

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 18

The Newspaper of the British Veterans Athletic Federation

Spring 1991 £2.00

## Nine World Indoor Records at Kelvin Hall, Glasgow

DESPITE the counter attractions of the BVAF and the re-arranged SCVAC cross countries, nine World records were set during the BVAF Indoor Championships held on March 17 at Kelvin Hall, Glasgow. The fast track at Kelvin Hall also produced another 12 British records and on this aspect alone the Championships can be counted a success. Geoff Harrold reports.

The long — nearly eight hours — programme saw many fine contests but the downside was the way in which the programme soon ran behind schedule, exacerbated by a false fire alarm. In the afternoon it became difficult to get any information about heat times and there were protests from the triple jumpers who were only allowed four trials. This was, after all, a national championship.

Judy Vernon was an early record setter, removing three tenths of a second from Pat McNab's W45 60m hurdles World mark. Vernon also holds the W35 and W40 60m hurdles records and even had an influence on the World W50 hurdles record set that day.

Jean Hulls and Nanette Cross had received advice on their starting technique from Vernon and both later acknowledged the resulting improvement. The W50 60m hurdles race was stirring stuff — the two Bromley vets battling all the way to the line with Hulls finishing the stronger to improve her own World record from 11.0 to 10.4. Cross was also inside the old record with 10.6.

On to the flat 60 metre races. Now in the M60 age group, Charlie Williams soon made his mark by setting a British record with a 7.86 clocking in the final.

The 400m series was capped by a British M40 record from Peter Browne who had earlier won the M40 800m. In the two lap event Bob Minting made a brave effort to run the finish out of Browne but the TVH athlete strode away from Minting for a 51.51 timing. Minting, however, impressed with his 52.86.

The middle distances had the largest fields, especially in the younger groups, resulting in four world records and three British records. Pat Gallagher and Harry Tempan both collected an 800/1500 World double and Gallagher also

added the W45 3000m title to her haul.

In another organisational hiccup the M40 1500m field ran an extra lap to account for the slow times — an error that should not happen at any level. The two relays only managed to attract three entries between them and on the day both were run-throughs. It is strange that this event should be so poorly supported when one considers the excitement it can produce and the National squad's recent World record on the same track.

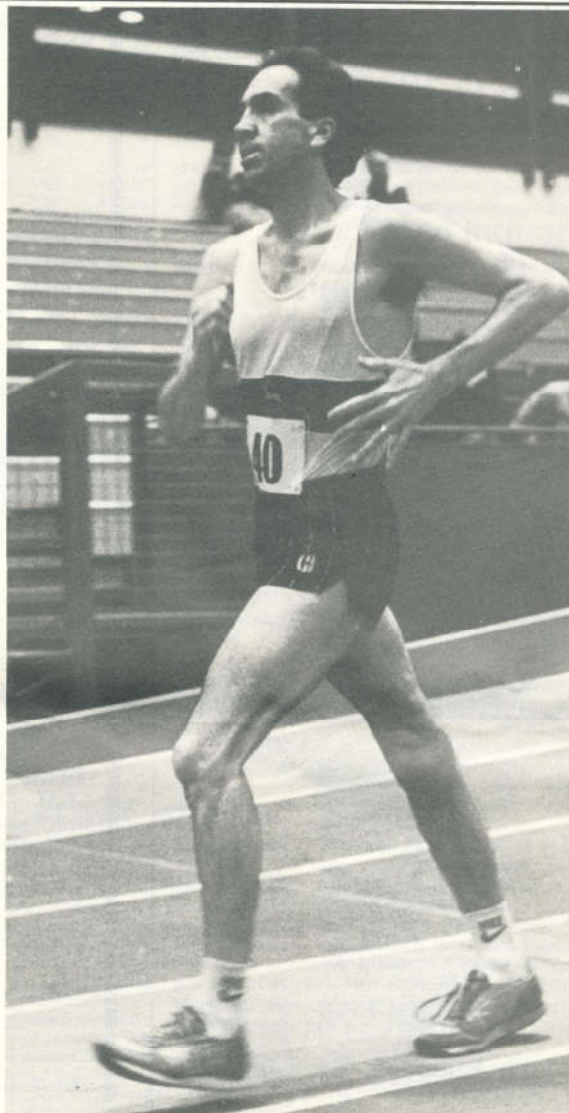
The 2000m walkers were also thin on the ground — four competitors in two age groups. Nevertheless Bob Care came up with an M40 World record in a very close race and Colman, an M70 British record.

In the centre field, Mike Bull had three attempts at the World M40 pole vault record but had to be content with the British record height. Busy Pat McNab rounded off her day by replacing her lost hurdles World record with a new W45 triple jump World standard. The deposed holder, Jackie Charles was a subdued second, perhaps affected by her earlier tumble in the hurdles. Mary Wixey annexed the W70 triple jump title and World record. She now holds five British records and two World indoor records in that age group.

Despite severe arthritis, Evan Williams, who has been using alternative medicine for his condition, went home with two silvers and a bronze from the three middle distance events. Marjorie Hocknell continued her comeback from knee surgery with a win in the W45 400m and second place in the 200m.

Finally, spare a sympathetic thought for Andy Galbraith in the M55 high jump. Three competitors presented themselves to jump and he was the only one that did not set a British record.

Other Indoor news p3



Bob Care walks to a World record 2000m victory



800/1500 World record breakers: Tempan (left) and Gallagher (right)

## Strong winds and strong running at 5k Championships

Dave Hill prevailed against strong opposition to win the BVAF 5K Championship M40 title. The event was held at a gale-swept Dunsford aerodrome on April 14. Martin Duff won the M45 title, Les Presland the M50 title, Alan Griffiths the M55, J Chandler the M60, R Jeffercy the M65, Arthur Keily the M70, Paula Fudge the W35, Barbara Kirk the W40, Pat Gallagher the W45, Jean Hulls the W50, E Smith the W55 and Joselyn Ross the W60. Full report p7.

## Your Chance to Join the 300 Club

Sylvester Stein

It has been decided to make 50 more places available in the monthly draw for the 300 Club, in view of the rising membership of British Vets. The 300 Club will thus in reality become a 350 Club.

As chairman of the Club I therefore now appeal to all BVAF members, newly-joined vets in particular, to apply immediately for entry to the draw.

The terms of the draw are simple: each entry, which covers all 12 draws in a year, costs only £12 per annum. With it you stand to win a first prize of up to £120 or one of a number of smaller amounts. What's more there's nothing to stop you winning a first or minor prize every single month — in the past certain members' names have figured time and again in the results. That of course is the luck of the draw.

Win or lose, you'll also have the satisfaction of knowing that a residual part of the income from the monthly draw goes towards keeping this newspaper in funds — so that's a prize worth having too.

You are not limited to a single entry, by the way, so simply send off a cheque of a size to cover as many entries as you like; thus £12 will do for one, £24 for two, £36 for three and so on in multiples of £12 to provide you with one, two or more chances to win in every month.

The more members we have, the bigger will be the pot, so don't hesitate. (I should add that even when we reach 350 we'll probably keep the title of 300 Club, out of sentiment.)

On P6 you will find an application form which you should send as soon as possible to Hon. Draw Organiser, Jose Waller, 7 Rosebriar Walk, Watford

## James v Presland — the race of the day

Athletics Weekly veteran voice, Martin Duff, reports from Ampthill

WITHOUT doubt the best race of the day was the battle between Steve James and Les Presland for the M50 title at the BVAF National Cross-country Championships held at Ampthill on March 10. So competitive was their race they would both have placed among the first ten of the M40s.

There were notable absentees which did not much affect the men's races because of their depth of quality. However, the women's race was sadly depleted and Sally Young had things very much her own way.

Tony Ross (95th in the Senior Na-  
**Steve James leads Les Presland up Heartbreak Hill**

tional three weeks earlier) showed just how much he is feared over the country, with a virtual gun to tape victory for his first BVAF title in the M40-49 race.

Ross assumed the lead before the first ascent of Breakheart Hill and once he had established a 50 yard advantage held it to the end. Stan Curran, often underrated on the country and who has had a good season, went second, followed hard by Mike Hagar and Roy Bailey. Curran eventually shook the others off for his highest National vets placing yet.

Bailey, the northern champion, came back at Hagar on the last lap to snatch bronze. Behind the first four there was a bit of a gap before Ken Sanderson, who

confirmed his November form over the same course, Ray Church, Peter Witcomb and Harry Matthews piled in. Next was Mike Neary, who with Curran, helped Salford dominate the team race and raise their flag for the 8-stage relay at Sutton Park in May.

Despite lagging behind Graham Wootton and Graham Taylor after two laps, Brian O'Neill came through strongly in the second half to take the M45 title. The ex-army boxer led Aldershot's challenge in the M40-49 team stakes, as the 1990 winners settled for silver, ahead of Ross's Verleia.

The best race of the day was the fight for gold in the M50 class. Benefitting

from being visible in its own right (unlike the M45 and all other older age groups — should we have separate races?) the battle between Eugene medallists Steve James and Les Presland was a thriller.

Phil Lancaster led early on, but then James went to the front and pushed and pushed and pushed! Several times he appeared to have shaken off the persistent Presland and with a 25 yard advantage at the summit of Breakheart Hill for the last time appeared to have the race won. However, Presland swept down through the woods to close right up. Thinking there was yet another lap to go Presland shouted to James, who had cor-

Continued on page 8





## FROM THE EDITOR

The Vets movement is growing. Here at the editorial offices of *Veteran Athletics* we are well aware of that; as each issue goes to press more and more members need copies. When we started out two or three years ago we printed but 5,000 copies - and many of them duplicates, some readers being members of more than one vets club. (Some still are of course, but vet club memberships have now been merged into one list by the computer and most doubles are eliminated.)

We announce with pleasure that today we are up near the 7,000 mark. It's been a chicken and egg process. The movement laid the egg that hatched a newspaper and now the very existence of the paper has helped produce new members, who value the information provided on future races and past results, as well as the flow of comment and criticism.

Any movement like ours thrives on communica-

tion, and our aim is to keep on improving the level of communication between clubs and members and thus increase the wellbeing of the movement. We need help from you, old and new members alike, to keep information coming and to put before others your points of view.

So keep sending in regional reports, forward us copies of area vet newsletters (there are excellent publications being produced) as well as club newsletters that cover vet affairs, post off your letters to The Editor and work up those satirical pieces you've been meaning to get off your chest.

The more we grow the less opportunity for the newborn BAF to ignore us.

Help us turn out a better paper that will attract yet more of the Great Unattached into the movement, which will in turn serve to improve the spread and quality of races for you to enter.

## Veteran Athletics Vol 1 No 18

67 Goswell Road, London EC1V 7EN Telephone: 071-250 1881 Fax: 071-410 9440

**Editorial Team:** Sarah Cawkwell, Jack FitzGerald, Sylvester Stein, Bill Taylor

**Fixtures:** Brenda Burton, 71 Nethergreen Road, Sheffield S11 7EH

**Contributors:** Dr J Nixon, W Morgan, M Duff, Alastair Aitken

**Printer:** RAP Limited, Rochdale

**Advertising:** Jack FitzGerald tel 071-250 1881

**Production:** Sarah Cawkwell, Hilda Nyman, Joan Burns, Nanette Cross

**Typesetting/layout:** Mr & Mrs Morton's Publishing Services tel 081-290 5155

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### BRITISH VETERANS ATHLETIC FEDERATION

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**Championships Sec:** Mike Wrenn, 114 Clapgate Lane, Bartley Green B32 3DH

**Treasurer:** Keith Whitaker, Leeming Barn, Thornthwaite, Harrogate HG3 2QU

**Overseas Entries Coordinator:** Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU tel 081-422 7157

**Chairman of Records Committee:** Wilf Morgan, 159 Marsh Lane, Erdington, Birmingham B23 6JA

**Administrative Officer:** Jack FitzGerald, 67 Goswell Road, London EC1V 7EN

#### Secretaries of Affiliated Clubs

**Eastern (General):** All correspondence, pro tem, to P Duhig, Chairman, 42 Wimbotsham Road, Downham Market, Norfolk PE38 9PE; (Membership): H Barnfather, 6 St Audrey Close, St Ives, Huntingdon PE17 4NP

**Isle of Man:** J Grimson, Laburnum Cottage, Main Road, Kirk Michael, IOM tel 0624-87202

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**Northern (General):** A Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire SK4 3LD tel 061-432 7586; (Membership): J Linley, 21 Birch Grove, Paddington, Warrington, Cheshire WA1 3JG

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**South West:** D G Lord, 311 Bournemouth Road, Parkstone, Poole, Dorset BH14 9AL

**Veterans AC (Membership):** P Blencowe, 17 Elms Crescent, London SW4 8AE tel 071-622 6093; (General): P J Harvey, "Westlands", Woodmansterne Lane, Banstead, Surrey SM7 3HD tel 0737-373506

**Welsh:** D Williams, 1 Powys Gardens, Dinas Powys, South Glamorgan tel 0222 514267; (Membership): J O'Brien, 63 Penllyn Cwmavon, Port Talbot tel 0639-896615

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(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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**Women's Delegate:** Bridget Cushen, 156 Mitcham Road, West Croydon CR0 3JE, UK.

#### Area Delegates

**North America:** David Pain, 5643 Campinile Way, San Diego, CA 92115, USA. **South America:** Jose Figueras, Juncal 1395, Floor 2 of 15, Montevideo, Uruguay. **Europe:** Hans Axmann, Eichendorffstrasse 2C, D-8800 Ansbach, Fed. Repub. Germany. **Oceania:** Jim A Blair, PO Box 2910, Postal Centre, Wellington, New Zealand. **Asia:** Han Chandra, #24-12 Block 44, Marine Crescent, Singapore. **Africa:** Mouassiposso Mackonguy Pascal, Congo Athletic Federation, PO Box 2158, Brazzaville, Republic of the Congo.

## BVAF 21st NATIONAL TRACK & FIELD CHAMPIONSHIPS

Alexander Stadium, Birmingham — 6th & 7th July 1991

Under AAA, WAAA, RWA, WAVA & BVAF Rules

Organised by Midland Veterans Athletic Club



National Power

Energy Direct

### ORDER OF EVENTS

Commencing at 10.00am each day

#### SATURDAY

##### TRACK

400m Hurdles (M40, M45) Heats  
400m Hurdles (M50+, W35+) Finals  
300m Hurdles (W50+) Finals  
300m Hurdles (M60+) Finals  
100m (M&W) Heats  
1500m (Men) Heats  
100m (M&W) Finals  
3000m Walk (Men) Finals  
400m Hurdles (M40, M45) Finals  
1500m (M&W) Finals  
400m (Men) Heats  
5000m (M60+, W35+) Finals  
5000m (M40) Finals  
5000m (M45) Finals  
5000m (M50, M55) Finals  
400m (M&W) Finals

##### FIELD

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

A.G.M. — 18.00

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.

#### SUNDAY

##### TRACK

2000m S/chase (M60+ & W) Finals  
3000m s/chase (Men) Finals  
110m Hurdles (Men) Heats  
3000m Walk (Women) Finals  
5000m Walk (Men) Finals  
800m (Men) Heats  
200m (M&W) Heats  
110m Hurdles (Men) Finals  
100m Hurdles (W35) Finals  
100m Hurdles (M60, M65) Finals  
80m Hurdles (W40+) Finals  
80m Hurdles (M70+) Finals  
10,000m (M40) Finals  
800m (M&W) Finals  
200m (M&W) Finals  
10,000m (M&W) Finals

##### FIELD

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

### 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

Entry Fee £4.00 1st Event £3.00 each subsequent event.

I enclose cheque/P.O. crossed and payable to MVAC for the sum of £ \_\_\_\_\_ (Overseas entries in sterling only)

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 21st Veterans T&F Championships.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Entries to Freda & Jack Cross, 36 Manor Road, Atherstone, Warwickshire, CV9 1QJ.

Telephone No. 0827 715813.

Closing date Saturday 8th June 1991. Late entries will not be accepted. Send 9" x 6" SAE for acknowledgement of entry, timetable, information, accommodation, maps etc., which will be sent out between 15th and 22nd June 1991, but if you wish earlier accommodation list please send extra SAE.

\* Delete



## New girl, Sarah Owen, sets new World mark

A report from the BVAF Indoor Pentathlon Championships held at Cosford on March 10

SARAH Owen (new on the vets scene) was most impressive breaking Vilma Thompson's W35 World best of 2970 points with the 800m still to run. Owen was presented with a splendid new trophy donated by Norman Carter in memory of his parents.

Jean Wills set a W40 UK best with 3046 points — her best performance being a very close hurdles race with Owen. Wills placed first in 9.63 secs.

Outstanding in the Men's competition was Philip Oakshott's 3596 points to break George Leete's M60 UK record. The competition for highest overall points was a very close affair between Snowy Brooks, Les Williams, Philip Oakshott and Colin Shafro. Shafro prevailed to retain the Clarke Trophy with 3738 points in the M55 age group. Les Williams was presented with a special cup for completing the competition with distinction.

### Results of the BVAF Indoor Pentathlon Championships RAF Cosford Stadium

W35	60mH	HJ	SP	LJ	800m	Points	World best
Sarah Owen	9.82	1.54	11.00	5.01	3-03.79	3383	
<b>W40</b>							
Jean Wills	9.63	1.36	7.12	4.73	3-19.36	3046	UK best
Maria Williams	12.47	1.27	6.45	3.75	2-43.64	2460	
<b>W45</b>							
Jackie Charles	10.85	1.24	7.01	4.43	3-12.05	3020	
Carol Morris	12.16	1.15	6.32	3.73	3-05.05	2469	
<b>M40</b>							
John Charlton	9.49	6.05	9.98	1.53	2-59.22	3441	
Mike James	9.39	6.11	8.89	1.65	3-40.88	3160	
Lawrie Dunn	10.97	5.05	6.45	1.44	3-02.65	2560	
<b>M45</b>							
Snowy Brooks	9.46	5.87	10.90	1.62	3-27.94	3644	
Peter Duckers	10.77	5.76	9.25	1.38	3-40.56	2903	
Bruce Charles	11.27	5.20	7.69	1.38	3-07.94	2833	
David Vaughan	14.68	4.05	8.61	1.38	3-58.50	1792	
<b>M50</b>							
Anthony Mackay	10.41	4.68	10.62	1.47	3-25.74	3249	
Tony Chapman	11.62	4.59	10.08	1.50	3-49.75	2818	
John Driver	12.08	4.80	9.23	1.35	3-50.66	2578	
<b>M55</b>							
Colin Shafro	9.86	4.93	8.19	1.50	3-23.11	3738	
Joe Phillips	12.02	4.47	9.25	1.32	3-43.38	2919	
Tony Crocker	14.26	5.06	8.16	1.50	—	RETD	
<b>M60</b>							
Philip Oakshott	10.89	4.64	11.58	1.32	3-57.03	3596	UK best
Norman Carter	13.02	3.55	7.38	1.29	3-56.85	2557	
Les Williams	10.83	4.32	8.12	1.29	4-29.10	3466	



Stretching for the M45 60m indoor title: 1 J. Steede (246), 2 J. Bullock (31), 3 J. Henson (117), 4 I. Foster (76)

### Indoor Record performances by British athletes

<b>60m</b>	C Williams 7.86 (BR)
<b>400m</b>	
M40	P Browne 51.51 (BR)
M60	K Whitaker 60.66 (BR)
<b>800m</b>	
M60	D Thomas 2:21.47 (BR)
M65	H Tempan 2:24.81 (WR)
W45	P Gallagher 2:26.05 (WR)
<b>1500m</b>	
M60	W McBrinn 4:49.50 (BR)
M65	H Tempan 4:53.02 (WR)
M45	P Gallagher 4:48.38 (WR)
W50	M Roberts 5:51.65 (BR)
<b>60mH</b>	
W45	J Vernon 9.5 (WR)
W50	J Hulls 10.4 (WR)
<b>2000m Walk</b>	
M40	R Cave 8:28.49 (WR)
M70	C Colman 10:12.72 (BR)
<b>HJ</b>	
M55	T Crocker & C Shafro 1.60 (BR)
<b>LJ</b>	
M55	F Taylor 5.62 (BR)
W70	M Wixey 3.01 (BR)
<b>PV</b>	
M40	M Bull 4.40 (BR)
<b>TJ</b>	
W45	P McNab 9.08 (WR)
W70	M Wixey 6.03 (WR)

FRANCIE LARRIEU SMITH (USA) ran 31:28.3 for a 10,000m for a last warm-up for the ADT London Marathon. This better her own W35 record of 31:35.52 and takes seven seconds off Mary Decker-Slaney's American open record (31:35.3) held for nine years.

