HIGHLIGHTS INSIDE: INDOOR WORLD AND BRITISH BESTS P9, PROFILE: ZINA MARCHANT P11

Sent free to members of veteran clubs affiliated to BVAI

Number 17

The Newspaper of the British Veterans Athletic Federation

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# Nearly 1000 line up to run the Barnsley 10K



200 metres into the Barnsley 10K and Jim Dingwall (1685) leads by a whisker

Wilf Morgan reports

IN THE five years the Barnsley 10K has been a BVAF Championship, doubling as a AAA Championship for the last three, it has always attracted most of the top vets. Now it seems everyone wants a piece of the action for nearly 1000 lined up for the race on November 18. It's a hilly two-lap job and on this occasion the runners faced a strong wind on the longest hill. It indicated times would be slower than usual.

Some winners and placers from the International Cross-country a fortnight before were in the field: Tony Simmons and Tony Ross, M40s; Steve James and

2 Peter Banks

Keith Penny

Ken Summersgill, M50s; and Alan Hughes, M60. The women's field lacked some prominent names but included Glynis Penny and Zina Marchant,

34:15

M65

35:41 1 John Fraser 36:05 2 Eric Smith 36:12 3 Ron Davies

M60 Medi 1 Bob Peart 37:33 2 Ron Lucas 38:33 3 Eddie Thompson 38:57

Medallists

42:22

M70

W35

1 Bob Brierley

Glynis Penny

2 Jenny Pearson 3 Caroline Boyd

The long hill comes just after the start and ends after they've covered about 3/4 of a mile. At the top of the hill there was a solid group of about 50 but as soon as they turned left on to a bit of a 'fairway' it began to thin out as the fast men upper the pace. At the front there was Whitfield looking determined, Hurd looking relaxed, Banks, Penny and Ross. Viewing the race from the lead car your reporter could not see Simmons

They moved along the far side of the course with the wind behind them and the leaders started to motor. A group of four

45:12

35:44

37:49

W40

1 Zina Marchant 2 Barbara Kirk

3 Carol Moore

W45
1 Dot Fellows
2 Linda Watson

2 Linda Watson 3 Rose Grimley

41:14

went clear. Whitfield was making the pace, Banks and Penny were shoulder to shoulder behind him, and a man in a green vest who I could not recognise was tucked in fourth. They had covered about two miles and the field was beginning to string out behind them.

The half-way point on the course is difficult to determine but we can say the leaders went through in about 15:30. A line of bollards took them on to a stretch of pavement through the shopping centre before they tackled the long hill again.

Continued on page 7

W50 1 Maureen Singleton 2 Mary Avery 45:49 3 Moira Leneghan 46:18 W55 1 Jean Locking 39:07

## 38:12 39:11

#### Running for office Wilf Morgan looks at an

31:45

31:46

1 Frank Davies 32:35 1 Eric Appleby 2 Graham Wooton 32:48 2 Gerry Spink 3 Martin Duff 33:05 3 Ian Barnes

M50

M55

1 Steve James 2 Phil Lancaster 3 Dave Voyle

election that may or may not have far reaching consequences for veteran athletics WAVA elections do not usually cause more than a ripple of interest but the runup to this year's election of the President is causing a stir. The election takes place at the General Assembly Meeting in Turku in July. At the time of writing there are three candidates; Cesare Beccalli of Italy who has been President for the last four years, Alastair Lynn of Canada who is WAVA Secretary at present and Owen Flaherty of Britain who is living in Spain

and has the backing of the BVAF.

The WAVA Council has nominated Mr Lynn rather than Mr Beccalli — the first time a President in office has not received the backing of the Council when he has decided to run again. Mr Flaherty has yet to produce his manifesto but the other two have been campaigning vigorously. They are sharply divided on a major issue: WAVA's dealings with the IAAF.

Mr Beccalli believes we should m towards integration with the IAAF. Mr Lynn is for WAVA remaining independ ent but continuing to co-operate with the IAAF. It boils down to integration or in-

WAVA has run veteran athletics since 1975. The IAAF has not taken a great deal of interest in the vets, but when it has taken an interest on some issue and put its foot down, WAVA has fallen in line. In 1986 it delivered the message that WAVA should not have South Africa as an affiliate. There were rumblings of discontent within WAVA but 12 months later it had disaffiliated the South Africans. The drug question is another issue — the IAAF insists vets should be tested. WAVA does not like that very much - what about old athletes who have to take medication for their health — maybe some of the stuff that is on the banned list. But there is no doubt it will fall in line if it has not done so already. It likes to think it has the final say on what happens in vets athletics, and that's understandable, it organises the scene

In his argument for complete integra-tion Mr Beccalli says "Either WAVA becomes part of the IAAF or WAVA will

be out of business". It sounds like a threat that the IAAF will move to organise veteran athletics and disregard WAVA. It's difficult to take that seriously. The IAAF is not interested enough to want to do that, It has a Veterans' Committee but must be hard put to find people who are "into" the vet scene for it has a number of WAVA people on it. Its business is to "provide a comprehensive worldwide athletic pro-gramme in conjunction with WAVA." No, I think we can say the IAAF hierarchy concentrates on more important matters

You might think that this matter is only of interest to a small band who are keen on the politics of administration, that the average vet is not likely to lose much ep. Well, you should be careful, some IAAF/WAVA issues come closer to ome. Think on the way WAVA handl the business of the new javelin, and what will be its policy when the women's javelin is changed? These are IAAF decisions that WAVA must consider. There is another one, the IAAF Women's Committee has passed a resolution that women vets should start at 40.

To be honest, most elections to the WAVA Executive seem to me to be simply a game of leap-frog. This one is different, the bone of contention has plenty of meat on it, but I wonder if the contestants and the Council have their priorities right. Perhaps WAVA should concentrate on improving its machinery. It cannot be right that a group of vets with strong feelings turn up at a technical meeting and force through something silly that has to be changed when more thought has been given to it. I'm thinking of the javelin, but there are other things like awarding a championship of the world to a pole vaulter who clears a height lower than a high jumper in the same age group. It comes from WAVA's belief in giving athletes whatever they want. No thought is given to the credibility of our sport. We need a better system than the one we've

Something that stands out is that most members of the WAVA Executive are from English speaking countries. There is nothing intrinsically wrong with that but greater efforts should be made to bring people from other nations into the main stream of WAVA affairs. But most of all, . let's get this election over and start to concentrate on how we can improve the way we do things.

A truly World movement, p4

#### MBE for Barnfather



HUGH BARN-FATHER, a Warrant Officer in the RAF Medical Branch and former Membership Secretary of the EVAC. has been awarded an MBE in the New Years

Honours List. Currently serving in the Middle East on emergency hospital duties Hugh, who has been a tireless worker for veteran athletics, has also managed to perform his primary duties in the Air Force to a very high standard. He is recognised among service athletes for his meritorious maintenance of in-depth statistics and for introducing an Inter Services Cross-country Championships for Veterans and recognition of veteran awards in RAF Championships.

David Coward

#### Holman memory well served

Cambridge Harriers Centenary 4x2.6 Mile Road Relay held at Rochester Airport on December 22, 1990. Martin Duff reports.

WITH a new challenge trophy presented by Cambridge Harriers, in memory of the late Ron Holman, it was fitting that a squad predominantly coached by him should emerge victorious.

The hosts eventually won by just 17 econds after a race which saw their lead, established on the opening leg by Steve Birkin, fluctuate but never disappear. Keith Penny handled the second lap and gained a valuable 25 second lead over Aldershot's Martin Duff before Dave Rogers took the Hampshire squad to within 10 seconds. George Meredith on the final lap slightly increased the home advantage over Brian O'Niell.

Aldershot O50s dominated their section as Les Presland and Tecwyn Davies ran the best times, Presland only being headed by Penny in the fastest laps

#### FROM THE EDITOR

Before you throw away the envelope this issue arrived in, please check that your address is postcoded. The fact is the greater the percentage of addresses that are postcoded the cheaper the overall cost of postage to all our members. The cheaper the overall cost of postage the more money the BVAF can keep in their coffers for

other important activities.

If you are not postcoded please could you return the label adding your postcode.

A recent campaign to introduce non-BVAF affiliated members to the many activities in our movement - through the athletic press - has been very successful. Indications are that some clubs have had an increase in their membership. This can only be good for the strength of the BVAF. We welcome all new members and hope they extract the same enjoyment that old members do.

Club secretaries - remember to let Brenda Burton have details (as full as possible) of all your events. It is important that we give as full a listing as possible. See her address below. Members - if you feel your area is under-represented please either let us know or better still send a report of an area event.

And finally, if you feel strongly about any issue that appears in this paper or that relates to veteran athletics write to us. The paper is an excellent forum for airing your views.

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## **BRITISH VETERAN** INDOOR ATHLETIC CHAMPIONSHIP

(under SAAA and SWAAA Rules)

## SUNDAY 17 MARCH 1991

FIRST EVENTS 60M Hurdles, High Jump, Long Jump 10.00am KELVIN HALL INDOOR ARENA

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60 Metres; 200 Metres; 400 Metres; 800 Metres; 1500 Metres; 3000 Metres; 60 Metres Hurdles; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Putt: 2000 Walk

Entry Fee: £2.00 first event, £1.00 each extra event. CHEQUES AND POSTAL ORDERS MUST BE PAYABLE TO 'SCOTTISH VETERANS HARRIERS CLUB' and NOT to any individual. Postal stamps are NOT acceptable as payment of entry fees.

ENTRIES CLOSE THURSDAY 28th FEBRUARY 1991 only with David Morrison, 12c Deedes Street, Airdrie, ML6 9AG (Tel: Airdrie 66010).

Please enclose a stamped addressed envelope for acknowledgement of entry and details of events time-table, which will be sent to you approximately seven days before the championships.

To David Morrison, 12c Deedes Street, Airdrie ML6 9AG.						
Please enter me for E	Event(s)					
Veteran Club	Vet No					
I enclose £	in payment of entry fee(s).					
Name (Male/Female)						
	Tel:					
On Sunday 17th Mar	ch 1991, I shall be years of age.					
Team Entry: Please	enter club:					
for 4 x 200m relay. I	enclose Entry Fee £4.00					
Signature	Date					

#### 800 compete in Oceania Games

from the US National Masters News MORE than 800 athletes took part in the V Biennial WAVA Oceania Veterans Games in Auckland, New Zealand, on November 2-6.

Competitors from New Zealand and Australia comprised the bulk of the entries but there were entrants from many South Pacific islands, as well as a handful from Europe and other regions. Non-Oceania participants also received med-

als for a top-three placing.

Athletes paraded into Mt. Smart stadium in age-groups for the traditional opening ceremony. The usual camaraderie was evident and set the mood for a memorable athletic carnival. A social function was held at Mt. Smart stadium at the end of each day's events. Following the closing ceremony, a barbeque and social was held.

Among the outstanding perform-ances were seven new World age-group records.

The VI Oceania Veterans Games will be held in June, 1992 on Norfolk Island.

## Race walking in Oceania

THE OVERALL strength of the New Zealanders was clearly evident by the inclusion of top veterans Garry Little, Kevin Taylor, Morrie Hinton and Jane Jackson, all members of the national squad for next year's Lugano and Eschborn Cups in the

Taylor and Jackson were also mem bers of the NZ Commonwealth Games team in Auckland earlier this year.

Undoubted star of these games was

forty-seven year old Little who belied his age with impressive outright wins in the 5000 metres (22.38) and 10km Road (45.34), the latter a new World age best.

In the female category Australia's any Hall celebrated her recent elevation to W50 ranks with outstanding victories in the 3000 metres (16.09) and 10km Road (58.49), winning the track event outright after unleashing a devastating last two laps to shake off the close attention of New Zealand champion, Loloma Foster,

On a tough, hilly course made worse by the oppressive heat, Jane Jackson (W40) strode effortlessly to take top honours (55.52) in the 10km Road Walk ahead of Hall (58.49) and Foster (59.05).

With their nucleus of international walkers the host country proved too strong in the team events, winning three of the four divisions contested.

From The AustralianVeteran Athlete

#### WORLD RECORDS SET AT THE **V OCEANIA GAMES**

		(Pendi	ng Ratific	ation)
Event	Name	Age	Mark	Previous Mark
2000(ST)	Maria Hillier (NZ)	W35	8:21.13	D Hughes (NZ) 12:45.32
2000(ST)	John Eccles (NZ)	M65	7:53.00	A Bryant (US) 8:23.74
T/Jump	Shirley Petersen (NZ)	W60	8.37	S Petersen (NZ) 8.28
L/Jump	Ruth Frith (AUS)	W80	2.20	B Hielscher (FRG) 2.00
Shot	Sarah Packham (GB)	W85	2.74	None
Discus	Sarah Packham (GB)	W85	5.60	None
Javelin	Sarah Packham (GB)	W85	4.40	None

# Roden's unique treble WHEN Anne Roden won the "Masters"

prize in this years Chicago Marathon, she had completed a unique triple performance, being the first to win all three of the classic USA Marathon events. All that remains is the prestigious "Twin Cities" and that is on her itinerary in the near future. Here are a few of Anne's thoughts on the three races. New York 2:48:00 (23rd overall and

first Veteran)

Probably the biggest surprise! I secretly hoped to figure in the first three but couldn't believe it when I found I had won. It was also a pb in not ideal conditions. A great awards presentation with Greta Waitz, Lisa Martin and Deek (Rob de Castella), all my heroes -

Boston 2:39:36 (10th overall and first

Another surprise as there were a couple who had run faster. Tremendous crowd support, testing course and the history was I really competing in the 94th race? It was great how Vets were treated. I sat on stage at the press conference with Bordin and Bill Rogers — what a thrill.

Chicago 2:38:55 (9th overall and first Veteran)

This time I was in the unenviable position of being favourite for the Masters title but I really wanted to win it for the hat-trick Chicago doesn't have the atmosphere of either New York or Boston. The second half of the race included seven miles along the lake with a strong head wind. I reached 20 miles in 1:59:50 and thought a pb might be possible but with the wind behind me I seemed to lose concentration and slowed. However I ran my third best time - just 34 seconds off my best.

Jack FitzGerald

JOHN GILMOUR shattered Harold Chapson's long standing M70 3000m World record by clocking 11:25,59 in December. Chapson's time, set in 1976, was 11:46.2.

SIEM HERLAAR of Holland took John Gilmour's M60 3000m World record off the list when he ran 9:36.5 in August. Gilmour ran 9:41.2 in

JOHN VAN DER WANSEM, another Hollander, in his first year as a vet, set an M40 3000m record. His 8:15.5 bettered the 8:17.4 by Jack Foster (NZ) in 1976. In his last race of the outdoor season Van der Wansem improved the 1 hour track record with a distance of 18,919m in Roosendaal on October 16th. The previous best was 18,900 (11 miles 1309yds) by Bill Stoddart in 1971.

FRANK FINGER of the US broke the M75 World record for the 80mH with a 15.1 in September. The record, 16.14, was held by Bert Morrow.

ROD DIXON, Olympic medalist and now 40, established a new course record of 5:07.8 in winning the men's masters division of the Sixth Annual Infiniti California Mile. The race is considered to be one of the toughest middle-distance running events in the world and climbs nearly 300 feet. The New Zealander easily beat Wilson Waigwa (5:22.0) of Kenya.

PEGGY FLETCHER, who returned to NZ from the UK 2 years ago made a clean sweep in her new W60 age group of all her four events at the group of all her four events at the Oceania Games. 1500m (5:58.04), 5000m (21:13.78), 10k Roadrace (44:59) and cross-country despite strong opposition from Australia's Shirley Brasher.

JACK FOSTER, NZ, whose World M40 marathon record of 2:11:19 stood for 16 years until broken by fellow countryman, John Campbell, is now 57. He recently ran his first road race in nine years — a 15k in 50:12.

TORSTEN VON WACKENFELDT of Sweden recently improved the World M60 shot record to 15.60.

RUNE BERGMAN, also of Sweden, improved the M65 5000m World record with a time of 17:13.8.

#### 1149 attend VI WAVA Asian Championships

A total of 1149 athletes from 13 countries participated in the VI WAVA Asian Re-gional Veterans Championships held in Kuala Lumpur's Merdeka Stadium on November 9-11.

The largest contingent (320) was from Malaysia, followed by India (294) and Japan (180). The Japanese tallied the most medals (135 gold, 78 silver, 49 bronze), with India second (53, 70, 62) and Malaysia third (28, 29, 28).

## **Throwing** weights around

Hugh Richardson

WHEN I was in Budapest in the summer I noticed that the Germans, as well as the Finns and Norwegians, were publicising meetings in their respective countries. was interested in the prospect of a Throw-ers Decathlon to take place at Muhlheim, Frankfurt, at the beginning of October so I entered. I recognised five of the events but some of the others seemed a little strange. In preparation I manufactured weights and trained in the belief that most would be based on the javelin technique I duly arrived in Frankfurt on a bright and warm Saturday afternoon. There were to be 150 competitors from all over Europe taking part in all ten events.

Sunday dawned cloudy but warm and I was ready to throw by 8.30 and while warming up I noticed some medicine type balls with a leather thong sticking out of the top. I wondered idly what these were. I was, I thought, all ready for the first event which was the Kugelschock This was a three kilo shot which I was going to throw like a javelin. I became nore than a little concerned when I saw that the other contestants were using a discus technique. Clearly, judging by the distance thrown I was going to have to join them. At my first attempt the shot slipped out of my hand and I nearly elimi-nated two of my fellow competitors. Opposite I noticed people throwing the strange medicine ball about 60 metres. I began to wonder why I had come.

However, I managed to regain ground in the hammer, javelin, discus and heavy hammer but then came the Keule. This I was told was a 500 gramme weight. On arrival at the designated throwing area we nearly had an international incident as a Dutch competitor immediately recognised the Keule - as did I. He wasn't very happy. You will all have watched 'The Great Escape' on several occasions I am sure. You cannot fail to have noticed the hand grenades sticking out of the top of the boots worn by the Wehrmacht soldiers. That's what we were being invited to throw - only the war head was missing. One of the Germans sidled up to me: "A German speciality I'm afraid."

Thereafter followed the stone (which turned out to be a 10k block of metal and which I was totally unable to master), the 7.5k hammer (thrown with one hand) and the shot (the tenth and final event). The competition was greatly enjoyed by com-petitors, spectators and officials. There an't have been many who have seen ar Englishman throwing a German hand grenade!

The Officials who had travelled with us during this long and strenuous day were marvellous. They had been ex-tremely courteous and considerate throughout in liaising with us and wher-

ever possible fulfilling our wishes.

As dusk fell on a memorable day and at the end of the party thrown by the local Club all competitors were presented with an attractive certificate and applauded, whether they had come first or fifteenth. Remember that in Germany the thrower is the King and you will be treated accordingly, as I was. Who is going to return with me to Germany in 1991 to take part in the fourth European Throws Decathlon Championships?

#### DUNROAMIN'?

Just to prove that Anne can perform well under adverse conditions, the photo was taken directly after the 1990 Kuala Lumpur International

Marathon when she represented Great Britain in 90 degrees and nearly 100% humidity. Starting slowly, Anne was six minutes behind the eventual winner at halfway. She then gave chase to finish just 18 seconds down in 2:57:55 in second place.

DECEMBER 22, 1990: "Come on down," came the clarion call from the loosely-hinged geriatrics. "Come and join us". And so on that fateful day I passed from Billy the Whitza to Billy the Was, the flower of my manhood withered and decayed (stop looking!) to be replaced by a shuffling dribbler complete with honey-combed jockstrap, a pair of Tiger Cubs and the gentle reek of Sloan's Liniment. So this is what the transition from Scourge of the Roads to Scrooge of the Gutters felt like. All these past years alternating between admiration and sniggeration of the over 40's but now I was there, a thinly topped mean machine of the vintage category.

he warning clouds had been gathering.

Firstly there was the Abingdon Marathon back in Detober when this sleek 39 5/6 year old frame flogged very grain of carbohydrate and chocolate eclair out of

itself and yet finished in an identical time and position to

last year. Was this the peak for my atrophied skeleton, the Worse was to follow. Just a fortnight later I tackled the local Sabbath Sprint, a 5 miler near Wantage. I ran with the

guts of a newly rodded skewer. But the chagrin as I watched a runner with bumps on the front leaving me for dead! Never before had a lady beaten me over that distance even if she was an international. The tides of time were

drawing in.

