

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 19

The Newspaper of the British Veterans Athletic Federation

Summer 1991 £2.00

Record numbers at the National

Report by Athletics Weekly's

Veteran Voice, Martin Duff
A RECORD 715 athletes, including 57 from overseas using the event as a warm up for Turku, entered the 21st BVAF National Veterans Track & Field Championships held at Alexander Stadium on July 6 and 7. Eighteen new British records were set at these games well organised by the MVAC.

With both days hot and sunny sprinters and field eventers were in their element. But the distance races demanded sensible pacing. It is difficult to pick an individual star of the championships but the effervescent Mary Wixey does stand out. Now 70, Wixey has brought her all pervading enthusiasm to these meetings for many years and she is to be congratulated on her six W70 golds — all new British records. Not far behind in performance was Jo Ogden who totally dominated the W60 group. Ogden set two age group bests — one a 31.74 Javelin throw. Monica Shone set new marks in the W65 400m and 800m, while Mavis Williams, W75, did likewise in the 100m and Shot Putt. It was particularly good to see increased numbers of women contending for some of the middle distance medals.

The men's distance events were wars of attrition. Peter Banks narrowly outprinted new M40 Terry Osborne to retain his 5000m title but was totally outdone by Tony Simmons' flying second half in the 10000m held the next day. Simmons, a former Olympic fourth placer, sensibly laid off the pace when Stan Curran put in a burst after three sedate laps. After regaining contact he blasted out a 15:14 second half for victory by nearly a minute in 31:17.46. Brian O'Neil took the M45 title but it was Steve James, M50, who actually won the combined M45 and M50 race after a close battle to win the M50 5000m with Phil Lancaster the previous day.

There was good racing in the M60 class where Willie Marshall posted a double over Alan Hughes and Doug Linton. In the M70s Arthur Keily took both M70 distance races despite having to rejoin the 5000m after a lap scoring error.

Peter Browne was tested on the first lap of the M40 800m by Alan Clark before powering to a 1:57.69 victory after a season's best 50.95 400m the day before. The M45 1500m was pedestrian before giving John Potts a work out over the final lap but New Zealander, Ron

Robertson, was majestic in the M50 race, disposing of Lancaster and Mike Wrenn.

Ron Taylor, as usual, was flamboyant in the M55 sprints and, try as he might, David Burton could never get on terms. John Henson looked as good as ever in the M45 400m while Evan Williams M55 medal haul of one gold, two close silvers and a bronze was remarkable in the light of his problems last year.

In the field Roger Bartlett's new M50 Javelin (new) record of 53.78 was outstanding while campaigner Joe Phillips was narrowly outside his M55 best. Longtime British Champion, Howard Payne, set a new M60 Hammer mark of 48.40 but the best heavy competition came in the M50 group where John Walters narrowly won the shot from Max Jones in 12.21 and John Kee just headed Hugh Richardson and Bill Gentleman in the Hammer with 48.70. Richardson took the Discus in 41.0. In the M45 category Chris Ellis threw 41.16 for discus and Brian Gills 12.23 for shot.

Brian Hull proved best in the M40 Triple Jump with 13.77 and John Vernon took the M45 title. John Darlington set a M55 British Triple Jump record of 11.36 and then set a second with a High Jump of 1.58.

Jean Willis looked good in the W40 hurdles and jumps, Carina Graham bagged a mixed set of W55 Golds, Gwen Bird continued her good seasons' form in the W35 discus (47.02) while Shara Spragg set a new W40 British record of 46.00 in the Javelin. Marjorie Hocknell's comeback from injury saw her with W45 Golds in her World Championship events and Barbara Blurton looked every inch the World Champion she ought to become in the W40 sprints. Sally Young was caught for pace in the W35 800m after taking the 5000m in 17:05.81 the previous day.

In the Walks, Gill Trower took advantage of Cath Reader's bad knee to take Gold in the W35 class and Bob Care dominated the M40 events. Perhaps Amos Seddon's two M50 Golds were the best age graded walks.

There were only a couple of problems which caused a little irritation. The main one was the high standards set for the field eventers which allowed only a very select few to take a further three tries at their event. Also there was some nervous agitation at the photofinish numbers table. But these two problems could hardly mar a very successful Championship.

Results p14



At the World Championships Mary Wixey Triple Jumps to a new W70 World record at Turku — report and results pp8/9

World Road Championships to Birmingham

Birmingham was left unopposed at the WAVA Assembly, held July 24 in Turku, as the bidder for the 1992 WAVA 10k and 25k Road Race Championships while Cesare Beccalli narrowly held onto his Presidency. Martin Duff, BVAF Vice-chairman, reports.

BIRMINGHAM's bid, presented by John Walker, was unopposed when France withdrew its bid to stage the World Road Race Championships. John Walker will be leading the team organising the event. It will be held the weekend of August 29 and 30 in Birmingham centred round the National Exhibition Centre and will incorporate a Women's 20k and Mens 30k race walk.

Moves to unseat Cesare Beccalli as President came unstuck when incumbent WAVA secretary, Alastair Lynn, nailed his colours to the mast of a WAVA totally independent from the IAAF. When the vote came both Britain's nomination, Owen Flaherty — himself a former

WAVA secretary — and the Indian, Santok Singh, withdrew and Beccalli scraped home by 55 votes to 49. Lynn announced that he will not be seeking election again. Britain's Bill Taylor was re-elected as Vice-President Stadia and Torsten Carlus of Sweden is the new WAVA Secretary.

A move by Australia to lower the men veteran's starting age to 35 was heavily defeated and a move to raise the women's age to 40 was not debated following a vote in the Women's meeting to retain the status quo.

In a debate which probably did more to highlight the language difficulties inherent in such a delegates meeting a move by Germany to allow the year of an athlete's birth to count as their veteran age category (instead of birthday) was only narrowly defeated by 47-44.

The Council passed a resolution proposed by New Zealand that in all future championships a team vest should be worn.

Finally Miyazaki was confirmed as the 1993 venue for the next World Track and Field Championships. Despite a proposal to postpone a decision Singapore, as the only bidder for the 1995 games, was elected by a show of hands.



Shara Spragg hurls a W40 UK best javelin at the National

Taylor re-elected Chairman

BILL TAYLOR was re-elected Chairman at the AGM held in Birmingham on July 6. But Taylor is adamant that he wishes only to continue for one more year. All other officers were also re-elected.

Issues under discussion included the professional issue and it was proposed that the meeting was informally in favour of accepting practising professionals.

An amendment to the constitution was made whereby a women's representative will now be elected by

women present at AGMs from nominations made by veteran clubs. Up until now the women's representative has been co-opted by the Council.

There was also a proposal from Peter Duhig and Ian Vaughan-Arbuckle that a working party be set up to examine the current arrangement whereby affiliated veteran clubs, including VAC, draw their members and whether the principle of first claim membership should be invoked within the BVAF. The meeting accepted the proposal.

The Championship Secretary, Mike Wrenn, did comment on how difficult it was to place some of the Championship events.

Confirmed BVAF Championship dates for 1992 are: March 15 Cross-country, Cardiff; April 19, 5K Championships, Dunsfold; May 8, Road relays, Heaton Park, Manchester; and July 18/19 Track and Field, Copthall, London.

Cosford looks to be the venue for the Indoor but as yet the date is unconfirmed. AGM reports p5

British Records

M50	J: Roger Bartlett 53.78
M55	100m: Ron Taylor 11.62
	(— but has pending 11.2)
	HJ: John Darlington 1.58
	TJ: John Darlington 11.36
M70	LJ: Alan Lovett 4.44
M75	J: Harold Karlson 24.22
W35	TJ: Margaret Daniels 9.55
W40	HJ: Jo Ogden 26.58
	J: Jo Ogden 31.74
W65	400m: Monica Shone 79.40
	800m: Monica Shone 3:11.59
W70	100m: Mary Wixey 16.59
	200m: Mary Wixey 35.28
	LJ: Mary Wixey 3.35
	TJ: Mary Wixey 6.03
	D: Mary Wixey 15.76
	J: Mary Wixey 16.18
W75	100m: Mavis Williams 20.92
	SP: Mavis Williams 4.95

Draw prize now £125

More members are joining Veteran Athletic's Prize Draw — and that is good news. Even better news — we have raised the first prize to £125. There are also six £10 runner-up prizes. If you are not already in with a chance why not send off your £12 today which gives you 12 opportunities a year to be a winner. Details of how to apply and recent winners p4.

FROM THE EDITOR

Slowly but surely *Veteran Athletics* is becoming self-supporting. A few more advertisements come in, more members join the monthly Prize Draw and others send donations. Also as more addresses get post coded - is yours? Look now - the cheaper the postage costs. Please let us know if your addressed envelope is without a postcode. We do try hard too to minimise duplicate copies but occasionally the system breaks down - again, let us know.

The paper now has a strong expanding team of helpers and correspondents who all do the work on a voluntary basis. And they must be thanked. As editor, I am particularly thankful that no one groans when I ring begging a report, a result or help. I have not had one unwilling response. And Jack Fitzgerald is indefatigable in organising the address labels - a very large task - and indispensable in checking results,

writing reports and making sure the important things get printed.

Because the work of editing and producing the paper takes a considerable amount of time I have asked Geoff Harrold of *Athletics Today* to undertake the task for the Autumn issue. The advantages will be twofold. One - you'll have a nice fresh aspect to the paper and two - like all good athletic programmes which must include a period of rest in order to revitalise tired muscle and brain cells, so will I revitalise my editorial cells to take up the task again for the Winter issue.

Jack, the endurance man that he is, works on. Correspondence, reports, queries, complaints should continue to come to this office. I'll be back to lighten your gloomy winter months.

Sarah Cawkwell

Veteran Athletics

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DATE _____

11th Crack Cancer half-marathon Cheltenham 2.30 p.m. Sunday, 15th September, 1991

veterans BVAF GRADE 1

MERCANTILE & GENERAL

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Closing Date: Friday, 30th August, 1991. No late entries. (Entry limited to 2,500)

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Testimonial 1990

There are many roads where the cars have no

recognition and I very much enjoyed the race

and the splendid organisation (Wyre Piddle)

I agree to abide by the Rules and Laws of the AAA and WAAA and regulations of the Crack Cancer Half Marathon

Committee. I accept responsibility for my participation.

Signature _____ Date _____ Assisted by P&O

Rommel of the Relay

— Wilf Morgan takes a view from the bus at the BVAF National Road Relays held May 11 at Sutton Park.

FOR the road-relays in Sutton Park the announcer does his thing from the top of a bus, parked right on the line. It's an open-topped job so if the weather's nice it can be quite pleasant and he gets a good view. But the serious side of the job, telling the crowd what's happening, can be hard work. Well, I was stretched when I did the Tony Ward bit at our relays in May.

I was on top of a bus three weeks before when I was second-string announcer to Bud Baldaro at the AAAs 12 stage. Most of the time I was picking out the oncoming runners, through Terry Wise's binoculars, and telling Bud who told the crowd. I was pleased with my contribution, I could recognise the vests before the numbers came into focus. I felt like the Rommel of the relay — calling the shots early and getting them right almost every time. But the vets' race was different.

I'm on my own, binoculars in one hand and microphone in the other. There are more teams, which means more colours, and some of them are difficult to distinguish. I mean, why do the Wirral have to wear Swansea's colours, don't these Liverpudlians have any imagination? And talking about green and white — around here a hooped vest of that colour means Tipton. I have to contend with Gosforth and Woodford Green as well. Black means Birchfield or Blackheath, but Blackheath are not running so who are the other team in black. Tynemouth Harriers? Never heard of them.

Waiting until I can see the number and then checking the programme is not my style. I'm the lad who can call Belgrave or Godiva from a mile away. Belgrave's red is a bit darker you see. Westbury from Leamington? No prob. Westbury always show up first. Gateshead from Bristol is more difficult, they have to come a bit closer, not much, mind, so I can see if the name Gateshead is printed above the red band. If it isn't it's Bristol.

