

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 22

The Newspaper of the British Veterans Athletic Federation

Spring 1992 £2.00

Postcode plea

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Gallagher still leads

Wilf Morgan takes a critical look at this year's National Veterans Indoor Championships held at Cosford on March 21

FOR ME, the big disappointment at this year's championships was the lack of class in the 3000m races. Few of the leading lights at the previous week's cross-country championships took part and some of the races had a distinctly second-class look.

However, Pat Gallagher showed and looked as impressive as ever as she led a couple of W35s, Susan Weatherburn and Lesley Degg, around for most of the distance and then burnt them off in the closing stages. Pat's 47 later this year and at 3000m would not look out of place in open championships.

Although the M40 track performances (time-wise) were not as good as previous years there were some competitive races and I liked the 400m. Bob Minting went into the final bend with Pete Browne on his shoulder and he produced a splendid crowd-pleasing tactic, moving away from the kerb and taking Browne out into lane three. That bit worked — he entered the straight in the lead — but then lost it on the run in. Bob's method lacked an extra touch of class, he should have delivered a deft elbow in Browne's ribs when he had him high on the banking.

Dave Cowley put himself about to good effect — as he usually does, winning the 200m and the high-jump, and placing second in the hurdles. He had a bit left for the 3x300 relay at the end of the meeting and running last leg for Rugby pulled back a deficit of about 15 metres to overtake Blackheath right on the line.

The relays produced some good stuff. The women's was a battle of the Bromley belles; they had A and B teams entered but when they found there was no opposition they reorganised and turned out teams of roughly equal ability. The selectors did a good job, the runners were locked together all the way, Helen Godsell getting home just ahead of Jean Hulls.

I took in two or three of Pat McNab's pole vaults and I have to say she looks the part; plenty of speed on the runway and a good, determined pull on the pole. Not that I know much about it, I just wanted to record the fact that this chauvinist knows a creditable performance when he sees one. Pat went over 2.40 at the Palace recently and improved to 2.45 at Cosford. If she continues to take a fancy to the event, and works at

it, it should go higher.

The long-jumpers seem to have sprouted wings — there were good performances all through the card. Well, it is leap-year. BRs for Frank Taylor (M55), George Leete (M65) and Len Watson (M75), who says he doesn't practice the event in case he gets injured, just saves it for competition.

Jackie Charles (W50) won the long-jump and improved the WR in the triple-jump with 9.05. Iris Marti was second to Charles in the hurdles and long-jump but won the high-jump and she gets a mention because she's the mother of Debbie who's Britain's top high-jumper. Comparison: Debbie went over 1.91 to win the National Indoors at the NIA in February and her mother cleared 1.33 to win the W50 at Cosford. That's the first time a mother and daughter have won championships in the same event and same year.

There was a shortage of over-55 women but the four that have graced the vet scene for some time — Rosemary Chrimes, Carina Graham, Jo Ogden and Mary Wixey — are all World-class and it showed. It's a pity Jo can't get to World championships, she really is an outstanding W60. I was particularly impressed by her 31.6 for 200 — at 62 that really is moving.

Glyn Sutton pole-vaulted 4.20 for a win and a BR in the M45. Few Brits have gone over 4m and in that age-group it's a performance that rates in world terms. We don't have many stars in this event, and our world champs, Mike Bull (M40-1991) and Alf Woods (M60-1989) were absent. Bob Brown showed and won the M55 with 3.50. Bob turned M60 on April 9 and looks well capable of



Dunsford duel — Dave Hill and Mike Hager 1000m from the finish of the BVAF 5K Championship held April 5. Hill was the eventual winner. Full report by Geoff Harrold on P7

improving the BRs in the M60 indoors and outdoors in the next 12 months.

The sprinters, who appreciate the indoor scene more than most, took their once-a-year opportunity to 'strut their stuff' indoors, and none did so more effectively than Ron Taylor (M55) who did his best to attract our attention with his gear. Running as well as he does he hardly needs to. He did the 60-200 double, along with seven others, and looked as impressive as ever. Perhaps the stand out performance was that of Roy Austin (M50) who won the 60, 200 and 400, although Barbara Blurton's 27.9 for 200 and 61.8 for 400 (a WR) was equally outstanding in the W40.

To this writer the field-event performances dominated this year's show. The only sour note concerned late entries, some were accepted, some were not. This needs to be explained.

First Prize: a colour TV

FIRST prize of the BVAF raffle is a colour television. We are raising funds for *Veteran Athletics* which still requires just that little extra something to survive financially.

Enclosed with this paper is one raffle booklet of five tickets at 50p each — why not sell them for the good of the veteran athletic movement. There are many prizes including a video recorder, weekend breaks,

cameras, to name but a few.

The draw will take place on Saturday, August 29, at the WAVA Road Running Championships in Birmingham.

On sale of tickets send the money (cheques to be made payable to BVAF) and raffle ticket stubs to Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HE. If more booklets needed apply to Winston.

Wigley follows up

Alastair Aitken reports from the BVAF Cross-country Championships at Cardiff on March 15 —

JOHN WIGLEY followed up his impressive victories in the Kent and Southern Vets Championships with a well controlled display of rhythmic running over the tough Pentwyn course — an event well organised by Dave Walsh and the Welsh Veterans AA. After a mile covered ex-international Pete Standing led the front group of the 164 finishers at a very hard pace of which Wigley remarked on afterwards: "If he kept that up I thought he would be hard to stop". What it did do was split the leading bunch up.

As they came out of the woods, to force themselves up the first steep climb, Mike Hager and Peter Banks, the 1990 champion, who both beat Wigley in the National at Newark, were a couple of metres up.

By the three-quarter stage Hager had dropped away and the battle was between Wigley and Banks. Wigley then ran quickly down the hill and beside the brook opened daylight between Banks and himself. He was seen pulling further ahead, in his all red Invicta outfit and gloves, across the last large field to the finish.

The first three positions in the M45s were quite close. Alun Roper, who had been short on training with a calf injury, was caught by Harry Matthews as they entered the last field and Brian O'Neill's shoe came off at one point impeding his progress. He managed, however, to finish third.

Tynesdale's Roger Highnam ran his best ever cross-country to win the 50 and over event. Highnam, who had just turned 50 and the 1988 M45 BVAF 5k

track champion (Cwmbran), was never out of the first three. He was close to early leader Phil Lancaster and held on to him well up the first climb before Steve James who has come second for the last four years, became his only realistic challenger. "I was hanging on all the way. I never felt comfortable. He made a special effort on the hills and I usually caught him just after but he eventually got away," said James afterwards. Lancaster came third.

Dick Cooper from Worcester ran into very good form with a convincing M55 victory. John Chandler, last year's BVAF 5k M60 road winner, came second to Bob Peart who passed him "like a train on the third lap." George Phipps looked good again for a M65 victory. The M70 race was held in conjunction with the women's race and 73-year-old Dennis Eyres was a comfortable winner.

Chris Price had an outstanding victory in what was perhaps, the most competitive veteran women's National so far.

Price, the mother of two young children, was in devastating form. Having come second in the Home International on a short build up she made no mistake at Pentwyn. Price, now 39 and twice a commonwealth middle distance finalist, was headed by Julie Asgill by some 20 metres as the runners went out into the country after the small lap but, by the top of the steep hill, after coming back through the woods, Price was ahead and Bolton were well placed for the team award from then on.

She explained afterwards: "I knew, Continued on p3

NOTICE OF ANNUAL GENERAL MEETING

The Eighteenth Annual General Meeting of the British Veterans Athletic Federation will be held at 18.15 on Saturday, 18 July, 1992, at Cophall Stadium, Hendon, London.

Any proposals or nominations for office should reach the Secretary by 6 June.

All registered members are invited to attend. Bridget Cushen, Honorary Secretary

Veteran Athletics

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SOLIHULL CHAMPIONSHIPS

16th August 1992 11.00a.m.

Norman Green Athletic Centre

MVAC Pentathlon & 10,000m Champs

Jumps Triathlon L/J, H/J, T/J

BVAF 10k Walk Men & Women

Open 100m, 200m, 1 Mile, Shot, Jav, Disc

Fees: Pentathlon £3.50, Walks £2.50

Open — 1st Event £2 Others £1

CANNOCK MASTERS

20th September 1992

BRITISH PENTATHLON THROWS CHAMPIONSHIP

(Men 36lb Hammer — Women 28lb)

Open 100m, 200H, 300m, 600m

1 Mile, 5000m, 5000m Walk

Pentathlon Entry £3.50, Walks £2.50

Open Events £2.50 for number

(as many events as you wish)

Entries with 9"x4" SAE & Cheques to 'MVAC' to:
John Mills, 3 Victoria Villas, Bath Road, Nailsworth,
Glos GL6 0JB

BVAF 22ND NATIONAL TRACK & FIELD CHAMPIONSHIPS

Cophall Stadium, Hendon — 18th & 19th July 1992

Under AAA, WAAA, RWA, WAVA & BVAF Rules

Organised by Southern Counties Veterans Athletic Club



ORDER OF EVENTS

Commencing at 10.00am each day

SATURDAY

SUNDAY

TRACK

400m Hurdles (M40, M45) Heats

400m Hurdles (M50+, W35+) Finals

300m Hurdles (W50+) Finals

300m Hurdles (M60+) Finals

100m (M&W) Heats

1500m (Men) Heats

100m (M&W) Finals

3000m Walk (M&W) Finals

400m Hurdles (M40, M45) Finals

1500m (M&W) Finals

400m (Men) Heats

5000m (M60+, W35+) Finals

5000m (M40) Finals

5000m (M45) Finals

5000m (M50, M55) Finals

400m (M&W) Finals

FIELD

Hammer (Women)

Hammer (Men)

Long Jump (Women)

Pole Vault (M&W)

Long Jump (Men)

Discus (Women)

Discus (Men)

Shot (Women)

A.G.M. — 18.00

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

TRACK

2000m S/chase (M60+ & W) Finals

3000m s/chase (Men) Finals

110m Hurdles (Men) Heats

5000m Walk (M&W) Finals

800m (Men) Heats

200m (M&W) Heats

110m Hurdles (Men) Finals

100m Hurdles (W35) Finals

100m Hurdles (M60, M65) Finals

80m Hurdles (W40+) Finals

80m Hurdles (M70+) Finals

10,000m (M40) Finals

800m (M&W) Finals

200m (M&W) Finals

10,000m (M&W) Finals

FIELD

Javelin (Women)

Javelin (Men)

High Jump (Men)

Triple Jump (Women)

Triple Jump (Men)

High Jump (Women)

Shot (Men)

CHAMPIONSHIP ENTRY FORM

Please use capital letters

Surname _____ Christian Names _____

Address _____

Post Code _____

*Male/Female _____ Telephone No. _____

Date of Birth _____ Age Group as at 18 July 1992 _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

EVENTS

EVENT	P.B. 1991/92	EVENT	P.B. 1991/92

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

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 22nd Veterans T&F Championships.

Signed _____ Date _____

Entries to 1992 BVAFT&F Sec., 14 Senior Road, Eccles, Manchester M30 7PZ.

Closing date Saturday 13th June 1992. Late entries will not be accepted. Send 9" x 6" SAE for acknowledgement of entry, timetable, information, maps etc., which will be sent out on 4th July 1992, but if you wish earlier accommodation list or camping facilities, please send SAE marked Accom. in top right hand corner.

* Delete

Jumping Jackie — a star

Although there were only four women (Jean Wills having had to withdraw due to an injury sustained two days before) the level of performance in the BVAF Indoor Pentathlon Championships, held at Cosford on March 8 was of a very high standard, Mollie Mills reports.

JACKIE CHARLES, W50, was the star of the event setting a World best in the Long Jump with 4.41 and a World best in the Pentathlon overall with a total of 3356 points. Sarah Owen, W35, retained her title scoring 3383 points to equal her World best of last year. Margaret Southerden provided Sarah with some close competition scoring 3268 points. Maria Williams' W40 total was 2742 points.

Mike James, M40, looked on form when opening his account with a 6.40 in the Long Jump, however, a disappointing Shot Put dashed his hopes of victory.

It was good to see Dave Cowley

back in action and pushing Mike Corden, the eventual winner, to a very close finish.