CHRIS SCHULTZ (Aus) threw a new W45 Hammer World record of 41.56 in Melbourne recently. This better Pat McNab's mark of 40.40.

The US National Masters Track and Field Championships are to be held over four days this year at Naperville, Illinois. Such is the American interest in age-grading the meeting is to include an Age-graded 100m.

E SOARES, M65, of Brazil picked up the 100m and 200m titles at the South American Veterans Track and Field Championships held at Montevideo, Uruguay held in November. He clocked 13.1 and 26.9 respectively.

### SCVAC stages an Indoor Champs for their members

AS PART of their endeavours to provide a full range of competition for their members, the Club staged an indoor championships at Haringey on February 23.

It proved to be a great success and reinforced the belief that there is a need for this competition in the southern half of the country. Pride of place must go to Barbara Terry, W45, in the shot (10.57) and Jean Hulls, W50, in the hurdles (10.5) — both marks beat the existing World marks, while Charlie Williams, making a welcome return to competition, equalled the World M60 record in the 60m (7.86). These records are pending.

Les Williams made the long trip from Cornwall worthwhile by clipping a tenth of a second from his own British Record in the hurdles.

### BVAF Pentathlon 1991

The SCVAC will be organising the pentathlon for men and women on September 1 at Kingsmeadow, Norbiton, Surrey

## World Indoor Action

### Head to head - Waigwa v Dixon - makes record

THE LONG awaited clash between Wilson Waigwa of Kenya and Rod Dixon of New Zealand resulted in a new Indoor Mile World record of 4:13.05 for Waigwa at New York's famous Madison Square Gardens on February 1. Dixon was freely tipped to be the first vet to break the elusive four minute barrier when he turned 40 last summer but he was outfoxed on this occasion as the 41-year-old Kenyan surged with a lap and half to go and opened a six yard lead. Dixon was timed at 4:13.32, closing, but unable to make up the deficit.

The crowd were treated to some excellent tactical running as Ken Sparks went through the first quarter in 64 seconds with both ex-olympiades in the rear of the field. Ken Popejoy, who had clocked 4:18 a week earlier, took over to go through the half in 2:10 and the three

quarter post in 3:14. At this point Dixon settled in behind him with Waigwa third. It was the Kenyan's fast bend which resolved the race.

Waigwa now holds both the outdoor and indoor World Mile and outdoor 1500m records and looks a formidable opponent for anybody with hopes of winning the World Veteran title at Turku this July.

STAN WHITLEY (USA) recorded a 51.49 indoor clocking for 400m for a new M45 World record. It was set behind James King (M40) at the Meadowlands Masters, New Jersey on February 8. Whitley's time bettered the old mark of 51.75 set by fellow American, Don Parker, in 1989.

### World Indoor Veterans Games, Budapest March 7-9



Garber, Whitaker, Austin, Woodland well pleased with the silver in the 4 x 200m at Budapest

<b>60m</b>	M45 1 R.Austin (GB) 7.61, 2 F.Lobman (Hol) 7.79, 3 J.McSweeney (Ire) 7.96
<b>W70 1 M.Wixey (GB) 10.49(BR)</b>	
<b>200m</b>	M45 1 R.Austin (GB) 24.8, 2 A.Bautin (URS) 25.5, 3 J.McSweeney (Ire) 25.8
<b>M50 1 R.Woodland (GB) 26.0, 2 W.Hafner (Aut) 26.1, 3 S.Nagy (Hun) 26.7</b>	
<b>M60 1 K.Whitaker (GB) 28.3</b>	
<b>W70 1 M.Wixey (GB) 37.4 (WR)</b>	
<b>400m</b>	M45 1 R.Austin (GB) 55.7, 2 M.Kiely (Ire) 56.9, 3 J.Garber (GB) 58.0
<b>M60 1 K.Whitaker (GB) 62.0</b>	
<b>800m</b>	M45 1 M.Kiely (Ire) 2:09.9, 2 A.Van

<b>2:11.5, 4 J.Garber (GB) 2:11.8</b>	
<b>M60 1 I.Opalenik (Hun) 2:44.2, 2 K.Whitaker (GB) 2:47.7, 3 R.Pecsi (Hun) 2:50.1</b>	
<b>1500m</b>	M50 1 A.Heijdens (Hol) 4:33.5, 2 E.Shillabeer (GB) 4:56.1
<b>5000m Walk</b>	M50 1 G.Sysoyev (URS) 23:43.3, 2 E.Shillabeer (GB) 24:18.2
<b>M55 1 Z.Irbe (URS) 23:53.0, 2 V.Lykov (URS) 23:53.2, 3 N.Larionov (URS) 25:16.7, 4 R.Purkis (GB) 27:50.4</b>	
<b>LJ</b>	W70 1 M.Wixey (GB) 2.96(BR)
<b>4x180m Relay</b>	1 URS 2 GB (J.Garber, K.Whitaker, R.Austin, R.Woodland)

### BVAF Championships 1992/3

At the recent committee meeting the following BVAF Championship venues were agreed:  
10 Miles to remain in Oswestry until 1992, the 1993 race to be held in Cardiff.

Cross-country in Wales in 1992 and in the North in 1993.  
Road Relays to be hosted by Salford Harriers in 1992.  
Half marathon to be held in Swanley in 1993. David Coward will be organising the event.

### The Also Ran

"LOOKING through the times of the Bamsley 10k in the winter edition of VA Newspaper, I can only stare in dismay. Since I began running about four years ago at the age of 55 I have never been able to achieve anything more than about a nine minute mile. This pace doesn't even qualify me for JAFFA STANDARD AWARDS of which I'm a member. I therefore decided to put pen to paper in an attempt to describe my efforts.

The day of the race had finally come  
The stretching of muscles had begun  
There were those that were bending as far as they can  
And there was the tortoise who also ran

### The Poetry of Running

Down at the start line they all were there  
The fox and the rabbit, the cat and the hare  
But somewhere unnoticed away from the clan  
There was the tortoise who also ran

There's bright new models thronging the swell  
And older models all running quite well  
The teams were there, discussing their plan  
And there was the tortoise who also ran

The event started off at a furious pace  
By those determined to win the race  
But somewhere behind doing the best he can  
Came the old tortoise who also ran

Mile after mile they thrashed it out  
Until the marshals saw nothing about  
Then one said to other "We'll go home now Sam"  
Then came the tortoise who also ran

Back at the finish the crowds are now gathered  
To see who's pb or time had been shattered  
But where is he, that slow little man  
Ah, you mean the tortoise who also ran

Mile after mile he plodded along  
To the strains in his mind of a bright little song  
He doesn't appear to have any plan  
He's just the tortoise who also ran

The crowds now disperse, the marshals they wait  
The time clock now shows it's getting most late  
He's nowhere in sight, he'll miss the time span,  
The poor old tortoise who also ran

No look there he is, I see him afar  
Being followed by ambulance and official's car  
"I don't think he'll make it", "I'm sure that he can",  
For he's the old tortoise who also ran

And over the line he comes home at last,  
The mile after mile a thing of the past,  
With medal in hand he don't give a damn  
He's just the old tortoise who also ran."

D. R. Pledger



# 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.



Guess what height Mike Bull is vaulting? Correct, 4.40 — an M40 British record

## Magnus Masterton's Memory Lane 10

1. Who was the first Briton to run inside 2:10 for the marathon? (He did it in 1970.)
2. Who set a world record for the mile in Kingston, Jamaica, on May 17, 1975?
3. Which is the longest distance event on the Olympic athletics programme?
4. In 1984 Nawal El Moutawakel became the first African woman to win an Olympic gold medal — in which event?
5. And what was remarkable about Marina Stepanova (USSR) who set a World record for that event in 1986?
6. Only a handful of Britons have won AAU/TAC championships — who won the 400m at Eugene in 1975?
7. Whose autobiography was entitled *The Untorgiving Minute*?
8. Who was IAAF President before Primo Nebiolo?
9. Which marathon was first staged in 1897 and has been held every year since?
10. Norway, Great Britain, Yugoslavia, Soviet Union, Belgium, Greece — which two of these countries has never staged the European Athletics Championships?

Answers on P12

## THREATS TO VETERAN STATUS

Most normal individuals want to hide their age. Why is it that veteran athletes are proud of their years and in the odd case prepared to risk public disgrace by giving themselves more years?

The answer to athletes involved in Veteran sport are obvious. However, when our hard earned Veteran status comes under fire perhaps it should be examined in detail.

To some the Veteran athletic movement is a nuisance and some say that you should be prepared to compete with anyone, whatever their age (or sex). There are others who consider that older athletes should provide their own races. There are those who would dilute the Veteran status by reducing the starting age and there must also always be a financial threat in these days of recession.

The nuisance factor is probably most experienced by race organisers who, before the event, set up a neat prize structure only to find that some old upstart has the temerity to come in the first three. He now has to make a swift decision, when he is busy enough already, as to whom the prizes should go.

If veteran prizes mean that they are

for those who are good for their age, then the runner is entitled to as many prizes as categories he or she wins. There are cases when a veteran athlete has carried off all the prizes. OK, if you want to win, run faster.

However it is quite reasonable to wish to see rewards spread amongst as many runners as possible. Distinction must be very clearly made between prizes and trophies. The trophy and the credit for their position in the race must go to the actual winner of that trophy, regardless of how many others he or she has tucked under the arm. Prizes can be spread — if that is the policy of the race organisers.

Veteran runners would certainly benefit should the powers that be get together and sort out an officially recognised prize structure in the event of veterans being placed in the open race. This would take away any argument and a thorn from the side of many a race committee.

There is the threat of making runners choose which age category they wish to enter in a race. The veteran movement must fight tooth and spike against this. We may be older but we will race anyone

however old or young they are. Top veterans must compete with younger athletes to get the competition necessary before taking on the World every other year in the WAVA Championships. The essence of competing for some of us at the back of the pack is not only to beat the clock but to turn back the years by seeing off a younger rival.

The financial threat, seen particularly on the road, comes from the decline in popularity of road racing and the imposition of fees from such bodies such as the Police. There is perhaps little we can do except to encourage runners of all ages to take part, to perpetuate the good image of the athlete at all times and to resist the temptation to be rude to passing motorists.

Finally, we must be careful not to dilute the veteran status by allowing younger athletes to enter our events or clubs. There are plenty of veteran athletes around and we must encourage them by providing more and better events.

We must guard this privilege of age by making sure veteran athletes get their rightfully deserved recognition.

Vet the Lad, Stoke-on-Trent

### PENALISE ONE PENALISE ALL

Congratulations to the organisers of the British Veterans Indoor Champs at Glasgow! After a very shaky start, with problems at the Hurdles and in the Long Jump pit, the officials soon got things organised and, although continually running late, it proved to be a very enjoyable meeting.

From a competitor's point of view, I was again very disappointed to discover on arrival that the Long and Triple Jumpers would be penalised by only being permitted four tries, whereas the shotputters managed to get the regulation six.

If it is felt necessary to restrict competitors because of the time factor it must be done fairly right across the board including sprinters and middle distance runners — though how to achieve that is another matter.

It seems to me to be just as fair to the jumpers to allow all competitors three jumps with the best three or four a further three jumps. If this had happened in the Long Jump, it would have involved a couple more jumps overall and a few minutes extra.

From a spectator's point of view, and I spent most of the meeting spectating, if

height indicators are being used in the Pole Vault and High Jump, then let the spectators see them as well!

Peter Duckers  
Shrewsbury

### YOURS IN COWARDICE

I read in Bridget Cushen's column in VA17 that Colombia was putting together a package in a bid for the 1995 WAVA Championships, the city of Medellin being suggested as a venue.

I have just read my magazine supplement to the *Mail on Sunday*, March 24, 1991, and I quote:

"When darkness comes to Medellin it wraps itself round you like a threat. Last year more than 5000 people were murdered in the Colombian city ... the world's drugs capital, the most dangerous city in the world ..."

One can imagine the gut reaction (sic) when the starter fires his gun! No thank you I do not wish to visit San Vicente, Medellin's main hospital, which on a Friday night resembles a military battlefield clearing station as trolleys bearing the wounded roll past!

Maurice Morrell  
Wirral

### LET US TRY

I was on holiday from February 17 to March 3, during which short time my issue of VA arrived and entries for the BVAF Indoor Championships closed. So I was unable to enter. Organisation (the shortcomings of which were underlined by Bill Taylor in the same edition) begins with advertising and obtaining entries. If it was known that the time would be short, why were not entry forms sent to veteran clubs? If it wasn't known, why not?

The first thing I did on returning from holiday was to scan the publication for the entry form. My disappointment at finding that I had missed the date was compounded by Bill's column but I think it was rubbing salt in the wound to find a photograph of myself on page 6 illustrating the article *Stride length declines with age*!

Let us try to advertise our own events to our own members better than this,

Brian Ariss  
Lutterworth

### MANNA FROM HEAVEN

I compare Dr Nancy Hamilton's hypothesis relating to the decline in stride length with age (VA17) as equal to Manna from heaven — at least it was so personally. Currently my weak and sensitive side has been urging me to call it a day, shed those slightly-soiled trainers for the comfort of cosy carpet slippers.

Dr Hamilton, for my money, has given me some hope with her study. She has clarified in simple layman's language what we trackmen needed to know: ie — the percentage reductions to expect in stride, flexibility and cadence with advancing age, whether that be 50, 60 or 70+ years old.

I found Dr Hamilton's words illuminating — enough anyway for me to reconsider retirement and "to keep right on".

Back then to Veronica and aerobics and circuits with that superb taskmaster, Derek Thomas, at Chipping Campden. It's going to be tough and maybe no awards but worth it all!

Alan "Wonkey Spine" Lovett  
Moreton in Marsh

### AGE GROUP RECOGNITION

It seems to me fundamental that runners should be able to tell who they are actually racing and in multi age group events this is not possible unless coded numbers or colours are used. Even better if a special letter is worn on the back — no letter, no age group prize.

I find myself racing with older athletes that may or may not be in my class and short of asking the question while on the run I have had to rely on the wrinkles and grey hair to make a judgement on age. I know it's a relatively minor issue but it is one that is so easy to overcome. So come on you officials, try it out at your next event and send the message to the BVAF Council that you would like my proposal introduced as a matter of routine!

David Coward  
Cambridge Harriers

## Athletic matters

— Wilf Morgan

### No throwers, no Jumpers

The championship events in track and field are almost equally divided — ten track, eight field. But when it comes to the administration of the sport there are few people with a throwing or jumping background holding office. Look at any organisation you like; WAVA, BVAF, AAA, all the people round the table are runners.

It's strange, runners are left to make decisions that affect field events and some of them have to take a crash course in what throwing and jumping is all about before they can make them. The weights of the implements used by vets were set by runners, we are not overwhelmed with complaints so they must have got them right. But I sometimes wonder why the men's discus has to be reduced from 2k to 1.5k when they turn 50. A 2k discus is no weight at all, I doubt if the over 60s would have a problem — and it's reduced to 1k for them. It's an event that depends heavily on technique. The women use 1k over all the age groups. So why change the men's? No doubt somebody can tell me, but can they also tell me why there are no throwers or jumpers on the admin team.

### The World Championships

The WAVA policy of taking the T&F Championships around the world seems admirable. I understand the IOC would like to do the same but it's the money matter, the making of it that is, that usually determines where the Olympics will be. WAVA's attitude is more wholesome — there's a touch of missionary zeal about it. That's nice, but is it right?

Most active vets come from Europe and North America and they have to pay their own way, not like the teams in the Olympics. Those who make the decision on where the championships are held should bear this in mind. There is talk of Japan in '93 and somewhere in South America for '95, so bids from Europe are out until '97. The thought of South America is hardly encouraging. The 1983 Championships were held in Puerto Rico; it was a nice place but the organisation of the athletics was awful, the worst we have ever had at any of our champi-

onships. I hope we don't get carried away by a splendid presentation by a local Tourist Board, the athletics comes first. A place that has the experience of putting on a big Games is the best bet.

### Landmarks

The chances of a vet going under four minutes for the mile this year are remote in spite of some scheduled attempts. I think we shall have to wait until John Walker turns 40 in January next year and see what he can do about it. He might not find it as easy as some people think — Mike Boit ran 3:55 at 38 but could not get anywhere near 4 minutes as a vet.

Some barriers might fall this year. We should see an M50 go under two minutes for the 800m. The record of 2:00.4 stands to Alan Bradford of Australia but a number of M45s go under two minutes every year. It might be the year that an M70 goes under three hours for the marathon and to my mind that would be as impressive a performance as John Campbell's 2:11.04 for the M40s. Other barriers for the M70s: to go under 60 seconds for the 400m and inside five minutes for the 1500, the records are 62.2 and 5:09. The barriers will fall — but not this year.

### Difficult times

At the BVAF Championships in Reading in 1989 Jocelyn Ross (W60) ran 43:01.2 for 10,000m — 57 seconds inside the listed WR. In the same race Jose Waller was two seconds inside the W65 record with 46:56.2. Both were unacceptable to WAVA which requires timings by three watches with the intermediate time being the one that counts. Only two watches recorded Mrs Ross' performance. Rules are rules but what rough justice. In the Reading 10,000 all the women ran with the O60 men and the timekeepers obviously did not see the significance of the times of two women finishing down the field. They could have registered three times for each of them, on the watches they have nowadays they can get as many as ten separate times. Had there been electric timing there would have been no problem.





## THE WAY FORWARD

### Bill Taylor, Chairman BVAF

A single national governing body. It seems an age since I first started to chronicle developments relevant to veterans, in connection with the formation of the new single governing body for athletics in the UK — the BAF. Now that body is as good as here; due for formal inception in October.

I was authorised by our own Council to put to the BAF Steering Committee proposals for a Veterans Commission in the new federation. This was rejected, and we have been informed that a Veterans Committee is preferred.

So far, we are told, no terms of reference have been prepared for such a committee but that this will be one of the first tasks of the General Committee of the BAF.

I, with my Council colleagues, have fought hard to secure recognition and at least a route to funding for veterans in the post 1991 era.

We must ensure that the veteran clubs and existing BVAF administration are adequately represented at the highest level in the new body. At its meeting on April 7, BVAF Council agreed that we should now make recommendations for the composition of a Veterans Committee and its Terms of Reference, and this will be done immediately.

We must remain in the forefront of affairs. Although we have not been able to recruit all veteran athletes into BVAF clubs, we do represent their views.

I know that there are those who query why

we need closer integration pointing out that in our early stages we had to go it alone. We had no help in marketing our branch of the sport and no financial backing.

Possibly the way forward is to parallel the existing relationship between the IAAF and WAVA, by strong representation on a veterans committee, before any irrevocable steps are taken.

#### Harsh words

It disturbs me that, from an organisation with over 6000 members, the clubs are not always able to get sufficient willing helpers to do the work inherent in administering the clubs and organising their fixtures.

Is it that there are too many athletes prepared to sit back and take everything or is it that some are too modest about their own abilities? I know how dedicated the officers of our clubs and the organisers of meetings are but there is room for more on the active list. Find out from your club secretary where help is needed. You may surprise yourself with your ability.

## NEWSPAPER SUPPORT FUND

The newspaper now receives £1.25 per affiliated member of BVAF clubs from the total affiliation fee of £1.50. This pays for enveloping and postage, but the costs of typesetting, printing and other associated costs must be met from other revenue. Donations are still therefore required. Those friends listed below have donated since the last issue, and their generosity is appreciated. Please join them by sending a cheque to: Bill Taylor, Veteran Athletics Treasurer, 17 Poplar Farm Close, Milton-under Wychwood, Oxford OX7 6LX.

Mike Abell	Dennis Philcox	John Tipping
R M Frew	Hugh Richardson	Harry Harris
K J Taylor	George Hopcroft	David Campion
Angela Moore	Danny Herman	APS Thurgood
David Rosenfield	Peter Duckers	Stan Brooks
Sally Gander	Des Martin	JHE Watson
Chalky White	David Bays	Hugh Bamfather
J Stephenson	Athletics Weekly	George Scuts

Donations received after Press date will be acknowledged next time.

## National and International news

by Bridget Cushen

### Official Acceptance of a British Athletic Federation

At the special AGM in Birmingham on March 18 Dr Bill Evans, regarding the formation of the new BAF, made reference to "... other committees yet to be set up — Juniors, Veterans, Coaching — some of these are in existence under various guises..." The BVAF will now pursue. Terms of reference and modus operandi will, of course, have to be negotiated.