The wind blows my papers about. I missed a trick there, no drawing pins or sellotape to stick them to the table. I announce lost property, a pair of glasses and a purse with some money in it, and I tell everybody to put their litter in the bins or the Birmingham Council might not want us back.

A lady's at my shoulder, Zina Marchant I think — though it might have been somebody else. She asks me to put out a call to see if anyone has a Ventolin inhaler because one of her team is suffering an asthma attack. It crosses my mind that Ventolin might be on a banned list, but I put out the call, doubting if anyone would have one.

Minutes later I hear footsteps on the stairs and a little girl appears at my side. She has an inhaler and two capsules, tells me she would like the person in need to use just one of them because she might need the other one before she goes to bed tonight. I thank her, turn to look down the course and find my eyes have gone all moist.

After two laps of the first race I'm irritated because I've missed Barnet's changeover both times and they're going to win the 60s race. I resolve to make amends by giving their last man, Derek Wood, the full treatment when he comes into view. 'Here comes Woody — the Barnet anchor-man brings his team home' and all that stuff.

I do better with the women; notice that Bolton are in the lead after three legs and that Westbury are close behind them and I inform all that we have an exciting last leg in prospect. I don't believe it though, Pat Gallagher's running last for the Worzels.

With that the complication of checking the progress of three races in one are over. Only the 50s are out there now. Wirral are in front, they've got Isaacs and Carroll on the last two and that makes it no contest. There's a bit of excitement when Jim Alder of Morpeth and Steve James of Hull come into the straight with third place at stake and Alder holds off James who's closing on him.

Hull, the City of, now there's a vest you can't mistake — a brilliant shade of purple. Well, you could get them mixed up with Loughborough Students, but they don't show in vets' races.

Announcers like a bit of drama so they can act like they're orchestrating it. My chance comes at the end of the sixth leg in the 40s. I get the opportunity to yell — 'It's Salford, it's Salford in the lead, what a great leg by Stan Curran.'

It's genuinely dramatic, the run by Curran I mean, because Ernie Cunningham had given Aldershot the lead by over a minute after the fifth, and with Tipton and Oxford out of the picture, Aldershot looked to have it won.

Next time round they do have it won. Pete Marsh restores their one minute lead and Martin Duff with a sub 16 minute leg (a team needs a lot of those to succeed in the 40s) brings Aldershot home with plenty to spare. I bring them home too, reminding the crowd that they won it the last time it was held here and while I'm doing that I'm wondering why Birchfield didn't show anything. I thought we had a fair team.

The final act is the medal ceremony, and time for a touch of eloquence, reading from a script like a newscaster. I do it as though they don't know the result, in reverse order like the Miss World contest. Before I do the medals for the fastest legs I turn away to check that they've got it right. Yes, it's right, Dennis Fowles went round in 14:36.

As I gather my papers together and prepare to depart, the little girl comes up to collect her inhaler. I tell her nobody came for it — she's still got both capsules. She looks pleased.

Results p15

From Mike Wrenn, Chairman of the hardworking, multi-talented and warm-hearted Relay Organising Committee

An update of the fastest veteran times for the Sutton Park short leg: I know that some older age-group runners competed in a younger age-group race. For example Les Presland, M50, running for the AF&DM40 team, ran 15:18 and Phil Lancaster ran 15:54. Ron Lucas, M65, set a new O60 best time of 17:55 running for the Newcastle (Staffs) M50 team.

In the first race 387 athletes competed. 100 ran the Women's championship — 25 teams. 253 ran the M50 championship — 41 teams plus 4 legs from Hillingdon and 3 from Plymouth. 34 ran the M60 championship — 11 teams plus leg 1 from Birchfield. In the M40 championship 680 athletes competed — 83 teams and 16 runners in incomplete teams. A total of 1067 runners took part.

I made former BVAF Chairman George Phipps a very happy man by asking him to present awards to the women — he kissed every one. And during my leg I trod on a squirrel. Before I could take evasive action the poor rodent was under my foot. It squealed, rolled over and was away. As a former Midland Hamster Club member — and still breeding hamsters — I could well be ostracised for abusing a rodent.

RUMMAGING through files looking for possible photo's of interest for VA I came across the enclosed article written about 20 years ago:

Sunday afternoon and all was strangely quiet in Battersea Park as I ran the first lap of a 10 mile training run. The rain was bucketing down and normal people were having an afternoon's kip in front of the box.

As I ran alongside Father Thames one of London's wanderers, seated on a sheltered bench surrounded by all her worldly possessions in carrier bags,

Emerging Russians at Brugge

Since the first event in 1974, the Brugge 25k race has been dominated internationally by Great Britain and Belgium. However the 1991 race (now titled the Veterans Grand Prix) on June 23 saw the continuing emergence of USSR athletes on the veteran scene and resulted in a team win by them by some six and a half minutes over GB with the host country third. Jack Fitzgerald reports.

THE 10k race, previously held a day earlier enabling stalwarts to compete in both, was held the same day. Great Britain won this comfortably from Belgium. France was third. The individual winner, however, was Munhal Ulumov of USSR in a very good time of 29:48 which threw doubt on the true length of the course. Michel Van Espen of Belgium was second some 69 seconds later followed by a British quartette: Ken Woodhouse, Peter Crowhurst, Phil Smith and Stan Collie. Yet another USSR runner Anatoly Zorin won the M45 race, 42 seconds ahead of Belgium's Johan Rogge with Graham Ashdown of Brighton third. Ron Jeans and Derek Surrey had their own private battle in M50 with Jeans winning by three seconds, while two minutes further back Bert Bovington got the better of Pete Rogers and David Denton to make it a clean sweep for GB. Belgium's Jean Van Onsenel still holds the as yet unratified World M50 5000m time of 15:06 set in 1984 so it was a surprise that he should finish behind Sid Wild and Stan Milton in the M55 division. Less of a surprise was the M60 win of Laurie Forster who led

another British clean sweep ahead of Doug Linton, Ron Foreman and Ron Franklin. Undoubtedly the best male geriatric performance of the day went to the rejuvenated Ron Lucas who was a mere second behind Forster to win the M65 division by 72 seconds.

The W35 trio of Rosemary Ellis, Paula Bongers and Susan Blunt spearheaded the continuing British success story, while Kate Todd, Susan Cockle and Rose Gillick achieved another clean sweep in W40. Germany's Helene Schnichels stemmed the rampant tide ahead of Carol Wild and Viv Brockwell in W45, but Hetta Morath, Monica Darlington and Pat Parr restored GB's winning positions in W50. Myriam Van Caekenbergh was a popular home winner while Betty Norrish continued her run of success (commenced in 1977 with a 25k W45 gold) by taking the W60 title after a close race with Belgium's Adrienne Van Binnebeck. The Club team race was not surprisingly dominated by Britain, Harrogate AC leading home Warrington AC and Brighton and Hove with the first non British team Olympic Brugge back in

thirteenth place.

If the 10k was short times indicate that the 25k was slightly over distance. British 5k M40 road champion Dave Hill won fairly comfortably from the USSR duo of Leonid Moscov and Yuri Kitaev with Belgian Jos Van de Water first M45 in fourth place. The great Belgian M55 runner Gerard Van Nuffelin was 11th overall in one of the days best performances. His compatriot Edmond van Ranst won the M50 race — six places back. Britain's Terry Hair was runner up in this section some two minutes later. Arthur Walsham turned back the years to his great M40 performances in the 70's to easily win the M60 title from Peter Grey. With Bill Eyles second to Holland's Torbjorn Nelnes in M65 and George Scutts an easy M70 winner it was a good day for the British oldies.

Nadezda Gumerova was an impressive winner of the Women's race. In a good time of 98:30 she easily won the W40 category. Fifth Woman overall was the Belgian legend Denise Alfvoet now unbelievably in the W55 division. British placings were Jeannette Hardwick third W35, the greatly improved Rita Banks second W45, Pauline Hawkes third W50 and Betty Forster second W60.

The Club team race was won by the USSR Light Athletic Federation, with Thames Hare and Hounds second. The 25k race still retains its popularity over the shorter race with 509 finishers as opposed to 253 in the 10k.

Walking History

GB versus France, Bazancourt 200km Race Walk, April 20-21 — Chris Maddocks EDMUND SHILLABEER reserved for himself a little piece of British athletic history. In the GB v France 200km walking match at Bazancourt, France, he became at 51 years old the oldest Great Britain athletic debutant. Shillabeer rose to the occasion by finishing a commendable 13th and in doing so was the second British finisher of the four man team home. On the 7km road circuit which had to be negotiated as many times as possible within a 24 hour cut off period he just about managed the maximum 50 laps. His 200km took 23:50:51.

This milestone was not achieved without problems. During the wee small hours the air temperature dropped to a bitterly cold -7C. It took immense willpower to combat the arctic weather conditions fatigued with sore aching muscles. However as dawn broke and the sun rose Shillabeer rallied and, aided by his British management team, he powered through the closing laps. He was the final walker to complete the maximum 50 laps in the allowed time.



M60 World record 10,000m holder Luciano Acquarone of Italy after winning M60 Marathon title in 2:38:15

OVERSEAS NEWS

DEREK TURNBULL, NZ, placed 30th overall in an 800 strong half-marathon field. His time, 1:15:59 sets an unofficial M60 World best.

KJELL-ERIK STAHL of Sweden erased New Zealand Jack Foster's M45-49 marathon world best of 2:17:29 with a fifth place 2:16:58 in the Stockholm Marathon on June 1.

JOHN WALKER of New Zealand turns 40 next January 12 and plans an assault on the sub-four-minute mile on that day — that is assuming he runs well on the European open circuit this summer. He'll make the attempt on the same Mt Smart track in Auckland where he raced as a schoolboy. He'll then shoot for Masters records at 800m and 1500m over the next month or so.

PAYTON JORDAN, 74, of the US, raced to an unbelievable 12.91 100m in Norwalk, USA, on June 22. The time broke his own World M70 mark of 13.00 set in 1987 when he turned 70.

WALT BUTLER, of the US, set a World M50 record of 13.71 in the 100mH, also in Norwalk, USA.

EVY PALM sets all-time best age graded performance Sweden's amazing 49-year-old Evy Palm set an all-time best performance with a remarkable seventh overall in 1:12:36 at the City-Pier-City Half Marathon in The Hague in March. Palm's time in the event equates to the best ever performance recorded on the WAVA age graded system.

Top Ten WAVA age graded performances:

Name (Age)	Event	Age Standard	Actual	%
E Palm (49)	City-Pier-City Half '91	1.15.18	1.12.36	1.0372
E Palm (48)	Fin v Swe 10000m '90	33.51	32.57.37	1.0371
C Lopes (37)	Oslo 10000 Metres '84	28.01	27.17.48	1.0266
E Palm (46)	City-Pier-City Half '88	1.13.32	1.12.24	1.0156
J Campbell (41)	Philadelphia Half '90	1.03.24	1.02.28	1.0150
E Palm (45)	Oslo 10000 Metres '87	33.04	32.41.98	1.0112
E Palm (47)	London Marathon '89	2.32.40	2.31.05	1.0105
C Lopes (38)	Rotterdam Marathon '85	2.08.28	2.07.12	1.0100
P Welch (42)	London Marathon '87	2.27.10	2.26.51	1.0022
J Campbell (42)	Pageant of Light 5k '91	13.55	13.55	1.0000

Overseas news culled from Australia's The Veteran Athlete and USA's National Masters News

PLUS ÇA CHANGE

looked disbelievingly as I squelched by. The previous week I had toiled round in scorching heat, picking my way between picknickers and dodging dogs out for a daily walk. It had been hard work but now, with hardly a soul about, I felt as if I had an extra lung.

I scampered through the first lap 30 seconds up on last week's time past the ghostly funfair, past the licensed bar where the people laughed at me through the windows — I felt sorry for them.

