HIGHLIGHTS INSIDE: WORLD TRACK & FIELD CHAMPIONSHIPS, TURKU P8/9, AGM REPORTS P5

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 sprint-

ers and field eventers were in their ele-ment. 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 outsprinted 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 com-bined 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

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 flambuoyant 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

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

Jean Wills 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 adantage 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

best lavelin at the National





Shara Spragg hurls a W40 UK

### World Road Championships to Birmingham

Birmingham was left unop-posed 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 Vicechairman, 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 organ-ising 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 sident 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 Carlius 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 fol-lowing a vote in the Women's meeting to retain the status quo.

In a debate which probably did more

to highlight the language difficulties in-herent 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 pro-osed by New Zealand that in all future championships a team vest should be

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

lor re-elected nairman

Tay BILL TAYLOR Wa was re-elected Chairman at the AGM held in Birmingham on July 6. But Taylor is adament that he wishes only to con-TJ: Margaret Daniels 9.55 tinue 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 curent arrangement whereby affiliated veteran clubs, in-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 Crosscountry, 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 un-AGM reports p5 confirmed.

### 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

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 LJ: Alan Lovett 4.44 J: Harold Karlson 24.22 M70

HJ: Jo Ogden 26:58 J: Jo Ogden 31:74 400m: Monica Shone 79:40 800m: Monica Shone 3:11:59 800m: Monica Shone 3:11.5: 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 100m: Mavis Williams 20.92 SP: Mayé Williams 4.95 W70

SP: Mavis Williams 4 95

### ■FROM THE EDITOR ■

Slowly but surely Veteran Athletics is becoming self-Slowly out surely veteran Anneacs 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

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 correspondants 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 then begging a general accounts of the program of the pro ring begging a report, a result or help. I have not had one unwilling response. And Jack Fitz Gerald is inde-fatigable in organising the address labels - a very large task - and indispensable in checking results,

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

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

### HES Vol 1 No 19

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Subscription Rates: £10 per annum (4 issues)

Veteran Athletics is an official publication of the British Veterans Athletic Federation and of the World Association of Veteran Athletes. The editorial policy is not, unless otherwise stated, that of the BVAF and WAVA. Unsolicited material for publication in Veteran Athletics is welcomed, preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped addressed envelope, Veteran Athletics accepts no responsibility for loss or damaged material. All correspondence will be acknowledged in the letters column at the editorial committee's discretion. This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Aroa Secretaries. addresses supplied by Area Secretaries.

### BRITISH VETERANS ATHLETIC FEDERATION

BRITISH VETERANS ATHLETIC FEDERATION

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### WORLD ASSOCIATION OF VETERAN ATHLETES

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(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETE FEDERATION)

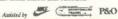
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11th C	rack	Cancer	nali	marath	on
heltenham	2.30 1	.m. Sunday,	15th	September,	1991

veterans BVAF GRADE 1	MERCANTILE	& GENERAL		
Closing Date: Friday Surname Mr/Mrs/Ms (please delete) Address	Initials	No late entries. (Entriclub or Sponsor (if ap	plicable)	
5000000000	4.4		Male 🗆	Female
Tel.No.Work	Home_		Wheelchair I	Entry
Age on 15th Sept., 1991 (min 1	A CONTRACTOR OF THE PARTY OF TH	ied £3.00 navable to *CORALT Ma	Husband &	Wife Entry [

Please send, enclosing two large SAE (min 9" x 6") for acknowledgement and free resu CRACK CANCER HALF MARATHON, Cheltenham Racecourse, Cheltenham GL50 4SH. Testimonial 1990 There are challed races there the Coss have presented or and the strength of t

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SIGNATURE

DATE

Thirteenth Flying Fox Marathon

# **British Veteran** Marathon Championships Sunday October 6th

at 11.00am At STONE in Staffordshire

(Held under AAA & WCCA rules)

Permit - STAFF 91/024 Entry Fee £6.00 (Unattached £6.50)

Entries restricted to veteran runners Trophies & Prizes awarded in age groups

Closing date for entries 24th September Promoted on behalf of the British Veterans Athletic Federation



Race limit 5 hours

Sapientia atque Levitas

### **ENTRY FORM**

Please return by 24th September, 1991 with appropriate fee and S.A.E. 9 x 6 for race number and programme

Monica Darlington, Race Secretary, The Radfords, STONE, Staffordshire, ST15 8DJ

FULL NAME
CLUB
/ETERAN AFFILIATION & MEMBERSHIP No
SEXDATE OF BIRTHAGE ON RACE DAY
MARATHON PB IN LAST 2 YEARS
ADDRESS & POST CODE
TELEPHONE_
Entry Fee £6 (unattached £6.50)  f you live over 130 miles away SMM aims to offer free accommodation with a family. Please sign below if needed
SIGNATURE
I hereby declare that I am an Amateur according to the AAA and NAAA definitions and that I absolve the Organisers of the Race rom any responsibility for any misadventure which may befall me while competing in the above Race."

## Rommel of the Relay

— Wilf Morgan takes a view from the bus at the BVAF National Road Relays held May 11 at Sutton Park. Hull, the City of, now there's a vest

ou can't mistake — a brilliant shade of urple. Well, you could get them mixed

Announcers like a bit of drama so

'It's Salford, it's Salford in the lead,

up with Loughborough Students, but they

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

what a great leg by Stan Curran.'
It's genuinely dramatic, the run by

Curran I mean, because Ernic

Cunningham had given Aldershot the

lead by over a minute after the fifth, and

with Tipton and Oxford out of the picture,

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

and time for a touch of eloquence, read-ing 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

prepare to depart, the little girl comes up to collect her inhaler. I tell her nobody came for it — she's still got both cap-

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

peted, 100 ran the Women's champi

onship - 25 teams, 253 ran the M50

championship - 41 teams plus 4

legs from Hillingdon and 3 from

Plymouth, 34 ran the M60 champi-

onship — 11 teams plus leg 1 from Birchfield. In the M40 champion

ship 680 athletes competed - 83

teams and 16 runners in incomplete teams. A total of 1067 runners took

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 ham-

sters - I could well be ostracised for

abusing a rodent.

I made former BVAF Chairman

In the first race 387 athletes com-

(Staffs) M50 team.

As I gather my papers together and

Results p15

round in 14:36.

sules. She looks pleased.

The final act is the medal ceremony,

Next time round they do have it won, the Marsh restores their one minute lead

Aldershot looked to have it won.

don't show in vets' races.

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 an-nouncer 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

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 Black means Birchfield or Blackheath, but Blackheath are not running so who are the other team in black. Tynemouth Harriers? Never heard of

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 Learnington? No prob, Westbury always show up first. Gates-head from Bristol is more difficult, they have to come a bit closer, not much, mind so I can see if the name Gateshead printed above the red band. If it isn't it's

The wind blows my papers about. I ssed 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

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 mak 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 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 **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 Brit-ain won this comfortably from Belgium. France was third. The individual win however, was Munhail 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 Onselen 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 Jury Kitaey 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 Torbjohn 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.



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

### Walking History

GB versus France, Bazancourt 200km Race Walk, April 20-21 — Chris Maddocks EDMUND SHILLABEER reserved for him-self 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 a possible within a 24 hour cut off period he just about managed the maximum 50 laps. His 200km took

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

### **OVERSEAS NEWS**

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

KJELL-ERIK STAHL of Sweden erased New Zealander 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 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

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

Name (Age)

Palm (49)

Palm (48)

Campbell (41) Palm (45) Palm (47)

C Lopes (38) P Welch (42) J Campbell (42)

C Lopes (37) E Palm (46)

Top Ten WAVA age graded performances: Name (Age) Event

City-Pier-City Half '91 Fin v Swe 10000m '90

Oslo 10000 Metres '84 City-Pier-City Half '88 Philadelphia Half '90 Oslo 10000 Metres '87

London Marathon '89 Rotterdam Marathon '85 London Marathon '87 Pageant of Light 5k '91

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.

1.15.18

1.03.24 33.04

2.32.40 2.08.28 2.27.10 13.55

28.01

Actual %

1.12.36 32.57.37 27.17.48

27.17.48 1.12.24 1.02.28 32.41.98 2.31.05 2.07.12 2.26.51 13.55

1.0372 1.0371 1.0266 1.0156

1.0100

1.0022

# PLUS ÇA CHANGE

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

20 years ago:
Sunday aftermoon 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 aftermoon's kip in
front of the box.

of London's wanderers, seated on a sheltered bench surrounded by all her worldly possessions in carrier bags,

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

I scampered through the first lap 30 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 impetits, 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

Back onto the track, thick in a foe 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 pelling 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 old man in front of the mirror, shaving. On the mirror there

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

the mirror, shaving. On the mirror there was a sign "No shaving allowed". Refreshed, I mused: That's what

dreams are made of.

Ron William

As I ran alongside Father Thames one

# YOUR LETTERS

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 BVAF 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

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

In the 21st Track and Field Championship's programme is a personal advert 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 champion-ship organisers and officials.

Can my husband Peter meet John's charming wife, Jean, to teach him how to put up with his sprinting, jumping, throw-ing, 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 to-gether with a copy of the current applica-tion 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 ap plication forms. In my view this would be money well spent out of either BVAF 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 BVAF 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

JF replies: Women 055 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

060 obtaining automatic acceptance from 1984 onwards (although unfortu-nately 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 accurate results listlings in VA, had to go to press within a week of the race. I continually rang Unysis request-ing 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 060 finished this

### 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 neces sarily the responsibility of race organis-

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

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 BVAF members followed this practice I am sure other vet-erans could be encouraged to follow suit.

Highgate Harriers

Jeanne Coker

### 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 end-less 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 prob-lems, 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 BVAF 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

ed 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 tem pered 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 a

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 sepa-rate 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 roblems 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 Hert-fordshire, the Centurions, the BVAF 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 20Km or that most spirit-sapping of events—24 hours on the track.

When not in a race, he was often to be found in unknown as the control of the country of the control of the country of the co

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 as the per remain in our memories — as the personi-fication of kindness and generosity. He held strong views on the present and future of race walking, which he ex-pressed very forcibly but always with an unfailing courtesy, and, above all, he sin-cerely 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.

# 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 decombe Fair Cross Country run "ineludes 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 BVAF 5k Champion, and is available from him by sending £5.95 to 21 Donnington Drive, Sunnyhill, Derby,

### 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,

April: £100 to P.Carmichael, Morpeth; £10 to D.Birch, D.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

### Magnus Masterton's Memory Lane 10

Who was the first woman to run the marathon inside 2:30?

2. What is the first event in the Decath-

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 medallists 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 1988? 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 vomen 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

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

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 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 OLN) 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.

# **NEWSPAPER** SUPPORT

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

Peter Duckers Tony Rawlinson Bryn Jenkins Dorothy McLennan Pat Gallagher Stone Master Marathoners Peter King Wally Kuy

Karen Yewer Nigel Thom

Margaret Gannon S H Greton E D Thompson Monica Darlington Norman Carter Tony McKay Terry Hartley John Bayliss Dave Dellar Michael O'Neill Paul White

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

### 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 Ampthill, our National Cross-country Champion-

ships 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

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

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.

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 under-standing 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

5TH VETERANS TRACK & FIELD OPEN MEETING SUNDAY 6th OCTOBER 1991 at PALMER PARK STDM, READING STARTING AT 12.00 NOON

1500m | H/Jump | Discus | 5000m | L/Jump | Javelin | EVENTS: 100m 🗆 (Tick box) 200m S/Hurdles ☐ Shot ☐ Hammer ☐ Triple Jump ☐ Pole Vault ☐ MFN + 400m □ 800m □ WOMEN Medals (1-2-3) " First Class Stadium " Good Parking " Easy Access

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.

MALED

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:

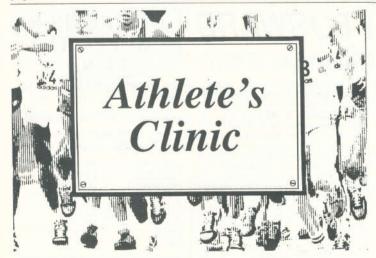
Categories (please tick):
MALE 40-44 \( \text{ 45-49} \) 50-54 \( \text{ 55-59} \) 60-64 \( \text{ 65-69} \) FEMALE 35-39 \( \text{ 40-44} \) 45-49 \( \text{ 50-54} \) 55-59 \( \text{ 60-64} \)

**Event Sponsor: READING CHRONICLE** 



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 Beigrave 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.



## Stride Length the

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.

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

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 increas-ing 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 counterbalance 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 through-out 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 maintain-ing 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, openthe 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 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 submis-sion of a bid to stage the 1992 WAVA Road Run-ning Championships in NEC Birmingham.

I must return to a point I mentioned last year about 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 relection a
Chairman for one more year.

Bill Taylor

### Jack FitzGerald on Overhydration

AS A product of a road running fraternity at a time when drinks were not allowed to be taken in a mara-thon 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 Di-rector of the Sports Science Centre at the University of Cape Town, made the following significant state-

When runners look shaky after a marathon one shouldn't automatically assume that they are dehy-drated ... 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

... Assuming that all runners are dehydrated after long runs and forcing liquid into them can be espe-cially 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 ... deydration 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 refresh-ment 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 dehydra-

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

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 instruc-



Free T-shirt and medal for all finishers

- Red Devils
- Capital Radio Roadshow
- Free parking
- Spectators Free Challenging 10K **Running Sisters**
- Children's 3K
- Hundreds of spot prizes
- Supervised children's play area
- Pre-race aerobic warm-up
- Basketball Demonstration

Palace track.

course.

a traffic free

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.

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)

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# **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 recled 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

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' 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 Arsienko, 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 n Hyde Park - Running Magazine's Zatopek Team Award.

It's age graded from tables con-structed 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
ARTHURLYDIARD 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 Muchamo

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 re-covering 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

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 Humberside, 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 handi-cap 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 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

### IX WORLD VETERANS TRACK & FIELD CHAMPIONSHIPS, TURKU, JULY 18-28



John Potts attempts to outmanoeuvre eventual M45 1500m winner Ron Mercelina at the start of the last lap

# Time in Turku

VETERAN ATHLETICS had three reporters and three photographers covering the many events from different aspects at the three venues. It surely begins to give some of the feeling of the breadth, the excitement, the quality, the complexity and the richness of the biennial WAVA Track and Field festival.

First Wilf Morgan reports: The first two days of the Championships were taken up by the multi event competitions and the British representatives were few: Snowy Brooks (M45), Tony McKay (M50), Joe Phillips (M55), Helen Dyble (W35) and Jean Hulls (W50).

Hulls was defending the title she won in Eugene and produced a series of marks that were almost identical to those of two years ago. But she was against Friderun Kummerle (German), the 1989 W45 Heptathlon Champion, and it was soon obvious that the German would win. Indeed Jean was fourth going into the last event, the 800m, but a gutsy 2:35 lifted her into second place and produced a total of 5155 points - 34 more than in Eugene.

Lightly built newcomer, Helen Dyble (W35), was fourth. Her 1.62 High Jump was significant - it was the best by a Brit for a long time and it seems likely she could threaten the 1.67 BR set by Dorothy Tyler over 30 years ago.

While this was going on in the main stadium, Pat McNab was winning the first British gold at Kaarina, a stadium five miles South of Turku She sent the 4K Hammer 35.48m, below her best but almost 5m clear of Pat Connell (Australia) who took the silver.

The Kaarina Track also produced the first major surprise of the Games, the M70 10,000m defeat of John Gilmour (Australia) by Warren Utes (USA). Not only did Utes win convincingly 200m ahead of Gilmour, but his 38:23:69 improved the WR previously held by Gilmour

Sunday, the fourth day of the meeting at the Turku Stadium saw Pat Gallagher, enjoving a splendid first year in the W45s. take the 800m and Mary Wixey (W70) the 100m. Mike Bull (M40) pole vaulted 4.40, equalling his best as a vet, to take gold.

All the British winners to that point had been expected to succeed, the victory of

Tony Wells in the M40 110m Hurdles was a surprise. He produced a marvellously fluent display in spite of pressure from competitors either side of him. He showed inches in front over the second flight, increased this to a foot or so by the sixth, staved composed and in control right through to the line to become the first Briton to win this event in a WAVA Championships. It was a splendidly competitive race - there was only 07 between the three that followed him home.

Our other high hurdlers showed up well. Peter Field with a frown of intense concentration etched on his face got the silver in the M60s and there was a British finalist in the five groups W35 to W55. Jean Wills (W40) and McNab (W45) got bronzes and there was a surprisingly good run by Nanette Cross for fifth (14.64) in the W50s. But a number of hurdlers picked up injuries in these finals.