### Who is responsible for the British veteran athletes?

The question of whether women should become veterans at age 35 or 40 was on the agenda at the last BVAF AGM in Glasgow after much debate in the athletic press. Voting was 5 in favour of 40 and 37 against.

I was invited to the IAAF Women's meeting in Barcelona last September where there was a proposal from the French member to move the women's age up to 40. I checked with my French counterpart who confirmed that their national body's representative had put forward this proposal against the veterans' expressed wish without even consulting them! I explained the reasons why WAVA had chosen a lower age for women and requested the French delegate to withdraw her proposal as WAVA is officially responsible for veteran matters. She refused but was unable to get any support and the matter was left "on the table".

I read recently that the BAAB are supporting another motion, originator unknown, for a move to 40. In a letter from the BAAB General Secretary, he confirmed that yes, the BAAB were going to support such a motion. It would have been nice if they had at least consulted the BVAF! I am now pursuing the matter with my Chairman on the IAAF Veterans' Committee and the Chairwoman of the Women's Committee.

### National Cross Country Championships

A total of 565 entries were received for this year's Championships, run under the auspices of the EVAC and excellently organised by

Howard Darbon and his team at Bedford & County AC. The spectators got value for money as the multi coloured ribbon of athletes tackled the circular roller-coaster course and their every move could be watched from advantage points. A break down of the entries makes interesting reading: W35—33, W40—20, W45—24, W50—20, W55—2, W60—4, W65—1, M40—175, M45—95, M50—104, M55—43, M60—25, M65—10, M70—7, M75—2.

### The London Marathon

Arrangements at the start of this year's race have been extremely favourable to us.

May I now ask marathon competitors to write to me immediately after the race with your comments/complaints or recommendations. I propose to write to the Organisers later this year requesting a meeting and more recognition for the many veteran competitors who constitute the bulk of the field and who, up to now, have received scant recognition for excellent performances, exemplary conduct and tolerance over the years.

This is the first time the BVAF have ever been approached by the race organisers although we know that up to 60% of the total entry are over veteran age. You may contact me at: 156 Mitcham Road, West Croydon, Surrey, CRO 3JE.

### The BVAF Annual General Meeting, July 6, Birmingham

All affiliated athletes are entitled to attend the above meeting and vote. If you have a bright suggestion on fund raising, recruiting more helpers, dissatisfaction with the current committee, complaints about BVAF Championships, the AGM is the place to air them. Items on the agenda are: Election of Officers, a change to the constitution to enable female members to elect a women's representative, Jeanne Coker is currently co-opted. Make a note in your diary: AGM at 6.30 approx. immediately after the last championship event on the Saturday.

## Scots to host International Cross-country Match 1991

THE BVAF have confirmed that this year's Home Countries International Veterans' Cross-country races will be held in Aberdeen, Scotland, on November 3. Wales and England have hosted the event previously and the Scottish Veterans are keen to attract teams North so that they can compete against their friendly rivals on home ground. So far over £1000 of sponsorship has been raised thanks to Aberdeen District Council and Hydrasun Ltd.

The venue is the University of Aberdeen Playing Grounds at Balgowrie and the cross-country trail is undulating, with some testing hills. The surface should be mainly firm and suitable for fast running.

The women's races (5k) will be for W35, W40 and

W50. Teams are four to run with three to count. The men's race (10k) will be for M40, M45, M50 and M60. Teams are six to run with four to count, apart from M60 which will be four to run with three to count.

Contact man will be Colin Youngson, who was second M40 at the BVAF Cross-country Championships in 1988 and '89. His phone number is 0558 42667. He and his Aberdeen AAC clubmates, who are organising the event, want to ensure that English, Welsh and Northern Irish teams arrive in force despite the fact that the race is in the North.

Last year the Scottish veterans sent not only 'A' but 'B' and even 'C' teams South to Amphil!

## — PAST MASTERS —

"Dr Mak"  
Konstanti Maksimczyk was born 1914, Novogrudok, Poland, and came to England during the war. He was a medical student in Edinburgh (1945) and became

a House Physician in Sunderland hospital (1949). From 1954 onwards he lived in Bristol, joined Westbury Harriers and worked as a radiographer.

Mak started throwing the discus in

1946 and represented Scotland in home international series. However, his best throwing was done while he was with Westbury — 1954 onwards, the year he turned 40. He started to improve: best as pre-vet 42.76, had a pb of 48.36 at 43 and improved to 48.97 at 52! (He was using the 2k disc in open competition).

Titles and records achieved with his discus were: Inter-Counties (1950), World Vets M60 champ (1975) and M65 (1979). Holds WR M65 (1k) — 55.62 set at Bristol in 1979. Holds BR M50, M55, M60, M65.

The 48.92 at 52 is outstanding, probably his best achievement, but the way he improved in his vet years was also remarkable. He was 31 when he started throwing again after the war, competed every season until he was 40 and was happy to do over 40m. From 41 onwards he never threw under 45m with the 2k. Popular chap, everybody liked him. He died July 1983.



## Good team work

— David Coward, Chairman, International Committee

In VA17 I advised you of plans to appoint a Team Manager for events overseas. A request for volunteers was made to act as non-competing overall team managers and assistant team managers if taking part.

I was delighted by a response of ten willing people and at the recent Council meeting it was agreed that John Mills would be invited to take on overall Team Manager for Turkey assisted by Irene Lisle, Henry Morrison, Ian Vaughan-Arbuckle, Peter Worth, Peter Duhig, Mary Wixey and Maurice Doogan.

Formal terms of reference are being prepared for John so that he and Barbara Dunsford, our Overseas Entries Coordinator, can work together to look after the interests of both the team and individuals. A similar system will be employed for other championship

events but with the number of assistants appropriate to the scale of the event. After Turkey we are looking to the 10k and 25k at Venice on October 6/7, 1991.

The idea is John will coordinate the assistant team managers activities. All venues will be covered whenever competition is taking place, and they will be there to help with registration requirements, etc and to be there to handle protests and similar matters. They will be a link between the athletes and organising authorities. It will be the responsibility of the team managers to select and prepare the best possible relay teams from those athletes available and to enter runners where it is necessary to nominate formal teams. Furthermore they will encourage athletes competing under the Great Britain banner to do so properly kitted

and in the proper spirit of international competition.

Much of the success of this new scheme will rely on co-operation. We must remember that these are honorary appointments and that, like the competing athletes, the incumbents will have laid out a lot of money to travel. Their only reward will be the success of the team and the scheme. If you have any constructive ideas please let John and/or I know. We plan to include some notes in the paperwork that Barbara will be sending out nearer the day to all those competing.

There may still be room for additional volunteers from those of you that are travelling to Turkey and, looking ahead, from those of you that are planning to run in Venice. If there are please get in touch as soon as possible. John Mills can be reached on 045 383 2802 while I am on 0959 73595 (home) and 0959 73201 Ext 220 (office).

## NEW CONTENDERS

NEW nominations have been received for election to the WAVA executive to be held on July 24 in Turkey, Finland. BVAF Chairman, Bill Taylor, who is currently Vice-President (Stadia) on the WAVA committee is to be challenged by Vadim Marshiev of the USSR as well as V. Suryanaraya of India.

For the top job of President Santikh Singh of India has become the fourth candidate to enter the race. He'll challenge Italy's Cesare Beccali, Britain's Owen Flaherty and Canada's Alastair Lynn.

Other names put forward are: Jorge Alzamora of Chile who will challenge Bob Fine of the USA for the position of Executive Vice-President; Torsten Carlus of Sweden who will challenge for the position of Secretary; and Pirkko Martin of Finland who will challenge Al Sheahan for the post of Treasurer.

### Women's meeting at Turku

The women's meeting is due to be held on Friday July 19. Keep in touch with Bridget Cushen for exact time and place. All women athletes are invited.



# Athlete's Clinic

## The perfect shoe

Mick Statham of Stone Master Marathoners describes it

THE runners in our household, having suffered the odd injury, have both been treated by local Physio's. They give the following advice concerning the design of running shoes:

1. Deep heel: plenty of shoe between the heel of the foot and the road to give plenty of cushioning;
2. Deep heel cup: firm, snug heel counter allowing no movement of the calcaneum of the heel;
3. Soft heel tab: preferably cut out to avoid damaging achilles;
4. Good arch support;
5. Laces not too long and no overlap of opposing lacing strips;
6. Well padded tongue to prevent extensor

tendonitis and irritation of the top of the foot;

7. High rounded toe box: at least 1 1/2" high to prevent black toe nails;
8. Soft raised heel wedge, flared with bevelled/rounded heel to give quick roll off;
9. Studded for shock absorption and traction; and,
10. Rounded off insole at heel.

When you find this pair of shoes, please let us know where you got them from.

Credit for this advice goes to Shirley Cadwallader and Elaine Sargeant of the Nuffield Sports Injury Clinic, Clayton, Newcastle under Lyme. Tel: 0782 625431.

300  
CLUB

## WIN £100 a month

—and more !!

Each month the Veteran Athletics prize draw provides an overall winner and half a dozen £10 runners-up. As the number of vets in the draw grows the size of the 1st prize grows — next it will reach £125.

Everyone has a chance and the more entries you have the more chances. Already Colin Simpson, Patricia Stanley, Nigel Wray and Shel Cowles have run off more than once with useful cash prizes.

Send off the coupon with your cheque for £12, or multiples thereof, immediately and you'll qualify for the next draw and a chance for a three-figure pay-out.

Return to the Hon. Draw Organiser, Jose Waller, 7 Rosebriar Walk, Watford, WD2 5LJ.

Name \_\_\_\_\_

Address \_\_\_\_\_

I wish to apply for \_\_\_\_\_ chances in the next 12 monthly draws. Enclosed is cheque, made payable to The 300 Club, for  
£12 ☐ £24 ☐ £36 ☐ £ \_\_\_\_\_ ☐ (please indicate)

Signature \_\_\_\_\_ Date \_\_\_\_\_

## WAVA Hurdles and Implements Specifications

### HURDLES

WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
W35	100m	.840m 33"	13.00m 42'8.5"	8.5m 27'10.5"	10.5m 34'5"
W40, W45	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
W50, W55 W60, W65 W70+	80m	.762m 30"	12.00m 39'4"	7.0m 22'11.5"	19.00m 62'4"
W35, W40, W45	400m	.762m 30"	45.00m 147'7.75"	35.00m 114'9.5"	40.00m 131'2.5"
W50, W55, W60, W65, W70+	300m	.762m 30"	50.00m 164'0.5"	35.00m 114'9.5"	40.00m 131'2.5"
MEN					
M40, M45	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
M50, M55	100m	.914m 36"	13.00m 42'8"	8.50m 27'10.5"	10.50m 34'5"
M60, M65	100m	.840m 33"	13.00m 42'8"	8.50m 27'10.5"	10.50m 34'5"
M70, M75	80m	.762m 30"	12.00m 39'4"	7.0m 22'11.5"	119.0m 62'4"
M40, M45	400m	.914m 36"	45.00m 147'7.5"	35.00m 114'9.5"	40.00m 131'2.5"
M50, M55 M60+	400m 300m	.840m 762m 30"	50.00m 164'0.5"	35.00m 114'9.5"	40.00m 131'2.75"

### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
W35, W40, W45	4.00k	1.00k	4.00k	600gms
W50+	3.00k	1.00k	3.00k	400gms
Men				
M40, M45	7.26k(16lbs)	2.00k	7.26k(16lbs)	800gms*
M50, M55	6.00k	1.50k	6.00k	800gms*
M60, M65	5.00k	1.00k	5.00k	600gms
M70+	4.00k	1.00k	4.00k	600gms

\*Either 'old' or 'new' javelin may be used

## The Scots and the Marathon

DEREK WOOD, an Englishman, broke the British Marathon record when, as the first M60 in the 1991 Boston Marathon, he reduced Scotland's Hugh Currie's previous time of 2:47:40 by 17 seconds. However, the ink on his finishing certificate was hardly dry before another Scot, Bill McBrinn, had clocked 2:46:26 in the Lochaber Marathon on April 21. This means that Scottish veterans are once again holding no fewer than eight British age records at this distance.

At the mature end of the scale those golden oldies Gordon Porteous and Jennie Wood Allen still hold the M70, M75, W70 and W75 records between them (Porteous's M75 record is also a World mark) while Bill McBrinn's 2:34:24 and Hugh Currie's 2:51:39 have resisted all M55 and M65 British record attempts.

The eighth record holder is the 1972 Olympic Marathon representative, Donald McGregor, whose M45 record still stands at 2:19:36. Add to these the sterling performances of former British Marathon Champion, Alastair Wood, who won the World Veterans Marathon Championships at Paris in 1974 and Lorna Irvine who was first British woman home in fifth place at the 1986 Edinburgh Commonwealth Games and you will no doubt agree that there must be something in the air north of the border that produces great veteran marathon runners? **Jack FitzGerald**

## Drug Watch

Dr. John Nixon points out that the situation as regards the list of drugs which we printed in the last issue of VA has now been turned upside down. There is now published a list of commonly used drugs under various headings which can be used - these are basically over the counter drugs taken at normal doses. Drugs outside this published category may be permissible but it would be advisable to get some specialised medical advice if a drug you are taking isn't on the permitted list.

## Prize Draw Winners

January 1991

£100 A.Thurgood, St.Albans.

£10 prizes to J.Brett, R.Jeans, P.King,

Renee Scott, D.H.J.King.

February 1991

£100 Peter King, London.

£10 prizes to P.White, N.Wray, J.Gerco, C.Manning, A.Thurgood.

## Veteran Women's Rankings

Veteran women's rankings lists are now available by sending £1.50 to Sally Gande, 4 Westfield Road, Hertford, Herts, SG14 3DJ

## Sprinters Newsletter

This is a little publication for VAC sprinters in the first place. It will carry results of the VAC handicap meets in London and track champs first and foremost. It is hoped to have profile or technical articles, facts and figures and photographs as well. It may be of interest to non members and some non members have applied to receive it and within this scope are welcome. Subscription for four more issues is £3 inc post. Apply Jeremy Hemming, 40 Balvernie Grove, London SW18 5RU.

## ON OFFER

George Hopcroft wants to dispose of all his copies of Athletics and Athletics Weekly from 1946 to 1990 inclusive. It is a complete set, except for a few issues in the 1960's, and more than half are bound. Offers please to George Hopcroft, telephone: Woking 715121.

DAVID COWARD (M50, Cambridge) continues to support the Royal Marsden Cancer Appeal. In the 1990 spring issue of VA Coward wrote up his astonishing story of his fight against cancer.

On April 21 he ran, with clubmate David Fisher (M40), alternate sessions on a treadmill outside the hospital. They had intended to run a marathon each but rain stopped play — the water caused the treadmill to stop turning. However, they both managed a half marathon while the collecting tin was passed round. Over 350 people are running for the "Save the Humans" £25 million appeal launched by the Hospital. A hospital consultant said: "Positive thinking and sensible exercise are an important part of fighting cancer and in rehabilitation after treatment. Running is one way of getting the adrenalin flowing which helps to determine mood, energy levels and the ability to cope with stress. David Coward is a splendid example of how exercise and determination to survive have helped him through successful cancer treatment and to come out fighting fit."



## Ideal venue for the 5k Champs

— by Athletics Weekly's Veteran Voice

DESPITE the gale force winds that blew consistently all afternoon into the faces of the runners in the start and finish straight, Dunsfold aerodrome proved an ideal venue for the BVA 5k Championships on April 14. One lap plus a bit gave the exact 5k required.

There were criticisms of the race combinations, that is the M60+ running with the W50+ and M50-59 with W35-49, but in practise all worked out well. John Chandler led the first race (M60+) home almost being charged down by an extremely fast finishing Derek Thomas. John Taylor came third. Roy Jeffreys was a similarly close winner in the M65s ahead of George Meech but both were nearly headed by the popular Arthur Keily (M70) now back in full marathon training. Jack Braughton, in the silver M70 spot and like Keily an olympian, felt the presence of Denis Eyres on his shoulder in a close race.

Running with the O60 men, long striding World W50 pentathlon champion, Jean Hulls, looked every inch a 35-year-old as she took the age group gold but Joselyn Ross with a good 22:26 was close up with a W60 win.

The second race, the M40-49, saw a keenly contested event. No fewer than 17 broke 16 minutes! Keith Penny took the other medallists away from the rest on the fast (with the wind) back section of the course before Dave Hill, now thankfully over his injury problems, proved the stronger in a sustained run for the line. Hill won in 15:13 ahead of Penny (15:16) and Alan Whitfield (15:29), who led Chester-le-Street to a one point team victory over Aldershot.

Chester-le-Street owed their win to a strong finish from fourth placed Brian Forbes, who capitalised on a long sprint for home by Martin Duff, which although it secured the M45 title from Graham



Above: Arthur Keily, ex-Olympian, winner of the M70 category

Wootton and Brian O'Neill, did give Forbes his chance.

The final race gave Les Presland a work out in the M50 section, the Aldershot man winning as he pleased, in 16:03, from Phil Lancaster, who never gave up trying. Mike Wrenn (third M50) and Alan Griffiths, M55 winner, staged a dead heat behind the first two — the judges gave the verdict to Griffiths.

Behind the leading M50s, Sally Young and Paula Fudge were locked in a race long battle for W35 honours. Fudge led early on, before being momentarily headed by Young, the BVA cross-country champion. In the long finishing straight Fudge plugged away and eventually nosed in front for a one second win in 17:01. Pat Gallagher was third woman, in 17:46, on a course that suited her strength, as she easily took the W45 title, by placing ahead of Angela Briscoe (third W35), Leslie Taylor (fourth W35) and Barbara Kirk (first W40).



Jean Hulls, W50 winner



Dave Hill, M40 winner

## Welsh 10M champions

WALES has included veteran categories within its National 10M Championships for a number of years which this year was held at Pontypridd on February 17. Alun Roper claimed that he was using the race as a tester for the Cross-country Championships the following weekend but that did not mean that he was hanging about. He was a comfortable way ahead of veteran of one day Kevin Wilkinson. Kevin's performance was sufficient to convince the selectors to pick him for international honours at the Langbargh Marathon three weeks later — his debut as a full international.

Cyril Leigh was minutes clear of his opposition in the M50 section and it was interesting to see him competing again against his two 1970 Commonwealth Games team-mates, Mike Rowland and Heddydd Davies.

Somewhat short of training, Bronwen Cardy-Wise was nevertheless a street ahead of the rest.

Dave Walsh



Kelvin Hall: left, Mike Wrenn wins M50 800m; right, the start of the M40 3000m — winner No 226 K. Sanderson

## A new Inter-Area challenge

THE INAUGURAL 10k Inter-Area Challenge was run for the first time at Hemingford Grey, Huntingdon, Cambs, in conjunction with the EVAC 10k Championship, on March 24. Entry was by invitation from the EVAC and all BVA clubs were asked. Unfortunately on the day only SWVAC and MVAC were able to respond. However this did not detract from the highly competitive nature of the race. Some of the best athletes around in the M40-49, M50+ and W35+ toed the line.

The three lap flat course was potentially fast but windy conditions made it a stern challenge. The first lap saw a leading group of six led by Mike Hager (Mid) with Amraoui (SW), Emerton (E), Fisher (SW),

Church (E) and Cartland (M10) all in very close contention. The second stretch of headwind saw Church and Cartland drop off the pace leaving the way clear for a battle royal between the other four. Hager kept up the pressure from the front and with a mile to go had dropped Fisher and Emerton by some five seconds. Only Amraoui of the SW was able to still look threatening. Hager would not give way however and finally managed to out sprint Amraoui in the last 30 yds to lead his team to victory in the M40-49 category.

The M50+ category had a convincing winner in Tony Hawkins of Eastern Vets while Alan Griffiths of the Midlands chased him hard all the way. Once again the winner led his

team to victory as EVAC took the honours by an average finishing time of 49 seconds ahead of MVAC.

The Women's W35+ category saw recent World Record breaker Pat Gallagher (MVAC) win comfortably from Margaret Thompson (EVAC). In the team race the East proved to be stronger overall.

Race Director and EVAC Chairman Peter Duhig thanked all competitors, especially the SWVAC and MVAC, for supporting the event and he hoped that other clubs would take up the challenge next year. In presenting the overall Challenge Trophy to EVAC Bill Taylor, BVA Chairman, applauded the concept of the race and welcomed it as a possible new event in the BVA calendar.



## Performers at this year's ADT London Marathon

Jack Fitzgerald reports

VETERAN performances in this year's London Marathon were mixed. Many expected something from John Campbell, but the speedy New Zealander could only manage 2:17:22, over six minutes slower than his great M40 World record.