The M45s saw Lawrie Dunn snatch victory from Snowy Brooks with a very swift 1000m which gave him 808 points compared to Snowy's 492. The M50 age group was a close contest between Tony Hanley, Bruce Charles and Tony Mackay with Mackay securing first place with an excellent 11.46 Shot and 1.49 High Jump.

Colin Shafto retained the M55 title as did Philip Oakshott on the M60 age group and Les Williams, now in his 70th year, amassed 3272 points.

M40: 1, M Corden 3,637 (60H: 9.13; LJ: 5.68; SP: 12.35; HJ: 1.64; 1,000: 3:05.06); 2, D Cowley 3,557; 3, D Folegate 1,605

M45: 1, L Dunn 2,963 (100: 9.3; 5.17; 6.87; 1.49; 3:04.40); 2, S Brooks 2,807; 3, D Vaughan 2,322

M50: 1, T Mackay 3,313 (10.42; 4.75; 11.46; 1.49; 3:30.30); 2, B Charles 3,258; 3, T Hanley 3,180; 4, T Driver 2,439; 5, T Bilham 2,306

M55: 1, C Shafto 3,615 (10.01; 4.82; 8.19; 1.46; 3:24.88); 2, J Phillips 2,814

M60: 1, P Oakshott 3,270 (11.21; 4.33; 11.03; 1.28; 4:07.13); 2, S Senerson 1,985

M65: 1, Williams 3,272 (10.95; 4.17; 8.21; 1.22; 4:34.66)

W35: 1, S Owen 3,379 (9.84; 1.51; 11.33; 4.97; 3:01.4); 2, M Southerden 3,267

W40: M Williams 2,716 (12.52; 1.30; 7.51; 3.86; 2:33.6)

W50: J Charles 3,350 (10.96; 1.21; 7.96; 4.41 (WR) 3:11.6)

The Rosina & Eli Carter Memorial Trophy: Sarah Owen

The Bob Rudd Effort Cup: Jackie Charles

The Derek Clarke Perpetual Trophy: Mike Corden

Three WR for Jimmy Todd

THE SVHC Indoor Championships were held at Glasgow's Kelvin Hall on March 7 and provided an exciting day of competition with four World records and an additional five UK records being broken.

Star of the day was Northern Ireland runner Jimmy Todd, aged 70, who made his place in athletics history in winning three titles by setting three world records. He warmed up by taking the M70 800m title in 2:34.2 then won the 1500 and 3000m events in 5:13.1 and 11:22.4 respectively. The 1500m event was an amazing 14 seconds inside the old record!

A fourth World record fell to Harry Tempan in the M65 division of the 3000m with a time of 10:57.8. The pace of this race was helped along by a tussle between 35-year old Janet McCall and 62-year old Willie Marshall with the young mum from Glasgow just gaining victory in 10:33.5. Janet had already won the W35 800 and 1500m events so this made a fine treble.

In the M40 men's age group there was fine sprinting from Mike Hemmings who won the 60m and 200m in PB's of 7.6 and 24.9.

Best all-rounder was Hemmings' Pitreavie clubmate, Eamonn Fitzgerald, a 30-cigrettes-a-day man who appears to be an exception to all the health warnings. He set a British record in the M45 High Jump with 1.76m and also won the Pole Vault with 3.65m.

Fitzgerald was narrowly beaten in the Long Jump by Jack Gelder who cleared 5.37m on his final jump, and Gelder also ousted him in the 60m hurdles with 9.5. But after a cigarette Fitzgerald was the victor in the triple jump with 11.81m.

Former internationalists Cameron Spence and Colin Youngson fought a fierce duel in the M40 1500m, with Spence just sprinting clear in 4:16.3, however they were both outclassed by Falkirk's David McKenzie in the 3000m when he ran away from them in a time of 8:50.1.

Other British records fell to George Bridgeman (M65 200m, 29.1), Harry Tempan (M65 400m, 66.6), John Scott (M50 shot putt, 14.03m) and Joyce Rummell (W40 triple jump, 8.66m). Irene Morrison equalled the 200m record with 27.3.

Zatopek to support WAVA road races

Emil Zatopek, triple gold winner at the 1952 Olympics, is to be a special guest at the WAVA Road Championships to be held August 29 and 30 in Birmingham. Zatopek supports and encourages many such events but although he still runs himself he won't race.

The organisers of the event are expecting a good entry from abroad to add to the already strong entry coming from Britain. The closing date for UK veterans is July 31 — see ad p11.

Meeting pivots on polevaulting Pat

Carina Graham shows her enthusiasm for the SCVAC Indoor Championships held at Crystal Palace on Saturday, February 29.

BRILLIANT sunshine and bright skies greeted us on arrival at the Palace grounds. With Spring in the air and the prospect of warming up around the world famous track — what more inspiration could one hope for to run off long months of winterblue training?

Our friendly AAA judges are there, the blackblazered SCVAC officials looking immaculate and Barbara Terry calmly in charge of organisation.

Great to see so many familiar faces: the explosive sprinters, jumpers, multi-eventers — all eager to get rare indoor competition in before the UKs at Cosford in March. Les Williams from Cornwall, fit again after being a spectator in Turkey, Pat McNab clinging to a pole, insulting her feet, "can't jump or hurdle" and Dennis Philcox, M70, from Ireland. From the first shot the crowded hall was positively buzzing. Waves upon waves of sprinters head-on towards us: Lucas (M40) the fastest on 7.6, Pope (M45) a 7.8, three M50s in 8.1 — Ariss getting the verdict — bettered by Gray (M55) with 7.9 and an M65 8.8 best and pb for Adair.

What is all the excitement about around the PV? Pat McNab channelling all efforts into her new event. Polevaulters are a special breed. The prerequisite is outstanding all-body fitness. They are power athletes, fast and strong, and agile with a quick-judging mind to use technique. They are courageous and quite loony — a bit more so than most of us vet athletes are.

The women's 60m: Godsell (W35) the best with 8.4; Ruth Allcock (W45) "I am stuck on 8.8" (wish I had this problem). Evaun Williams, Jackie Charles and I sprinted — then over to the LJ. Since Jackie turned 50 she is bristling to break records encouraged by husband Bruce. Her best is 4.22m — only 9cm short of the WR. I follow that with 4.09 for a W55 BR (previously 3.75m) and just better than my World bronze.

Meanwhile the 60m hurdlers are in full flight and McNab is well over the 2m mark. There was a breathtaking contest between James (M40) and Ferguson (M50), the hurdles specialist, who wins with a

fantastic 9.1 time for a new M50 BR. And Les Williams is back in top form with 10.8, one tenth outside his BR. Not bad for February!

Rob Bush, ex Euro 400m champion, is a firm and understanding track judge, sorting different hurdle heights. It's my dreaded event requiring 101% concentration. Up with Jackie I realize I am in front after the second hurdle making sure I stay there (a 11.6 pb). Helen Dyble clocks 10.4. It's non-stop action. I go into the sun, jogging and gulping in the crisp air. Over at the long jump pit James shows his good early form with a best of 6.41m and M60 Kalirai a 4.75m. They repeat this in the TJ with James over three metres ahead of all leaping to 12.98m. The women's TJ is so new and I get caught up in the atmosphere.

Polevaulting Pat is soon attempting the 2.40m, Jackie's mind fixed on a TJ record. In spite of a skippy hop she manages 8.60m — a new BR while we see Pat clearing the 2.40 bar for her WR. Joy and applause and relief.

Down at the far end a thick hush hangs over the confined area of the shot putt where the tall Figueroa (M50) has the best putt of 11.76. Has Bernard Metcalf really moved up to M75? He pulls out a splendid 9.46m for a BR — 15cm short of his M70 BR. Then it's the women's turn: at one end weightlifting Janis Kerr is pacing in gloomy concentration, at the other end, at treble speed, Bronwin Carter, a compact parcel of energy psyching herself up, stomping into the circle, deep breath, careful shot-placing, it's quite a performance. She shifts, explodes and out flies the 4 kg in a high curve with a yell to 12.22m. That one got her impish grin. Then Barbara Terry sets a W45 BR with 10.71m in spite of shot shoes left in the boot.

There are only Freeman-Austin (W45) and lightweight Dyble left in the HJ and both finish on 1.50m. And of course Mark James, who rounds off the championships with a marvellous 1.70m jump. On leaving Crystal Palace I reflect what an action-packed, well organised, successful, six BRs and two WRs, afternoon it's been. Great atmosphere, happy faces, yes — let's do it again next year SCVAC.

Cross-country Championships Continued from p1

having come 21st in the National that I was running well. At Pentwyn I led at odd spells early on but Julie went quickly ahead on the first lap. I did not want to hang on to her. I thought "I am going to have to make her work if I want to beat her." I tried to push it into the wood in the mud and get up the hills as quickly as I could. I was tired but said to myself to keep running hard as you can't underestimate your competitors and Julie is one of the top runners in Britain and has recently done some good 3000m races indoors."

There were other performances of special note — Pat Gallagher, 47 this year, was overall fourth just behind the third W35, Ann Turrington. Gallagher's astonishing run made her an easy W45 victor. She said: "It was not my sort of course as I lost ground on the hills — but I did gain on the flat." Felicity Sperke, winning overall, was first W40 home.

Another impressive run was by Maureen Singleton who won the W50 title. Lola Smal was a good W55 winner while Shaftesbury's Betty Forster took W60 and the much raced Grace Bulger tackled the hills and mud for the W70 category.

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Harry Tempan, M65, new BR 400m and new WR 3000m holder



Eamonn Fitzgerald, M45, new BR High Jump holder

PHIL RASCHKE, US, who has just turned 45, set World Indoor marks in all four jumping events at the First Southeastern Regional Masters Indoor Championships in Murfreesboro, Tenn., on February 23. Her performances of 4'10" (HJ), 7'11 1/2" (PV), 17'8" (LJ) and 32'5 1/4" (TJ) highlighted the event. In addition her pentathlon score of 3889 topped all competitors, both male and female.

BETTY VOSBURGH, W60, at the same event set new World marks in the TJ - 24'6 1/4" and the LJ 12'4 1/4". DAN CONWAY of the US smashed the World indoor M50 mile record with a sensational 4:41.31 in the Sunist Invitational Meet at the LA Sports Arena on February 15. The old mark was 4:44.22, set seven years ago by Montana's Bill Foulk. Two other runners also broke Foulk's mark — Mike Heffernan, 53, (4:42.45) and Sid Howard, 52 (4:43.57).

Chicken bone Turnbull triumphs

DEREK TURNBULL, the 65-year-old sheep farmer from NZ, ran 2:41:57 in the ADT London Marathon on April 12 made all the more extraordinary by having had a chicken bone he had swallowed removed from his gut only a couple of months ago. It was discovered after suffering some inexplicable pains. This beat the previous record held by C.Davies of 2:42:49.

One British record was set. 85-year-old Will Chapman ran the course in 6:01:55. John Wheway was the first M40 home in a time of 2:18:47.

ANNE RODEN, 46, was first vet home at Boston in a pb of 2:37:37. She was 12th woman overall.



Here are the magnificent seven of Bognor Regis, average age 61, all long distance runners, who are to run the 870 miles in relay from John O'Groats to Lands End starting at 9am on May 23 — a distance they hope to cover in under one week.

The runners from the left are, Len Jones (76), George Scutts (75), Terry MacEwan (65), Roy Webb (58), Dennis Baker (56), Mike Fletcher (52) and Rob Heron (44) who are

making the run for Cancer Research.

They're selling a small booklet about their effort for a donation. Each booklet which outlines their route has a lucky draw number printed on and the raffle will take place after they have reached Lands End. If you would like to support them send your donation (£1 minimum) to Len Jones, 38 Aldwick Gardens, Bognor Regis PO21 3QL, cheques to be made payable to The run for life Campaign.

Women Walkers

THE BVAF want to know what you want for your championships. So read the proposals carefully then write to the editor stating your views;

The proposals are as follows: National Track and Field Championships — 3000m and 5000m Women and Men separately or together depending on the number of entries; Outside National Track and Field Championships — 10k track Women and Men together; and On the Road — 10k, 20k and 50k Women and Men together.