The winter of my discontent was made complete by two Achilles which simply refused to function. Cycling, walking, heat lamp, massage, acopuncture and laser were tried to no avail. Was this the end? My birthday passed on two wheels, not two feet. I even borrowed the neighbour's

rowing machine to tone up the body bestial. Perhaps that would raise up the non-existent biceps, fill the flattened pectorals and put a third hair on my chest. Whispers of doom buzzed in my head;

'This is the end, old boy."

"Zimmers aren't expensive."
"You can pack those old trophies up straight away."
"Does he take sugar in his tea?"

"That one with the four brass handles looks smart."
"Somebody down the club will have those Nike Airs
off you."

'And to think, they used to shout, 'Come on lad' Their arguments held me in a voice-like grip. But I rose

above them.
"I'm a man." I cried to nobody who was listening. "I

have sunk in the Milton Keynes mud with the best of them. I have run into a drugged trance (brought on by an overdose of Pot Noodles) during a 24 hour race, I have been led legless into a car by an old lady at the 25 mile mark in Chiswick. I have supped the putrid waters of Sutton-in-Ashfield's water jump and reviewed the contents of my stomach while returning from the Weston-Super-Mare marathon. These pleasures shall

not be lightly foresaken."
And so it came to pass that, behold, a spectre arose from the grave. Achilles cossetted, those semi-ехивегant matchsticks crawled painfully up out of the Evenlode valley. Mouth like a goldfish, air expelling from every orifice, I tottered into action, resolve strengthened, truss tightened.

Look out for me. I'm the one whose shorts pocket rattles — it's the Steradents on my wooden leg. Be-ware, a new veteran is born. Bob Forster

# YOUR

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.

#### A TRULY WORLD MOVEMENT

Almost all 1989 appears to have been spent by the Wava Council on a public uabble over the election of a president in 1991. A great deal of dirty washing ha been scattered around in the process. It has all been a most unseemly spectacle, mostly carried on in the columns of the US Masters News.

It has made me think that what we vant is an entirely new set of candidates, neither Cesare Beccalli, the present holder of the office, nor Alastair Lynn the Canadian, who is the council's own nomination for the post. There has been too much bad feeling aroused on their

behalves.
In addition, if Alastair was elected, excellent man though he is, we would end up with a packed Anglo-American coun-cil, not even having the broadening effect of an Italian at the head as at present.

Someone else should be put up. someone from the rest of Europe, Asia, Africa or South America. In fact it's perhaps time that some of the other longserving members of the council should be replaced with fresh blood, before it all begins to look like a self-perpetuating

I appeal to other national bodies to come up with new nominations. What about the Japanese, who are likely to be running our next but one World Games and who could bring their noted adminis-trative qualities to bear on our movement, and what about the former East Germans. the Russians and other new member-

Let's have a truly world council for a truly world movement.

Sylvester Stein London

#### MERIT AWARD BADGES

I came into athletics in 1989 following interest shown by Doug Wilson, BAAB Senior and International coach, under completely fortuitous circumstances. To begin with I didn't take it all that seriously I just wanted to stay reasonably fit. joined the local athletics club and did rather better than I thought I would.

At the end of the season I saw Mike Wrenn's column in VA12 and so I sent him a certificate note of my performances and had a nice letter back to the effect that local events didn't qualify. He suggested I enter the BVAF National Indoor Track and Field Championships at Cosford in

March 1990. I did just that, clocking 9.4 seconds in the 60m event compared with the National Merit Standard of 9.89 for the 65-69 age group shown on the back page of the official programme. On April 20 I sent a letter to Wrenn with cheque but heard no more. On September 15 I wrote again to Wrenn. I have had no reply to that letter either.

I seem to remember Oscar Wilde observing that to lose one letter could be regarded as a misfortune: to lose two could be regarded as carelessness. I con sider it discourteous in the extreme not, at least, to acknowledge receipt of letters.

Accepting that to be the case, and turning to specifics, BVAF had the admirable concept of a National Merit Award right across the board, more difficult of attainment than National Standards. Fine in theory. In practice, it would seem that only two meetings yearly count for this purpose — in 1990 Cosford and Glasgow — thereby severely curtailing the chances of geriatrics prone to injury! I would have thought that BVAF should make a start by accepting performances equal to or better than their National Merit Award standards at the annual area Track & Field Championships for their Merit Award badges.

Woking

#### RUNNING RACES IN SOUTHAMPTON

With regard to the letters in VA16 about the 1990 National Vet Half Marathon held in Southampton, Southampton run-ning clubs had nothing to do with the disorganisation of this race. I would like to point out that Lordshill Road Runners and Southampton Road Runners have built up a good reputation for providing quality races. As a competitor in the race I agree with every comment made on your letters page but I would not like runners to think that all Southampton based races are as badly organised.

Ron Bradley Lordshill Road Runners

#### A DUCK OUT OF WATER

I am a 43-year-old runner and have just realised the ingredients needed to run: motivation and ambition. I have recently changed clubs and find that the AAA forbids runners to run in a team event for eight months. It is quite ludicrous. I am an ordinary run of the mill vet who occa-

# MUST BE GATESHEA

For almost two years I have held the belief that Britain should stage the World Track Championships. Britain would make an excellent venue as it has much to offer in tourism but as to the actual location of the games I differ strongly with the Chairman. There is for me only one possible location Gateshead! My reasons are practical:

(a) Stadium: Gateshead is now accepted as the athletics capital of Britain. There is a second track at Monkton Stadium, Jarrow, only a few miles away with full facilities; (b) Crowd: the attendances at Gateshead are well known and support is high;

(c) Marathon: the North East has several possible flat

sionally wins the odd vets prize when nobody else bothers to turn up. My main

aim is to run as a team member. I feel now

like a duck out of water and can't even be

bothered to train. Surely it's time the AAA changed this silly rule and did

something to help the ordinary runner.

OMITTED BUT NOT FORGOTTEN

While studying your published results for the European Veteran 25k Race in

Bruges last year I was surprised to find that I was not listed in spite of the fact that

I finished in a time of 1:40. I placed 75th in the race and 11th in the M50 class. I

realise that it is probably not very im-

portant to anyone else but it is certainly

mportant to me as all my fellow

Elmbridge Road Runners who competed

were listed. I was particularly disap-pointed because I had had a particularly

good run finishing almost 10 minutes in front of Ron Hill whom I had never pre-

VA apologises for any omissions that happen in results. We try to make sure

that all veteran championship results are

listed. Inputting is a big task and results

get sent to us in all sorts of forms and

guises. Bear with us — we are striving to

THE KHARKOV CONNECTION

From contacts made at the European Championships at Budapest I have re-

ceived a firm offer to take a group of runners to the Ukraine to run in the

Kharkov Marathon which is normally held on the third weekend in August. The

offer includes transport, accommoda-tion, food and cultural visits as guests of

the Kharkov Veterans AC. A shorter race

I am investigating a stay of about 8 to 10 days and would like to lead a group of

British Vets. In return I am trying to

arrange a trip to England, probably based

around the Cambridge Harriers territory,

in June. We would need to accommodate

Anybody interested in participating in a trip to Kharkov or being involved in

a week before would be included.

viously beaten.

do the best we can!

them privately.

(d) Cross-country: the Riverside Bowl Course; (c) Sponsorship: the North East has two major Sportswear Manufacturers NIKE and VIEW FROM who could possibly assist the venture; additionally other organisations such as

Cliff Beldon

Terry Knagg

Sunbury-on-Thames

Valley Striders

Newcastle (Blue Star) Beers major factories or garages can be approached;

(f) Accommodation: all types of accommodation are available at Newcastle and Sunderland areas: luxury hotels, medium hotels, B & B, University accommodation, caravan

(g) Transport: there are full rail and bus services together with the Metro. There is an international airport at Newcastle; (h) Tours: visits can be arranged to: Northumbria Coast (Holy Island — Bamburgh), The Lake District, York, Edinburgh, Beamish Heritage Park, "Geordie Night Out", Metro Shopping Centre — largest in Europe, and so on.

The North East has shown many times that it is capable of staging major Athletics Championships. I throw down the gauntlet to the BVAF and my fellow Geordies: Gateshead should be the venue for 1995 or 1997. Ron Bell Wrexham AC

Peter Thompson

Peter Thompson, the President of Inver-ness Harriers, died on January 13 at the age of 56. During a spell in Birmingham he was a member of Birchfield Harriers and winner of the Warwickshire Steeple-chase Championship. Peter also won a number of Scottish veteran titles. He leaves a widow, Carmel, and six children.

the visit to us, is asked to contact me as soon as possible. Any Russian speaking runners or supporters would be most wel-come although the Kharkov organiser speaks English well. I can be contacted at Grice Avenue, Biggin Hill, Kent TN16

> David Coward Cambridge Harriers



Mother and daughter team: Pat Gallagher with her daughter, Lynne, taken just after the 1500m at the Mizuno Midland Counties Open Indoor Meeting at RAF Cosford on November 17. Pat ran 4:44.0 for a new W45 WR. Lynne, 15, ran 5:17.6. Good Indoor action Good Indoor action P9

#### Remembering Dr H. Spencer (Spen) Trafford who died on October 13, 1990

first met Spen at the inaugural World Masters Championships in Toronto in 1975. As a keen young vet I was bemused that this 50-year-old shot putter could easily outsprint me. I was to learn that Spen's speed was deceptive for in addition to his throwing ability he was able to hold his own in many a 200m event. This attribute stood him in good stead in his favourite disciplines: the Pentathlon and Decathlon. These two events he regarded as real challenges to his competitive

Spen was a notable consultant surgeon, serving for 40 years at the Newcastle Infirmary. I remember his tremendous energy and enthusiasm. Who else would wholeheartedly carry out the duties of

Medical Officer to the 1984 European Veteran Championships at Brighton and at the same time fit in competition at Shot and Pentathlon? And yet I also recall him sitting idly on a beach at Puerto Rico, complete with little beanie hat, "operating" on coconuts which fell from overhanging palms. He also brought forth gales of laughter, while swimming idly round a pool, by musing that he had read in a medical journal that 60% of Americans practised sex under water. He was not sure if that included veterans.

Spen was always fully supported throughout his travels by his wife, Thelma. Our condolences go out to her and her family — we share her loss.

I think it would amuse Spen if I signed

off this tribute with my customary nomde-plume. He enjoyed my somewhat irreverent accounts of foreign travels with the veteran movement ... particularly if he featured in them.

#### INTERNATIONAL CROSS-COUNTRY 1991

ABERDEEN City Council have agreed to support the Home Counties International Cross-country race in November 1991. They will provide for the cost of medals, a small sum towards programme printing and administra-tive costs and practical help to the SVHC in promoting the event.

So far, no subsidy is forthcoming from any

source for travel or accommodation costs. However, as there are still several months to go, perhaps the English veteran clubs could get together to provide some support for those selected for England. After all, the Scottish and Irish teams travelled a long way without central subsidy last year and the Welsh weren't exactly on the doorstep.



Some of the Scots who travelled far to make the line up for the 1990 International Cross-country held at Ampthill



#### Magnus Masterson's Memory Lane 10

Olympics?

1. What is the upper limit of wind assistance permissible for a record to be accepted?

2. In which city did Herb Elliot run 3:54.5 to set a World record for the

mile in August 1958? 3. Remember Ovett and Coe in the 800m Final in the Moscow Olympics? Who was the other Briton in

4. Which major athletics event was first held in Dusseldorf in 1977 5. Where does the word 'fartlek come from?

6. What was unique about the format of the men's 800m at the 1976 Olympics? 7. Which Olympic 100m champion won the 110m hurdles at the next

Who, in 1958, became the first Briton to win a throwing event at a European Championships and later wrote a book entitled

Champion in Revolt? 9. Which club has the Star of David for its emblem? 10. Before 1988 only two men had run inside 44secs for the 400m. They did it at the 1968 Olympics. Lee Evans was one, who was the other?

Overseas team work

- David Coward

For some years minor problems and a lack or

real organisation have been evident among

British team members participating in Interna

tional championship events. At a recent BVAF Council meeting — my first — I was elected to

the position of Chairman of the International

Committee and after a "baptism of fire" in

dealing with a number of difficult outstanding

matters I took on the task of setting up a system

manager is needed but without finance this

would have to be done by a volunteer. It might

be possible to provide some financial support

Furthermore, the duties of a team manager for

athletes of such a wide range of events and age

groups competing at different locations is

likely to be too much for one person. Perhaps

bers of the party were aware of all aspects of

the programme, were advised of changes,

were properly attired during their event(s) and,

most importantly, that he/she was available to

the competitors throughout the competition. It

would be up to the team managers to select and

organise relay teams and nominate team scorers where appropriate. They would also be the

contact with the meeting organisers regarding

appeals and complaints. Registration for

events would remain the responsibility of each

individual competitor, as would being in the

events. All we need now are volunteers. What

will the appointee get out of this task? It will

mean a lot of hard and thankless work but with

an end product that will be better than the past

and might even help to produce improved

Please make contact as soon as possible, well before April 17 the next BVAF Concil

meeting, even if it is only to ask more questions

about the proposals, I can be contacted at 7 Grice Avenue, Biggin Hill, Kent, TN16 3EW

performances, and a better atmosphere.

Bruges and Turku are the next major

right place at the right time.

Tasks would include ensuring that mem

assistant team managers are a possibility.

making a small charge on each competitor.

Ideally a dedicated, non-competing, team

for future team management.



# THE WAY FORWARD Bill Taylor, Chairman BVAF

Keeping up the standards

There have been some shortcomings in the organisation of a few BVAF championships recently. Recriminations will get us nowhere but we must learn from our mistakes and pass on the lessons learned by one organising club

for the benefit of those following.

I have discussed the whole question of preparing for championships and the monitoring of preparation with Mike Wrenn our Championships Secretary. He has been able to co-opt a few helpers and the task of reviewing Championship Guidance Notes and preparing a monitoring plan is well in hand.

The Indoor at Glasgow in March will be under the spotlight. Make sure you enter for a top-class meeting.

To centralise or to rotate?

Most of our championships at present rotate around the regions; they are organised in turn by a club in the North, then one in the broadly

central region, then one in the South. This is a form of rough justice - it spreads the organisational load and gives everyone a chance of local competition sooner or later.

Some members have suggested that most national championships should be centralised. But under present arrangements for delegating organisational responsibility to a club this would impose an unacceptable load on MVAC. The Midlands already bear an unfair load with the Indoor (having organised it six times out of eight). Perhaps it would not be impossible for another club to organise the Indoor at Cosford with the help of a link in the area to be in contact with RAF Cosford. All other work could be done from a distance. It does need another club to come forward. Perhaps you could suggest it to your committee and then volunteer to help.

Catching the runners

We have long realised that most of the thou-

sands of active veterans who are not yet members of a veteran club are road runners. In spite of our efforts to show them the advantages of veteran-only competition, eligibility for national and international veteran championships, a free newspaper - most of them still do not feel the need to join us.

Richard Cashmore, the architect of the BVAFRoad Race Grading Scheme, which has done so much to improve the recognition of vets, suggests a reason.

He says that most of these runners are content to compete in open road and crosscountry events, and see the BVAF as an athletics organisation and that, to them, means track and field.

He says we need a more market-orientated approach: find out what the customer needs and then provide it. Richard has suggested that we should set up a small BVAF working party to consider this in some detail and make recommendations. He has offered to help. If others have ideas on what the customer really does need, please let us know.

It has been said by the BAAB and AAA hierarchy that we do not represent all veterans and, until we get substantially greater numbers of those runners in our clubs, our counter arguments are weak

Have you any thoughts?

#### National and International news

by Bridget Cushen

**WAVA World Championships** 

The BVAF have for some time been considering bidding for a WAVA World Championships. The 1995 Track & Field looked enticing until we explored possible sites; where in Britain does one find two all weather tracks close together? How many hotels are there in the vicinity? Is university accommodation available? What is the public transport situation? Would Sheffield be interested? What local authority financial backing could we expect? As the recession deepens the possibility of a World Championships here seems more remote. We now know that Argentina, Brazil, Colombia and Singapore are going to bid in Turku for the 1995 Championships.

Colombia has already got the support of their national Tourist Board. Situated in the Pacific the temperature is ideal all year round and the cost of living is minimal - a teacher's monthly wage equals US\$100. The organiser, an active athlete, has travelled extensively and is aware of the enormity of the task. He has not yet decided which city to choose: Medellin, which already has two tracks or Cali where another track is planned but which has more university accommodation. WAVA has suggested July/August rather than December, this should please our many teacher members. Argentina and Brazil have made enquiries. Singapore is also well placed, has ample facilities and will be another strong contender.

Where does this leave Britain? There is, as yet, no taker for the 1992 10k and 25k Road Races. We are quite capable of hosting an exciting weekend of road racing, perhaps even adding

Our picture from the past this edition is

Simpson, membership Secretary of

of Small Heath Harriers circa 1921, Colin

Midland Vets, and long time member of Small Heath or Solihull and Small Heath

Harriers (to give them their present title)

a 20k and 30k road walk. We would have to make a presentation in Turku and would need to know immediately of likely venues. Would your club/area be interested in attracting a few thousand tourists for a long weekend? Would your company be interested in sponsoring such a prestige championships? If so, get in touch with me or your Club Secretary as soon as possible.

I have received a letter from the organisers in Turku advising that they are carrying out a review of the whole timetable. The original entry brochure was hurriedly printed for hand out in Budapest and you will recall that the hammer event clashed with the heptathlon and decathlon and heats of the hurdles and sprints were too close. Until they know roughly how many entries they receive the exact programme cannot be finalised.

#### Domestic issues

**AST MASTERS** 

The organisation of the London marathon improves each year but one area where there appears to be definite discrimination is in the exclusion of all athletes over 60 from the Fast Veterans Start - they have to take their place with the masses in Greenwich Park. Last year our first O60 finished in under 2:50 and another clocked 3:03. Yet any M55 with a sub 3:30 can enter the special start. I have written to the organisers regarding this anomaly.

Dr Bill Evans, BAAB, has now confirmed that there will be a Veteran's Committee within the new British Athletics Federation. Its terms of reference have yet to be defined. Ideally, the BVAF should be in the majority on such a

is currently writing a thesis on this

B91 1UF.

famous Midlands Club. Anybody with

memories and anecdotes from the past relating to Small Heath are invited to

write to him at 87 Willow Road, Solihull

## iavelin decision

AS EVERYONE knows both old and in Turku. A decision considered by all Phillips has has been corresponding particularly to ensure that the rules of competition where two javelins are in use are clearly understood.

#### Prize Draw supports Veteran Athletics

EVERY month Veteran Athletics organises a prize draw which supports this very newspaper. prize draw which supports this very newspaper.

Every month there is a £100 prize as well as five £10 consolation prizes. Membership is just £12 and there are 12 chances each year to win. Some members have taken out double memberships even quadruple - which multiplies their chances. Naturally, we encourage this. As we get more members so we will be able to raise the total amount of prize money - as well as helping with production costs of Veteran Athletics

Those of you who haven't already taken out a ticket, why not make 1991 the year you partici-pate, and those of you who are new members of BVAF affiliated clubs, why not join now? All you have to do is send £12 (or multiple of) to the Draw Organiser, Jose Waller, 7 Rose Briar Walk, Watford ND2 5LJ.

Recent Prize Draw winners September: £100 to Peggy Taylor of Milton-u-Wychwood, £10 to B.Furguson, R.Walker, M.Legge, J.Burns and B.Thomas. October: £100 to M.Stewart of Cheshire, £10 to G.Stewart, J.Whay, P.Rowe, B.Strange and R.Clark. November: £100 to Doreen Offredi of Wimble-don, £10 to J.Cross, J.Norman, R.Walker, J.Stephenson and R.Burdon. December: £100 to Mike Abell of London, £10 to M.Moore, E.Nichols, E.Harrison, E.O'Neil and L.Dewar

## The misguided

new 800 gram javelins will be permitted British javelin throwers to be wrong. Joe vigorously with Bill Taylor on the subject

#### Good turnout expected to tackle Heartbreak Hill

THE ORGANISERS of this season's **BVAF National Cross-country** Championships, EVAC and Bedford and County AC, are predicting a good turnout for the event to be held on March 10 at Ampthill.

The relatively central position and the well-known course, which includes the challenging Heartbreak Hill, will undoubtedly attract many and there is bound to be good battle seen. Ampthill is an excellent spectator's course - ample hot dog stalls as well to keep you warm.