Of the British contingent, Dave Hill, the previous week's BVA 5000m victor, led the field with 2:25:41. Third M40 was Antonio Riscardo of Portugal with 2:25:51. Les Davis of Gloucester was once again the first M45 in 2:27:16 with Graham Bagnall in his last year in this category his probable runner up in 2:31:14.

As we go to press the elder men's age group position are still unresolved although Mike Hawkins of Bromsgrove and Redditch appears to be the first M50 in 2:34:24.

The Womens positions were more clear cut with their elite start 30 minutes earlier than the main field. U.S.A.'s Francie Larrieu Smith was second overall in a faster time than last year's race of 2:27:35 but there is a W35 record of 2:26:34 by Carla Beurskens of Holland still awaiting ratification. In fifth position was another W35 Maria Lelut of France in 2:29:04, followed by Mary O'Connor of New Zealand in 2:34:51, 15 seconds ahead of Veronique Marot.

Zina Marchant beat her own pb by over ten minutes to win the W40 race in 2:39:26 ahead of Ann Roden who this year could only manage 2:41:22, some 11 minutes ahead of the third W40, Maria Prat of Spain. Lola Smal had (for her) a slightly disappointing run of 3:20:53 to win the W55 division again while Eileen Quinton (3:40:18) and Jose Waller (3:41:22) headed the W60 and W65 divisions respectively. Waller's age category win is her fourth consecutive one.

There appeared to be few complaints from the vets this year about the organisation, especially from those lucky enough to be on the "good for their age start". However on behalf of the Senior Citizens — Thank you for our unimpeded "Green Start", but could you please arrange for the kit lorry to be in sequence with the other numbers. I spent over half an hour searching for the 40,000 plus lorry which was totally out of place from the main stream. As it happens I was in pretty good nick, but some of the later finishing "oldies" could well have died from Hypothermia before discovering their kit. Hopefully this is not Chris Brasher's way of cutting down the field.

MYFANWY LOUDON well beat her own best W55 Half Marathon time with a superb performance at Bath on March 17 when she improved on her Stroud performance by 1:23. She finished 12th woman overall in a time of 1:27.10.

ROGER BARTLETT, M50, threw a new M50 javelin record of 51.68 — with the new javelin.

STEVE COOKSLEY, 42, is training on a jogging machine for the Dundee Marathon on May 12. An off-shore worker he writes: "I find that I can train reasonably easy when on day shift but find it difficult to motivate myself when working twelve hour night shifts."

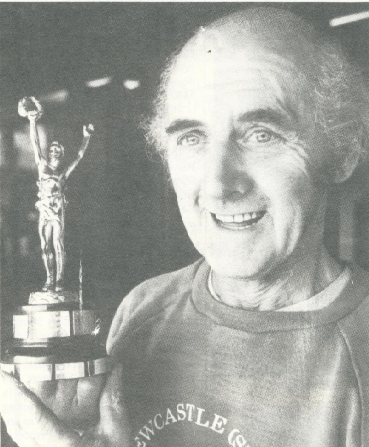
RITA BANKS, of Stone Masters, W45, conquers a new peak with a descent of Mt Everest this November. The race starts at 17,000ft and drops to 11,000ft.

JOHN HANSCOMBE, M55, has just completed his 35th consecutive Finchley 20.

P.JAMES of Totton RC turned 40 years old and ran in the BVA 5K Champs on the same day. He placed a creditable 39th in 16:37.



# Four of the 1991 National Cross-country Champions



RON LUCAS (above with the M60 trophy) won the M65 Championship title—but the amazing fact is he finished ahead of M60 star, Laurie Forster. They call him "Rocket Ron". Forster, in the sporting spirit, presented Lucas with the M60 trophy (see above).

A member of Newcastle AC, Lucas as a lad ran a mile race against the legendary Sydney Woodhouse in 4:25. He took up racing again when he was 56 months old and, Harry Tenison, was the first M60s to get under five minutes for the 1500m. His sons Pete sets him a strict training schedule.

JOYCE SMITH, the W50 champion, is no newcomer to the scene. She has been in athletics since 1950. Then she was a track and cross-country athlete. Over the country she won three National women's titles and in 1973 she won the International women's title. She was already a veteran when she placed in the European Championship 3000m in Rome in 1978 in a time of 8:17.4.

At the age 41 she finished with the marathon. She has run seven marathons under 2:35 and was the winner of the first two London Marathons in 2:29:57 (1981) and 2:29:45 (1982). Her current age records are BR W55 1000m (4:12), BR W45 1000m (4:00m) (34:26.4) and WR 1500m (4:20.7). She also holds the BR for W45 Marathon (2:32:48) — a time she set in the LA 1984 Olympics and only been broken by Evy Palm.

Her astonishing run at the National Vets Cross-country placed her third. Last year at the SCVAC Cross-country Championships she placed second to Glynis Penny.

## James v Presland

Continued from page 1

rectly turned on to the finishing course, but he, James, was going off colour. With yet more distance, Presland, realising his mistake, gave vigorous chase up the final hill where swooping past imperiously for a repeat win. There was much sympathy for James and because he had pushed the pace so hard both he and Presland would have placed among the first ten in the M40 race. Consideration however was given that Presland should never have been allowed to come back after the James margin had stretched to 25 yards!

Lancaster ran an isolated race for a fine bronze medal, ahead of Barry O'Gorman's equally lonely foe, Dick Cooper, who was dominant in the M55 class, ahead of former winner Ron Gomez and Eric Appleby.

In the 50+ team championship, Alderton narrowly retained their title over Hinton, and in close order, while Luke Stool had a minute to spare over the M70 team. The M70 men had the privilege of running with the women. Kirk Broughton, representative in his Blackheath colours, belied his age by



TONY ROSS (above talking to VA reporter, Alastair Aitken) of Verica, an outstanding clubman and still a Hertfordshire county vest, was beaten, for speed by Peter Banks on the flatter 1900 Womansdown Scrubs course in last year's event.

Contractor, set his sights firmly on winning the M40 title. Under the Amphilivory hotel Alastair Aitken confidently: "I didn't drop in for the Senior National" — (he was first in 95th) — "I did 90 miles that week, 85 the following and then down to 30 for this race. I did have a night's rest but Ted Bone, my physio, put that right for me. I was nervous and noticed Sam Curran took over last year, but after 1 1/2 miles, I found I appeared to have got a 'yogurt lead' and so decided to press on rather than leave it to the finish."

SALLY YOUNG, a newcomer to the running scene — she took up after her brother's second daughter in 1985 — has risen to the top with astonishing speed. She has just spent a successful season over the cross-country: a good series of runs in the women's Southern League, a fine second placing in the Surrey Championships after an intense battle where she had to concede to Ceri Pritchard in the final stretch and an excellent second placing in the International Inter-Counties behind Heather Heasman.

She admits she was disappointed that the likes of Glynis Penny (who she came second to) and the Vets, who she also match on in this very same course), Paula Fudge and Zina Marchant had not turned out — it took some piece out of the race.

This year she intends to concentrate on track and triathlon, to Tokyo, to run the 1991 1500 and 5000m. On April 14 she ran 17:02 in the BVAF 5K Road Championship.

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# TRACK AND FIELD BRITISH AND WORLD RECORDS

British Records		World Records	
100 metres	10.5	9.94	10.5
M60 R Taylor & Wilson	10.5	9.94	10.5
M60 C Williams	11.3	10.5	11.3
M60 R Taylor	11.89	11.3	11.89
200 metres	22.5	21.34	22.5
M60 C Williams	22.5	21.34	22.5
M60 R Taylor	23.7	22.5	23.7
400 metres	53.8	51.5	53.8
M60 C Williams	53.8	51.5	53.8
M60 R Taylor	58.5	53.8	58.5
800 metres	2:11.2	2:05.0	2:11.2
M60 C Williams	2:11.2	2:05.0	2:11.2
M60 R Taylor	2:16.0	2:11.2	2:16.0
1600 metres	5:40.0	5:25.0	5:40.0
M60 C Williams	5:40.0	5:25.0	5:40.0
M60 R Taylor	5:45.0	5:40.0	5:45.0
3200 metres	11:20.0	10:50.0	11:20.0
M60 C Williams	11:20.0	10:50.0	11:20.0
M60 R Taylor	11:25.0	11:20.0	11:25.0
6400 metres	22:40.0	21:50.0	22:40.0
M60 C Williams	22:40.0	21:50.0	22:40.0
M60 R Taylor	22:45.0	22:40.0	22:45.0
12800 metres	45:20.0	43:50.0	45:20.0
M60 C Williams	45:20.0	43:50.0	45:20.0
M60 R Taylor	45:25.0	45:20.0	45:25.0
25600 metres	90:40.0	87:50.0	90:40.0
M60 C Williams	90:40.0	87:50.0	90:40.0
M60 R Taylor	90:45.0	90:40.0	90:45.0
51200 metres	181:20.0	175:50.0	181:20.0
M60 C Williams	181:20.0	175:50.0	181:20.0
M60 R Taylor	181:25.0	181:20.0	181:25.0
102400 metres	362:40.0	351:00.0	362:40.0
M60 C Williams	362:40.0	351:00.0	362:40.0
M60 R Taylor	362:45.0	362:40.0	362:45.0
204800 metres	724:80.0	702:00.0	724:80.0
M60 C Williams	724:80.0	702:00.0	724:80.0
M60 R Taylor	724:85.0	724:80.0	724:85.0
409600 metres	1449:60.0	1404:00.0	1449:60.0
M60 C Williams	1449:60.0	1404:00.0	1449:60.0
M60 R Taylor	1449:65.0	1449:60.0	1449:65.0
819200 metres	2899:20.0	2808:00.0	2899:20.0
M60 C Williams	2899:20.0	2808:00.0	2899:20.0
M60 R Taylor	2899:25.0	2899:20.0	2899:25.0
1638400 metres	5798:40.0	5616:00.0	5798:40.0
M60 C Williams	5798:40.0	5616:00.0	5798:40.0
M60 R Taylor	5798:45.0	5798:40.0	5798:45.0
3276800 metres	11596:80.0	11232:00.0	11596:80.0
M60 C Williams	11596:80.0	11232:00.0	11596:80.0
M60 R Taylor	11596:85.0	11596:80.0	11596:85.0
6553600 metres	23193:60.0	22464:00.0	23193:60.0
M60 C Williams	23193:60.0	22464:00.0	23193:60.0
M60 R Taylor	23193:65.0	23193:60.0	23193:65.0
13107200 metres	46387:20.0	44928:00.0	46387:20.0
M60 C Williams	46387:20.0	44928:00.0	46387:20.0
M60 R Taylor	46387:25.0	46387:20.0	46387:25.0
26214400 metres	92774:40.0	90856:00.0	92774:40.0
M60 C Williams	92774:40.0	90856:00.0	92774:40.0
M60 R Taylor	92774:45.0	92774:40.0	92774:45.0
52428800 metres	185548:80.0	181712:00.0	185548:80.0
M60 C Williams	185548:80.0	181712:00.0	185548:80.0
M60 R Taylor	185548:85.0	185548:80.0	185548:85.0
104857600 metres	371097:60.0	363424:00.0	371097:60.0
M60 C Williams	371097:60.0	363424:00.0	371097:60.0
M60 R Taylor	371097:65.0	371097:60.0	371097:65.0
209715200 metres	742195:20.0	726848:00.0	742195:20.0
M60 C Williams	742195:20.0	726848:00.0	742195:20.0
M60 R Taylor	742195:25.0	742195:20.0	742195:25.0
419430400 metres	1484390:40.0	1453696:00.0	1484390:40.0
M60 C Williams	1484390:40.0	1453696:00.0	1484390:40.0
M60 R Taylor	1484390:45.0	1484390:40.0	1484390:45.0
838860800 metres	2968780:80.0	2907392:00.0	2968780:80.0
M60 C Williams	2968780:80.0	2907392:00.0	2968780:80.0
M60 R Taylor	2968780:85.0	2968780:80.0	2968780:85.0
1677721600 metres	5937561:60.0	5814784:00.0	5937561:60.0
M60 C Williams	5937561:60.0	5814784:00.0	5937561:60.0
M60 R Taylor	5937561:65.0	5937561:60.0	5937561:65.0
3355443200 metres	11875123:20.0	11629568:00.0	11875123:20.0
M60 C Williams	11875123:20.0	11629568:00.0	11875123:20.0
M60 R Taylor	11875123:25.0	11875123:20.0	11875123:25.0
6710886400 metres	23750246:40.0	23259136:00.0	23750246:40.0
M60 C Williams	23750246:40.0	23259136:00.0	23750246:40.0
M60 R Taylor	23750246:45.0	23750246:40.0	23750246:45.0
13421772800 metres	47500492:80.0	46518272:00.0	47500492:80.0
M60 C Williams	47500492:80.0	46518272:00.0	47500492:80.0
M60 R Taylor	47500492:85.0	47500492:80.0	47500492:85.0
26843545600 metres	95000985:60.0	93036544:00.0	95000985:60.0
M60 C Williams	95000985:60.0	93036544:00.0	95000985:60.0
M60 R Taylor	95000985:65.0	95000985:60.0	95000985:65.0
53687091200 metres	190001971:20.0	186073088:00.0	190001971:20.0
M60 C Williams	190001971:20.0	186073088:00.0	190001971:20.0
M60 R Taylor	190001971:25.0	190001971:20.0	190001971:25.0
107374182400 metres	380003942:40.0	372146176:00.0	380003942:40.0
M60 C Williams	380003942:40.0	372146176:00.0	380003942:40.0
M60 R Taylor	380003942:45.0	380003942:40.0	380003942:45.0
214748364800 metres	760007884:80.0	744292352:00.0	760007884:80.0
M60 C Williams	760007884:80.0	744292352:00.0	760007884:80.0
M60 R Taylor	760007884:85.0	760007884:80.0	760007884:85.0
429496736000 metres	1520015689:60.0	1488584704:00.0	1520015689:60.0
M60 C Williams	1520015689:60.0	1488584704:00.0	1520015689:60.0
M60 R Taylor	1520015689:65.0	1520015689:60.0	1520015689:65.0
858993472000 metres	3040031379:20.0	2977169408:00.0	3040031379:20.0
M60 C Williams	3040031379:20.0	2977169408:00.0	3040031379:20.0
M60 R Taylor	3040031379:25.0	3040031379:20.0	3040031379:25.0
1717986944000 metres	6080062758:40.0	5954338816:00.0	6080062758:40.0
M60 C Williams	6080062758:40.0	5954338816:00.0	6080062758:40.0
M60 R Taylor	6080062758:45.0	6080062758:40.0	6080062758:45.0
3435973888000 metres	12160125516:80.0	11908677632:00.0	12160125516:80.0
M60 C Williams	12160125516:80.0	11908677632:00.0	12160125516:80.0
M60 R Taylor	12160125516:85.0	12160125516:80.0	12160125516:85.0
6871947776000 metres	24320251033:60.0	23817355264:00.0	24320251033:60.0
M60 C Williams	24320251033:60.0	23817355264:00.0	24320251033:60.0
M60 R Taylor	24320251033:65.0	24320251033:60.0	24320251033:65.0
13743895552000 metres	48640502067:20.0	47634710528:00.0	48640502067:20.0
M60 C Williams	48640502067:20.0	47634710528:00.0	48640502067:20.0
M60 R Taylor	48640502067:25.0	48640502067:20.0	48640502067:25.0
27487791104000 metres	97281004134:40.0	95269421056:00.0	97281004134:40.0
M60 C Williams	97281004134:40.0	95269421056:00.0	97281004134:40.0
M60 R Taylor	97281004134:45.0	97281004134:40.0	97281004134:45.0
54975582208000 metres	194562008268:80.0	190538842112:00.0	194562008268:80.0
M60 C Williams	194562008268:80.0	190538842112:00.0	194562008268:80.0
M60 R Taylor	194562008268:85.0	194562008268:80.0	194562008268:85.0
109951164416000 metres	389124016537:60.0	381077684224:00.0	389124016537:60.0
M60 C Williams	389124016537:60.0	381077684224:00.0	389124016537:60.0
M60 R Taylor	389124016537:65.0	389124016537:60.0	389124016537:65.0
219902328832000 metres	778248033075:20.0	762155368448:00.0	778248033075:20.0
M60 C Williams	778248033075:20.0	762155368448:00.0	778248033075:20.0
M60 R Taylor	778248033075:25.0	778248033075:20.0	778248033075:25.0
439804657664000 metres	1556496066150:40.0	1524310736896:00.0	1556496066150:40.0
M60 C Williams	1556496066150:40.0	1524310736896:00.0	1556496066150:40.0
M60 R Taylor	1556496066150:45.0	1556496066150:40.0	1556496066150:45.0
879609315328000 metres	3112992132300:80.0	3048621473792:00.0	3112992132300:80.0
M60 C Williams	3112992132300:80.0	3048621473792:00.0	3112992132300:80.0
M60 R Taylor	3112992132300:85.0	3112992132300:80.0	3112992132300:85.0
1759218630656000 metres	6225984264601:60.0	6097242947584:00.0	6225984264601:60.0
M60 C Williams	6225984264601:60.0	6097242947584:00.0	6225984264601:60.0
M60 R Taylor	6225984264601:65.0	6225984264601:60.0	6225984264601:65.0
3518437261312000 metres	12451968529203:20.0	12194484895168:00.0	12451968529203:20.0
M60 C Williams	12451968529203:20.0	12194484895168:00.0	12451968529203:20.0
M60 R Taylor	12451968529203:25.0	12451968529203:20.0	12451968529203:25.0
7036874522624000 metres	24903937058406:40.0	24388969790336:00.0	24903937058406:40.0
M60 C Williams	24903937058406:40.0	24388969790336:00.0	24903937058406:40.0
M60 R Taylor	24903937058406:45.0	24903937058406:40.0	24903937058406:45.0
14073759045248000 metres	498078741168012:00.0	48777939580672:00.0	498078741168012:00.0
M60 C Williams	498078741168012:00.0	48777939580672:00.0	498078741168012:00.0
M60 R Taylor	498078741168		



# Enter now for the 8th SLOUGH MARATHON

*Including*

The Southern Counties VETS AC Championship  
The RRC Club Championship  
The Fire & Rescue Championship  
and the 3rd SLOUGH EXPRESS

## HALF MARATHON

(under AAA rules & BARR grading)

**SUNDAY, 8th SEPTEMBER 1991**

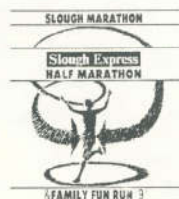
start and finish in the grounds of Upton Court Park

**MEDALS  
TO ALL  
FINISHERS**

**MANY PRIZES  
TO BE WON**

**GRADE II VETS  
CATEGORIES**

**AND TEAM  
PRIZES**



*Ample car parking, refreshments, changing and shower facilities, mile markers, plenty of drinks and sponges, enclosed finish area and fast flat course.*

Entry Fee for both races  
£4.50 (affiliated), £5 (non affiliated)  
PLUS  
**FAMILY FUN RUN (approx 2 miles) £1.50**  
Medals to all runners

**AN EVENT NOT TO BE MISSED!**

Entry forms to:  
Slough Marathon and Half Marathon  
Sports & Leisure Department,  
Town Hall, Bath Road, Slough SL1 3UQ

**Enter Now** CLOSING DATE: August 19 PLEASE PRINT

SURNAME ..... FORENAME .....

ADDRESS .....

POSTCODE ..... TEL No ..... MALE/FEMALE .....

DATE OF BIRTH ..... AGE ON DAY OF RACE .....

1st CLAIM CLUB ..... TEAM TITLE .....

RACE CATEGORY (please tick): ☐ MARATHON ☐ HALF MARATHON  
☐ FIRE SERVICE ☐ FUN RUN

I enclose a cheque for £4.50 (£5 for non-affiliated) for my entry into the Marathon/Half Marathon (entry fee same for both races) or £1.50 for the Family Fun Run, payable to Slough Corporation.

I hereby declare that I am an Amateur as defined by the AAA & WCAA laws. I accept that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the event.

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

Complete the form and send with 12x10 SAE for numbers and details to Nicole Demot, Sports & Leisure Dept, Town Hall, Bath Rd, Slough SL1 3UQ

## SHEFFIELD VETERANS GAMES

(under AAA/WAAA Rules)

Sponsored by Sheffield City Council Recreation Department as part of the Festival entitled "Whats Age Got To Do With it?" promoting health and fitness for older people prior to the World Student Games.

