Shrott]
87:30, 41 Peras
[Sin Chesh] 75:17, 43 S Hindley (GotH)
88:16, 35 W Barrachough (Wrexham) 69:23,
45 Lany [Shross Shrott]
87:30, 41 Peras
[Sin Chesh] 74:00, 42 Lany [Shross Shrott]
87:30, 41 Peras
[Sin Chesh] 75:17, 42 J Honorar
[Tillord] 87:37, 47 J Leonard
[Tillord] 87:37, 71 Cashrroser
[Sin Chesh] 75:71, 47 J Leonard
[Tillord] 87:77, 14 Cashrroser
[Sin Chesh] 75:71, 47 J Leonard
[Tillord] 87:71, 14 S Lower
[Sin Chesh] 75:71, 15 S Lower
[Sin Chesh] 75:71, 15 S Lower
[Sin Chesh] 75:71, 15 S Lower
[Sin Chesh] 75:71, 26 S Robins
[Sin Chesh] 75:71, 26 S Robins
[Sin Shrott] 81:71, 15 S Lower
[Sin Shrot

Battwen (1400c) 95:49, 4-1 C GEOORS (Duke SI) 87:51, 4-2 Gibbons (Duke SI) 87:51. M55 I E Appleby (Heaton) 59:53, 2 M Ward (Harborough) 60:20, 3 R.Gould (Wessax RR) 60:56, 4 F.Kawanagh (Warnington) 60:57, 5 G Oliver (100KmÅ) 61:33, 6 P Spart (Sechol 63:01, 7 F Warnington) 60:57, 5 G Oliver (100KmÅ) 61:33, 6 P Spart (Sechol 63:01, 7 F Warnington) 60:50, 5 U Marwell 59:24, 9 A Smith (Syvaneae) 65:04, 10 A Manney (Pineativa RR) 60:07, 11 G Gartnel (Whent) (Pineativa RR) 60:07, 11 G Gartnel (Whent) (Pineativa RR) 60:07, 11 G Gartnel (Whent) (Pineativa RR) (Pineativa RR) 61:08, 15 George (Pineativa RR) (

85:09.
M65
H Tempan (VPH) 64:04, 2 J Fraser
(OSL-gionaires) 67:17, 3 R Femeyhough
(Michelin AC) 67:44, 4 F Dobson (H&WAC)
72:14, 5 A Fearnley (Botton) 78:53.
M70

M70

1 B Brierley [Camarthan] 72:20, 2 J H Piggs
[Derby] 76:45, 3 R Creese [Tharnes H&H]
82:25, 4 L Heald [NVAC] 105:56, 5 T
Campion [Shrops Shuff] 106:22. M75 1 V Plank [Les C] 95:03

1 V Plank (Los C) 95:03
1 Z Marchart (City of Bath) 57:11, 2 D
Underwood (Fenturion) 59:06, 3 J Kethy
(Dios AC) 59:28, 4 S Noal (Los C) 55:53, 5
Uwakeried (Satorr) 66:13, 6 S Bickenton
(S Chesh) 68:53, 7 C Grogan (GPT H)
70:36, 8 L Hales (Salo) 72:59, 9 A Keenan
(GPT H) 75:20, 10 S Heczie (Shrop Sh)
81:20, 11 P Hanson (Salo) 84:17.
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1 R Kirk (Shattl 83:40, 2 S Smith

WW 1. C. ruenson (Isale) 84:17.

1. B. Kirk (Shatt) 53:40, 2. S. Smith
(Newcastle) 70:01, 3.9 E.mery (Telford)
71:24, 4. Hallard (Colwyn) 71:29, 5.1

70:02e (Shrop Sh) 74:57, 6.9 Hindley (GPT
H) 82:36, 7.V. Aston (Les C) 86:00.

W%

1. P. Welch (Ranelagh) 58:35, 2. M.

Chippendale (Stockport) 66:06, 3. R.

Collishaw (Les C) 67:29, 4. L. D. Edwards
(GPT H) 79:55, 5. J. Gorbott (Sanowell)
82:33, 6. J. Gent (Wigan) 87:02, 7. D. Padgett
Sale) 55:54.

W80

1. P. Jones (liflord) 71:43, 2. M. Gartrell

B Chapman (RSC) 89:18.

1 B Cnapmen prison 1 B Cnapmen prison 1 J Ross [SCVAC] 73:01, 2 J Smith [WWindmisera] 83:59. Women's teams: 1 Les Croupiers 506 points, 2 GPT Harriers 571 point, 3 Sale Harriers 643 points.