Entries close on February 26 - see advertisement P2 of the Autumn issue of VA

Donations received after press date will be ac knowledged next time.

I did not receive the 1000 donations I had hoped for in 1990, although there was a little surge before

Christmas. Perhaps 1991 will be off to a good start.

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

Let's have a few new names.

## 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:

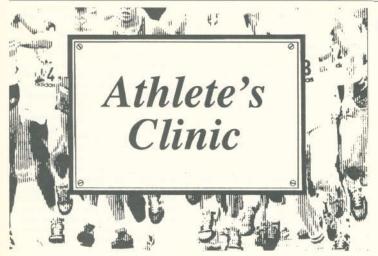
address below.

L A Parrott Denis Philcox J C Dietrichsen JB Leith Allan Sowden A N Other

Derek Wood Evaun Williams Jack Piggs Another Anon Derek Thomas W M Duncan Maggie Govender F Wainwright Jim Ryan Dorothy Offredi Bill Cameron Des Martin

Bill Taylor, Veteran Athletics Treasurer — full

Sidney Giddings C J Hickey Peter Cheatle Malcolm Stewart Roy Graham I wish to support Veteran Athletics and enclose my donation of £\_ Address



## Stride length declines with age

-Dr Nancy Hamilton, US National Masters News

I HAVE hours of videotape of sprinters from the 1989 World Games in Eugene and Nationals in San Diego in those two meets. My primary purpose in shooting all that videotape was runners get older. While we know, based on earlier research, that some of the decline in sprint speed is due to loss of muscle strength and nervous system function, no one has yet looked at how ageing affects running mechan-

My hypothesis was that part of the decline in sprint performance with aging might be due to mechanical factors such as range of motion in the joints and the effect on stride length and stride rate. The running strides of each of the fastest runners in each age group were "digitized" into a computer and analyzed. All the

data across all age groups was then compared to see which aspects of sprint-stride mechanics were changing as runners got older.

#### Stride length

The two basic components of sprint speed are stride length and stride rate, so it was apparent from the start that there would be changes in one or the other or both.

In fact, I found that both stride length and stride rate did change. The somewhat surpris-ing thing was that stride rate changed only a little (not statistically significant) while the changes in stride length were quite large. The runners in the M35-39 age-group 100, for instance, ran at 2.2 strides (4.4 steps) per second while the 90-year-old men ran at 1.7 strides per second, a decrease of only 22%. In

other words, older runners are still turning it over at close to the same pace. Stride length, on the other hand, ranged from 4.72m per stride (2.36m per step) by M35s to 2.84m per stride (1.42m per step) for 90-year-olds, a decline of

#### More ground contact

In investigating why these changes occur, I found that as age increased so did the amount of time each foot spent in contact with the ground. This may, in fact, be due to changes in the nervous system, which are difficult to combat. The changes in stride length, however, turned out to be more closely related to changes in the range of motion in the hip and knee than to an increase in contact time. Between the ages of 35 and 90, the range of motion in the knee decreases from 123 degrees to 95 degrees, a 33% drop. Range of motion in the hip goes from 92 degrees to 51 degrees, a 38% drop. In other words, between the ages of 35 and 90 a sprinter loses one-third of the mobility in the legs. While this decline in range of motion is fairly constant, the greatest changes seem to occur after the age of 50 in the knees and after 60 in the hips. Of these two joints, the hip seems to be slightly more important to sprint speed than the knee

What does this actually mean for the ageing sprinter? Within the limits of joint and muscle health, the range of motion can be improved with conditioning. In sprinting, the key to hip mobility is to increase the mobility in extension, the kick or drive phase of the stride. To do this it is necessary to spend time stretching the quads, the muscles on the front of the thigh. The safest way to stretch these muscles is to warm up for 10-15 minutes, then assume a position where the knee is fully flexed and the hip is fully extended. It is much safer if you are not using your body weight to force this stretch. Two very good stretch positions are 1) lying on the stomach, bend one knee and then lift that same knee off the ground as high as possible without letting the hip bone come off the ground, and 2) use the yoga position called

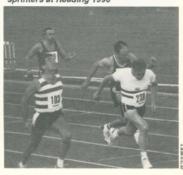
"the dancer" - from a stand, bend one knee then reach back and grab that ankle. Pull the leg up as high as possible while bending forward at the hips. When the chest is parallel to the floor, push the ankle against the hand and continue to lift the leg.

#### Static stretches

Both of these stretches are static stretches and should be held for 10 seconds on each leg, repeated three times. No bouncing should be done while stretching. This is when muscle injuries occur. It is safer and more effective to get to a position of maximum stretch and hold

Another technique that may help increase sprint speed through greater hip extension is to use the muscles of the buttocks to push backward on each step. Rather than reaching out with the foreleg to get maximum distance forward, think about pushing back as hard as you can on each step. Use the buttocks and the hamstrings, very much the way you push off hard out of the starting blocks. One word of caution — it is critical that the quads be warmed up and well stretched. Increasing the backward push will stretch the quads hard just before they contract to bring the leg through.

#### Striving to maintain stride length, M 50 sprinters at Reading 1990



## NATIONAL VETERANS **ROAD RELAY CHAMPIONSHIPS**

SATURDAY MAY 11, 1991 SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all clubs affiliated to BAAB AAA/WCC & RRA medals as appropriate to first 3 teams and fastest 3 individuals in each event. This Championship will be held on the established AAA Championships 3 Mile course.

E١	/ENT	STAGES	START
1	WOMEN 35 plus	4	11am
2	MEN 60 plus	3	11am
3	MEN 50 plus	6	11am
4	MEN 40 plus	8	1.30pm

#### **ENTRIES CLOSE on APRIL 13**

Entries from B teams will not be accepted. Teams must be declared 30 minutes before the start. All competitors must wear club colours.

> Entry form and other details from: DENIS WITHERS, 14 COTTAGE LANE MARLBROOK, BROMSGROVE B60 1DW (Include 9" x 4" S.A.E.)

#### **Drug Watch**

If you are taking any medicine that contains any of the banned substances listed below for health reasons - this is generally permissible. If you are in any doubt phone the Sports Council's Doping Control Unit on 071-383 5667 for free advice.

#### The list of IAAF banned substances

(a) Stimulants: e.g. amiphenazole furfenorex amthetamine meclofenoxate amphetaminil menfenorex benzphetamine methoxyphenamine cathine methylamphetamine chlorphentermine methylephedrine clobenzorex methylphenidate clorprenaline morazone cocaine nikethamide cropropamide\* pemoline crotethamide\* pentetrazol diethylpropion phendimetrazine dimethylamphetamine phenmetrazine ephedrine phentermine etafedrine phenylpropanolamine ethamiyan pipradrol ethylamphetamine prolintane propylhexedrine fencamfamin fenethylline pyrovalerone strvchnine fenproporex and chemically or pharmacologically related compounds.

(b) Narcotic Analgesics: e.g. ethylmorphine alphaprodine levorphanol anileridine buprenorphine methadone codeine\* morphine dextromoramide nalbuphine dextropropoxyphene pentazocine pethidine diamorphine dihydrocodeine phenazocine

dipipanone trimeperidine and chemically or pharmacologically related compounds.

(c) Anabolic Steroids: e.g. bolasterone methyltestosterone boldenone nandrolone chlordehydromethyl- norethandrolone testosterone oxandrolone clostebol oxymesterone fluoxymesterone oxymetholone mesterolone stanozolol testosterone\*\*\* methandienone methenolone

and chemically and pharmacologically related compounds.

component of "Micoren"

epitestosterone ratio

permitted for the treatment of a disorder and any other substance which has the effect of increasing the testosterone/

This list is not necessarily comprehensive and IAAF reserves the right to amend as necessary.

#### Research into ageing

Over 65 marathon runners are to be examined in a research study in Newcastle-Upon-Tyne to determine whether regular exercise can slow down the ageing process. Dr Gary Ford, Senior Registrar in Geriatric Medicine at Freeman Hospital, Newcastle-Upon-Tyne, is examining the response of the heart and blood vessels to adrenalin. Adrenalin is released into the blood during exercise and enables the heart to beat more powerfully during exercise. The studies are being supported by the charity, Research into Ageing. Any marathon runners over 65 years of age who think they might be interested in the study can contact Dr Gary Ford, Freeman Hospital, Newcastle-Upon-Tyne, NE77DN. Telephone 091-284-3111 ext

Advice for injuries and other athletic problems may be sought from Athlete's Clinic by writing with SAE to "Athlete's Clinic", Veteran Athletics, 67 Goswell Road, London ECIV 7EN. Please quote your veteran number.

### Simmons and Penny triumph again on **Breakheart Hill**

Tony Simmons and Glynis Penny once again won their respective races, as they did at last year's event, at the Beefeater International Cross-country held at Ampthill on November 4. Athletics Weekly's Veteran Voice, Martin Duff,

TONY SIMMONS again retained his International title over four laps of Ampthill Park with a devastating performance, not only nearly a minute clear of Tony Ross who again was runner-up, but also faster by a similar margin over his 1989

Simmons' performance however could not retain the M40 title for the Welsh as England made a clean sweep of all seven agegroups. Alan Whitfield and Ross had shown in front after Ian Elliot's initial breakaway had been closed down, but uncharacteristically Simmons went ahead at half distance to power away for his commanding win as Ross and Elliot filled the minor M40 places.

Les Presland again ran a stormer for a brilliant 11th place overall winning the M50s by over a minute. He would only narrowly have failed to make the England M40 team. Steve James was a good runner up. Steve Warzee was another repeat victor in the M45s where he prevailed over non selected Clive Rutland, Rutland came good on the day to beat all of the other M45s who had more pressing credentials. Alan Hughes

was a convincing M60 winner for England.

Zina Marchant, Glynis Penny and new vet, Sally Young, con-tested the early lead in the 5k women's race before Young made a break up Breakheart Hill which she consolidated in the forest section. Penny however had her measure. She closed the gap up the hill on the second time and although she fell back through the woods, she came storming up the final hill for another repeat win. Young held on for second, ahead of Marchant who, with a lonely third place run, took the W40 title. Celia Duncan, the England women's team Manager, justified her own selection with a measured second lap run to take fourth and ensure the England W35 were one, two and three ahead of non-selected Angela Briscoe.

Anne Roden (England) and Pat Gallagher (Wales), both W40s, followed close behind, while Maureen Singleton headed non-selected Barbara Matley and Pam Jones in the W50s. Joselyn Ross was the only W60 selected and the Scottish lass did not disappoint as she was second best placed in their



First at Ampthill: Tony Simmons

#### Top ten veteran STAR\*RANK HOT 100 Rankings

M40: 1 Mike Hurd 302, 2 Gareth Jones 221, 3 Tony Simmons 199, 4 Keith Penny 150, 5 Ian Elliot 140, 6 Colin Cartland 138, 7 Tony Keller 109, 8 Ernie Cunningham 106, 9 Mike Rideout 105, 10 Dave Throup 101

M50: 1 Richard Cashmore 86, 2 M50: 1 Hichato Jashiniore 60, 2 Alan Griffiths 67, 3 James Carragher 62, 4 Brian Harris 62, 5 Melvyn Rawson 60, 6 Barry O'Gorman 58, 7 Steve James 57, 8 Don Bamforth 56, 9 Patrick Dobbs 53, 10 Mick Ward

46. Veteran women: 1 Zina Marchant 272, 2 Bronwen Cardy-Wise 127, 3 Glynis Penny 110, 4 Chris Kilkenny 99, 5 Janet Kelly 82, 6 Caroline Boyd 79, 7 Susan Coxhall 78, 8 Diana Harvey 74, 9 Jennifer Pearson 53, 10 Diane Underwood 52.



#### Welsh weather

Old Father Time 5, December 30

THE SECOND running of this veterans only event was somewhat marred by the continual rain of the holiday period turning the normally fast riverbank section into a slippery, watery path which was quite difficult to negotiate. This slowed

Multi distance and discipline champion, Alun Roper, took off after about a mile and won the race unpressed while the battle was waged behind him for the minor awards. Alan Jefferies, who had won his county Senior cross-country title a few weeks previously, was a popular M45 winner and Carole Fereday took the women's event from a disappointingly parse female selection.

M401 A Roper (Swansea) 26:11, 2 O Ide (Cardiff) 26:39, 3 B Plain (Cardiff) 26:58; M45 1 A Jefferies (Swansea) 27:18, 2 D Walsh (Croupiers) 28:28; M50 1 A Garrett (Cardiff) 28:45; W40 1 C Fereday (Newport) 32:54

Dave Walsh

ETER DUHIG and CATH READER PETER DUHIG and CATH READER of the Eastern Vets have been honoured in their home area by their local newspaper, The Lynn News and Advertiser, Duhig, Chairman of EVAC, has been selected as Sportsman of the Year for a combination of his athletic performances and overall service to athletics. Reader has won the "Courage of Sport" award for overcoming the knee injuries which converted her from being a good class runner to the number one women's veteran walker.

INSPECTOR LES BARNETT of th INSPECTOR LES BARNETT of the Warwickshire Police became BAAB Admin Officer (Promotions) on January 3. He takes over some of the January 3. He takes over some of the work done by Andy Norman. Now 49, Les has a veteran pedigree; in 1982 he was second in the 400m (M40) at the BVAF Indoors and second again at the Europeans in Strasbourg where he ran 51.0, his best as a vet.

Foresking vets ethiletic for official. Forsaking vets athletics for official-dom, he was Field Referee at a number of recent AAA Champion-ships and Internationals.

HUGH CURRIE ran 2:51:39 in the Inverdyde Marathon on August 19 which breaks his own M65 British record of 2:52:54.

MOLLIE SMITH, 53, chopped nearly a minute from Pam Jones's British W50 Half Marathon record with a run of 89.54 in the Lydd Half during October. Smith has only been running for a little more than two years — well, not quite, she did sprint for Kent in the All England Schools back in the fifties.

At the Scottish Vets versus the North East Vets Match at Livingstone one of the competitors was running up the fairway to take his javelin throw when one of the officials ran forward and stopped him. The thrower shouted at the official, "Why did you stop me? I felt I was going to have a good throw."
The official replied, "You've got the javelin round the wrong way!" Gales of laughter from everybody.

A McBrinnlet from the SVHC newsletter

1000 at Barnsley 10K Continued from page 1

That's the road that leads out of Barnsley and on to the M1. About ten metres behind the leading four was Ross, he was followed by Hurd, Jim Dingwall, John Offord and Peter Duhig, Simmons was fourteenth, he did not look at all keen on the job at that stage.

When they reached the far side for the second time the lead group was down to three; the man in the green vest was slightly detached. Whitfield was still making it, Banks had the alert look of someone who believes he can win it and Penny was also looking in good shape. Simmons, in ninth place, was moving like an express train, but he was something like 100 metres behind the leaders with just over a mile

Cut to the finish: Big surprise. First round the corner and into the gauntlet of spectators comes the unmistakable figure of Tony Simmons, arms pumping up in front of him like a Toytown soldier at the double. Banks is about ten metres behind him and Penny about the same distance behind Banks.

Well, Tony has lain off the pace in a number of veteran races and then come through to win, but what he did at Barnsley was exceptional. Was it tactical? Apparently not; he said he did not hold back deliberately, he thought he ran the first lap at the right sort of pace for him and was impressed at how well the leaders were going. He confided that as he moved up to them he wondered if one of them would respond and beat him on the run in.

Banks was the last man Simmons went past, about 400m out, and he felt slightly miffed at having the race snatched away from him. 'He surprised me ... came from nowhere ... you have to hand it to him'.

The man in the green vest turned out to be Tom Price from Northern Ireland. He has re-cently turned vet and runs for Duncairn Olympic in Belfast. Tom finished fifth, he could make an impression in future road championships if he cares to make the trip across.

Surprisingly, perhaps, the wind did not af-fect the times to any great degree in most of the

groups. Fred Davies' 32:35 in winning the M45 was only seven seconds slower than the winner's time last year. Steve James was only 12 seconds down on what he did last year as he won the M50s. In the M60s Bob Peart won in 37:33 against 37:14 last year. The other placers in this group, Ron Lucas and Eddie Thompson, both ran inside 39 minutes - something only Peart had done on this course.

#### A 'wind-resisted' record

In the part of the field where the M40s lay thickest one caught an occasional glimpse of the leading lady, Zina Marchant. Now in the W40s she's enjoying a purple patch, running faster than she's ever done and probably more gracefully too for her running seemed effortless. When she reached the top of the long hill for the second time she had a lead of something like 200m on her main rival, Glynis Penny They are fairly evenly matched, Glynis had finished in front of Zina in the Cross-country at Ampthill, so it seemed that either Marchant was going extremely well or Penny was having a poor run.

When Zina came through the line the clock told us. It showed 34:45 — nearly a minute faster than the W35 record she set last year. It could be marked down alongside Taff Davies fine run in '88 as the best performance by a vet on the Barnsley course, but Lorna Irving ran 33:49 when she won the open race in '87 as a 40-year-old.

Nevertheless, to finish almost a minute in front of Glynis Penny, who won the W35 in the third fastest time recorded for that group, was a splendid achievement by Marchant. Another woman to overcome the adverse

conditions and set an age-group record for the course was Dot Fellows who won the W45 in

Although the mentioned performances were outstanding there were some leading names missing. Consequently there was not the real bite of competition about the women's championships.

Cambridge Harriers and **Swanley Town Council** present the

# SWANLEY HALF MARATHON

Sunday 24 March 1991 starting at 10.30am

Medals to all finishers, with generous prizes to 1st 10 men, 1st 3 women, 1st 3 men over 40/45/50, 1st woman over 35/40/45, 1st 3 male teams of 3 & 1st female team of 3, plus additions according to entry numbers, and some excellent spot prizes.

Entries to D J Coward, 7 Grice Avenue, Biggin Hill, Kent, TN16 3EW on the standard form. Fee - £3.50 (affil) or £4.00 (non-affil.) - cheques payable to "The Swanley Half Marathon". Enclose large SAE. The closing date for entries is Sunday 3 March 1991.

Course run over undulating roads consisting of 1 large and 1 small lap around Swanley, Wilmington and Hextable in Kent. Refreshments and ample changing with a small fete at start/finish area.

#### **BVAF 21st NATIONAL TRACK & FIELD CHAMPIONSHIPS**

Alexander Stadium, Birmingham - 6th & 7th July 1991 Under AAA, WAAA, RWA, WAVA & BVAF Rules Organised by Midland Veterans Athletic Club





#### ORDER OF EVENTS Commencing at 10.00am each day

TRACK 400m Hurdles (M40, M45) Heats 400m Hurdles (M50+,W35+) Finals 300m Hurdles (W50+) Finals 300m Hurdles (M60+) Finals 100m (M&W) Heats 1500m (Men) Heats 100m (M&W) Finals 3000m Walk (Men) Finals 400m Hurdles (M40,M45) Finals 1500m (M&W) Finals 400m (Men) Heats 5000m (M60+, W35+) Finals 5000m (M40) Finals 5000m (M45) Finals 5000m (M50, M55) Finals 400m (M&W) Finals FIFID Hammer (Women) Hammer (Men) Long Jump (Women) Pole Vault (M&W) Long Jump (Men) Discus (Women) Discus (Men)

Shot (Women)

A.G.M. - 18.00

SUNDAY TRACK 2000m S/chase (M60+ & W) Finals 3000m s/chase (Men) Finals 110m Hurdles (Men) Heats 3000m Walk (Women) Finals 5000m Walk (Men) Finals 800m (Men) Heats 200m (M&W) Heats 110m Hurdles (Men) Finals 100m Hurdles (W35) Finals 100m Hurdles (M60, M65) Finals 80m Hurdles (W40+) Finals 80m Hurdles (M70+) Finals 10.000m (M40) Finals 800m (M&W) Finals 200m (M&W) Finals 10,000m (M&W) Finals FIELD Javelin (Women) Javelin (Men) High Jump (Men) Triple Jump (Women) Triple Jump (Men) High Jump (Women) Shot (Men)

All in 5 year age groups, but may be combined if required although awards will be given as per BVAF guidelines. If not enough competitors arrive for heats, finals will be run at heat times.