**SUNDAY, 30TH JUNE 1991**

**DON VALLEY INTERNATIONAL STADIUM, SHEFFIELD**

**Field Events 12.00 pm**

**Track Events 1.00 pm**

**Events:** 100 m\*, 300 m, 800 m, 1 mile\*, 3000 m, Sprint Hurdles, 3000 m Walk, 4 x 200 m Relay, Hammer, Pole Vault, Long Jump\*, Discus, High Jump, Shot\*, Triple Jump, Javelin (10 year age groups except women 35-40 years).

**Entries:** £1.00 first event plus £0.50 each extra event before the day. Entries on the day £1.50 each event. To:-

David Burton  
71 Nether Green Road  
SHEFFIELD S11 7EH  
Tel: (0742) 302807

For further details, accommodation list and travel details please enclose a sae. Cheques/PO payable to Sheffield AC.

*\*For these events there will be 'come and try competitions' for fit novice veterans not belonging to clubs or veterans associations at £0.50 per event.*

Reebok

**OSWESTRY**

STAR/ANK

## 1991 — B.V.A.F. 10 MILE ROAD RACE CHAMPIONSHIPS

OPEN TO ALL VETERANS

OSWESTRY (SHROPSHIRE) SUNDAY, AUGUST 4TH: START 1PM  
UNDER M.C.A.A.A. & M.C.W.A.A.A. & B.V.A.F. REGULATIONS

ASSISTED BY OSWESTRY BOROUGH COUNCIL  
AND OSWESTRY SPORTS COUNCIL

VENUE OSWESTRY LEISURE CENTRE, COLLEGE ROAD, OSWESTRY  
A.I.M.S. COURSE.

**CLOSING DATE 1ST AUGUST 1991 NO ENTRIES ON DAY**

All Veterans are invited to run BUT the 'B.V.A.F. Championships' are only for Veterans who are 'Paid Up' Members of an official Veteran Association i.e. NORTHERN VETS/SOUTHERN VETS/WELSH VETS ETC.

Non affiliated Veterans will have their own competition (Tick box below) — YOU MUST BE A MEMBER OF AN A.A.A. CLUB.

### CHAMPIONSHIP AWARDS

MEN: 1,2,3, all age groups (5 years) to Over 75 etc.  
LADIES: 1,2,3, all age groups (5 years) to Over 65

### CLUB-TEAMS

MEN: 1,2,3, 40-49, four to count; Over 50, three to count.  
LADIES: ALL ages, three to count — Male over 60 three to count.

### NON-AFFILIATED

MEN: 1,2,3, 40-49 1,2,3,0/50 LADIES 1,2,3.

ENTRY FEE £3.00 PAYABLE TO 1991 B.V.A.F. 10  
RACE NUMBERS ISSUED FROM JUNE 1ST UNTIL 24TH JULY

**ANY ENTRIES RECEIVED AFTER THIS DATE, NUMBERS PICKED UP ON THE DAY**

9 x 4 S.A.E. FOR FURTHER DETAILS, CONFIRMATION AND RACE NO.  
TO: DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY,  
SHROPSHIRE SY11 1JD TEL: 0691 653338

Please accept my entry for the 1991 B.V.A.F. Open 10 Mile Championship.

NAME ..... AGE ON DAY ..... D.O.B. ....

ADDRESS ..... TELEPHONE .....

1st CLAIM CLUB ..... VET REG NO. ....

AREA AFFIL/NORTHERN/SOUTHERN ETC ..... NON AFFIL. PLEASE TICK BOX\*

\* Non affiliated means not a paid up member of an Area Veteran Association.  
THE ORGANISERS OF THIS EVENT WILL NOT BE RESPONSIBLE FOR ANY LOSS OR INJURY TO MYSELF.

I AGREE TO ABIDE BY THE A.A.A.'s AND W.A.A.A. LAWS.

SIGNED ..... DATE .....





# JUDY VERNON

At Kelvin Hall this March Judy Vernon removed three tenths of a second from Pat McNab's W45 Indoor 60m hurdle World record. She also holds the W35 and W40 60m hurdles records — and even had an influence on the World W50 hurdles record set the same March day (see p1 Indoor Championship story).

Alastair Aitken interviewed Judy Vernon at the National Veterans Championships at Crownpoint, Glasgow last Summer after she had won the W40 80m Hurdles and 200 titles with the same zest for competition that she had had in her days as an international.

When I started talking to her I was struck by her effervescent personality and her strong self-motivation regarding her athletic life.

Judy admits she could not spend the tremendous amount of time on coaching her athletes, being a housewife, looking after her two teenage daughters who play tournament tennis and compete if it was not for the invaluable support of her husband, John, a competitor himself.

"It is very hectic in the summer. I feel that I am flying along through the week but I take my coaching very seriously and all the training schedules and preparing everybody for their different races." Judy Vernon won a 'Coach of the Month' award in July — at the time she was advising 15 athletes and competing a fair amount!

"Some of my athletes are 80m hurdlers or 110m hurdlers while others are 400 hurdlers. I have to be fit to keep up with them. In a typical training session I would be down at one end of the track running and training some of my sprint hurdlers and then running to the other end of the track to start my 400 hurdlers and rush back. I do a lot of touch down times and I know I am fit because I do a tremendous amount of running about. Having been a trained teacher in both the United States and in the UK helps too."

She went on to say about her position in the veteran athletics:

"Quite naturally people say 'How can you do veteran athletics as you are not as good as you used to be?' I have only missed the years when I have been having a baby. For me it has always been a totally natural thing. Even if I get slower I still enjoy it. You have to realise you are never going to be as good as you were when you were young."

"The nice thing about competing myself is that I know exactly how my athletes are feeling and I really like to get to know my athletes as people. Some athletes need to be spoken to before a race and some athletes don't. When I was an international Tom McNab never had to come over to speak to me ... ever. It was totally unnecessary for me but it does depend on the individual. I find with some you need to get angry and with some you have to use a softly softly approach. It really depends upon their personality. Athletes like myself who have so much inner motivation are few and far between. I don't think you find many like that! Those who are the ones who will excel. Andrea Lynch and I used to call it the 'diamond centre' — that hard core inside that makes them a real winner."

Judy Vernon first started running while at Hope Lutheran School in

St Louis, U.S.A. She found that she could beat almost anybody at running, and that included the boys. She did not really work hard at athletics till she graduated from university because until then she was an all round sports person and the only one of her family who was sports minded. She was on the teams at Southern Illinois University for volleyball and basketball. One year she met Boy Hyten who took her to the National Championships — she got wiped out in the heats. Judy was not put off and in her last year at University much to the annoyance of the team selectors for the other sports she decided to concentrate on athletics.

First she did the 400m, then she learnt how to do the long jump and high jump and then became a hurdler too. She looked towards the pentathlon as being her strongest event.

In 1971 in the UK she tried to make the team for the European games but they did not select her even though she had qualified well. Her determination then came through and she worked very hard for a Winter under guidance of coach Tom McNab and, although she could have done well at the pentathlon, decided to do the sprint hurdles and the 200 metres. In 1972 she made the team for the Olympics in Munich and ran fifth in the first heat of the 100m Hurdles in the respectable time of 13.37. In 1973 in the Europa Cup Final in Edinburgh Judy ran one of the best races of her life coming second in the 100m hurdles in 13.34, behind Olympic Champion Annelie Jans-Ehrhardt of the GDR who also recorded 13.34 but ahead of Natallia Suprun-Lebedyeva of the Soviet Union (13.62), whose life-time best was a lot faster than Judy's, with another good European Varbanova of Bulgaria fourth in 13.84.

In 1974 Judy Vernon became Commonwealth 100m hurdle Champion in Christchurch, New Zealand, taking the gold medal in 13.5. Judy's time was only 3/10ths behind Pam Kilborn's Games record.

"It was a really good race. I did not run well in the heat or the semi-final."

Continued P13

Judy wins the 60m flat at Kelvin Hall in March



**Current Records**  
W35 100mH 13.95 (BR)  
W40 80mH 11.78 (WR)  
Indoors  
W35 60m 8.1 (BR with J Martin)  
W35 200m 27.3 (BR)  
W35 60mH 8.9 (WR)  
W40 60mH 8.8 (WR)  
W45 60mH 9.5 (WR pending)

## Veteran Athletics

# Around the Regions



Area 10Km Challenge Match: Mike Hager (M), the eventual event winner, leads from Ahmed Armaoui (SW), Henry Emerton (E) and, hidden, Martin Fisher (SW)

### Release the carrier pigeons

THE VAC had a full cross-country season less one snowed off. There were two new records and at 'club' level splendid rivalry between the two leaders in individuals points for our Snow Cup. They kept pulling out a bit more to keep ahead of the handicapper and improve their form.

The BVAF 5K was promoted by VAC. It gained a bigger entry than formerly without subventions and open vets, as at Hemel Hempstead. It was the AAA clubs who supported it. They were the subject of a mean direct mail campaign! That's to say names and addresses, of vet captains who entered last year's relays, were kindly provided to us by Mike Neighbour of Aldershot, Farnham & District — by the way, who can imagine vet athletics without Aldershot? All we had to do was release the carrier pigeons.

Unless you count a letter from the Isle of Man asking why their address was omitted from the circular, the response from the main veteran clubs was solid and uniform — as far as we know, nothing at all. Of course it is not hard to see why the veteran clubs are weak. Look at what they haven't got: tightly knit local communities, club houses, car parks, weights rooms, portrait galleries of olympic heroes down the ages, and training nights and Sunday runs and team entries — the list as they say is endless. Oh yes, the long serve club captain with his desk and computer, photo copier, ready to go in the car and away to the next match or road race, and his floor to ceiling 'paper mountain'. How many of these in the vet clubs?

What the 'areas', so called, have is officers who say "I joined the vets to run". The only hope I can see is that they run themselves into the ground, work their way through hamstring, achilles, planter fascia, patella and all and settle down to the job.

Jeremy Hemming

### Cameraderie and much socialising in Scotland

THE SVHC have enjoyed yet another successful winter season. The Club Cross-country Championships were held at Callander Park, Falkirk, over an excellent trail and the beginning of February saw the SCCU Vets Cross-country Championships at Linlithgow. There was a good turn out, good competition and good camaraderie.

A race new to the SVHC calendar was a cross-country at Holyrood Club, Edinburgh, sadly the number of competitors did not do justice to this historic and fine venue. This season also presages the Indoors scene and the BVAF and Scottish Track and Field Championships were held at Kelvin Hall, Glasgow, hosted by the club.

The Allot to Bishopsbriggs Relay held on March 24 continues to be one of the highlights of the vets year. There were a record number of entries and after an exciting 8 stage battle the Aberdeen team came home first. April saw the beginning of the summer road races when the club 10M Championships were held in conjunction with the Tom Scott race over a very fast course finishing in Strathclyde Country Park, Motherwell. The club's seasonal social activities flourished with the annual holiday to Torremolinos, Spain, where, of course, Burns' Night was celebrated in true Scottish style. Daily training and several races were included in this splendid winter break.

Members also spent a weekend at Ayr, where a 5M road race was incorporated into a social weekend.

Kay Dodson

### SWVAC gathers pace

THE SWVAC competition saga is as usual unfolding at an ever increasing pace. The

workload per official continues to increase in spite of all our efforts to reduce it. Our apologies are extended to all corresponding members who have cause to feel neglected.

Hardly had the last snowflake of winter fallen before the campaign was begun. Our 10M Championship was held at the Hoe on February 17 courtesy of Plymouth AC and although the overall entry was down slightly the veteran entry was maintained. The sunny but cold conditions ensured that many age group best times were recorded.

The Inter Area 10K Challenge organised by EVAC at Huntingdon on March 24 was next in line. As with all first time events we were caught on the hop and in spite of a horrendous phone bill we only succeeded in fielding one age group and then not a full team. Even so our M40 boys Ahmed Armaoui and Martin Fisher put the frighteners on the opposition by placing second and third respectively. Just wait till 1992. Right now we are winding ourselves up for our Duchy Marathon Championships courtesy of Cornwall AC.

It's all systems go for our Track & Field Championships which are open to all BVAF members. The introduction of a 1 hour track record attempt at Bournemouth is creating much interest in the road running fraternity. See SWVAC FIXTURE LIST for further details. There will be an entry limit and each competitor is to bring a lap counter (homo sapiens).

David Lord

### The Welsh scene

Laurentian Life Gwent League, Blaize Castle, February 2  
THE GROUND was excellent — a "gluepot trail of brown sludge" with remnants of earlier snow to add interest. Pat Gallagher maintained her perfect vets record with another dominant run, but she slipped from the overall women's lead by a single point. Les Croupiers kept their hold as leading team. Dave Ide was a new winner of the men's event from another once much feared West Country competitor, Dave Francis. Swansea edged away with the lead in the team scores and Fred McCabe looked safe for the individual title.

Carmarthen, March 10 — The final fixture of the season was held at the "Two Counties" show ground and proved to be a testing last event. A flatish course though exceedingly wet in places. Many runners claimed after the race that despite wearing long spikes the bottoms of their shoes, several pounds heavier, were flat!

Pat Gallagher — second for this event — was naturally the series winner but Westbury were unable to make up any ground on Les Croupiers.

Dave Ide coped well with the sticky conditions to win by a clear margin for a second win over overall leader Fred McCabe. Swansea held off a strong team challenge from Cardiff. Fred was also a fine seventh placer in the overall men's class.

During the season a total of 74 male and 35 female teams, of from one to five runners, participated in the veterans sections of the league including clubs from south and mid Wales and the whole of the south west of England, the biggest catchment area of any local league in the UK.

WVAA Half Marathon Championships, Newbridge, Gwent, March 24 — A beautiful warm spring day with an occasional reminder of winter from a sharp easterly wind provided perfect running conditions for the small field which contested this by no means easy course. The race spread out quickly over the initial uphill mile and a quarter with Kevin Wilkinson already in command of the championship.

After the first climb the course meanders gently up and down with variable

road surface quality and Kevin was delighted to take his first title.

A cautious start by Elwyn Davies progressed into a steady movement through the field for the M45 title while Brian Gough was very relieved to take the M50 title as he was clearly suffering from the effects of a cold.

Dawn Kenwright added another title to her collection, easily beating the rest of the minuscule field, with Sue Neal taking the W40 title before travelling to Cardiff to partake in a hockey tournament!

Dave Walsh

### Eastern Stars

EVAC 10K Championship, Hemingford Grey, March 24

PRE race chatter was centred around the surprise but nonetheless very welcome late entry of Tony Simmons. A short notice cancellation of a holiday enabled Tony to run but only as a 'guest'.

Simmons' well known steady start perhaps gave the early leaders some hope but this was not to be as he came through very strongly to win the race. The Championship title went to Henry Emerton from Ray Church and Vic Holman.

In the M45 race, Mike Nelson triumphed ahead of Peter Hutchison of Biggleswade. Tony Hawkins followed his emphatic win in the cross-country at Downham Market and his excellent run at Amphil with another convincing performance ahead of Peter Andrews in the M50. Alan Hughes, meanwhile, took his revenge over his adversary Doug Linton with a fine M60 win in this very competitive category.

Margaret Thompson was again a clear winner over Diane Marsh in the W35 race with Felicity Sperke taking the W40 medal. In the team prizes Bedford & County were close winners from Vauxhall Motors, the latter club taking the M50 title.

Immediately after the race the AGM was held. Tod Butcher who has been EVAC Secretary for no less than 13 years has this year stood down from the post. Bill Taylor in paying tribute to the enormous amount of work that Tod has done for athletics in general and EVAC in particular, proposed Ted as the first Life Vice-President of EVAC. It was passed with a unanimous vote. The measure of his contribution can be gauged by the fact that he was not readily able to be replaced as Secretary, a post which will remain vacant pro tem.

Ian Vaughan-Arbuckle

### League complications

Croydon, March 16  
WHEN February's snow postponed the SCVAC Cross-country Champs, the rearranged date of March 16 caused complications for the last league race with which it was combined. It was decided that only clubs that had competed in the first three league races should count, with individual positions determined on the times runners achieved in their separate championship races.

Thus Jim Phelan who was 12th in the M40-49 race was adjudged to be second in the league race and was awarded 24 points while Barry O'Gorman, the M50+ winner, in a faster time was awarded the maximum 25 points. With Barry Mellish third Blackheath had an unassailable 72 points (making 255) thus breaking the deadlock with Barnet (241) and Medway (234). Individually both the M40 and M50 trophies went to the only runners to run all four races: John Evans (M40-49) of Medway with 88 and Bill Clapham (M50-59) of Blackheath with 52. In fact Clapham scored the same as Barnet's Tod Kimber but was adjudged the winner on the basis of running the greater number of races. The M60+ division was a clear 53 point win for Laurie Forster in three races over Bob Belmore's 39 in four races.

Although AFD were the only women's team to compete in all four races, they were eventually beaten by the new SCVAC Cross Country Champions Barnet & District who won 56 to 44. Individually the overall champion was Brenda Harvey of the winning club who amassed 25 points to Ann Lewis of Aldershot's 20 with her clubmate Maureen Shirley scoring 19, the same total as Trent Park's Anne Lippitt but running in one more race.

Jack FitzGerald

### Tipton wins in rain and wind

MVAC Road Relay, Sutton Park, April 6  
THE runners faced difficult conditions for this six-stage relay in Sutton Park on April 6; a strong, cold wind that turned into driving rain during the later stages. The first and fourth legs were 5 1/2 miles, the others 3 miles.