BEDFORD & COUNTY AC VETERANS GRAND PRIX

GRAND PHA May 2 M40-49: 100m H Smith 12.3 secs 400m B Campbell 55.5 1500m P Dance 424.7 3000m J Jenkins 9:24.3 Long Jump T Lewis 5.55 MS0+: 400m T Churchill 61.6 1500m

M.Turner 4:51.5 3000m M Turner 9:47.5 Discus A Mackay 31.42 W35+ 400m G Welford 65.7 1500m I Horney 5:19.8 3000m S Brozena 11:56.5

May 23
M40-49: 100m T Lewis 24.5 400m T Lewis
5-7, 800m D Laynes 2:05.0 5000m J
Jenkins 15:54.0 Javelin T Lewis 40:84m
M904: 200m A Carate 264.4 400m T
Churchil 61:2, 800m T Churchil 2:20.7
S000m M Tumor 16:35.3 Javelin A Mackay
37:94 Discus A Mackay 35:69 Pole Vault A
Mackay 3:20.

маскау 3.20 W35+: 200m G Welford 28.2 400m G

M40-49: 100m B Campbell 12.5 300m B Campbell 39.2 1000m J Sayers 2:53.5 2000m J Jenkins 5:57.8 Long Jump B Abdy 5.16

Abdy 5, 18 M90 -: 100m A Carler 13.2 300m T Churchill 43.7 1000m T Churchill 3-0.4 3 Javelin A Mackay 39.32 Long Jump A Mackay 4-79 W35±: 100m G Welford 14.2 300m G Welford 45.8 1000m I Hornsey 3.24.8 Harmer P McNab 38.22 Long Jump S Dodson 4.15

MEDLANDS VETERAN TRACK AND FIELD LEAGUE Wyndley, Sutton Coddfield May 3 Ment Toddfield May 3 Ment Toddfield Ment 100m P Goulding (RSC) 12.0 100m So 8 R Taylor (RSC) 11.7 400m L Duffy (RSC) 55.4 P Headiey (Tami 95.0 400m P Gourding (RSC) 55.6, S Graham (Tam) So 8 1500m L Duffy (RSC) 41.4°, J Fry (Trip) 4-18.1 1500m R Lloyd (Tell 42°). 5 Discuss M Leaft (Strews) 32.70 biscuss (Tei) 4-18.1 1500m B Lloyd (Tei) 4-21.5 Discus M Leath (Snews) 32-27 Discus 50+ B Sumner (Tarri) 29.50 4x100m relay Soya Sutton Cidiaid 46.5 Women: 100m B McMahon (RSC) 13.8 400m B Rickard (Bir) 65.6 1500m C Rollason (RSC) 5:14.0 1500m A Roberts (RSC) 5:55.5 2000m Welk B Randie (Bir) 15:55.5 Long Jump E McMahon (RSC) 4.19

Nuneaton, May 3 Men: 100m D Cowley (Rugby) 12.0 400m D Cowley (Rugby) 53.9 1500m J Dagnam (Rugby) 42.1 Long Jump D Cowley (Rugby) 5.61

(Rugby) 5.61 Women : 400m J Hulls (Bromley) 67.1 1500m A Smith (Nton) 5:15.7 Discus F Vaties (Notis) 34.62 Long Jump V Thompson (Bromley) 4.22 4x100m retay A race Bromley 56.3

race stroney etc.; Corby June 13
Men: 200m D Cowley (Rugby) 24.1 200m
G Houghton (Rugby) 25.2 800m P Duhlg
(Rotes) 227.0 900m P Ancory (Notes) 217.0 4
800m 50+ T Clowrey (Notes) 217.8 3000m
P Banks (Cov) 845.5, P Duhlg (Notes)
9:04.6 3000m 50+A Griffiths (Notes) 944.10
2000m Walk A Richards (Rugby) 322.3
Discuss D Cowley (Rugby) 28.86 Discus
50+E Feely (Corby) 25.70 Hammer E
Feely (Corby) 27.28
Women: 800m1 A Smith (Note) 227.3, 2 J
Hulls (Brom) 2:39.5 3000m A Smith (Note)
10:57.1 4x200m relay Bromley 1159.4
Javelin V Thompson (Brom) 32.45

Terrworth, June 14
Men: 200m P Goulding (RSC) 25.3, B race
C Wall (RSC) 25.8 800m L Duffy (RSC)
2:08.1, J Fry (Telf) 2:08.6 4x200m relay
RSC 1:41.6 Long Jump P Duckers
(Strews) 5.7

