

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 17

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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

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

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 upped 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

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

### MBE for Barnfather



HUGH BARNFATHER, 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

M40	M50	M60
1 Tony Simmons 31:44	1 Steve James 32:53	1 Bob Peart 37:33
2 Peter Banks 31:45	2 Phil Lancaster 33:38	2 Ron Lucas 38:33
3 Keith Penny 31:46	3 Dave Voyle 34:15	3 Eddie Thompson 38:57
M45	M55	M65
1 Frank Davies 32:35	1 Eric Appleby 35:41	1 John Fraser 41:33
2 Graham Wooton 32:48	2 Gerry Spink 36:05	2 Eric Smith 42:22
3 Martin Duff 33:05	3 Ian Barnes 36:12	3 Ron Davies 45:55

M70	W40	W50
1 Bob Brierley 45:12	1 Zina Marchant 34:45	1 Maureen Singleton 42:33
W35	2 Barbara Kirk 38:12	2 Mary Avery 45:49
1 Glynis Penny 35:44	3 Carol Moore 39:11	3 Moira Leneghan 46:18
2 Jenny Pearson 37:38	W45	W55
3 Caroline Boyd 37:49	1 Dot Fellows 38:29	1 Jean Locking 44:23
	2 Linda Watson 39:07	
	3 Rose Grimley 41:14	

## Running for office

Wilf Morgan looks at an 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 run-up to this year's election of the President is causing a stir. The election takes place at the General Assembly Meeting in Turkey 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 move towards integration with the IAAF. Mr

Lynn is for WAVA remaining independent but continuing to co-operate with the IAAF. It boils down to integration or independence.

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 integration 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 programme 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 sleep. Well, you should be careful, some IAAF/WAVA issues come closer to home. Think on the way WAVA handled 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 dif-

ferent, 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 got.

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 mainstream 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.

## 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 seconds 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'Neill.

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 stakes.

Are you postcoded?  
See Editorial P2.



## 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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### WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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## BRITISH VETERAN INDOOR ATHLETIC CHAMPIONSHIP

(under SAAA and SWAAA Rules)

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FIRST EVENTS 60M Hurdles, High Jump, Long Jump 10.00am

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**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 Event(s) \_\_\_\_\_

Veteran Club \_\_\_\_\_ Vet No. \_\_\_\_\_

I enclose £ \_\_\_\_\_ in payment of entry fee(s).

Name (Male/Female) \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Tel: \_\_\_\_\_

On Sunday 17th March 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 medals 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 performances 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 US.

Taylor and Jackson were also members 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 Penny 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 Australian Veteran Athlete

### WORLD RECORDS SET AT THE V OCEANIA GAMES

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 year's 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 — what memories.

**Boston 2:39:36 (10th overall and first Veteran)**

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



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.

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 1980.

JOHN VAN DER WANSE, 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 Wensem 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 Infront 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 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 Regional 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. I was interested in the prospect of a Throwers 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 more 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 eliminated 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 competitors, spectators and officials. There can't have been many who have seen an Englishman throwing a German hand grenade!

The Officials who had travelled with us during this long and strenuous day were marvellous. They had been extremely courteous and considerate throughout in liaising with us and wherever 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?

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 sipped 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 forgotten.

And so it came to pass that, behold, a spectre arose from the grave. Achilles cosseted, those semi-exuberant matchsticks crawled painfully out of the Evenlode valley. Mouth like a goldfish, air expelling from every orifice, I tottered into action, resolve strengthened, trust tightened.

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

Bob Forster

## DUNROAMIN'?

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 Whizz 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 Scourge of the Gutters felt like. All these past years alternating between admiration and sniggering of the over 40's but now I was there, a thinly topped mean machine of the vintage category. The warning clouds had been gathering.

Firmitly I was the Abingdon Marathon back in October when this sleek 39 5/6 year old frame flogged every grain of carbohydrate and chocolate éclair out of

itself and yet finished in an identical time and position to last year. Was this the peak for my atrophied skeleton, the start of the seven lean years?

Worse was to follow. Just a fortnight later I tackled the local Sabbath Sprint, a 5 mile near Wantage. I ran with the guts of a newly rodged 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 draining in.