In the finals of the 100m, always exciting to watch at the World Champs, there were few Britons, but Mary Wixey looked good as she strede away to take the W70 race with plenty to spare. In the M45s Kazabu Kaihara (Japan) took the eye as he produced a somersault out of the blocks following a false start by another competitor, then, having attracted attention, came out like a rocket at the second time of asking, a legal start, and built a metre lead by half way. Americans Johnson and Bell closed on him at the finish but he got home by inches in 11.45 - faster than the M40

winner It's fair to say that few take up sprinting as yets and get medals at World Champs. They should take encouragement from Yvonne Priestman - four years in the sport and a silver medal in the W45s to show her clubmates at Bromsgrove & Redditch;

The press centre produced the occasional sheet that it called interesting names to watch out for. There were a couple in the Morioka (Canada) - he turned in 51.18 to retain the title he won in Eugene. The trio of Brits finished in the next three places. Winston Thomas ran well to finish second, ahead of Les Duffy and John Henson. With those placings the 4 x 400 relay result was obvious; Colin Campbell was the fourth man and the team won by a distance. Like Pete Browne, Barbara Blurton

of them in the same class as Harold

lined up as favourite in the W40. She looked a cut above the others in the semiand she emphasised this in the final, taking the gold with a time of 58.38. Hocknell looked to be back to her best as she took second in the W45 with 63.08

The 4 x 400 relay team in the W40 included three W45s: Hocknell, Gallagher and Priestman, and they joined Blurton to win the race in 4:09.02. It was a surprisingly easy victory, they were never under pressure.

There was a good performance by a 'scratch' M60 4 x 400 team. It included distance men Giles Brindley and Alan Hughes along with Peter Field and Whitaker. Their time of 4:11.31 for third place was commendable and it owed much to a last leg by Whitaker. He finished second in the 400m final in 60 02 and his relay leg was certainly a second or so faster than that. He brought the team from fourth to third, actually occupying second place for an instant some ten metres from the line.

In contrast the showing of Britain's 4x 100 teams was poor. The M40 and W40 teams were disqualified for late changeovers and other changes were extremely poor. We do not seem to have the passion for this event, unlike the 4 x 400 where our people often run above them-

Martin Duff, of Athletics Weekly, continues:

W60 shot: Galina Zybina and Nina

Ponomaryeva - both Olympic champions

from the '50s. Zybina was second and

Ponomaryeva fourth. The best putting by a

Brit came from Evaun Williams, her 11.89

for sixth place improved Rosemary

Six Britons made the finals of the 300/

400m hurdles and four of them, Wells

(M40), Keith Whitaker (M60), Marjorie

Hocknell (W45) and Hulls (W50) gained

silvers. The standard was generally not as

good as it was in Eugene but Jack Green-

wood (USA) drew gasps of admiration for

a smooth display of hurdling that gave him

a 300mH World record of 45.20 in the

as she turned in 27.32 in the W45 200m and

another gold for Wixey, 35,03 in the W70.

Wixey had an outstanding Games - she

brought her gold tally to four by winning

the Long and Triple jumps with 3.40 and

6.72, the triple jump being a new World

early morning semis, held between 8am

and 10am and, with first two and four

fastest losers qualifying few were able to

coast their way through. Some may have

lost their edge as they lined up for the finals

in early afternoon but it was not evident for

In the M40 it was speed versus strength:

Sergei Gerasimov the flier and Peter

Browne, the stayer. The man from the

USSR, in the lane outside Browne, did his

stuff - he was three to four metres up on the

Brit at 200 - but it had been reduced to a

metre or so as they entered the straight.

Then Browne's strength came into play

and he eased his way to the front in fine

style, he looked confident and composed

for perhaps his most impressive win in a

We had three men in the M45 but none

we saw some fine races.

The finalists in the 400m came through

W70 record.

There was another silver for Priestman

Chrimes British record in the W50s.

The distance events provided 19 of the British gold medal haul and 17 minor medals. Elaine Statham (W45) led the way with a brilliant early 10,000m win on the well appointed and beautifully set Kaarina track set in pine woods. Knocking nearly half a minute from her own W45 British record. Statham set a new ph of 37:05.89 as she scored the first of her three gold medal successes over the classy American Joan Colman. The others came in the 5000m (another new British mark of 17:40.77) and the 10K Cross-country, where she placed third overall - two W40s were in front.

Jose Waller also completed a long distance track double, which at 69 was especially praiseworthy. Her 5000m time of 23:44.76 being considerably faster than her time in the UK Championships at Birmingham. Steve James also collected two medals, a silver and bronze, and had the misfortune to come up against Ron Robertson (New Zealand) and Antonio Villanueva (Mexico) as they set new World records of 31:01.90 (10.000m) and 14:55.60 (5000m) respectively. James' times of 32:19.14 and 15:34.00 were his best for many a year.

Robertson's new 10,000m record renoved Les Presland's World mark of 31:59.6. So when Presland lined up against him in the 10K Cross-country fireworks were expected. The Aldershot man hung on to Robertson for one 3K lap but the New Zealander then went away for an easy win 150 yards clear. However, Presland, James and Geoff Harrold combined for M50 Cross-country team gold.

The distance track events also gave Len Jones a brace of M75 medals: silver in the 10,000m and bronze in the 5000m. There were also a pair of silver medals for Joselyn Ross in the 5000 and Cross-country and, despite placing fourth a 1500m British record of 5:51.33. Myfanwy Loudon took a couple of bronze medals in the W55 5000m and Cross-country - the former in 19:44,77 just one second outside her British record. She was only just adrift of her 1500m National best when placing fifth in the

Elsewhere in the cross-country which was held ten kilometres to the North of Turku, at Raisio, on twisty forest trail of sawdust and gravel surfaces, there were other team medals. By moving down competitors into younger age categories to make up teams there was silver for the M40. M60 and W40 teams and there was bronze for the M55 and W35 teams. Sally Young, like Statham, was a class

apart in the W35 group. Not that a cursory glance at the results would have indicated as much in the 1500m. The South London Harrier, who trains under Robin Bachelor's guidance with Box Hill Racers, opened with a 2:15.69 800m victory and followed with a 16:53.01 win over a weak 5000m field. The 1500m metre victory, however, was the one that must have been sweetest. She defeated a field that contained the first and third all-time ranked runners at the distance. Young led most of the way for victory in 4:33.14 but second was World Senior record holder at 3:52.47, Tatyana Kazankina, now 39, in a time of 4:47.58 and fifth was Olga Ovirna-Kostetskaja, whose 1982 best was 3:54.23. Neither Soviet athlete has done much since retiring five or so years ago but the way that Kazankina accelerated in the last 200m to move from fourth to second was reminiscent of her form of old. With training she must surely threaten the W40 group next year in the European Championships in Kristiansand

Pat Gallagher also had notable Soviet opposition to disturb her pre-race night's sleep. Earlier she had easily annexed the 800m in 2:19.98. But in her 1500m final she lined up against Ludmilla Bragina, the 1972 Olympic 800m champion. Grabbing the race, as usual, by the scruff of the neck, Gallagher came home untroubled in 4:48.40. Back in ninth Bragina, running barefoot, despite occasional glimpses of good style, looked ragged.

Another double winner and usually overlooked was M65 Giles Brindley. De spite being well outside Harry Tempans' British best, Brindley found 2:30.11 good enough for M65 800m silver and then collected another in the 2000m SC where his 8:18.49 improved his recently set British record.

Following the Eugene one, two, three of Peter Browne, Ron Bell and Les Duffy, the organisers of the championships this time scheduled the M40 800m on the occasion of the Paavo Nurmi Open Meeting Challenge. Browne did not disappoint After a 57.77 first 400m, he slowed the field before piling in a 26.8 last 200m to win by fully three seconds in 1:55.94 ahead of former Highgate Harrier, John Molloy who was down as British for this race but later switched to Australian allegiance.

Duffy too was in the medals - a silver behind the regal Dutchman, Ron Mercelina, who has added a 1:56.16 M45 Worldrecord to his laurels already this year and here, accelerated away in the straight to win in 1:56.42 ahead of Duffy's 1:57.85. In the 1500m the M45 competitors played into Mercelina's hands allowing him to lead in modest pace. John Potts, however, burst clear at the bell (4:07) stealing a few vards but the Dutchman closed quickly and rounding Potts at the 200m mark pulled clear with a final lap of 57 seconds as Potts settled for second - a 61 second last lan. Trevor Alderdice picked up the crumbs from the top table to run into a clear third spot on that last lap.

Seven of the golds for Britain - four individual, three team - were won in the Marathon, which was run in increasingly hot conditions as temperatures reached the eighties after a coolish and changeable week of weather Graham Bacnall who all week had looked and acted like a prospective champion, ran a steady race leading the M50 section from start to finish to match his London time with 2:31:22. The other men's wins came in the M50 and M55

Although never looking completely

comfortable. Diane Underwood led the women's race as her nearest challenger fell back in the second half. Underwood's 2:52:11 represented a personal best but she has surely more to offer on a cooler day. A W35 team gold followed backed up b W45 winner, Rita Banks (3:05:40), and Maggie Govender (W45) in fifth. The other individual win came from the indefatigable Jose Waller in the W65s despite being forced to alternately run and walk in the closing stages

And Cath Reader on the Walks Competition in the walks was tough and the small British contingent was involved in some gruelling battles notably against the

Russians and Americans.

In the 5Km track event the outstanding Russian presence was that of triple Olympian Vladimir Golubnitshii, whose world beating 22:44 in the M55 group was an acknowledged exhibition of race walking. Just over a minute behind in his awesome wake team manager Dave Stevens walked himself to a well deserved and exemplary

Renee Scott (W60) bagged the only medal for the women sticking to the Ameri can cost tails of Joan Rowland, the W65 winner, to pull her to silver in 33:40.6 behind the irrepressible Olga Meyer. Carol Bean was incredibly unlucky to miss out on the medals having led the chase for silver and bronze all through. She was overhauled by two battling yankees in the final

Doug Fotheringham and Cath Reader took fifth places in their respective events both clocking their best 5K times since Budanest.

The men's 20K Road Walk saw both Stevens and Fotheringham improve a position - Steven's silver medal spot com bined with John Dunsford's 15th and John Marshall's 24th gave them a fourth team

In the women's 10K over the same course later in the day, Renee Scott responded to the hot sunshine as she had to the downpour during the track event and repeated her silver medal performance clocking 65:46.

Carol Bean paid for her tremendous earlier 5K battle by fading to 13th after a solid first lap. She proved her drive and determination by fighting on to the end whereas at least one of her 5K adversaries did not even make it to the start line.

The quality and standard of walking in both events was high - characteristically matched by the effort of the competitors and support of spectators.

World Records set at Turku

Fabardine (Fra) 2.70

Hammer W50 H Seade (Aus) 41 86

W70 I Bellin (Ger) 29.40 W85 I Sarnama (Fin) 15.48 5K Track Walk M45 E Heman (Fin) 13.80

Marathon M60 L. Acquarone (It) 2:38:15

W40 P Raschker (US) 2.90

W45 | Miller (Swe) 2.10 W45 I Miller (Swe) 2.10 W50 M Eost (US) 2.15 W55 D MCLennan (Ire) 1.40 Shot W65 T Kasekamp (Urs) 10.06 Discus M70 K Jouppila (Fin) 47.75 W50 L Hmelevskaja (Urs) 44.48 W75 A Peller (Fig) 20.84 W65 I Samama (Fin) 13.80

200m M75 F Assmy (Ger) 29.44 400m W55 C Capperta (US) 65.48 W60 A Cooper (Aus) 67.97 800m M70 J Lytgen (US) 2:27.57 1500m W55 E Pohl (Ger) 5:12.43 300mH M75 D Tackings (Fin) 50 9 300mH N75 R Laskinan (Fin) 59.89 W55 C Roovers (Hol) 52.11 10,000m M50 R Robertson (NZ) 31:01:90 M60 L Accuarone (It) 34:14:88 M70 W Utes (US) 38:23:59 Mills tries Mollov, J. for GB team 3000mSC M50 R Robertson (NZ) 9:43.97 2000mSC W35 V Adams (NZ) 7:48.32 2000mSC W35 V Acams (Nz) 7:48.52 W45 M Crmen (NZ) 7:38.08 W55 S Syazdina (US) 9:52.25 Long Jump W70 M Wixey (G3) 3:40 High Jump M55 H Mand (Aus) 1:77 Triple Jump M60 H Strauss (Ger) 12:33 M65 M Jarvinen (Fin) 11.11 M70 G Skrivervik (Nor) 10.17 W40 A Wkodarczyk (Pol)12.07 W50 H Searle (Aus) 9.77

Underwood over the moon

Beccalli limbers up for President

Wells hurtles to a flying win

Model medallists: Hulls, Blurton,

urton appeals to his heel

Hacknell



### **RESULTS**

100m M40 1 F Pina (Esp.) 11.52 [hl.11.33] M46 1 K Kaihara (Jon) 11.45 [heats: I Foster 12.22, W Thomas 11.52, G Barrat 11.91) M80 1 R Austin (Aus) 11.88 (heats: C Denett 12.51, R Wccolard 12.53) M55 1 H Hartenstein (US) 11.90 \_ 4 D Woodland 25.01, MSS 1 H Hartmostein (15), 11 50... 4. D.
McChenol (29), 12-34 (hosts 1-5) Word (1-7), 4. D.
McChenol (29), 12-34 (hosts 1-5) Word (1-7), 58 (host 1-15), 68 (host 1-15), 68 (host 1-15), 68 (host 1-15), 68 (host 1-16), 68 (h

200m M40 1 K Brinker (US) 23:35 M45 1 J Johnson (US) 23:39... 6 J Henson 24:00 (heats: T Winston 24:11; G Barrat 24:71; C Campbel 25:76) M50 1 R Austin (Aus) 23:55 (heats: P Woodland 25:14; S Walton 25:55; C Derrett 25:97; J T | Dipping 33:33) M55 1 H Harterszien (US) 24:25... 5 B B union 26:09 33.33) MS5 1 H Hatrersein (US) 24.25... B B Butno 26.03 It 25.39 [heast: T Bowrnia 72.39] M60 1 W Seze (Frg) 26.55 (mais: F Lorins 32.46) M65 1 H Schlege (Frg) 26.08 Freist: D Dickson 9.07.5) M70 1 B Hogar (Au); 36.31 (heats: S Stein 30.71, A Nonen 33.57) M75 1 F Assmy (Frg) 29.44 (h 9.07) ... 4 Watson M60 1 A Paymon (Fn) 34.03 M65 1 S Tomorer 4.3.63 M60 1 M Narayana (hol) 44.77

Tomore 4.3.3 Mb0 1 M Maryana Inc) 44.77 Mb6 1 J Sing In July 4.84 W 34 1 J. Anguno Farj 25.55 (reas: K Ayra 28.28) Wb4 1 G Toto (Fr) 26.26 ... 6 Blurton 27.14 fr) 26.91 Jbs. 4. Africago 7.02 Wb4 1 B Vbs. 4. Africago 7. Africago 7.02 Wb4 1 B Vbs. 4. Africago 7. Africago 7.