Please use capital let	CHAMPIONSE ters	IIP ENTRY FO	RM
Surname	Christian	Names	
Address			
		Post Code	
*Male/Female	Telephone No	)	
Date of Birth	Age	Group as at 6/7 July	1991
Veteran Club		Veteran No.	
1st Claim Club			
EVENTS			
EVENT	P.B. 1990/91	EVENT	P.B. 1990/91
		1	
Mark Continues of			
I enclose cheque/P.C (Overseas entries in	avan zambaria	to MVAC for the su	
I hereby agree that the damage as a consecu	ne organisers shall not sence of my participati	be liable for any acc on in the 21st Vetera	ident, injury, loss or ans T&F Championships
Signed		Date	
Entries to Freda & Ja	ck Cross, 36 Manor Ro	ad, Atherstone, War	wickshire, CV9 1QJ.

Closing date Saturday 8th June 1991. Late entries will not be accepted. Send 9" x 6" SAE

or acknowledgement of entry, timetable, information, accommodation, maps etc.,

which will be sent out between 15th and 22nd June 1991, but if you wish earlier

accommodation list please send extra SAE.

#### AND FIELD RECORDS

WORLD	A C	ND B	RIT	ISH	INDOO	RT	RAC	K
World		British		MAD SE	res Hurdles	8.15	L.Bovell	8.9
M45 G.Horton (Can), S.Tylor (Can) M50 R.Taylor, P.Taylor (GB) M55 H.Hartonstein (USA) M60 P. Inden (USA)	7.3 7.4 7.53	P.Webber B.Green, I.Post R.Taylor, F.Ta R.Taylor G.Bridgeman	7.6 8.1	M45 W1 M50 CJ M55 L.F M60 J.G M65 E.I M70 I.H	Davemport (USA)  filler (USA)  ratt (USA)  remained (USA)  alicus (USA)  ume (Can)	8.76 8.92 9.21 9.36 10.14 11.3	B Forguson C Shafto C Shafto C Steedman L.Williams S.McSweeney	9.1 9.57 9.7 10.1 10.8 12.6
MTC P.Jordam (USA) MT5 B.Ivers(USA)V.Colo(Italy) A.Pajunen (Finiand)9 I pendin M80 A.Pajunen (Fin) M85 K.Boas (USA)	8.46 9.5 1g 9.83 11.92	C.Fairey S.Ste C.Fairey L.Watson	8.5 8.6 9.8	M80 A.J W35 J.V W40 J.V W45 M6 W50 J.H W55 R.G	bei (Can) fojumen (Fisland) 115 pen hjumen (Fis) emon (GB) emon (GB) Nab(GB) dlis(GB) hrimes (GB) furmer (GB)	13.37 89 88 99 11.0	J.Vornon J.Vornon P.McNab J.Halls R.Chrimes	8.9 8.8 9.9 11.0 11.1
W40 P.Raschker (USA) W45 U.Gore (GB) W50 U.Gore (GB) W55 A.Laerson (\$ weden) W60 J.Ogden (GB)	8.14 8.4 8.3	P.McNab U.Gore U.Gore	8.3 8.4 8.8	W75 P.3	etres Walk	13.44	HFarrier	12.3
W65 M.Wixtey (GE) W70 M.B.owermaster (USA) W75 M.Crnws (USA)	11./5	Parmer Ogden Wixey P.Taylor		M50 D.S	Care (GB) (tovens (GB) (tovens (GB) Vorth (GB) Scierretta (Haby) 9:25 2 per	839.9 833.4 857.9 10:24.1	R.Care D.Stevens D.Stevens P.Worth L.Creo	8:39.9 8:33.4 8:57.9 10:24.1
M40 H.Rhe ineck (Germuny) M45 R.Pierco (USA) M50 R.Taylor (GB) M55 R.Taylor (GB) M50 J.Greenwood (USA) M55 M.Larnon (USA) M70 P.Jordan (USA)	28.00 32.5	J.Henson, I.Fos R.Taylor R.Taylor dgemar, S.Bros S.Stein C.Pairey L.Watson W.Baker	29.6 33.4	M65 L.C M70 J.G M75 J.G W35 L.J W40 L.J W45 P.E W50 M.' W60 M.'	count (GB)  con (GB)	10:39.6 10:41.3 10:50.7 9:39.0 9:39.5 11:35.3 11:00.0 10:58.7 11:02.5	L.Creo J.Grimwade J.Grimwade L.Millen L.Millen L.Millen M.Worth M.Worth M.Worth	10:39.6 10:41.3 10:50.7 9:39.0 9:39.5 11:35.3 11:00.0 10:58.7 11:02.5
M85 K.Bons (USA)	42.51		11E 20	3000 M	etres Walk	11.07.0	B.Care	13:07.9
M96 M.Saloner (Pin) W35 B.Waldis (Switz) W40 P.Raschker (USA) W45 M.Hocknell (GB) W50 U.Gere (GB) W55 A.Larason (Sweden) W60 J.Ogden (GB)	27.30 27.1 25.6 31.05	M.Hocknell Hocknell	27.9 27.1 29.6 31.8		Catila (Fin)12.40.9 pendin cos (Can)		L.Scrivens D.Stevens	15:12.3 14:46.0
W70 M.Bowermaster (USA)	31.05 31.6 36.1 37.85 45.73	Ogden Ogden Wixey	31.8 31.6 36.1	M65 MJ	Sould (Can) Dierov (USSR) 14:46.4 pena Sould (Can) fakinen (Fin)	15:03.8 fing 15:03.0	J.Dansford D.Withers L.Creo A.Foole	16:18.5 17:08.6 16:35.6 20:46.8
M50 L.Colbert (USA)	54.00	J.Henson Henson R.Taylor Vhitaker, D.Bur	51.7 53.2 54.8 ton 59.0	M75 G3 M80 A.3 W35 CJ S.6 W40 J.R	dischell (OB) imma (Fin) 20:97.00 pendi imma (DA) im	18:54.5 20:35.0 mg 15:25.4 pending 15:11.15	G.Mitchell  C.Reader	18:54.5 16:25.4
T.Vibraan (Fin) 59.7 pending MS5 P.Picolli (Italy) T.Vibraan 65.1 pending	59.82 65.58	S.Brooks E.O'Base	62.0 69.5 74.5	W45 J.R V.J W50 G.3	riesback (France) 13:26.5 ichards (Canada) leikkila (Fin) 14:35.7 pend digliasso (Inly)	pending 15:12.53 ing 15:35.7	CBean	17:09.3
M80 B.Fike (USA) M85 K.Boss (USA) M90 M.Sakopus (Fin)	86.79 116.20	L.Watson	79.1	W55 P.E W60 R.I W65 B.I W70 E.N	forwill (GB)  Aff (USA)  Tabbling (Sweden)  Tabling (USA)	18:27.7 18:19.0 17:32.0 20:56.8	P.Horwill R.Scott	18:27.7 19:49.3
W40 A.Mr.Donald (GB)	59.0 61.9 62.3 68.2	C.Marlor A.McDonald M.Hocknell J.Hulis	68.2	W75 MJ W80 MJ M3	Drows 22:17.08 Vedemo (Sweden) 21:21.0; Sarvans(Pinland) Sarvana (Fin) 27:16.98 pen	oending. 27:33.0 ding.		
W55 C.McLennan (GB) W50 J.Ogden (GB) W55 C.Parbles (USA)		J.Ogden	75.8 81.6	High I	Ima			
	11600 105.59	P.Taylor	116.00	M40 J.H M45 M.J M50 M.J	artfield (USA) Chelnov (USSR) Newton, J.Erown, Sichercison (All USA)	200 192	G. Griffiths S.Power	1.83 1.71
MSC K.Baker (USA) MSS J.Comer (USA) M6C F.Bee (USA)	1:57.81 2:05.8 2:10.62 2:17.84 2:26.3 2:42.0	P.Browne J.Potts F.Coles A.Churchill H.Tempun J.Todd B.O'Bme	1:55.63 201.5 209.7 2:12.7 2:25.6 2:35.4 2:48.8	M60 J.C M65 B.C M70 E.B M75 LH E.J M80 A.J	Schrist (USA) Sist (USA) Solhenen (Fin) umn (Csn) Solhenen (Fin) 1.40 pendin Sichsen (USA)	1 65 1 52 1 45 1 37	J Proebaim A.Woods G Leete L.Williams S.McS worney J.Searle	1.70 1.45 1.50 1.35 1.18 1.10
M85 H.Kirk (USA) W35 I.Silai (Rumania) W40 F.Kozak (Can)	2:53.1 4:40.0 6.18.0 2:03.2	D.Morrison R.White P.Gallagher	2:53.1 4:40.0 2:13.6 2:20.2	W35 L.3 W40 Mc W45 H.5	Sanonen (Pin) 6:Blaine (Can) Blaine (Can) chwinginghammer (Chile)	1.64 J.Smal 1.55 J.Smal	Iwood & C.Drev	vry 1.50
W55 M.Turner(Canada)	2:49.8	P.Gallagher M.Hocensli B.Matloy	2.28.8 2.47.2	(all MJ W50 T.T	arti, P.McNab & J.Hulls GB) Surges (Fin) 1.45 pending Sentrik (USSR) Paritimes (GB) bedol (Cam) bedol (Cam)	1.40	P.McNab & J.H R Chrimos	1.36
W60   E.Laine (Finland)   W61   C.Peobies (USA)   E.Hopsis (Fis.) 3:303 pending   W70   P.Mehl (USA)   B.Tibbiling (Sweden) 3:17-5 per   W75   P.Mehl (USA)	3:11.1 4:94.0(yds) 3:47.8 nding 4:03.77			W55 R.C W60 H.J W65 H.J W70 M.J W75 V.J W80 M.S	Britnes (GB) bdol (Can) bdol (Can) Bowermaster (USA) felson (USA) Sarvana (Fin)	136 115 115 109 091 080	R.Chrimes	1.36
1500 Metres M40 A.Roper (GB) M45 J.Pons (GB)	4:03.69	A.Roper J.Potts	3:58.2 4:03.69	Long Jo	ump Jaidey (USA) aaviusisen (Fieland) 7.31	7.03 pending	MJames	6.73
M55 J.Sunon (USA) M60 C.Biri (Iniy)	4:28.9 4:43.8	A.Hughes W.Marshall	4:23.4 4:33.4 4:49.5	M45 T.T M50 S.B M55 B.3	asvitsainen (Fir) acklund (Fir) forcen (USA)	6.90 6.47 5.87	P.Duckers D.Burton D.Burton	6.13 5.83 5.34
M65 A.Mossenger (USA) M70 A.Newman (USA) M75 E.Keller (USA)		J.Todd D.Eyers	5:11.1 5:40.3	M50 B.M MJ M55 T.P	Paidey (USA) sorvissiane (Fieland) 7.11 sorvissiane (Fie) sockland (Fin) sockland (Fin) sockland (Fin) sockland (Fin) sockland (USA) sorvisen (Finland) 5.14 pen statistis(USA) sorvises (USA) sorvises (USA) solutione (USA)	534 diag 522	A Kalinal A Lovett	5.11 4.31
MT5 E.Keller (USA)  A.Parma/Paly) 5:42-9 pending  M30 P.Spengler (USA)  M90 M-Saiown 14-28.4 pending  W35 I.Slai (Rumaria)		R.Whits DJ.Homes	9.27.0 439.1	A.F	ionzalez (USA) folhenen (Fin) fajamen (Fin) 3.99 pending froi (Can)	4.77 3.98 3.57	L.Watson L.Watson	4.09 3.71
W40 E.Kozac (Can) W45 E.Statham (GB)	4:31.84** 4:57.0	P.Galligher E.Statham M.Louden	4:44.6 4:57.0 5:53.6	M85 E.E M90 M.S	losack (USA) Saloren (Fin)	2.51 1.50		
W55 M.Turner (Cam) W66 J.Rons (CE) W65 J.Razdan (Can) W70 J.Razdan (Can) W75 P.Mehl (USA)	5:36.60	B.Norrish J.Ross	620.2 5.59.7	W40 P.R W45 A.J W50 A.I W55 A.I W60 M.I W65 M.I	White (USA) sabcice (USA) licenstrus (Can) arrance (Swoden) arrance (Swoden) dirance (Swoden) Wixey (GB) Wixey (GB) 30 wermanter (USA)	4.23 3.43 3.63 3.31	J.Pearson P.McNab L.Marti mimes & C.Grab H.Parmer M.Wixoy M.Wixoy	5.22 5.23 4.44 sam4.25 3.75 3.43 3.53
M45 R.De Palmas (Italy)	8:46.80	P.Duhig J.Potts L.Presland	8:44.2 8:47.79		Bowermaster (USA) Felson (Can)	2.29		
M55 H.Rankin (GB) M60 W.Marshall (GB)	9:37.9	H.Rankin	858.8 937.9 10.18.6	K.h	Sokciowski (USA) naaksson (Sweden) 5.00 per	Allen	R.Constantine	3.85
M65 J.Frasor (GB) M70 S.Carter (USA)	pending 11:04.1 11:27.4	J.Fraser R.Brieriev	11:04.1 12:14.6	M50 B.3 M55 B.3	forcem (USA)	4.11	R.Brown R.Brown R.Brown	3.80 3.80 3.80 3.20
MRC B.Fike (USA)	18:20.6(yds) 16:53.4		13.08.2		onley (USA) forcem (USA) ohmston (USA) ohmston (USA)	3.78 3.39 2.98 2.82	A.Woods A.Rawlinson A.Rawlinson	3.20 2.40 2.10
W35 I.Sdai (Rumania) W40 P.Gallagher (GB) W45 P.Gallagher (GB)	9:52.64. 10.00.05	P.Gallagher P.Gallagher B.Cook	9:48.73 9:52.64 0:00.05 11:51:2	M85 WJ W35 P.R	obnasion (USA) hijunen (Fin) Pitcher (USA) aschier (USA) aschier (USA)	2.82 2.25 1.67 2.44 1.83		
W70 J.Kazdan (Can)	12:17.5 12:33.3 14:47.3 15:47.6 15:53.5	B.Norrish J.Ross	13.52.2 12.33.3	Triple .	Jump	14.15 13.75	S.Power S.Power	14.15 13.10

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	1.Sarwana (Fin) 6.53 pending			
W80	M.Sarvana (Fin)	6.36		
W75	I. Sarnama (Fin)	7.06		
W70	M.Bowermaster (USA)	7.76		
W 65	HLPedel (Can)	8.24	M.Wixey	613
W 60	B.Holland (USA)	10.09	J.Ogden	8.54
W55	A.Ivanova (USSR)	12.55	R.Chrimes	1204
W.50	J.Grissom (USA)	12.66	R.Chrimes	1248
	L.Hmelevskaja (USSR) 12.13			
W45	P.McNab (GB)	9.55	P.McNab	9.55
W40	J.Kerr (GB)	13.75	J.Kerr	1375
W35	S Melnikova (USSR) 16.76 p			
W35	B.Carter (GB)	13.45	B.Carter	1345
M90	M.Salonen(Fin)	14.3		
M85	E. Hosack (USA)	6.34		
	P Patinen (Fin) 879 pending			
08M	NJalones (Fin)	8.55	W.Baker	7.33
M75	V.Elo (Fin)	12.88	S.McSweerey	8.20
	VElo (Fin)1435 pending			
M70	J.York & R.Cartes (USA)	13.23	B Metcal fo	1061
M65	V.Elo (Fin)	15.28	K.Maicsirrezye	11.99
M60	R.Nokellainen (Fin)	16.83	D.Vanhegan	1381
	V Kojala (Fin)14.73 perding			
M55	R.Leino (Fn)	14.64	A.Woods	13.56
	O.Lahtinen (Fin 16.72 pendi			
M50	T.Wasselowski (USA)	14.85	G.Hickey	13 69
	M Joseppila (Fin)17.36 pendi			
M45	E Hill (USA)	15.78	A.Chromriak	1314
M40	B.Oldfield (USA)	20.07	M.Winch	1525
Sho				
W70	E.Yeomans (USA)	4.98		
W 65	M.Wixey (GB)	6.66	M.Wixey	6.66
W 60	J.Udell (USA)	6.39		
W 55	R.Chrimes (GB)	8.57	R.Chrimes	8.57
W 50	R.Chrimes (GB)	8.42	R.Chrimes	8.42
W45	A.Heimsza (Can)	8.75	I.Charles	8.64
W40	P.Rashcker (USA)	10.78	B.Torry	8.03
W35	P.Rashcker (USA)	10.69	C.Brown	8.74
M90	M.Salonen (Pin)	3.82		
M85	K.Boas (USA)	4.83		
M80	K.Trei (Can)	7.31		
	E.Kolhonez (Fin) 940 pend			
M75	E. Kolhonen (Fin)	8.48		
M70	H.Simola (Fin)	9.89	R.Evans	8 18
M65	A.Compri (Italy)	10.92	L. Williams	9 23
M60	A. Compri (Italy)	12.13	A.Kalirti	1018
M55	C.Niemi (Fin)	12.15	D.Marstall	1050
M50	S.Backlund (Fin)	13.72	J.Newcombs	11.63

#### Good indoor action

PAT GALLAGHER entered the W45 group in October and has made her intentions clear — she aims to pick off the indoor records at 800, 1500 and 3000m. She's already twothirds of the way there. At Cosford on November 17 she brought the 1500m WR down from 4:57.0 to 4:44.0 when finishing 2nd to Karen Hutcheson in an open race. (Her daughter Lynne was 7th). At the Omron Games on January 12 she knocked a chunk off the 3000m time, her 10:00,05 bettered the 10:41.0 by Dot Fellows last year. On January 26 she will no doubt be going for the 800m record for there is a vets race on the card at an open meeting. The 2:27.3 by Pirkke Martin (Fin) in 1986 looks to be well within Pat' compass. It will be interesting to see if she can improve the outdoor WRs over those distances — 2:16.8, 4:40.35 and 9:31.38. (The 3000m time by Evy Palm (Sweden) is awaiting ratification).

Una Gore was also in good form on November 17, she set a W40 60m WR with 8.7 and equalled the 200m record of 29.6. Eight vet sprinters turned out; the fastest was Evonne Priestman with 8.6; at 200m it was Marjorie Hocknell with 28.7. Jean Wills turned in 10.2 for the 60m

In the men's 60m the fastest race was won by Brian Townley (7.5) from Ron Taylor (7.6) and Geoff Barratt (7.7). Townley also produced 24.9 for 200m. Geoff Peel was 3rd in an open race at 800m in 2:03.4 and John Conbox

4th in the Shot, his 10.99 was a pb.

The Cosford Open scheduled for December 8 was called off when a blizzard hit the West Midlands and made travel almost impossible. The heavy programme of Cosford meetings mean it will not be rescheduled

At Haringey, London, on November 17 Jackie Charles set a W45 Triple jump World record of 8.90 and Hilary Farmer set a new W60 80m Hurdle World record of 12.2.

Jackie Charles iumps at Reading



STOP PRESS - at Cosford, January 26, in a women's veteran 800m: Joanna (W45) won in 2:29.0 (the BR is 2:28.8 held by Marjorie Hocknell); Maureen Singleton was third setting a new W50 ER with 2:36.5. In the men's 800m 20 entered and there were three races. The fastest three: Ed Connolly 2:03.7, Bob Minter 2:04.2 and Martin Watson 2:05.2

## **NORTHERN LIGHTS**



Above: Arthur Walsham on the run



Above: Barry Peatfield receives his winners trophy from Norman Ashcroft, President of NVAC.

Right: Les Heald, Chairman of Northern Vets, takes part in the NVAC 10M championships - one of the many races organised by the NVAC. Remember the correspondence "Three cheers for the BVAF" (VA14) where he outlined some of the many activities organised by the NVAC renowned for their well organised championships and



#### Ode to the National Veterans Open Half Marathon 1990

MUCH has been written and spoken about this event. Some of the comments have been complimentary and some have been otherwise. As the meeting organisers it is only right that the SWVAC view should be given an

airing.
At the November 1989 Delegates Meeting the fourth National Veteran Half Marathon Championship was put out for tender. There was a shortage of takers.

The challenge of putting on a BVAF Championship appealed to the seven man committee of SWVAC. Al-though we had never promoted a road race before, nor a national championship, we felt that we had to do it. So we plunteered. Shortly afterwards I had to go down to the local hospital to have my hand sewn back on again.