The winter of my discontent was made complete by two Achilles which simply refused to function. Cycling, walking, heat lamp, massage, acupuncture 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

## FUNNY RUNNING



# YOUR LETTERS

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

## A TRULY WORLD MOVEMENT

Almost all 1989 appears to have been spent by the Wava Council on a public squabble over the election of a president in 1991. A great deal of dirty washing has 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 want 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 behalf.

In addition, if Alastair was elected, excellent man though he is, we would end up with a packed Anglo-American council, 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 long-serving members of the council should be replaced with fresh blood, before it all begins to look like a self-perpetuating clique.

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 administrative qualities to bear on our movement, and what about the former East Germans, the Russians and other new member-countries?

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. I 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 BVA 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 consider it discourteous in the extreme not, at least, to acknowledge receipt of letters.

Accepting that to be the case, and turning to specifics, BVA 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 BVA 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.

Don Dickson  
Woking

## RUNNING RACES IN SOUTHAMPTON

With regard to the letters in VA16 about the 1990 National Vet Half Marathon held in Southampton. Southampton running 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-

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.

Cliff Beldon  
Valley Striders

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 important to anyone else but it is certainly important to me as all my fellow Elmbridge Road Runners who competed were listed. I was particularly disappointed because I had had a particularly good run finishing almost 10 minutes in front of Ron Hill whom I had never previously beaten.

Terry Knagg  
Sunbury-on-Thames

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 do the best we can!

THE KHARKOV CONNECTION

From contacts made at the European Championships at Budapest I have received 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, accommodation, food and cultural visits as guests of the Kharkov Veterans AC. A shorter race a week before would be included.

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 them privately.

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

## Remembering

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

I 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 outpace 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 spirit.

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 nom-de-plume. He enjoyed my somewhat irreverent accounts of foreign travels with the veteran movement... particularly if he featured in them.

"Fido"

## Magnus Masterson's Memory Lane 10

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 the race?
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 Olympics?
8. 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?



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



JEFFREY HARRISON

DAVID COWARD



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 P9





## 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 joining — 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 BVAF Road 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 cross-country 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?

## Overseas team work

— David Coward

For some years minor problems and a lack of real organisation have been evident among British team members participating in International 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 for future team management.

Ideally a dedicated, non-competing, team manager is needed but without finance this would have to be done by a volunteer. It might be possible to provide some financial support by making a small charge on each competitor. 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 assistant team managers are a possibility.

Tasks would include ensuring that members 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 right place at the right time.

Bruges and Turku are the next major 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 performances, and a better atmosphere.

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

## 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 Amptill.

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. Amptill 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 acknowledged 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. Let's have a few new names.

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

I wish to support Veteran Athletics

and enclose my donation of £

Name

Address

## 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

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

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 committee.

## The misguided javelin decision

AS EVERYONE knows both old and new 800 gram javelins will be permitted in Turku. A decision considered by all British javelin throwers to be wrong. Joe Phillips has been corresponding vigorously with Bill Taylor on the subject 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. 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 participate, 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-under-Wychwood, £10 to B.Ferguson, 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 Wimbledon, £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.

## NEWSPAPER SUPPORT FUND

The supporters listed below have donated since the June issue. Their generosity is appreciated. Please join them by sending your cheque to:

Bill Taylor, Veteran Athletics Treasurer — full address below.

L A Parrott  
Denis Philcox  
Anonymous  
J C Dietrichsen  
J B Leith  
Sidney Giddings  
C J Hickey  
Peter Cheate  
Allan Sowden  
A N Other  
Malcolm Stewart  
Roy Graham

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

## — PAST MASTERS —



Our picture from the past this edition is of Small Heath Harriers circa 1921. Colin Simpson, membership Secretary of Midland Vets, and long time member of Small Heath or Solihull and Small Heath Harriers (to give them their present title),

is currently writing a thesis on this 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 B91 1UF.



# Athlete's Clinic

## 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 to determine the changes in sprint technique as 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 mechanics.

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 surprising 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 40%.

### 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 it.

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. M50 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.