LETTERS

WAVA Ways

May I comment briefly on two letters in Issue 21: from Carina Graham (WAVA rules away) and Alan Braddock (I run at the back so those in front...). Carina is right to point out seeding difficulties and my Stadia Committee made all these points before the General Assembly voted on the proposal made by an affiliate country. I am now making sure that the Japanese organisers have good guidance on how to ensure that the fastest performers do reach the next round.

I believe Alan need have no fears about WAVA competitions becoming elitist. Entry standards are not envisaged. The team vest rule applies only to team events, relays, cross-country where identification of the team helps officiating. BVAF would, of course, like all its members to wear a BVAF vest proudly in international competition.

We welcome Cesar Moreno Bravo of

Mexico, the Chairman of the IAAF Veterans Committee, as a member of WAVA Council. This can only make for greater progress on things that matter. I met him in London recently and have taken up with him the question of acceptance of professionals and the continuance of actual date rather than year of birth being the qualifying factor for age-group change. IAAF has been ill-advised on these points in the past. His presence is not an IAAF take-over.

I should like to thank the many veterans who contacted me or my wife Peggy, expressing good wishes and hopes for recovery during my recent hip-replacement operation. Letters and cards came not only from my close friends, but from many other unexpected sources. Thank you one and all.

Bill Taylor,

Vice President (Stadia) WAVA

How to spice up relays

I would like to raise the matter of relay teams in BVAF track and field competitions. Relay teams are made up of BAF affiliated clubs and not the BVAF clubs. Surely this should change. Not many clubs can raise a strong 4 x 100 or 4 x 400 team but I am sure Midland Vets or Eastern Vets, etc, could raise a real challenge to any of the others. After all, it is a BVAF national championship not a BAF one. It might have the added bonus of retaining the crowds.

The matter will be raised at the next delegates meeting in November. I would appreciate any views on this matter. Please write to me at 42 Wimbotsham Road, Downham Market, Norfolk PE38 9PE.

Peter Duhig
EVAC

A 24 hour marvel

Mike Harper, on March 7, at the NIA in Birmingham competed in a 24-hour event. He set four World best M55 times: 30M - 4:00:58; 50k - 4:07:32; 40M - 5:29:59 and 50M 7:23:58.

I believe that these ultra men do not receive the recognition their performances deserve.

P Boulton
Chairman, New Marske Harriers

A Perfect Mis-match

I have just received my Veterans Great Britain kit and was extremely disappointed and will be ashamed to wear these mis-matched garments.

The three stripes across the front of the vest start almost under the right armpit and soon disappear under the

shorts. The stripes are too low and this creates an imbalance.

Unlike the vest the shorts have only two stripes, red and blue, which are to the front of the side seams and seem to be completely out of place when worn with the vest.

I accept that taste is personal but as the shades of colour in the vest and shorts do not match — this surely is not a uniform kit but an 'Odd Job' kit. Why did the BVAF choose this odd mixture?

Tom Brown

Liverpool

Life BD

A message to all vetrunners, experienced or new, about time and running.

It seems to me that with today's running there is far too much emphasis put on timing a run. In the days BD (before digital) all we did was to do our run, over whatever distance, and not worry about how fast or slow it took. The object was to enjoy running.

Even track sessions need not be timed. It does not matter whether you are doing 200m or 1000m intervals. All you have to do is run to the best of your ability and if at the end of it you feel you have worked hard that is all that matters. The timing is not as important as actually getting onto the track and running.

Running is not only about getting fit, it is also about enjoying what you are doing. So with the World Road Championships in Birmingham at the end of August in mind, let's see less clocking on and off and more enjoyment put back into your running.

J. Burroughs

Ipswich Jaffa

The Gentleman of the hammer-circle

HOWARD PAYNE
1931-1992

Howard's sudden and untimely death on March 1 shocked and saddened his family and many friends. He was a fine athlete and a true gentleman.

I remember interviewing him for the Spotlight series we ran in the old *Veteris* magazine. I wrote: 'Anyone who knows him would testify to his quiet, unassuming manner. In an interview session lasting over two hours he was continually anxious to give credit to a host of people who had helped him in various ways during an international career that spanned 16 years. He wore the British vest in international competition every year from 1960 to 1974.'

Born in Benoni, South Africa, he first came to Britain as a member of the Rhodesian team for the 1958 Commonwealth Games. He made his home here and dominated British hammer-throwing throughout the 1960s. He represented England in four Commonwealth Games, winning four golds and a silver, and Britain in three Olympics and two European Championships. In June 1974, at the age of 43, he achieved his longest ever throw — 70.88m — in the Poland v Great Britain match. Of his 61 British 'caps', 19 came after he turned 40. High among Howard's favourite memories was his victory in the M40 hammer at the 1975 World Vets' Championships.

Howard returned to veteran competition last year and won the M60 hammer at the

Nationals. The last time we saw him compete was in the Throws Pentathlon at Carnock on September 22. He won — and also succeeded in improving the British hammer record on the way. His achievements will be well remembered as will his studious and modest personality. He was the gentleman of the hammer-circle.

W. Morgan

LES JONES

Les Jones' sudden and tragic death in Genoa was a severe shock to all who knew him in Northern Ireland and elsewhere.


Les suffered a heart attack in Italy after the European Indoor Championships where he was manager of the British team. He was also Chairman of the Northern Ireland Amateur Athletics Federation and Vice-Chairman of the BAF.

His capacity for work was immense combining his job as a Senior Customs and Excise Officer in Belfast with the intense pressure of organising athletics. Everyone who knew him was astounded at his energy and enthusiasm for athletics.

Les was an esteemed member of the Northern Ireland Veteran Athletics Association and competed in many veteran events over cross-country, track and road. His great love of athletics would see him run in charity and fun runs as well as the glamour events whenever his busy schedule allowed. He will be sorely missed in all athletic circles.

Les has gone and finished the race of his life but he will not be forgotten.

Jim Harris



INTERLINK

express courier parcels

1992 - B.V.A.F.
10 MILE ROAD RACE
CHAMPIONSHIPS

OSWESTRY (SHROPSHIRE) SUNDAY AUGUST 2nd START 1pm
UNDER M.C.A.A.A. & M.C.W.A.A.A. & B.V.A.F. REGULATIONS

ASSISTED BY OSWESTRY BOROUGH COUNCIL
OSWESTRY SPORTS COUNCIL AND FURROWS LTD.

VENUE: OSWESTRY LEISURE CENTRE, COLLEGE ROAD, OSWESTRY
A.I.M.S. COURSE
CLOSING DATE 20TH JULY

NO ENTRIES ON DAY

All veterans are invited to run BUT the 'B.V.A.F. Championships' are only for veterans who are 'Paid Up' Members of an official Veterans Association i.e. NORTHERN VETS/ SOUTHERN VETS/ WELSH VETS ETC.
Non affiliated Veterans will have their own competition (tick box below) - YOU MUST BE A MEMBER OF AN A.A.A. CLUB

CHAMPIONSHIP AWARDS

MEN: 1,2,3, all age groups (5years) to over 75.
LADIES: 1,2,3, all age groups (5years) to over 70.


CLUB TEAMS

MEN: 1,2,3, 40 - 49, four to count. Over 50 three to count.
Over 60 three to count

LADIES: ALL ages, three to count.

NON AFFILIATED

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



OSWES | RY

ENTRY FEE £4.00 PAYABLE TO 1992 BVAF 10 RACE NUMBERS ISSUED ON DAY
9 X 4 S.A.E. FOR FURTHER DETAILS AND CONFIRMATION TO:
DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY,
SHROPSHIRE SY11 1JD TEL: 0691 653338

Please accept my entry for the 1992 BVAF Open 10 Mile Championship
NAME _____ AGE ON DAY _____ D.O.B. _____

ADDRESS _____ TELEPHONE _____

1st CLAIM CLUB _____ VET REG. NO. _____
AREA AFFILN NORTHERN/SOUTHERN ETC. NON AFFILN TICK* ☐

* Non affiliated means not a paid up member of an Area Veterans Association
THE ORGANISERS OF THIS RACE WILL NOT BE RESPONSIBLE FOR ANY LOSS OR INJURY TO MYSELF.
I AGREE TO ABIDE BY A.A.A.'S AND W.A.A.A.'S LAWS.

SIGNED _____ DATE _____



SECRETARY'S REPORT

— Bridget Cushen

Attention all male 800m runners

The high profile annual Loughborough Students AC Past & Present versus the AAA match, to be held at Loughborough on Sunday, May 31, will this year include a veterans 800m. If you would like to be invited please get in touch immediately with your veterans club secretary.

Ratification of Veteran World Records

Many of our members compete for their club in league races against younger opponents or in open meetings. Such opportunities often lead to an age group World/European or British record. If you find yourself in such a situation the onus is on you to take the necessary steps to have your record ratified. First, ask the chief track judge or field event judge and timekeeper/measurer to let you have a signed result slip. Secondly, check on wind gauge, weight of implement or height of hurdles. This should be

forwarded to Wilf Morgan, Chairman of the Records Committee, 159 Marsh Lane, Erdington, Birmingham B23 6JA, together with date, venue and details of the meeting.

Are you a statistician?

Wilf Morgan is stepping down as Chairman of the Records Committee at the end of this season. His knowledge, expertise and love of this side of athletics has been invaluable over the years.

We now need a replacement for this interesting but exacting job.

The future of your Federation

On the agenda of the AGM we already have some thought provoking items such as: should the women's walking distances be exactly the same as the men's?

There will, of course, be the annual elections.

Bill Taylor is not seeking re-election as Chairman and to date I have received the following nomination for the post — Keith Whitaker.

This year there is a proposal to create four assistants to the chair, whose areas will be: Cross-country, Road, Track and Field and Policy/International Affairs. If passed by the required two-thirds majority elections for those posts will follow. I have received the following nominations: Cross-country — Ted Butcher and Bernie Plain; Road — Martin Duff and Dave Walsh; Policy/International Affairs — Ron Bell and David Coward; Track and Field — Mike Wrenn. Two women, Jeanne Coker and Maureen Farish are seeking the Women's Representative post. The following incumbents are seeking re-election: Hon. Secretary, Bridget Cushen, Minutes Sec. Ron Franklin. Treasurer, no nominations yet to hand. The closing date for nominations or proposals is not until 6 June.

NEWSPAPER SUPPORT FUND

People do read what I write, and several have already sent their fiver for 1992, but we do need more. The supporters listed below have donated since the last issue. Grateful thanks to them. Please join them by sending your cheque to:

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

Christine Parker	Jim McQuillin
Bob Broom (Yet again)	Dolphe Leverdier
Anonymous (Two)	Mike Wood
Ron Morgan	F Dowson
Mary Worth	W G Neale
Bob Drew	Dennis Philcox
Mike Savage	John Groot
A Giddins	John Hayward
R N Rowe	J S Stephenson
E D Thompson	E A & M J Richardson
Alan Braddock	Jenny Costard
Samuel Hardicker	B D Colwell
Bill Cameron	R W Honeybun
Hugh Richardson	G M Plater
John Quantrell	Simeon Busby

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

CANDIDATES



KEITH WHITAKER

Standing for Chair

"Though I believe that the combining of the various athletic bodies was long overdue (to form the BAF) I am concerned that veteran athletics may not continue in a way wanted by the majority of veteran athletes. The movement started from grass roots and we have a unique structure in the BVAFF where only those taking part elect the officers. I feel it essential that lines of communication are continued so that the special needs of veterans are looked after by those who are knowledgeable from their current experience as veteran competitors. So far veterans have had to promote their own competition and organisation and though the BAF is the national body for all athletes the BVAFF should continue as the driving force under the sanction of the BAF. My efforts would be directed to achieving this."



MARTIN DUFF

Standing for Assistant Chair - Road Running and Walking

"With 35 active years in the sport I feel that I am able to represent the views of the club athlete in the higher echelons of our movement. I have done that in my three years as an officer on Council latterly as BVAFF Vice Chair. I have been covering, on a temporary basis, the proposed new officership of Assistant Chair — Road and Cross-country and it is for this position for which I am happy to stand. For veterans who are not aware of my cv, I am 48, a member of SCVAC and AFD. I have won Championship medals from 1,500m to marathon and have supported some 50 BVAFF and AAA's Vets Championships in addition to around 20 World and European Championships in my eight years as a veteran. I also write for Athletics Weekly, Today's Runner and National Masters News, as well as covering events for this newspaper. Outside the sport — yes, I do have a real job as well — I am a Sales Manager for a supplier of chemicals, additives and minerals to industrial customers."