End of six miles and a minute up — a

crowd of youngsters shout the usual insults. This gives me more impetus, as I wonder about their fitness when they reach my age.

The last lap now and as I run round a tree I have to take evasive action from a rain sodden man clutching a half empty bottle of plonk. He let out a sickly cackle and shouted "****ing idiot, running about in the pouring rain".

Back onto the track, thick in a fog of smelly smoke from the power station opposite, for the final quarter mile, and I was running as fast as possible for the final spurt.

Ian Thompson and Ron Hill had been passed in the last mile and I was going to finish the winner of the Olympic marathon. The only applause was the sound of the pelting rain on the waterlogged cinder track.

So into the changing rooms at the track for a quick shower. The only other person there was an older man in front of the mirror, shaving. On the mirror there was a sign "No shaving allowed".

Refreshed, I mused: That's what dreams are made of.

Ron Williams

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.

PERSONALLY PLEASED

I would like to express my appreciation and thanks to all who made the 1991 BVA Track and Field Championships such a success with the international flavour and a record number of entries.

The hard working committee deserve our congratulations and also all the officials and helpers who co-operated with them.

Personally I was pleased with the decision to give throwers and jumpers a further three trials if the appropriate standard was reached. I realise, from comments, that some standards are very high and perhaps a review is needed, but for me it was a welcome change.

Mary Wixey
Cheltenham

In the 21st Track and Field Championship's programme is a personal award of thanks from John "Tornado" Topliss. He also secured a £5,000 sponsorship - trust a sprinting long jumper to land this! I'd like to add my thanks to all the championship organisers and officials.

Can my husband Peter meet John's charming wife, Jean, to teach him how to put up with his sprinting, jumping, throwing, organising wife?

Carina 'Livewire' Graham
Guildford

ON RECRUITING

In response to Bill Taylor's comments on recruiting new members I have found it uphill work but recently I have had more response and membership is growing. This has largely been achieved by comments in the veteran newsletter I produce and by questionnaires aimed at eligible ladies and gentlemen encouraging them to compete in veteran events. Anyone expressing an interest receives a letter giving reasons for joining MVAC together with a copy of the current application form.

There are two ways in which we 'Recruiting Sergeants' need assistance. First, can we have a well prepared and persuasive leaflet and/or poster outlining the benefits of membership? Secondly, what about an improvement on the present standard of membership application forms. In my view this would be money well spent out of either BVA or veteran club funds.

Norman Carter
Burton-U-Trent

FEW COMPLAINTS

I see from Jack Fitzgerald's comments on the ADT London Marathon, VA18, that there were few complaints this year about the organisation for veterans. Basically I agree. The green start was bliss compared with the usual melee. To have a straight run instead of going round half the field was a joy. However, why is there no listing for the W55 age group? Anxious to see how I had done I scoured every relevant publication - and you've guessed it - women have suddenly been condensed to 50-59. Not the menfolk, just the women.

Shouldn't VA be looking out for BVA members? After all, we were listed in the programme as 55-59 entries. Why didn't VA pick it up and stick up for us. We are out there, doing our lifetime bests, paying our dues, asking for very little. What about some results?

Guillian A. Catlin
Liskeard

JF replies: Women O55 were not the only group discriminated against. The men O65 were also included in the M60-69 age group for prize distribution. As the originator of the women O50 and men

O60 obtaining automatic acceptance from 1984 onwards (although unfortunately this is not assured for future races) I felt that both age groups have parity at a 10 year differential given this concessionary threshold.

With reference to the absence of 5 year age group results listings in VA, we had to go to press within a week of the race. I continually rang Unysis requesting veteran results without success. Consequently I had to make a guess from the results printed in The Independent without clubs or age indications.

Congratulations on your third place in W55. What is very encouraging is that no fewer than 47 women O60 finished this year.

AGE GROUP RECOGNITION

While I agree with David Coward's statement that we should know the age group we are chasing (VA18), I think it is up to the athletes themselves to solve the problem. I don't think that it is necessarily the responsibility of race organisers.

Since I became Secretary of the NVAC all our members who compete in a mixed age group championship event must wear their age group indicator on their backs. Although I provide the indicators for these events I am gradually persuading our members to provide their own.

Colours or letters are not a good idea because you then have to calculate what the colour or letter refers to. The obvious thing to do is actually write on the back of a used race number your actual age group. It's quite simple really.

Arthur Walsham
Gen Secretary NVAC

I agree with David Coward's letter on mixed age group competition. My idea is that each group shall be issued a letter, eg. W35 - A, W40 - B, ..., M40 - K, M45 - L, ..., and this be standardised for all mixed age group events. It should be the athlete's responsibility to obtain their age group letter and to use it where appropriate. In open events it would probably be courteous to ask the permission of the organiser. If all BVA members followed this practice I am sure other veterans could be encouraged to follow suit.

Jeanne Coker
Highgate Harriers

TEAM WELL MANAGED

Three cheers for the indefatigable Turku Team Manager, John Mills, and his assistants, Mary Wixey, Dave Stevens, Peter Duhig, Henry Morrison, Ian Vaughan-Arbuckle, Irene Lisle and Maurice Doogan. They worked hard, cheerfully and willingly throughout the whole Championships answering endless questions and queries from anxious British athletes. Thanks John et al.

Peggy Taylor
Marjorie Hocknell

VIDEO TAPE SOUGHT

I competed in the V111 World Veterans' Track & Field Championships in Eugene in 1989. I am trying to find someone who has videotaped the events I competed in: M45 100m final, 200m final, 4 x 100 relay. I know there were video cameras there and am willing to pay a reasonable price to anyone who will present me with a good quality copy of these races. Due to ongoing diabetes' related health problems, I will probably never have the opportunity to compete again. If you can help please let Jack Fitzgerald know and he will put you in touch. Paul Dungan
Portland, Or

FIELD FAIR

Once again at the BVA Track and Field Championships problems arose due to the number of trials given to field event athletes. At Championship meetings athletes expect the leading six competitors after three trials to have a further three.

It appears that the organisers were concerned about time so decided that the leading six competitors in an age category would have a further three trials subject to their attaining an appropriate merit standard.

I watched, while waiting for my own event, the M50 Discus competition. There were 12 entries, four of whom to my knowledge were capable of throwing over 40 metres and others just under. This had the makings of a good and lively competition. It turned out to be ill tempered and frustrating for both athletes and officials - due to the importance of attaining the merit standard.

A factor not often appreciated is that

many athletes achieve greater distances in warm up throws due to relaxed controlled throws. Such throws become difficult in the tenseness of competition, but on this occasion another psychological strain was put on the athletes by requiring the attainment of the merit standard.

In the M50 Discus two athletes achieved the standard - no-one else qualified. This left only two to contest first and second places. (I wonder what would happen in a track event if in the heats only two athletes achieved the merit and the bronze medal was awarded to the athlete who ran the fastest heat time!) There then followed an argument between athletes and officials and continued while the two leading athletes had their further throws. It was particularly upsetting.

It is not impossible to resolve. In the hammer events the officials stated: 'We have to get this event completed by a certain time. If we start now and you are

ready to throw when called - then we can disregard the merit standard'. Co-operation was full, the event completed on time and the atmosphere was jovial and friendly between officials and athletes.

Another problem is combining age groups into one competition with separate results. If entries exceed 12 it is too long between trials for an athlete to keep keyed up and warm.

On behalf of field event athletes I would propose that at Area and National level all competitors have three trials and, subject to a valid jump/throw, the leading six to have a further three (this does not apply to high jump or pole vault); and that age groups are not combined if more than 12 enter. Please, we must get these problems resolved for next year's Championships.

Barry Strange
Didcot

PETER WORTH



PETER WORTH, who died in June, was a man who held office in his Clubs (Enfield and Vets AC), his County of Hertfordshire, the Centurions, the BVA and the Race Walking Association, both in the Southern Area and in the wider field, culminating in his election last September as National President. But one feels that he would wish to be remembered as a competitor. Whenever a race was to be had, Peter would be present, whether it was a low-level 3,000 metres on a grass track, one of the "classic" point-to-points, a European or World Veterans 20K or that most spirit-sapping of events - 24 hours on the track.

When not in a race, he was often to be found judging; he once remarked, though, that he did not really enjoy judging, because he was always sorry when he had to impose a disqualification. That, perhaps, is the key to the way he will remain in our memories - as the personification of kindness and generosity. He held strong views on the present and future of race walking, which he expressed very forcibly but always with an unflinching courtesy, and, above all, he sincerely wanted to get things right.

That is not to say that he gave - or asked - any quarter in a race, as many a walker will testify after being ground into the road; it certainly did not do to betray any sign of weakness when he was an opponent but, when the post was passed, all was forgotten in his enjoyment of being part of walking and his pleasure at the success of others. This was so even - perhaps especially - when one had got the better of him; the enduring image of Peter is of his broad smile and extended hand and his "Congratulations - you had a good one today!" For the rest of us, it was Peter Worth's presence that helped to make it a good one.

P.J.C.

Running by the book

There's a lot of running that goes on in the South West limb of Britain. You only have to pick up Terry Doble's annual listing of races in that area to see. Now SW vet John Legge has produced a small book filling in the history to many of the long-distance races held in Devon and giving necessary details for those deciding which race to do - for instance the Widecombe Fair Cross Country run "includes rocks, waist high undergrowth, mud and brambles." He even advises that some races be given a miss if one is a non-swimmer. The book is filled with photographs which I'm sure will raise memories for some.

Running in Devon is available by sending £1.50 to John W. Legge, 'Copleston', 12 Smithfields, Totnes, Devon TQ9 5LR.

Another book available now is Arthur Keily ... Marathon Winner. The book is published by Keily himself, the M70 BVA 5k Champion, and is available from him by sending £5.95 to 21 Donnington Drive, Sunnyhill, Derby, DE3 7NA.

How to win £125 a month

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 - thus we have increased the number one prize to £125.

Everyone has a chance and the more entries you have the more chances. All you have to do is send off a cheque for £12, or multiples thereof, - immediately so you can qualify for the next draw and a chance for a three-figure pay-out - to the Hon. Draw Organiser, Jose Waller, 7 Rosebriar Walk, Watford WD2 5LJ.

These are the lucky people to have won recently:

March: £100 to M. Waddell, Meopham; £10 to Jose Waller, C. Manning, Ann Roden, Cath Reader, P. Elliott.

April: £100 to P. Carmichael, Morpeth; £10 to D. Birch, M. McMullen, Mike McDowell, J. McLaughlin, Peggy Snell.

May: £100 to M. O'Neill, Reading; £10 to George Scutts, Joy Noble, M. Stewart, G. Barratt, C. McCall.

June: £100 to Mavis Williams, Brighton; £10 to D. Ricketts, D. Button, Irene Nichols, Mel Edwards.

Magnus Masterton's Memory Lane 10

1. Who was the first woman to run the marathon inside 2:30?
2. What is the first event in the Decathlon?
3. Name the two runners who dead-heated for first place in the 200m at the 1982 Commonwealth Games?
4. Where did Al Oerter win the first of his four Olympic Golds?
5. Lillian Board was 2nd in the 400m at the 1968 Mexico Olympics - do you remember who won the race?
6. What nationality is Yordanka

Blagoeva who won the High Jump (W40) at the 1989 WAVA Championships?
7. Name the Briton who received a bronze medal at the 1984 Olympics when one of the medalists was disqualified after a positive drug test?
8. How many barriers in the 3000m Steeplechase?
9. Which major event was staged for the first time in Sudbury, Canada, in 1987?
10. Which 1976 Olympic champion was the son of a former Olympic champion?
Answers p12

Chairman's Report to AGM — July 6, 1991

THE MAIN purpose of the BVAF, stated in our Constitution, is to encourage, organize, regulate and administer athletics for women over 35 and men over 40 in the UK. In my attempts to publicise the Federation I always stress we do just that. During the year we promoted 14 national championships — some with AAA Championship status. We have had two inter-area club events — a track and field meeting, and a 10km road race — to add to the home countries international cross-country event begun in 1988. We have also introduced additional events for women so that their programme is now virtually as full as the men's.