EVENT	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  
amphetaminil  
benzphetamine  
cathine  
chlorphentermine  
clobenzorex  
clorprenaline  
cocaine  
cropropamide\*  
crothamide\*  
diethylpropion  
dimethylamphetamine  
ephedrine  
etafedrine  
ethamivan  
ethylamphetamine  
fencamfamin  
fenethylline  
fenproporex  
and chemically or pharmacologically related compounds.

furfenorex  
meclofenoxate  
menfenorex  
methoxyphenamine  
methylamphetamine  
methylephedrine  
methylphenidate  
morazone  
nikethamide  
pemoline  
pentetrazol  
phendimetrazine  
phenmetrazine  
phenetermine  
phenylpropanolamine  
pipradrol  
prolintane  
propylhexedrine  
pyrovalerone  
strychnine

##### (b) Narcotic Analgesics: e.g.

alphaprodine  
anileridine  
buprenorphine  
codeine\*\*  
dextromoramide  
dextropropoxyphene  
diamorphine  
dihydrocodeine

ethylmorphine  
levorphanol  
methadone  
morphine  
nalbuphine  
pentazocine  
pethidine  
phenazocine

dipipanone  
and chemically or pharmacologically related compounds.

##### (c) Anabolic Steroids: e.g.

bolasterone  
bolderone  
chlordehydromethyl-  
testosterone  
clostebol  
fluoxymesterone  
mesterolone  
methandienone  
methenolone  
and chemically and pharmacologically related compounds.

methyltestosterone  
methyltestosterone  
nandrolone  
norethandrolone  
oxandrolone  
oxymesterone  
oxymetholone  
stanozolol  
testosterone\*\*\*

\* component of "Micoren"

\*\* permitted for the treatment of a disorder  
\*\*\* and any other substance which has the effect of increasing the testosterone/epitestosterone ratio.

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, NE7 7DN. Telephone 091-284-3111 ext 26242.

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 EC1V 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 Befeater International Cross-country held at Amptill on November 4. Athletics Weekly's Veteran Voice, Martin Duff, reports.

TONY SIMMONS again retained his International title over four laps of Amptill 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 effort.

Simmons' performance however could not retain the M40 title for the Welsh as England made a clean sweep of all seven age-groups. 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, contested 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 W50 squad.



First at Amptill: 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 Throp 101.

M50: 1 Richard Cashmore 86, 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 Gady-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.



Second at Amptill: Tony Ross

### 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 times some.

Multi distance and discipline champion, Alun Roper, took off after about a mile and won the race unopposed 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 sparse female selection.

M40 1 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

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 the Warwickshire Police became BAAB Admin Officer (Promotions) on 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. Forsaking vets athletics for officialdom, he was Field Referee at a number of recent AAA Championships and Internationals.

HUGH CURRIE ran 2:51.39 in the Inverclyde 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 to go.

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 recently 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 affect 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 Amptill, 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 38:29.

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

on  
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 21<sup>ST</sup> 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

SATURDAY SUNDAY

### TRACK

- 400m Hurdles (M40, M45) Heats
- 1000m Hurdles (M50+, W35+) Finals
- 300m Hurdles (W50+) Finals
- 300m Hurdles (M60+) Finals
- 100m (M&W) Heats
- 150m (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

### TRACK

- 200m s/chase (M60+ & W) Finals
- 300m s/chase (Men) Finals
- 110m Hurdles (Men) Finals
- 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
- 1000m (M&W) Finals

### FIELD

- Hammer (Women)
- Hammer (Men)
- Long Jump (Women)
- Pole Vault (M&W)
- Long Jump (Men)
- Discus (Women)
- Discus (Men)
- Shot (Women)

### FIELD

- Javelin (Women)
- Javelin (Men)
- High Jump (Men)
- Triple Jump (Women)
- Triple Jump (Men)
- 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

## CHAMPIONSHIP ENTRY FORM

Please use capital letters

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



# ECHO POOLE 1991 MARATHON

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

## SUNDAY 2 JUNE 1991 at 10 am

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



British  
Association  
of Road  
Races  
Grade 1

Apply to: THE SECRETARY,  
POOLE SPORTS COUNCIL,  
CIVIC CENTRE,  
POOLE, DORSET BH15 2RU.

## MIZUNO MASTERS GRAND PRIX

### A 1st

FOR VETERAN RUNNERS ONLY

Three classic 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 with prizes awarded in all categories including Team Prizes

\* Overall winners and runner-up prizes.

### CAPITAL CLUB VETS CHAMPIONSHIPS

Entry fees: CRRRC £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	6 to run, 4 to score
Men 50-59 1st, 2nd and 3rd teams	6 to run, 4 to score
Men Over 60 1st, 2nd and 3rd teams	6 to run, 3 to score
Women 35-49 1st, 2nd and 3rd teams	6 to run, 4 to score
Women Over 50 1st, 2nd and 3rd teams	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 BVAf 5K Road Championship

Name ..... Age on day ..... Date of Birth .....  
Address ..... Male/Female ..... Telephone .....