DAVE WALSH

Standing for Assistant Chair — Road running and Walking

"I believe that my talents could be used to improve the organisation of Veteran Athletics. Over the years my duties have included Club Chairman and Secretary, County Secretary, Welsh Road Running Secretary, GB Selector and Team Manager. In addition my organisation of events from local to national level and officiating up to International standard have kept me busy. To cap that there are my tasks as BAF Road Running Statistician. These have involved and continue to involve working on various committees and the current BAF Road Running Commission. Particular areas of input have been in establishment of Inter-Area Road Competition,

formulation of criteria for awarding championships, championship guidelines and organising the STAR-RANK scheme. As a competitor my wish is to compete with minimum hassle. As an organiser my aim is to fulfill that wish, by ensuring that all concerned have clear aims and intentions. It is not my intention to contest or stand for higher office within the veteran movement."



RON BELL

Standing for Assistant Chair — Policy/International

"By seeking election, I would endeavour to bring to the post a hard working entrepreneurial attitude with a view to developing our Sport in all directions but without losing track of the basic requirements of its grass roots membership. I was instigator of the International Cross-country, which has become a permanent fixture, and prime mover to bring the 1997 World Track Championship to Gateshead. I am a past Secretary to Clwyd AAA and current Committee Member of Wrexham AC with extensive International athletic experience here and abroad. My career is Management based dealing with annual budgets of half a million pounds. Currently, I am a Lecturer teaching Hospitality Subjects."



DAVID COWARD

Standing for the Assistant Chair — Policy/International

"I am at present General Secretary of Veterans AC and Cambridge Harriers Veterans Organiser, and have a wealth of administration experience. I am totally dedicated to the promotion of veteran athletics.

For the past two years as England's representative on the International Committee which I have chaired, I am currently coordinating the arrangements for the forthcoming WAVA World Road Championships. I have introduced a full range of men's and women's veteran championships in Kent and am now on the SEAA Executive and Road Management Committees with the aim of furthering veteran affairs."

JEANNE COKER

Standing for the Women's Representative

I have been a runner since 1959 and am still a runner today. I was a founder member of Women's VAC which was the first veteran club for women.

During mid 1970 I was actively involved in challenging and changing the rules to enable women to participate in road races.

All our veteran clubs are now open to both men and women but women are still quite a small minority. As women's representative I would aim to promote the sport for women encouraging more to take part and to see that as a minority women's voices are heard and women's needs are met.

Boit says he had no confidence, needed to be encouraged. Coe is surprisingly expensive, you get the impression Alastair made him feel at ease, there is none of the stiff formality of his TV interviews. There's John Gilmour on his M60 victories at the 1979 World Vets — for my money one of the great vet performances.

I liked this book better than I thought I would. I have to say there is a shortage of top women. But that does not take much away from a book that sets out to give the performer's view of our sport and in my opinion succeeds. Most interviews are interesting, some are riveting — if you're a fan it should find a place on your bookshelf.

Road Review 1991

THIS is the first ever comprehensive review of UK road running giving an in-depth performance list for men and women, an all winners list, star/rank records, who did what and who won which. Many of the winners are veteran runners.

The book — described as a runners bible — is available by sending £2.50 (payable to Dave Walsh) to Dave Walsh, 30 Highfield Close, Dinas Powys, S Glamorgan CF6 4LR.



MAUREEN FARISH

Standing for the Women's Representative

"Women are the minority within veteran athletics and need a special representative at the highest level. While I acknowledge that female participation is on the increase and that the veterans movement has pioneered events such as the hammer and steeplechase for women it is, however, essential that, until women achieve equal status with men in all spheres, women's interests be debated with equal emphasis. It would be my responsibility to see that this is done. The promotion of veteran women's athletics requires the positive support of sport administrators, male athletes and the athletics press. The aim of the women's representative for the BVAFF would be to enhance the status of veteran women and encourage more women to enjoy the full range of athletic events. I have been actively involved in athletics as a competitor and administrator for ten years and am a founder member of Bromley Veterans AC. The professional skills I have developed in the field of equal opportunities will be useful qualification for the post of women's representative."

SLOUGH BOROUGH COUNCIL MARATHON AND HALF MARATHON

THE MARATHON ALSO INCORPORATES THE SOUTHERN COUNTIES VETS A.C. CHAMPIONSHIP.

BOTH RACES ARE HELD UNDER B.A.F. RULES.

SLOUGH BOROUGH COUNCIL IS A MEMBER OF BARR.

SUNDAY 6th SEPTEMBER 1992

MARATHON 10.30 - HALF MARATHON 11.00

OFFICIAL ENTRY FORM

SURNAME _____	FORENAME _____
ADDRESS _____	DATE OF BIRTH _____
TOWN _____	AGE ON DAY OF RACE _____
POSTCODE _____	SEX — MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
TEL. NO. _____	RACE CATEGORY (Please tick)
DO YOU WISH TO BE CONSIDERED AS A TEAM ENTRY?	HALF MARATHON <input type="checkbox"/> 17 Minimum Age
YES <input type="checkbox"/> MARATHON <input type="checkbox"/> 18	No min/max age
NO <input type="checkbox"/> FUN RUN <input type="checkbox"/>	
IF YES NAME OF TEAM _____	SVAC <input type="checkbox"/>

Team entries cannot be accepted on the day of the race.

BAF Registered Club _____ Previous best time _____

I enclose a cheque/P.O. (made payable to Slough Borough Council) for £5.50 (£6.00 for non-affiliated competitors) for my entry into the Marathon/Half Marathon (entry fee same for both races), £2.00 for the Family Fun Run. Entries which are post marked after the closing date for entries on the day for the Full and Slough Express sponsored Half Marathon will be subject to a surcharge of £2.00.

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

SIGNED _____

DATE _____

CLOSING DATE — MONDAY 17TH AUGUST 1992

COMPLETED FORMS TO: ADMINISTRATION MANAGER, SLOUGH MARATHON/HALF MARATHON, CUSTOMER CARE DEPARTMENT, SLOUGH BOROUGH COUNCIL, TOWN HALL, BATH ROAD, SLOUGH SL1 3UQ.

N.B. PLEASE SEND A 12" x 10" S.A.E. FOR RACE PROGRAMME AND NUMBER.

All the big names

Wilf Morgan reviews *More than Winning* by Alastair Aitken published by Temple House Books, £6.95.

A TREAT for track fans — 285 pages of interviews with top athletes over the last 25 years and excellent value at £6.95.

Have some of Alastair's tapes, and I've watched him at work — hanging on every word like a devoted fan. All the big names are there, most of them interviewed after a major triumph, but the reflections of Wooderson and Pirie, looking back on their years (they are as different as chalk and cheese) make compelling reading.

This is a book for somebody who watches the performance and wants to know about the personality behind it. Not all the stars are articulate but the ones who are do the sport proud. Al Oerter and Tommie Smith come over as men who have the balance right, they have succeeded as athletes and succeeded as human beings. Some of Oerter's pronouncements could stand as a dedication to veteran athletics, as De Coubertin's do to the Olympic Games.

Differing from most of the interviewees, Mike

1. *Journal of the American Medical Association*, 1997; 277: 1033-1036.



SVHC indoors at Kelvin Hall — John Scott sets a new BR M50 shot putt

FIXTURES

NATIONAL

- 3 May BVA 50K/20K Walks, Burrator, PLYMOUTH.
9 May BVA National Road Relay Champs. Heaton Park, MANCHESTER
17 May BVA Half Marathon, SUTTON PARK, c/d 10/5
20 June BVA 20K/10K Road Walk Champs. SUTTON PARK, Birmingham, 12 noon. Entries to D Withers, 14 Cottage Lane, Marlbrook, Bromsgrove, B60 2DW
18/19 Jul BVA National Track & Field, Cophall, BARNET c/d June 13 — see below
2 Aug BVA 10M Road Race, OSWESTRY. See ad P4
16 Aug BVA National 10K/5K Walk Champs. SOLIHULL — see ad p2
23 Aug BVA Inter-Area T & F Match, BEDFORD
12/13 BVA National Decathlon/Heptathlon, Don Valley Stadium, SHEFFIELD. £8. c/d 3/9 Entries to D Burton, 71 Nethergreen Road, Sheffield S11 7EH
4 Oct BVA Marathon, STONE
31 Oct Home International Cross-country Match, Newtonabbey, BELFAST
15 Nov BVA 10K Road Race, BARNLEY

INTERNATIONAL

- 21 June BRUGES Vets Grand Prix, 10K/25K. Details from B Dunsford (+SAE), 71 Hillside Crescent, S.Harrow HA2 0QU
26 June—VIII European Track & Field Championships, KRISTIANSAND, NORWAY
4 July Details from B Dunsford (+SAE), 71 Hillside Crescent, S.Harrow HA2 0QU
5-6 July 1st European Throwing Champs. GOTHENBURG, Sweden
29/30 WAVA 10K/25K Road Runs and 20K Women/35K Men
Aug Road Walks NEC BIRMINGHAM

SCOTTISH

- 13 May Alistair McInnes Mem. 10K Road Race, COATBRIDGE 7.30pm
17 May SVHC Half Marathon Champs. GLENROTHES
23 May Bathgate Hill Race, Vets. Champs. BATHGATE, 2pm
30 May SVHC Hill Race Champs. BATHGATE
13 June SVHC T & F Champs. INVERNESS
11 July SVHC 10000m Track and Pentathlon Champs. COATBRIDGE
5 Aug SVHC 10K Road Race Championships, Glasgow '800' Lochinch, GLASGOW SVAC v NEVAC Track and Field Match, date to be arranged

NORTH

- 17 May NVAC 10K Road & Canal Path, Hood Lane Sports Club, WARRINGTON 12 noon. Enter on day.

- 27 May NVAC Track & Field League No.1. Enter on night. Vet guests welcome. Leverhulme Park, BOLTON
31 May NVAC Half Marathon Champs. incorp in open race). East Cheshire Hrs. HQ Richmond St, ASHTON U LYNE 12 noon £4. c/d 24/5 to M McGann, 1 County Ave, Ashton U Lyne. Quote NVAC number
7 June NVAC 10K Road Champs. CASTLEFORD. 12 noon. £1, c/d 31/5. No late entries. Entries to A Walsham 21 Thornfield Rd. Heaton Moor, Stockport, Cheshire, SK4 3LD
14 June NVAC T&F Champs, Witton Park, BLACKBURN. 12 noon. £2 1st event, £1 addtl. c/d 1/6. Entries to A Fearnley, 12 Hazelwood Road, Smithills, Bolton BL1 6BB
24 June Lancs Vets T&F Champs, Wilson Playing Fields, ACCRINGTON 7pm £1 first event, 50p addtl.
12 July Monthly Run, 10K Road & Path, HOLLINGWORTH LAKE, Rochdale. 12 noon Enter on day.
22 July NVAC T&F League No 2, Leverhulme Park, BOLTON. 7pm. Enter on night
19 Aug NVAC T&F League No 3 WOODBANK Park, Stockport. 7pm Enter on night
23 Aug Monthly Run, 10K Road & Path, Silver St, IRLAM. 7pm Enter on night
27 Sept NVAC 10K Track Champs. LEEDS
11 Oct Monthly Run. 10K Paths and Tracks, EDGORTH (TURTON), Nr Bolton 12 noon. Enter on day

NORTH EAST

- 13 May NEVAC T & F League No.1, Monkton Stadium, JARROW. 7pm. Details G Routledge
3 June NEVAC T & F League, MONKTON
21 June Women Only 10K Road Race & Fun Run, 11am, DARLINGTON £4/£4.50
24 June NEVAC T & F League, MONKTON
4 July NEVAC T & F Champs. Monkton, JARROW £5/£5.50
13 July Heaton Harriers Women Only Run, 3-half miles, Heaton Park and Jesmond Dene, 7pm. £2/£2.50 to Linda Bray, 2 Clifton Terr. Forest Hall, Newcastle on Tyne, NE12 9NP
22 July NEVAC T & F League, MONKTON
19 Aug NEVAC T & F League, MONKTON
30 Sept NEVAC 10K/5K Track Race Champs, MONKTON, Harrow