We are grateful to the clubs who have borne the organisational load. We occasionally receive criticism and some aspects of organisation have been less than perfect. And this has kept one of my main problems in the spotlight — the need to publish comprehensive and authoritative guidelines for organisers of championships. It is disappointing that the experience and expertise gained one year is not always passed on to the next.

Our Workload

It seems to be increasingly difficult to obtain sufficient qualified officials at all our meetings. There is a very full athletic calendar in the UK and we are most grateful to those officials who do support us. However, we must make an effort to help ourselves and more of our own members should qualify as officials.

We are the administrators, the organisers and the competitors and the increase in membership and the number of competitions has brought increased work for officers and Council members. They have borne up very well under this load.

Other time-consuming jobs are carried out by our Records and Standards Officers who go to great trouble to check the bona fides of record applications; by the Publicity and Special Projects Committee who keep the newspaper going as well as successfully seeking publicity and recruiting opportunities.

However, we should like our membership to increase still further and another disappointment for me is the fact that we seem unable to attract the thousands of road runners of veteran age, many of whom do compete in open events on the roads. We need them so that we can be truly representative of all veterans.

This brings me to our relationship with the national governing bodies for athletics. As you know, the BAF comes into being on October 1 this year. We had discussions with the Chairman of the Working Party for the BAF early in 1990 and had previously made proposals for a Veterans Commission, based on the existing BVAF Council. However, we were later told that "a Veterans Committee was preferred" and that drafting Terms of Reference for such a committee would be one of the first tasks of the BAF General Committee.

We have, in an attempt to be in the forefront of the action, now reiterated that the BVAF Council is well poised to form a veterans administration within the BAF and have suggested broad Terms of Reference. This is, of course, without any commitment on our part and without prejudice to our position as a largely autonomous body.

Continued on p6



THE WAY FORWARD

Bill Taylor, Chairman BVAF

Helping Ourselves

WE HAVE just seen the largest ever BVAF Track and Field Championships. It is a monumental task for a volunteer committee to organise such an event and not the least of their tasks is obtaining sufficient officials. We are extremely grateful to those officials who do help us at our meetings, but with such a full calendar of events throughout the country, many of them may be overworked.

Most of our administrators and organisers are active athletes. Perhaps it is time for more veteran athletes to qualify as officials, particularly as field events judges. Volunteering to help at club events is a start and the book Athletics Officiating — A Practical Guide (£2.50 from IAAF Publications Dept, 3 Hans Crescent, Knightsbridge SW1X 0LN) will help you with your theoretical studies.

Armchair Athletics

The role of BVAF Chairman can be described quite simply: to co-ordinate the administration of the Federation. Breaking this down into detailed responsibilities and key tasks is more difficult but I believe the most important aspect is to help to formulate policy for the continuing development of veteran athletics to ensure that, whether in co-operation with, or as part of, the new national governing body, the ethos of our sport survives. I shall leave the post on July 18 1992, at the AGM, and you will elect my replacement. You have time to think about whom you would like as your new "senior servant".

There are, no doubt, several men or women who could do the job. It would be sensible to start thinking about your choice — or your availability now.

Secretary's Report to AGM

BVAF concerns among the highlights of another busy and successful year for the BVAF were the Indoor Pentathlon on March 10 where Sarah Owen set a World Best of 3383 points in the W35 age group. Jean Wills recorded a UK W40 Best and Philip Oakshott recorded a World Best M60 3596 points. Sarah took home a beautiful new trophy donated to the BVAF, via Rodney Charnock, by Norman Carter in memory of his parents who were great supporters of this event. On the same day, at Amphil, our National Cross-country Championships were extremely well supported.

Our Indoor Championships in Kelvin Hall, Glasgow, culminated in nine World records and 12 British records during the eight hour programme and the Road Walking Championships were also strongly supported. One of our most popular and competitive championships are the road relays. These really do engender club spirit. The healthy rivalry between Southern, Midland and Northern clubs for this coveted trophy is the climax of a great distance running season. The BVAF have always led the way in allowing women to compete alongside men in road and cross-country races and the record entry in the women's championships and the times recorded by some of the female athletes was truly magnificent. It is indeed rewarding to see so many clubs now able to turn out a team of four veteran women.

For the first time in the comparative short history of international veteran competition a major championship was held in an Eastern European country. Approximately 3,500 athletes competed in the European Championships in Budapest in 1990. One highlight was Ron Taylor setting a new M55 World Record in the 200m with a superb 23.37 sec. What an inspiration he is to any team!

The BVAF also received an invitation to send eight 800m male athletes to compete in the Konica Welsh Games at Wrexham. Congratulations to Pete Browne on a fine win.

General veteran concerns

Earlier this year I was contacted by the organisers of the London marathon. Your committee have been pressing for more recognition and a better starting position for veterans. I think you will agree that this year's facilities for veterans were the best ever. I shall be writing to the organisers after Turku requesting a meeting to consider a larger allocation of places, prizes for each age group and a prominent starting position. Yes, we do want our cake and eat it ... but we do constitute the largest number of entries and sometimes individual performances are far superior to the winner's!

International veteran concerns

For the WAVA World Championships Barbara Dunsford had a difficult time negotiating with the sponsors for reasonably priced accommodation. She has done extremely well in difficult conditions and we are indebted to her for her efforts.

If we are successful in our bid to host the WAVA

NEWSPAPER SUPPORT FUND

Donations do still come in - and the paper does need them. The supporters listed below have donated since the last issue. Grateful thanks to them.

It would be nice to receive £5 from everyone during the current year. So why not join them by sending your cheque to:

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

George Stewart	Margaret Gannon
Peter Duckers	S H Gorton
Tony Rawlinson	E D Thompson
Bryn Jenkins	Monica Darlington
Dorothy McLennan	Norman Carter
R Thorne	Tony McKay
Pat Gallagher	Terry Hartley
Stone Master Marathoners	John Bayliss
Peter King	Dave Dellar
Wally Kuy	Michael O'Neill
Karen Yewer	Paul White
Nigel Thorne	

Donations received after Press date will be acknowledged next time. I hope that list will include a few new names.

World 10k, 25k run and an open international 20k and 30 road walks next year, I would call on our members to support it and let the BVAF put on a really good show.

I would like to record my personal thanks to the rest of the committee for their loyal support during a very busy year. Your Chairman and his wife, Peggy, attended practically all our championships and did a great deal to improve relations and understanding with sponsors, meeting organisers etc. An essential component of any large organisation.

Bridget Cushen

STOP PRESS

ERNIE WARWICK set no fewer than six M75 records at Birmingham University track between August 3 and 4. The new records were 50K - 5:28:20, 40M - 7:16:48, 50M - 9:47:03, 100K - 12:51:58, 100M - 23:05:53 and 24 hours - 103 miles 651 yards.

Sponsored by **digital**

READING ATHLETIC CLUB

PRESENT

5TH VETERANS TRACK & FIELD OPEN MEETING

SUNDAY 6th OCTOBER 1991 at PALMER PARK STDM, READING

STARTING AT 12.00 NOON

EVENTS:	100m <input type="checkbox"/>	1500m <input type="checkbox"/>	H/Jump <input type="checkbox"/>	Discus <input type="checkbox"/>
(Tick box)	200m <input type="checkbox"/>	5000m <input type="checkbox"/>	L/Jump <input type="checkbox"/>	Javelin <input type="checkbox"/>
MEN +	400m <input type="checkbox"/>	S/Hurdles <input type="checkbox"/>	Shot <input type="checkbox"/>	Hammer <input type="checkbox"/>
WOMEN	800m <input type="checkbox"/>	Triple Jump <input type="checkbox"/>	Pole Vault <input type="checkbox"/>	

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I wish to be entered for the event/s indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the BVAF.

MALE ☐ FEMALE ☐

Name: _____

Address: _____

Post Code: _____ Tel. No. _____

Best Time/Distance: _____

Entries: D. Bradfield
36 Blewbury Drive, Tilehurst, Reading, RG3 5HL

Entry Fees: £1.20 for each event (£2.00 on day, subject to availability)
Cheques or Postal Orders: Reading Athletic Club

Signature: _____

Categories (please tick):
MALE 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐
FEMALE 35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65+ ☐

Event Sponsor: READING CHRONICLE

— PAST MASTERS —



Charlie Walker's London to Brighton

This is the start of the News of the World London to Brighton relay on April 7 1957 affectionately known as Charlie Walker's London to Brighton because he chased Alex Olney, of TVH, to a very close finish thus securing Belgrave the team title. Charlie is striding out there on the left wearing a letter A. Alex is leading on the right next to Z1. And there are others to be recognised. The photo was sent to us from Jimmy Todd — he's wearing E2 — from Ballyclare, Co. Antrim.

Athlete's Clinic

Stride Length the Answer

Dr Nancy Hamilton pointed to one of the major reasons for decline in performance with age (VA17). A significant reduction in stride length no doubt applies to all veteran runners — not just sprinters.

Some years ago I was talking to Ian Thompson and asked him why his two legs could get him round 26 miles over an hour and a half quicker than my pair. His reply referred not only to his obviously superior leg speed but also to his stride length. He had a longer pace and was able to maintain that extra length further into the race.

However, I feel sure that there are things we can do to help maintain that easy flowing Thompson-style stride through to the tape.

The mechanics

While out on your next training session analyse how and why you are actually moving along. Which muscles and joints are taking you from A to B? What is actually happening as

you make a stride?

There are a number of different ways of thinking this through but these are my thoughts: the knee is lifted using the front thigh muscles or quads and while the foot is off the ground the knee joint is straightened increasing the potential length of the stride; the foot hits the floor, heel first and then rolls forward until the toe pushes off using those muscle groups at the back of the calf and thigh. So the foot is lifted off the ground for the knee to be brought through again for the next effort; at the same time the arm on the opposite side to the above leg is moving backwards to counter-balance its forward motion.

We all have our own particular style and risk injury interfering with our natural stride length. The idea is to maintain the length of stride rather than increase it.

Practical ways

To avoid dropping pace you need to hold on to

your rhythm and cadence but not at the expense of stride length. At regular intervals throughout any run, be it a major race or a slow recovery run, concentrate on the various facets of the running action.

The points to think about are:

Toe: Feel the pressure on the ball of the foot as you push off. Don't attempt to push any harder — just be aware of it.

Stride: As the heel strikes keep the length of the stride the same without over-reaching. Roll the sole of your shoe along the road/track making as little noise as possible. This minimises road shock and converts the energy of the previous stride efficiently into the next.

Knee: Concentrate in this phase on maintaining knee-lift and straightening the joint enough, but not too much, to be able to achieve good heel-strike and sole-rolling.

Arms: Be aware of your arm action, it needs to be first and foremost your own natural swing. But if possible you may want to attempt to copy the arm action of one of the top runners in your distance band. Consider your breathing, open the shoulders and straighten the back to allow the lungs to expand to their max.

Brain: Every now and then tell yourself how well you are going and what a superb race and style you are running. **VET THE LAD**

CHAIRMAN'S REPORT Continued from p5

It seems that we may be wise to develop an arm's-length relationship with the new governing body but, in any event, we shall proceed cautiously, seeking a mandate for our actions at each stage.

International scene

A Council Working Party has approved the submission of a bid to stage the 1992 WAVA Road Running Championships in NEC Birmingham.

Communication

I must return to a point I mentioned last year about communication. Every member is kept in touch with policy, events and performances via *Veteran Athletics* and this is augmented by some very fine club newsletters. On the administration net, Council members receive a Council Bulletin between Council meetings which take place twice a year.