After a quick wave of the SWVAC magic wand the ustrious Eagle Star Insurance Group was enticed into the fold. Scuthampton as a venue was decided on in January but unfortunately we underestimated the problems of remote control. The repercussions of that folly are amply illustrated by the time it took to establish the rse: Ron Chalk, the SCAA measurer, gave his final

 David Lord defends the SWVAC position
 oken about this event. approval on June 10 and the confirmation of the Road. Closure order arrived on my doormat only one day before

> So the learning process went hand in hand with the action required for a National event. Unfortunately cosmetic facilities drew the short straw. For various reasons the organising committee had dwindled to just four on the day and although we were hard pressed the race went like clockwork. The start was bang on time and the testing course was circumnavigated in brilliant fashion.

> My only regret is that I wasn't able to run. Without any doubt whatsoever the 1990 race was as exciting as any of the series. I wouldn't have minded being mistaken for a drowned rat at the finish, as for a glass of water —

If there is any lesson to be learned from this traumatic experience then I should think that any BVAF region entertaining such a project in future must have at its disposal a completely separate team from the team responsible for the rest of their Championship programme For sure SWVAC has not got this capacity.

#### My mate Arthur!

CHATTING idly at trackside while in Budapest, another young runner gazing at the M60 group circling the track laughed at my mate Arthur and said, "Keeps going, doesn'the? I believe he used to be quite good in his day". Cripes! In his day — has time flown that fast?

Arthur John Gordon Walsham was born in Wallasey, Cheshire, on June 22, 1930 — if only his parents had settled down a bit he'd have been a member of Wirral AC. Instead Arthur joined Salford Harriers in 1950 after National Service in the Royal Signals and has remained faithful to this day. That's a true Northerner for you—none of this flitting around seeking stardom

I first recall Arthur at one of the famous grasstrack handicap meetings at Widnes, flashing past me in a medley relay doing a 220 yards stint — he actually won a 220 yards handicap on one famous occasion at the Manchester Police Sports — still in handcuffs!

Pre-vet Arthur performed in typical harrier fashion, turning out for his club in anything that came up (track, road races, road relays) but nothing really startling until he turned his mind to distance running in his thirties. In those days the high spot of any self respecting man's career was to represent Lancashire on the road. Arthur did so on many an occasion in the Inter-Counties 20 — his best being 1:45.46 behind a young whippersnapper named Ron Hill.

Between 1963 and 1970 Arthur competed in 22 marathons, his fastest being in the 1967 Poly when he finished seventh in 2:24:08. Those were the days when many of the old style marathons were point to point events such as the Preston to Morecambe on the A6 or the Huddersfield with its hills - no hype just the hard men on a day out!

Coming of age - 40 - in 1970, young Arthur was in at the outset of the veterans mo elebrated by running 2:22:39 in the Preston to Morecambe race just failing to win outright. Two good runs in 1971 were in the Maxol with 2:21:38 and Rotherham 2:24:08. Veterans cross-country championships were also originated and Arthur won Northern and National titles in 1971. In rare ventures on to the cinder track he was still cracking n times like 8:35 for 2000m, 14:58 for 5000m and 31:09 for 10,000m.

In 1972 Arthur won the World Vets Marathon in Cologne in 2:24:59. This run gave him particular pleasure as I remember well a television broadcast of the 1972 Maxol marathon which preceded it gave an insight into the training and problems of a marathon runner. The broadcast followed Arthur as he talked his way through the race interviewed throughout by Jim Peters — of course Scd's law dictated that he fell apart at 13 miles! Only his

second DNF in ten years on the road.

Visiting Czechoslovakia in 1971 Arthur won the World Veterans 25K Championship — what has nappened to our visits behind the Curtain? It's time they came back. They were quite an adventure then I believe, no cossetted "Vestmen".

Changing age groups in 1975 just in time for Toronto, Arthur chased Eric Austin all the way to finish second overall and win the M45 event in 2:29:53. A month later he flew off to Japan ... now gets suspicious ... he caught some thing funny in

Bangkok ... (honest Arihur, I'll still room with you) ... which resulted in a poor run to finish third overall but still winning the World Vets M45 title at 25K. The organisers were the Nippon Turtle Association I suppose Arthur was the original Veteran Mu
tant Hero Turtle ... well before his time again!

At 46 years of age AJGW won his last British Vets title, the 10000m track at Stretford after a fine race with Bill Stoddart — the time of 32:23.2 still bears comparison with today's BVAF times. A few weeks later at Coventry Arthur surrended his M45 marathon crown to the late, great Piet Van Alpher but only after a dour battle which saw him record 2:31:46 on the hilly course.

A year later Arthur was stricken down with a severe dose of sciatica literally on the starting line at Bruges and this signalled adown turn in the fortunes of this most consistent runner. Two more marathons in 1978 in sub 2 hours 40 mins and a 2 hours 41 plus when he was 53 years of age and the wear and tear

of years caught up. Nowadays Arthur Walsham is the active Secre-tary of the Northern Veterans AC — very active in both word and deed. Still running, still taking part in World and European Championships ... remember ing the days when the great battles took place ... with Fowler, Alastair Wood, Bill Stoddart, Charlie McAlinden, Van Alphen, Willy Dunne and Eric

Yes, Arthur was quite good in his day!



Organised by POOLE ATHLETIC CLUB Under AAA, WCAAA Rules/RRC Measured

## SUNDAY 2 JUNE 1991 at 10 am

- MINITHON (under 18's).
- EXTENSIVE SPOT PRIZES.
- LIMITED EDITION 'POOLE POTTERY' PLATE TO ALL FINISHERS.
- AWARDS IN ALL AGE CATEGORIES (Men and Women).
- SINGLE LAP. SCENIC AND HISTORIC COURSE.



## **MIZUNO MASTERS GRAND PRIX**

#### A 1st

#### FOR VETERAN RUNNERS ONLY

Three clasic events to be held in Battersea Park

EVENT 1 5 Miles ...... Sunday 5th May EVENT 2 10K ..... Sunday 9th June EVENT 3 10 Miles ...... Sunday, 7th July

All races start at 10am

- \* Extensive prize list wth prizes awarded in all categories including Team Prizes
- \* Overall winners and runner-up prizes.

#### CAPITAL CLUB VETS CHAMPIONSHIPS

Entry fees: CRRC £3.00 (or £8 all 3)

Club runners: £3.50 (or £9.50 all 3) Unattached: £4.00 (or £11 all 3)

Please make cheques payable to 'Capital Runners Club'.

Send a universal entry form to:



MIZUNO MASTERS SERIES. 8 Upper Montagu Street London W1



MIZUNO WORLD SPORTS TRAINING AND RACING SHOES BARR and AAA measured course

## 1991 BVAF 5K Road Championships

promoted by Veterans AC in 60th Anniversary year by kind permission of the Management British Aerospace

at Dunsfold Airfield, Surrey



traffic free, one lap course Sunday 14 April

under AAA and WAAA Laws First Race 1pm



#### Championship awards

Men and Women: 1st, 2nd and 3rd in 5 year age groups

Team Awards (AAA clubs 1st claim only)

Men 40-49 1st, 2nd and 3rd teams Men 50-59 1st, 2nd and 3rd teams Men Over 60 1st, 2nd and 3rd teams Women 35-49 1st, 2nd and 3rd teams Women Over 50 1st, 2nd and 3rd teams

6 to run, 4 to score 6 to run, 4 to score

6 to run, 3 to score 6 to run, 4 to score 6 to run. 3 to score

Entry restricted to registered members of Veteran Clubs and Associations affiliated to BVAF. Entry fee Individuals £2.50;

Team fee £3; entries unlimited but must be entered in full as individuals on official forms

Closing date Monday 25th March 1991 - no late entries

Details & entries to Entry Secretary, 25 St Mary Avenue, Wallington Sy SM6 7JH Meeting Director Bob Belmore tel 0428-654749

Please accept my entry for the B		ampionship Date of Birth	_
Address		Telephone	
Affiliated Vet Club Vet N AAA 1st Claim Club		Birm- Mistin Ro	nuntes
I enclose two SAEs min 9"x4" for acknowledgement details, with my entry fee £2.50, cheque payable "Ve plus team fee of £3 if applicable I understand the Organisers of this event will not be any loss or injury to myself and I agree to abide by A	terans AC', responsible for	1140	tii tiis mdon M20

note: a detailed map will be sent to you

# BRUGGE

VETERANS 25 KM & 10 KM



BELGIUM

PLUS NEW WOMEN ONLY 5 KM

23rd June 1991

**TOUR VRRB2 TOUR DEPARTS**  Friday 21st June - Monday 24th June

NEWCASTLE LEEDS MANCHESTER STOKE BIRMINGHAM NORTHAMPTON LONDON RAMSGATE

#### JOIN US FOR A RELAXING WEEKEND IN BEAUTIFUL BRUGGE

as a firm favourite in the race calendar of British veteran runners

Established as a firm favourite in the race calendar of British veteran runners. Brugge is such a delightful town in mid-summer, and our range of tour options are designed to allow all of our clients to enjoy the town, and the unique atmosphere of this weeked to the full; our hotels are in the heart of this beautiful medieval city. Once again we offer the ARAGOM, MAVARRA and LUCCA hotels for our coach tour clients; our usual nationwide pick-up service is included. For 1991 we offer the new town centre BOVOTEL as an "accommodation only" option for independent travellers, so that even more British runners can enjoy the Brugge exprience. Brugge experience NEW FOR 1991: Both VETERARS 10 KM and 25 KM races are being run on Sunday. There is now a MUMEN ONLY 5 KM - open to all ages older than 16 years - also on the Sunday. The 10 Km and 25 Km are, of course, open to veteran men and ladies.

On the social side we offer a Saturday excursion, and we are also offering tickets for the Official Prize Giving Party on the Sunday evening. A great way to round off the weekend with your tour colleagues and other international runsers.



#### RACE ENTRIES

Veterans 25 Km: £14.00 Veterans 10 Km: £12.00 Vomen's 5 Km: £ 9.00

All entrants will receive a SPORTSMANS TRAVEL GOODY PACK

#### EVENT FACTS

Vomen's 5 Km starts: 10.00 hrs Veterans 10 Km starts: 10.15 hrs Veterans 25 Km starts: 10.30 hrs

od, Essex CM158NR. Tele: (0277) 222260/264444 Telex: 99373 Fax: 261934

SPORTSMANS TRAVEL WORLDWIDE ATHLETIC TOURS

## ZINA MARCHANT

Zina Marchant, W40 of Bath AC, has dominated the veteran women's road running scene recently. Here, her husband, Dennis, reveals her story.

"Give up running for a few months to do the work, then I'll train with you to get you back to fitness". These were the words that started Zina's running career. We were thinking of buying a house that needed a lot of work done to it, ie a kitchen, new bathroom, central heating, etc. True to her word she started to run with me a few months later. Her first run of 2 1/2 miles took over 25 minutes but she stuck with it and after a few weeks of me saying, "Come on Zina, get a move on," it was, "Hey wait for me". Within about six weeks she was running a reasonable 15 miles! Crazy. This was the early part of 1983. We went on to become founder members of a local running club.

Zina then started to take part in local fun runs. Her first marathon, Gloucester 1985, we were aiming for 3 hours 30minutes, but to both our surprise she ran 3:08, qualifying for the big one, London. In the London in 1988 she ran 2:50, her best marathon time so far. About four weeks later, after running a 3000m race on the track, she suffered from tendon trouble in the left foot. This was followed by two stress fractures and further

which had stood for quite some time. Now running twice a day, three times a week, with one speed session, and a race most weekends, plus some gym work and a bit of swimming, Zina covers about 55-65 miles per

Training fits in around her market business and part-time work at the local supermarket plus running the home and looking after four of us (daughters Tina, 20yrs, Terri, 17yrs, Vicki, 14vrs, and myself). Life is never dull or boring - she hasn't got time for either she says.

September 1990 saw her win the bronze medal in the National 10 mile Championships at Erewash. In October, a week after her fortieth birthday she gained her first British vest, running a 20K in Greece. The following weekend she was called upon to run in the World 15K Championships in Dublin. November saw a third place at the International Veterans Crosscountry Championships in Ampthill.

We are often asked: "What's the secret?" It could be the training. It could be that life really does begin at 40. It could be the doughnuts she buys most weeks or perhaps just the



achilles problems - again all in the

After nine or ten months the problems were resolved - we thought. We were now City of Bath AC members and having had an awful run in their half-marathon, Zina swore blind she would never run again. But thanks to club mate, Hilary Lunnon, who nagged Zina for hours, she carried on training. Only now to discover she was suffering from anaemia. Our doctor was really helpful and soon had Zina's problem sorted

From that point she hasn't really looked back. Her training then was running five or six days a week with one speed session, totalling 35 miles per week. Her half-marathon time was set in October 1990 at Stroud where she broke the course record

Guinness she has a liking for. Who knows? Zina enjoys her running and I just want her to keep on enjoying

1500 m 4:34.4 3000 m 9:50.7 5K 16:49 5 Mile 27:02 10K 34:22 15K 5:220 20K 71:20 Half-marathon 7:338' Marathon 1 2:50:00 "Her Half-marathon time was set in October 1990 at Stroud where she broke the course record which had	Zina's pbs to date:	
5K     16:49       5 Mile     27:02       10K     34:22       15K     52:20       20K     71:20       Half-marathon     73:38'       Marathon     2:50:00       Her Half-marathon time was set in     October 1990 at Stroud where she	1500 m	4:34.4
5 Mile         27.02           10K         34:22           15K         52:20           20K         71:20           Half-marathon         73:38'           Marathon         25:50:00           Her Half-marathon time was set in         October 1990 at Stroud where she	3000 m	9:50.7
10K         34:22           15K         52:20           20K         71:20           Half-marathon         73:38'           Marathon         25:50:00           Her Half-marathon time was set in October 1990 at Stroud where she	5K	16:49
15K         52:20           20K         71:20           Hall-marathon         73:38'           Marathon         2:50:00           *Her Half-marathon time was set in October 1990 at Stroud where she	5 Mile	27:02
20K         71:20           Half-marathon         73:38'           Marathon         2:50:00           Her Half-marathon time was set in October 1990 at Stroud where she	10K	34:22
Half-marathon 73:38' Marathon 2:50:00 *Her Half-marathon time was set in October 1990 at Stroud where she	15K	52:20
Marathon 2:50:00 *Her Half-marathon time was set in October 1990 at Stroud where she	20K	71:20
*Her Half-marathon time was set in October 1990 at Stroud where she	Half-marathon	73:38
October 1990 at Stroud where she	Marathon	2:50:00
	*Her Half-marathon ti	me was set in
broke the course record which had	October 1990 at Stroi	d where she
	broke the course reco	rd which had

#### 1990 Championship titles 10K (Barnsley 34-45 10M (Oswestry) Half-marathon (Southampton) 75:18

# Around the Regions



At the VAC Cross-country Championships Ray Davidson (1) along-side Geoff Gee. John McGilvray (62) and Steve Herrington follow hard.

Gallagher star of Gwent Laurentian Life Gwent League Laurentian Life Gwent League
Singleton Park, Swansea October 6 —
The undulating parkland adjacent to
Swansea Bay always provides a good test of
Cross-country running with a variety of ups
and downs and the usual boggy bits which
delight true mudskippers.
Without doubt the veteran performance
of the day was Pat Gallagher's overall third

of the day was Pat Gallagher's overall third place in the women's race, ahead of a clutch of Welsh Internationals about half her age. Despite close support from Marilyn Palmer, Westbury could only finish third team as

Les Croupiers crammed five into the top 20.

The male vets race was a closer affair as
Fred McCabe justified his long journey from the West Country to hold off ex-GB distance star, Bernie Plain, who had the consolidation of leading a reviving Cardiff side to a narrow victory over the respected Swansea

Blaize Castle, Bristol, October 27 — This, the second fixture, provided the usual tough challenge to all concerned and once again Pat Gallagher shone out as the meeting star, fourth overall, in a women's field of 186. Les Croupiers increased their team lead. Fred McCabe once again outran Bernie

Plain but the margin was this time a mere six seconds. George Blackburn was a convincing Senior Vet (M50) winner in front of 36 other of the older runners category. Cardiff, packing strongly, moved further ahead as Swansea failed to run their strongest team.

Bridgend, November 24 — A return to this

traditional — complete with plough — course after a gap of some years gave the slightly smaller than usual field a stiff test of fitness and fortitude.

Pat Gallagher was in a class of her own in taking the women's vets race and behind her it was a mix of the previous 'top tens' with Krypton Factor competitor Fiona Davies prevailing for runner up spot.
Westbury lifted the team honours on the day
but Les Croupiers retained their overall lead.
Among the men, track star, Clive

Thomas, took the poll position from Fred McCabe as Bernie Plain slumped to a hammering in fourth, behind Cardiff's new signing from Gloucester, Dave Ide. Good to see revived former Welsh Steeplechase Champion, Brian Griffiths, well up and helping Swansea to a team win.

Business as usual in Scotland AUTUMN has been a busy time as usual for the SVHC. The popular Half-marathon Handicap race was held at Grangemouth in October followed a week later by the AGM at which Molly Wilmoth was re-elected for a further year as President of the club and several new committee members were

A 5 mile road race, arranged by Cambuslang Harriers, and a cross-country race at Bishopbriggs were held in November. In December there was a good turn out of runners at the ever popular Christmas Handicap when over 80 members enjoyed a 5 mile race on the banks of the Forth and Clyde Canal. The worthy winner was the club's famed octogenarian, John Emmett

During the week before Christmas, a very successful and enjoyable Supper Dance, a new venture for the club, was held in Glasgow for members and partners.

Following the success of last year's holiday, the Scottish Vets will be making a second visit to Spain for a week's warm weather training and racing at the end of January. And, of course, members look forward to the usual full and varied programme of events in 1991.

Racing in the South West

THE Ross Shield Road Race and Devon 6 Mile Championships were held on a sunny afternoon at Tiverton on November 10. Excellent racing conditions saw Rob Court, Torbay AC, come home in third place overall as first M40 vet (32:44). Trevor Dymond, tenth overall, scored in the Exeter rier's winning team, while Mike Hewer (M45) followed, also running for Exeter Harriers. Exeter Harriers' Veteran Men's team came first in the veteran category followed by Torbay AC.

This year's Devon County Cross-country Championships took place on a dry cold Saturday on the outskirts of Plymouth on December 8. Torbay's Rob Court (M40) is having a very good season and finishing one place ahead of Exeter's F. McCabe, they placed 12th and 13th respectively. The other top Devon team, Plymouth, fielded Johnny Johnston (M40) who was just two places

behind.
Leading vets over the 10k course wern
M40: 12 R Court (Torbay) 36:18, 13 F.
McCabe (Exter) 36:32, 15 J Johnston
(Plymouth) 36:47, 16 R Chapman (R.N.)
36:55, 22 M Walker (R.N.) 37:21, 26 T
Dymond (Ekster) 37:49, M45: 33 Mike
Hewer (Exter) 38:28, 39 Pete Tabenor John Legge (EVH) 38-58.

Battle Royal

VAC CC Championships 12 January 91 A BATTLE royal was fought for the championships on Wimbledon Common. The course was yielding and times were

Slower than last year's vintage set but the winning time, 25:44, was equal.

Three time champion and course record holder Peter Hamilton was challenged by Steve Warzee, British M45 5000m holder, and Uliano Previati and Charles Dickinson, VAC road heroes of '90 and '89. This quartet disputed the race hotly with

Warzee just ahead leaving the golf links after three and a half miles. Hamilton threw down his challenge in line for home on the horse ride but it was Dickinson who gained the mastery on the final hill and held Warzee, finishing fast over the flat, by two

seconds.

Dickinson, absent for a year, had been round the world and raced in New Zealand and Australia.

Warzee set an M45 club record of

Other titles were defended. Enviable

from Ray Davidson, and Dennis Eyers, M70, achieved his fifth title in six years

Mary Todd, W45, was again the clear

Very mentionable were Len Parrot, M55, from Peter House, Laurie Forster, M60, and new recruit Annie Ross-Davies, W35, and Betty Norrish, W60, with record. Jeremy Hemming

A wide open result

SCVAC Cross-country league AFTER three races, the SCVAC Crosscountry League is wide open both team-wise and individually. Medway have been outstanding for the first two seasons of the competition but this year they have had spirited opposition from Blackheath and Barnet & District and as we move into the final race at Croydon on March 16 the penultimate scores are Medway 186 points, Barnet 185 and Blackheath 183.