NORTHERN IRELAND

- 20 May NIVAC Track & Field, Antrim Forum, ANTRIM.
6 June NIVAC Track & Field, Mary Peter's Track
25 June NIVAC Track & Field, Templemore, LONDONDERRY
1 Aug NIVAC Track & Field, Antrim Forum, ANTRIM
12 Aug NIVAC Track & Field, Mary Peter's Track
19 Aug NIVAC Track & Field, Antrim Forum, ANTRIM

MIDLAND

- 7 June MVAC T & F Champs. SOLIHULL, Norman Green Athletics Centre, Blossomfield Road. 11am. c/d 18/5. Entries to John Mills, 3 Victoria Villas, Bath Rd, Nailsworth, Glos GL6 0JB £2 first event £1.50 each subs.
14 June MVAC 5K/10K Road Champs. Archbishop Grimshaw RC School, Crooks Lane, SOLIHULL in conjunction with Centurion Series. 11am. Entries to Stewart Harris., 42 Orson Leys, Hillside, Rugby CU22 5RF c/d 7/6.
16 Aug MVAC Pentathlon Champs. SOLIHULL, 11am. Including Jumps Triathlon, some open events. Entries to J Mills. See ad P2
13 Sept MVAC 10M Champs. NUNEATON, in conjunction with Nuneaton 10 Entries to Stewart Harris, 42 Orson Leys, Hillside, Rugby CU22 5RF
20 Sept MVAC Cannock Masters, British Pentathlon Throws Championships, CANNOCK, 11am. Open 5K walk. Entries to J Mills. See ad P2

EASTERN

- 29 April EVAC T & F League, Lynnsport, KINGS LYNN. 7pm Details from 42 Wimbotsham Road, Downham Market,

- Norfolk, PE38 9PE (0366 388188)
20 May EVAC T & F League, BEDFORD. 7pm
14 June EVAC T & F Champs, Lynnsport, KINGS LYNN. 10am Full programme of events inc. 10000m and 3K Walk.
22 July EVAC T & F League, ST. IVES, Huntingdon. 7pm
2 Aug EVAC 10M Road Champs. incorporated in 'Standon 10', STANDON, Nr Hitchin, Herts.
12 Aug EVAC T & F League, venue to be confirmed
25 Oct EVAC Half Marathon Champs. incorporated in Bedford Half Marathon, BEDFORD.

SOUTH

- 2 May Open Vets 10M Road Race, including SCVAC & VAC 10M Champs. TOOTING BEC 10.30 Details from J Fitzgerald, 67/71 Goswell Road, London EC1V 7EN
6 May VAC Track, BATTERSEA PARK, 6.45pm
26 May VAC 5M Road Race/5M Walk, BATTERSEA PARK, 7pm.
6/7 June SCVAC T & F Champs, Woodside Stadium, WATFORD.
10 June VAC Track, BATTERSEA PARK, 6.45pm
14 June Cophall Show, Cophall Stadium, HENDON. Vets Track Races and 5K Walk.
14 June Mizuno Masters 10K
16 June VAC 5M Road & 5M Walk Champs, BATTERSEA PARK. 7pm.
24 June VAC Track, BATTERSEA PARK, 6.45pm
7 July VAC 5M Road Race/5M Walk, BATTERSEA PARK. 7pm.
22 July VAC Track, BATTERSEA PARK, 6.45pm
5 Aug VAC Track, 3K Walk Champs. BATTERSEA PARK
16 Aug VAC T & F Champs, WEST LONDON Stadium
18 Aug VAC 5M Road Race/5M Walk, BATTERSEA PARK. 7pm.
6 Sept SCVAC Marathon Champs, SLOUGH. See ad P5
9 Sept VAC Track, BATTERSEA PARK, 6.45pm
20 Sept Richmond & Twickenham AC Vets open meeting, BARN ELMS. £1 per vent £1.50 on day to A Taylor, 69 Teddington Park, Teddington, TW11 8DE
26 Sept Ron Hill Southern relays inc 4 stage Veterans Road relay Champs.

SOUTH WEST

- 3 May SWVAC Marathon Champs. in comb with Duchy Marathon, LANDS END. 12 noon c/d 21/4. Details R.Sec. Tremethy, Quarry Hill, Gulval, Churchtown, Penzance, TR18 3BD
21 June SWVAC T & F Champs + Open 1 hour Track Record. EXETER New Track. 11am, c/d 7/6. Details R.Sec 311 Bournehouse Rd. Parkstone, Poole BH14 8TH
25 July SWANAGE Carnival 11.705M Road Race over Purbeck Conserv. Area 2.30pm. Details R. Sec 3 Sandringham Rd. Parkstone, Poole, BH14 8TH
18 Oct SWVAC Half Marathon Champs in comb with Solent Half. 10.30. Details R. Sec 42 Bugle St, Southampton.

WALES

- 13 May Track & Field League 1, CARMARTHEN
9 June Track & Field League 2, RHONDA
21 July Track & Field League 3, BARRY 7pm
1 August 10K Road Race, BARRY. 2.15pm
9 August Inter Area Track & Field Meet, CWMBRAN, 1pm
20 Aug Track & Field League 4, CWMBRAN 7pm

ISLE OF MAN

- 16 Aug I.O.M. Marathon/Half Marathon, RAMSEY, 9am, £5 payable to I.O.M. VAC. c/d 31/7. Gr1. Open race inc. I.O.M. Marathon Championship. Details and entries to D Higgins, Curlew Cottage, Scarlett, Castletown, I.O.M.
17 Aug PEEL Hill Race, 4 miles, 7pm. £12 for full series of 5 races payable to I.O.M. VAC. Gr1, Details as above.
19 Aug BALASALLA 10, 7pm.
20/Aug A M Cuttill Memorial Road Race (Foxdale 6), 7pm
21/Aug PEEL 4, 7pm Prizes for ind. races as well as for series c/d 31/7 for series Runners not competing in the full series may enter events 2, 3, 4 or 5 on the line.

Fixture facts

No Late Entries Please note that the closing date for entries for the BVA National Track and Field is June 13 and not as printed in the advertisement in the last issue. No late entries will be accepted under any circumstances. Entry form p2.

Home International Cross-country 1992 The Home International has been awarded to Northern Ireland by the BVA for the fifth running of this event. The races will be staged on Saturday, October 31 on a course adjacent to the Valley Leisure Centre, Newtonabbey on the outskirts of Belfast. An invitation has been sent to the Southern Irish Veteran Association to participate in these races as guest teams. It is hoped that all the Home Counties will attend and with the expected involvement of teams from the Republic of Ireland, the Championship should provide interesting competition. The event will be sponsored by Northern Ireland Electricity and Newtonabbey Borough Council.

T&F League for EVAC Eastern Vets have launched their track and field league on April 29. So far five clubs have come forward to compete: Ryston Runners, Kettering Town Harriers, Bedford & Kettering, Cambridge and Coleridge and Huntingdon. Others are welcome even at a late stage. The meetings will be open to guest runners at the referee's discretion.

Inter Club Track and Field 1992 This will be hosted by EVAC on August 23 at Bedford. The programme will be as last year. Enquiries to Peter Duhig 0366 388158

Entries for the Half The organisers of the BAF Veterans Open Half Marathon will be taking entries up and including the Saturday before the race. £5 (BVA members) £6.50 (unatt) to J Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU.

Kristiansand Team manager for British veterans going to Kristiansand for the European Track & Field Championships is John Mills.

Oswestry final This is the last time the BVA 10M is to be held in Oswestry. Much appreciated by all runners is the light buffet meal that organiser, Doug Morris, and his family provide after the event. The event has more than doubled in size over the eight years it has been held there and it has always received the support of the Oswestry Sports Council and the local council. Past overall winners have been Graham Astill, Martin Duff, Alan Roper, Harry Clague, Andy Holden, Peter Banks and Dennis Fowles. Doug has always felt that the women's race has not been well attended but there have been fine runs from the likes of Zina Marchant and Brownen Cardy-Wise. This year that he hopes the women will turn out. See advertisement P4.

Around the Regions

NIVA Cross-country Championships, Bangor, January 18

A field of nearly 120 runners took the starter's gun to run over three miles through a wooded parkland course and Mike Hager representing Sparta AC lead from start to finish and won in a time of 15 minutes 51 seconds.

Hager who hails from Dungiven, Co. Derry, now lives in England and has represented England at Veteran Cross-country levels. He was third overall at the recent Home International held in Aberdeen running for the England 'B' team.

John Curran, Newcastle AC, was second followed closely by Desi McHenry from Willowfield Harriers. The team event was won by Duncairn Olympic AC on 22 points followed by Sparta AC on 27 and Alberville Harriers on 42 points.

Jimmy Harris

Looking East

EVAC 10K Road Championships, Stoke Ferry, March 21
Defending M40 champion Henry Emerton made fairly short work of retaining his title. Peter Duhig relinquished his second place to Jim Smith at about 8k. Smith thought his 25m lead was sufficient but with the finish in sight Duhig used his track pedigree to pull him back and literally dip past him on the line!

The M45s saw Mike Nelson overhaul the consistent Bert Wilkinson by 25 seconds to win. One of the East's great strengths is the M50s section. Tony Hawkins retained his title after a battle with Pete Andrews where he came out nine seconds to the good.

The M55s Category saw Laurence Connelly win by 30 secs from Sam Heath. Doug Linton ran away with the M60 title and the M65s saw EVAC member No 001, George Phipps, win with a fine 40:09.

The women's race was won by Diane Marsh running an excellent 36:50. She took the W35 title to follow up an outstanding National Cross-country performance the week before. W40s winner, Felicity Sperke, was also a high after her National title at Cardiff.

As is traditional in the East, our AGM was held after the 10k with no less than 56 members attending. One of the more important discussions which took place concerned our newsletter, the *Eastern Vet*. As with most things these days, cost was an important factor in determining its future shape and size. So popular and vital was the publication thought to be for maintaining the wellbeing of the club, that the editor was given a mandate to continue to produce four editions a year. The Committee remains much the same with our progressive Chairman Peter Duhig re-elected for a third year but we have a new secretary in Peter

Chaplin who has long links with the East through Cambridge and Coleridge.

PD and IV-A

Veterans Athletic Club News

The Cross-country season was probably the driest on record. Fast times abounded but a variation was that set by Margaret Auerback who in January improved her W40 course best and in March added the W45 — but five seconds faster than the former! Numbers — 250 competing — spoke for the enduring popularity of cross-country.

Less fortunate was the loss of the Club's winter base. The local authority closed our Willerforce School and amalgamated the pupils with another school. The premises are now leased to a private school whose doors are closed.

In Surrey Cross-country League club's teams, veterans all, took on seniors and placed fourth in division three. The experience was relished and built club spirit in the first surroundings where no-one had to be organiser except an indefatigable team manager called Bob Belmont.

The first Spring Meeting has run sprints off level, instead of handicap, starts setting aside years of tradition. Winners on handicap were calculated — Dave Hayward, Graham Pope and Jim McNamee — and first impressions for the trial were positive.

New vet Alasdair Ross, a Scot, ran 11.9



Christine Price, W35, overall winner of the Women's Cross-country race at Pentwyn, Cardiff

and 39.0 for 100 and 300 in cool conditions, while Steve Warzee, now 50, and Hugh Morten were given identical 4.23s in a strong 1500m. The 1500m handicap cup was won by Anne Cross picking up a cross stitch weaved lately by Nanette Cross and John Cross. **JH**

The Midland scene

The February members Cross-country Handicap, again held in conjunction with a Centurian RR Series event, brought a win for Alan Griffiths (Notts AC) who does not expect similar generosity from the handicapper in the future. Tony Hewison (Royal Sutton) was runner-up and Julie Simpson (Centurian) third. Newcomer Ray O'Gorman (Birchfield) lived up to expectations with a fastest actual time.