Affiliated Vet Club ..... Vet No. ....

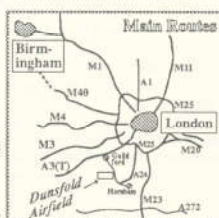
AAA 1st Claim Club .....

I enclose two SAEs min 9"x4" for acknowledgement and for race details, with my entry fee £2.50, cheque payable 'Veterans AC', plus team fee of £3 if applicable

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

Signed ..... Date .....

note: a detailed map will be sent to you



## BRUGGE VETERANS 25 KM & 10 KM



BELGIUM PLUS NEW WOMEN ONLY 5 KM  
TOUR VRRB2 Friday 21st June - Monday 24th June  
TOUR DEPARTS NEWCASTLE LEEDS MANCHESTER STOKE BIRMINGHAM NORTHAMPTON LONDON RAMSGATE

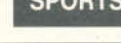
JOIN US FOR A RELAXING WEEKEND IN BEAUTIFUL BRUGGE

- \* Delightful Summertime weekend break
- \* Choice of 4 central hotels
- \* 8 years experience in Brugge
- \* Nationwide Coach Departures
- \* New NOVOTEL Hotel only option
- \* Prizeworthy social event

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 weekend to the full: our hotels are in the heart of this beautiful medieval city. Once again we offer the ARAGOW, NAVARRA and LUCCA hotels for our coach tour clients: our usual nationwide pick-up service is included. For 1991 we offer the new town centre NOVOTEL as an "accommodation only" option for independent travellers, so that even more British runners can enjoy the Brugge experience.

NEW FOR 1991: Both VETERANS 10 KM and 25 KM races are being run on Sunday. There is now a WOMEN 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 runners.



### RACE ENTRIES

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

All entrants will receive a SPORTSMANS TRAVEL GOODY PACK

### EVENT FACTS

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

SPORTSMANS TRAVEL LTD, P.O. Box 269, Brentwood, Essex CM15 8NR. Tel: (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 30 minutes, 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 week.

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, 14yrs, 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 Cross-country Championships in Amptill.

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 left foot.

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 anamnia. Our doctor was really helpful and soon had Zina's problem sorted out.

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 her sport for as long as possible.

#### Zina's pbs to date:

1500 m	4:34.4
3000 m	9:50.7
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 broke the course record which had stood for quite some time.

#### 1990 Championship titles

10K (Barnsley)	34:45
10M (Oswestry)	57:11
Half-marathon (Southampton)	75:18

# Around the Regions



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

#### Gallagher star of Gwent

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 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 consolation of leading a reviving Cardiff side to a narrow victory over the respected Swansea squad. 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 at 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.

Dave Walsh

#### 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 welcomed.

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 turnout 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 Farrell.

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.

Kay Dodson

#### 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 Harrier'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 were: M40: 12 R Court (Torbay) 36:18, 13 F. McCabe (Exeter) 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 (Exeter) 37:49. M45: 33 Mike Hewer (Exeter) 38:28, 39 Pete Taberner (EVH) 38:58.

John Legge

#### 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 Prevati 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 25:46.

Other titles were defended. Envious durability was shown by Irishman Tom

Ryan, M50, winning a fifth consecutive title from Ray Davidson, and Dennis Eyers, M70, achieved his fifth title in six years.

Mary Todd, W45, was again the clear first woman.

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 Cross-country 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 two 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 Belmonte 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 Jarrow's new cross-country course were again favoured with almost perfect conditions and 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+ 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 Cummings.

Alan Whitfield successfully defended his title in the 40+ race. Looking immensely 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 medals.