Lesmington, July 18
Men: 100m D Cowley (Rug) 11.8 2000m
Walk K Hichards (Rug) 9.27.1, 6 Chaplir (Cov) 9.99.1 400m D Cowley (Rug) 52.3 400m 50.4 T Cloury (Norts) 61.0 1500m P Duhig (Noes) 413.9, A Griffins (Norts) 4.39.6 Harmer 50+ C Hasdoli (N1on)

26.16 Women: 2000m Walk J Hatwood (N'eaton) 12:02.7 400m A Smith (N'ton) 65.0 1500m A Smith (N'ton) 6:07.5

A Smillin (1910) 337.39
Wyndiey, Sutton Coldfield, July 18
Ment: 100m P Coulding (RSC) 12.0 100m
50+ A Moddings (S3) (Birch) 13.2 400m D
1240/T (T8) 23.4 000m S0+ M Fox (Birch)
59.2" Hammer J Murphy (Birch) 43.00*
Hemmer 50-8 Surmer (Tam) 36.28
Wormer: 100m E McMahon (RSC) 14.1
400m G Rickard (Birch) 63.5 1500m C
Rollsson (RSC) 55.7 4x400m relay
Birchfield 4:42.8" Javetin C Morris (Birch)
25.79

Coventry August 8
Men: Shot 504 G Hicksery (Bromley) 10.52
Long Jump D Cowley (Rug) 5.74 Javelin J
Ferrari (Notts) 46.78 Javelin 504 G Hicksery
(Brom) 55.12 200m D Cowley (Rug) 24.0
800m P Duhig (Notts) 2.05.8 600m 504
T

9:49.9 Women: 200m J Brown (Brom) 27.7, S Carey (Nun) 28.8 800m S Crey (Nun) 2:31.7, A Smith (Nun) 2:34.3 2000m Walk J Hatwood (Nun) 12:08.2 3000m S Carey (Nun) 10:36.8

Tamworth, August 23.

Men: Long Jump P Duckars (Shrews) 5.52.
Javelin D Prios (RSC) 43.46 200m C Wail
(RSC) 28.7 2000m Walk A Saddon (Stoke)
9-16.0 800m L Dufty (RSC) 2:12.3 800m M
Fox (Birch) 2:12.3 2000m J Fy (Tel) 9:21.5

Women: Javelin C Morris (Birch) 27.42.
Long Jump E McMahon (RSC) 4.45 200m
E McMahon (RSC) 4.5 200m
E McMahon (RSC) 12:3.8 0.800m Walk B
Randie (Birch) 12:3.8 0.800m Walk J
Coleman (Birch) 12:3.8 0.800m E Statham
(Stoke) 2:30.9 3000m C Rollsson (RSC)
10:49.8, 2 E Statham (Stoke) 10:50.1

Alexander Stadium, Birmingham, Sept 5 Men: 100m D.Cowley (Rug) 12.1,

P.Goulding (RSC) 12.1 100m 50+ R.Taylor 11.8 800m L.Duffy (RSC) 2:02.6, J.Potts (Birch) 2:02.9, P.Duhlg (Notts) 2:03.0 200m D.Cowley (Rug) 24.3, P.Goulding (RSC) 4x200m Relay RSC 1:38.3 Javelin J.Ferrari (Notts) 46.20, P.Drice (RSC) 44.12 Javelin 50+ R.Taylor (RSC) 36.24 Long Jump, P.Duchers (Strevs) 5-79, D.Cowley (Rug) 5:77, J.Topliss (RSC) 5.54 2000m Walk R.Care 6:31.8, A.Smalhood (Halss) 9:20,5-3000m P.Barria: (Cov) 8:57.6, D.Hope (Worse) 9:19.4 Women: 800m S.Carey (Nun) 2:19.8 3000m B.Carey (Nun) 2:19.8 3000m B.Carey (Nun) 2:19.8 3000m B.Carey (Nun) 3:12.4 Smith (North) 10:27.4, E.Statham (Stoke) 10:32.7

NVAC 10K Championships, Denbigh,

NVAC 10K Championships, Denbigh, June 10
Mon 1 Kwoodhouse 31.35, 2 G.Owens 3247, 3 F.Daries 33.03, 4 S.Graham 3247, 3 F.Daries 33.03, 4 S.Graham 33.75, 5 D.Rejby 34.38, 9 R.Roboris 34.49, 7 R.Roboson 34.57, 8 F.Reiby 35.50, 9 F.Spare 35.16, 10 A.R.James 35.43, 11 W.Newby 35.53, 12 B. Goulden 36.99, 13 M.Buck 395.25, 16 B.Buch 36.44, 15 S.Hadrield 38.23
R.B. Wilkinson 35.27, 7 R.Jones 35.52, 3 R.B. Wilkinson 35.27, 7 R.Jones 35.52, 3 R.B. Wilkinson 35.27, 7 R.Jones 35.52, 3 M.Potlad 59.47
MSO 1 B. Gama 37.07, 2 J.Doan 38.18, 3 A.Wright 36.01, 6 D.Goorge 39.21, B. Higgar 30.74, 5 D.Goorge 39.21, B. MSO 1 F. Cavanagh 35.56, 2 P. Spirati 37.31, 3 M.Morrell 36.44, 4 G.Ostrell 40.15
M60 1 B. B.Gam 34.4, 4 G.Ostrell 40.15
M60 1 B. McGall 40, 15 S. Schemen 41.18