Finally, I am prepared to stand for re-election as Chairman for one more year. **Bill Taylor**

Overhydration

AS A product of a road running fraternity at a time when drinks were not allowed to be taken in a marathon before at least 10 miles I believe that modern marathon runners in normal racing conditions drink too much, too soon.

At last my theories are exonerated by an expert of some medical substance. After the Salt Lake City Marathon, where fluid was actually forced into runners' bodies intravenously, Tim Noakes MD, the Director of the Sports Science Centre at the University of Cape Town, made the following significant statement:

"When runners look shaky after a marathon one shouldn't automatically assume that they are dehydrated ... At least 90% of the time runners get into trouble simply because of postural hypotension, ie too much blood has accumulated down round their feet, legs and pelvis. If you elevate the legs and pelvis of a collapsed runner by laying him on a stretcher and lifting the end of the stretcher by a couple of feet that runner will usually recover quite nicely within a few minutes."

"... Assuming that all runners are dehydrated after long runs and forcing liquid into them can be especially dangerous after an ultra-marathon, where some runners drink so much during the race that they end up in a state of overhydration. If you then funnel liquid into an overhydrated runner, the excess fluid can build up around his brain and kill him ... dehydration can be less likely after a hot weather marathon than following a cool one. In extreme heat runners make an effort to drink more and run slowly thereby putting a limit on the amount of body liquid lost through sweating. Under cooler conditions those same runners will cut back on liquid consumption and try to run faster, forcing sweat rates to increase dramatically ... the risk of dehydration can increase as the temperature drops."

I personally (except in extremely hot and humid conditions) find a couple of sips at 10, 15 and 20 miles sufficient until I can recover at the nearest refreshment bar at my leisure. I am not suggesting that others follow my methods necessarily but I do ask them to remember that there are two sides of the coin: overhydration can be just as dangerous as dehydration.

For the life of me, I can never understand how the normal Club runner will run for three or four hours on a Sunday morning training stint without a thought of liquid yet as soon as they are in a race will put it away as if there is no tomorrow.

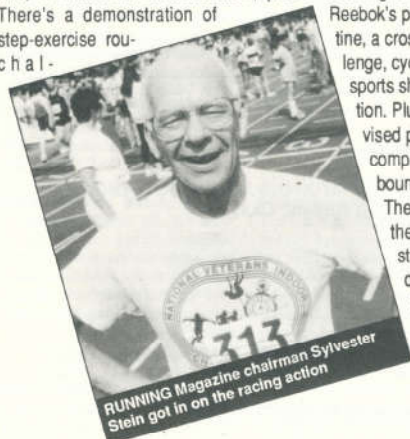
See 'Director advocates eccentric schedule for marathon runners' by Owen Anderson in *Peak Performance, The Running Research Newsletter*, Issue No. 5.

Run at the Palace! ENTER ON THE DAY

Join in the fun at the Running/Reebok Family Fun Day, Crystal Palace National Sports Centre, Bank Holiday Monday August 26

The RUNNING Magazine/Reebok sixth annual Fun Day — it's going to be the biggest and best yet! In addition to the 10K run for adults and the 3K run for children, this year there's a women's 5K, including a women's team competition. And much more.

The Red Devils — The Parachute Regiment Display Team — will be dropping in (literally). Capital Radio will also be joining us for the event. Also included: an aerobics session with professional instructors, a basketball demonstration, plus coaching for the children. There's a demonstration of step-exercise routine.



Reebok's punishing time, a cross-training lunge, cycle display, sports shoe exhibition. Plus a supervised play area, complete with a bouncy castle. The runs themselves start and finish on the Crystal Palace track, a traffic free course.

- * Free T-shirt and medal for all finishers
- * Red Devils
- * Capital Radio Roadshow
- * Free parking
- * Spectators Free
- * Challenging 10K
- * Running Sisters 5K
- * Children's 3K
- * Hundreds of spot prizes
- * Supervised children's play area
- * Pre-race aerobic warm-up
- * Basketball Demonstration
- * Reebok's step exercise routine

YOU CAN ENTER ON THE DAY (50p extra) or send your entry in NOW, using the coupon below. You may enter as individuals, as a team in the Reebok Running Sisters 5K or there is a special rate for a family of four. Numbers and instructions will be sent to you as soon as possible.

RUNNING'S SIXTH FAMILY FUN DAY
11am 3K for five-14 year olds
11.45am 5K for women including women's team competition (4 to enter, 3 to score)
12.45pm 10K for adults and over 14 yrs.

Fees
Individual adult £5.50
Individual child (under 16 years) £4.50
Family entry (2 adults and 2 children) £15
Sisters 5K team entry £18
(£16.50 if registered with sisters network)

Name and address to which numbers should be sent		Postcode	
Details of entrants (enter only those who wish to run, spectators are welcome and are admitted free)			
NAME	ADDRESS	AGE	EVENT
		SIGNATURE of parent/guardian if under 16 years	
I enclose a cheque/PO for £ (Payable to RUNNING)			
OR <input type="checkbox"/> please debit £ to my Access/Visa Card			
CARD NUMBER	EXPIRY DATE		SIGNATURE
I declare that the above-named persons are medically fit and understand that they enter at their own risk. The organisers (RUNNING Magazine and venue staff) will not be held responsible for any injury incurred during, or as a result of, the event, nor for any property lost at the venue.			
SIGNED _____ DATE _____			
FFDS SEND TO FAMILY FUN DAY, RUNNING MAGAZINE, 67-71 GOSWELL ROAD, LONDON EC1V 7EN			

Picturesque Burrator scene of Walk Championships

Chris Maddocks of Plymouth City Walkers was out on the course to report on the BVAF 50km Walk (men) and 20km Walk (women) incorporated in the Burrator Reservoir, Plymouth, race walk held on May 5.

AT 7.30am, and 17kms away from Burrator, I started off toward the reservoir en route to my 35km training stint. So it was thanks to our cameraman Gregory Pannell that I could later witness the positive start made by the 50km exponents at 8am. Walking across the moors toward the race venue I had to contend with a strong gusting headwind. Thankfully the race competitors can expect reasonable protection from the elements around the picturesque 5.8km race circuit.

Bandurchenko, the 20-year-old Russian, started as he meant to finish. He reeled off wonderfully even splits to win in 4:05:28.

The battle for second was keenly contested by Daz Thorn and Edmund Shillabeer. Amazingly Shillabeer clung to Thorn for more than half the distance, although this perhaps does Shillabeer an injustice, for Thorn was keen to later point out that the unexpected company helped him. Alas, the younger legs were to prove the decisive advantage. Shillabeer meanwhile walked to a British M50 best of 4:29:39. A remarkable achievement just two weeks after he had successfully contested a 200km/24 hour race in France.

A below par Bob Dobson still easily won the M45 BVAF category.

Dobson's post race claim of general prolonged fatigue can perhaps be better understood when one realises that this was his 94th sub five hour 50kms! Mike Lewis was just 2 minutes away from his personal best in what was a fine walk for him. Geoff Tranter the young whipper-snapper in the vets won the M40 category with a showing just a shade over five hours.

Of the women, Race Walking star, Cath Reader, marched to her seventh successive BAVF title as she made light work of the 20km course. She also took the Open women's prize, some ten minutes ahead of GB International, Nicky Jackson. Cath's excellent time of 1:51:39 was thought to be the second fastest 20k by a British woman this year. She finished third overall beating all the men barring a visiting Russian International Arsenko, who broke the course record, and top British performer Stuart Maidment of Steyning. The outstanding visiting Russian walkers swept into victory in both the 20k and 50k races. Much post race back-patting, tracksuit-swapping and souvenir exchanging took place. Among Reader's souvenirs was a bottle of original Russian vodka.

At the prize presentation Peter Markham spoke favourably of two

far flung places: the Isle of Man and Plymouth — two hot spots for enthusiastic walking — yet locations to which many regrettably are not prepared to travel. C'est la vie.

New World Best Walk

SANDRA BROWN the 42-year-old ultra race walker chose to enter the Men's 50K Walk Championships rather than the Women's 5K held at Basildon on July 13. While the men struggled to combat the humid and windy conditions Brown strode indefatigably to an all time womens World best of 4:50:51. She placed eighth overall. She said afterwards she felt the gap between mens and womens performances at this distance was too great and she could improve significantly on this when the next opportunity arose.

The race was won by Les Morton in 4:15:28, Chris Berwick, 45, was second in 4:30:53. 48-year-old Bob Dobson finished fifth maintaining his record of finishing within the first six in the National 50K since making his debut in 1969 when he placed ninth.

RUNNING Magazine teams up with Zatopek

THIS year there is a new element to the National Fun Run (which replaces the ST Fun Run) on October 6 in Hyde Park - Running Magazine's Zatopek Team Award.

It's age graded from tables constructed by statistician Peter Matthews and is intended to cover a team from all age groups from hardy veterans down to lively youngsters.



Ron Taylor in full flight at Birmingham in the M55 200m

Arthur Lydiard coming to Scotland

ARTHUR LYDIARD the 73-year-old athletic coach from New Zealand who took Murray Halberg and Peter Snell to Olympic gold medals and whose coaching methods transformed long distance running is to come to Scotland in September to give a seminar in Edinburgh. He is keeping a promise made to Scottish Vet

Henry Muchamore.

Meadowbank Stadium has offered facilities for the seminar. Said Muchamore: "Lydiard was a prophet without honour in his own country for a while — now he is respected the world over not only for his views on athletics training, but on his beliefs on training methods for all sports. Even for invalids recovering from heart surgery Lydiard's help has been sought."

RON LUCAS has been selected as Running Magazine's athlete of the month this September. This automatically places him as a contender for the Running Magazine/Reebok Run for Gold Award 1991. Ron recently ran a 60:11 Michelin 10M and in the 1991 National Veterans Track and Field Championships won the 1500m in 4:51.59 in the M65 category and beat into second place Alan Hughes, the first M60 home. His old rival, Harry Tempan, who came third in the race, was second M65.

PAT GALLAGHER continues to re-write the British W45 middle distance records. She ran 4:40.97 in the Welsh Championships 1500m to place third. There is a pending World mark of 4:40.35 by Australia's J. Pollock. The following day in the GRE Cup 2nd round at Swansea Gallagher improved her own 800m British record to 2:17.5.

RON HILL, 52, after a creditable 2:51 in the London Marathon announced that he intends to run just one more marathon, the 1996 Boston, the centenary race for the event. Of this year's London, Hill said: "If it had been easy I would still be considering running more marathons. But it wasn't. It was hard work!"

HOWARD DARBON reporting on another successful Grand Prix series at Bedford said that although the weather was not so conducive to athletes this year, all three meetings attracted good numbers and produced some good performances. Athletes came from as far afield as Southampton, South Humber, Oxford, Swindon and even one from New Zealand.

SCVAC and VAC joined forces for a combined Club Championship 10M on May 4 at Tooting Common. Won by Alan Rich from Graham Wooton, the field comprised about 50% of the 76 finishers from each club, although many belonging to both competed in both championships. It

is hoped to repeat the combined championships at the same venue in 1992, which may also include the Surrey County Veterans 10M champs.

THE RUNNING SIXTIES is a club which formed following participation in the last week of the Great British Fun Run in 1985 and has since run relay teams from Paris to London and from John O'Groats to Land's End. It is always happy to welcome new members over 60 years of age. Members recently took part in an enjoyable relay on the Isle of Wight. The Secretary of the club, which has as yet not applied for AAA's affiliation largely because of its scattered membership, is J. Bennett, 120 Norfolk Avenue, Sunderstead, Surrey CR2 8BS.

Runner piped at the post

AT CORBY, at a Scottish Highland Gathering, they organised a few veteran handicap races. Running in a mile handicap race, with about 150m to go, Alan Hughes had got up into second position, but at that time a pipe band decided it was about time it made its way to the centre of the arena! It came straight across the track between him and the leading runner. He had to run in and out of the musicians. The heading in the next day's newspaper: "Runner piped at the post".