M401 P Browne 50.48 (heats: P Madden 55.38) M45 1 H

August 20 (1988) - Walshington, 1984 - 18 (1986) - 18

600m M40 1 P Browne 1:55.94 (ef: P Duhig 2:00.35, N Watson 2:00.73 heat: J Taylor 2:07.02; M45 1 R Mercelina (I-d) 1:56.42 2 L Duffy 1:57.85 ... 5 T Aberdice 2:02.20 (ef: J Garber 2:09.92) M50 1 N Gornes Da Siliva (8ra) 2:02.28, 2 F Server 2UA.92) M56 1 N Gorres Da Silva (Bra) 202.96, 2 F Hearns (ft) 2:04.10 (heats: M Doogan 2:15.17) M55 1 C Pauling (US) 2:10.55 (heats: 3 Arnod 2:33.66) M66 1 J Sutton (US) 2:13.98 ... 7 J Charman 2:20 73 (heats) Pauling (US) 2:10.56 (hosists & Amord 2:23.66) MBot 1 J Sutise (US) 2:23.81 - J J Charman 20:27) 646011. Foreign 2-227.68 MBot 1 G Elman (Nov) 2:28 (N; 2 G Bendell) 2:28 (Nov 1 G Elman (Nov) 2:28 (N; 2 G Bendell) 2:31.50 MBot 1 M Nazayman (Nov 1 G Elman (Nov 1 Frg) 3:19.08 W70 1 G Davidson 3:24.80 W75 1 J Luther

1500m.
Mai 1 K Popojoy (US) 4:92.54., 4 P Duhg 4:05.01...7 P
Molity 4:06.11 Mais 1 R Marcellin, IHci) 4:05.62.2 J Patta
4:58.32.1 F Molectice 6:11.76 Maiss 13 Cathor 4:22.41 MS0
N Gome da Siva (Brill, 4:18.33...1.0 M Doopan 4:36.96 (nt
4:32.56 MS1 F R Conseman (Pg) 4:28.59 (host)
Davidson 5:25.33 MS0 1 J Sutto (US) 4:22.96...SS T R Conseman (Pg) 4:28.59 (host)
Davidson 5:25.33 MS0 1 J Sutto (US) 4:22.96...SS 1.00 M ohes 4:51.42.5 J Charman 4:54.28 (ht 4:53.21) M65 1 J 

5000m Mora (Mora (Mora) 54: 24.19 ... 10 P Duhig 15:19 B4 (house: A Brachtwa 155.73), B Oropor 15:46.61) MM5 1.3 Bucksiy (Mil 15:40 M) 2.0 F 16:26.71 (house: Goularia 15:06.02) E George (Goularia 16:06.02) E George (Gou 21207.15; C Cross 22:11.04. MicDoval 22:16:13 Mids 1: R Bergman (Swi) 7:166:1 XM 1: 1.6 (mor) Aus. 1907.25 Mif5 1: Eanharn (LS) 202.03; Mid5 1: A Arhaus F (70) Mif5 1: Eanharn (LS) 202.03; Mid5 1: A Arhaus F (70) Mid5 1: Eanharn (LS) 202.03; Mid5 1: Kin 102.02.15; Mid5 1: Kin 102.02.15; Mid6 1: Mid6 1 1 L Marvin (Can) 24:24:32 W75 1 J Luther 26:10.97 W80 1 A Darke 30:59.06

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n (Can) 5243.86 W75 1 J Luther (Fm) 53:13.63 110m Hurdes M40 1 A Wells 15.51 M45 1 M Malatdis (Gre) 15.82

100m Hurdes M50 1 C Miler (US) 15.13 M55 1 L Lindhe (Swe) 15.98 M60 A Fernasus (Swe) 16.85, 2 P Field 17.66 (heats: K Whitaker 20.05) M65 1 J Greenwood (US) 16.30 W35 1 M Ocarnica (Fra) 15.93 ... 3 H Dyble 16.99

page 9

(real 103.5 a h 104.64 fb.)
M70 1 H Gill (Se) 144.2 M75 1 H Miller (US) 15.37 M80 1 A
Pajunen (Fin) 18.20 W40 1 D Desmier (Fra) 12.38 ... 3 J Will
12.87 W45 1 H Lamp (Un) 13.07 ... 3 P McNab 13.59 W50
H Kuppe (Inhth) 14.04 ... 5 N Close 14.64 W55 1 C Roovers
(Main 12.86 - C Colone 12.75 W60 4 E Express 14.55 c)

400mH M40 1 Mclloy (Aus) 57.52 (†† 57.15), 2 A Wellia 58.12 M45 S Putkinon (Fin) 59.51 M50 1 A Hamaerinse (Frg) 61.24 M55 T Trondset (Swe) 63.70 ... 4 J Barce 67.02 W35 1 N Izvekova (Urs) 67.62 W40 1 N Daehler (Su) 72.53 W45 1 M Alison 63 72.2 M Hocknell 70.00

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200m Hurches III Stocker (Sweet 44, 76, 2 K Whiteles 47, 78, 4 0 F cycle

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Kohroner (Fin) 1.35 M80 11 V McIntyre (US) 1.14 M80 1 3 Crane (US) 34 W51 C Karg (Fig) 1.72... 44 H 07bb 1.60 W40 1.4 Plitichhe (Auti 1.52 W48 1 C Hauser (Fig) 1.45 W80 U Skelling (Fig) 1.45 W85 1 T C Hauser (Fig) 1.45 W80 1 Enexisson (Swe) 1.27 W65 1 H Pedol (Can) 1.16 W70 1 E Migholer (Fig) 1.00 W75 1 A Reile (Fig) 36 W80 1 M This left Savanac (Fin) 3.6

Long Jump Long Jump M40 1 S Szydlowski [Pol) 7.12 M45 1 R Blanquer (Esp) 6.87 M50 1 M Sacklund (Fin) 8.43 M55 1 H Mancl (Aut) 6.09 M60 H Strauss (Fig) 5.49 M65 1 M Jarvinen (Fin) 5.22 M70 1 G Skrivenki (Koh) 498 M75 1 M McCrit (Joh) 4.34 ... 6 L Watso 3.71 M80 1 A Pajunen (Fin) 3.49 M85 1 K Boss (US) 1.51 

W75 : R 501 (70) 2.55 (W0) : R Frith (Nu.) 2.10 Thiple Junp M40 1 M TRI (US) 15.20 ... 11 B Carrip 12.45 M45 1 J Lamp (Lus) 13.65 M30 1 M Backloud File) 13.56 M35 1 H March (Aut) 12.72 ... 15 Philips 10.71 W00 1 H Straus 6; 6pg 12.33 M85 1 M Jahrenne (Fin) 11.1 M W71 1 G Schowley (Kpt) (C. 17 M75 1 M Metral Liph) 3.21 M M0 1 A Palpane (Fin 1855 M85 (Kbbs 10.5) 4.60 M0 1 B Cane (US) 4.64 W 28 1 A Lisasin (Fin) 11.57 W M0 1 A Wickinszy (Vol) 12.C7 ... J 3 M M18 8 82 M87 1 G Carri (Fin) 6.7 F M M61 8 V W00 1 H Saaries

W45 15 Carll (Bio) 20 64, 27 MicNab 528 W30 1 1 Source / Along 277 W35 1 5 Bootel (Mor 14.8 W50 1 1 Source) (Mor 15 Caruson) (Swin) 5.1 5 W35 1 3 Source (Mor 15 Caruson) 5.2 W50 1 Source (Mor 15 W50 1 Source) 6.2 W50 1 W50

22(0 W90 1 N Sent (US) 2.15 Wid 1 O Nuclearani (Id) 4.00 Juvelin Juvel

1 TKasekerp WPG : E koef (2m) 23.62. A M M/sry 15.52 W/Sr 1 H Gölfrord 1 1992 22.70 WM : 1 R Hrift (2m) 0.88 M/sr 1 H Gölfrord 1 1992 22.70 WM : 1 R Hrift (2m) 0.88 M/sr 1 H Gölfrord 1 1992 22.70 WM : 1 R Hrift (2m) 0.88 M/sr 1 H German 1 1992 22.70 WM : 1 R Hrift (2m) 0.88 M/sr 1 H German 1 1992 22.70 M/sr 1 R Hrift (2m) 0.88 M/sr 1 R Hrift (

Discus | Pink (Art) 48.36 M45 1 J Tuomola (Fir) SO.4C ... 14.8 M40 1 J Tuomola (Fir) SO.4C ... 14.8 Glio 34.92 M50 1 K Liedtse (Fig) 60.90 M55 1 P Speciess (Fig) 50.34 M60 1 L Filip (Td\*) 50.46 M65 1 P Saarlisosk (Fig) 49.92 M79 1 K Jouppila (Fir) 47.76 M75 1 M Rigori (Ita) 34.80 49.92 M70 1 K. cuppila (Fir) 47.76 M75 1 M Rigoril (fla) 3 M80 1 D Renval (Fir) 37.36 M85 1 L Cicconi (fla) 25.00 M 1 E Crane (JS) 17.76 M95 1 J Singh (Ind) 15.12 W35 1 U Hohenberg (Fig) 44.06 W40 1 E Kubi (Uns) 54.36 M45 1 M Jukabsone (Uns) 39.59 W90 1 E Kubi (Uns) 54.36 M45 1 M E Williams 24.58 W95 1 A Satel (Uns) 35.54 ... 3 C Graham E Wilsame 24,56 of Cafahami 24.94 W60 J N Ponomareva (Urs) 29:76 W65 I M Holm (Swe) 25.54 W70 I E Moli (Can) 22.22 ... 7 M Worey 13.38 W75 I A Relei (Fig) 20.34 W80 I R Frith (Aus) 12.50 W85 I | Samarna (Fin) 13.30

M40 1 R Chesquire (Bel) 7251pts (12.57, 6.12, 12.56, 1.73, 55.95, 16.80, 40.52, 3.30, 54.20, 5.06.97) M45 1 R Brooks 0.355, 16.56, 50.05, 50.05, 50.05, 50.05, 50.05, 70 62.64, 17.94, 38.40, 3.30 47.80, 5:39.50) ... 17 T Bi ha

# 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
- 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.

Please complete this form carefully in BLOCK CAPI' Surname		10 MILE	1/2 MARA	ATHON		GR/ PRI	
Forename		Must be a	nswered'		М	F	1
Postal							_
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For Over 40 men and Over 35 women: I wish to join	BVAF	Telephone	e			-	-
and		Is club aff	iliated		YES	NO	
Club/Team		Predicted	time				ĺ
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I declare that I am an amateur as defined by the AA. be over 16 on the day of the race. I agree to abide b	A, WCC & RRA Laws and that I will	Accommo	dation [	Ī			
be over 16 on the day of the race, I agree to abide be Officials decisions will be final. The organisers will nor illness incurred to my person during or as a result lost or damage within the vicinity or on the course, cunderstand my entry is subject to the approval of the not refundable.	ot be held responsible for any injury of the event, also for any property hanging area and car park. I	ENTRY F Cheques	EE: see t payable t	his pag o PEG	e ASUS/	CCR	
Signed	Date						
*Please enclose che que or P.O. & 10"x8" S.A.E. alo							

### **CENTURION GRAND PRIX 1991/1992**

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

PRIZES (each month) First 3 men, women, Vet men & women in 3 & 6 mile runs. First 3 boys and girls in 3 mile.

1 spot prize for each 20 runners Age groups change each month for Vets, boys & girls.

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



1 1/2 mile children & adults 3 mile older children & adults

6 mile 16yrs & above





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



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.

£5 for members of BVAF regional affiliated club. £6.50 for non-BVAF affiliated clubs.

Closing date 14th October

# BOB DOBSON... Mr Consistency



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 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 sec-onds and three thirds in the National 20/

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).

was versatile to finish fourth in AAA 3Dms setting a PB of 12:40:4 in 1970 and has an enviable range stretch-

ing 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 Olym-pics through dubious selection policy, again missing out on an Olympiad when the 50Kms was dropped at Montreal - as Bob states: 'Malmo was no real substi-tute' - 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 imber 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 appear-ing 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)

# **Around the Regions**

Hammer throwing over lunch 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 moming 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 Blurton, who were equally impressive in the shorter sprints and e lap events. Blurton in fact was awarded the outstanding track performance trophy. Good 5000m wins were recorded by Chas Dickenson, Martin Duff, Geoff Harrold, Ted Richardson and DerekWood, while Sue Ogilvic, Nuala Alkey, Maggie Govender, Pam Jones and Jos Ross were the pick of the womens race at this distance.

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

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 multievent 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

Med Hammer, Discus and Shot.

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

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.

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 Humberside 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 m Shara Spragg of Cheltenham who won the W40 javelin with a British record of 40.64. Averil 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 d the closest finish was in the seven man and the closest initials was in the seven man MSO 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 we faster than winners' times in M50 and M45 at both distances. The sprinters appeared to be running into the wind, but there was no



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

A Fairey tale EVAC Truck & Field Championships, Northgate Sports Centre, Ipswich, June

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 and Field Championships. Not surprisingly he was awarded the Man of the Meeting trophy at the end of a 'fairey' tale afternoon's sport. He is, of course, Colin

Pairey of Kettering Town AC.

He was not, by any means, alone in producing a string of excellent performances however. Bob Abdy won no less than six events (LJ, HJ, PV, TJ, 100mH and J) in the

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 Turington, 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.

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 seen of the neck to the second of the neck to win from the front in an 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.

1300m and 400mH.
A good days sport, well organised by
Ted Butcher, and, as always, supported by
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-Arbuckle

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 TJ. Another septegenarian,

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

supplied the surprise performance of the day with a 1.57 high jump to win the vote for 'Beat 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), MS1 B. Grierson (Lordshill), MS3 R. Jeans (Salisbury), MS6 P. Hampton (Plymouth), MS9 N. Thom (Goldrunners), M60 W. Davies (SWVAC), until proven

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 10910.5m 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.

Five medalled Woking AC VAC 5M Road Championships, Battersea Park, June 18

WOKING AC took home five medals after Uliano Previati had reasserted his authority of 1990, from clubmate Alan Matthews 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 age group best record. Meanwhile Margaret Auerback (LOAC) had comfortably won the Val Harvey Cup for first woman.

Surprisingly, in view of Tom Ryan's cord 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 H) was close to Torn 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 Belmore (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 - is it 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

### FIXTURES

NATIONAL

NATIONAL
Inter Area T&F Palmer Park READING Noon-6pm
BVAF Pentathion, Kingsmeadow, NORBITON, Surrey
BVAF Decathlon/Heptathion, SHEFFIELD ed 4/8 £5 to D
Burton 71 Nethergreen Road, Sheffield S11 7EH
BVAF and Open Vet Flying Fox Marathon, STONE, see 18 Aug 1 Sept 7-8 Sept 6 Oct ad P2

20 Oct BVAC Half Marathon BIRMINGHAM, see ad P10 BVAF International CC Match University of Aberdeen Playing Grounds BALEOWNIE 10K/5K Contact C 3 Nov

Youngson 0358-426677

 159 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, COPTHALL, London

INTERNATIONAL
24 Aug Banska Bystrica, CZECHOSLOVAKIA Int. Vets Meeting. Details from Eduard Longauer, Orenburska 11,974 00 Bansak Bystria, Czechosl.

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

SVHC 1 mile time trials 1pm followed by AGM 2pm 10 Nov 5 mile Road Race CAMBUSLANG 2pm, Conveynor Des

5 mile XC BISHOPBRIGGS 2.30pm 25 Nov

NORTH

NVAC T&F League No 3 at LEIGH Harriers HQ on 21 Aug Holden Road, LEIGH 7pm enter on night NVAC 10K Road & Path, Irlam Town FC, Silver St.

IRLAM. 12 noon. Enter on day
31 Aug/1 Sepx Humberside Masters & Pre-Masters Open Champs
HULL, cd10/8, £2 first event £1 addtnl £4 team events 10.30am entries and SAE to E J Sawkins, 48 The Vale,

Kirkella, N Humberside HU10 7PS. Tel. 0482 655529 1 Sept NVAC v Yorks Vets 10K CC SKIPTON 11am £1 entry on day Sandylands Sports Centre

11 Sept Lancs Vets T&F Champs. Venue to be arranged

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, 29 Sept

Cheshire SK4 3LD No late entries sae if confirm/info req. NVAC 10K Path & Tracks EDGWORTH (Turton) Nr 13 Oct Bolton 12 noon Enter on day. NVAC 10M Road Champs. Padgate College,

WARRINGTON cd 21/10 £1 Entries to A Walsham on entry form in NVAC Newsletter.