Jimmy Waters

#### 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 SCAA Relays have been mailed with leaflets. See ad P10.



**CASIO**  
**SDB 500W**

(update of SDB 300W)

MRP £29.95

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Camden Town

London NW1 7AH

071-267 4328

071-267 7525 (24 hrs)

Fax: 071-267 9517





A determined start at the 1990 VAC Championships

## FIXTURES

### NATIONAL

- 10 Mar BVAF Indoor Pentathlon, COSFORD  
 10 Mar BVAF CC Champs. AMPHILL, Beds. cd 26/2 see ad in issue 16 P2  
 17 Mar BVAF T&F Indoor Champs. GLASGOW cd 28/2 see ad P2  
 14 April BVAF 5K Road Dunsfold Airfield SURREY cd 25/3 see ad P10  
 5 May BVAF Road Walks, 50K(Men) 20K(Women) PLY-MOUTH Entries to E Shillabeer 94 Hyde Park Rd, Peverell, Plymouth PL3 4RE  
 11 May BVAF Vets Relays, SUTTON PARK cd13/4 see ad P6  
 22 June BVAF Road Walks, 20K(Men) 10K(Women), SUTTON PARK Entries to D Withers 14 Cottage Lane, Marlbrook, Bromsgrove B60 1DW  
 6-7 July BVAF T&F Champs, Alexander Stadium, BIRMINGHAM see ad P6  
 4 Aug BVAF 10 mile Champs, OSWESTRY  
 18 Aug Inter Area T&F, Palmer Park, READING. Noon-6pm  
 7-8 Sept BVAF Decathlon/Heptathlon, SHEFFIELD  
 6 Oct BVAF and Open Vet Flying Fox Marathon, STONE

### INTERNATIONAL

- 7-9 Mar World Indoors BUDAPEST, HUNGARY  
 23/24 Mar Soviet Union Indoor Vets Champs, Moscow. Enquiries to Vadim Marshiev, 10813 Moscow Centre, Proezd Cerocha 4, Moscow, USSR  
 23 June 25K Road Run BRUGES BELGIUM  
 12-14 July Pregames to IX WAVA World Vets Champs, Kuusankoski, Finland. Entries to Pregames, P1 101, SF 45701 Kuusankoski, Finland  
 18-28 July World Vets, TURKU, FINLAND. cd 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

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

### NORTH

- 20 Jan Lancs 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 late entries  
 10 Feb NVAC 10K RR Stockton Heath Sports Centre, WARRINGTON, 12 noon Directions available from B Burton 71 Nethergreen Rd Sheffield  
 17 Feb NVAC CC Champs, Seabridge Community Education Centre, Roe Lane, 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

- 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.  
 15 May 'Colin Robinson 5', BVAF Gr1, cd 8/5, 7pm £2 to 'Colin Robinson 5'. Entries to P.C.4735 O'Sullivan, Rochdale Police Station, The Hulme, Rochdale  
 2 June NVAC T & F Champs venue to be arranged  
 9 June NVAC 10K Road Champs venue to be arranged  
 16 June Vets Open Track Belle Vue Synthetic Track (off Hyde Rd & 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  
 17 July NVAC T & F League Leverhulme Park, BOLTON. 7pm (as 8 May)  
 25 Aug NVAC 10K Road & Path. Irlam Town FC, Silver St. IRLAM. 12 noon Enter on day. Directions from B Burton  
 31 Aug- Humberside Masters, HULL  
 1 Sept Lancs Vets T & F Champs Leverhulme Park, BOLTON  
 2 Sept NVAC 10K Track Champs Leverhulme Park BOLTON  
 6 Oct NVAC 110K Path & Tracks, EDGORTH, Nr Bolton  
 27 Oct NVAC 10M Road Champs Padgate WARRINGTON  
 10 Nov NVAC 10K CC Bowley GT HARWOOD  
 24 Nov NVAC Road & Path LEIGH  
 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 PR5 2ET

### NORTH EAST

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

### NORTHERN IRELAND

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

### WALES

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

### MIDLAND

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

- Broadway, Dudley W Mids  
 15 May 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)  
 9 June Midland T&F Championships SOLIHULL  
 11 Aug Pentathlon Meeting, Open Throws Triathlon, Jumps Triathlon, 10K Walk SOLIHULL  
 22 Sept Cannock Masters Throws Pentathlon