This story is courtesy of MVAC's newsletter. VA receives excellent newsletters from SHVC, MVAC, EVAC, VAC and SCVAC. They are very important sources for more serious matters than Alan Hughes' humorous running adventures. We can check race details, fixtures and find stories that should be told to the whole veteran movement. Do the other affiliated veteran clubs produce newsletters — if so, let us receive them — it stops the Editor from too much nagging for facts.

RON HILL SOUTHERN RELAYS

(Under AAA Rules)

SATURDAY 28th SEPTEMBER 1991

RUSHMOOR ARENA ALDERSHOT

OPEN RELAYS INCORPORATING

SCAA 6 STAGE ROAD RELAY

CHAMPIONSHIP

SCAA 4 STAGE VETERANS ROAD

RELAY CHAMPIONSHIP

12.30 4 x 6Km Veterans Relay, entry fee £6 per team — Over 40 and Over 50 Categories — SCAA Championship medals for both categories. (Over 60 Category depending on demand)

2.30 6 x 6Km senior Relay, entry fee £8 per team.

Entries from non SCAA teams most welcome, please indicate if club is not affiliated to SCAA.

Entries clearly written on club headed note paper or AAA entry forms signed by an official of the club giving up to 18 names per team for the 6 stage and 12 names per team for the Veterans 4 stage. The team declaration on the day must be from the names submitted prior to the closing date. Teams including athletes not listed will be disqualified. Veteran entries must give DOB of athletes. B teams welcome.

Entries to: Mike Neighbour, 6 Edney Close, Church Crookham, Fleet, Hants GU13 0BW — Cheques made payable to Aldershot Farnham and District AC — Enclose SAE for acknowledgement.

Closing date 8th September 1991

CENTURION ROAD RUNNERS

HELD UNDER AAA/WCC & RRA RULES

RACE DETAILS

- All run over traffic free roads
- AAA/IAAF measured
- Clear mile markers
- Full medical back up
- Free creche for runners
- Entry fee as shown against each race
- Adequate drinks and sponges
- Awards for all finishers
- Please fill in the entry form completely and make sure that you have put a tick in the box stating which race or races you wish to run in.
- Then send this form with the cheque or postal order made payable to "Pegasus/CCR", along with a 10x8 SAE, to J. F. Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU.

ENTRY FORM

Please complete this form carefully in BLOCK CAPITALS only

Surname _____
Forename _____
Postal _____
Address _____
Town _____
Country _____ Postal code _____

For Over 40 men and Over 35 women: I wish to join BVAF ☐

Club/Team _____

1/2 Marathon only:

Veterans Membership no _____

Veteran club _____

I declare that I am an amateur as defined by the AAA, WCC & RRA Laws and that I will be over 16 on the day of the race. I agree to abide by the rules of the event and that the Officials decisions will be final. The organisers will not be held responsible for any injury or illness incurred to my person during or as a result of the event, also for any property lost or damage within the vicinity or on the course, changing area and car park. I understand my entry is subject to the approval of the promoters and that the entry fee is not refundable.

Signed _____ Date _____

*Please enclose cheque or P.O. & 10"x8" S.A.E. along with this form to

10 MILE	1/2 MARATHON	GRAND PRIX
---------	--------------	------------

Must be answered* ☐ M ☐ F

Date of birth _____

Age on day of race _____

Telephone _____

Is club affiliated ☐ YES ☐ NO

Predicted time _____

Tee shirt ☐ S ☐ M ☐ L ☐ XL

* Please circle box

Accommodation ☐

ENTRY FEE: see this page
Cheques payable to PEGASUS/CCR

CENTURION GRAND PRIX 1991/1992

Nov 3rd - Dec 1st - Jan 5th - Feb 2nd - Mar 1st - Apr 5th - May 3rd

1 1/2 mile children & adults
3 mile older children & adults
6 mile 16yrs & above

PRIZES (each month) First 3 men, women,

Vet men & women in 3 & 6 mile runs.

First 3 boys and girls in 3 mile.

Age groups change each month for Vets, boys & girls.

{ 1 spot prize for each 20 runners }

ENTRY FEES

O/16 £2.00 (on the day £2.50) Series £10

Under 16: 3 mile £1.50 (on the day £2.00) Series £8

1 1/2 £1.00 (on the day £1.00) Series £6

All competitors competing in 5 or more of above dates receive an award. In addition for 6 or more a Tee shirt, Grand Prix prizes, taken on best 5 results at either 3 or 6 mile (must be the same distance). If injured or not running, but help at race this counts to awards and Tee shirts but not Grand Prix.

STAR RANK
HOT 100

ASSISTED BY:



CHELMSLEY 10 MILE

INCORPORATING
MENS AAA & WOMENS WCC & RRA
NATIONAL CHAMPIONSHIPS

on Sunday 6th October 1991 10.30 am at
North Solihull Sport Centre,

ENTRY FEES

£5.00 AAA club members £5.50 unattached runners

£10 Team entry

Closing date 28 September 1991 (no entries on the day)

All entries received before 1st September will be discounted as follows
£4.00 AA club member £4.50 unattached runners £8.00 teams



PRIZE LIST (£5,000 +)

— At least first 40 men and 20 women plus at least 90 veterans prizes in all 5 years age groups from 40 years to 80 years for both men and women

VETERAN MEN

15-40/44; 10-45/49; 10-50/54; 10-55/59; 5-60/64; 5-65/69; 3-70/74;
3-75/79; 2 over 80

VETERAN WOMEN

10-40/44; 5-45/49; 5-50/54; 5-55/59; 3-60/64; 3-65/69; 3-70/74;
2-75/79, 1 over 80

TEAM PRIZES

6 to run 4 to count all members must enter as individuals' teams must be declared on the day and team number must be worn on back of vest.

— First three teams men and women

— First non 'A' team outside 1st three

— CHAMPIONSHIP TEAM AWARDS to first three teams, scoring by first 3 WAAA and first 4 AAA club members crossing the finishing line. No declaration required for championships.

NOTE: except for team prizes no one person can win more than one prize
— highest value will be given in all cases (prize listed in order value).

NATIONAL VETERANS OPEN HALF MARATHON BVAF CHAMPIONSHIP

on Sunday 20th October 1991 — 10.30am Alexander Stadium

Open to all club athletes of veteran age on the day Men over 40 — Women over 35 awards to all finishers, prizes or subventions to all age groups, graduated in 5 years from 40 yrs to 70 yrs Men and 35 yrs to 65 yrs Women. Gold, Silver, Bronze medals to each group (subject to entries). Race starts in park next to stadium and finishes on the all-weather track.

Entry fee

£5 for members of BVAF regional affiliated club.

£6.50 for non-BVAF affiliated clubs.

Closing date 14th October

BOB DOBSON... Mr Consistency

By Colin Young



Bob Dobson wins overall the annual 100K road walk at Roubaix, France, on June 1 in a time of 10 hours, 20 seconds.

MANY athletes have long memorable careers but there are certainly not many that can still be ranked in the top half dozen at their event over a 20 year span. Bob Dobson won the National 50Km title in 1970 (in his second attempt at the distance) and yet this year he was still good enough to place fifth in the same event. His record in this event is truly amazing: three times first, three times second, three times third, three times fourth, four times fifth and twice sixth. This together with three wins, three seconds and three thirds in the National 20/35Kms.

His International career lasted from 1970 to 1982 and he set a magnificent due of Commonwealth and UK Track records at 30M (4:02:29) and 50Km (4:11:22) in a memorable winning effort at Paris (10.8.74).

He was versatile to finish fourth in AAA 3Dms setting a PB of 12:40.4 in 1970 and has an enviable range stretching right up to 24 hours on the track.

Known for his consistency and exceptional fortitude Bob has become renowned for his strong finish and ability to battle through in adverse conditions when faster and younger opposition fall by the wayside. A sun lover, the Ilford man revels in the hot dry sunshine of Southern European countries.

Some personal highlights of his career have been his first National title (1970), the record breaking effort in Paris (1974), holding at one time the five fastest UK all time 50Km clockings and establishing a British road best (4:10:20) in the IAAF 50Km World Championship (1976) which was an alternative to the omission of the event at Montreal.

Three major disappointments have been the missing out on the 1972 Olympics through dubious selection policy, again missing out on an Olympiad when the 50Kms was dropped at Montreal - as Bob states: 'Malmo was no real substitute' - and non selection for the 1974 Commonwealth 20M - despite being National Champion at the distance he was forced to walk a trial a fortnight after racing for Britain at 50Km in the World Cup Final. He finished fourth and was not considered good enough.

Starting the sport in 1963 with a 8:40 mile on the track Bob had by the end of 1990 competed in 733 races with only four disqualifications.

He has some outstanding race records such as 15 wins in the Essex Long Distance Championship, six in the now defunct Hastings to Brighton 38M Classic as well as five second places in the Leicester Mercury 20M and a similar number of runner up finishes in the Bradford 50Km.

Since moving into the veteran ranks Bob set a World's best for 12 hours on the track (118Km 805m) at Colchester (14.9.85) and won the O40 World titles at 5 and 20Km in 1983 followed by second in both events in the O45 category in 1987. At the inaugural European vets 30Km at Brugge in 1987 Bob was a comfortable overall winner.

Bob, ably supported throughout his career by his enthusiastic wife Olive, is still very keen to maintain his outstanding record in British athletics of appearing in the annual merit rankings which has seen him outlast anybody else in the entire track and field programme. Bob looks forward to further successes and lengthening of his period in the forefront of distance walking in this country. A particular ambition is to produce his real potential at probably his best distance - the 100Km - in a track record attempt.

As long time friend, supporter, adviser and sometime training companion and very infrequently serious rival I am certain the name of Bob Dobson will continue to grace the sport of race walking for many years to come.

Personal Bests

3Km track 12:40.4 (1970)
5Km track 21:50.4 (1971)
10Km track 44:16.0 (1978)
20Km 1:30:02 (1975)
30Km 2:24:19 (1981)
20M 2:33:30 (1976)
35Km 2:48:30 (1981)
50Km 4:07:22.4 (1979)
100Km road 10:00:20 (1991)
100Km track 9:56:34 (1985)
100M track 17:52:01 (1986)
24 hours track 204Km 330m (1985)

Hammer throwing over lunch

SCVAC T & F Championships, Kingsmeadow, June 2
By holding the Hammer contest in the middle of the day, it gave the throwers a welcome change from their usual early morning start and enabled the hard pressed track officials the opportunity to take an extended lunch break.

Outstanding Track triple medallists were Peter Browne who defeated Alan Roker, Gavin Littaur and Peter Molloy respectively in the 400/800/1500 and Rob Bush and Barbara Blorton, who were equally impressive in the shorter sprints and one lap events. Blorton in fact was awarded the outstanding track performance trophy. Good 5000m wins were recorded by Chas Dickenson, Martin Duff, Geoff Harrold, Ted Richardson and Derek Wood, while Sue Ogilvie, Nuala Atkey, Maggie Govender, Pam Jones and Jos Ross were the pick of the women's race at this distance.

As usual Jean Wills, Jean Hulls and Nannette Cross impressed over the hurdles while Leo Lyons had a good win in the Steeplechase.

Field event standards were at a high level with Neil Griffin probably the outstanding thrower with good marks in the Shot, Discus and Hammer and Mike James again performing well at both High and Long Jump. However the field events best performance Trophies went to Pat McNab for yet another near World record performance in the Hammer and Brian Hill with a 13.84 Triple Jump.

There was the usual crop of CBPs with British records also going to Charlie Williams who was pulled to a M60 200 time of 25.5 by M55 winner Byron Grey (25.3), Mavis Williams in the W75 Shot and Javelin and Jo Ogden in the W60 Hammer. JF

Changing background

NVAC Track & Field Championships, Wrexham, June 9
IN RECENT years the only change in the weather conditions for the Northern Vets Championships has been in the background to the rain thrown from the hills. It has been sluiced from Winter Hill, the Peak District and this year the Clwydian range.