Tipton took the lead on the first leg,

Continued P13





Opening Ceremony of the 5th South American Veteran Track & Field Championships, Uruguay, 1990

## FIXTURES

### NATIONAL

- 22 June BVA F Road Walks, 20K(Men) 10K(Women), SUTTON PARK in conjunction with Birchfield Open 20K/10K Entries to D Withers 14 Cottage Lane Marlbrook, Bromsgrove B60 1DW
- 6-7 July BVA F T&F Champs, Alexander Stadium, BIRMINGHAM see ad P2
- 4 Aug BVA F 10 mile Champs, OSWESTRY see ad P10
- 11 Aug BVA F Track Walks 10K for men, 5K for women, Norman Green track, SOLIHULL including inaugural BVA F Track relays 4x100, 4x400
- 18 Aug Inter Area T&F Palmer Park READING Noon-6pm
- 1 Sept BVA F Pentathlon, Kingsmeadow, NORBITON, Surrey
- 7-8 Sept BVA F Decathlon/Heptathlon, SHEFFIELD
- 6 Oct BVA F and Open Vet Flying Fox Marathon, STONE
- 20 Oct BVA F Half Marathon, BIRMINGHAM from Alexander Stadium
- 10 Nov AAA Veterans BARNSELY 10K

### INTERNATIONAL

- 23/24 June Soviet Union Indoor Vets Champs. MOSCOW enquiries to Vadim Marshhev 10813 Moscow Centre Proezd Ceroba 4 Moscow USSR
- 23 June 25K/10K Road Run BRUGGE BELGIUM
- 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
- 27 July WAVA World Vets Weight Pent. Champs. NAANTALI, FINLAND
- 2-3 Aug Soviet Union Vets Champs. MOSCOW. Details from Vadim Marshhev, as above
- 3-4 Aug 8th T&F Meet BADEN SWITZERLAND
- 3-4 Aug OBERWART, AUSTRIA. European Vet Throwers Cup - Weight Pentathlon c/d 7/7 Details from Georg Glockner, Obere Hochstrasse 39, A-7400 Oberwart, Austria.
- 24 Aug Banská Bystrica, CZECHOSLOVAKIA Int. Vets Meeting. Details from Eduard Longauer, Orenburska 11,974 00 Banská Bystrica, Czechosl.
- 5-6 Oct European Vets 10K & 25K Road Races and Walks, Dolo Mira VENICE Details: SAE to B Dunsford, 71 Hillside Cresc, S Harrow, Middx HA2 0QU

### SCOTTISH

- 15 May Alastair McInnes Memorial Race COATBRIDGE 7.30pm
- 25 May SVHC Hill Race Champs BATHGATE (evening)
- 9 June SVHC T & F Champs GRANGEMOUTH
- 16 June Inverclyde 10K Road Race inc. SVHC Road Champs. GREENOCK
- 29 June SVHC T&F Champs. GRANGEMOUTH
- 4 Aug MONKLANDS Half Marathon incorp. SVHC Champs
- 8 Sept SVHC Half Marathon Handicap
- 20 Oct SVHC 1 mile time trials 1pm followed by AGM 2pm
- 10 Nov 5 mile Road Race CAMBUSLANG 2pm
- 25 Nov 5 mile XC BISHOPBRIGGS 2.30pm
- 8 Dec 4.6 mile Xmas Handicap BISHOPBRIGGS 1.30pm

### NORTH

- 15 May 'Colin Robinson 5', BVA F Gr1, cd 8/5, 7pm £2 to 'Colin Robinson 5' Entries to P.C.4735 O'Sullivan, Rochdale Police Station, The Hulme, Rochdale
- 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.
- 2 June NVAC 10K Road Champs Stockton Heath Sports Centre, WARRINGTON 12 noon cd 27/5 £1 Entries to D Walton 64 Westgate, Hale, Cheshire WA15 9BB. No late entries. Directions from B Burton
- 9 June NVAC T & F Champs Queens Way Athletic Track, Queens Park, WREXHAM 12noon cd 28/5 £2 first event £1 each additional. No late entries. Entries to D Howarth 6 Stonecross Lane, Lowton, Warrington, Cheshire WA3 2SB. Entry form & details in NVAC newsletter or send SAE to D Howarth
- 16 June Vets Open Track Belle Vue Synthetic Track (off Hyde Rd & Stanley Grove), 1.30pm. £1.50 any number of events. Entries to J Moran, 38 Birkdale Rd, South Reddish, Stockport
- 30 June Open T&F Meeting Don Valley Stadium SHEFFIELD. Details from D Burton. See ad p10
- 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 No 2 Leverhulme Park, BOLTON. 7pm Enter on night (as 8 May)
- 21 Aug NVAC T & F League No 3 at LEIGH Harriers HQ on Holden Road LEIGH 7pm enter on night
- 25 Aug NVAC 10K Road & Path. Irlam Town FC, Silver St. IRLAM. 12 noon Enter on day. Directions from B Burton
- 31 Aug & 1 Sept Humberside Masters, HULL

- 11 Sept Lancs Vets T & F Champs Venue to be arranged
- 29 Sept NVAC 10K Track Champs Leverhulme Park BOLTON cd 23/9 start times 0/50s & Women 1pm, 40-49 2pm £1 to Arthur Walsham, 21 Thornfield Rd Heaton Moor, Stockport, Cheshire SK4 3LD. No late entries. SAE only if confirm or info required
- 13 Oct NVAC 110K Path & Tracks, EDGORTH, (Turton) Nr Bolton 12noon Enter on day. Change at Barlow Instit. Car park. Directions B Burton
- 27 Oct NVAC 10M Road Champs Padgate College WARRINGTON cd 21/10 £1 Entries to A Walsham. Use entry form in NVAC Newsletter. Must state 1st claim club, DOB and NV Membership No. SAE only required for confirm or info. Directions B Burton

### NORTH EAST

- Tyneside Athletic League Meetings
- 29 May No.2 7pm Jarrow
- 12 June No.3 6.45 Gateshead
- 3 July No.4 7pm Gateshead
- 17 July No.5 7pm Jarrow
- 31 July No.6 7pm Gateshead - Entries on Day Tel. 901-4781687
- NE Vets Inter Club League Meetings
- 15 May No.1 Venue unknown
- 19 June No.2 Jarrow Inc NEVAC HJ Championships
- 24 July No.3 Jarrow
- 14 Aug No.4 Jarrow All start 7pm
- 30 June NEVAC T&F Champs. Jarrow 1pm Entries to R Balding 161 Helmsley Rd. Newcastle on Tyne NE2 1RD 50p per event on entry form
- 12 May Killingworth 8 KILLINGWORTH Sports Centre, Citadel East, Killingworth 12noon
- 13 May No 1 Heaton Harriers 5K Handicap Races Jesmond Dene HEATON PARK 7.30 Entries to G Routledge 5 St Hilda's Ave. Holy Cross Wallend Tyne & Wear NE28 7AB £1 Series 70p Each Race Entries on day
- 10 June No. 2 as above
- 8 July No. 3 as above
- 12 Aug No. 4 as above
- 14 May Morpeth Wansbeck '6' NEW BIGGIN Sports Centre Upper Coquet 10M Road Race ALWINTON
- 19 May Sunderland H & AC Pit Races, SILKSWORTH
- 22 May Open Athletics Meets GATESHEAD International Stadium Vets 100m, 3000m 70p per event payable to Gateshead M.B.C. 1pm Details 091 4781687
- 2 June Gateshead 10K Road Race TVTE GATESHEAD
- 9 June BLAYDON Race 3pm cd 14/5 £3.50 £4 payable to Blaydon Harrier & AC to Dr Dewar 72 Trajan Walk Heddons on the Wall Northumberland DE15 0BL
- 19 June NEWBURN 6 mile River Run
- 23 June WASHINGTON 6 mile Road Race
- 7 July ALNWICK 5 mile Road Race
- 10 July Tynedale H 10K Road Race WYLLAM
- 14 July Morpeth '10' inc. NEVAC 10m Champs.
- 24 July 10K Road Race BILLINGHAM Synthonia Stadium 7pm Vet Prizes £3 £3.50 payable to F.I.C. 10K Road Race to D Thompson 158 Wolviston Back Lane Billingham Cleveland TS23 3RB
- 24 July Heaton H Parkland Races NEWCASTLE
- 28 July Sunderland 10K Road Race - Athletics Festival SUNDERLAND
- 11 Aug Blackhill Bounders 10K Road Race CONSETT
- 21 Aug Valli AC English Estates 10K TVTE GATESHEAD
- 25 Aug NEWCASTLE MBC 10K Road Race
- 7 Sept Tynedale 10m Road Race PRUDHOE
- 8 Sept Berwick Round the Walls Road Races BERWICK
- 8 Sept Newcastle MBC Open T&F Meet LIGHTFOOT
- 21 Sept Morpeth H Road Race Festival MORPETH
- 22 Sept NEVAC Pentathlon JARROW 11am
- 23 Sept 3rd GRIMSBY Open 10k, BVA F Gr1, 10.30 £2.50 to S Green 88 St Nicholas Dr. Grimsby, S Humberside (Payable to Wolds Vets AC)
- 25 Sept NEVAC 10K/5K Track Champs JARROW 7pm
- 29 Sept Derwentside 10K Road Race STANLEY
- 6 Oct S Shields H 20 mile Road Race SOUTH SHIELDS
- 6 Oct Northam 10K Road Race NORHAM
- 27 Oct Bedlington 10 Road Race BEDLINGTON

### NORTHERN IRELAND

- To be arranged Women 5K Road Race & Handicap, ORMEAY PARK

### WALES

- 15 May Track League NEWPORT
- 26 May 10K ROAD PORTHCRAWL Details D Crowder 15 Brendon Gardens, Nottage, Portlough Mid Glam
- 4 June Track League SWANSEA
- 23 July Track League BARRY
- 13 Aug Track League CARDIFF
- 1 Sept T & F Champs SWANSEA 1pm
- 22 Sept Reebok LAKE VYRNWY Half, Star Rank Hot 100, 1pm £3 Details from D Morris, 27 Whittington Rd., Oswestry SY11 1JD

### MIDLAND

- 9 June MVAC T&F Championships SOLIHULL
- 11 Aug Pentathlon Meeting, Open Throws Triathlon, Jumps Triathlon, 10K Walk SOLIHULL
- 22 Sept Cannock Masters Throws Pentathlon

### EASTERN

- 2 June The IPSWICH JAFFA 5, 10 & 15M races. BVA F Gr1 cd 25/5 11am £3.50 to Ipswich Jaffa. Entries to C.Buckton, 124 Hawthorn Dr, Ipswich IP2 0QB
- 16 June EVAC T & F Championships IPSWICH - Details E Butcher 26 Rycroft Ave, Deeping St James, Peterborough PE6 8NT
- 7 July EVAC 10 mile Championships incorporated in MARCH 10M cd 1/7 Details - Mrs S Smith 143D Creek Rd. March,

- Cambs PE15 8RN
- 21 July LUTON Marathon incorporating EVAC Marathon Champs, cd 1/7 Details - Town Hall Luton LU1 1BR
- 1 Sept WISSEY VALLEY half marathon incorporating half marathon champs. Details - P Duhig, 42 Wimbotsham Rd, Downham Market, Norfolk DE38 9PE
- BEDFORD & COUNTY AC T&F Vets Grand Prix Series: 22/5, 12/6, 26/6 for details SAE to H Darbon, 1 St. Augustines Rd. Bedford MK40 2NB

### SOUTH

- 28 May VAC 5 mile Road running and Walking races BATTERSEA PARK 7pm enter on night
- 2 June SCVAC T & F Champs Kingston Rd Stadium KINGSTON ON THAMES cd 10/5 £2 per event 9.30pm-1750 Hammer comp. from 12.30 to 15.00 entries to J Hurley, 5 Ledbury Rd, Croydon, Surrey CR0 1EP Directions B Burton
- 9 June SCVAC T&F Champs Cophall Stadium HENDON 10K track run 5K track walk all age gps. 2k S/chas for all women and M60+ these being open vet events. £2 1st event £1.50 subs. Other open vet events details from J Hurley 5 Ledbury Rd, Croydon Surrey CR0 1EP
- 10 June SCVAC 3rd T&F League, N.London-Ilford, S.London-Croydon, Kent-Dartford Sussex-Worthing
- 12 June VAC T&F WEST LONDON Stadium 6.45pm 100m 1 Yacht Hand.Mile 300m Enter on night
- 18 June VAC 5 mile Road Running & Walking Champs BATTERSEA PARK. Enter on night. Members only
- 24 June SCVAC 4th T&F League N.London-Newham, S.London-Croydon, Kent-Croydon Sussex-Havant
- 26 June VAC T&F TOOTING BEC Track 6.45pm 100m 1500m T Knight Trophy, 400m 060 D McClean Trophy, 400m all
- 14 July VAC T&F WEST LONDON Stadium 1pm 10,000 Walk & Run Champs
- 24 July VAC T&F TOOTING BEC Track 6.45pm 100m, 5000m, 200m, 800m
- 7 Aug VAC T&F Battersea Park 6.45pm 100m, Mile N Noble 40-49, 50+ 300m 400m 3K Walk
- 13 Aug VAC 5 mile Road Running & Walking races BATTERSEA PARK 6.45pm
- 18 Aug Inter Area Match READING
- 25 Aug VAC T&F Champs WEST LONDON Stadium 2pm
- 8 Sept BARN ELMS Open Vets T & F Details F Byrne, 11 Jubilee Ave, Whittin, Middx
- 8 Sept SCVAC Finals T&F League CROYDON
- 11 Sept VAC T&F BATTERSEA Track 7pm 100m 3000m 200m 400m
- 22 Sept Richmond & Twickenham VAC Open Vets Track meet BARN ELMS Sports Centre, Rocks Lane, Barnes. Details from F Byrne 11 Jubilee Ave. Whittin, Middlesex TW2 6JA

### SOUTH WEST

- 19 May JERSEY Top Island Half Marathon 9.30 cd 5/5 £5 to Barry le Plongeon, Randalls Brewery Ltd., Clare St., St Helier, C.I.
- 16 June SWVAC T & F Open Champs. inc. 1hr track record attempt 11.00 Enquiries John Gregory, 3 Sandringham Rd, Parkstone, Poole BH14 8TM
- 22 June SWVAC 10K Open Champs combined with Poole Runners GPT 10K 4pm Enquiries Ann Graham, 34 Dudsbury Ave, Ferndown, Dorset BH22 8DU
- 27 July SWANAGE 12 (Actual 11.8) Start of Carnival Week 2.30pm £4. £4.50 on day. Enquiries to John Gregory, address as above
- 18 Aug Inter Area T & F Challenge READING 12noon
- 20 Oct SWVAC Half Marathon Open Champs NEW FOREST Combined with Hardley Runners Solent Half Marathon

### ISLE OF MAN

- 18 Aug Marathon/Half Marathon RAMSEY BVA F Gr1 cd 8/8 £4.50 (£5 unattach) Payable to: IOM AVA. Don Higgins, Curlew Cottage, Scarlett, Castletown, IOM. Open event incor Manx Champs Vets Awards
- 18-23 Aug Series of 5 events in 6 days 18/8 Marathon/Half, 19/8 4miles Peel Hill Race, 21/8 Ballasalla 10, 22/9 AM Cuttill Mem.Race 5.7 miles, 23/8 Peel 4.1 per series payable to IOM AVA + entry fees for individual races. Details D Phillips 14 Upper Dyke's Rd, IOM
- Entries accepted up to date of first event
- Area Secretaries and race organisers please let Brenda Burton, 71 Nethergreen Road, Sheffield S11 7EH, have full details of forthcoming events. Competitors, please enclose SAE with all requests for information.

### A new event

- ON AUGUST 11 at Norman Green Track, Solihull, the BVA F will stage an inaugural Club Relays Championship. There will be a 4 x 100m and a 4 x 400m for both men and women, one age category. See advertisement P15.

### Answers to Quiz p4

1. Ron Hill at the Commonwealth Games in Edinburgh: 2:09:28.
2. Filbert Bayi.
3. The 50k Walk.
4. 400m Hurdles.
5. At the age of 36 and four months she was the oldest woman to set a WR in a track event. Her time was 52:94.
6. The notorious David Jenkins.
7. Ron Clarke.
8. Adrian Paulen of Holland (1972-81).
9. The Boston.
10. Britain and Soviet Union.



# RESULTS • RESULTS • RESULTS • RESULTS •

## BVAF 1991 NATIONAL CROSS COUNTRY, AMPHILL, MARCH 10

### Veterans over 40

1 T. Rums...	V40 Varley	33.59
2 J. Curran...	V40 Salford	34.49
3 B. Bailey...	V40 Shingay	34.58
4 M. Hager...	V40 Mid Vets	34.92
5 J. Sanderson...	V40 Teasdale	35.03
6 J. Church...	V40 Handall	35.47
7 W. Wilson...	V40 BAW	35.57
8 M. Matthews...	V40 Litching	35.58
9 M. Harty...	V40 Litching	35.58
10 C. Carrington...	V40 Bournemouth	35.59
11 J. Hyde...	V40 Litching	35.59
12 J. Hyde...	V40 Litching	35.59
13 J. Hyde...	V40 Litching	35.59
14 J. Hyde...	V40 Litching	35.59
15 J. Hyde...	V40 Litching	35.59
16 J. Hyde...	V40 Litching	35.59
17 J. Hyde...	V40 Litching	35.59
18 J. Hyde...	V40 Litching	35.59
19 J. Hyde...	V40 Litching	35.59
20 J. Hyde...	V40 Litching	35.59

### Veterans over 40

42 P. Llewellyn...	V40 Bournemouth	37.26
43 K. Woods...	V40 Alresford	37.40
44 S. Croome...	V40 Newport	37.41
45 P. Crowhurst...	V40 BAW	37.45
46 M. Lister...	V40 Newport	37.47
47 J. Griffith...	V40 Shingay	37.51
48 M. McCabe...	V40 Bournemouth	37.57
49 J. Thompson...	V40 Newport	38.10
50 P. Llewellyn...	V40 Bournemouth	38.11
51 J. Llewellyn...	V40 Bournemouth	38.11
52 J. Llewellyn...	V40 Bournemouth	38.11
53 J. Llewellyn...	V40 Bournemouth	38.11
54 J. Llewellyn...	V40 Bournemouth	38.11
55 J. Llewellyn...	V40 Bournemouth	38.11
56 J. Llewellyn...	V40 Bournemouth	38.11
57 J. Llewellyn...	V40 Bournemouth	38.11
58 J. Llewellyn...	V40 Bournemouth	38.11
59 J. Llewellyn...	V40 Bournemouth	38.11
60 J. Llewellyn...	V40 Bournemouth	38.11

### Veterans over 50

1 L. Presland...	V50 Alresford	35.25
2 J. James...	V50 Litching	35.18
3 J. James...	V50 Litching	35.18
4 J. James...	V50 Litching	35.18
5 J. James...	V50 Litching	35.18
6 J. James...	V50 Litching	35.18
7 J. James...	V50 Litching	35.18
8 J. James...	V50 Litching	35.18
9 J. James...	V50 Litching	35.18
10 J. James...	V50 Litching	35.18
11 J. James...	V50 Litching	35.18
12 J. James...	V50 Litching	35.18
13 J. James...	V50 Litching	35.18
14 J. James...	V50 Litching	35.18
15 J. James...	V50 Litching	35.18
16 J. James...	V50 Litching	35.18
17 J. James...	V50 Litching	35.18
18 J. James...	V50 Litching	35.18
19 J. James...	V50 Litching	35.18
20 J. James...	V50 Litching	35.18

### Veterans over 55

1 J. Cooper...	V55 Mid Vets	37.51
2 J. Cooper...	V55 Mid Vets	37.51
3 J. Cooper...	V55 Mid Vets	37.51
4 J. Cooper...	V55 Mid Vets	37.51
5 J. Cooper...	V55 Mid Vets	37.51
6 J. Cooper...	V55 Mid Vets	37.51
7 J. Cooper...	V55 Mid Vets	37.51
8 J. Cooper...	V55 Mid Vets	37.51
9 J. Cooper...	V55 Mid Vets	37.51
10 J. Cooper...	V55 Mid Vets	37.51
11 J. Cooper...	V55 Mid Vets	37.51
12 J. Cooper...	V55 Mid Vets	37.51
13 J. Cooper...	V55 Mid Vets	37.51
14 J. Cooper...	V55 Mid Vets	37.51
15 J. Cooper...	V55 Mid Vets	37.51
16 J. Cooper...	V55 Mid Vets	37.51
17 J. Cooper...	V55 Mid Vets	37.51
18 J. Cooper...	V55 Mid Vets	37.51
19 J. Cooper...	V55 Mid Vets	37.51
20 J. Cooper...	V55 Mid Vets	37.51

### Veterans over 45

1 B. O'Neill...	V45 Alresford	35.41
2 W. Wilson...	V45 Shingay	35.41
3 J. Curran...	V45 Salford	35.41
4 J. Curran...	V45 Salford	35.41
5 J. Curran...	V45 Salford	35.41
6 J. Curran...	V45 Salford	35.41
7 J. Curran...	V45 Salford	35.41
8 J. Curran...	V45 Salford	35.41
9 J. Curran...	V45 Salford	35.41
10 J. Curran...	V45 Salford	35.41
11 J. Curran...	V45 Salford	35.41
12 J. Curran...	V45 Salford	35.41
13 J. Curran...	V45 Salford	35.41
14 J. Curran...	V45 Salford	35.41
15 J. Curran...	V45 Salford	35.41
16 J. Curran...	V45 Salford	35.41
17 J. Curran...	V45 Salford	35.41
18 J. Curran...	V45 Salford	35.41
19 J. Curran...	V45 Salford	35.41
20 J. Curran...	V45 Salford	35.41

### Veterans over 45

19 T. Brennan...	V45 Alresford	38.37
20 T. Brennan...	V45 Alresford	38.37
21 T. Brennan...	V45 Alresford	38.37
22 T. Brennan...	V45 Alresford	38.37
23 T. Brennan...	V45 Alresford	38.37
24 T. Brennan...	V45 Alresford	38.37
25 T. Brennan...	V45 Alresford	38.37
26 T. Brennan...	V45 Alresford	38.37
27 T. Brennan...	V45 Alresford	38.37
28 T. Brennan...	V45 Alresford	38.37
29 T. Brennan...	V45 Alresford	38.37
30 T. Brennan...	V45 Alresford	38.37
31 T. Brennan...	V45 Alresford	38.37
32 T. Brennan...	V45 Alresford	38.37
33 T. Brennan...	V45 Alresford	38.37
34 T. Brennan...	V45 Alresford	38.37
35 T. Brennan...	V45 Alresford	38.37
36 T. Brennan...	V45 Alresford	38.37
37 T. Brennan...	V45 Alresford	38.37
38 T. Brennan...	V45 Alresford	38.37
39 T. Brennan...	V45 Alresford	38.37
40 T. Brennan...	V45 Alresford	38.37