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 Warrier Street, Walker, NEWCASTLE ON TYNE 1pm Details from G Routledge 5 St Hildas Ave. Holy Cross, Wallesend Tyne and Wear NE28 7AB. Tel 091-2632837

10 Nov

NEWCASTLE MBC 10K Road Race Women Only 10K Road Race 11am. £3.50/£4. £1 on day to H Prince 5 Regal Drive, Darlington DL1 3EX Berwick Round the Walls Road Races BERWICK 4-10pm 1 Sept

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 Morpeth H Road Race Festival, MORPETH NEVAC Pentathlon JARROW, 11am 50p to NEVAC C/o

21 Sept 22 Sept

G Routledge, address as above 3rd GRIMSBY Open 10K, BVAF Gr1 10.30 £2.50 to \$ 23 Sept

Green, 88 St.Nicholas Dr. Grimsby, S Humberside (Payable to Wolds Vets ACE)

NEVAC 10K/5K Track Champs, JARROW 7pm 50p to NEVAC C/o G Routledge, address as above

10K GATESHEAD 10 Nov

Heaton Harriers Memorial 10K

NORTHERN IRELAND

NIVAA 5 mile Open Road Race CIYMAS Sports
Pavilion, Circular Rd. BELMONT, BELFAST. Contact Mr J Harris 15 Frensham Road, Newtonnards (0247-

NIAAF Open Graded Meeting 5000m NI Vets Champs. 'Harris Labs' 5 mile Road Race ANTRIM Forum 28 Aug

WALES

T&FChamps, SWANSEA 1pm entries Entries to D Crowder 15 Bredenbury Gdns. Nottage, Porthcawl. Mid

Reebok LAKE VYRNWY Half, Star Rank Hot 100, 1pm 22 Sept £3 Details from D Morris, 27 Whittington Rd, Oswestry SY11 1JD

MIDLAND

MVAC 10M Champs (Prizes not medals) NUNEATON. CANNOCK MASTERS Throws Pentathlon, CANNOCK 14 Sept £3 11am entries with SAE Cheques to 'MVAC' to J Mills 3 Victoria Villas, Bath Rd. Nailsworth. Glos GL66

MVAC 4.7 Mile Handicap RR/AGM NEWBOLD ON

MVAC Half Marathon incor. in 10th STROUD Half Marathon

EASTERN

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

Vets 10K and SCVAC 10K Track Champs ENFIELD 11.45am od 12/8 £1.50 SAE to Jeanne Coker, 8A Heather Park Parade, Heather Park Drive, Wembley. Middx HA10 ISL

VAC T&F Champs, West London Stadium 2pm Mem-25 Aug bers only

1 Sep Open Throws meeting at Robbswood, BRAINTREE, Dam. Vets especially welcome. £1 per event to P.Bown, 1 Appletree Walk, Braintree or £1.50 on ground. SCVAC T&F League finals CROYDON Stadium SCVAC 8th SLOUGH MARATHON and 3rd Half

8 Sept 8 Sept Marathon Upton Court Park BVAC Gr2 entry form/SAE to Nicole Demot Sports & Leisure Dept Town Hall, Bath

Road, Slough SL1 3UQ VAC T&F BATTERSEA 6.45pm 100m, 3000m, 200m, 11 Sept

400m 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 Surrey Co Relays DUNSFOLD with Vet M&W Teams 4 21 Sept

x 2M 1.30pm R Belmore, Torbay Prestwick Lane, Grayswood, Haslemere GU27 2DU Richmond & Twickenham VAC Open Vets Track Meet 22 Sept BARN ELMS Sports Centre, Rocks Lane, Barnes, Details F Byrne, 11 Jubilee Ave, Whitton, Middx TW2 6JA

28 Sep

Ron Hill Southern Relays including 4 stage Veterans Relay, see ad P7 (Prov) VAC 5M CC Pavilion ROEHAMPTON VALE SW15 5 Oct

Reading AC 5th Veterans Track & Field open. See ad p5 National Fun Run, HYDE PARK Surrey Co. Vets CC 10K RICHMOND PARK Bromley Vets AC Open CC 6 Oct

6 Oct

19 Oct 19 Oct

Barns Green Half Marathon incorp SCVAC Half marathon champs. cd 19/9 £5 to Race Secretary, 3 20 Oct Smugglers Way, Barns Green, Horsham, West Sussex, RH13 7PP

(Prov) First SCVAC CC League Race, West London. VAC Open Ladies CC 4K & Mens 5M Wilberforce School WIMBLEDON SW19 26 Oct 26 Oct

SOUTH WEST

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 Cutillo 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.

Decathlete pretenders

SVHC Track & Field Championships, Grangemouth, June 29

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
Earnon Fitzgerald and John Freebairn are typical.
Fitzgerald's M40 110H/HJ/LJTJPV with 17.2/
1.75/5.62/12.28/3.65, and Freebairn's M50 100H/
HT/SP/DT/J/HJ/LJJPV in 17.9/34.00/11.74/40.28/ 37.82/1.50/4.90/2.70 really make mere road-

37.82/1.50/4.90/2.70 really make mere roadrunning 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 100/200/101 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/JDT 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 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 Saturday June 25. This evens is one forward to as part of our annual programme.

David Morrison



Answers to Quiz p4

2 The 100m.

Olympics).

1 Greta Waitz: 2:27:32 in New York 1979.

The World Junior T & F Championships.
 Miklos Nemeth (Hungary) - he of

'Nemeth javelin' fame. His father, Imre. won the Hammer at the 1948 Games.

3 Alan Wells (Scotland) and Mike McFarlane (England).

6 Bulgarian (she competed in four

7 Mike McCleod in the 10,000m.

8 28 including 7 water jumps.

4 Melbourne in 1956. 5 Collette Besson (France).

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

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 timrout 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.

### FIXTURE NOTES

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

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

warm in the Oceania region free 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 Nortalia) 2000, South Pacific Fax 573.2 Australia) 2899, South Pacific (Fax 672 3 3106, Tel 627 3 2115).

# RESULTS · RESULTS · RESULTS

### INTERNATIONAL

Veterans Grand Prix, Brugge, June 23

10K Road Race
May 10th Ulumov (Uar) 29:48, 2 M Van
Eapen (B) 30:57, 3 K Woodhouse 31:00, 4
P Crowhurst 31:17, 5 P Smith 32:33, 6 S
Colle 32:54, 8 K Hutton 33:18, 9 P
Thackwary 34:23, 10, M Lister 35:29, 11 M
Ellis 35:58, 12 B. Cook 37:22, 15 D Millen
99:08 16 J Cullen 39:26, 17 T Challenger
40:08, 19 D. Russell 42:49, 20 M Russell
43:09, 22 D Part 44:20:24 S Fart 46:40, 25
G. Kinlen 46:50, 28 C Brower 48:43, 29 M
Davis 50:45, 30 D Wisph 51:07, 32 Barry
Whitmore 52:00, 28 C Brower 48:43, 29 M
Davis 50:45, 30 D Wisph 51:07, 32 Barry
Whitmore 52:01, 32:13, 2 J Rogge (B)
35:55, 3 C Andown 34:50, 4 D. Gillick
35:12, 5 R. Lawrence 35:31, 9 J Rodge (S)
55:5, 3 C Andown 34:50, 4 D. Gillick
35:12, 5 R. Lawrence 35:31, 9 J Rodge (S)
Fillick 19 S Rodge (S)
Fillick 19 Rodge

51.22. M65 I R Lucas 35:56, 4 W Critchfield 45:01, 8 R Barnett 56:46, 9 R Easton 57:45, 10 S 8 H Barnett 56/46, 9 H Easton 57/45, 10 S Chesson 57/47, 11 R Penney 58/22. W35 1 R Ellis 35/38, 2 P Bongers 40:16, 3 S Blunt 43:34, 4 J Riddell 45:16, W40.1 K Todd 39:36, 2 S Cookle 40:22, 3 R Gillick 40:51, 8 A Milchell 44:35, 7 S Fache 46:38, 8 G Griew 47:48, 11 J Button 52:35, 13 G Goorge 54:17, 17 M Rower 58:08, 13 G Goorge 54:17, 17 M Rower 58:08, W45 I H Schnickel (BRIO)37:28, 2 C Wild 38:19, 3 V Brockwell 99:08, 4 V Flowers 43:51, 7 J Bowrigton 49:17, 8 N Crossly 49:59, 9 J Hastings 50:23, 10 P Alderson 51:25, 11 J Vork 53:09, 12 D Bewley 55:07, 13 J Dench 55:21, 14 C Gill 57:52, 15L Ulming 59:20, 1 EL Badger 59:04, 17 F Timms 59:21.

Winning 59:01, 16 L Badger 59:04, 17 F Timms 59:21, W50 1 H Morath 45:57, 2 M Darlington 42:21, 3 P.A Par 45:56, 4 S Shaddock 46:02, 7 S Pickering 48:04, 8 M Sladdon 51:29, 9 W Ranside 52:29, 10 B Cushen 52:29, 11 J. Couch 55:17, 12 M Smith 55:22, 13 P Farr 55:00, 14 J OB Cushen 55:24, 13 P Farr 55:00, 14 J Ohambers 56:45, 16 J Colors 59:32, 17 W Veevers 10:22:58 18 J Harford 10:30.77 W55:1 M van Caelenberghe (8) 40:11, 2 A Pilace 51:46, 6 F-A Parkin 52:30, 9 J Pilace 51:46, 6 F-A Parkin 52:30, 9 J Salmon 56:20, 10 E Good 66:04, W60:1 B Norrish 47:58, 2 A van Binnebeek (9) 48:08; 2 E Giddis 56:13, W55:1 R Gastaull (F) 54:08. M85:01 R Gastaull (F) 54:08. National bearns: 1 UK, 2 Beiglum, 3 France Club teams: 1 Harrogate AC, 2 Warrington R3, 3 Brighton & Hove 25/K Road Race

Club teams: 1 Harrogatio A.C. 2 Warrington RR, 3 Brighton & Hove 25K Road Race M40 1D Hill 124-38, 2 L Mosow (USR) 125:53, 3 J Missew (USR) 125:53, 6 C Hughes 130:10, 7 A Carroll 130:29, 16 L Use 137:11, 22 R Clarke 147:29, 29 J Shrikey 144:30, 35 B Spicer 146:06, 4 1 S Fortune 137:02, 45 P Fillips 53 J Bahart 146:05, 54 B Collis 149:15, 89 B Richards 150:34, 65 T Lean 137:13, 7 D S Rohelbeid 152:37, 7 A P.T Downey 153:09, 76 K Ruddy 153:49, 7 J J Jorgeneon 154:11, 92 R Jones 159:19, 94 P Creasy 159:51, 98 M Tawn 159:57, 103 D Jackson 2013; 10 R Waldow 2013; 10 R Waldow 2013; 11 Jackson 2013; 13 D Haaly 220:47, 138 B, Butcher 2:33:24, M45 1 J van de Wister (B) 1:28:08, 2 J van Henterghern (B) 1:31:19, 3 V Holman 132:52, 5 A Branagan 1:33:22, 6 K Mgor 1:344,51,51 J Hall 136:30, 16 P F Parles 1:39:06, 7 M Booth 199:31, 20 D Walton 141:04, 22 J Nowllie 142:51; 17 13 D Handrigge 1:43:25,52 P Hudley 114:31:56, 25 D Robert 153:26, 50 P Robert 143:26, 25 P Cabban 1:47:37, 34 P Rocch 1146:25, 30 P Cabban 1:47:37, 34 P Rocch 136:25, 30 P Cabban 1:47:37, 35 D Hodoughton 1:53:56 62 J Reid 157:14, 53 K Hasiar 1:57:43, 6, 7 R Houghton 1:53:56 62 J Reid 157:14, 53 K Hasiar 1:57:43, 6, 7 R Houghton

7 S Smith 1:01:53, 9 C Halls 2:06:00, 11 E Perry 2:07:12, 12 L Taylor 2:09:54, 13 J Bul 2:11:02, 16 M Shirley 2:19:45, 17 J Cozens 2:22:53, 20 M Witte 2:23:13, 23 J Packman

222:53, 20 M Witte 223:13, 24 J months 233:59
W45 1 L Devoop (8) 1:43:37, 2 R Banks 1:40:51, 3 O Elseina (Lish) 1:50:56, 4 S Houghton 1:54:37, 11 J Gent 2:11:27, 13 S Wood 2:19:23, 15 P Smith 2:29:30, 16 G Howe 2:31:22, 17 P McChre 2:37:54 W50 1 E Biborman (N) 1:51:50, 3 P Hawked 2:31:21, 3 D Alvoot (8) 1:48:13, 4 G Cattin 2:32:47)

2:33:07 W60 1 B de Preter (B) 2:15:27, 2 B Forster

2.15.26 W70 1 E Falko 2.41.26 UK 3 Belgium Club tearms: 1 USSR Light Athletic Federation, 2 Tharmes Hare and HOuse, 3 Reebok Racing Team

### Continued from page 9

Contractor from page 4
4,53, 8.86, 1.34, 64,94, 20,17, 30,42, 2.40, 41,24, 8.50,68) Mi60 1 V Keitanen (Fin) 6930 (13,73, 4.83, 10.34, 1.24, 63.35, 18.04, 3.44, 2.00, 42.65, 55.39) Mi65 1 P Portilla (Fin) 7,177 (14.22, 4.44, 86.7, 1.30, 63.86, 20.25, 25.10, 12.70, 33.86, 55.23.98) Mi70 1 G Siziverii (Nor) 9406 (14.79, 4.62, 12.55, 1.41, 68.82, 15.47, 63.02, 2.40, 32.22, 6.09.43) Mi73 1 R Taskiren (Fin) 6410 (16.01, 3.29, 96.2, 12.34, 80.31, 55.86, 21.24, 2.00, 21.24, 80.39) Mi60 1 E Haspalainen (Fin) 4205 (18.76, 6.277, 5.30, 9.39, 90.26, 30.34, 15.46, 1.50, 14.38, 7.56, 88)

Pagpatenen (+r) 4-20 (16.76, 2-77, 9.30), 93, 90.28, 90.34, 15.48, 1-60, 14.38, 7.56.89)
W35 1 M Kaliviste (Ura) 4821 (17.93, 1.56, 10.11, 29.86, 47.94, 2-47.35) ... 4 H Dyble 4215 (16.64, 1.62, 8.05, 28.47, 4.76, 19.36, 25.73.3) W40 1 M Dudnik (H-d) 5096 (14.10, 1.53, 10.07, 29.24, 4.45, 36.44, 23.80.9) W45 1 K Onsberg (Den) 4716 (19.74, 1.95, 8.75, 30.45, 4.20, 24.44, 25.64, 14.10, 15.81, 17.10, 18.7, 29.01, 4.16, 30.50, 25.43, 39. 2 J Hults 1855 (14.15, 1.30, 8.40, 29.30, 4.03, 21.22 2:35.90) W55 1 C Roovers (Hol) 6171 (19.34, 1.30, 1.10, 20.21, 3.30, 1.15, 7.86, 31.16, 4.10, 25.24, 25.85, 32) W55 1 E Laine (Fin) 4493 (18.18, 1.30, 5.83, 37.45, 3.39) 15.12, 3.35.01)

15.12, 3.35.01)
5K Track Walk
M40 1 V Sernenov (Urs) 20:58.0 M45.1 E
Homan (Fin) 21:45.6 M50 1 D Zschiesche
(Fig) 22:33,7 M55.1 V Golubrish (Urs)
22:44.5 ... 3 D Sievene 23:08.1 ... 13 J
Ountof 27:20.6 ... 26 J Markhall 20:16.2
M60 1 F Tuomela (Fin) 25:42.3 ... 5 D

M60 1 C Bini (Ita) 36:41 ... 5 A Hughes 38:13 ... 10 L Fornter 38:59, 11 D L Linton 39:10 ... 26 R Frankin 43:18 ... 28 R Belmore 43:49 ... 41 M McDowell 47:05, 42 K Crooke 47:22 ... 47 R Jones 49:16 M65 1 R Bergman (Swey 38:37 ... 28 L Kannedy 50:10 M70 1 Gilmour (Aus) 41:11 M75 1 R Bergman (Swey 38:37 ... 28 L Kannedy 50:10 M70 1 Gilmour (Aus) 41:11 M75 1 A Cassalaer (Bel) 49:07 M80 1 E Benham (US) 52:15 M00 1 P Spangler 15:24 I W35 1 H Rantakart (Fin) 38:54 ... 5 A Lippit 40:51 ... 14 K Ayre 49:32 W 40:15 K cesktalo (Fin) 36:53 ... 6 F Sperke 40:22 ... 11 S Cawkwell 43:04 ... 14 B Farsh 46:30 W 45:1 E Scatham 36:37 ... 18 M Farsh 46:30 W 50 1 C Fuch 41:33 ... 15 Y Milles 48:54 ... 24 H Nyman 52:19 X M61 E Pol M Farsh 50:00 W 46:1 E X M 50:10 M M M 50:10 C Fuch 41:33 ... 15 Y Milles 48:54 ... 24 H Nyman 52:15 W65 1 L Doody 48:17 ... 25 H Brindey 10:02:2 W 66:1 M Invine (US) 44:37, 2 J Rose 44:55 W 65:1 L Adaris (US) 54:37 1 Luther (Fig) 55:30 W 60:1 A Clarko (US) 11:58:4 W 70:1 L Marrin (Can) 55:10 W76:1 J Luther (Fig) 55:30 W 60:1 A Clarko (US) 11:58:4 W 70:1 L Marrin (Can) 55:10 W 76:1 J Luther (Fig) 55:30 W 60:1 A Clarko (US) 14:35 M 50:1 GBR 14:41:1 (Frestand, James, Harrold), 2 FRG 14:65:5 M 55:1 L M 55:1 S M 55:1 A W 70:1 L Marrin (Can) 9 GBR 21:15:4 S M50:1 GBR 14:41:1 (Frestand, James, Harrold), 2 FRG 14:50:5 M 55:1 A W 70:1 L M 54:5 M 55:1 A W 70:1 L M 60:1 S W 75:50:30 W 60:1 FRG 2:00:2 W M 51:1 FRG 2:00:30 W 60:1 FRG 2:00:2 W M 51:1 FRG 2:00:30 W 60:1 FRG 2:00:4 W M 51:1 S W 75:1 S W 75