The facilities and hospitality at Wrexham are first class — small wonder that the stadium has been hosting multi-event championships. In fact watching the shot, discus, hammer and javelin exponents forming their own close affinity at mid-day and not breaking until tea-time makes one ponder why a separate field events championships is not held — it would solve an officiating problem.

Three records were broken in the field — Hugh Richardson threw the O50s Hammer a metre further than his previous record and John Watson added mere centimetres to his M60 Hammer and Discus records. B. Renshaw had a triple win in the M40 Hammer, Discus and Shot.

On the track there were triple victories for the Durham City pair of Walton and Parnaby in the sprints, making their 400 miles round trip worthwhile. Christine Parker of Bolton similarly dominated the 400m, 800m and 1500m with sparse competition.

In the distance events the adverse weather affected performances and results were below par, though Pete Leviston's 1500m/steeplechase double was a noteworthy effort. Brian Bullen shaved the M55 1500m record though in good conditions this could be considerably improved.

MEM

Strength from Far and Wide

MVAC Track & Field Championships, Solihull, June 9
THE MIDLAND vets turned out in strength for their Track and Field Championships and they came from far and wide: Dave Burton from Sheffield, Marjorie Hocknell from Humberdale and Jo Ogden from Essex. The number of throwers was surprisingly high, 32 in the discus and 25 in the javelin.

The outstanding performance came from Shara Spragg of Cheltenham who won the W40 javelin with a British record of 40.64. Averi Williams' 39.68 had stood for over 10 years. There were also BRs for Alan Lovett (M70) — 4.52 in the Long Jump, and Elaine Statham (W45) — 18:01.1 for 5000m.

There were 40 starters in the 100m races and the closest finish was in the seven man M50 race. It was won by D. Hoare in 13.3, but it was so close that J. Penwarden and B. Taylor recorded the same time as they took the other places. But the most impressive sprinting came from Burton, M55 winner of the 100m and 200m. His 12.8 and 25.2 were faster than winners' times in M50 and M45 at both distances. The sprinters appeared to be running into the wind, but there was no

Around the Regions



Tony Churchill and Ted Butcher have been presented with tankards by the EVAC in recognition of outstanding service to the club. The picture above shows Tony Churchill (left) receiving his tankard from Peter Duhig, Chairman of EVAC, at the BVAF Track & Field Championships, Birmingham.

wind-gauge to check what it was.

The pick of the 1500m runners were M55 men E. Williams and J. Mills — 4:34.1 and 4:37.3 respectively. Excellent times for that group. In an integrated 5000m the record run of Elaine Statham (W45) stood out and so did M45 winner Llewellyn. His 16:02.6 was a championship best.

Les Williams (M65) went over the sticks in 19.1 and 55.9 (for 300m) but perhaps the best of the hurdlers was Tony Wells (M40) — his 58.8 for the 400 was impressive on a windy day. It was good to see the Midland vets turn out in such numbers. WM

A Faerie tale

EVAC Track & Field Championships, Northgate Sports Centre, Ipswich, June 16

WHAT a performance. To break the British record in both the 100m and 200m should have been enough for anyone but for this magnificent 75-year-old veteran athlete it was the icing on the cake since he also won the shot, javelin and discus at the EVAC Track & Field Championships. Not surprisingly he was awarded the Man of the Meeting trophy at the end of a 'faerie' tale afternoon's sport. He is, of course, Colin Faerie of Kettering Town A.C.

He was not, by any means, alone in producing a string of excellent performances however: Bob Abdy won no less than six events (1J, 1H, 1V, 1T, 100mH and 1J) in the M40 class.

In the women's events there were also some outstanding individual results. Both Elizabeth Holmes W50 and Margaret Olley W45 won no less than five events each. Ann Turrington, W35, won both the 400 and 800m in great style. A newcomer to the veteran ranks, Julie Churchill, demonstrated just what a good athlete she is by storming wins in the W35 200m and 400mH.

Once again Henry Emerton proved himself supreme in the middle distances. Having won the 1500m in great style, he then took the M40 5000m by the scruff of the neck to win from the front in an excellent 15:08.1. The M50 5000m proved to be one of the most exciting events of the day with the Club Secretary just able to hold off a strong challenge from Gerald Marsden. The Club Chairman, Peter Duhig, who is now making good progress in his comeback, won the 800m and was placed in the M40 1500m. Once again Alan Hughes proved his versatility by winning the M60 800m, 1500m and 400mH.

A good days sport, well organised by Ted Butcher, and, as always, supported by a dedicated group of officials including John and Molly Mills from the West and the BVAF Chairman, Bill Taylor, who also presented the medals.

Ian Vaughan-Arbutuckle

Bonanza Day In SW

SWVAC Open Track and Field Championships, Poole, June 16

THREE out of four previous championships have not been conducive to filling our record books. This time, after ten days of gale force winds we received a special dispensation to have a bonanza day. No less than 53 championship records were either broken or set and four equalled.

Mary Wixey, W70, was unstoppable. In six events she set five new British records with the sixth just short of her previous record in the 1J. Another septagenarian,

Denis Philcox, had a 100% championship record in his four events with a British record in the 300mH. Willie Russell paid us a visit again and set new marks for the M60 in the 200m right through to the 1500m with the 100m just short. The final British record breaker in the conventional events was birthday boy M50 Tony Bateman who supplied the surprise performance of the day with a 1.57 high jump to win the vote for 'Best Single Male Achievement' trophy.

The SWVAC has always encouraged its road runners to compete on the track by retaining the 10,000m. This year we decided to go one better by replacing it with a one hour race. Not surprisingly this sorted the men out from the boys and likewise the women from the girls. Because only individual year World records are kept, SWVAC have decided to do likewise for the British records. So we are claiming the vacant records for M45 J. Roberts (Poole), M51 B. Grierson (Lordship), M53 R. Jeans (Salisbury), M56 P. Hampton (Plymouth), M59 N. Thom (Goldrunners), M60 W. Davies (SWVAC), until proven otherwise.

The two women competitors were World record prospects. Grace Bolger, W71 (New Forest) only had to finish to succeed, since the WR is vacant. Her 10910.3m nevertheless was a very commendable effort considering she only took to running two years ago. The Ursula Trevett Trophy was awarded to her for the best single female achievement of the day. Last but not least, we acknowledge the brilliance of Betty Norrish (VAC) who already holds the W57 WR and now holds the W60 also. All are subject to ratification.

Without any doubt whatsoever the busiest person on the day was statistician John Gregory. For the first time ever all the paperwork was officially signed up on the spot. What progress, what prospect.

David Lord

Five medalled Woking AC

VAC SM Road Championships, Battersea Park, June 18

WOKING AC took home five medals after Uliano Previali had reassured his authority of 1990, from clubmate Alan Mathews and Belgrave's Leo Lyons. Clive Woodhams and Mary Todd in the 45 groups were also gold for the Surrey club. Mary, back after an operation, edged her course group best record. Meanwhile Margaret Auerbach (LOAC) had comfortably won the Val Harvey Cup for first woman.

Surprisingly, in view of Tom Ryan's record here, Ray Davidson (Cambridge H), fourth in race, ran up a hat trick of M50 titles. Now he had his best time of the three, 28:36. Looking back five years, 'shuffler' Ray is well over a minute faster than he was then, before his renaissance started!

Robert Stewart (Muswell Hill) was close to Tom Everitt's age group best after racing John Geoghegan (Cam H) in the next group. In 60, enthusiast Chas Walker (Bel) continuing his good streak from the Vets Relays saw off old rival Bob Belmont (Bar). But the best new age group best was that set by George Meech who took 1:36 off Jack Fitzgerald's well worked M65 mark.

In this, for some reason, habit forming event - it is the temple that draws its followers or the strange cry of the peacocks or the ice cream van near the finish? - Betty

Continued on page 12



Team Managing at Turku. From left: Mary Wixey, Dave Stevens and John Mills

FIXTURES

NATIONAL

- 18 Aug Inter Area T&F Palmer Park READING Noon-6pm
1 Sept BVAF Pentathlon, Kingsmeadow, NORBITON, Surrey
7-8 Sept BVAF Decathlon/Heptathlon, SHEFFIELD cd 4/8 £5 to D Burton 71 Nethergreen Road, Sheffield S11 7EH
6 Oct BVAF and Open Vet Flying Fox Marathon, STONE, see ad P2
20 Oct BVAC Half Marathon BIRMINGHAM, see ad P10
3 Nov BVAF International CC Match University of Aberdeen Playing Grounds BALEOWNIE 10K/5K Contact C Youngson 0358-426677
- 1992
15 March BVAF Cross-country Championships, CARDIFF
19 April BVAF 5K Road Championships, DUNSFOLD
8 May BVAF Road Relays, HEATON PARK, Manchester
18/19 Jul BVAF National Track & Field Championships, COTTHALL, London

INTERNATIONAL

- 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 & 24K Road Races and Walks, Dolo Mira, VENICE. Details: SAE to B Dunsford 71 Hillside Cres, S.Harrow, Middx HA2 0QU
26 Jun-4 Jul V111 European Track & Field Championships, KRISTIANSAND, Norway

SCOTTISH

- 8 Sept SVHC Half Marathon Handicap, Entry form from D Wilmoth
20 Oct SVHC 1 mile time trials 1pm followed by AGM 2pm
10 Nov 5 mile Road Race CAMBUSLANG 2pm, Conveynor Des Yuill
25 Nov 5 mile XC BISHOPBRIGGS 2.30pm

NORTH

- 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
31 Aug/1 Sept Humberside Masters & Pre-Masters Open Champs HULL, cd10/8, £2 first event £1 addnl £4 team events 10.30am entries and SAE to E J Sawkins, 48 The Vale,

- 1 Sept Kirkella, N Humberside HU10 7PS. Tel. 0482 655529
NVAC v Yorks Vets 10K CC SKIPTON 11am £1 entry on day Sandylands Sports Centre
11 Sept Lanes 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 A Walsham, 21 Thornfield Road Heaton Moor, Stockport, Cheshire SK4 3LD No late entries see if confirm/info req.
13 Oct NVAC 10K Path & Tracks EDGWORTH (Turton) Nr Bolton 12 noon Enter on day.
27 Oct NVAC 10M Road Champs. Padgate College, WARRINGTON cd 21/10 £1 Entries to A Walsham on entry form in NVAC Newsletter.
10 Nov NVAC 10K CC Bowley GT HARWOOD 12 noon Enter on day

NORTH EAST

- 25 Aug NE Vets v Scottish Vets Annual T&F Comp. Lightfoot Stadium Warrior Street, Walker, NEWCASTLE ON TYNE 1pm Details from G Routledge 5 St Hildas Ave. Holy Cross, Wallsend Tyne and Wear NE28 7AB. Tel 091-2632837
1 Sept NEWCASTLE MBC 10K Road Race
1 Sept Women Only 10K Road Race 11am. £3.50/£4. £1 on day to H Prince 5 Regal Drive, Darlington DL1 3EX
8 Sept Berwick Round the Walls Road Races BERWICK 4-10pm cd 22/8 £1.25, £1.75 unatt. to E McCall 14 Stanley Close, Tweedmouth Berwick upon Tweed. Vet Ladies at 2.15pm
21 Sept Morpeth H Road Race Festival, MORPETH
22 Sept NEVAC Pentathlon JARROW. 11am 50p to NEVAC C/o G Routledge, address as above
23 Sept 3rd GRIMSBY Open 10K, BVAF 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 50p to NEVAC C/o G Routledge, address as above
3 Nov 10K GATESHEAD
10 Nov Heaton Harriers Memorial 10K