### EASTERN

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

### SOUTH

- 9 Feb VAC CC WILBERFORCE SCHOOL SW19 3pm  
 10 Feb SCVAC CC Champs  
 23 Feb 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  
 2 Mar Blackheath H. CC Champs, W.WICKHAM, 2.30pm  
 3 Mar BRADNINCH Guildhall Chase, 5.4 CC, GR2, 11.15am, £2.50 D Pressley, 22 High St, Bradninch, Exeter, (Payee SW Road Runner)  
 10 Mar CAMBERLEY Half Marathon, 10am £4.50 to Frimley & Camberley Lions cd 28/2 Entries to Camberley C/o Stokes Dairy, Park St Camberley GU15 3NY  
 16 Mar SCVAC Final CC League fixture at Croydon 2pm  
 7 April KELVEDON Half Marathon, BVAF Gr1, cd 20/3 1pm, £3.50 to K.P.L.F. Entries to B R Cole, 43 Lynmouth Ave, Chelmsford, Essex CM2 0TR  
 17 April VAC 1st Track Mid week meet BATTERSEA 7pm  
 29 April SCVAC 1st T&F League. Venues to be announced  
 4 May Open Veteran 10M Road Race, TOOTING BEC COMM. 10.30am. Team and individual. Incomp. SCVAC & VAC individual champs. Entry form from J.FitzGerald, 67 Goswell Rd, London EC1V 7EN. SAE please  
 13 May SCVAC 2nd T&F League, venues to be announced  
 2 June SCVAC T&F Champs. Venue to be announced. Entries to J.Hurley, 5 Ledbury Rd, Croydon. £2 first event, £1.50 subsequent  
 10 June SCVAC 3rd T&F League, venues to be announced  
 24 June SCVAC 4th T&F League, venues to be announced  
 25 Aug VAC T & F Champs W LONDON  
 8 Sept Barn Elms Open Vets T & F Details F Byrne 11 Jubilee Ave Whitton Middx  
 8 Sept SCVAC Finals of T&F League, Croydon

### SOUTH WEST

- 17 Feb Eurowest PLYMOUTH 10. CD 10/2 £3, £3.50 unattached. Details from J Gilbert, St Anton, Freathy Fields, Whitsands Torpoint, Cornwall PL10 1JD  
 3 Mar Bradninch Guildhall Chase EXETER BVAF Gr1 11.15am £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  
 16 June SWVAC T & F Champs. inc. 1-hr Track Event BOURNE-MOUTH  
 22 June SWVAC 10K Champs POOLE HARBOUR

### ISLE OF MAN

- 18 Aug 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

- 3 Mar 10K, LEEDS BVAF Gr2, cd 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  
 10 Mar 10K ROCHDALE BVAF Gr2, cd 2/3 10.30 £3 to Help the Aged Entries to M Sandamas (Rochdale Run) address as above.  
 24 Mar 10K BOURNEMOUTH BVAF Gr1, cd 20/3 £3.50 to Help the Aged Entries to M Sandamas 18 Willis Ave, Sutton, Surrey SM2 5HS  
 7 April 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 PARK.



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An invite from Ireland A date of interest to athletes. The Irish Veteran Athletics 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 Nesson's Hospital, Croom, Co Limerick.



A sunny start to Stone Marathon

### Answers to Quiz p4

1. 2 metres per second (4.47 m.p.h.)
2. Dublin.
3. Dave Warren.
4. The IAAF World Cup.
5. Sweden. It means speed play.
6. The first 300m was run in lanes.
7. Harrison Dillard. 100m in 1948; 110mH in 1952.
8. Arthur Rowe.
9. Cambridge Harriers.
10. Larry James (USA)



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.