In the women's division Barnet are leading with 36 points, Aldershot are second with 30 and Trent Park Trotters (mainly due to two excellent runs by Anne Lippitt who won the first and third races) are third with

23 points.
Individually, Phil Wallace has a t point advantage over Hugh Morten, 83 to 81, with John Evans (67) and Chris Woodcock (63) contesting third place in the M40-49 section. Mike Sawyer, Bill Clapham, Ted Kimber and Derek Wood are the main contenders for the M50-59 awards while Laurie Forster and Bob Belmore fight it out for M60+ honours. The Women's Individual title should be between Anne Lippitt and Brenda Harvey with Maureen Shirley and Ann Lewis the main contenders for third spot. Jack FitzGerald

Largest ever NEVAC Cross-country Championships, Monkton, January 19 THE CHAMPIONSHIPS held this year over

10.5K on the reclaimed land of Jarn new cross-country course were again favoured with almost perfect conditions and a good tumout of members, the women's a good turnout of members, the women's event in particular being well supported—
22 finished, the largest ever field for this championship. The winner was Eleanor Adams who has recently moved to the area linking up with Northumbrian club,
Tynedale Harriers, Pam Goddard was second from Judy Allison in third.

The 50-trace was dominated by Paul

The 50+ race was dominated by Paul Lancaster who gradually left the leading group, consisting of W.Ryder, L.Cummings, E.Appleby and G.Smith, eventually winning by 1 minute 08 seconds from Ryder and imings.

Alan Whitfield successfully defended his title in the 40+ race. Looking immensly fit he pulled away from Harry Matthews in the opening stages and maintained his lead to the finishing tape, Matthews finishing second with Ken Sanderson claiming third. Alan now looks forward to the National

in March where he hopes to be among the Jimmy Waters nedals.

#### **BVAF 5K Road Champs** return on April 14

The Veterans AC has booked Dunsfield Airfield for a traffic free, level, one lap course in the Surrey countryside for this event.

170 AAA clubs, who supported **BVAF Relays and SCAAA Relays have** been mailed with leaflets. See ad P10.



CASIO **SDB 500W** 

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\_\_\_ Casio SDB 500W Stopwatch(es) at Please send me 25.95 each (post free) Total: NAME ADDRESS Daytime Tel. No. Credit Card No.



A determined start at the 1990 VAC Championships

#### FIXTURES

#### NATIONAL

10 Mar	BVAF Indoor Pentathlon, COSFC	ORD			
10 Mar	BVAF CC Champs. AMPTHILL,	Beds.cd	26/2 st	e ad i	į

- BVAF T&F Indoor Champs, GLASGOW cd 28/2 see ad 17 Mar
- 14 April BVAF 5K Road Dunsfeld Airfield SURREY cd 25/3 see
- BVAF Road Walks, 50K(Men) 20K(Women) PLY-5 May MOUTH Entries to E Shillabeer 94 Hyde Park Rd,
- Peverell, Plymouth PL3 4RE
  BVAF Vets Relays, SUTTON PARK cd13/4 see ad P6
  BVAF Road Walks, 20K(Men) 10K(Women), SUTTON
  PARK Entries to D Withers 14 Cottage Lane, Marlbrook, 11 May
- Bromsgrove B60 1DW BVAF T&F Champs, Alexander Stadium, BIRMING-6-7 July HAM see ad P6 BVAF 10 mile Champs, OSWESTRY
- 4 Aug Inter Area T&F, Palmer Park, READING, Noon-6pm BVAF Decathlon/Heptathlon, SHEFFIELD
- 7-8 Sept BVAF and Open Vet Flying Fox Marathon, STONE 6 Oct

- 7-9 Mar World Indoors BUDAPEST, HUNGARY
  23/24 Mar Soviet Union Indoor Vets Champs, Moscow
  Enquiries to Vadim Marshev, 10813 Moscow Centre,
  Proezd Ceroba 4, Moscow, USSR
- 25K Road Run BRUGES BELGIUM y Pregames to IX WAVA World Vets Champs, Kuusankoski, Finland. Entries to Pregames, P1 101, SF
- 45701 Kuusankoski, Finland World Vets, TURKU, FINLAND. ed 30/3 Details for all International events £1 to B Dunsford 71 Hillside Cresc, S Harrow, Middx.HA2 0QU
- 3-4 Aug 8th T&F Meet BADEN SWITZERLAND

- SCOTTISH
  SVHC 10K CC Champs Holyrood Park EDINBURGH, 2pm £1 on day (new event) SVHC 8-man relay ALLOA & BISHOPBRIGGS 10.30
- 24 Mar Tom Scott 10M Road SVHC Champs Strathclyde Park MOTHERWELL (evening) 6 April
- 10K Road Garscadden GLASGOW. (evening) Luddon 10K KIRKINTILLOCH
- 12 May
- LUGOON 10K KIRKINTILLOCH
  DUNDEE Marathon inc. SVHC Marathon Champs, 10am
  £5 Entries to Alex Stuart, Manager, Leisure & Rec Dept.
  City of Dundee D.C. Leisure Centre, Dundee
  Alastair McInnes Memorial Race COATBRIDGE 12 May
- 15 May
- 25 May
- (evening)
  SVHC Hill Race Champs BATHGATE (evening)
  SVHC T & F Champs GRANGEMOUTH
  SVHC Half Marathon Champs MONKLANDS 11 Aug

- Lanes Vets CC Champs, Witton Park, BLACKBURN, £1 M50+ & Ladies noon, M40-49 1pm Entries to D Howarth, 6 Stonecross Lane, Lowton, Warrington WA3 2SB. No 20 Jan
- NVAC 10K RR Stockton Heath Sports Centre WARRINGTON, 12 noon Directions available from B Burton 71 Nethergreen Rd Sheffield
- NVAC CC Champs, Seabridge Community Education Centre, Roe Lane, Westlands, NEWCASTLE, Staffs. £1 cd 11/2.M50+ & Ladies 1.15pm M40-49 2.15pm. Entries/directions A Walsham 21 Thornfield Road Heaton Moor, Stockport SK4 3LD. No late entries Paid up members

- from other area clubs welcome 17 Mar
  - NVAC 10K Croxteth Country Park, SEFTON. 12 noon. Enter on day Directions from B Burton.
- 21 April NVAC 10K RR RUFC Cross Lane, WALLASEY, 12 noon Enter on day. Directions from B Burton.

  8 May NVAC T&F League No 1, Leverhulme Park, BOLTON.
  7pm Enter on night Vet guests welcome Directions from B Burton
- 12 May NVAC 6m Road & Canal paths. Enter on day 12 noon. Hood Lane Sports Club, WARRINGTON. Directions from B Burton
- 26 May NVAC Half Marathon Champs Incorporated in 'open' race. E Cheshire Harriers HQ. ASHTON-u-LYNE. 12 noon £3. cd 19/5 Entries to M McGann 1 County Ave
- Ashton-u-Lyne, 'Colin Robinson 5', BVAF Gr1, cd 8/5, 7pm £2 to 'Colin Robinson 5' Entries to P.C.4735 O'Sullivan, Rochdale 15 May
- Police Station, The Hulme, Rochdale NVAC T & F Champs venue to be arranged 2 June
- NVAC 10K Road Champs venue to be arranged Vets Open Track Belle Vue Synthetic Track (off Hyde Rd 16 June & Stanley Grove), 1.30. £1 any number of events. Entries to J Moran 38 Birkdale Rd. South Reddish Stockport
- 7 July NVAC 10K Road & Path HOLLINGWORTH LAKE.12 noon Enter on day change at Rochdale Rugby Club
- Rakewood, Directions from B Burton NVAC T & F League Leverhulme Park, BOLTON. 7pm 17 July
- (as 8 May) NVAC 10K Road & Path. Irlam Town FC, Silver St. 25 Aug IRLAM. 12 noon Enter on day. Directions from B Burton
- 31 Aug-
- 1 Sept 11 Sept Humberside Masters, HULL

PRS 2ET

- Lancs Vets T & F Champs Leverhulme Park, BOLTON 29 Sept NVAC 10K Track Champs Leverhulme Park BOLTON NVAC 110K Path & Tracks, EDGWORTH, Nr Bolton 6 Oct 27 Oct
- NVAC 10M Road Champs Padgate WARRINGTON NVAC 10K CC Bowley GT HARWOOD 10 Nov
- NVAC Road & Path LEIGH 24 Nov
- 4 mile night series CHORLEY 1/5, 5/6, 6/7, 7/8 BVAF Gr1, £1. per race £3 series to Chorley Harriers cd 1 week before event to R McAndrew 5 Woodside, Farington, Leyland Lancs

- NORTH EAST NECCA Signals Road Relay GATESHEAD NEHL Sherman Cup Races JARROW Wallsend H CC WALLSEND 16 Feb 24 Feb
- Gosford H Road Relays GOSFORD PARK Tynemouth 10 TYNEMOUTH 2 Mar 3 Mar
- 9 Mar
- CC League, PRUDHOE Durham Pine 6th Fixture WALLSEND 23 Mar
- 23 Mar CC League, WALLSEND Elswick H Road Relays NEWCASTLE
- 29 Mar Burn Rd 10 SEATON CAREW Road Races WALLSEND 1 April 14 April
- 20 April Jack Russell Road Races S SHIELDS

#### NORTHERN IRELAND

- 2 miles CC also Handicap, Crawford Cup, Men/Women BELVOIR PK
- 6 miles Road Race also Handicap, CONLIG To be arranged Women 5K Road Race & Handicap, ORMEAY PARK

#### WALES

- Half Marathon NEWBRIDGE 10.30 24 Mar
- 10M NEWPORT 2pm Track League NEWPORT 30 Mar 15 May
- 26 May 10K Road PORTHCAWL Detals D Crowder 15 Breedon
- Gardens Nottage Porthcawl Mid Glam Track League SWANSEA
- 23 July 13 Aug Track League BARRY Track League CARDIFF T & F Champs SWANSEA 1pm
- 1 Sept

#### MIDLAND

- MCAA Indoor Promotions, RAF Cosford Vet Men/
- Women 200m
- MVAC Road Relays, TAMWORTH (Handicap) see MV Newsletter for details
- 28 April
- MVAC Winter Warm-up, TAMWORTH DUDLEY-KINGSWINFORD 10K, BVAF Gr1, ed 16/4
- 1 May 7pm £3.25 to DKRFC Entries to R Blackburn, 97 The

- Broadway, Dudley W Mids
- Broadway, Dudley W Mids
  GOURLAY FORD RUGBY 6, BVAF Gr 1, cd 15/5
  7.30pm £2.50 to Rugby & District AC. Entries to POBox
  66, Rugby, Warks CU22 5PR (The race is part of the
  E.Midlands GP)
  Midland T&F Championships SOLIHULL
  Pentathlon Meeting, Open Throws Triathlon, Jumps
  Triathlon, 10K Walk SOLIHULL
- 9 June
- 11 Aug
  - Cannock Masters Throws Pentathlon

10K Road Champs 11am cd 18/3 (Members only) CC HEMINGFORD GREY, Cambs Entries to T Churchill 24 Mar Grey House, Hemmingford Grey, Huntingdon Cambs

#### SOUTH

- VAC CC WILBERFORCE SCHOOL SW19 3pm
- 10 Feb
- SCVAC CC Champs
  SCVAC CC Champs
  SCVAC Indoor meeting at Haringay. Events 60m, 60mH,
  Shot, LJ, HJ, TJ, PV. Entries £1.50 per event to Barbara
  Terry, 41 Watling St, Strood, Kent ME2 3JH
  Blackheath H. CC Champs, W.WICKHAM, 2.30pm
  BRADNINCH Guildhall Chase, 5.4 CC, GR2,
  11.15m; 25 DJ Posselav, 22 High St, Bradningh, Evetor
- 2 Mar
- 11.15am,£2.50 D Pressley, 22 High St. Bradninch, Exeter, (Payee SW Road Runner)
  CAMBERLEY Half Marathon, 10am £4.50 to Frimley & 10 Mar
- Camberley Lions of 28/2 Entries to Camberley '. C/o
  Stokes Dairy, Park St Camberley GU15 3NY
  SCVAC Final CC League fixture at Croydon 2pm
  KELVEDON Half Marathon, BVAF Gr1, cd 20/3 1pm,
- 7 April £3.50 to K.P.L.F. Entries to B R Cole, 43 Lynmouth Ave, Chelmsford, Essex CM2 0TR
- VAC 1st Track Mid week meet BATTERSEA 7pm SCVAC 1st T&F League. Venues to be announced Open Veteran 10M Road Race, TOOTING BEC COM-29 April
- 4 May
- Open veteran 10m Road Race, 10011no BEC COM-MON, 10.30am, Team and individual. Incorp. SCVAC & VAC individual champs. Entry form from J.FitzGerald. 67 Goswell Rd, London ECIV 7EN. SAE please SCVAC 2nd T&F League, venues to be announced SCVAC T&F Champs. Venue to be announced. Entries to J.Hurley, 5 Ledbury Rd, Croydon. £2 first event, £1.50 13 May
- SCVAC 3rd T&F League, venues to be announced
- SCVAC 4th T&F League, venues to be announced VAC T&F Champs W LONDON
  Barn Elms Open Vets T&F Details F Byrne 11 Jubilee 24 June 25 Aug 8 Sept
  - Ave Whitton Middx 8 Sept SCVAC Finals of T&F League, Croydon

#### SOUTH WEST

- Eurowest PLYMOUTH 10. CD 10/2 £3, £3.50 unattached. Details from J Gilbert, St Anton, Freathy Fields,
- Whitsands Torpoint, Cornwall PL10 1JD Bradninch Guildhall Chase EXETER BVAF Gr1 11.15am 3 Mar £2,50 to S.W.R.R. Entries to D Pressley 22 High St, Bradninch, Exeter EX5 4QL (Entries accepted on day)
- 5 May Lands End Marathon inc. SWVAC Champs SWVAC T & F Champs. inc. 1-hr Track Event BOURNE-16 June
- MOUTH SWVAC 10K Champs POOLE HARBOUR

#### ISLE OF MAN

- Marathon/Half Marathon RAMSEY £4.50 (£5 unattach)
  Payable to: IOM AVA Don Higgins Curlew Cottage, Scarlett, Castletown IOM Open event incor Manx Champs Vets Awards Gr1
- 18-23 Aug Series of 5 events in 6 days Details from D Phillips 14 Upper Duke's Rd, Douglas IOM

#### WOMEN ONLY

- 10K, LEEDS BVAF Gr2, ed 23/2. 10.30 £3 to Help the Aged, Entries to M Helm, Leeds Run, Sportage, Rutland House 38-42 Call Lane Leeds LS1 6DT 3 Mar
- 10K ROCHDALE BVAF Gr2, cd 2/3 10.30 £3 to Help the Aged Entries to M Sandamas (Rochdale Run) address as
- 10K BOURNEMOUTH BVAF Gr1, cd 20/3 £3.50 to Help the Aged Entries to M Sandamas 18 Willis Ave, Sutton, Surrey SM2 5HS 10K RUGBY cd 31/3 11.00am £2 to Rugby & District AC
- Entries to Mrs J Shaw 8 Slade Rd. Rugby.
  To be arranged Women 5K Road Race & Handicap, ORMEAY



#### urgently needs runners in the 1991 IAAF/ADT WORLD MARATHON CUP (London Marathon)

We provide specially designed talking book tapes and tape players to all those unable to read in the normal way (apart from the blind) inc. multiple sclerosis sufferers, many elderly people, cerebral palsy, arthritis & stroke victims etc.

#### \* FREE \*

TAPES & 'T' SHIRTS

plus PRIZES FOR THE TOP **FUNDRAISERS** 

To: Dawn Roberts, 'Talking Books', FREEPOST, London SE1 10H MARATHON TRAINING Tel: 01-407 9417, I have a Marathon entry (Reg. No

and want to raise funds for Talking Books. Please send me sponsorship forms and prize details. Address:

Free 'T' Shirt provided, (tick size) S □ M □ L □ Tel:\_

An invite from Ireland A

date of interest to athletes. The Irish Veteran Athletes Association is holding their National Track and Field Championships in Santry, Dublin, on June 16 to which athletes are invited. For further information contact Mary Cronin, St.Nessans Hospital, Croom, Co.Limerick.

Irish Veterans Drive for Women Mary Cronin,

Secretary of the Irish Veterans Athletic Association, is trying to recruit more women vets. She would welcome contact with any BVAF women who can help by letting her know how they started, what motivates them and comments generally on women's athletics. Her address is: St Nessan's Hospital, Croom, Co Limerick



A sunny start to Stone Marathon

Answers to Quiz p4 1. 2 metres per second (4.47

PARK.

- m.p.h). 2. Dublin.
- 3. Dave Warren. 4. The IAAF World Cup.
- 6. The first 300m was run in 7. Harrison Dillard, 100m in
- 1948; 110mH in 1952. 8. Arthur Rowe.
- 9. Cambridge Harriers 10. Larry James (USA) 5. Sweden. It means speed play.

## RESULTS · RESULTS · RESULTS

#### NATIONAL

**BVAF Marathon** Championships Flying Fox Marathon,

Stone		
October	7, 1990	
1 2:27:26	Barry Peatlield	M40/1
2 2:29:12	John Pointon	M40/2
3 2:30:37	Eric Ranicar	M40/3
4 2:34:24	John Wagstaff	M40/4
5 2:38:13	Anthony Heath	M40/5
6 2:38:27	John Davies	M45/1
7 2:40:37	Roger Wadeley	M45/2
8 2:41:34	Doug Knight	M55/N/
9 2:43:00	Phil Hampton	M55/1
10 2:43:13	Terry Hanley	M40/N/
11 2:46:42	lan Farley	M45/3
12 2:49:05	Geaff Oliver	M55/2
13 2:49:22	Alec Dunn	M55/3
14 2:49:23	Donald Barmforth	M50/1
15 2:49:36	Stewart Dale	M40/N/
16 2:50:10	Kevin Uzzell	M40/N/
17 2:50:26	Geoff Watkin	M40/6
18 2:50:53	Thomas Daniels	M40/N/
19 2:51:18	Anthony Verdis	M50/2
20 2:51:42	John Dawson	M55/4
21 2:53:06	Roland Bowness	M40/N/
22 2:53:25	John Hitchen	M45/N/
23 2:53:26	Michael Durcan	M45/N/
24 2:53:58	Alan Pover	M40/N/
25 2:53:59	Diana Harvey	W35/1
26 2:54:18	Mike Elwell	M45/N/
27 2:54:37	Tony Garland	M40/7
28 2:54:50	Bernard Crowther	M55/5
29 2:55:14	Barry Boole	M40/8
30 2:55:27	Detek Walton	M45/4
31 2:55:30	Peter Burnell	M40/N/
32 2:56:59	Chris Pitman	M40/N/
33 2:57:29	Allan Barrford	M50/N/
34 2:57:46	Barry John Lomas	M40/N/
35 2:57:55	Peter Helliwell	M45/N/
36 2:58:06	David Griffin	M40/N/
37 2:58:21	George Lawson	M45/5
38 2:58:55	Peter Coleman	M40/9
39 2:59:26	Alan Bladen	M55/6
40 2:59:57	Jim Shemilt	M40/N/
41 2:59:59	Michael Buck	M40/10
42 3:00:28	Felicity Ann Sperk	W40/1
43 3:01:44	Chris Morris	M40/N/
44 0.00.40	Markovsky Phisosphia	S Same of

Im M45/N/A M45/N/A M45/7 M60/3 M50/N/A M40/N/A M55/8 M40/N/A M50/N/A M45/N/A Jeffrey Hartley Eleen Castled Keith Barrforth Jim McNutty Brandan Caulf David Griffiths Emest Barket Rita Banks Andrew Norris David Macdon Leon Moss

M45/N/A M55/10 W35/N/A dale W45/3 M40/N/A M50/N/A M65/3 Jill Docherty
Margaret Chippe
David Ladocho
Alan Figgins
Edward Joynson Colin Gordon David Gardener Mary Walters Charles Wheeler Kelth Buttrill 138 3:35:52 Bob Brierley 139 3:36:57 Ronald Caldwr 140 3:37:10 John Morgan 141 3:38:59 Michael Sauer 142 3:39:09 Alec Griffiths 146 3:41:48 John Finch 147 3:42:41 John Rockey 148 3:43:45 David Lawton 149 3:45:43 David Heath 150 3:46:22 Derek Carnwe

Frances Classon
Paul Biagbrough
Michael Wood
Edgar Biazier
Tom Wheeldon
Anthony Parr
Ed Stacey
Stanley Grandfield
Brian Warwing
Joseph McAloon
Terence Pett
Bill Strain
Barbara Leedham 156 3:50:49 157 3:50:50 158 3:51:50 159 3:52:11 160 3:53:10 161 3:53:27 162 3:55:23 163 3:58:05 164 3:58:59 165 4:00:50 166 4:03:09 167 4:03:10 73 4:09:32

Roy Dudley Kate Revill Elliot Crane David Roser Charles Law Teams: 1 Safford Harriers and AC, 2 Holme Valley Squash and AC, 3 Stockport

N/A = non BVAV affiliated



David Perry finishes his 100th marathon in 66th place

BEEFEATER AMPTHILL **CROSS COUNTRY RACES** November 4, 1990

England Waios England

International Veterans O45 20 J.McClenaghan 21 P.Cowan 5 Nireland 91pts



SINCERE WISHES TO ALL VETERAN ATHLETES FOR \* 1991 \* FROM BARBARA

PLEASE NOTE ALL ENTRIES FOR IX WORLD VETERANS' CHAMPIONSHIPS to be held in TURKU, FINLAND have to be received by First Post on SATURDAY 30th MARCH 1991. Send to Overseas Entry Co-ordinator. Address as advert — with S.A.E.