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ST. GEORGE, UTAH USA / OCTOBER 14-25, 1991

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Competitions this year will include:

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- Softball
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- · Track & Field
- · Basketball Horseshoes

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# RESULTS · RESULTS · RESULTS

W40 1 I Virtanen (Fin) 3:01:12 W45 1 R Banks 3:05:40 ... 5 M Govender 3:13:31 W50 1 A Wentzlen (Fin) 3:07:43 ... 12 Y Miles 3:57:44 ... 14 M Darlingon 4:00:43 ... 20 M Ravenacroft 6:14:51 W55 1 L Breme (Fig) 3:30:11 ... 3 H J James 4:51:00 W60 1 S Brasher (Aun) 3:49:54 W65 J Waller 4:03:48 W70 J Schulz (Fin) 44:106 Teams M40 Fin 7:21:55 ... 4 GBR 7:55:48 M501 GBR 8:14:41 M55 1 GBR 8:14:49 M60 1 FRG 9:52:50 ... 6 GBR 11:25:31 M60 1 FRG 9:52:50 W30 1 GBR W45 1 FIN 9:43:25 W30 1 Fin 10:19:13, 2 GBR

M65 1 FRG 9:52:52 W35 1 GBR W45 1 FIN 9:43:25 W50 1 Fin 10:19:13, 2 GBR 12:02:15 Belaya 4 x 100m M45 1 FRG 44,74 ... 4 GBR 45:25 W50 1 FRG 48:51 ... 4 GBR 48:53 W55 1 US 47:94 M60 1 FRG 50:52 M65 1 US 50:21 M70 1 FRG 56:50 M75 1 FIN 65:57 W35 1 AUS 50:03 W40 FRG 49:45 W50 1 FRG 50:52 W50 1 FRG 50:52 W50 1 FRG 50:50 W50 1 FRG 50:30 W

### NATIONAL

**BVAF National Track &** Field Championships, Alexander Stadium Birmingham, July 6-7

100m M40 1 P.Goulding 11.91, 2 P.Burns 12.03, 3 S.Wilse 12.04, 4 P.Wilscher 12.19, 5 A. Roher 12.65, 6 M.Jarnes 12.46, 7 N.Peters (Aus) 12.65, 8 G.Ashman 12.72 (Heats) M.Cooby 12.91, D.Hocheny 12.95, R.Gutter 12.78, H.Simpson 12.78, M.Rohorson 12.02, G.Freeman-Austin 12.05, R.Paisle 13.02, G.Freeman-Austin 12.05, R.Paisle 13.02, G.Freeman (Aus) 12.05, 7 N. Deam 12.06, 6 B.Challer (Aus) 12.33, 7 N. Deam 12.06, 6 B.Challer (Aus) 12.33, 7 N. Deam 12.06, 6 B.Challer (Aus) 12.34, P.Obreon 14.08, J.Barriert 13.03, J. Howe 13.349

12-33, 7 N Deam 12-56, 8 B Chalse 13.01 (host: 12-74) (Hosts: M Orspring 12-58, J Hobinson 14-08, 8 Barriant 13.03, J Howe 13.3-4) (Host: M Orspring 12-57, 3 A Perina 12-57, 2 M Also 1 P Pye 12-09, 2 S Walton 12-57, 3 A Periwarden 12-77, 4 T Brown 12-55, 5 R Bruer 12-94, 6 A Canter 13-17, 7 M Garvey 13-32 (host: 13-13) (Hosts: 8 Armis 13-56, B Taylor 13-76, C Derritt 13-22, A Highon 13-26, 13-13) (Hosts: 8 Armis 13-53, 3 A Mellatt 12-84, 4 D Herman 13.03, 5 C Andews 13-15, 9 Barrady 13-25, 3 A Mellatt 12-84, 4 D Herman 13.03, 5 C Andews 13-15, 9 Barrady 13-25, 3 A Mellatt 12-84, 4 D Herman 13.03, 5 C Andews 13-15, 9 Barrady 13-25, 3 A Mellatt 12-84, 4 D Herman 13.03, 5 C Andews 13-15, 15-15, 1

200m M40 1 D Cowley 23.97, 2 P Goulding 24.23,

3 P Burns 24.46, 4 G Pitt 24.56, 5 R Minting 24.59, 6 S Wiles 25.30 (heat 25.50), 7 C Atherton 25.50 (heat 25.47) (Heats: A Roker 25.00, R Simpson 25.65, S Graham 25.70, M Robinson 25.65, 4 Moor 25.49, M James 25.75, D Hockney 26.36, G Freeman (Aus) 26.79
M45 1 G Sutton 23.38 (CPB), 2 J Henson 23.89, 3 W Thornas 23.97, 4 G Barrat 24.59, 5 D Headiey 24.84, 6 G Clemens (Aus) 26.79, M Ospring 26.07)
M55 1 S Watton 24.99, 2 J Rae 25.46, 3 P Pye 25.69, 4 Hoss 25.61, 5 A Carter 26.29, M Ospring 26.07)
M55 1 S Watton 24.99, 2 J Rae 25.46, 3 P Pye 25.69, 4 Hoss 25.61, 5 A Carter 26.51, 6 R Bruse 26.80, 7 R Capits 26.97, 8 M Garvey 26.90, 9 R Taylor 25.97, 6 R Brush 26.87, 5 C Nicklas 30.76, 6 W Morrow 31.50, 6 M Morrow 31.50, 6 M Morrow 31.50, 8 M G 1 F C Commor (Aus) 26.65, 9 G Capits 26.22, 2 R Bowdler 29.22, 3 G Birgigman 28.23, 2 A Bowdler 29.22, 3 G Birgigman 28.23, 2 A Bowdler 29.22, 3 G Birgigman 28.23, 2 A Bowdler 29.22, 3 G Birgigman 28.24, 4 N Baum (201) 25.64, 8 B Bowtent 30.86, 7 J Lucas 36.56, 8 B Bowtent 30.86, 7 J Lucas 36.56, 8 B Bowtent 30.57, 5 A Monen 39.91, 6 L Watton 94.66, 7 J Lucas 36.56, 8 B Bowtent 30.51, 9 W Moortman 28.51, 5 M Danielst 29.95
W30 1 Humon 28.91, 2 J Brown 28.35, 3 A Le Plongeon 28.81, 4 J Jaensch (Aus) 29.89, 5 V Krish 28.95
W30 1 J Hults 28.75, 2 M Mills 30.96, 3 B Cowwell 32.00
W35 1 E Hormes 34.88

Conveil 32.06
W56 1 E Holmes 34.88

400m

M40 1 P Browne 50.95, 2 A Clark \$1.81, 3
Coviley \$2.33, 4 R Mirring \$3.13, 5 A
Roker \$4.71, 6 J Moor \$4.76 (heat: \$4.70),
7 P Anthony \$5.23 (heat \$4.70), 8 D Taylor
55.71, (heat \$4.48), (heats: M Corboy
56.60, R Stinchorbre 56.21, R D Wens 20.54, E
Connelly \$5.69, 8 G Graham \$5.59, M
Robinson 56.94, 8 Parkinson 59.23)
M85 1 J Henson 56.71, 2 W Thomas \$2.86, 3 B Campbell \$5.64, 4 M Baich \$6.83, 5 D
Headley \$7.26, (heat \$6.86), 6 Phil Owen
57.85, 7 J Avis \$6.13 (heat \$7.81) (heats:
Headley \$7.26, B Chales \$6.17, J Robinson
65.13, N Deam 70.43, J Barrus \$6.83, P
Owen \$7.73, J Avis \$6.13 (heat \$7.81), G Conson
65.13, N Deam 70.43, J Barrus \$6.83, P
Owen \$7.73, J
M50 1 S Watton \$5.13, 2 H Res \$5.80, 3 T
Brown \$7.46, 4 J Ross \$7.75, 5 F Geple
\$8.85, 6 R Sheridan \$6.83, 7 D Barrington
93.73, R L Cooke 61.37 (heat \$6.72)
(Heats: A Higton 62.56, A Carter 65.41, B
Halett 61.11, B Arris \$4.15
M85 1 F Taylor 67.27, 2 M Fox \$5.85, 2 B
Parnaby \$9.64, 4 A Mellet \$0.87, 5 D
Herman 90.36, 6 B Griffine \$5.04 (heats:
13.74, J Willis \$64.20, C D Dabom \$3.75, K
Thow (Aso) \$6.96, A A Mellet \$0.87, 5 D
Herman \$6.12, 2 P More \$7.295
M85 1 J Saunders \$9.00, 2 C P Owell \$6.23, 3 C Control \$6.12, 5 P More \$1.12, 5 P Murm \$4.70
M70 1 C Nuttal \$72.32, 2 D King \$72.95
M85 1 J Saunders \$9.00, 2 C P Owell \$6.23, 3 J Churchill \$6.28, 4 L Childs (Aus)
81.12, 5 P Murm \$6.70
M70 1 C Nuttal \$72.32, 2 D King \$72.95
M85 1 J Saunders \$9.00, 2 C P Owell \$6.23, 3 J Churchill \$6.28, 4 L Delivor \$6.97
W45 1 M Hucknam \$6.45, 2 C Morris \$6.97
W45 1 M Hucknam \$6.45, 2 C Morris \$6.97
W36 1 M Milks \$75.33, 2 J Pures \$6.97
W36 1 M Milks \$75.33, 2 J Pures \$6.97
W36 1 M Milks \$75.33, 2 J Pures \$6.97
W36 1 M Milks \$75.33, 2 J Pures \$6.97
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W36 1 M Milks \$75.33, 2 J Pures \$6.97
W36 1 M Milks \$75.33, 2 J Pures \$6.97
W37 1 M Hucknam \$6.45, 2 C Morris \$6.97

W45 1 M Hucknam 64.85, 2 C Morris 69.97 W50 1 M Mills 75.33, 2 J Purves-Smith

77.63 W55 1 E Holmer 76.09 W60 1 A Cooper (Aus) 73.56 W65 1 M Shone 79.40 W70 1 P Taylor 1:56.52 W75 1 A Sole (NZ) 1:42.35

800m M40 1 P Browne 1:57.69, 2 A Clark 2:01.06, 3 P Moloy 2:01.67, 4 E Connelly 2:01.89, 5 K Daniel 2:04.28 (heat 2:02.61), 6 I Cousine (k2) 2:06.37, P Duhig 2:06.87 (heat 2:05.47), 8 G Litaur 2:09.64 (heat: 2:05.50), 9 P Liewelly 2:09.72 (heat 2:04.64) (heats: F Leviston 2:07.26, J McGlastaw 2:09.78, R B Janes 2:12.87, C Agase 2:13.82, P Lee 2:14.27, H Mortimer 2:21.14,

J Taylor 2:08.02, G Rogan 2:08.76, B Hendrie 2:10.91, A James 2:13.55 M45 1 L Duffy 2:01.60, 2 J Treadwell 2:03.22, 9 A Eland 2:05.42, 4 T Young 2:06.15, 5 R Kirlon 2:06.41, 6 A Gabraith (X)2:20.96, 1, 7 J Buffer 2:14.68, 8 J Horton 2:13.30, 3 T Faulkner 2:16.72, 4 M Hobinson 2:16.13, 5 L Cooke 2:19.24, 6 D Frampton 2:19.82, 7 M Doogan 2:20.80 M55 1 M Fox 2:16.77, 2 J M Bis 2:17.77, 3 L Parrota 2:23.24, 6 J Willis 2:17.77, 3 L Parrota 2:23.24, 6 J Willis 2:17.35, 7 A MCLennarrey (Aus) 2:23.54, 6 J Chember 2:23.54, 7 A MCLennarrey (Aus) 2:23.54, 6 J Chember 2:29.95, 6 S Geopper (Aus) 2:23.03, 6 S Geopper 3:20.95, 6 L Foretter 2:30.67, 5 D McWhirter 2:39.82, M65 1 H Tempan 2:33.92, 2 G Birndidy 2:40.53, 3 F Coopping 3:25.296, 4 M Munror (NZ) 3:21.16

241.01 W45 1 J Jay 2.25.53, 2 K Yower 2.27.13, 3 M Crman (NZ) 2.31.95, 4 I Hormey 2.39.09 W50 1 M Singleton 2.34.89, 2 M Bost (USA) 2.45.77, 3 B Matley 2:52.47, 4 Y Miles 2:56.87, 5 D Rogers 301.18 W55 1 P Jones 2:49.63, 2 E Holmes

1500m M40 1 P Molloy 4:39.1, 2 P Duhig 4:10.5, 3 M40 1 P Molloy 4:39.1, 2 P Duhig 4:10.5, 3 K Sandeson 4:11.4, 4 P Smith 4:12.6, 5 K Daniel 4:15.9, 6 K Woodhouse 4:17.8, 7 D Lang 4:19.2, 3 L Thompson 4:24.4, 9 B Hendrie 4:27.7, 10 C Agisse 4:31.3, 11 R Green 4:35.9, 2 L Horntons 4:44.5 M45 1 J Potts 4:28.53, 2 L Horntons 4:44.5 M45 1 J Potts 4:28.53, 2 L Horntons 4:44.5 M45 1 J Potts 4:28.53, 2 L Horntons 4:44.5 M45 1 J Potts 4:28.53, 2 L Horntons 4:44.5, 5 M45 1 J Garler 4:29.40, 5 F Toliey 4:42.57, 6 J Hornton 4:44.75, 7 J Button 4:35.50, 2 P Lancaster 4:16.92, 2 M Wrenn 4:19.54, 4 C Boton 4:29.42, 5 M Robinson 4:33.41, 6 M Doogan 4:35.50, 7 G Harrold 4:37.62, 5 T Rubinson 4:29.42, 5 M Robinson 4:33.44, 6 M Doogan 4:35.50, 7 G Harrold 4:37.62, 5 T Rubinson 4:39.40, 5 T Rubinson 4:48.90, 7 R Button 4:48.90, 7 R Button 4:48.90, 7 R Button 4:48.90, 5 T Rubinson 5:16.90, 10 A McLensarty (Aus) 5:22.62 R P Rogens (Aus) 4:45.51, 0 R D Rubinson 5:16.90, 10 A McLensarty (Aus) 5:22.62 R Rubinson 5:16.30, 10 A McLensarty (Aus) 5:22.62 R Rubinson 5:16.30, 10 A McLensarty (Aus) 5:22.62 R Rubinson 5:16.30, 3 R Rubinson 6:16.30, 3 R Rubins

15:10.74, 3 M Neary 15:20,96, 4 C Dickenson 15:27,91, 5 R Smith 15:28,66, 6 K Woodhouse 15:20.66, 7 B Plain 15:43.44, 8 R Chapman 15:54.55, 8 A Bradshaw 16:06.71, 10 R Merrell 16:27.94, 11 A Echwards 17:01:52, 12 D Brass 17:02.56, 13 J J Jones 17:15.38 M45 1 B C Neill 15:38.42, 2 M Dutl 15:43.42, 2 M Dutl 15:43.42, 2 M Dutl 15:43.42, 2 M Dutl 16:04.35, 5 D L titlewood

16:34.95, 6 R Williams 16:41.40, 7 R
Graham 17:06.83, 8 G Smith 17:26:20, 9 J
Butler 20:44,78
M59 1 S James 15:45.43, 2 P Lancaster
15:57.42, 3 D Haughney 16:16:82, 4 D
Voyle 18:27.24, 6 G Harrold 16:52, 19, 6 I
Vaugham:Arbuck 16:58.74, 7 L Carroll
17:05.95, 8 B Purvis 17:12.15, 9 T Seymon
(Aus) 17:25.82, 10 R Jeans 17:24.42, 11 R
Stone 17:29.31, 12 R Nelson 17:55.58, 13
M Cittl 19:29.73
M Citt

Bethrote 19:54.32, 10 A Walsham 20:22.15, 11 R Ellia 20:73.5, 12 R Goggin (NZ) 25:49.02 25:49

W88 1 J Waller 24.29.02

M40 1 T Simmons 31:17.46, 2 P Banks 32:13.61, 3 R Smith 32:14.40, 4 S Currar 32:13.61, 3 R Smith 32:14.40, 4 S Currar 33:11.11, 5 K Wilkinson 33:12.27, 6 B Plain 31:19.23, 7 B Peatified 33:29.45, 8 A Bradshaw 44:00.57, 9 J Jones 35:21.07

M45 1 M Duff 30:14.86, 2 D Littlewood 32:26.02, 3 C Rutland 33:43.30, 4 P Lieweillyn 34:07.01, 5 R Williams 34:33.04, P Lieweillyn 34:07.01, 5 R Williams 34:34.85, 6 J Buller 44:24.50

M59 1 S James 33:08.65 (CBP), 2 M Hawkins 34:42.47, 3 C Bothon 34:54.59, 4 P Andrews 35:31.87, 5 B Purvis 35:57.51, 6 R Jeans 36:28.50, 7 R Stone 37:26.36

M55 1 P Morris 35:26.22, 2 E Richardson 35:05.00, 3 E Williams 36:10.59, 4 S Midno 36:48.28, 5 C Morath 45:04.57, 6 J Tobin (72):472-66.17, T R Gooding 49:25.85

M60 1 W Marshall 37:43.05, 2 A Hughes 38:07.10, 3 D Linton 38:20.24, 4 R D rew 41:22.72, 5 A Walsham 43:09.54, 6 J Stephenson 43:30.26, 7 R Franklin 44:00.45, 8 R Elis 44:14.85

M65 1 E Joneson 33:48.63, 2 A Carlwright 39:28.42, 3 L Hardiey 39:49.82, 4 W Cole 44:28.88

W40 1 B Bradshaw 42:04.60, 2 P Calder (72):48:18:57.3 H Marshall (72):49:53.10, 129.43.61.