40:18 M65 1 A.Fearnley 45:14, 2 W.Knowles

M3-36 M70 1 L.Heald 60:56 Teerms: M40 Prestatyn AC, M45 Sale Hrs, M50 Sale Hrs, W35 1 L.Hales 41:41, 2 P.Hanson 49:27, 3 A.Smythe 49:34 W40 1 J.Hallard 41:52 W40 1 J.Hallard 41:52

A.Smythe 49:34 W40 1.J.Hallard 41:52 W45 1.M.Gannon 45:36, 2 R.Boyd 48:16, 3 J.Gent 50:37, 4 A.Tomkinson 51:55 W50 1 F.Classon 42:46, 2 J.Aitcheson 44:45, 3 M.Gartrell 45:06

44.45, 3 M. Cartnell 45.06

EVAC Half Marsthon Championships, incorporated in the annual Wiseey Half, Stoke Ferry, September 2

M40 1 P. Duhig 72.49, 2 J. Shrith 74.09, 5

M40 1 P. Duhig 72.49, 4 H. Hofman 76.37, 5

P. Dawson 78.07, 6 M. Gless 82.59

144.5 1 B. Kew 78.00, 2 G. Garatalo 79.58, 3

J. Tumer 852.7

145.0 1 P. Andres 76.45, 2 G. Marsden 78.28, 3

J. Thomas 80-10

145.5 1 L. Walshe 84.51, 2 R. Carew 87.31, 3

M50 1 E. Thompson 86.42, 2 T. Cooper 89.44, 3 F. Masters 96.53

W35 1 G. Hofmen 125.50

W45 1 C. Host 103.49

W45 1 C. Host 103.49

W50 1 E. Dobrer 110.19

SCVAC Marathon Championships, Stough, September 9 M40 1 8.Heywood 2:30:41, 2 J.Mouat 2:44:50 M50 1 P.Ferguson 3:07:22, 2 C.Wroth

MSG 1 P: Ferguson 337/22, 2 C-Wist 3-13:50 MSS 1 D. Wood 2:52:42 (1st O50) M60 1 J. Fiz Gerald 3:30:50 W3S 1 A.Lippitt 3:08:48 W65 1 Jose Waller 3:51:15 (1st O50 woman)

W65 1 Jose Waller 3:51:15 (1st 0:50 wornan)

SVHC v NEVAC, Livingston, September 2:100m M40+ D.0 Fleilly (3'V) 1:2.0, M50+ J.0 mile (3'V) 1:2.3, Women Liverison (3'V) 1:3, T200m Wornen Morrison (28:54 d00m M40+ 1) Crelin (5'S) 2:351, Ross (5'V) 1:3, 7200m Wornen Morrison 28:54 d00m M40+ J.Kennedy (3'V) 2:271, M60+ W.Relmon (5'V) 2:371, Ross (5'V) 58:2 800m M40+ J.Kennedy (4'Z3-2, M50+ W.Riamage (NE) 4:55.5, M60+ M-Bishnis (5'S), Women C.Pots (NE) 5:41.5 3000m M40+ K.Lowther (NE) 1:344.6, M50+ E.Appietry (NE) 17:28.6, M60+ B.McNedy (NE) 15:45.8 M50+ J. J.Scott (5'V) 1:2.12, M50+ J.J.Scott (5'V) 1:2.14, M50+ J.J.Scott (5'V) 1:2.14, M50+ J.J.Scott (5'V) 3:2.14, M50+ Flexperaid (1:46, M50+ Flexperaid

Veterana Track & Field Meeting No 3, Leverhulme Park, Bolton,

Meeting No 3, Leverhulme Park, Bolton, Aug 22 100m MSS A Bowdler 14.0 400m MMO KB ARD 100m MS A Bowdler 14.0 400m MMO KB ARD 100m MS A MO SL Jawrenson 50.6 800m MMO A Melling 21.5 6, MSO V Hearny 22.0.1, WSO MS Abone 3.18.5 1500m MMO Nelling 4.20.0, MSO Summersgill 4.45.6, MSO D Howards 18.0 3000m MMO A Normal 9.25.3, MSO K Summersgill 4.47.5 A STANDARD 100m MSO A MORE AND 100m MSO A MSO