NORTHERN IRELAND

- 23 Aug NIVAA 5 mile Open Road Race CIYMAS Sports Pavilion, Circular Rd. BELMONT, BELFAST. Contact Mr J Harris 15 Frensham Road, Newtonnards (0247-817767)
28 Aug NIAAF Open Graded Meeting 5000m NI Vets Champs. 'Harris Labs' 5 mile Road Race ANTRIM Forum

WALES

- 31 Aug T&F Champs, SWANSEA 1pm entries Entries to D Crowder 15 Bredenbury Gdns. Nottage, Porthcawl. Mid Glam
22 Sept Reebok LAKE VYRNWY Half, Star Rank Hot 100, 1pm £3 Details from D Morris, 27 Whitlington Rd, Oswestry SY11 1JD

MIDLAND

- 14 Sept MVAC 10M Champs (Prizes not medals) NUNEATON. CANNOCK MASTERS Throws Pentathlon, CANNOCK £3 11am entries with SAE Cheques to 'MVAC' to J Mills 3 Victoria Villas, Bath Rd. Nailsworth. Glos GL66 0JB
20 Oct MVAC 4.7 Mile Handicap RR/AGM NEWBOLD ON AVON.
27 Oct MVAC Half Marathon incor. in 10th STROUD Half Marathon

EASTERN

- 1 Sept WISSEY VALLEY Half Marathon incorporating EVAC Half marathon champs. Details P Duhig, 42 Winbotsham Road, Downham Market, Norfolk, DE38 9PE

SOUTH

- 24 Aug Vets 10K and SCVAC 10K Track Champs ENFIELD 11.45am cd 12/8 £1.50 SAE to Jeanne Coker, 8A Heather Park Parade, Heather Park Drive, Wembley. Middx HA10 1SL
25 Aug VAC T&F Champs, West London Stadium 2pm Members only
1 Sept Open Throws meeting at Robbswood, BRAINTREE, 10am. Vets especially welcome. £1 per event to P.Bown, 1 Appletree Walk, Braintree or £1.50 on ground.
8 Sept SCVAC T&F League finals CROYDON Stadium
8 Sept SCVAC 8th SLOUGH MARATHON and 3rd Half Marathon Upton Court Park BVAC Gr2 entry form/SAE to Nicole Demot Sports & Leisure Dept Town Hall, Bath Road, Slough SL1 3UQ
11 Sept VAC T&F BATTERSEA 6.45pm 100m, 3000m, 200m, 400m
14 Sept Overton International Veterans 5M Road Race at 2pm. (Men) & 2.45pm (Women) Prizes £10 to £100 for first 15 men and £10 to £50 for first 5 women. Also bonuses for course records plus team events cd 2/9 Details from Emma Scoggins, 73 Woodlands, Overton, Basingstoke RG25
21 Sept Surrey Co Relays DUNSFOLD with Vet M&W Teams 4 x 2M 1.30pm R Belmore, Torbay Prestwick Lane, Grayswood, Haslemere GU27 2DU
22 Sept Richmond & Twickenham VAC Open Vets Track Meet BARN ELMS Sports Centre, Rocks Lane, Barnes, Details F Byrne, 11 Jubilee Ave, Whitton, Middx TW2 6JA
28 Sept Ron Hill Southern Relays including 4 stage Veterans Relay, see ad P7
5 Oct (Prov) VAC 5M CC Pavilion ROEHAMPTON VALE SW15
6 Oct Reading AC 5th Veterans Track & Field open. See ad p5
6 Oct National Fun Run, HYDE PARK
19 Oct Surrey Co. Vets CC 10K RICHMOND PARK
19 Oct Bromley Vets AC Open CC
20 Oct Barns Green Half Marathon incorp SCVAC Half marathon champs. cd 19/9 £5 to Race Secretary, 3 Smugglers Way, Barns Green, Horsham, West Sussex, RH13 7PP
26 Oct (Prov) First SCVAC CC League Race, West London.
26 Oct VAC Open Ladies CC 4K & Mens 5M Wilberforce School WIMBLEDON SW19

SOUTH WEST

- 20 Oct SWVAC Half Marathon Open Champs NEW FOREST Combined with Hardley Runners Solent Half Marathon cd 7/10 £4 payable to Solent H.M. to Race Sec. 17 School Road, Hythe, Southampton SO4 6BT No entries on day.

ISLE OF MAN

- 18-23 Aug Series of 5 events in 6 days 18/8 Marathon/Half, 19/8 4 miles Peel Hill Race, 21/8 Ballasalla 10, 22/9 AM Cuttill Me. 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 Road, IOM Entries accepted up to date of first event

AROUND THE REGIONS

Continued from page 11

Norrish, 60, took her fifth title and Eddie Flowers (VPH), 70, a fourth one.

In the Vets track distance races Steve Knight (SLH), the Surrey Vet CC Champion, won a 3,000m in 9:07 and 1500m. Chris Jennings headed the Mile yacht where Jim Brown (Wok) was fastest at 4:56 and guest Peter Duhig scored a 5000m from Dennis Williams. JH

Decathlete pretenders

SVHC Track & Field Championships, Grangemouth, June 29
THESE Scottish Vets Championships were confirmation of my opinion that many vets think they are decathletes. In fact some of them are and Eamon Fitzgerald and John Freebairn are typical. Fitzgerald's M40 110H/HJ/LJ/TJ/PV with 17.2/1.75/5.62/12.28/3.65, and Freebairn's M50 100H/HT/SP/DT/J/HJ/LJ/PV in 17.9/34.00/11.74/40.28/37.82/1.50/4.90/2.70 really make mere road-running seem easy.

The meeting produced a lot of great performances such as Colin Youngson's M40 5000m in 15:24, Denis O'Reilly's M40 100/200/400 in 12.3/25.3/56.0, John Ross's M50 100/200/J in 12.6/25.8/41.52, Irene Morrison's W35 100/200/400 in 12.8/26.8/63.2, Bill Arthur's M60 100/200/400 in 14.6/29.4/68.3, George Bridgeman's M65 100/200/J/DT in 14.5/29.0/32.68/27.70 with many doubles like John Kennedy's M40 800/1500 in 2:06.7/4:14.0, Fred Cowan's M55 400/800 in 62.2/2:23.6, John Scott's M45 HT/SP with 41.70/12.67, John Steede's M45 100/200 in 12.2/25.7, Bill Stoddart's M60 1500m/5000 5:06.1/17:37.5 and many others.

Out of all this talent we sent a strong team of men and women to face the might of the North-East Veterans at Lightfoot Stadium, Newcastle, on Saturday June 25. This event is one we Scots look forward to as part of our annual programme.

David Morrison



At Turku: M40 World 800m finalists all smiles after the event. From left: Renat Brilin (URS) 6th, John Molloy (Aus) silver, Aki Laurila (Fin) 5th, Yair Karni (Israel) 8th, Leonard Claassen (Namibia) 7th, Peter Browne (GB) gold, Ronald Jensen (USA) and Heikki Vakkuri (Fin) bronze.

New Names at Oswestry

DENNIS Fowles of Cardiff was the outstanding winner on August 4 in the BVAF 10 Mile Championships at Oswestry. His time 50:52 set a new course record previously held by Harry Clegg of 50:38 set 1987. There was an outstanding M75 time of 88.14 set by Vince Plank which shattered George Oxbury's course record of 93.18.

The women's turnout was low key. The winner was Dianne Payton of Tipton in 62:18 but perhaps the most noteworthy women's race was by Pam Jones, W55, in 72:26.

Conditions as usual - hot.

Answers to Quiz p4

- 1 Greta Waitz: 2:27.32 in New York 1979.
- 2 The 100m.
- 3 Alan Wells (Scotland) and Mike McFarlane (England).
- 4 Melbourne in 1956.
- 5 Collette Besson (France).
- 6 Bulgarian (she competed in four Olympics).
- 7 Mike McCleod in the 10,000m.
- 8 28 including 7 water jumps.
- 9 The World Junior T & F Championships.
- 10 Miklos Nemeth (Hungary) - he of 'Nemeth javelin' fame. His father, Imre, won the Hammer at the 1948 Games.

FIXTURE NOTES

BVAF Indoor Championships will be held in March at Cosford. As yet the date has not been finalised.

VAC enters the Surrey League this cross-country season in Division III. Eligibility is strictly for VAC members at October 1, first claim to VAC, or 2nd claim limited as follows: those having membership of a AAA club which is in the Surrey League in any division are not eligible. Dates 12 Oct, 23 Nov, 18 Jan, 15 Feb - details VAC newsletter.

The Open Vet Ladies Cross-country promoted by Veterans AC enters its seventh year thanks to steadily growing support. The date moves to October 26 due to congestion of events in early October.

An Invitation to the South Pacific

The VI Oceania Veteran Track and Field Games is to be held from November 30 to December 8, 1992, on Norfolk Island, South Pacific. Norfolk Island, founded by Captain Cook in 1774, is 1000 miles East of Australia. It is 5 miles by 3 miles and has a population of about 1700 people. The inhabitants think it is Utopia.

Experienced officials from New Zealand and Australia will be in charge of the games and although the Games are for competitors within the Oceania region they also extend to all veteran athletes from all countries a warm invitation to participate.

Entry forms and further information can be obtained by contacting: The 6th Oceania Veteran Games Committee, PO Box 158, Norfolk Island (via Australia) 2899, South Pacific (Fax 672 3 3106, Tel 627 3 2115).

RESULTS · RESULTS · RESULTS · RESULTS ·

Astoreca (Spa) 4:36:59 W35 1 D



50K (1 O.Bandurchenko (USSR) 4:05.28 - Senior)
 5 L.Schlaiber (PCW) 4:29.39 - M50
 4 R.Dobson (Ilford) 4:45.29 - M45
 6 G.Tranter (Birch) 5:03.09 - M40
 9 K.Batton (Trow) 5:32.21 - M45
 10 W.Lawrence (Baa) 5:32.46 - M50
 11 C.Coleman (Lanc Wx) 5:52.21 - M70
 12 D.Wilshy (Birch) 5:54.32 - M60
 14 C.Creston (High) 5:56.54 - M50
 15 L.Cree (Worc) 5:43.43 - M65
 17 D.Mace (Birch) 5:46.20 - M50
 18 F.Baker (high) 5:53.06 - M55
 19 J.Coleman (SWWR) 6:10.24 - M60
 20 J.Fenton (Baa) 6:16.34 - M45
 21 P.Sargeant (Worc) 7:02.24 - M65
Women's 20K
 1 C.Reader (Ryston) 1:51.47 - W35
 2 C.Reynolds (Beyn) 2:01.59 - W45
 4 J.Butler (Beyn) 2:09.36 - W40
 5 D.Jones (Trow) 2:14.01 - W45
 6 L.Lawrence (Trow) 2:27.54 - W45

Due to pressure on results space from International and National Championships it has not been possible to include veteran club track and field championships results in this issue.

James Fowler.....	Carroll 14, 30w + 1	Over 60	Womens
Robert Bates.....	Gooden 14, 30w + 30		
Phoe McGee.....	Carroll 19, 30w + 0		
Ken Woodhouse.....	Ken 19, 30w + 0		
Andy Holden.....	Tipton 12, 30w + 2		
Over 50			
Debbie Jamet.....	Smith 12, 41w + 6	Women	
Mike Wren.....	Tipton 16, 25w + 1		
Michael Hewitt.....	Brown 16, 20w + 29		
Joe Cleave.....	Norris 16, 2w + 3		
Des Haughey.....	Smith 16, 32w + 27		
Over 60			
		Women	
1. Pat Gallagher 17.17			
2. Elaine Batham 17.34			
3. Diane Underwood 17.35			
4. Chris Roloff 17.55			
5. Christine Price 18.20			

SALE TIME SALE TIME SALE TIME

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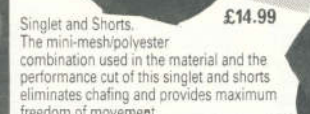
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