128.86 W40 18 Bradshaw 42.04.60, 2 P Calder (NZ) 48:19.57, 3 H Marshall (NZ) 49:53.10 W50 1 H Morath 47:21.14, 2 Y Miles 48:01.60

80m Hurdies M70 1 A Lovett 15:32 M70 1 A Lovett 15:32 W46 1 J Wils 13:28 W45 1 P McNab 15:40, 2 J Charles 16:58 W45 1 P McNab 15:40, 2 J Cross 15:54, 3 G Seymon (Aus) 16:32 W55 1 C Grisham 17:24 W80 C Blair (NZ) 19:04

100m Hurdles 8 M50 1 D Barrington 17.05, 2 A Mackay 16.49, 3 M Stage 20.32 M55 1 G Daborn 16.36, 2 J Day 20.30 M60 1 1 Steedman 17.87, 2 J McGrath (Aus) 16.76, 3 K Whitaliar 19.84, 4 N Carter 22.26, 5 H Pappe 22.41 M65 1 L Childs (Aus) 24.29 W35 1 S Owen 16.55, 2 H Dyble 16.81, 3 B Forber 18.03, 4 L Elliott 18.16

110m Hurdies MAR 1 T Wells 15.6, 2 D Cowley 17.1, 3 A Roker 17.4, 4 B Coates 17.7, 5 R Green 18.9, 6 R Owens 21.9 MAS 1 B Ferguson 16.76, 2 M Strange 19.93

300m Hurdies M60 1 K Whitaker 48.6, 2 ISteedman 50.5, 3 N Carler 59.4 M65 1 F O'Connor (Aus) 51.5

400m Hurdies M40 1 T Wells 57.54, 2 A Roker 58.63, 3 D Cowley 60.90, 4 N Brown 61.97, 5 B Coates 62.30 M45 1 A Barrington 60.56, 2 W Thomas 61.38, 3 F Bush 65.91, 4 B Loten 70.90, 5

61.38, 3 F Bush 65.91, 4 B Loten 70.90, 5 G Chapman 73.13 M50 1 D Barrington 63.43, 2 J Rose 68.78, 3 B Arris 68.50 M55 1 J Baron 67.48, 2 G Daborn 68.66, W35 1 M Southerde 66.57, 2 J Churchill 68.97, 3 B Forber 78.04, 4 M Rhodee 84.80 W45 1 M Hucknam 71.53

3000m Steeplechase
MA0 1 P Leviston 9:48,96, 2 D Frith
10:06:23, 3 D Higgins 10:15:90, 4 A
Edwards 10:56:26
M45 1 V Smith 10:34:27, 2 F Bush 11:13:62
M55 1 B Griffiths 10:19:50, 2 M Doogan
11:03:16, 3 T Seymon (Aus) 11:41:20, 4 D
Coward 12:23, 29
M55 1 E Williams 11:30:51, 2 C Taylor
14:17:26

2000m Steeplechase M60 1 S Sonnarson 8:28.76 M65 1 J Eccies (NZ) 8:15.21, 2 G Brindley 8:20.90 W45 1 M Orman (NZ) 7:47.93

High Jump
M40 1 E Fitzgerald 1.80, 2 R Abdy 1.55, 3
R Owens 1.40
M50 1 A Mackay 1.45, 2 R Skuse (NZ) 1.40
M50 1 A Macking 1.45, 2 R Skuse (NZ) 1.40
M55 1 J Barlington 1.56, 2 A Cirocker 1.55, 3 G Hickey 1.52, 4 K Thew (Aus) 1.46
M60 1 H Payre 1.37, 2 J Blain (NZ) 1.31, 3
N Carier 1.28
M65 1 G Brindley 1.20, 2 L Childs (Aus) 1.46
1.20, 3 J Quantrell 1.10
1.20, 3 J Quantrell 1.10
W35 1 J Smilwood 1.40, 2 J Charles 1.20
W35 1 H Dyble\*1.59, S Owen 1.56

W35 1 H Dyble"1,59, S Owen 1.56
Long Jump
M40 1 M Jarnes 6,29, 2 N Peters (Aus)
5,84, 3 R Cutter 5,51
5,84, 3 R Cutter 5,51
G Jephoott 5,35, 4 B Loten 5,20, 5 B Chales
5,16, 6 G Chapman 4,70
M50 1 T Bilham 4,95, 2 A Carter 4,91
M50 1 T Bilham 4,95, 2 A Carter 4,91
M50 1 T Bilham 4,95, 2 A Carter 4,91
M50 1 T Bilham 4,95, 2 A Carter 4,91
M50 1 J Morganit (Aus) 4,95, 2 A Kaliral
4,91, 3 A Woods 4,06, 4 J Blair 4,02, 5 W
M60 1 J Morganit (Aus) 4,95, 2 A Kaliral
4,91, 3 A Woods 4,06, 4 J Blair 4,02, 5 W
M60 1 J Morganit (Aus) 4,95, 2 R Clark 3,63
M65 1 P Munn 4,04, 2 R Clark 3,63
M65 1 P Munn 4,04, 2 R Clark 3,63
M65 1 S Owen 5,16, 2 B Forber 4,79, 3 M
Daniels 4,75, 4 M Rhodes 2,72
W40 1 J Wills 4,94, 2 E McMahon 4,57, 3 A
LapPiongson 4,37, 4 R Hindrs 3,52
W45 1 J Charlem 4,31, 2 J Smallwood 4,15
W50 1 C Glair (N2) 3,43
W70 1 M Wood 3,55 (Br)
W75 1 A Sole 2,39
W75 1 A Sole 2,39
W75 1 A Sole 2,39
W75 1 L Watson 4,12

M/3 1 L Watton 4.12

Triple Jump 13.77 (CBP), 2 D Cowley 12.81, 3 E Fitzgerald 12.76, 4 N Peters (Aus) 12.36

M45 1 J Vernon 12.37, 2 A Cheers 11.24, 3 P Duckers 10.53

M50 1 Price 9.25

M50 1 Price 9.25

M50 1 Price 9.25

M50 1 Price 9.25

M50 1 A Kaita 10.28, 2 D Field 9.96, 3 R Laidler 8.41

M50 1 A Kaita 10.28, 2 D Field 9.96, 3 R Laidler 8.41

M50 1 A Lover 7.57

M70 1 A Lover 7.57

M70 1 A Lover 7.57

M40 1 J Wills 9.42, 2 R Hinds 8.06, 3 L Dewar 7.63

Dowar 7.63 W45 1 J Charles 8.27 W50 1 G Seyrnon (Aus) 8.28, 2 B Colwell

M40 1 E Fitzgerald 3,70, 2 R Owens 3.00 M45 1 G Sutton 4,00, 2 M Edwards 3,50, 3 8 Loten 3,00, 4 J Howe 2,80, 5 B Harlick

MSG 1 W Benson 3.60, 2 A Mackay 3.50, 3 MS9 1 W Benson 3.50, 2 A Mackay 3.50 R Skuse (NZ) 2.20 MS5 1 R Brown 3.70, 2 J Day 3.00, 3 P Ferguson 2.40 M60 1 J Mcgrath (Aus) 3.00, 2 A Woods 2.40 (AB)

Javelin 8888 M40 1 J Ferrari 44.58, 2 D Roe 37.46, 3 R

Abdy 34.98 M45 1 M Turner 50.12, 2 P Cramp 48.04, 3 M Moyse 45.74, 4 S Brooks 43.04, 5 P Owen 39.92, 6 T Gill 39.40, 7 P Duckens 35.46, 6 J Prentice (NZ) 34.94, 9 B Harlick

35.46, 6 J Prentice (N.Z) 34.94, 9 B Harlick 22.98 MS9 1 R Bartiert 53.78, 2 D Price 47.10, 3 J Webster 45.46, 4 J Rose 39.44, 5 G Smith 38.76, 6 D Rafferty 30.80 MS5 1 J Philips 45.74, 2 C Brand 43.66, 3 A Stone (Aus) 33.18 M60 1 D Field 38.76, 2 R Laidler 32.48, 3 J Blair 31.18 MS5 1 J Gores 25.64, 2 T Hendorson 14.32 MS5 1 H Kriston 24.22 (RB)

M65 1 J Geres 25.64, 2 T Henderson 14.1 M75 1 H Karlson 24.22 (BR) W36 1 B Forber 32.48 W46 1 S Stragg 46.00, 2 C Shultz (Aus) 34.90, 3 L Dewer 3 1.54, 4 M Batch 21.22 W45 1 M Thomas (Aus) 36.52, 2 J Smallwood 2 J 30. 3 C Morris 22.38 Smallwood 2 J 30. 3 C Morris 22.38 20.08 E Williams 29.60, 2 G Seymon (Au W56 1 & Murris 20.60, 2 G Seymon (Au

28.08 W55 1 A Williams 33.28 W60 1 J Ogden 31.74, 2 C Blair 20.82 W70 1 M Wixey 16.18 W75 1 M Williams 8.08

Hammer IIII M40 1 P Greenhall 34.88, 2 R Lambourn 34.22 M45.1 J Murphy 39.88, 2 G Leak 32.52, 3 P Duckers 29.44 M50.1 J Kee 48,70, 2 H Richardson 46.26,

MS0 1 J Kee 48,70, 2 H Richardson 46,28, 3W Gentleman 46,13 MS5 1 D Bayes 47,40, 2 J Caton-Mason 41,84, 3 B Sumen 28,78, 4 B Strange 34,00, 5 D Birch 26,54 M60 1 H Payre 48,40, 2 J Watson 44,82, 3 G Roberts 29,98 M65 1 J Gerca 25,30, 2 T Henderson 17,42 M70 1 W Jenkins (Can) 38,26, 2 B Metcalf 21,78, 3 R Sakes 20,28 W40 1 C Shultz (Aus) 38,30, 2 R Wallace 22,48

W40 1 C Shunz (new) 322.48 W45 1 P McNab 36.70, 2 B Terry 30.18, 3 M Thomas 27.52 W50 1 E Williams 31.74, 2 Y Miles 17.56 W55 1 B Dunstord 21.38, 2 B Burton 17.32 W60 1 J Ogden 26.58 (BR)

Shot Putt 8 M40 1 B Holden 13.20, 2 N Griffin 12.17, 3 J Edwards 11.20, 4 P Greenhall 10.87 M45 1 B Gillo 12.23, 2 A Roper 11.71, 3 G Leak 10.27, 4 S Brooks 9.46, 5 B Harlick

Laux 10.27, 4 S probes 3 46, 3 S Prainto.
MS0 1 E Waters 12.21, 2 M Jones 12.01, 3 E Gigueredo 11.11
MS5 1 G Hickey 10.90, 2 J Caton-Mason 10.71, 3 B Surmer 10.85, 4 D Teford 10.17
M80 1 J Watson 11.45, 2 P Oakeshots 11.16, 3 N Carte 6.38
M65 1 J Gercs 9.40, 2 L Childe 8.38, 3 T Henderson 7.1
M70 1 M Jenkins (Can) 9.78, 2 R Sakes 7.99
W35 1 S Owen 11.15

W40 1 C.Shultz (Aus) 13.27, 2 B Carter 12.10, 3 R Wallace 8.91, 4 L Hallam 8.68, 5 S Evans 6.19 W45 1 B Terry 10.46, 2 M Thomas (Aus)

9.64 **W**50 1 E Williams 11.20, 2 G Seymon (Aus<sub>)</sub>

9.48 W55 1 S Cooper 6.37 W60 1 J Ogden 8.71, 2 C Blair (NZ) 7.25 W75 1 M Williams 4.95

Weo I 3 J Ogloshi 6,7 i, 2 U shair (N2,2 7,25)

Weo I 3 M Williams 4,95

Discus MA0 1 N Griffin 41,18, 2 R collett 29,54, 3 R Larribourn 27,44

M45 1 C Elis 41,58, 2 B Symonds 37,48, 3 C Leak 30,07,4 8 Brooks 31,58, 5 J Howe 27,54, 6 B Harrick 25,40, 7 J Barriert 22,58

M55 1 G Harrick 25,40, 7 J Barriert 22,58

M50 1 Harrick 25,40, 7 J Barriert 22,58

M50 1 Harrick 25,40, 7 J Barriert 22,58

M50 1 Harrick 25,40, 7 J Barriert 25,58

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 33,96, 2 A Stone (Aus)

M55 1 B Strange 34,96, 2 L Cation-Mason

7,52, 5 B Summer 25,78, 6 D Tefford 24,28

M55 1 J Gens 34,56, 2 L Childs 28,52, 3 T Henderson 24, 10, 4 G Birdgeman 22,82, 8 R Laider 25,82, 3 T Henderson 24, 10, 4 G Birdgeman 22,82

W35 1 G Bird 47,02

W35 1 G Bird 47,02

W35 1 G Bird 47,02

W36 1 G Bird 47,02

W36 1 G Bird 47,02

W36 1 Hallam 31,84, 4 R Wallace

6,86, 5 S Evan 15,20

W45 1 M Thomas (Aus) 30,72, 2 B Terry

29,84, 3 M Stone (Aus) 30,72, 2 B Terry

29,84, 3 M Stone (Aus) 30,72, 2 B Terry

29,84, 3 M Stone (Aus) 30,70, 2 S S

3000m Walk M40 1 R Care 13:10.34, 2 D Henkey 13:33.56 M45 1 P Hannell 13:49.23, 2 L Scrivens M45 1 P Hannell 13:49.23, 2 L Scrive 15:19.63 M50 1 A Seddon 13:58.11, 2 B Gore 15:48.11, 3 D Mace 16:07.64, 4 J Littl 17:24.42 M55 1 D Sievens 14:25.40, 2 C Dunn 15:51.96, 3 C Stapleford 16:03.74, 4 F

15:51.96, 3 C Stapleford 16:03.74, 4 F Dawson 16:39.33, 5 J Dunsford 16:45.39, 6 J Taylor 16:51.77, 7 P Markham 17:13:40, 8 J Marshall 17:22.74 M60 1 G Chaplin 14:40.33, 2 D Fotheringham 15:47.00, 3 T Clinasis 16:22.51, 4 D Withers 16:49.96, 5 K Abolina. 17:14.99

M65 1 L Creo 16:26.73, 2 H Harris 18:14,75 M70 1 C Colman 16:58,73, 2 P Malins M76 1 C Corman 16:56,73, 2 P Mains 19:21,73 M75 1 J Grimwade 17:28,49, 2 G Mitchell 19:14.09, 3 E Warwick 19:23,49, 4 A Pool

21:33.07 W35 1 G Trower 15:19:02, 2 C Reader 15:43.91

Was 1 & Tower 15:1932, 2 C header 15:54:391 Was 1 & Bleach 18:24:36 Was 1 & Bleach 18:24:36 & Stone (Aus) 17:35:75, 3 D Burtler 18:30:83, 4 C Lawrence 20:29:30, 5 J Hogora (Aus) 21:36:26 Was 1 P Gooding 23:09:32 Was 1 S Cooper (Nz) 17:59:41, 2 P Horwell 15:46:16, 3 V Withers 19:50:18, 4 J Thew (Aus) 21:19:79 W70:1 V Tyson (Aus) 21:24:21

S000m Walk M40 1 R Care 22:40.29, 2 D Hanley 29:22.98, 3 S Maidment 24:27.75 M45 1 P Hammell 24:09.75, 2 L Sorivent 28:09.43 M50 1 A Seddon 24:04.45, 2 B Gere 27:34.94, 3 D Mace 28:30.36, 4 J Little 29:29.27

27:94.94, 3.D Mace 28:30.36, 4.J Little 22:29.27 M55 1.D Stevens 24:20.89, 2.C Dum 52:45.04, 3.C Stapleford 27:57.37, 4.J Dunsford 28:16:15, 5.J Taylor 28:51,74, 6.J M60 1.G Chaplin 25:16.63, 2.D Fotheringham 26:57.09, 3.D Withers 28:44.08, 4.K Abolins 29:12.52 M65 1.D Cree 27:55.27, 2.T Simmons 28:55.73, 3.H Harris 30:22.98 M70 1.C Colman 28:59.88, 2.P Mailins 30:38.56 M75 1 J Grimwade 29:40.67, 2 E Warwick 32:26.65, 3 G Mitchell 32:34.61, 4 A Poole 37:27.45

BVAF Men's 50K and Women's 20K Road Walks, Burrator Reservoir,

Plymouth, May 5

50K († O.Bandurchenko (USSR) 4:05:28-Senior)
3 E. Shillaboer (PCW) 4:29:39 - M50
4 R. Dobson (Illord) 4:48:29 - M45
6 C. Tranter (Berk) 5:03:09 - M40
9 K. Battan (Trow) 5:32:21 - M45
10 K. Cohran (Lanox WC) 5:30:21 - M70
11 C. Cohran (Lanox WC) 5:30:21 - M70
12 O. Willhers (Brith) 5:34:22 - M60
14 C. Weston (High) 5:36:34 - M55
16 L. Circe (Worty 5:43:43 - M65
16 L. Circe (Worty 5:43:43 - M65
18 F. Balow (High) 5:30:6 - M85
18 F. Balow (High) 5:30:6 - M85
19 R. Foot (EWRI) 8:10:77 - M50
20 J. Fenton (Birch) 6:16:34 - M45
21 P. Sangsant (Wort) 7:39:24 - M65
Women's 20K
1. C. Raader (Ryston) 1:51:47 - W35
2. C. Baan (Stery) 2:01:99 - W45
3. J. Blasch (Silvyn) 2:01:99 - W45
5. D. Butler (Trow) 2:14:01 - W45
8. C. Lawrence (Trow) 2:14:01 - W45
8. C. Lawrence (Trow) 2:14:01 - W45
8. C. 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 championship results in this issue.