#### VARIOUS ESCORTED SPORTS TOURS

Details of Entry & Tours available now from the address below for the

VETERANS GRAND PRIX - 10km & 20km Road Races in Brugge, Belgium

to be held on Sunday 23rd June, 1991. Also a special 5km Race — for Women only (all age groups from 16 years).

8th INTERNATIONAL VETERAN ATHLETICS MEETING - in BADEN SWITZERLAND. Fri. 2nd Aug & Sat 3rd Aug. 1991

**EUROPEAN VETERANS CHAMPIONSHIPS** 10km & 25km ROAD RACES ROAD WALKS — 20km Women — 30km Men to be held in Dolo Mira, Venice 5th & 6th October, 1991

Send Name, Address, 5 x 1st C Stamps stating which events interested in to: Vest Tours. 71 Hillside Crescent, South Harrow, Middlesex HA2 OQU

# RESULTS · RESULTS · RESULTS

#### **BARNSLEY VETS 10K November 18**

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15.	R A Church	Here Valley H	40	32.43	173	Ron Heedhan	Watefield
16	Kennerth, Nanders	Neme Valley H scottish Vota Hallandtico H Hassey Ferm MC	40	32.45	76	John Horiniey	JATTON & MA
17	STREAM WOOLDO	SCOULLAN SWEE	45	32,48	17	Phil Desterry N	ull Springed
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21	Examiner James	City of Bull At	50	32.53	81	Geoff Hwyee Douglas S Scott	Sameley 781 A
22	Christopher Lie	alley W Dermyski	40	32.59	/02	Douglas 5 Scott	Wirk
23	Les Wataon	Jacrew & Heb	40	33.01 33.03 33.03	63	Cric Appleby	Heaton
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25	MATELIA TAVEE	Allershot &P Riaphon H Maydale H Hallamelice H Corby AC Chester Le St Manchester H Leeds City AC I Steel City & N Ebledde Poly Weynouth H Nalford H Marrogate AC	45.	33-05	m	Pountain I Socke Frie Arreleby Trever J Ford Invid Trever Horse Fried Graham Booken Derin Stine Allan Strenn Michael Marsters Ach The Demon' Smistr Mayfield Ian Stephan Stephan Josephan Gesphen J Tanner Gestry Solina	Stainforth A
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30	John Bussell	Chenter le St.	40	33.32	90	Alian Steans	March 2
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41	William & Chang	oe Soots AC	40	33.59	101	Eric Cusack	Valley
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43	John Sheilide	Switthon AC	49	34.14	163	Parry Mills	Nominater Stainforth
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45	Phillip Groves	City of Hull AC	40	34.17	109	Michael / Green	Ricorport Weigfield
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53	L Haynes	Ringley H	.45	34.36	113	Mick Ward	
56	Dick Milne	Notice AD	40	34 . 39	114	Devait A Oven	Longwood
25	Alan Griffithm	Works At	50	34,43	115	Terrence Hawley	Rosperture
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371	Roy Varia	Rotherham II Post effact II Rotherham HL Rotherham H	50	41-12	431	The Furnishing Carros Caralde John & Bell Mike Twyle Michael Holgate	Fronherham.
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829	HLOK Simper	Destrys Police	40	
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	- Olima Cliff	POITISHE HE		11.5
835	Heather Mitchell	W VOENs POLL		51.5
836		Wolds Wrist	-44	52:0
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918 Christine James	
919 June H Rossk	
920 Jaconeline Fundo	St. Horsforth HL 40 57.4 Welds Veral, 40 57.4
921 Maureen Chines	
922 Sandra Charlton 923 Scrooly Roseowal	
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929 Caty Shaw 030 Evelyn Howard	Wakefield IIL 50 59.1
931 Julie Trypount	Steel City W. 35 59.
932 D H Carr	Shipley U 50 59-3
933 Anys H. Cook	Donumeter II, 50 59.3
934 Adrience Doyle	Whatfield UY 40 59.7
935 Janes Hoyland	Demistrate III. 15 50.4
936 Gerald de Vane	Cheel City 6 60 59.5
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	Haddersfield VL 45 61-5
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953 Terry Parket	
954 Geneville James	
955 Isabel Ludwig	Gramman II. 40 TL

#### Sunday Times Fun Run 1990

Age group winners W36-38 L.Taylor 14:43 W39-42 S.Cawkwell 15:48 W43-49 J.Jay 15:25 W50-59 A.Prowse 17:25 W60-69 J.Ross 17:46 W00-9-9-1.R0ss 17:46 W70-4 CB Bulger 24:05 M39-42 D Hill 12:31 (age not known), 2nd A Rich 12:44 (age 41) M43-49 F. Briscoe 12:36 M50-59 B. Tulloh 13:20 M60-69 L. Forster 14:39

M70+ D.Eyers 17:25

Zatopek Award for best age related performance B.Tulloh (above) 93.6% of elite 55 time; L.Forster placed 3rd (96.4%) and J.Ross 6th (98.0%). Biggest fields were: women 43-49 (485) and men 43-49 (1043)

Dave Burton's annual vet track and field ranking lists are now available. Send £1.50 with an SAE to D.Burton, 71 Nether Green Road, Sheffield S11 7EH.

Dave Sanderson has compiled 10M vet rankings. Send 50p with SAE to D.Sanderson, 37 Reforne, Portland, Dorset DT5 2AW

4K Hyde Park



# RESULTS · RESULTS · RESULTS

#### SCOTLAND

Inverciple Merathon SVHC Champion-ships July 19 3 D.Farana

July 19 3 D. Fairweather 230:03 M45 12 W. Stoddart 247:02 M55 16 H. Currie 2:51:19 M65 18 J. Harkness 2:53:02 M40 19 G. Armstrong 2:53:02 M50 22 S. McL. ang 2:57:39 M55 28 P. Love 2:58:33 M50 27 F. Parsons 2:58:38 M55 34 H. Laidlaw 3:02:50 M50 37 J. McGoogna 3:05:20 M50 37 J. McGoogna 3:05:20 M50 37 J. McGoogna 3:05:20 M50 28 J-Haidane 2:59:38 M5
34 H-Laidlay 20:250 M5
37 J-McGoogan 3:05:20 M45
39 P-Kearney 3:06 00 M50
43 S.Campbell 3:09:13 M50
44 S.Campbell 3:09:13 M50
44 S.Campbell 3:09:13 M50
46 B. Ward 3:10:55 M50
50 J-McAnally 3:11:105 M45
52 W.McArbre 3:14:07 M45
57 J-Elphinatone 3:17:16 M60
52 W.McArbre 3:14:07 M45
67 J-Raindeson 3:21:70 M45
67 J-Raindeson 3:21:70 M45
67 T-Smith 3:21:39 M45
68 J-Mandeson 3:21:70 M50
60 H-Innah 3:34:25 M50
108 P.Tonner 3:34:25 M50
108 P.Tonner 3:34:25 M50
108 P.Tonner 3:34:25 M50
109 D.Anderson 3:41:16 M65
110 C.Masswell 3:44:16 M65
124 U.Short 3:37:20 M50

SVHC 10K Road Race Lochinch, August 1 1990 Overall winner; B.McMonagle 34:27. Mdo: 1. J.Ksminy 34:44, 2. A. Blackley 35:15, 3. P.McGregor 35:29 35:18, 3. R. Brennan 36:20 MSo: 1. G.McKinty 39:36, 2. A. Shaw 41:00 MSs: 1. P. Keenan 36:09, 2. T. P. O'Reilly 36:46, 3. R. Brennan 36:09, 2. T. P. O'Reilly

39;56 M60: 1 S.Lawson 42:17, 2 P.Tonner 44:44 M65: 1 B.Adams 53:05

SVHC Pentathlon Championships

September 2 M40 1 J.Gelder 2591pts; 2 D.Low 2490pts; 3 G.Large 1811pts; 4 B.Collie 1668pts M55 1 A.McManus 2149pts; 2 J.Christie

SVHC 5M Cross-country
Huntershire Stadium, November 25
1 J.Kannody 85.35 (at 1846), 2
1 J.Kannody 85.35 (at 1846), 2
1 J.Kannody 85.35 (at 1846), 3
D.Fainweather 27.35, 4 P.Cartwright 27.37 (at 1850), 7
S.McCrae 28.11, 8 R.Guthrise
28.42, 9 A.Baskoty 28.38, 10 W. Mitchell
28.42, 11 J.McMillan 29.99, 12 E.Dickson
29.28, 13 P.Ogon 29.28, 14 J.Gourlay
29.29, 15 J.Harper 29.50, 16 T.McCall
30.31, 7 R.Kriston 30.10, 18 W.J.GBriton
30.18 (at 1846), 19 P.Kearmey 30.53, 20
J.Hartiness 30.56, 21 B.Erfings 30.37, 22
G.Smith 31.11, 23 W.McGregor 31.26, 24
W.Farnell 31.29 (1st 1855), 25 A.Shaw
32.11, 28 W.Spark 32.18, 27 J.Gorminy 

SVHC Xmas H cap 5M Biahopbriggs Sports Centre December 9 1.4E-Farol, 2.J.Byng (w), 3 D.Moore (w), 4 G.Portsous, 5 D.Morrison, 6 D.Montelth, 7 J.Guinn, 8 K.Dodson (w), 9 C.Bashop (w), 10 B.Dempster Fastest Times: 1 T.Graham 25:10, P.Cartwright 25:21, 3 S.McCrae 25:25.

#### NORTH

NVAC 10K Track Chempionahipa Stanley Park, Blackpool, October 14 M40 1 P.Leviston 32:48, 2 G.Owens 33:04, 3 M.Entwistle 33:43, 4 J.Jones 35:12, 5 C. J.Rigby 35:29, 6 P.Wilkinson 37:07 M45 1 B.Burton 35:58, 2 D.Walbon 35:59 M50 1 K.Summersgill 34:19, 2 J.B.Clarke 35:35, 3 T.Wilso 35:31, 4 A.Penra 36:56, 5 D.Darlington 36:56, 6 R.Wootmar 36:59, 7 B.Came 37:10, 8 V. Heaney 39:37, 9 B.Atkinson 38:56, 10 M. Howe 39:37, 11 D.Ceorge 39:26 M55 1 G.Booth 37:43, 2 P.Dibb 39:10, 3 B.Rogers 39:36, 4 G.Gartrald 40:17, 5 J.Bartney 41:39, 6 H.Thomton 43:44, 7 F.Valentine 44:50, B.B.Lister 47:05 M60 1 J.Boylan 39:42, 2 A.Walsham 40:21, 3 B.McGuigan 40:24, 4 S.Hardker 42:11, 5 J.Lawton 42:34, 6 J.Farrer 43:19, 7 M65 1 E.Smith 41:50, 2 A.Fearriley 46:24, 3 T.O'Kon 43:28, 4 J.Kert 250, 4 M70 1 J.Snelson 83:40 M73 1 J.Snelson 83:40 M73 1 J.Snelson 83:40

T.O'Koro 49:28, 4 J.Kert 50:44 M70 1 J.Snelson 63:40 W35 1 G.Freeman 47:32, 2 A.Smythe 47:40, 3 J.Jones 48:54 W45 1 B.Ankers 56:19 W50 1 J.Atcheson 44:42, 2 M.Gartrell 45:54

NVAC 6.7M Road & Paths - Monthly run Irlam, August 26 M40 1 P.Spare 37:17, 2 C.J.Rigby 38:18, 3 A.Fielding 39:00, 4 R.Holt 40:18, 5 J.Linley

40:19, 6 N.Griffiths 40:39, 7 B.Arthum 41:28, 8 K.Knipa 42:09, 9 D.Millward 43:05, 10 D.Gardener 43:29, 11 P.Chartinesworth A9:32, 12 D.Campion 44:26, 13 D.Beeson 47:36, 14 I.Fortume 48:39, 15 S. Woodcock 53:40, Med 7; 14 I.Fortume 48:39, 15 S. Woodcock 53:40, Med 7; 16 N.Gurgana 59:50, 2 J.Norman 37:35, 3 R.Willsmann 37:46, 4 K.Mayor 37:36, 3 R.Willsmann 47:36, 2 D.Torophinson 47:20, 15 R.Willsmann 47:36, 3 R.J. Torophinson 47:20, 4 M.J. Torophinson 47:20, 5 R.J. Torophins

NVAL MONINIY JUL, vreat Harwood Novembar 18 m 41:59, 2 S.Breckell 41:59, 3 C.Britl 42:29; MMS A.Lythe 45:48, 2 D.Illingworth 44:59, 3 K.Maryor 45:33; MSO 1 N.Matthews 45:71, 2 R.Hrill 45:36; 3 J.Smith 45:36; MSS 1 L.V.Hoddinson 45:43, 3 P.Madden 50:36; MBO 1 S.Hardicker 50:29, 2 D.Howarth 51:53, 3 F.Heatton 55:24; MBS 1 A.Fearnley 60:58; M70 1 L.Heald 77:36; W3S 1 G.Freeman 56:01; W40 1 J.Dolan 55:48; MMS 1 M. Curran 55:32, 2 P. Collier 64:36; W50 1 M. Cartrell 56:40; WSS 1 L.Smal 53:15

56348; W461 M. Curran 56358, 2 P.Collier 6436; W50 II. Carrell 5630; W56 I L.Smai 53:15 NVAC Monthly run, Leigh November 25 M461 T. Burka 52:09, 2 C.Briti 32:36, 3 A. J. Fisiding 32:36; M45 I. K. Burgees 33:38, 2 D. Illingsworth 34:28, 3 T. L. V. Hodkimson 1 K. Summengill 30:23, 2 J. Smith 36:04, 3 R. Wootlmer 36:25, M55 I. L. V. Hodkimson 36:09, 2 G. Booth 36:38, 3 P. Dibb 37:50; M66 I D. Howarth 37:34, 2 A. Walsham 39:13, 3 S. Hardicker 40:50; M65 I A. Feaminy 45:29, 2 W. Knowlee 48:10, 3 T. C. Yoro 51:40; M70 I. R. Martheson 46:29, 2 E. Marsh 51:17, 3 L. Heads 52:13; W35 I R. Freeman 43:17, 2 k. Smyth 43:53; W40 I P. Childs 42:29, 2 J. Jones 51:12; W36 I S. R. Smyth 43:53; W40 I N. Childs 42:29, 2 J. Jones 51:15; W30 I J. Atthesson 43:15, 2 Pat Par 45:59; W56 I S. Smith 41:24; W60 I M. Shone 51:15, 2 N. Cowag 61:15.

J.Addresson 43:15, 2 Pat Farr 45:59; WS6
L.Small 41-24; W800 1 M.Shone 51:15, 2
N.Cowag 61:12
N.Cowa

NIAAF Veterans 10K Road 

M40 1 T.Prica 31:53, 2 D.Wilson 32:38, 3 B.Gregory 32:40 M85 1 A.Jones 34:28, 2 G.Williamson 35:06, 2 J.McKinney 36:57 M85 1 W.Braningan 35:50, 2 J.McKinney 36:57 38:02, 3 J.Raid 38:38 M85 1 R.Both 99:25, 2 W.McCullough 42:18, 3 B.Grimson 42:22 M806 1 J.Metcalf 42:49, 2 S.Allen 43:06, 3 V.Eliott 43:42 M85 1 J.Todd 41:10, 2 J.Kennedy 47:29

#### **MIDLAND**

Laurentian Life Gwent League
Singleton Park, Swannsea, October 6
Vet Men: 1 F McCabe (Exe) 34:10. 2
B-Plain (CAAC) 34:25, 8 Handrie (Stroud)
34:39, 4 A.Jefferies (Swan) 34:48, 5
O, Clewei (Swan) 35:06, 6 N.Long (Stroud)
35:05, 7 W.Atkinson (Clewe) 36:15, 8
C-Harvey (GWR) 36:34, 9 L.Jewis (Swan)
36:34, 10 A Garratt (CAAC) 36:46;
Vet Women: 17 Gallagher (West) 19:46, 2
M-Paimer (West) 20:29, 3 F.Davies (Rhon)
20:34, 4 J Jay (GWR) 20:38, 5 S. Neal
(LesC) 20:42
Laurentian Life Gwent League
Blaize Castle, Bristol, October 27
Vet Men: 1 F McCabe (Exe) 32:44, 2
B-Plain (CAAC) 32:27, 3 B.Hendrie (Stroud)
35:36, 9 N.Long (Siroud) 34:16, 10
W.Atkinson (Cleve) 34:40
Vet Women: 1 F Gallagher (West) 16:50, 2
M.Paimer (West) 16:50, 5 N.Long (Siroud)
34:16, 10
W.Atkinson (Cleve) 34:40
Vet Women: 1 F Gallagher (West) 16:50, 2
M.Paimer (West) 16:55, 3 J Jay (GWR)
19:44, 4 F Davies (Rhon) 19:40, 5 S.Neal
(lesC) 19:52
Laurentian Life Gwent League

1934, 4 F. Jakros (Hnort) 1934, 5 S. Neal (lesC) 1952; Laurentian Ute Gwent Legue Bridgend, November 24 Vet Men: 1. C. Thomas (Mill) 36:00, 2 F.McCabe (Exe) 36:14, 9 D.lde (CAAC) 36:30, 4 B. Plain (CAAC) 37:04, 5 A. Jolferise (Swan) 37:06; 8 D. J. Lewis (Swan) 37:12, 7 B. Hendrie (Stroud) 37:30, 8 T. Dymond (Exe) 37:53, 9 T. Edmands (Cirkl) 38:31, 10 B. Griffithe (Swan) 38:31 Vet Women: 1. P. Gallagher (West) 21:21, 2 F. Davise (Rhon) 21:54, 3 S. Neal (LesC) 21:55, 4 J. Jay (GWR) 22:04, 5 A. James (Rhon) 22:18

WVAC 10M Chempionahips, Nuneston 10 September 15 M40 1 B.Russell 56:21, 2 C. Woodward 56:51, 3 D.Salvage 73:58; M45 1 C.Kirkharn 55:01, 2 M. Harwkins 50:59, 3 A.Jenkins 65:99, 4 B.Pantot 66:31, 5 R.Hyman 57:27, 6 J.Grumbly 59:50, 7 D.Flude 62:49; M80 1 T.Preston 61:39, 2 J.Powell 67:39, 3 D.Jones 68:31; M55 1 C.Oliver 81:38, 2 McLeod 64:48, 3 G.Berrys 67:33, 4 W.Rawlins 66:36; M80 1 T.G.Pheps 66:41; M65 1 J.Frater 68:10, 2 W.Robinson 80:35; W35 1 D.Underwood 61:31, 2 B.La Touche 69:11; W40 1 A.Kinham 65:54; 2 M.Savage 67:49; W45 1 S.Carey 85:31; W50 1 H.Snising 81:51