The Midland invasion on Pentwyn, Cardiff on March 15 proved very profitable. Among many prominent placings congratulations should go to Peter Banks (second M40), George

Phipps (first M65) and that excellent trio Dick Cooper, Evan Williams and Alan Griffiths (first, second and third M55). No wonder Paschal Morris looks forward to his M60 status!

Stewart Harris

Thanks to Troon Tortoises

SCCU National Veterans Cross-country Championship, Troon, February 2

Thanks are due to Troon Tortoises for their excellent organisation of this event. The trail over 10,000m of wind-swept Ayrshire farmland, was a true cross-country course taking in a mixture of woodland, muddy ploughed fields, long grass, and one or two firmer fast stretches.

Ian Elliott successfully retained his title in the SCCU Veterans Championship at Troon after a closely-fought duel with former double champion Colin Youngson.

Elliott, a 43-year-old local knitwear store owner from Hawick, opened up a 70 metre lead on the opening lap, but Youngson was not

overawed and regained the lead on the second longer lap. However Elliott held on and put in a sustained sprint to finish 9 seconds clear in 35:23.

Youngson, backed up by George Sim and Graham Milne, had the consolation of leading Aberdeen to the team victory. George Meredith made the long journey from Kent worthwhile by gaining the bronze medal in 36:10. Allan Adams, twelfth overall, retained the M45 title in 37:23.

Bill Stoddart, the 1969 National Marathon Champion, won the M60 title, maintaining his record of a victory in every age-group.

Gordon Porteous, 77 years old, was the oldest man in the field of 220, he won the M75 age-group while his Marryhill Harriers club-mate Tommy Harrison took the M70 title. Tommy, 71, is on his third heart pace-maker, but has not missed a Championship since their inception 21 years ago. They breed 'em tough in Scotland!

David Fairweather

BACK MARKERS

BROMLEY VETERANS won a bronze medal at the Kent County Road Relay Championships held at Canterbury in early March. They came behind Invicta and Medway. JOSIE KIMBER was part of the Medway team.

Further Eastern initiatives have seen HUGH BARNFATHER write to 110 club secretaries in their catchment area telling them of the joys of EVAC. The club has enrolled 81 new members since January.

DUNCAN OVERTON of Kendall AC, who crossed the line first at EVAC's Cross-country Championships at Kettering, was disqualified for failing to wear a club vest. He was the defending champion. To his great credit Duncan took the decision philosophically apologising for the error and remarking 'I enjoyed the run and have no argument with the decision.' The title went to Peter Duhig.

The Multi-disciplinary training day that was to have taken place at the end of March has been disappointingly had to be cancelled due to lack of support. Ten members only expressed interest. The organising committee is prepared to try again if an indication is forthcoming for the reasons for its failure. Please write to IRENE NICHOLLS with your views at

Rainbow Cottage, 15 Mead Lane, Alvechurch, Worcs B48 7LH.

VETERANS were mentioned during the BAF's AGM in Birmingham on March 28. It came during a discussion on a proposal that Britain send a full quota of athletes to World, Olympic and European Championships providing qualifying standards were achieved and sufficient finance was available. KEITH WHITAKER, representing his club, Bradford Airedale, asked if that was meant to include veterans. He received the reply that it did not. The feeling was that as there are no qualifying standards for veteran championships there could be no financial assistance from the Federation.

WILF MORGAN donated blood for the 48th time on March 4. His first 'armful', he says, was drawn while he was in the RAF in 1956. Can any athlete beat 48, he wonders. He is claiming a BR, having never got one on the track. Donating only affected his running on one occasion, he ran a 5k road race two days after and admits it was a silly thing to do. Apart from that he claims no ill-effects. He encourages other runners to give blood, but not have it pumped back in a month or so later — of course.

VARIOUS ESCORTED SPORTS TOURS is being taken over by VEST TOURS LTD as from April 1, 1992, the same people are running the company.

LES PRESLAND has had to retire from athletics due to persistent hamstring problems since Spring 1989. He says he will miss athletics but will keep in touch from time to time. He will though now be able to devote more time to his other sporting love — Farnborough Town FC.

A couple of years ago the NVAC Cross-country Champs were held in Witton Park at Blackburn. The starter for the O40 race was JACK BETNEY, one of the club characters and a real joker. Having just run the OSO race he was really buzzing. He insisted on starting the race on time, while some of the field were very insistent that there was still about three minutes to go. Their team-mates were still stripping off.

"I set this watch by the radio this morning and it's dead right," and so saying he lifted the starting pistol above his head, shouted, "READY — STEADY — click" The gun failed to fire! Just then, a little voice in the pack said "I told you it were early".

BVAF National Cross-country Championships Pentwyn, Cardiff, March 15

M40 (10k) 1 J Wigley (Inv) 30:29
2 P Banks (Cov) 30:42
3 D Lockley (B&H) 30:44
4 D Hill (TH&H) 30:50, 5 M Hagar (Ket)
31:03, 6 J Collins (Swan) 31:04, 7 K Woodhouse (Sal) 31:06, 8 C Dickinson (Bel) 31:29, 9 D Overton (Ket) 31:32, 10 D Throup (Lee) 31:35, 11 P Hyde (Alb) 31:37, 12 K Brown (Swan) 31:40, 13 J Peavoy (Mass) 31:45, 14 K Wilkinson (San D) 31:48, 15 P Picknell (Alb) 31:56, 16 P Whitcombe (B&H) 31:58, 17 A Holden (T) 32:02, 18 T Osborne (Var) 32:04, 19 P Standing (W&E) 32:06, 20 S Heap (Sal) 32:14, 21 S Curran (Sal) 32:36, 22 D Ide (Car) 32:43, 23 M Vennables (LTH) 32:44, 24 R Gorman (Blr) 32:45, 25 G Jones (Swan) 32:47, 26 T Coyne (Tip) 32:48, 27 C Hughes (TH&H) 32:50, 28 B Patefield (Sal) 32:52, 29 D Laynes (Bad) 32:54, 30 J Bell (Ela) 32:56, 31 P Blidmore (B&H) 32:58, 32 P Rose-Deville (Inv) 33:00, 33 D Rydes (Tip) 33:07, 34 J Exley (Ox C) 33:11, 35 M Lane (C&C) 33:34, 36 P Weatherhead (Wir) 33:37, 37 C Fairbairn (Inv) 33:38, 38 T Soren (Griff) 33:39, 39 R Waterlow (Alb) 33:42, 40 A Howett (Inv) 33:45, 41 S Coulkwick (Blr) 33:52, 42 R Treachell (Ox C) 33:55, 43 P Dancer (Bad) 34:04, 44 P Crowhurst (B&H) 34:05, 45 A Gibbons (TH&H) 34:07, 46 S Busby (Blr) 34:09, 46 M Moorhouse (Mat) 34:15, 47 J Panton (Swan) 34:16, 48 A Thomas (Sal) 34:18, 49 P Toms (B&H) 34:19, 50 C Matlock (Tal) 34:27, 51 R O'Mahoney (B&H) 34:29, 52 D Weston (New) 34:36, 53 R McGill (Alb) 34:38, 54 K Graham (Ela) 35:05, 55 J Aston (Lee C) 35:09, 56 J McElchlan (Cants) 35:07, 57 K Browning (Chic) 35:08, 58 P Jenkins (New) 35:19, 59 D Findel-Hawkins (Mil K) 35:22, 60 M Russell (Bed) 35:23, 61 J Percival (Ela) 35:28, 62 N Gibb (Sal) 35:31, 63 C Coombes (Bed) 35:47, 64 W Thomas (Alb) 35:58, 65 R Ellis (Wir) 35:57, 66 B Litherland (New) 36:03, 67 B Pearson (Alb) 36:08, 68 J Plain (Lee C) 36:30, 69 P Greenland (Abn) 36:20, 70 S Gibbs (Carri) 36:27, 71 D Faraday (Newp) 36:33, 72 J Murray (Newp) 36:34, 73 P Sturt (Tip) 36:35, 74 B Gibson (Sal) 36:37, 75 L Howard (Scun) 36:51, 76 T Weiland (Walt) 36:57, 77 K Willets (Tip) 37:02, 78 H Collins (Fai) 37:30, 79 A Garland (Rad) 37:33, 80 P Mills (McChes) 37:40, 81 E McRae (Bed) 37:42, 82 B John (Card) 37:45, 83 P Turner (Com) 37:49, 84 G Robinson (AFD) 38:14, 85 E Campbell (Warr) 38:49, 86 R Green (Wood) 38:58, 87 W Caldwell (Bed) 39:03, 88 C Goss (Sin) 39:05, 89 R Coombes (B&H) 39:21, 90 D Campbell (Alb) 39:28, 91 G Maskell (Hor BS) 39:32, 92 G Griffiths (Blr) 39:46, 93 J Harlow (Sin) 40:40, 94 K Simpson (New) 40:06, 95 R Scott (VAC) 42:26, 96 P Keogan (West) 45:55

M45 (10k) 1 H Matthews (Swan) 31:05
2 A Roger (Swan) 31:10
3 B O'Neill (AFD) 31:23
4 J Norman (Alb) 32:30, 5 C Rutland (Ox C) 32:30, 6 P Lindsey (Ox C) 32:32, 7 M Parker (B&R) 32:53, 8 J Davies (Newp) 33:05, 9 J Davies (Newp) 33:05, 10 G Taylor (MVR) 33:10, 11 D Wilkinson (Wir) 33:18, 12 A Egan (Wir) 33:23, 13 K Green (Tip) 33:57, 14 D Rogers (AFD) 33:58, 15 S Grace (Alb) 34:15, 16 J Lewellyn (Wood) 34:19, 17 D Abraham (Ela) 35:05, 18 C Edwards (Roh) 35:11, 19 K Burgess (Alb) 35:19, 20 D Rose (B&H) 34:24, 21 B Plain (Card) 34:37, 22 T Branagan (AFD) 34:43, 23 M Robinson (Sin) 34:55, 24 D Gillick (Stone M) 35:03, 25 P Mead (Alb) 35:25, 26 M Duff (AFD) 35:28, 27 J Jeffries (Var) 35:29, 27 R Morgan (New) 35:29, 28 A Barlow (Alb) 35:41, 29 B Webb (Bed) 35:44, 30 E Broad (Inv) 36:22, 31 M Budd (W&E) 36:37, 32 J Ryan (C&S) 36:39, 33 J Davidson (Blr) 36:43, 34 B Book (Tip) 36:48, 35 L Badger (Stone) 37:16, 36 J P Davies (M Chas) 37:23, 37 M O'Neill (Mass) 37:27, 38 P Dale (Newp) 37:36, 39 G Walsley (VAC) 37:38, 40 J Matthews (Blr) 38:04, 41 P Newley (TH) 38:19, 42 J Rook (Card) 38:24, 43 K Collins (Newp) 38:30, 44 A Ridout (Alb) 38:33, 45 P Burns (Dart) 38:34, 46 G Groom (Sin) 38:38, 47 C Winward (VAC) 38:42, 48 B Moughton (W&E) 38:47, 49 T Morris (Blr) 39:07, 50 D Harris (Alb) 39:12, 51 M Green (Blr) 39:26, 52 W Turner (Lee C) 39:34, 53 P Davies (Tip) 39:42, 54 J Coppeck (Spark) 40:27, 55 J Neville (Bar & D) 40:37, 56 A Newman (H&W) 41:30, 57 D Marshall (Sin) 41:41, 58 S Harris (B&H) 41:45, 59 C Walbyff (Crick) 42:07, 60 T Cole (RSC) 42:14, 61 D Tomlinson (Roh) 43:04, 62 T Hewitson (RSC) 43:27, 63 M Stanley (Blr) 43:52, 64 R Franklin (Wir) 44:58, 65 D Huntington (Sin) 45:54