NEVAC INTER-CLUB LEAGUE
Meeting No 4, Lighthoot Stedium, Sept 12
200m W35 8, Wood 31, 8 800m M50
R, Checkley 2:18.2, W40 S.Kirkup 2:45.8
Javelin M80 FLaidlor 3:48, Jarrow 101,
Morpith 97, Gatsehead 61, Marsh House
57, Sunderland 50, Blaydon 49, Heaton 47,
Washington 19, Teesdale 18, Chestler-LeSt. 18, Tynedale 7 (Top Scorers: R.M.Xay
(Marsh H) 57pts, A.Cirvar (Morpeth) 47,
Curban 39, Loftus 27, Marsh House 12,
Top Scorers B.Hare (Loftus) 21pts,
A.Bilght (Els) 18] NEVAC INTER-CLUB LEAGUE



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

117 46090 Thin Sock. Polypropylene/ (ycra, colours navy, white, sizes 55/38, 39/42, 43/46, usual £6.20, offer £4.95. 118.46092 Jogging Sock. Polyproplene/ lycra, terry sole, colours navy, white, sky, yellow, sizes 35/38, 39/42, 43/46, usual £4.95, offer £3.50.

119 46299 LIFA Super Hood. lypropylene close fitting, colour navy e standard, usual £3.99, offer £3.50.

113 46000 Crew Neck Long Sleeve

113 46000 LTBW NECK LUNG STEEVE TOP, ROUND INC. TOP, ROUND INC

115 45026 Crew Neck Short Sleeve

seams. Colours navy, white, sizes XS, S M, L, XL, usual £12.99, offer £11.25.



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

121 F249/250 Leisure Jacket. An old dravurite, the Leisure Jacket. An old favourite, the Leisure Jacket is immensely popular with walkers, climb and sailors the world over. It has a high collar, full front zip, two large pockets, ribbed cuffs and waisitband, sizes S, M L, and XL, colour navy, usual £43.95, offer £37.50.



104 Patrick White Sweatshirts. Black trim at shoulders, fleece back garment, 50% acrylic, 50% cotton, ideal for training, sizes available XS, S, M, L. training, sizes available XS, S, XL, usual £13.99, offer £7.95



122 Reebok CL 1400 Training Shoe. This dazzling shoe is equally at home on road or country. The carbon outsole is durable and self clearing cleats keep the shoe free from cloying mud when taken off road. The dual-density EVA midsole offer support and cushioning which is further enhanced by the polybag uppers featuring suede support straps. Only sizes 6, 6 %, and 12, Colour ome/jade/black, usual £32.99, offer

94 Bukta Fashionable Rugby Shirt. 100% cotton, sizes M 40/42", L 44/46°, offer £21.95.

105 Superb Cotton Tights. Ideal for winter training, thin interlock cotton, red/white/royal, sizes S, M, L, Green/white/black, sizes S, M only, usual £9.95, offer £6.95.



152 Golden Cup Jog Trousers, 100%



EXTASY E.R.S.

A shoe offering the optimum high mileage in performance, material quality, stability, shock absorption and Reebok's Energy Return System

The serious runner looking for the latest in technology and performance styling

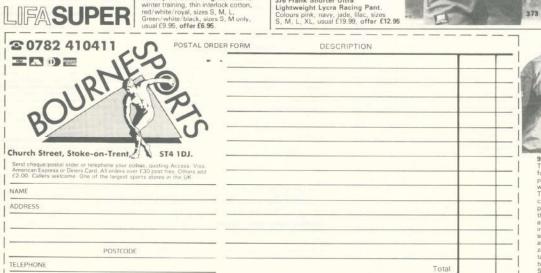
Sizes: 6-12 inc 1/2 sizes Usual price £69.99 OFFER PRICE £39.99





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







95 Mileta Aquation 3 Running Suit.
The Aquation 3 Running suit has specially formulated polyurethane coating which provides the Aquation 3 range with full waterproofness and high breathability. This "solid film" type of breathabile coating allows the molecules of perspiration vapour to work their way through the fabric keeping the wearer dry and comfortable. Aquation 3 is available in both red with navy trim, plus navy. All suits have 3M Scotchilte reflective tape as safety feature. Suit features full length zip on jacket, long zip on trousers, full taped seams concealed hood on collar, two zapped jacket pockets. Sizes (142°), XL(44°), usual £59.95, offer £49.95.