Anniham 93.94, 2 Most 14, 18 Shaing 81.51

MMAC Cross-country Chempionships
Princethorpe Collega, Rayby, January 7

MM0 1 M Heger 20:35, 2 C Cartinor 30:45, 3

MCowle 31:56, 4 J Peasvey 31:45, 5

LMilar 31:58, 6 P L, Rowth 32:05, 7 C Astill 32:09, 8 J Watton 32:19, 10 J Nore 32:15, 10 D Wilde 32:21, 11 P Miller 32:25, 12

D, Blockley 32:11, 13 P Ruthers 32:41, 14

J Heywood 32:47, 15 P Smith 33:03, 16

P Watts 33:36, 17 M Linuary 33:12, 18

R Hernsley 33:14, 19 P, Arbet 33:41, 20

K Alion 34:00, 21 M Harrison 34:05, 22

S Lees 34:36, 23 M Robinson 34:07, 24

D-Hyde 34:08, 25 B William 34:14, 26

M Burterfield 34:37, 27 P L seach 34:37, 26

J Thompson 34:1, 28 P Collard 34:43, 30

LSteans 34:55, 31 M Hall 34:58, 32

C Moore 35:56, 33 B Cut 35:55, 34

P Anthory 36:08, 35 B Cut 35:55, 34

P Anthory 36:08, 35 B Cut 35:55, 34

M M CCaba 36:29, 37 G Roborts 36:35, 38

D Bryson 37:14, 39 A Bate 37:56, 40

Mackind sold, 45 H Doblenty 41:53

M45 1 C Rutland 31:00, 2 G Patton 31:29, 3

Ast 1 C Rutland 31:00, 2 G Patton 31:29, 3

G Astill 32:02, 4 G Brenna 33:55, 5 J Pegg 34:29, 6 A Woodward 34:49, 7 K Buckle

35:00, 8 A Francis 35:03, 9 J Lane 35:09,

10 B.Statham 35:14, 11 T.Faulkner 35:25, 12 P.Davles 35:27, 13 R.Clayton 35:47, 14 J.Grumbley 36:26, 15 C.Ratibone 37:A4, 16 B.Rerafley 37:26, 15 C.Ratibone 37:A4, 16 B.Rerafley 37:26, 17 D.Fluid 37:A4, 18 D.Cowley 37:A4, 19 D.Blackburn 36:09, 20 J.E.Hughes 39:15, 21 Graham Groome 39:23, 22 J.Eluder 43:05, 23 M.Stanley 43:34, 24 I.Savage 45:40 M50 1 A.Griffiths 30:35, 2 J.Cleilant 35:03, 3 M.Shand 39:33, 4 T.Marchi 39:17, 5 B.Forey 36:24, 8 J.O'Brien 36:20, 7 M.Butterley 36:48, 8 C.Hunt 37:00, 9 M.Knight 37:07, 10 K.Picksley 37:22, 11 J.Blarr 38:04, 12 G.Kidman 37:00, 9 M.Knight 37:07, 10 K.Picksley 37:22, 11 J.Blarr 38:04, 12 G.Kidman 37:00, 16 R.Forgoatt 39:05, 17 D.Hackert 39:44, 16 M.Blundell 40:15, 19 M.Smodley 40:35, 20 J.Powell 40:46, 2 R.Cox 41:D4, 22 M.Tranter 41:44, 23 J.Blackburn 39:35, 8 R.McCleed 39:35, 7 J.Blackburn 39:35, 8 R.McCleed 39:35, 7 J.Blackburn 39:36, 8 W.Stateleford 40:12, 9 B.Roselind 40:15, 10 T.Matteley 39:46, 8 W.Stateleford 40:12, 9 B.Roselind 40:16, 10 G.Travers 42:45, 11 M50, 1 & Husber 36:19, 2 G.Ymenn 42:54, 11

Statement 9-3-6. 2 "Statement 9-2.5." B. Rawlin 40:16, 10 G.Travers 42:45, 11 J.Pannell 45:24 M60 1 A. Hughes 36:02, 2 C. Simpson 38:32, 3 P. Ronan 38:46, 4 D. McWhiter 39:22, 5 D. Smith 39:39, 6 K. Daze 44:38, 7 J.Quantrell 46:46, 8 K. Westey 52:26 M65:1 A. Hitchman 40:41, 2 J. Haden 56:46, 3 N. Blackham 61:28 Teams: C40 J. Massey Ferguson 66:pts, 2 Huncote 77:pts, 3 Redhill 81:pts, 050:1 Worcester 17:95ts, 2 Rodhill 81:pts, 050:1 Worcester 17:95ts, 2 Rodhill 81:pts, 050:1 Rodin 19:60:1 Rodin 19:60:1

W45 1 J.Bryan 25:28, 2 W.Casson 28:15, 3 C.Faulknet 28:50, 4 D.Fellows 29:38 W50 1 J.Shaw 27:09, 2 S.Barr 29:28

W50 1.3.Shaw 27:09, 28.Barr 29:28
Snowdonia Marathon, October 27
Men 40-49 1 Tony Burke, Leigh HJ 2:45.45;
2 David Parsons (Witney RR) 2:48.27;
William William (Lin RC) 2:51.11,
Men 50-59 1 Asc Dunn (Stockport H),
3:50-20; 2 McWilliam (Stockport H),
3:50-20; 2 McWilliam (Stockport H),
3:50-52; 2:3 John Lewis (Penssby RR),
4:04.26; 3 Raymond Kilgarriff (Hastings R),
4:05.31.
Men 70-91 Clyndwr Williams (Llanelli AAC)

Men 70+ 1 Glyndwr Williams (Lianelli AAC)

Women 35-44 1 Dawn Kenwright (Sam Helen) 3:14.53; 2 Maggie Thompson (Por M. AC) 3:19.38; 3 Janet Tyler (Croft Amb

HC) 3:24,17.
Women 45-54 1 Loretto Denley (Unatt) 3:45.59,2 Maureer Sanderson (Littleover RC) 4:00.05;3 Doreen Madden (Stockport H) 4:05.14.
Women FE

H) 4:05.14, Women 55+ 1 Frances Classon (Deeside AAC) 4:12.54.

Crack Cancer Half Marathon, Cheltenharn, September 9
M40: 50 T Hooe (Worc) 01:12:00; 8 B Hendrie (Strout & D AC) 01:14:26; 9 E Francis (Chelt H) 01:14:26
M45: 7 L A Davis (Glouc AAC) 01:13:11; 36 C J Mennie (Vale of Ayl AC) 01:19:34; 41 K Buckle (Chelt H) 01:24:55; 83 H J Barr (Chelt H) 01:25:32
M50: 43 L Balley (Bahrain S) 01:20:20; 77
AV Fisher (Chelt H) 01:25:32
M50: 43 L Balley (Bahrain S) 01:20:20; 77
M50: 43 L Balley (Bahrain S) 01:20:20; 77
MF Fisher (Chelt H) 01:25:32
Men 60:49: H Brown (Stratford) 01:33:24
Men 704: 704 J A Blacklin 02:17:25
W35-39: 34 J Kelly (Glouc AC) 01:19:24; 84
J H Barrus (Chelt H) 01:25:46;
20 L J Dalvies (Vd RC) 01:35:41
W40:44: 369 R Fufford (Chen AC)
01:44:27

01:44:27 W45-49: 366 M A Baxter (Chelt H) 01:44:14 W50-59: 503 S Barrs (Chelt H) 01:53:2 W60+: 765 S Long 02:42:01

#### SOUTH

ships 4.7M Wimbledon
12 January 91
M40: 1 C Dickinson 25:44, 3 P Hamilton
14 January 91
M40: 1 C Dickinson 25:44, 3 P Hamilton
15:59, 4 U Previatil 25:56, 5 S Colile 26:24,
6 P Finch 26:44, 7 J Phelan 26:51, 9 J
McCillavay 27:12, 11 S Herrington 27:15,
13 A Fainter 27:33, 15 J Jennings 27:38,
14 J Brown 27:41, 17 S Ridgewell 27:43,
30 J Alfan 28:46, 3 rt 8 Smith 28:49, 35 B
Collins 29:10, 35 L O'Hare 29:1, 39 M
Doohan 29:27, 41 J Francis 29:45, 58 C
Shortt 31:02, 63 P J Smith 31:27, 65 D
Maughan 31:50, 67 R Carver 31:52, 86 G
Kernoedy 33:38, 10 7M Pridgeon 36:22
M45: 25 Warzee 25:46(rec.), 14 DS
Williams 27:34, 18 M Bott 27:47, 24 P
Edwards 28:26, 25 J Mullane 28:28, 27 K
Mctaffe 28:20, 28 G Rabay 28:306, 40 M
Fergnani 29:33, 41 W O'Connor 30:02, 45 K
Spiers 30:09, 46 J Wilkins 30:11, 48 S
Corli 30:17, 49 P Trainor 30:19, 52 J
Wasbrough 30:26, 56 I Clamfield 30:24, 61 K
Farber 31:17, 66 G Wakey 31:51, 68 M
Mathhews 31:58, 75 M Stanley 32:36, 13 M
Mathhews 31:58, 75 M Stanley 32:38, 17 P R
Harmmond 32:47, 92 P Blancows 34:19, 91 L
Jones 35:15, 112 N Morley 37:38, 11 J W
Hennessy 37:45, 121 G Beale 40:38
Mennessy 37:45, 121 G Beale 40:38
Mennessy 37:45, 121 G Beale 40:38
Mennessy 37:45, 121 G Beale 40:39
Mennessy

Parvey 3-0-37, 126-1 Proven 43-06

100-25, 118-1 Drown

200-25, 118-1 Dr

42:03 W60:120 B Norrish 40:09, 126 D Offredi 44:50

SCVAC Cross-country League Event 1 - Wormwood Scrubbs, Octobe

27 MAG-49 1 H. Monton 28:25, 2 V. Monk 28:29, 3 P. Wallace 29:03, 4 B. Smith 29:23, 5 J. Shirley 30:17, 5 M. Miller 30:18, 7 A. Harvey 30:33, 8 J. Evans 30:45, 9 C. Woodbock 30:59, 10 P. Harris 31:09; MSO-59 1 R. Shewart 31:15, 2 E. Kirribev 33:47, 3 B. Clapham 34:14, 4 G. King 35:03;

M60+ R.Belmore 35:27 W35:1 A.Lippitt 16:35; W40 1 B.Harvey 19:14, 2 M.Shirley 19:38; W45 P.Antonio 23:37; W50 1 E.Reynolds

nt 2 - Ski-Centre, Chatham,

21:18
Event 2 - Ski-Centre, Chatham,
November 11
Mod-49 i P. Wallace 27:36, 2 R. Smythe
28:04, 5 V. Smith 30:18, 6 C. Woodcock
30:23, 7 T. Edgley 30:28, 8 R. Milne
31:04, 9 J. Faylor of 12:1, 10, 14 Dobinson
33:13, 14 Dobinson
33:13, 14 Dobinson
33:13, 14 Sawyer 30:46, 2
D. Wood 22:46, 3 W. Clapham 33:00, 4
R. Harmond 34:05, 5 V. Withers 34:17,
33:47, 3 R. Franklin 34:2!
W35 G. Hockerts 22:46, 2 R. Bellmore
33:47, 3 R. Franklin 34:2!
W35 G. Hockerts 22:46, 2 R. Bellmore
33:47, 3 R. Franklin 34:2!
W35 G. Hockerts 22:46, 2 R. Bellmore
33:47, 5 F. Franklin 34:2!
W35 G. Hockerts 21:22, 2 R. Cobenil 25:07
Event 3 - Heddley Woods, Barnet,
December 12
M40:49 i P. Wallace 25:30, 2 B. Smyth
31:57, 5 P. Harris 32:07, 5 J. Shirkley
32:08, 7 A. Harrey 32:13, 8 J. Evans,
33:14, 9 C. Woodcock 33:23, 10 B. Brand
32:1; M35-68 i M. Sawyer 25:52, 2
D. Wood 34:46, 3 T. Kirnber 35:11, 4
B. Clapham 35:27, 5 J. Rows 36:07;
M60:4 L. Forster 34:29, 2 R. Bellmore
36:41, 3 R. Franklin 37:22
W35:1, A. Lippitt 24:04, 2 G. Hockerday
W35:1, A. Lippitt 24:04, 2 G. Hockerday
Schiller, 2 P. Antonio 32:21; W35: 1
Redgiows 25:27, W45: 1
Redgiows 25:27, W45: 1
Redgiows 25:27, W45: 1
Redgiows 25:27, W50:1
Redgiows 25:27, W50:1
Redgiows 25:27, W50:1
Redgiows 25:27, W50:1

Cambridge Harriers 4 x 2.6M Road

Cambridge Harriers 4 x 2.6M Road Relay Rochester, December 22 O40 1 Cambridge 51:00 (S.Birkin 12:40, KPenny 12:10), J-Horitingford 13:08, G.Moredith 12:59, 2 Adershot 51:17, J-Poet 12:27, J-Horitingford 13:08, G.Moredith 12:59, 2 Adershot 51:17, J-Poet 12:27, M.Ou'l 12:35, O.Rogers 12:53, B.O'Niell 13:02, 3 Blackheath 52:24, P.Horitino 13:13, J-Pistain 13:15, P.Harriston 12:58, K.Daniel 13:16), 4 Medway 53:35, U-Evans 13:44, R.Dixon 13:26, B.O'Riell 13:26, J-Pistain 13:26, K.Pistain 13:26, J-Pistain 13:26, K.Pistain 13:26, J-Pistain 13:26, J-Pistain 13:26, K.Pistain 13:26, J-Pistain 13:26, R.Pistain 13:26, J-Pistain 13:26, R.Pistain 13:26, R.Pistain 13:27, Garrierdige B.C.-Cright 14:15, Sangh 12:24, J-Pistain 13:27, R.Bale 13:24, A.Faircisugh 15:27, Durbridge Wells 55:36 (A.Waston 12:55, A.S.Waston 13:20, N.Whitney 14:02, J-Pistain 13:24, S.Pistain 13:26, R.Pistain 13:26, R.Pistain 13:26, R.Pistain 13:26, R.Pistain 13:26, R.Pistain 13:27, R.Pistain 13:27, R.Pistain 13:28, R.Pistain 13:29, R.Pistain 13:29, R.Pistain 13:29, R.Pistain 13:29, R.Pistain 13:29, R.Pistain 13:24, R.Pistain 13:25, R.Pistain 13:24, R.Pistain 13:25, R.Pistain 13:24, R.Pistain 13:24, R.Pistain 13:25, R.Pistain 13:28, R.Pistain 13:28, R.Pistain 13:24, R.Pistain 13:28, R.Pis

Minchead Half Marsthon 1990 October 21 M49 3 M-Hurd 70/89, 4 A. Arryaou 17-102, 1-5 R. COUNT 77/13, 16 D. Francis 7-8 05; M45 22 E. Darvies 80/24, 27 E. Lamber 81 118, 35 D. Bendy 93/32, M59 50 D. Parkin 87/11, 61 D. Smith 80-08, 71 A. Chave 89/19, M59 18 B. Tulloh 79/10, 41 B. Robinson 65:06, 58 D. Dunn 88:05 Women veta: 26 B. Cardy-Wilso (1st woman overall) 81:03, 159 S. Halse 98:27, 350 L. Saunden-Singer 100/20



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# GREAT SHOES AT FANTASTIC PRICES



BROOKS BLAST: Due to the dye running in the upper of these shoes, we are able to bring you this excellent ofter. The Blast is one of the most cushioned racing shoes on the market and is suitable for all distances up to a marathon. Shockabsorption is provided by the three density compression moulded EVA midsole, with Brooks 'Hydroflow' system in the heel and their exclusive Kinetic wedge at the forefoot, thus ensuring customised cushioning and an efficient running action. The nylon mesh upper, with synthetic suede reinforcements, supports the foot and the two piece outersole, with a carbon rubber heel piece and a blown rubber forefoot gives additional cushioning and long life. A great racing shoe for any distances. Colour. White/Blue/Black. Sizes U.S. 7-13. Firsts £49.99, COSMETIC SECONDS £29.99.



SAUCONY LADY COURACEOUS (Men's version illustrated): Saucony's top of the range ladies running shoe is now being discontinued, hence we can bring you this excellent bargain. Designed for the runner who requires good stability and cushioning, the Courageous 2 has a three density compression moulded E.V.A. midsole, with Saucony's exclusive I curve to inhibit over-pronation. The upper is made from man made suede and nylon, with additional support provided by the external heel counter. The excellent studded carbon rubber outersole gives good grip on the country as well as on the road. A great shoe for the runner who wants either excellent cushioning or excellent support whatever their mileage. Colour: White/Black/Fuchsia, Sizes U.S. Womens (add two to your normal U.K. shoe size). 6-9 and 10. WAS £54.99 NOW ONLY £39.99.



REBOK ROYALE AND PANACHE: One of the top selling training shoes over the last four years, the Royale (the Panache is the ladies version) is an excellent shoe for the runner with no motion control problems and whose mileage is under 40 miles per week. Shock absorption is provided by the three density E.V.A. midsole, while support is provided by the thermoplastic heel counter and the suede and nylon upper. Additional features include: a studded rubber outersole with a carbon rubber heel piece, variable width lacing and a notched achilles heel tab to inhibit tendomitis. ROYALE: Colour Navy/Gold/Silver. Sizes U.K. 6, 6/3, 7, 7/7, 8, 9, 10. PANACHE: Colour White/Fuchsia/Blue: Sizes U.K. 3-8. WAS £27.99 NOW ONLY £15.99.



CONVERSE ABW 500: A truly outstanding bargain. Due to the Sweat Shop buying all the remaining stock of this shoe, we can offer you this amazing price. The ABW 500 has a tri density compression moulded E.V.A. midsole, giving a combination of excellent support and cushioning. The upper made from suede and nylon has 'sway bars' for forefoot support, an external heel counter for rear (not support and a flex notched heel tab to inhibit tendontis. Finally, the Goodyear 'Indy 500' carbon rubber outersole is exceptionally long lasting. An excellent shoe for the runner who files a responsive training shoe, whatever their mileage. Colour: Steel Blue/Silver. U.S. Womens (add 2/r to your normal U.K. shoe size) 4-6/a, 7/b, 9, 10. WAS £39.59 NOW ONLY £15.99.



NIKE AIR MAX 3: Probably the most shock absorbing running shoe on the market today. The Air Max has Nike's exclusive Air bags, one in the heel and one in the forefoot, giving outstanding and long lasting cushioning. The studded carbon rubber outersole with flex grooves at the forefoot ensures that grip is excellent on all terrain and that the shoe is flexible. Additional features include: a thermoplastic heel counter, a man made leather and nylon mesh upper; variable width lacing; combination lasting and a dipped achilles heel tab. An ideal shoe for the heavier runner, the supinator or the runner who likes optimum cushioning. Colour: White/Black/Red. Sizes U.S. 7-13. WAS 159.99 NOW ONLY Ed. 19.99.



REEBOK EXPLORER: One of our most popular training shoes of the last year. The Explorer has a single density compression moulded E.V.A. midsole with Energy Return Tubes in the heel, giving a mixture of good cushioning and stability. The studded outersole, with a carbon rubber heel piece ensure good grip on the country and long life on the roads. Additional features include: combination lasting for flexibility, a notched heel tab to inhibit tendonitis, variable width lacing and a nylon and suede upper. Colour: White/Green/Silver. Sizes U.K. 6-12. WAS £44-99 NOW ONLY £32.99.

#### PLUS MANY OTHER EXCELLENT BARGAINS

BROOKS ARGENT (sizes U.S. 7-11) WAS £54.99 NOW ONLY £39.99. CONVERSE WAVE PLUS (sizes U.S. 6½-8½) WAS £44.99 NOW ONLY £19.99. SAUCONY ARROW (sizes U.S. 7-13) WAS £49.99 NOW ONLY £39.99. NIKE AIR CURRENT (sizes U.S. 7-13) WAS £54.99 NOW ONLY £34.99. ASICS ROADSTERS (Navy Black Royal, sizes S, M, L, XL) WAS £12.99 NOW £7.99.

DESCRIPTION	SIZE	QUANTITY	PRICE	TOTAL
9.6				
791				
AME				P&P £1.5

BEVER

EDIT CARDING. EXPIRY DATE

Send your cheque/postal order or credit card number to: THE SWEAT SHOP.

UNIT 9, SHANNON COMMERCIAL CENTRE, BEVERLEY WAY, NEW MALDEN, SURREY KT3 4PT.

24hr mail order line 081-949 0044



We're good sports at the Sweat Shop

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