M50 (10k) 1 R Higham (Tune) 32:42
2 S James (C&C) 32:46
3 P Lancaster (NSP) 33:00, 4 B Little (Bo) 33:29, 5 G Harrell (Bo) 33:36, 6 J Dear (Eps&E) 33:54, 7 J O'Brien (Card) 34:07, 8 T Hawkins (Man) 34:09, 9 M Whitt (Tip) 34:12, 10 A Moore (Spark) 34:23, 11 A Garrett (Card) 34:32, 12 L Cummings (Crick) 34:45, 13 B Cox (Spark) 34:48, 14 T Isaacs (Wir) 35:13, 15 M Brooks (Alb) 35:06, 16 H Arles (Var) 35:13, 17 J Riley (Card) 35:20, 18 J Cole (Swan) 35:30, 19 T Pothorpe (Hav) 35:48, 20 M Doogan (Wood) 36:00, 21 T Hair (Wir) 36:20, 22 T Slade (Chic) 36:32, 23 B Beane (Wir) 36:35, 24 J Pegg (Dud K) 36:38, 25 L Carol (Wir) 36:40, 26 J Waller (Hav) 36:43, 27 J Clarend (Tip) 36:51, 28 J Taylor (Hav) 36:56, 29 K Hands (Spark) 37:00, 30 R Collins (Ox) 37:01, 31 N Thompson (Wir) 37:05, 32 M Barnes (Blr) 37:08, 33 C Clifton (Tip) 37:17, 34 K Northard (Alb) 37:19, 35 A Peters (Sow) 37:26, 36 P Oud (Cam) 37:24, 37 G Lawson (Man) 37:35, 38 P Fisher (Brom) 37:48, 39 K Buckle (Chic) 37:57, 40 P Darney (Card) 38:00, 41 T Knight (Card) 38:42, 42 T Kelly (Ox) 38:13, 43 K

Summersgill (NVAC) 38:24, 44 D Williams (Lee C) 38:26, 45 P Kidd (Tip) 38:33, 46 A Wright (Alb) 38:35, 47 W Carr (Tip) 38:46, 48 J Patterson (Alb) 38:50, 49 T Parr (Bo) 38:53, 50 P Ferguson (VDA) 39:04, 51 G Hunt (Tip) 39:15, 52 T Stone (Bo) 39:25, 53 G Clements (MVAC) 40:03, 54 D Coward (Camb) 40:10, 55 J Barr (Chic) 40:15, 56 D Cornwell (Bo) 40:30, 57 M Harnett (Fair) 40:31, 58 G Kidman (Spark) 40:53, 59 J Tipping (Warr) 41:09, 60 M Wood (VAC) 41:21, 61 C Jones (Lee C) 41:45, 62 D Crowder (Swan) 42:32, 63 B Pope (Stone) 42:22, 64 M Jones (Camb) 42:27, 65 M Farnham (Lee C) 43:30, 66 B Adamsen (Brigg) 43:25, 67 J Seed (MILK) 44:11, 68 A Graves (H&W) 45:00, 69 H Rees (Sow) 47:44, 70 G Haddington (S&E) 35:32, 71 L Kyd (Blr) 51:40, 72 L R Green (C+S) 52:5

M55 (10k) 1 D Cooper (Worc) 33:40
2 E Williams (Shrews) 34:16
3 A Griffiths (Notts) 34:22, 4 R Gomer (Voa) 34:53, 5 R Davidson (Carr) 35:19, 6 E Appleby (Hav) 36:22, 7 R Higge (Serp) 37:03, 8 R Chackley (Hav) 37:07, 9 B Court (Brig) 37:26, 10 J Addison (Voa) 37:31, 11 P House (Wood G) 37:40, 12 M Morell (Wir) 38:03, 13 J Atkinson (Barn) 38:26, 14 G Bullimore (Newp) 40:58, 15 J Green (VAC) 41:00, 16 R Francis (Bury) 42:18, 17 J Betney (Clay) 43:50, 18 B Lister (NVAC) 44:29, 19 S Morier (H&W) 45:27, 20 W Smith 45:32, 21 D Mackay (Blr) 46:54
M60 (10k) 1 B Poat (Ela) 37:46
2 J R Chandler (Wav) 37:33
3 L Forster (B&H) 39:33, 4 D Limon (Warr) 39:59, 5 E Thompson (Mans) 39:32, 6 R J Drew (Dor) 39:38, 7 B Clapham (Blr) 39:40, 8 M Baker (New) 39:57, 9 C Walker (Blr) 40:00, 10 R Carver (Bed) 40:02, 11 P Newall (Bed) 40:07, 12 P Ronan (RSC) 40:36, 13 S Hardicker (Sal) 40:23, 14 D Wood (B&H) 40:30, 15 D Morris (Dew) 40:47, 16 J Mawson (Fair) 40:58, 17 D Howarth (Lal) 41:25, 18 C Lloyd (Chic) 42:03, 19 D Smith (Kart) 42:04, 20 J Day (Tip) 42:25, 21 T Jones (Tip) 42:32, 22 D McWhirter (Tip) 42:34, 23 B Balmore (B&H) 42:42, 24 B Baker (RSC) 42:49, 25 A White (Alb) 42:52, 26 S Coffey (Cho H) 44:29, 27 J Stephenson (VAC) 44:49, 28 G Bulway (Newp) 45:52, 29 A Bruce (Blr) 46:42
M65 (10k) 1 G Phipps (Lee) 38:32
2 S Charlton (TH) 39:27
3 R Lucas (Newp) 40:18, 4 R Darr (Mole V) 41:48, 5 A Hichman (RSC) 43:30, 6 M Stewart (E Chas) 43:57, 7 R Hale (Kart) 45:41, 8 E Eyles (Wir) 46:52, 9 G Meach (Var) 47:08
M70 (10k) 1 D Eyles (H&W) 22:34
2 F Coombes (Var) 22:45
3 B Davidson (New) 22:58, 4 A Kelly (Derby) 23:20, 5 J Barnett (Blr) 26:26, 6 A Lovett (Mole V) 26:31, 7 L Head (NVAC) 29:30
M75 (10k) 1 P Fran (B&H) 33:41, 2 S Bradshaw (Clay) 35:16
Women (5k)
W35 1 C Price (Bo) 16:57
2 J Agill (Str) 17:23
3 A Turrington (Ox) 17:44, 4 V McConnell (West) 18:17, 5 D Hoggelapier (Warr) 18:25, 6 D Marsh (Nott) 18:27, 7 J Nelson (W&E) 18:34, 8 S Ogilvie (SCVAC) 18:40, 9 D Kenwright (Sal) 18:50, 10 D Payton (Tip) 18:53, 11 A Cartwright (W&E) 18:59, 12 S Lane (Blr) 19:13, 13 C Smith (Blr) 19:22, 14 D Wakelaid (Bo) 19:25, 15 J Clarkson (Lee C) 19:38, 16 S Johnson (Roh) 19:39, 17 M Thomas (Mer) 19:50, 18 B Read (Camb) 20:49, 19 E Turner (Lee C) 21:44, 20 J Maskell (Horn) 21:29, 21 K Gillespie (Camb) 21:43, 22 M Eatherby (Roh) 22:03, 23 A Darty (Camb) 22:06, 24 K Ayle (Bed) 22:33
W40 1 F Sparks (Rad) 18:36
2 E Slater (Roh) 18:46
3 P Mead (Alb) 19:26, 4 A James (Roh) 19:30, 5 J Foster (Bo) 19:36, 6 P Davies (M Chas) 19:51, 7 M Palmer (West) 19:52, 8 G Rimmer (Bo) 19:57, 9 L White (Bo) 19:59, 10 M James (Roh) 20:00, 11 K Howe (Bo) 20:16, 12 C Parker (Bo) 20:17, 13 C Gid (Hol P) 20:23, 14 D Davies (Card) 20:41, 15 A Cross (Brom V) 20:58, 16 H Emery (WSE) 21:03, 17 D Bernthal (Card) 21:40, 18 M Dean (Self) 22:08, 19 S Pearce (Inv) 22:25, 20 P Overton (Stea) 22:30, 21 M Rowson (Lee C) 22:32, 22 P Pether (Bo) 22:38, 23 A Darbon (Blr) 22:40, 24 J Skinner (Hol) 23:24, 25 C Clarke (Card) 23:43, 26 L Barber (Sto M) 24:35, 27 L Harkness (New) 25:32, 28 E Mills (M Chas) 25:39, 29 S Neal (Lee C) 25:43
W45 1 P Gallagher (West) 18:30
2 D Fellows 18:54
3 J Norris (Hol) 19:06, 4 J Andrews (West) 19:31, 5 E G Harding (Card) 20:18, 6 K Yewer (Newp) 20:25, 7 P Rich (Serp) 20:43, 8 M Cownder (Barn) 20:52, 9 J Hornsby (C&C) 21:00, 10 R Gillick (Stone M) 21:06, 11 N Mills (Blr) 21:20, 12 S Gandee (H&W) 22:12, 13 C Brown (SB) 23:19, 14 C Llewellyn (Lee C) 24:33
W50 1 M Singleton (M Chas) 20:36
2 K Hope (NSP) 21:27
3 J Huls (Brom V) 21:55, 4 D Downe (West) 22:07, 5 H Morah (Lee C) 22:29, 6 A Cooper (Newp) 23:14, 7 D Taylor (SB) 23:53, 8 M Farish (Brom V) 24:04, 9 J Alcheson (W&E) 24:08, 10 A Parr (Blr) 24:30, 11 Y Miles (Brth) 25:12, 12 S Barr (Chic) 26:08, 13 J Evans (SB) 27:38, 14 J Coker (Roh) 33:26
W55 1 L Small (Holt) 22:20
2 M Warren (Alb) 22:44
3 E Holmes (C&C) 23:17, 4 M Darlington (Ston M) 23:29, 5 S Smith (Kart) 24:37, 6 W B Foster (SB) 26:19
2 B Norman (VAC) 27:18
W70 1 G Bulgar (N Fm) 32:32
Teams: M40-49: 1 Business 86, 2 Safford 93, 3 Altringham 105
M50-59: 1 Cardiff 44, 2 Verles 75, 3 Tipton 85
M60-69: 1 Barnes 259, 2 Bagnave 280, 3 RSC 302
M70-79: 1 Westbury A 17, 2 Bolton A 44, 3 Westbury B 105