# RESERVE RESULTS

## BARNSLEY WETS 10K November 8

1. Tony Hutton	40:15.44	21. Michael Cross	40:36.99	41. Geoffrey Clark	45:37.51	61. David Hutton	50:40.17	81. David Hutton	50:40.17	101. David Hutton	50:40.17
2. Peter Hutton	40:15.45	22. Peter Hutton	40:37.00	42. Peter Hutton	45:37.52	62. Peter Hutton	50:40.18	82. Peter Hutton	50:40.18	102. Peter Hutton	50:40.18
3. Peter Hutton	40:15.46	23. Peter Hutton	40:37.01	43. Peter Hutton	45:37.53	63. Peter Hutton	50:40.19	83. Peter Hutton	50:40.19	103. Peter Hutton	50:40.19
4. Peter Hutton	40:15.47	24. Peter Hutton	40:37.02	44. Peter Hutton	45:37.54	64. Peter Hutton	50:40.20	84. Peter Hutton	50:40.20	104. Peter Hutton	50:40.20
5. Peter Hutton	40:15.48	25. Peter Hutton	40:37.03	45. Peter Hutton	45:37.55	65. Peter Hutton	50:40.21	85. Peter Hutton	50:40.21	105. Peter Hutton	50:40.21
6. Peter Hutton	40:15.49	26. Peter Hutton	40:37.04	46. Peter Hutton	45:37.56	66. Peter Hutton	50:40.22	86. Peter Hutton	50:40.22	106. Peter Hutton	50:40.22
7. Peter Hutton	40:15.50	27. Peter Hutton	40:37.05	47. Peter Hutton	45:37.57	67. Peter Hutton	50:40.23	87. Peter Hutton	50:40.23	107. Peter Hutton	50:40.23
8. Peter Hutton	40:15.51	28. Peter Hutton	40:37.06	48. Peter Hutton	45:37.58	68. Peter Hutton	50:40.24	88. Peter Hutton	50:40.24	108. Peter Hutton	50:40.24
9. Peter Hutton	40:15.52	29. Peter Hutton	40:37.07	49. Peter Hutton	45:37.59	69. Peter Hutton	50:40.25	89. Peter Hutton	50:40.25	109. Peter Hutton	50:40.25
10. Peter Hutton	40:15.53	30. Peter Hutton	40:37.08	50. Peter Hutton	45:37.60	70. Peter Hutton	50:40.26	90. Peter Hutton	50:40.26	110. Peter Hutton	50:40.26
11. Peter Hutton	40:15.54	31. Peter Hutton	40:37.09	51. Peter Hutton	45:37.61	71. Peter Hutton	50:40.27	91. Peter Hutton	50:40.27	111. Peter Hutton	50:40.27
12. Peter Hutton	40:15.55	32. Peter Hutton	40:37.10	52. Peter Hutton	45:37.62	72. Peter Hutton	50:40.28	92. Peter Hutton	50:40.28	112. Peter Hutton	50:40.28
13. Peter Hutton	40:15.56	33. Peter Hutton	40:37.11	53. Peter Hutton	45:37.63	73. Peter Hutton	50:40.29	93. Peter Hutton	50:40.29	113. Peter Hutton	50:40.29
14. Peter Hutton	40:15.57	34. Peter Hutton	40:37.12	54. Peter Hutton	45:37.64	74. Peter Hutton	50:40.30	94. Peter Hutton	50:40.30	114. Peter Hutton	50:40.30
15. Peter Hutton	40:15.58	35. Peter Hutton	40:37.13	55. Peter Hutton	45:37.65	75. Peter Hutton	50:40.31	95. Peter Hutton	50:40.31	115. Peter Hutton	50:40.31
16. Peter Hutton	40:15.59	36. Peter Hutton	40:37.14	56. Peter Hutton	45:37.66	76. Peter Hutton	50:40.32	96. Peter Hutton	50:40.32	116. Peter Hutton	50:40.32
17. Peter Hutton	40:15.60	37. Peter Hutton	40:37.15	57. Peter Hutton	45:37.67	77. Peter Hutton	50:40.33	97. Peter Hutton	50:40.33	117. Peter Hutton	50:40.33
18. Peter Hutton	40:15.61	38. Peter Hutton	40:37.16	58. Peter Hutton	45:37.68	78. Peter Hutton	50:40.34	98. Peter Hutton	50:40.34	118. Peter Hutton	50:40.34
19. Peter Hutton	40:15.62	39. Peter Hutton	40:37.17	59. Peter Hutton	45:37.69	79. Peter Hutton	50:40.35	99. Peter Hutton	50:40.35	119. Peter Hutton	50:40.35
20. Peter Hutton	40:15.63	40. Peter Hutton	40:37.18	60. Peter Hutton	45:37.70	80. Peter Hutton	50:40.36	100. Peter Hutton	50:40.36	120. Peter Hutton	50:40.36

**Sunday Times Fun Run 1990**  
**44 Hyde Park**  
 Age group winners  
 W36-38 L Taylor 14:43  
 W39-42 S.Cawley 15:48  
 W43-49 J.Jay 15:25  
 W50-59 A.Prowse 17:25  
 W60-69 J.Ross 17:48  
 W70+ G.Bulger 24:05  
 M39-42 D Hill 1:23 (age not known)  
 2nd A Rich 12:44 (age 41)  
 M43-49 F.Briscoe 12:36  
 M50-59 B.Tuloh 13:20  
 M60-69 L.Forster 14:39  
 M70+ D.Eyers 17:25  
 Zatopek Award for best age related performance B.Tuloh  
 (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)

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