BEDFORD AND COUNTY A.C. BEEFEATER AMPTHILL TROPHY CROSS COUNTRY MEETING (Under ECCU & WCC & RWA Rules)
AMPTHILL PARK, AMPTHILL, BEDS
SUNDAY, 3rd NOVEMBER, 1991

o Home of the International & British Vets - last 2 years o Superb spectator course o Meet the challenge of a splendid country park course o includes the famed Breakheart Hill o Over £1,000 worth of prizes & trophies to be won o 4 Miles from the M1 o Test yourself against the best o Team and individual prizes and trophies in all the races list

10.35 Veteran/Senior/ 1.30 Girls 1.45 U13 Colts 2.6K Junior Ladies 11.10 Veteran Men 2.00 Inter Ladies 4.2K 10K 11.55 Senior & Junior Men 10K 12.45 U13 Girls 2.6K 4.2K 2.25 U15 Boys 1.6K 2.45 U11 Boys 56K 2 50 U11 Girls 1.6K (Ages at 1.9.1991 - except vets age on day)

Fast accurate results service from J.Lee computis Entry Fees: U17 £1.25: 17 and over £1.75 SPONSORED BY: Entries to: David J Rose, 42 Woodstock Road, Bedford MK40 4JY Tel: (0234) 356570

By Wednesday, 23 October, 1991 Please send SAE (10" x 8")