BVAF 5K Road Champs Dunsfold, Surrey, April 5

Race 2 M40 with M45
M40 1 D Hill (TH&H) 15:03
2 M Hagar (Kettering) 15:12
3 D Thrope (Lough) 15:20
4 M Phipps (Pool) 15:25, 5 P Penny (Cambridge) 15:26, 6 P Duhig (Ryton) 15:39, 9 J Emery (WSE) 15:44, 10 A Rich (W&H) 15:50, 11 J Exley (Ox) 15:52, 12 R Treachell (Ox) 15:58, 13 P Crowhurst (B&H) 16:07, 14 K Bell (Ox) 16:10, 17 D Fairclough (Croydon) 16:13, 20 K Pearson (Croydon) 16:27, 21 S Collie (Croydon) 16:27, 23 D Green (Newbury) 16:30, 25 U Pravia (Woking) 16:36, 26 H Anderson (Dartford) 16:41, 29 K Browning (Chichester) 16:50, 30 A Matthews (Woking) 16:52, 31 M Pearce (Ran) 16:55, 32 D Daniels (Hounslow) 16:58, 34 I Dunn (Dorking SP) 17:01, 35 G Shirehampton (B&H) 17:02, 37 J Bligh (Gloucester) 17:16, 40 N Whitley (Tun Wale) 17:37, 41 B Cook (Enfield) 17:39, 43 C Bryant (Sutton) 17:47, 49 J Coombes (Pool) 17:58, 50 T Weiland (Walt) 18:02, 51 J Robinson (AFD) 18:14, 54 G Maskell (Horn) 18:31, 55 A Mundy (Stubbington) 18:35, 58 J Milican (Havant) 18:53, 61 L Howick (Hornham BS) 19:30, 64 S O'Neill (AFD) 19:36, 70 J Jones (Sutton) 19:51, 15 E Cooke (Woking) 16:11, 16 J Treachell (VAC) 16:12, 18 M Duff (AFD) 16:19, 19 D Rogers (AFD) 16:23, 24 R Dickson (Croydon) 16:33, 27 A Branagan (AFD) 16:44, 28 B Williams (Cambridge) 16:48, 33 C D Woodhams (Woking) 16:59, 36 J Leaver (Chichester) 17:05, 37 M Parry (Ox) 17:18, 42 R Alder (Woking) 17:42, 44 P Fenton (Croydon) 17:48, 45 D Bedford (Sutton) 17:51, 46 F Bush (H&W) 17:52, 47 R Tunney (Sal) 17:52, 48 C Woodcock (Woking) 17:55, 52 D Bristow (Avon R) 18:15, 53 K Spiers (F&H) 18:21, 56 J Rook (Cambridge) 18:38, 57 J Hodge (Ox) 18:41, 59 J Leaver (Chichester) 18:45, 60 B Navin (Woking) 18:48, 62 E Tibury (Ox) 18:53, 63 D Maughan (Belgrave) 20:54, 64 D Francis (SCVAC) 21:00
Teams M40-49: 1 Aldershot F&H & District 82, 2 Croydon H 82, 3 Woking AC 102, 4 Chichester 127
Race 3 M50 with M55 with W35, 40 and 45
M50 1 J Dean (E&E) 16:07
2 P Lancaster (NSP) 16:17, 3 J Brien (Card) 16:34, 4 J Garner (Card) 16:42, 5 D Haughey (Vauxhall) 16:47, 6 J Harrell (Eps&E) 16:47, 7 J Convery (Bracknell) 16:55, 11 J Riley (Card) 17:18, 12 R Churche (Sutton) 17:22, 13 M Smith (Blr) 17:23, 14 A Lang (Ran) 17:25, 16 M Doogan (Woking) 17:32, 18 D Surrey (Shaft Bar) 17:37, 19 E Bovington (Woodford) 17:47, 20 P Oat (Cambridge) 17:43, 21 T Knives (Woking) 17:44, 23 J Coffey (Woking) 17:47, 31 J Westbrook (Belgrave) 18:17, 34 E Kimber (Bar Die) 18:28, 36 W Mulholland (Aren) 18:34, 38 P Darnley (Cambridge) 18:36, 39 J Goult (Woking) 18:40, 40 S Lewis (Belgrave) 18:54, 47 B Tumes (Belgrave) 18:56, 47 B Merritt (Cambridge) 19:00, 52 D Goward (Cambridge) 19:22, 53 R Dawson (Southend) 19:23, 56 G Hewitt (Southend) 19:30, 59 D Stead (Dorking SP) 19:50, 62 J Voice (Woking) 20:14, 65 R Farish (Bromley VAC) 20:32, 68 J Roberts (Stubbington) 20:47, 70 M Jones (Cambridge) 20:53, 71 C Bower (Southend) 20:59, 72 R McKenna (Southend) 21:09, 81 K Burnett (Philips CS) 22:13, 83 H Wright (VAC) 22:31, 85 C Robinson (VAC) 22:42
M55 1 R Davidson (Cambridge) 16:53
Males' event age group record
9 Cump (Woodford Green) 16:57, 15 T Everett (Ela) 17:28, 24 J Pansom (F&W) 17:52, 25 P House (Woodford Green) 17:54, 27 R Stewart (Lewell) 17:56, 28 R Higley (Highgate) 17:56, 29 K Shepherd (LH) 18:12, 35 C Worth (E&S) 18:31, 43 J Fawkes (Southend) 18:53, 48 P Kearney (Ela) 19:02, 51 J Atkinson (Bar Die) 19:12, 73 C Blackheath 21:18, 79 M Page (Cambridge) 21:50, 87 T Shiple (Southend) 22:51, 89 D Porter (VAC) 23:07
W35 10 C Duncan (Aldershot) 16:57, 14 A Turrington (Cam & Col) 17:47, 32 S Ogilvie (Ox) 18:19, 40 A Cartwright (W&H) 18:41, 41 C Naylor (Aren) 18:45, 42 Hail (Aldershot) 18:53, 46 M Exley (F&W) 18:58, 54 J Adams (Shaft Bar) 19:24, 57 H Fenton (Croydon) 19:29, 58 D Reed (Cambridge) 19:49, 64 D Baidwin (Milton Keynes) 20:31, 75 C Wright (Woking) 21:30, 77 S Maskell (Hornham BS) 21:33, 80 A Gillespie (Cambridge) 22:15
W40 20 D Hoggelapier (Aren) 80:17, 30 J Gardner (Aren) 80:18, 33 S Barker (Pool) 18:23, 50 W Hales (Aren) 19:07, 55 L Mundy (Stubbington) 20:10, 63 H Emery (WSE) 20:20, 66 A Cross (Bromley V) 20:34, 67 B Hatch (Cambridge) 21:30, 78 C Bishop (Shaft Bar) 21:38, 82 K Wilkinson (Woking) 22:22, 90 C Piskin (F&W) 23:12, 92 R Chatterly (F&W) 23:17, 95 W P Gallagher (W&H) 17:36, 49 J Norris (Hove) 19:04, 60 P Ricket (Serpentine) 19:57, 69 M Mills (LOC) 20:49, 74 J Kimber (Medway) 21:25, 84 J Williams (Bromley VAC) 22:35, 86 C Wilson (Aren) 22:44, 88 C Brown (Shaft Bar) 22:54, 93 J Allen (Shaft Bar) 24:28

1st

WORLD (WAVA) VETERANS

ROAD RUNNING CHAMPIONSHIPS
AND
INTERNATIONAL RACE WALKS

29th - 30th AUGUST 1992

THE NATIONAL EXHIBITION CENTRE
BIRMINGHAM ENGLAND



NO
ENTRY
STANDARD

WORLD
10km Road Run
25km Road Run

INTERNATIONAL
20km Race Walk
30km Race Walk

**OPEN
VETERAN**
5km Road Race



Official Entry Form FROM

SPORTING ACTION
(Entries)
111 Cooks Lane,
Kingshurst,
Birmingham B37 6NU

Closing date for entries:
Non-UK residents 20th June
1992
UK residents 31st July 1992
NO LATE ENTRIES
ACCEPTED

UK CLUB TEAM EVENTS

in age-groups M40-49 up to M70+ and W35-39,
W40-49 up to W+
SEPARATE UNIQUE MEDALS FOR EACH EVENT

FAST FLAT TRAFFIC-FREE COURSES
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- 2) ENTRY LIMITS
5k 1,500 — 10k 3,500 — 25k 5,000

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Running

Athletics
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BAF VETERANS OPEN HALF MARATHON BVAF CHAMPIONSHIP

SUNDAY 17th MAY 1992 — 10.30am SUTTON PARK

CLUB TEAM EVENTS

- Open to ALL Veteran athletes
- Men over 40 — Women over 35 on the day
- Awards for all finishers

Other Centurion Road Runners Events 1992

SUNDAY 31st MAY 10.45 & 11.15am
GROVE SPORTS MULTI-TERRAIN 5 Mile
(also Fun Run 5K)
Entry Fee £3.00 (Unattached £3.50)
Mens, Womens & Vet prizes in 5 Miles
Medals for Fun Run.

SUNDAY 14th JUNE 10.30am & 11.15am
GATORADE CHELMSLEY 5/10K
Midland AA & Veterans Championships
Entry Fee £4.50 (Unattached £5.00)
Prizes in all age groups

SATURDAY 15th AUGUST 7pm
GATORADE CANNON HILL 10K
Entry fee £3.50 (Unattached £4.00)
Prizes in all age groups

SUNDAY 4th OCTOBER 10.30am
CHELMSLEY 10 Mile
Entry Fee £5.00 (Unattached £5.50)
(£4.00 & £4.50 before 1st Sept)
over 100 veterans prizes

ENTRY FEE £5 FOR BVAF MEMBERS £6.50 NON-BVAF MEMBERS.
CLOSING DATE 10TH MAY 1992 PAYABLE TO "PEGASUS/CRR"

— Prizes to all age groups in 5 years
from 40 to 70 Men & 35 to 65 Women.
Gold, Silver, Bronze medals to each
age group (subject to entries)

Send form with cheque or postal
order made payable to PEGASUS/
CRR + 10" x 8" SAE

ENTRY FORM	
Please complete this form carefully in BLOCK CAPITALS only	
Surname _____	Must be answered <input type="checkbox"/> M <input type="checkbox"/> F
Forename _____	Date of birth _____
Postal _____	Age on day of race _____
Address _____	Telephone _____
Town _____	Is club affiliated <input type="checkbox"/> YES <input type="checkbox"/> NO
Country _____ Postal code _____	Predicted time _____
For Over 40 men and Over 35 women: I wish to join BVAF <input type="checkbox"/>	Accommodation <input type="checkbox"/>
Club/Team _____	
Veterans Membership no _____	
Veteran club _____	
I declare that I am an amateur as defined by the AAA, WCC & RRA Laws and that I will be over 40 men and over 35 women on the day of the race. I agree to abide by the rules of the event and that the Officials decisions will be final. The organisers will not be held responsible for any injury or illness incurred to my person during or as a result of the event, also for any property lost or damage within the vicinity or on the course, changing area and car park. I understand my entry is subject to the approval of the promoters and that the entry fee is not refundable.	
Signed _____ Date _____	
Please enclose cheque or postal order plus 10"x8" S.A.E. along with this form	
PAYABLE TO PEGASUS/CRR	
GATORADE CHELMSLEY 10K I WISH TO COMPETE IN THE MIDLAND CHAMPIONSHIP 14th JUNE SIGNED _____ I WISH TO COMPETE ON 14th JUNE IN VETERAN MIDLAND CHAMPIONSHIPS SIGNED _____	

Entry forms and further

details: John Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU 021 770 3732

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158g



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GEL EXULT

299g



Available in sizes 6-12 £64.99

A lightweight shoe designed for the high mileage runner who desires a stable shoe with exceptional cushioning. ASICS GEL is located in both forefoot and rearfoot providing unsurpassed protection from peak impact forces. Two density compression moulded midsole features a vertically extended collar and an arch over pronation shell for supreme stability. Expanded rubber forefoot and AHAR (ASICS High Abrasion Rubber) heel plug.

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SCOOP PURCHASE

A6 Gel sold colourway - white/pearltime, sizes 5-14 Was £57.99 now £39.95

GEL LYTE ULTRA

276g



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Available in sizes 3-9 (Ladies) £69.99

Designed for the high mileage runner who desires an ultra-lightweight performance shoe. ASICS GEL system is located in the rearfoot and a porous GEL wedge is placed in the forefoot to provide additional cushioning and protection. The midsole features a two density wave suspension system and a medial pillar for stability and support. The lightweight upper features a new mono tongue system that ensures correct positioning and a more custom fit. AHAR heel plug gives added durability.

GEL A6

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Available in sizes 6-14 (Men) £57.99

Available in sizes 3-9 (Ladies) £57.99

Top selling shoe for the mid to high mileage runner who has no specific stability problems. Fully slip tested construction. ASICS GEL located in the rearfoot of the supercushion enabled EVA midsole unit. A polypropylene upper features synthetic leather reinforcements and an AHAR heel plug gives greater durability to the outsole.

GEL ELITE RACER

261g



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Top racing flat specifically designed for the demands of long distance road runners. The ASICS GEL system is located in the rearfoot of the midsole unit and the porous GEL wedge is placed in the forefoot to provide additional cushioning and protection. A sandwich mesh upper is reinforced with synthetic suede for ultra lightweight and the new mono tongue system ensures correct positioning and a custom fit.

M577 For runners seeking support and comfort via advanced technology. Available in sizes 6-12 Special Offer £39.95



M1500 Advanced ENCAP technology for the uncompromising runner. Available in sizes 6-12 Price £100



M997 Provides exceptional cushioning and the ultimate in motion control. Available in sizes 6-12 Price £79.95



M1001 The most consistently stable training shoe on the market today. Available in sizes 6-12 Price £89.95



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M510 A cushioned, flexible and economical running shoe. Available in sizes 5-12 Special Offer £34.95



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When you have chosen your running shoe, you have chosen a partner for your journey. As a runner, you understand the requirements of your shoes. You know your feet. You know your body. You know your goals. And you know your shoes. For runners who demand the best, we have shoes with an exceptional design.



M850 NBX A lightweight performance training shoe. Available in sizes 6-12 Special Offer £49.95



M577 An exceptionally stable shoe for runners who are hard on their shoes. Available in sizes 6-12 Price £59.95



W520 For the runner seeking a cushioned, flexible and durable shoe. Available in sizes 4-8 Price £49.95



W526 For the serious runner who requires exceptional stability. Available in sizes 3-8 Special Offer £39.95



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