### Veterans over 60

1 J. Foster...	V60 Barnet	43.00
2 J. Foster...	V60 Barnet	43.00
3 J. Foster...	V60 Barnet	43.00
4 J. Foster...	V60 Barnet	43.00
5 J. Foster...	V60 Barnet	43.00
6 J. Foster...	V60 Barnet	43.00
7 J. Foster...	V60 Barnet	43.00
8 J. Foster...	V60 Barnet	43.00
9 J. Foster...	V60 Barnet	43.00
10 J. Foster...	V60 Barnet	43.00
11 J. Foster...	V60 Barnet	43.00
12 J. Foster...	V60 Barnet	43.00
13 J. Foster...	V60 Barnet	43.00
14 J. Foster...	V60 Barnet	43.00
15 J. Foster...	V60 Barnet	43.00
16 J. Foster...	V60 Barnet	43.00
17 J. Foster...	V60 Barnet	43.00
18 J. Foster...	V60 Barnet	43.00
19 J. Foster...	V60 Barnet	43.00
20 J. Foster...	V60 Barnet	43.00

### Veterans over 55

1 J. Lucas...	V55 Newfist	40.51
2 J. Lucas...	V55 Newfist	40.51
3 J. Lucas...	V55 Newfist	40.51
4 J. Lucas...	V55 Newfist	40.51
5 J. Lucas...	V55 Newfist	40.51
6 J. Lucas...	V55 Newfist	40.51
7 J. Lucas...	V55 Newfist	40.51
8 J. Lucas...	V55 Newfist	40.51
9 J. Lucas...	V55 Newfist	40.51
10 J. Lucas...	V55 Newfist	40.51
11 J. Lucas...	V55 Newfist	40.51
12 J. Lucas...	V55 Newfist	40.51
13 J. Lucas...	V55 Newfist	40.51
14 J. Lucas...	V55 Newfist	40.51
15 J. Lucas...	V55 Newfist	40.51
16 J. Lucas...	V55 Newfist	40.51
17 J. Lucas...	V55 Newfist	40.51
18 J. Lucas...	V55 Newfist	40.51
19 J. Lucas...	V55 Newfist	40.51
20 J. Lucas...	V55 Newfist	40.51

### over 40

#### Teams

1: Salford Harriers & AC	2	9	18	331	62 pts
2: Aldershot Harriers & D	13	14	38	461	111 pts
3: Verley AC	1	21	49	61	132 pts
4: Brighton & Hove AC	7	23	58	60	148 pts
5: Bingley Harriers & AC	3	37	42	80	162 pts
6: Altrincham & District AC	11	48	59	78	166 pts
7: Bournemouth AC	44	55	69	77	245 pts
8: Oxford City AC	16	71	82	87	245 pts
9: Aldershot Harriers & D	21	56	74	76	257 pts
10: Southdown AC	12	48	59	78	285 pts
11: Newcastle (Staffs) AC	26	68	94	173	311 pts
12: Liverpool Harriers & AC	73	81	85	118	357 pts
13: Bedford & County AC	30	99	131	151	421 pts
14: Altrincham & District AC	79	111	120	131	437 pts
15: Wakefield AC	12	48	59	78	440 pts
16: Harrogate AC	64	109	141	163	477 pts
17: Salford Harriers & AC	83	121	142	173	519 pts
18: Barnet & District AC	140	148	150	157	595 pts
19: Collingwood AC	114	135	174	175	598 pts

### over 50

#### Teams

1: Aldershot Harriers & D	1	11	38	50 pts
2: Heaton Harriers	18	22	33	63 pts
3: Morpeth Harriers	15	20	41	76 pts
4: Tipton Harriers	9	30	49	88 pts
5: Vale of Aylesbury	17	37	42	93 pts
6: Woking AC	10	24	56	129 pts
7: Newcastle (Staffs) AC	33	35	55	163 pts
8: Barnet & District AC	54	51	73	188 pts
9: Oxford City AC	15	37	122	225 pts
10: Bolton United Harriers	12	18	11	247 pts
11: Cambridge & Colindale AC	74	91	119	284 pts
12: Bedford & County AC	82	103	109	284 pts
13: Newcastle (Staffs) AC	100	101	105	307 pts
14: Collingwood AC	92	108	110	319 pts
15: Newcastle (Staffs) AC	11	13	16	340 pts
16: Collingwood AC	112	134	135	381 pts

### Ladies over 35

1 J. Young...	V35 Shingay	19.17
2 J. Young...	V35 Shingay	19.17
3 J. Young...	V35 Shingay	19.17
4 J. Young...	V35 Shingay	19.17
5 J. Young...	V35 Shingay	19.17
6 J. Young...	V35 Shingay	19.17
7 J. Young...	V35 Shingay	19.17
8 J. Young...	V35 Shingay	19.17
9 J. Young...	V35 Shingay	19.17
10 J. Young...	V35 Shingay	19.17
11 J. Young...	V35 Shingay	19.17
12 J. Young...	V35 Shingay	19.17
13 J. Young...	V35 Shingay	19.17
14 J. Young...	V35 Shingay	19.17
15 J. Young...	V35 Shingay	19.17
16 J. Young...	V35 Shingay	19.17
17 J. Young...	V35 Shingay	19.17
18 J. Young...	V35 Shingay	19.17
19 J. Young...	V35 Shingay	19.17
20 J. Young...	V35 Shingay	19.17

### Ladies over 45

1 J. Fallow...	V45 Camoos	20.22
2 J. Fallow...	V45 Camoos	20.22
3 J. Fallow...	V45 Camoos	20.22
4 J. Fallow...	V45 Camoos	20.22
5 J. Fallow...	V45 Camoos	20.22
6 J. Fallow...	V45 Camoos	20.22
7 J. Fallow...	V45 Camoos	20.22
8 J. Fallow...	V45 Camoos	20.22
9 J. Fallow...	V45 Camoos	20.22
10 J. Fallow...	V45 Camoos	20.22
11 J. Fallow...	V45 Camoos	20.22
12 J. Fallow...	V45 Camoos	20.22
13 J. Fallow...	V45 Camoos	20.22
14 J. Fallow...	V45 Camoos	20.22
15 J. Fallow...	V45 Camoos	20.22
16 J. Fallow...	V45 Camoos	20.22
17 J. Fallow...	V45 Camoos	20.22
18 J. Fallow...	V45 Camoos	20.22
19 J. Fallow...	V45 Camoos	20.22
20 J. Fallow...	V45 Camoos	20.22

### Ladies over 55

1 L. Small...	V55 5th Vets	23.44
2 M. Anney...	V55 5th Vets	24.56
3 B. Atkinson...	V55 5th Vets	30.58

### Ladies over 60

1 J. Rose...	V60 5th Vets	25.44
2 B. Foster...	V60 5th Vets	28.08
3 J. Ogden...	V60 5th Vets	31.16

### Ladies over 65

1 M. Stone...	V65 Altrincham	27.57
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### Men over 70

1 J. Brughton...	V70 Shingay	33.37
2 J. Brughton...	V70 Shingay	33.37
3 J. Brughton...	V70 Shingay	33.37

### Men over 75

1 J. P. Fenn...	V75 Barnet	32.21
2 J. P. Fenn...	V75 Barnet	32.21
3 J. P. Fenn...	V75 Barnet	32.21

### Ladies over 50

1 J. Smith...	V50 Shingay	20.23
2 J. Smith...	V50 Shingay	20.23
3 J. Smith...	V50 Shingay	20.23

### Ladies Teams

1: Altrincham & District AC	5	10	181	33 pts
2: Sharnbrook Harriers	3	17	25	46 pts
3: Bolton United Harriers	24	49	49	49 pts
4: Cambridge & Colindale AC	34	37	52	123 pts
5: Altrincham & District AC	20	41	62	123 pts
6: Staveley & North Hants	13	26	126	126 pts
7: Sharnbrook Harriers	27	51	57	136 pts
8: Sharnbrook Harriers	49	50	51	151 pts
9: Altrincham & District AC	49	50	59	158 pts

J. Lee Computing (0959) 623109

**WANTED**

**LIVE WIRE**

**MUST BE OVER 40**

apply

**SRS, Veteran Athletics**

**67 Goswell Road**

**London EC1V 7EN**

**JUDY VERNON**  
Continued from P11

don't think anyone expected me to win but I told myself I could do it. We had the coalminers strike that Winter and they kept on turning the lights off at Crystal Palace and the heat off in the indoor arena so we really struggled to get fit for January. It is not easy. It makes you think and appreciate the Australians and how difficult their task is when they come over here - particularly to change from Winter to Summer and back again. I never forget that I wound up telling myself I was going to win and I said that to myself over and over again. I always think when you get a big final of any race everyone has prepared so hard and are so fit that surely the person who wins is going to be the one with the best mental approach.

"I have always thought that if you really put your mind to it you can do it. I have always used that philosophy and it has worked out well for me. It does not always happen and I don't always win but if you don't believe you can do it you won't do it."

**AROUND THE REGIONS Continued from P11**

with Andy Holden showing 28:25, and held it throughout the race. Bill Cowie (28:33) brought Oadby home in second place at the first change-over but his team faded after that and it was left to Birchfield and Worcester to challenge the strong Tipton team. Three mile legs by Martin Watson (15:57) and John Potts (15:41) put Birchfield 18 seconds behind the leaders after the third leg.

On the following fourth leg Dennis Hope lifted Worcester into second with 29:21, 27 seconds behind Tipton for whom Coyne had run 29:45



# RESULTS • RESULTS • RESULTS • RESULTS • RESULTS

## INDOORS

### BVAF INDOOR ATHLETICS CHAMPIONSHIPS

#### 50m

M40 1 S Fitzpatrick 9.1, 2 A Raker 9.6, 3 Golder 10.0

M45 1 B Ferguson 9.4, 2 B Charles 11.2

M50 1 J Freebairn 10.8, 2 A.C. Carter 10.9

M55 1 C Shatto 10.3

M60 1 S Steadman 10.5

M65 1 L Williams 10.7

M70 1 D Philcox 10.3

W35 1 C Brown 12.3

W40 1 J Willis 10.5

W45 1 J Vernon 9.5 (WR), 2 P McNab 10.8, 3 J Charles 16.5

W50 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W55 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W60 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W65 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W70 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W75 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W80 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W85 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W90 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W95 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W100 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W105 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W110 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W115 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W120 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W125 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W130 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W135 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W140 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W145 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W150 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W155 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W160 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W165 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W170 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W175 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W180 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W185 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W190 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W195 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W200 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W205 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W210 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W215 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W220 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W225 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W230 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W235 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W240 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W245 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W250 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W255 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W260 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W265 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W270 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W275 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W280 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W285 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W290 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W295 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W300 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W305 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W310 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W315 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W320 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W325 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W330 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W335 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W340 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W345 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W350 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W355 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W360 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W365 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W370 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W375 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W380 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W385 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W390 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W395 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W400 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W405 1 J Hulse 10.4 (WR), 2 N Cross 10.6

W410 1 J Hulse 10.4 (WR), 2 N Cross 10.6

D.Shimell 31.04

W40 1 B.Burton 28.55, 2 A Le Piongeon

29.50, 3 J Brown 29.56, 4 M Williams

30.56, 5 C Geddes 30.87

W45 Heats: (1) 1 M.Hocknell 28.97, 2

C.Scarles 30.45, 3 P.Spenice 30.40, (2) 1

Y.Priestman 28.79, 2 J.Vernon 28.99, 3

E.Stagg 29.16

W45 Final: 1 Y.Priestman 28.33, 2

M.Hocknell 28.38, 3 J.Vernon 28.95, 4

E.Stagg 29.40, 5 C.Scarles 30.22

W50 1 M.Mills 32.26

W70 1 P.Taylor 47.21

4 x 200m Relay

Men: Waterford AC 1:43.95

Women: Bromley Vets 2:09.71

2000m Walk

M40 1 B.Care 2:28.49 (WR), 2 D.Henley

8:29.70, 3 K.Martin 13:41.34

W50 1 C.Colman 10:12.72 (BR)

4 x 200m Relay

Men: Waterford AC 1:43.95

Women: Bromley Vets 2:09.71

2000m Walk

M40 1 B.Care 2:28.49 (WR), 2 D.Henley

8:29.70, 3 K.Martin 13:41.34

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W50 1 C.Colman 10:12.72 (BR)

4 x 200m Relay

Men: Waterford AC 1:43.95

Women: Bromley Vets 2:09.71

2000m Walk

M40 1 B.Care 2:28.49 (WR), 2 D.Henley

8:29.70, 3 K.Martin 13:41.34

9:50.27, 3 E.Williams 10:06.09, 4 R.Stewart

10:07.96, 5 M.Judge 10:12.12, 6 E.Appleby

10:25.62, 7 P.Prouse 10:39.64, 8

W.Robertson 11:03.48, 9 J.Irvine 10:28.32

M50 1 W.McGinlay 10:17.4, 2 W.Marshall

10:20.37, 3 S.Lawson 10:21.0, 4 J.Linn

12:57.1

M65 1 H.McGinlay 12:06.8, 2 T.Joynton

12:16.1, 3 D.Anderson 13:45.2

W55 1 P.Caldwell 10:16.3, 2 K.Chapman

W45 1 P.Gallagher 10:16.8

4 x 200m Relay

Men: Waterford AC 1:43.95

Women: Bromley Vets 2:09.71

2000m Walk

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8:29.70, 3 K.Martin 13:41.34

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4 x 200m Relay

Men: Waterford AC 1:43.95

Women: Bromley Vets 2:09.71

2000m Walk



# RESULTS · RESULTS · RESULTS · RESULTS ·

## Borzov Turku bound

VALERI BORZOV is just one of the stars intending to take part in the WAVA Track and Field Championships to be held at Turku, Finland, in July. Borzov (URS) was the 100m and 200m Olympic champion at Munich in 1972. Other big names are: Ludmilla Bragina (URS, 800m Olympic gold 1972), Tatiana Kazankina (URS, 1500m Olympic gold, 1976 and 1980 as well as 800m gold in 1976), Janis Lusis (URS, Javelin Olympic gold 1968 and bronze in 1964), Emil Puttemans (Belgium, 10,000m Olympic silver, 1972), Valeri Brumel (URS, High Jump Olympic gold, 1964), Kip

Keino (Kenya, 1500m Olympic gold and 5000m silver, 1968, as well as Steeplechase gold, 1972) and Pyotr Bolotinikov (URS, 10,000m Olympic gold, 1960). Don Quarrie (Jamaica, 200m Olympic gold, 1976) has indicated that he will come - perhaps to race.

To date competitors have entered from 51 countries - and it is expected several more will be represented. Among new nations attending will be Nigeria. So far 4,700 athletes have entered and the Finns expect more. If they reach the 5,000 mark - that will be a record.



A triumphant Peter Browne in the 800m at Kelvin Hall

K Summersgill 99.07  
M55 1 L V-Hobson 41.37, 2 P Brennan 42.36, 3 P Holmes 42.53  
M60 1 A Hughes 41.44, 2 B McGuigan 45.33, 3 D Howarth 46.34  
M65 1 R Lucas 41.51, 2 R Ferryhough 42.51  
M70 1 L Head 64.50  
M75 1 S Bradshaw 85.58  
Teams M40 Altrincham, M45 Altrincham, M50 Warral, M55 Newcastle, M60 Newcastle  
W35 1 D Wakefield 44.57, 2 A Cartwright 45.02, 3 P Davies 45.23  
W40 1 P Mae 43.59, 2 S Smith 51.14, 3 M Trickey  
W45 1 D Padgett 63.55  
W50 1 M Singleton, 2 P Parr 57.23  
W55 1 L Small 49.38  
W60 1 G Hinds 63.09

NVAC Cross-country race  
Croxthorpe Park, L'pool, March 17  
M40 1 B Hargreaves 36.20, 2 C Rigby 39.16, 3 E Wickett 40.10  
M45 1 M Flynn 37.46, 2 K Mayor 38.36, 3 K Burgess 39.36  
M50 1 R Woodman 41.21, 2 S Sacks 42.13, 3 V Heaney 42.13  
M55 1 E Faure 41.48, 2 F Wilson 42.21, 3 J Betney 46.36  
M60 1 B McGuigan 42.43, 2 A Walsham 43.29, 3 D Howarth 45.27  
M70 1 L Head 58.20, 2 N Morris 58.43  
W35 1 P Davies 43.57, 2 L Hales 45.36, 3 K Maycock 48.05  
W40 1 M Trickey 50.26, 2 P Hanson 51.26, 3 E Rimmer 56.25  
W45 1 J Gent 54.55, 2 D Padgett 62.40  
W50 1 J Atkinson 52.37, 2 P Parr 53.39

## MIDLAND

Welsh Veterans Championships  
Incorporated into the Welsh Inter-Counties  
Llandifoes, January 5  
M40 1 M Venables 36.14, 2 A Stedman 36.5, 3 B Plain 36.59  
M45 1 A Jeffries 36.42, 2 A Egan 36.47, 3 C Elliot 38.39  
M50 1 B Griffiths 38.00, 2 A Garrett 39.06  
M55 1 A S Smith 42.12  
M60 1 L Baldwin 52.32, M65 1 R Jones 55.59, M70 1 Brierley 55.59  
W35 1 D Kenwright 21.54, 2 E Slater 22.06, 3 F Davies 22.24  
W40 1 A James 22.01, 2 S Neal 22.49, 3 D Davies 23.28  
W45 1 R Colekew 25.06  
W55 1 M Gartrell 25.30

Llanywerryd 6M  
January 27  
1 S Brace 38.05, M40 J Pinton 41.41 (17th), M45 L Davies 42.18 (25th), M50 A Garrett 44.54 (59th), W35 F Davies 49.10 (127th), W40 S Neal 51.05 (170th), W55 M Loudon 52.06 (190th)

Laurentian Life Owent League  
Blaze Castle, February 2  
Men: 1 Dida 36.30, 2 D Frances 36.58, 3 F McCabe 37.02, 4 A Jeffries 37.17, 5 G Blackburn 37.11, 6 B Plain 37.59, 7 T.Dymond 38.11, 8 B Griffiths 38.23  
Women: 1 P Gallagher 20.09, 2 F Davies 20.28, 3 J Jay 20.49, 4 L Slater 20.58, 5 A James 21.00  
Carmathen, March 10  
Men: 1 Dida 42.01, 2 F McCabe 42.27, 3 B Plain 43.02, 4 A Jeffries 43.26, 5 S Johnston 44.17  
Women: 1 F Davies 23.34, 2 P Gallagher

23.43, 3 L Slater 25.00  
Overall placings - Men: 1 F McCabe, 2 B Plain, 3 A Jeffries; Women: 1 P Gallagher, 2 F Davies, 3 J Jay

Welsh Vets 10M Championships  
Pontypridd, February 17  
M40 1 K Wilkinson 53.13, 2 J Pinton 53.45, 3 R McAndrew 54.19  
M45 1 A Roper 52.44, 2 E Davies 56.01, 3 M Rowland 56.58  
M50 1 C Leigh 55.32  
M60 1 J Meredith 66.15  
W35 1 B Cardy-Wise 57.36, 2 D Kenwright 62.22, 3 F Davies 62.56  
W40 1 S Neal 64.32

Welsh Vets AA Half Marathon  
Newbridge, Gwent, March 24  
M40 1 K Wilkinson 71.49, 2 P Belcher 74.12, 3 J Pinton 75.26  
M45 1 E Davies 75.04, 2 E Davies 77.13, 3 A Davies 78.02  
M50 1 B Gough 78.46, 2 M Farnham 89.17, 3 R Harris 89.26  
M60 1 J Meredith 91.23, M65 1 T Wood 96.08  
W35 1 D Kenwright 84.16, W40 1 S Neal 87.07

NVAC CC Championships  
Princethorpe College, Rugby, January 6  
Omitted from results: 3rd O45 (7th overall) M.D Parker

Midland Counties 12 Stage Road Relays  
Sutton Park, Veterans  
1 Tipton 2:03.16 (A Holden 28.25, A Rushmer 16.09, J Taylor 16.15, A Coyne 29.45, K Green 16.12, M Wrenn 16.30), 2 Worcester 2:03.24 (B Hughes 29.38, S Halton 15.51, D Wide 16.11, D Hope 29.21, R Cooper 16.24, G Aston 15.59), 3 Birchfield A 2:03.45 (P Davies 29.29, M Watson 15.57, J Potts 15.41, S.Couldwell

30.07, R.O Gorman 15.44, R.Davies 16.47), 4 Notts 2:04.05, 5 Hultcoe 2:05.10, 6 Wolves & Bliton 2:05.17