# RESULTS · RESULTS · RESULTS · RESULTS

	June of County AC	2512ml41 42: Tymedale Herriers a AL 2516m06s 63	Belgrave Harrings Ches Olich vasor 15m25 [ 55h]	SHIPS, SUTTON PARK, M	AI II
	Jim Millward. 18m39   Tony Young 18m39   Linve Backley 18m25	29th) Davis Moir 17e57   54th   31st) David Humter 16e65   55th   12mm   17e13   54rd	Ches Dick Haber . 19825 557 Lee Lyons . 16888 8th Jahn Wasbrough . 18807 40th Peter Sitbey 17839 50th Richard Fearson . 1888 4378	Sermony Case 11 17m12 / Athly U.S. Caultur 15m22 / 797m)	29: Hilton Keynes AC (156%) Jist) Tenne (2900arm. (250%) Jist)
Over 40 Race	Mick Smedley 16e02 ( Alasgair Gean 15e40 ( Ray Clayton 17m12 (	2181) Deres Younger	Richard Fearson.   16m46   43rd) Tony Faircloogh.   18m1   50th) Tony Grant.   20m20   68th)	Terry Nember 5607 (1st) E Falcs harm lann (1m26 16sh) Maurice Morrel (1m3) (st) Peter (peter) (3m2) (2m3) Alf (cennot 17m2) (st) John Volto (3m6) (27th)	Harry Crane 20x17 5111 Hilford Callow 19945 50th Frank Lowe 1864 39th
Ck Woods 16605 ( 3	hOEmil's Dave Horsley 17m1 ( Oth) 22: Chester Le Street H 6th) David Littlemore 6m30 (	21st) Kerth Roson	Steve White	Ted Issacs	John Seed
#eel	1st) Brian Forbes	2nd) Rogert Clark 17m32 ( Jare) 2nd) Rogert Little 17m30 ( 72nd)	Robert Wills   Self   30th   Roger Panter   Self   24th	2. Heeton Harriers   15434548 16: Daford City marriers   15508225 Eric Appleby   17m13   9th   Tany Helly   17m9   21st] Joe Walker   17m04   2nd   John Polgreen   16m36   3rd	Derex molbrow (7m64 / f3rd) Ran ETTIS 19m1   33rd)
te Cunningnam	15t1   John Aussell   15m57     2nd1   Oavid McGucken   17m17     15t1   William Lewis   16m01	7m0) Dick Parles	Oavid Wright (7m/3 (36/n) Alan Bradbury (18m10 (46/n) Ruger Farndon (19m03 (59/n)	Joe Hawes         17e41         3rd         Aon Clanffelo         18e23         7th           John Taylor         18e26         4th         Aoper Collins         17e66         6th           Mike Dickson         16e46         2nd         Mercus Diction         39e25         12th	John Brown. 20m55 44th) Tony Christmas. 22m12 46th) Peter Brook. 17m59 29th)
	16E) John Tinkler		Brish Screaton 18843 ( 58th) Hugh Quigley 18849 ( 54th)	Reg Checkley	Don Owers
ry Coyne	1th)	755) Peter Jeffs 16008 [ 40th ] 755) Hell Thompson 17022 [ 52no)	Richard Wilde [5847 [ 18th ] Stewart Keech [5859 [ 37th ]	Eddie Husspith 17m28 ( 7th) Neith Gronam 15m06 ( 25th) Alan Oliver 17m54 ( 6th ) Brian Webster 15m39 ( 30th )	Hittael Hackins 18626 (1956)
tan Cole	0cv Kent 16635 3rd) Sob Geavers 15653 3rd) Sob Geavers 15650	19th   Migel Fratten   17m2    57th   19th   19th   David Shallcross   17m37   56th   19th   19th	Geoff Entwistle.   16m32 ( 33m3) George Lewson.   17m39 ( 44th ) Eddy Faure.   17m38 ( 44th )	Bernie Corosa 17m36 ( 3rd) Trevor Samford 18m23 ( 24th) Helter Ryder 17m33 ( 3rd) Leh Cuilen 18m49 21st) Jim Alder 15m31 ( 3rd) Sam Gibbs 17m38 ( 3rth)	Peter Surham. 2(mj5 52mg) John Lave 21m37 32mg Michael Blundell, (6m56 21st)
to Wegstaff 15mO4 (	ath) Francis Upcott   Smill 2md)   Ian Lymath   7mlC	22mg) Des 41% inson 15m8 ( 38th) 23mg) Simon Barker 17m06 ( 13mg)	800 Campoell (4m67 (464h) Des Howarth (9m04 (43rd) Hick Priver (19m01 (65th)	4: City Of Hull AC   1445m256  8: Halesowen A & CC   1550m42s Berry Short   17m22   11th   Eric Xeight   17m02   4th   Gordon Jibson   1960  (25th)   Dos Heav   18628   17th	Michael Blundell   15m58   21st   321 Safford Harriers   1558m2   1558m2   15m70   15m
en Norman	2nd) 24: City Of Hull AC	ZhiZm29s 45: Woodford Green MC ZhiZm44s 55 Zazh) Roger Sanovster 15m3D ( 9cm)		Chris Hood	Peter Brennac   18m00   4 st) Arthur Walsham   19m20   37th) Frank Titteher   25041   13rd)
rry Featfield [5m2 (	4th)	481h) Steve Hollington	Geoff Towler	Stephen James	Derex Bruen 20e35 ( B2nd) 33: Telford AL 1558%
sh Curran	15t) John Metthews. 15m44 2m2) Gavid Brooks. 17m17 3rd) Alan Fowlis. 17m07	28th) John Clay. 15m46 (27th) 28th) Auger Green. 17m32 (26th) 28th) Brian Johns. 18m33 (38th)	Martin Bennett, 13ml2 66th1 Brian Martin, 17m66 67th1 Lesite Jay. 19m20 72md1	Dave Beans 17000 3rd Joe Bonnelly, 18854 (46th) Jim Pearson 18849 (Tist) Des Naughrey 18m12 14th) John Steed 17m39 (1th) Colin Steon 19m24 (Tist)	John Russell. IEMER (34th) Pete Lewis IEMER (57d) Dennis Welters. IEMER (54th)
Ford City AC	h07m64s	24th) Stave Sear	Colin Hervey 17#07   56th)	Michael Suiliven. 18620 (11th) John O'Calleghen. 18625 (17th) Angus Kinsley. 17806 (8th) Peter Hough 18627 (17th) Ted Dickens. 18629 (8th) 70ny Paleer. 19627 (18th)	Brian Morris
x Welland 15624 ( price 15814 (	Ath) Anth Almsworth	42md) Gerry Bressen, 17mO9 (79ch) 18th) Rod Gray	John Corpett	6: Campridge Harriers	34: Newcastle (Staffs) 4C [h59m6 Ron Lucas 17m55 ( 24th) Terry Despitan
el Cowles	6th) Ken Payre	23rd)   Maic Pantling	Keith Adams	John Geognegen 17m16 ( 20th ) John Mills 17m3) ( 4th ) December Parter   17m80 ( 3th )   Barrie Biles   17m41   2nd )	Ray Bagguley 21m07   49th)
llamentre Marriers 2 vid Trickett 15m19 (	Step 1 Travor Oyeond IdeOS	2510) Keith Lock	David Daie	Gent Gen	Gordon Hughes 2004; 26th Oun Tilstone 20029 (34th) 35: Solthwill & Smallhestn (1959)
chael Furte 16ml7 (	9th) Alan Steant 16m13 6th) Alan Steant 16m13 7th) Roger Smith 16m38 7th) William Chance 15m49	(A) (B) (B) (B) (A) (B) (A) (B) (B) (B) (B) (B) (B) (B) (B) (B) (B	Studrt West	Ean Weinwright	Pastal Morris 16m2   1st) L Satterthwaite 19m2   Z3rd) Robert Propgatt 18m38   19th)
ter Jones 16m30 ( 111p Burk 16m15 ( ) Dert Toppood 15m35 (	7th) Alan Griffiths 18m33 Ide Mackintosh 17m36	IRIN) Elwyn Gavies 16e05 ( 27tm) 29th) Colin Reymolds 17e28 ( 31st)	Ray Howe 18m20 79th   Eric Gibson 17m14 (74th )   Dick Mapp 18m80 (74th )	William Wilson (7mk) ( 8th) Stam Brown ( 18m18 ( 72md) Leonard Huston ( 17m5) ( 4th) Trever Goodwin ( 19m0) ( 17md)	Norman Harvey 25025 33th) John Hebber 22031 31st) Kenneth Gere 21031 35th)
chaol Greaves 15m47 (	5th) Arthur Hancock	2815) Alex Bleden	Alan Maloment	8) Gosforth Harriers	36) Gaseshees Herriers [h99m] George Smith 17m05 [ 5th]
f #1001ns 17m15 ( 5	7th) Ahmed Amradu 1	2mg) Migel Williams 17m26 ( 80th) 19th) Hartin Weston 16m34 ( 63rd)	Bavid Emery (6m)4 ( 45th) Geoff Wheeler 17m46 ( 60th)	Ampy Phillipson. 17905 ( Std.) Sernie Berry 17919 ( 12th) Sidney Norfest 1848 ( Stb.) Feter Gent 2048 ( 27th) Friis Patinace 1 1869 ( Std.) Owner Palmer 18620 ( 27th)	Agnald Blackett
rnie Flath 15m36   1 nnis Fowles 14m36	Sign   Sign	20th   Richard Carr	Robert Jones 18801 ( 67tm) Ray Lynch 16807 ( 71st) John Welker 19837 ( 78tm)	Albert Prouse.   7585 (330)	Anthony Metson 20e39 ( 35th) Alfred Clinton 20e38 ( 36th) 37: Auguy & District AC 1659e2
c Evans	5th) Cave Collins . 15m50 Stn) Hon Soul . 15m50 hOBa465 John Johnston . 15m36	28th) Arthur Egen.   18m12 ( 17th) 28th) Phil Maker   17m9 ( 30th) 27th   David Karr   17m07 ( 48th)	Roger Gerner 18e17 ( 75th) Reg Fn (ppi	Peter Kind (7m29 (15th) Hise Kehde (1981) (54th) Hick Tranter (1982) (38th) Brian Court (1887) (38th)	Tom Martini 1/m56 256th Brian Torey 18m16 24th Stowart Warris 19m56 33rg
ul Tama	2th) 28: Leanington C & AC	2h13e52s 49: Halesowen ASCC	G: Solinuil & Small Heath 2h23mi5s Rem Mitchell 17m04 [ Jist]	Mick Wrenn   16m25 ( 12th)   Mike Freary   17m37 ( 20th)   Colin Hunt   17m59 ( 15th)   Tommy Parr   18m43 ( 19th)	Jack Holfiday
ter Crownerst 16m0] [ ]	9th   Chris Jackson   17m15 9th   Caris Donovan   16m57	47ch) George Mesver	John Curtin	Jim Cie Linc.	Ron Lamp
ter Witcomb	Jan   John Whitley   15m3/   Jrd   Martim Resgoushi   17m25   Tan   Bill Walne   15m19	32nd) Phil Hicknen. [7653 (50th) 38th) Barry Mier. [881] (55th) 11-1 Horris Fastoric (765) (55th)	Martin Rollason 17m56 ( Fist) David Beer	Hise Robinson   IPal8   ZOth   Bryan Parkes   19807   Jist   Len Parrott   BBail   14th   Top   Aparliton   BBail   25th   Graham Descrip   IBail   16th   Lip Autology   IBail   Emily   23th	Mike knight 18m28 32m3 Derek Hecton 20m36 42m3 George Travers 21m13 45cm1
mmy Turnbuil 16m42 ( 4	20090255 Carls Woodward 16038 WZDS) 29: Bowleeth Warriers	(18th) Chris Winning, (7605 (A9th) 2:14ex[Os 50: Stone Master Morstingner , Zhiàmids / 7 8th) Malcylm Price , (5602 (54th)	Richard Bruce	Tom Hoylet 18824 ( Min) John Arkinson. 19829 (20nd) Tim Pel Shorpe. 1882 ( 10th) Charles Srett. 1982 ( 28nd) 11 Vels Of Aylesaury AG 188825s 73: Marrogate AG 1853813	Derex Ashton 2002 37th Mica Seedley 2003 38th 19: Hraxham AAC 20030
bn Percival [6836 (	37th John (Tewelyn	lee  Lew Satger	Peter Banks.   L4m50 ( 1st ) Denis Flude   L8m12 ( 23rd ) John Grumbley   L7m43 ( 40ch )	Ken Flodler	Gerator (1995
mny Bell		14th Vic Perez	Richard Mymax 18e53 ( 55th) Bob Meedows 17e12 ( 49th)	Rom Gomet (hei3 (JETA) Peter About (Jeph (FTA)) In Additor (1998 Str) Philo Stubler (1998 Str) Jim rogan (1982 Str) Peter Freeman (1980 STr)	Brisk Overson Place (1819) Geoff Gertreil 19621 (4918) Gerry Billington 1963 (4018)
erry Matthews. 15m20   ventes Harriers AC	8th)   Dove Welton   16m57 2h09m43s   Keith Best   18m19 33rd   38: Massey Ferguson SC		Mick Cosser	Pete Hiere 19826 (1117) Geoffrey Knight 18829 (2011)  12: Selgrave Harriera 19829 26: Sels Harriera 19829 (1818)  8:10 Lines 17829 (1861) Sryan Geore 17824 (1717)	Adm fipping
on Poston ::	#9th) Dougles Myde   18430   Inner Satton   18456   Inner Satton   18456	( 55th) Dave Cation 1802 ( 50th)	Cyril Gunn	Tony Versie	Garny McFarlean (ERES   19th) Bin Comerton (8m25   15th) George Whitpon (19m1)   18th)
res Yaughan 15m47  um Roper 15m18  lan Jefferies 15m55  tian Griffiths 16m27	#18) Foter Arger	3618) Ins Andrews	William Ramege	Tony Hardy (1985   Sth) Tony Croppe (1985   24th) Eric Strout, (1986   12th) Norman Richards (1882   26th)	Rag Jannings 26811 (38th) Pater Hart 21821 (40th)
rian Delliop	9th) Horman Jaryis [6m5] 9th) Hatthew Hall [7m2] 7h09m63k John Februar [5m4]	37th   Mick Brownlow	Roger Lund (7min ( 7min) Roger Lund ( 7min)	13   Numeaton Marriers	#1: West Bronwich Warriers
mel Thackwray 15m52 1	7570) 31: Morgets Herriers 7510) Trever Toos	Phidagrs 52r Potteries Marathon AC   Philm51r 7   20rd   Alan Austin   15e63 ( 25th)   47th   Douglas Anight   17m09 ( 45th )	3: Royal Sutton Coldfield 2023046s Mike Butterfield 16045 ( 62nd) Roger Polland 17016 ( 61st )	Terys Preston 17856 (558) Deve Chapman	Deve Meson 2000   56th) Frank Armst. 2007   50th)
erff Morgen		Scin   Stan Winterfor   16m17   46cm   22nd   Graham Bingham   17m13   45cm   20cm   20cm   27m49   49cm   27m49   49cm	#1chard Cashmore 18m05 ( 69th) Mac Podeore 18m13 ( 73rd) Rom Stevenson 18m38 ( 77th)	Michael Stagg (9829 (383) Stan Warris 22800 (27th)  [4: Altrincham & District (1649m26s 28 Buronam Joggers (1655m28)	Ray Portner 21m07 [ 41st] Artnur Gasley 21m51 [ 41st)
en Moore	(Oth )   Hudson Stoker   17m52	36th) Terry Jukes	Jan Deek In. 18m17 ( 75th ) Richard Barr 17m51 ( 75th ) Malopim Examb 18m40 ( 73m3 )	Oave Atwell. 17m32 ( 22md ) Majoolm Moody ( Sanis ( 30th ) Arthur Wright ( 18m3a ( 16th ) John Howarth ( 18m3b ( 16th )	
oy Waterlow	(181) 32: North Derbyshire RC (8th) Chris Lingley 15836	2nidejje 33 Mansfield Rutming Club Znidedes 3 lites John Wilcockson iSeof ( 28tm)	A: Huggby & District	Vic Neaner         18m23         15th         Dick Bedford         22m37         43m6           Stave Wood         8 8600         55th         8311 Containing         30cc         20th         20th           Fred Familebury         34m1         44m         4cm         10cc         20cc         20cc<	
otart Gratian.   Smill   Smill		Sin	Robert Mclireey [683] ( 31st) Tes Old [9806 ( 63rs) Tony Francis [7804 ( 60th)	Womens Race	
rff Norman	8th	2017) Culin Lane	Berry McRuph [5049 ( 54th) Enic Eddvill [8018 ( 50th) Martte Hard [1896 ( 64th)	1: Mestbury Harriers M IhiAm20s 10: Royal Sutton Colofiseld M Ih20m31 Jenny Nelson 18m32 ( 37th)	Patricka Brown 21058   77ti
04.10g AC	Philodes God Fletcher 18mC4 (7tm) 33: Newcontile (Starrs) AC 10mA (0th) Peter Lack N 15m31	32nd)   10ny Hewkint	Tom Wesh Z[m32 ( 74th) 5: Repnill Read Runners 2h24m29x Tony Garland L7m12 ( 17th)	Shirl SwiftSmith   Dasd (47th)   Melen Prott   20min (49th)   Mariyn Polent   Sand (38th)   Miles (30th)   Mi	Sermora Lamb. 20044 671 Cornin Tomin 24m04 701 Elaine Pearson 23m05 61s
ion Mathewes   dml8   11ve Woodhams   dm54	19th) Agrmin Cgllins	Sith    Stew Towners   15m3    33rd	Les Skinner	J: 801cm United Harriers W [h15e01s   11: Stockbort Harriers W [523e02 Christine Parker [9e03 ( 49th)   Jane Halryan [9e06 ( 53rd)	20: Newcestle (Staffs) AC W [A3 Sue Smith
seta Cooke Set4		42md) Alan Cooper 18mil (34th) 30nn Basley 18m24 (45th)	Colin Astill	Ellian Rimser (864) (35th) Alexis Dinsmar 21032 (60th) Character Price (800) (29th) Ant Harris (2000) (53rd)	Astr Ayres 27m17   75t Ase Allmark 22m4   62m
	12th) Mike Stacov. 16m51 2htimu38 Wen Collins 17m33 8to) 34 Higgleton Harriers AC	32nd	Paul Ryshmers 16650 ( 57th)  Quve Hassp 72ml4 ( 75th)  6: Banoury Herriers 2m25ml2s	]: Centurion Road Runners W	Lynda Robios 70m29 (dit Sandra Bowen 25m26 771
teve Love joy 16m20 e1th Banks	(2th) S fairprother   15m49 26th   3onn Hell   5e65 33rd) Robert Morrocks   7m00	20th   Eddle McKengle   18830   53rd	Denis Xusanis	Babera Leggatt.   19856   52no   Marrilya Danne   21m3   65rd   Diane Underwood   17m35   33rd   Marrilya Donne   22m3   54rd   4: Charmagon AC N   125ma   13: Morcester AC N	Mary Hodges 21848   765; Debpie Hoare 23836   63r;
plin Mettock	24th) Es Cartwright	49th) Eric Timdale 17m25 SZnd 47th) Graham Wiltehead 17m3 ( 5Znd	Teryr Boss 17m57 ( 55th) Chris Taylor 18645 ( 65th) John Globs 18m14 ( 68th)	Sue Humphries	Judith Shaw
an Kevan	13th) Norman Moores. 6m48 2h11m2Os John Heilly 8m05	41st) Ken Stone	Clive Evans. 19m29 74tm) Alan Vincent 20m20 76tm)	Les ley Randolph 18m56 ( 34th ) Carole Clark 19m57 ( 55th )  5: Aldershot Farnham & D W 1h16m56s 14: City Of Bath AC W 1h26m07	Carol Birch 22m30 ( 64t
tuert Hellon	14th   35: Cheftennam & County H   4th   Dave Higgins 15e27   Sth   Frank Thomas 16e52	2h15m05a 54 Ctty Of Seth AC 2h15m06a 2 (54th) Colin Lee 17m54 (83rd) 37ma) Ray Brigger 7m66 76ch)	Bill Atkinson	Patricis Card. 19945 (Sots) Sath McCarthy. 19901 (40th) Margaret Becham. 18846 (48th) Margaret Masumo. 22810 (62hg) June Webb. 18812 (37th) Paulo Philipp. 22800 (62hg)	Joan Panners 22m34   78t Gorinda Militkin 22m24   76t Marg Kitcherside 27m04   77t
rian Hugnes	6th) Emrys Francis 6e28 (7th) Geoff Eden 17m21 21st) Keith Fowler 17m37	45th Pat Rogers 18852 68th 46th Jim Hardman (7840 67th 48th Geneis Herchant 17846 69th)	Kerth Vickers (7m3) (64th) Bichard Coles (8m36 (76th) Jim Stewart (76th)	Janet Bigos: 1983 ( 35th) Slenys James 22mSU ( 55th) 4 Wresham AAC W   1h17m07s   5s: Surmana Joggers W   1h25m58   Marg Docking   18629 ( 36th)   Linda Walsh   20m1 ( 64th)	Ventse Evans Z6m32   60t
oeff Aston 18421   ave wilde 16427		43mo	Jim Cahill	Ltz Mandley	Jue Weaver 25mA6   J9t Low Love 27m32   J9t
olverhampton & Bilston ohn Hossell 15m5/ [ eres Nills 15m8]	29th) 35: Sale marriers 35th) Roy Gresty	(46th) David Oldfield 15854 ( 26th)	'B: Gatesheed Harriers AC 24274351 Peter Hutchinson [7m23 [ 78th)	7: Steel City marriers H [0170390 16: Angels Aunning Club H 1029065 Carol Moore 18043 ( 43rd) Edwina Dickarson 21003 ( 70th)	1 25: 5windon AC W
teve Gyacsek,	19th) Steve Edmunos	(8th)	Charlie Smith (7m47 ( 71st) Dave Lens (8m28 ( 78th)	Racheel Leonard - Iamb8 (40tm) Part Spackman - 73m48 (74tm)  Judith Checkley - 20m31 (45th) Dorean Phillips - 23m3 (72ms)  Christine Milton - 19m27 (38th) Dab Southpate - 21m11 (58th)	Wendy Cole
onn Welton   15m48    len Lock#   17m03    av Campbell   17m32	16th) Tony Lythe	35th   Neil Pearson   1889   33rd     33th   Halcolm Hackin   1783   41st     40rm   Baye Sickerton   1982   49th	Eddie Hogan (8m57 ( 79th) Tom Brown (8m09 ( 7mth) Mart Capenhurst (20m51 ( 80th)	#: Les Croupters RC W.   IniBRZIs   17: Sale Harriers H.   1429e05   Joe Clarkson.   (8846   45th)   Pas Hanson.   21e41   74th)   Lings Morrison.   20e41   50th)   Kath Mayoca   23ea1   54th)	
arrow & mebburn AC III Robertson Ideo7 (	2hlim39s Chris Britt 16m22 38th) 37: Nene Valley Harriers	38th) Mike Borenam.   lambe   57th)   2hlfmsas 58t Prestatyo 8C   2hl9msas 7	Ken Alimbick 19849 (78th)  19: West Bromwich Harriers 2h27mA6s  Phillip Smith 18m20 (8th)	Edwine Turner 19854 ( 51st)	
es Vatxon	11th) Alan Bowten   16ml3 10th) Ray Church   15ml3	56th	Les Day	Elaine Sistham	
onn McSinley 15m34 ( ave Lowther 15m59 ( ob 5 impson 12m45 (	10th) Ken Moore	29th   Richard Robson   16m4   82nd   17th   Rob Jones   17m50   81sc   13th   15m3   72nd	Maurice Smith 17e55 ( 75th) Robert Houghton : 21m37 ( 60th)	M Serlington. 21e54 ( 53rd) Elizabeth Cowan 24m13 ( 69th) Alta Banks 19622 ( 47th) Sloris Rizkard 23m24 ( 60th)	
es Lowiter	16th) John Mexie	15th   Alan James   15min   65th   17th   15mid   15min   15	Trevdr Parks 17m25 (79t7) Alan Portman 20m36 (79th) 80: Keynam Flodders HRC 2n28m14s	Over 60 Race	
ever wysers	32nd) Tommy Keenan. 16n23 21st) Harry Claque. 16e05		John McGhee	1: Barnet & District AC V 558WZs 5: Thames Valley Harriers V 58830 Bob Belmore [886] 44ch) Son Franklin [1860] ( 55nd)	
Ign Calling [7m0]   Igy Cockin   16m06   Iers Dixon   16m07	ZOth) Mike Gooling 6630 18th) John Massey 27m9	24th     Dave Higgins   18m07 ( 59th )	Bob Faulkner (8n48 (85cm) Relim Eden (7n27 (82nd)	Laurie Foster. 18m56 (39th) Les Pulman. 20m19 (55th)  Oeree wood. 18m03 (26th) Steve Charlton. 19m05 (46th)  Tolkit Smill Market	Garryl McWeinter 19834 ( 44t Harry Haden 27819 ( 67t
erts Elliott 17#11 ( gward Massison 16#22 ( werter	20th) 8111y Hargreaves.   5841  7th)   Tom Vellance.   7ml8  7ml1m52s   Pate Wedsington   18m07	12:m2   Antony Merratt   18m10 ( 051n)	Mike Angear	B17 Gray 19805 ( 51st ) Arthur Bruce 20x54 ( 69th ) Colin Stepson 18845 ( 42nd ) Pat Newell 19848 ( 59th )	8111 Eyles 71m44 ( 75t Jimmir Copmes 73mid ( 75t
Tixe Olxon 18m07 ( lager Porter 17m08 (	19th) 39: Newport Harriers AC 15r41	2h15m54s 50: Blyth Aunning Club 2h20m25s ( 15th) Robert Hall 16m00 ( 30th) 28th) Robin Fentum 18m05 ( 64th)	60: Sparkhill Harriers 2532m36s Weyln Henos 17m11 ( 76th) Berry Crowley 17m02 ( 65th)	Lealle Willmott. 19mi3 ( 36th) Charlie Welker 19mi5 ( 54th) 3: Campringe Harriers V . 57mi4s 7: Woodford Green AC V . 1020002 Derex Thomas 18mi3 ( 40th) Juan Nayward . 20mil ( 61st)	Ray Jarvis 20044 ( 67t
Hichard Melvers 15864 ( Sete Edwards 17836 ( Salcolm Proadles 17817 (	38th) Eric Jones	35th   George Young   18m19 ( 52nd )   18m2   18m29 ( 58th )	Michael Edwards (6855 ( 58th) Mart Millicheap 17m22 ( 57th)	Dave Celler 19982 (48th) Ron Wallin 71m01 (51st) Geonts Holden 18853 (39th) Bert Hughes 71m00 (59th)	Ron Jones 22#39 ( TO: Barney Parkinson 26#33 ( Fin 13: Birchiteld Manniers V
Sarry Osborne I Smill I Num Scenman I Smill I Smy Ross I Smill	31st   Roo Morgan   17m31   25th   Dave Fereday   17m04   18th   Marren Fallwood   17m38	40th   Michael Cole   17815 ( 56th )   40th   40t	Philip Copestake L7m56 ( 60th) Dermond Timeles 24m17 ( Bist) Derick Jones 19m50 ( 8ist)	# # # # # # # # # # # # # # # # # # #	Max Jones
Steve Couldwell 16m04 (	Inizadds Fred Parry	19th   Dave Kitching	David Winter 22m03 ( 81st )	THE SERVICE STATE OF THE SERVICE SERVICE STATE SERVICE	
Fete Davies 15m16   15m21   15m21   15m22   15m28   15m28   15m26   15	Elst) Ian Kicheroson	34th) Tony Lieturn	Cler Goss	Over 40 OVERALL FASTES	ST LAPS
John Fatts	1th   Derex Anderson	57th) Dave Sutton	Ian Harlow	2: Peter Banks Co-600 14 50m +17 3: Ster Mobile \$1000 15 00m + 0 Over 60	Womens
Ed Cockeyne 17m09 ( Stockpart Herriers Hise Noble 15m00 (	19th) John Peacock. 15m39 2m12m10s Philip Lancaster. 15m34 1st) 41: Gloucester AC		Brian Edwards 19m46 ( 83rd ) Barry Boole (82nd ) 33: Temworth AC 2m41m16s	3 Andy Holden Pracy 35.33m - 9 3 Andy Holden Tiplor 15.05m - 2	Women 1. Pat Gallagher 17.17
Terry Jackson [5855 ] John Sweeney 19813 [	15(n)   Fechin McCormics	69th	Terry Falcher 17m24 ( 79th) Mick Bowles 20m20 ( 65th ) Ray Edmondson 20m56 ( 64th )	Over 50 11 Stepons James CoHull 13,41m + 6	Pat Gallagher 17.17     Elaine Statham 17.34     Diane Underwood 17.35
Mike Green. 17604   Len Best. 15621 ( John Kemp. 1762) (	12th) Martin Piercy	86th) Clive Sperke 17m11 (72nd)	Kevin Hood	2: Mfck Wrens 1:pton - 16,25m +15 3: Mtcheel Mawkins Sron&H 16,25m +19	4. Chris Rollason 17:55 5. Christine Price 18:20
Fon Taylor 15e24 ( Dave Hall 17e50 (	13thl Jim Corregner 16m33	48th John Adams	Ken Langford 22m59 ( 84th)	1: Ten Dickens Veries 16.29m - J 1: Des Haughbey Veushi 16.32m - JZ	

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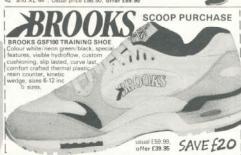
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