EVAC Cross-country Championships  
Downham Market, January 27  
M40 1 D Ovation 36.59, 2 D Laynes 37.35, 3 J Jenkins 37.54  
M45 1 M Nelson 37.40, 2 R Wadeley 39.01, 3 H Darbon 39.29  
M50 1 T Hawkins 38.36, 2 I.Vaughan-Atkuckle 39.12, 3 R Mawer 39.16  
M55 1 M Ball 44.15, 2 R Carlew 45.00, 3 C Weight 45.18  
M60 1 D Linton 42.38, 2 A Hughes 43.13, 3 E Thompson 45.09  
Teams: M40 1 Camridge & Colindale A, 2 Bedford & County, 3 Nene Valley; M50 1 Mansfield, 2 Vauxhall Motors, 3 Bedford & County  
W35 1 M Thompson 19.15, 2 D Marsh 19.47, 3 C Bishop 21.00  
W40 1 K Every 21.09, 2 B Hutcheon 21.12, 3 H Darbon 22.40  
W45 1 J Horsey 22.16, 2 S Gander 22.31, 3 J Harvey 23.02  
W50 1 M Holmes 25.21  
Teams: 1 Camridge & Colindale, 2 Nottam

EVAC 10K Challenge  
Hemington Grey, Huntingdon, March 24  
M40 1 A Simmonds 31.06, 2 H Emerton 31.48, 3 R Church 31.54, 4 P Holman 32.48  
M45 1 M Nelson 33.25, 2 P Hutchison 36.14, 3 R Brett 36.20  
M50 1 A Hawkins 33.46, 2 P Andrews 34.51, 3 D Marsden 34.59  
M55 1 R Carlew 39.25, 2 T Palmer 40.32  
M60 1 A Hughes 36.48, 2 D Linton 37.52, 3 E Thompson 38.34  
Teams: M40 1 Bedford & County, 2 Vauxhall Motors, 3 Grantham; M50 1 Vauxhall Motors, 2 Camridge & Colindale  
W35 1 M Thompson, 2 D Marsh 38.25, 3 C Bishop 40.10  
W40 1 F Sperke 37.34, 2 B Hutcheon 41.32, 3 R Britton 44.20  
W45 1 J Norris 40.18, 2 C Gould 40.25, 3 P Read 46.13  
W50 1 M Brown 56.14

EVAC Inter-Area 10K Challenge  
Hemington Grey, Huntingdon, March 24  
1 Mike Hager (M 40) 31.52, 2 Ahmed Amraoui (SW M40) 31.92, 3 M Fieher (SW M40) 31.41, 4 H Emerton (E M40) 31.47, 5 R Church (E M40) 31.53, 6 C Cartland (M 40) 32.02, 7 J Peavoy (M 40) 32.13, 8 J Johnston (SW M40) 32.35, 9 V Holman (E M40) 32.47, 10 B Cowie (M 40) 32.50, 11 G Platten (M 40) 32.50, 12 D Ovation (E M40) 32.54, 13 M Nelson (E M40) 32.54, 14 D Fryn (SW M40) 33.34, 15 J Jewell (M 40) 33.36, 16 T Hawkins (E M50) 33.48, 17 P Davies (M 40) 34.18, 18 A Griffiths (M 50) 34.23, 19 D Laynes (F M40) 34.43,

20 P Andrews (E M50) 34.51, 21 M Wrenn (M 50) 34.56, 22 G Marsden (E M50) 34.58, 23 B Webb (E M40) 35.06, 24 L.Vaughan-Atkuckle (E M50) 35.24, 25 R.Coombe (SW M40) 35.40, 26 J Cleland (M 50) 36.10, 27 P Lusardi (E M50) 36.28, 28 P Gallagher (M W35) 36.29, 29 A Hughes (M W50) 36.48, 30 M Thompson (E W35) 37.13, 31 M Short (M W50) 37.29, 32 F Sperke (E W35) 37.33, 33 D Marsh (E W35) 38.27, 34 D Fellows (M W35) 39.36, 35 C Bishop (E W35) 40.10, 36 H.Barnfather (Guest SW M40) 40.24, 37 Fidamer Harris (M W35) 40.29  
Teams: M40-49 1 MVAC, 2 EVAC, 3 SWAC; M50 1 EVAC, 2 MVAC; W35+ 1 EVAC, 2 MVAC  
The Eastern veteran 10K Challenge  
Trophy for the best Average time from the three average times of the different categories went to EVAC (35.07) with runners-up MVAC (35.36)

## SOUTH

SWVAC 10M Championships  
incorp. within Plymouth 10  
M40 1 A Amraoui 52.42, 2 J Johnston 53.16, 3 D Francis 53.33  
M45 1 M Hower 55.45, 2 C Jager 64.49, 3 R.Soul 66.07  
M50 1 P Marshall 56.40, 2 J Newman 59.28, 3 E Shillabeau 64.30  
M55 1 N Thom 61.04, 2 M Sparrow 70.27  
M60 1 B.Gwynne 65.27, 2 J Bishop 73.42, 3 R Fry 72.49  
M65 1 V McKee 76.51  
M70 1 R Taylor 101.00  
W35 1 A White  
W40 1 Z Marchant 60.29, 2 L West 66.14, 3 S Uno 68.06  
W45 1 M Luker 81.36, 2 J Moulton 84.47, 3 P Snell 85.25  
W50 1 M Tremblott 118.22

Southern Indoors Championships and Open  
Hertingry, February 23  
60m M40 1 S.Wiles 7.5, M45 1 R Bush 7.8; M50 1 A Carter 8.1; M55 1 A Blackburn 8.1, 2 G.Daborn 8.1; M60 C.Williams 7.7; M65 L.Williams 8.7; M70 D.Philcox 9.7; W35 1 S.Dobson 9.1; W45 1 M Brooks 8.7; W50 E.Williams 9.1  
60mH M40 1 M.James 9.5; M45 1 B.Charles 11.3; M50 1 A.Carter 11.3; M55 G.Daborn 10.5; M60 P.Oakeshot 11.2; M65 L.Williams 10.7; M70 D.Philcox, W35 1 S.Dobson 11.4; W45 1 J.Charles 11.0; W50 1 J.Kulle 10.5; 2 N.Croes 10.6  
HJ M45 1 B.Charles 1.35; M50 1 A.Carter 1.25; M55 1 J.Day 1.35; M60 1 P.Oakeshot 1.30; M65 1 L.Williams 1.30; W45 1 J.Charles 1.20

LJ M40 1 M.James 6.04; M45 1 B.Charles 5.14; M50 1 D.Whitton 4.89; M55 1 J.Day 4.17; M65 1 L.Williams 4.28; M70 1 D.Philcox 3.67; W45 1 J.Charles 4.40  
Shot: M40 1 N.Giffin 13.37; M45 1 J.Curtin 10.02; M55 1 G.Hickey 11.53; M60 1 P.Oakeshot 11.50; M65 1 L.Williams 9.09; M70 1 D.Philcox 7.16; W45 1 B.Terry 10.57; W50 E.Williams 11.40; W55 M.Grant-Stevens 7.56

SCVAC Cross-country Championships  
Lloyde Park, March 16  
M40 1 P.Wilcomb 33.15, 2 R.O Mahoney 33.58, 3 C Dickinson 34.13  
M45 1 B.O'Neil 33.49, 2 M.Duff 34.49, 3 D.Rogers 35.54  
M50 1 B.O'Gorman 35.37, 2 T.Davies 37.09, 3 D.Survey 37.14  
M55 1 R.Gomez 36.42, 2 M.Barnatt 37.35, 3 R.Hogg 37.47  
M60 1 L.Foster 39.54, 2 J.D.Wood 40.23, 3 W.Clapham 41.02  
M65 1 R.Hale 45.36, 2 W.Eyles 47.20  
M70 1 J.Broughton 47.41  
W35 1 J.Ince 18.52  
W40 1 A.Lewis 23.57, 2 M.Shirley 25.18  
W45 1 C.Hyde 21.25, 2 B.Harvey 22.39, 3 J.Kimber 22.48  
W50 1 A.Cooper 24.55, 2 Y.Miles 26.02, 3 B.Cushen 27.37

SCVAC 4th Cross-country League  
Norman Park, Croydon, March 17  
Men: 1 B.D.Gorman O50 35.37, 2 J.Phalan O40 35.52, 3 B.Mellish O40 36.18, 4 M.Cronin O40 36.32, 5 J.Evans O40 37.07, 6 J.Shirley O40 39.37, 7 J.Kimber O50 39.50, 8 L.Foster O60 39.54, 9 H.Aiken O40 39.55, 10 J.Rains O40 40.10  
Women: 1 B.Harvey W40 22.39, 2 J.Kimber W45 22.48, 3 A.Lewis W40 23.57, 4 M.Shirley W40 25.18, 5 P.Antonia W45 26.14, 6 B.Cowell W50 29.32

Teams: Men 1 Blackheath 72, 2 Barnet & District 56, 3 Medway 49; Women 1 Barnet & District 20, 2 AFD 14, 3 Medway 8

Hampshire County Vets Cross-country Championships  
Heavitree, February 16  
M40 1 K.Griffiths 34.46, 2 B.Beadmore 35.54, 3 P.Western 36.12  
M45 1 B.Mills 37.43, 2 P.Harris 38.36, 3 E.Tilbury 40.27  
M50 1 S.Slupin 39.52, 2 R.Chalk 40.02, 3 M.Koogh 41.31  
M55 1 B.Ward 39.29, 2 G.Ponstone 41.15, J.Brothers 41.38  
M60 1 J.Taylor 44.06, 2 M.Staggles 51.55  
W35 1 C.Benning 18.56, 2 J.Evans 21.50, 8 J.Foud 21.32  
W40 1 N.Akney 20.09, 2 M.Collert 21.29, 3 H.Oram 21.32  
W45 1 J.Hobbs 28.33  
W50 1 R.Potts 24.28  
W55 1 M.Staggles 27.34

## CANNOCK MASTERS

Sunday September 22nd Festival Stadium Cannock 11am

Open Graded Track & Field for Veterans

Track M40 100m 200m Hurdles 300m 600m  
1 Mile 5,000m 5,000m Walk (Men & Women)

£2 for a number, as many events as you wish, in advance by September 10th or £3 on the day

PLUS  
BRITISH PENTATHLON THROWS CHAMPIONSHIP  
(Men 35lb Hammer - Women 28lb Hammer)  
Entry Fee £3

Entries with 9"x4" SAE and cheques to 'MVAC' to  
John Mills, 3 Victoria Villas  
Bath Rd, Nailsworth, Glos GL6 0JB



## SOLIHULL CHAMPIONSHIPS

11th August 1991 11am  
at Norman Green Athletic Centre  
Blossomfield Rd, Solihull



1 MVAC Pentathlon Championship  
2 Jumps Triathlon: Long Jump, High Jump, Triple Jump  
3 MVAC 10K (running) Championship  
4 Maxwell House Mile  
5 BVAF Women's 5K Walk Championship  
6 BVAF Men's 10K Walk Championship  
7 Open 100m and 200m  
8 Open Shot, Javelin, Discus  
9 BVAF Club Relays: 4x100m, 4x400m  
Entry fees: £3 Pentathlon, £2 Walks and Relays per team, £1.50 all other first events, £1 subsequent events  
Entries to: Dennis Withers, 14 Cottage Lane, Marlbrook, Bromsgrove



# SALE TIME SALE TIME SALE TIME

## Helly-Hansen



**46000 Crew Neck Long Sleeve**  
Top. Round neck, striped insert on sleeve and shoulder, flatlock seams. Combines with 46005 and 46008, colour navy, vanessa blue, red, turquoise, white and plain yellow, sizes S, M, L. We also stock the following sizes in navy only age 10-12 XS and XL, usual £13.99, offer £11.95.

**46005 Longjohns**. Front fly elasticated waist, elasticated ankles, flatlock seams, combines with 46006. Colours navy, vanessa blue, turquoise, white and red, sizes XS-XL, and 10-12 in navy only, usual £13.95, offer £11.95.

**46090 Thin Sock**. Polypropylene/lycra, colours navy, white, sizes 35/38, 39/42, 43/46, usual £6.20, offer £4.95.

**46092 Jogging Sock**. Polypropylene/lycra, terry sole, colours navy, white, sky, yellow, sizes 35/38, 39/42, 43/46, usual £4.95, offer £3.50.

**46006 Super Briefs**. Broad elasticated waist, nylon windproof front panel, flatlock seams, colour navy, sizes S-XL, usual £9.50, offer £8.50.



**46026 Crew Neck Short Sleeve**  
Top. Round neck short sleeve, striped insert in shoulder and sleeve, flatlock seams. Colours navy, white, sizes XS, S, M, L, XL, usual £12.99, offer £11.25.

**46299 LIFA Super Hood**. Polypropylene close fitting, colour navy, size standard, usual £3.99, offer £3.50.

**48210 LIFA Super Gloves**. Polypropylene with lycra, colours navy, green, red, yellow, size standard, usual £3.90, offer £3.50.



**ASICS Gel Barcelona Training Shoe**. Features include: flex channels for forefoot flexibility, quadra lacing providing optimum support, replaceable insole containing ASICS Gel, shock absorbant material, lightweight only 295 gms size 9 (Suitable for racing and training).

SAVE £10.



**Brooks Conquest DS Spike**, special offer, ideal for both track and country, sizes 6-12 inc. 1/2, usual £44.99, offer £34.99

STOP PRESS! • SCOOP PURCHASE • STOP PRESS!

SAVE £20.



**Brooks Blast Racing Shoe**, cosmetic seconds, slight discoloration, two colourways, white/blue/black or white/red/black, when perfect price £49.99, cosmetic seconds £29.99, sizes US 7-13 inc. 1/2 sizes

RUNNING ACCESSORY SALE

**Ralgex Pre Exercise Embrocation**, usual £3.25, sale £2.

**Reflective Waistcoat** for evening training, usual £3.99, sale £2.95

**Sorbothane Heels**, sizes 313-51, M16-81, L19-121, usual £4.95, sale £2.95

**Cotton Interlock Running Gloves**, colours gold, green, white, blue or red, sizes ladies, youths or mens, usual £2.99, sale £1.95

**Reebok Runners Log**, ideal for training guide includes lots of advice and schedules, diary starts any time, usual £4.95, sale £2.95

**Reebok Racing Socks**, thin skins (slightly imperfect), only size 4-7, usual £3.35, sale £2 a pair

**Polisoxx Running Socks**, sizes 4-7 or 7 1/2-11, usual £2.55, sale £1.85, or 3 pairs for £4.50

**Polisoxx Racing Socks**, 80% cotton, extra lightweight, only for shoe size 4-7, usual £2.65, sale £1.80 or 2 pairs for £3

## mileta TARKA

**Tarka Blizzard Running Suit** incredibly lightweight, waterproof and breathable shell suit. Wind, rain, sleet, snow, whatever the weather throws at you, the Tarka Blizzard running suit, manufactured by Mileta, will keep you warm and dry.

The Tarka Blizzard features a new wonder process called Tarka. It was developed by Courtaulds Fabrics and tested by runners in the harsh conditions of the Lake District and Austrian Tyrol. When you're wearing the Tarka Blizzard you can take the worst weather conditions in your stride. To start with, it's waterproof and amazingly breathable. So the sweat you work up is wicked away, leaving you cool, even in the middle of a hard ten mile!

The Tarka Blizzard won't weigh you down, either. It's much lighter than comparable running suits. What's more, it's so comfortable and stylish, so soft and stretchy that you'll want to wear the Tarka Blizzard all the time.

Whatever the weather, whatever you're doing, get into the Tarka Blizzard running suit. Colours: All Nimbus, All Purple, Nimbus/Purple, Purple/Nimbus. Sizes: S, M, L, XL. Jacket only £79.95, £59.95. Trousers only £39.95, £30. Suit £119. £89.

£14.99



£14.99

**Singlet and Shorts**. The mini-mesh/polyester combination used in the material and the performance cut of this singlet and shorts eliminates chafing and provides maximum freedom of movement. Designed and developed to satisfy the demands of the worlds top athletes, the range will be worn by both top national and international stars from January 1991. Available in Sizes: S-XL

£79.99

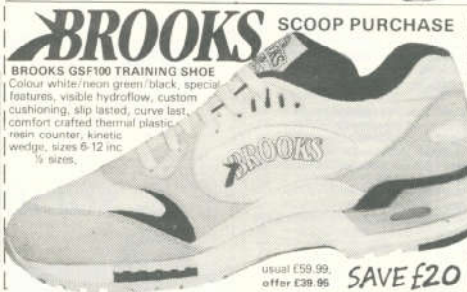
**Tee Shirts**. 100% top quality pre-shrunk combed cotton tee shirts providing the comfort and quality demanded.

## mileta

**Mileta Blizzard Waterproof Beathable Rainwear Running Suits**. Britain's Raining Champion. Fabrics manufactured by Carrington Performance Fabrics. Its unique microporous PU coating permits perspiration vapour to escape whilst preventing raindrops from penetrating. Features include fully machined taped seams, concealed hood in collar, terylene lining for wickability, storm flap behind zip, trousers with extra long gusseted zip to the knee and Scotchline high visibility safety trim. 9 colourways for men and women: sky/silver/sky, green/yellow/green, red/silver/navy, yellow/white/royal, amber/yellow/grey, jade/red/grey, pink/silver/pink, white/pink/white, royal/navy/turquoise, sizes S 34/36", M 38/40", L 42" and XL 44". Usual price £85.50, offer £69.95



2 YEAR GUARANTEE  
CYCLONE



**BROOKS GS100 TRAINING SHOE** Colour white/neon green/black, special features, visible hydroflow, custom cushioning, slip lasted, curve last, comfort crafted thermal plastic resin counter, kinetic wedge, sizes 6-12 inc. 1/2 sizes.

usual £59.99, offer £39.95 SAVE £20

**Shell Suit**. A high quality trilobal polyamide nylon shell with a cotton/polyester lining, provides comfort and functionality. Available in Sizes: S-XL £69.99



**AP GEL LYTE III** Lightweight performance and training shoe for high mileage roadwork. £64.99

Wind Suit. Made from a fully waterproof material with sealed seams that provides protection against wind and rain. Available in Sizes: S-XL



**Saucony Lady Shadow VS Training Shoes**. Only sizes US 5, 5 1/2, 6, 6 1/2 and 11, usual £54.95, offer £39.

**Saucony Mens Shadow VS Training Shoes**. Only sizes US 7, 8, usual £54.95, offer £39.



**Saucony Crossport Triad**—The flagship of the multi-sports shoes, designed for the serious outdoor athlete, designed for use as a running, cycling and fitness shoe, sizes 6-12 inc. 1/2 sizes, usual £74.99, only £34.99, save £25.

**Saucony Crossport Omni**—A cross training shoe designed for multi sports, ie, cycling, running and gymnasium. This shoe is designed to appeal to most versatile athletes, full size range, mens 6-12 inc. 1/2 sizes, ladies 3-9 inc. 1/2 sizes, usual £49.99, only £24.99, save £25.

SAUCONY CROSS TRAINING SHOES

SAVE £40.



**Men's Stable Pro**

**Etonic**  
Built So You Can Last.

**Etonic Stable Pro Training Shoe**. Designed for the runner who needs strong medial support in a lightweight, flexible training shoe. Equipped with DRP, plus anti-pronation plate that cradles the heel, provides excellent foot stability, while the anatomical slip last construction gives runners a flexible feel of the road. Built for runners who regularly clock heavy mileage in all conditions, sizes UK 7-12, usual £64.99, offer £39.95

**Etonic Ladies Stable Pro**. Specifications as per ends of 388 (built on ladies last) only UK sizes 4, 4 1/2, 5, 5 1/2, 6, usual £64.99, offer £39.95

**Etonic Stable Plus Training Shoe**. Designed for the heavy mileage runner who requires a durable supportive stable platform. Open mesh/synthetic suede upper with non-woven lining for excellent moisture dissipation. Blucher cut for superior fit for medium to wide feet. Equipped with a co-ordinated DRP Plus stability system, incorporating a rear anti-pronation plate and forefoot control plate for extended protection during high intensity training, sizes UK 7-12 inc. 1/2 sizes, usual £75.99, offer £59.95

**Etonic Stable Speed Racing Shoe**. A road racing shoe offering exceptional stability, weight 255 gms (size 9), sizes UK 7-12 inc. 1/2 sizes, usual £54.99, offer £39.95

**Stable Speed Track Spike**. Lightweight track and country spiked shoe, sizes UK 7-12 inc. 1/2 sizes, usual £44.95, offer £35

**SALE**

**Tinley BOURNESPORTS**

**TINLEY 4 PANEL TRI-SHORT** Quick drying polypropylene terry pad for swim, bike, run. Draw string elasticated waist, gripped elastic legs. Colours all over print jade, ocean or hot pink, or alternating solid and 'strings' print panels. Sizes S, M, L & XL, usual price £18.99. Sale £8.95

SAVE £10.

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