

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 23

The Newspaper of the British Veterans Athletic Federation

Summer 1992 £2.00



Ron Taylor sets out in style at Kristiansand

Gallagher steals the show

Once again a large team from the UK competed in the popular 10 and 25k road races at Brugge on June 21. Jack Fitzgerald reports.

ALTHOUGH the 10k race and M40 title went to Russian Michael Ulymov from Britain's Ken Woodhouse, it was arguably W45 winner Pat Gallagher who stole the show by finishing 24th overall and first woman by 46 seconds from World Vets Marathon champion, Diane Underwood, winner of the W35 category. Other British winners were: Ted Isaacs (M55), Carol Wright (W40), Marjory Scott (W50), Margaret Simpson (W55) and Betty Forster (W60) while Malcolm Martin (M45), Keith Spacie (M55), Doug Linton (M60), John Stancombe (M70), Marilyn Robinson (W40) and Viv Flowers (W45) were notable runners up with Les Bailey (M55), Laurie Forster (M60), Malcolm Stewart (M65), Ray Penney (M70), Eileen Turner (W40), Ann Parr (W50), Sylvia Smith (W55) and the evergreen Betty Norrish (W60) all attaining third spots.

The strong Russian team scored three in four to win the International team race from UK by nearly four minutes with the Netherlands over seven minutes back in third place. The best British club placing were Barnet & District in third place

behind the two strong Russian Clubs and this was especially meritorious as both Doug Linton and Laurie Forster were over 60's backing up M45 John Shirley.

Dave Hill tried hard to repeat his 1991 success in the 25k race but came up against the great Omer Van Noten in sparkling form. The 45-year-old Belgian eventually won by nearly two minutes. However Hill had the satisfaction of winning the M40 title and other British category winners were Peter Andrews (M50), Derek Wood (M60), Moira Lonaghan (W50) and Betty Machin (W55). Others to place either second or third included Barry Watson (M45), Mike Hawkins (M50), Ron Pannell and Phil Hampton (M55), Les Wilmut and Nigel Thorn (M60) dependable George Scutts (M70), Susan Blunt (W35), Lynn Duffy (W40), Margaret Chippendale and Maggie Govender (W45), Hetta Morath (W50), Marlene Wood (W55), Eileen Quinton and Thelma Ward (W60) and Irene Clark (W65).

Once again the W45 category proved to be the strongest group with winner Lisette Devoogt finishing second woman behind her Belgian compatriot Vicky Hendrickx, winner of W35. Pat Beckett was exceptionally unlucky to finish out of the placings (4th) in a time that would

Continued on page 8

Over the sea to Norway

Good competition, excellent organisation and a strong British presence, if not in numbers then, on the victory rostrum, were the order of the day at the 8th European Veteran Championships in Kristiansand Stadium — Martin Duff reports

IN CONTRAST to the weather back home in Blighty, the Norwegian sun shone for the most part from a crystal clear sky and only one morning of rain interrupted the sun bathing.

The British star of the games at the principal Kristiansand Stadium was Northern Ireland's James Todd who swept up between 800 and 5000m in the M70 class, setting new UK records of 2:34.35 and 5:12.51 in the 800m and 1500m. Ron Taylor, M55, added his usual sprint double and would have taken the 400m as well, judging by his anchor leg performance in the 4x400 M50 relay, had he felt bothered. His exuberance at winning is an encouragement to us lesser mortals. The sprints and hurdles provided the majority of the other BVAF winners as well. Barbara Blurton, who travels to Perth, Australia, in the next few weeks for a three year stay, had an easy passage in the W40 400 (58.88) before narrowly squeezing a win in the 200m.

Yvonne Priestman, back into her run-

Keith Whitaker has been elected the new BVAF Chairman. Profile on page 5.

ning with a vengeance after chemotherapy, proved to herself that she can still operate at the top level with a W45 sprint double (13.35 and 27.65) and Barry Parnaby took a medal of each colour in the M60 sprints.

Over the hurdles, Tony Wells was at his best in the 110 event to provide Britain's only M40 victory in 15.66 before dragging his gammy knee up and over all too often the 400m barriers. Barry Ferguson (M50) and Jean Wills (W40) saw off the opposition over the sprint hurdles, as did Les Williams (M70) after a night practising in his dreams the new hurdle spacing. Keith Whitaker just breached the photo finish team ahead of the M60 300mH field.

John Henson with just a few months left in the group was a strong M45 400m winner and only just lost out in the 200m. He headed Winston Thomas who nevertheless picked up the silver and bronze spots.

Britain's only field gold of the entire championships came in the M60 Pole Vault where Bob Brown could not quite match the 3-50 best he set earlier in June. Elsewhere the home participation was a little thin, but Colin Wright (6-92) and Mike James (6-71) collected minor M40 Long Jump medals and Evaun Williams set a new British W50 Hammer mark of 37.66 (second) before taking her second medal and record when coming third in the shot (11.39). Eamon Fitzgerald (third M45, HJ), Dave Bayes (second M55, Hammer), Jean Wills (third W40, LJ) and Mary Wixey (second W70, LJ) were the only other British field event medalists.

There were some good overall wins. Fritz Assmy again cleaned up in the M75 sprints and the blind ex-World War Two pilot was presented with a special award by the local organisers. Former Olympic Champions Janis Lusis (M50 Javelin), Elvira Ozolina (W50 Javelin) and Nina Ponomareva (W60 Discus) were all again on the gold standard. The German ex 2:02 800m international, Brigitte Bruckner, who had also taken the 10k road title in Venice last October, proved too sharp for Susan Smith in the W35 800m despite some brave front running by Smith.

Germany dominated the relay events on the final day but British pride was upheld in the 4x400 relays where home quartets triumphed in the M40 and M50 races.

...and from Sogne Stadium — Geoff Harrold reports

Hidden away at the Sogne Stadium, Jean Wills' performance in the W40 pentathlon was, but for one flaw, as good as any of her medal winning events at Kristiansand Stadium.

Jean opened with a 12.22 80m hurdles into a 2.1 wind for an enormous score of 1022 — the highest of the whole competition. Her time was faster than when winning the individual hurdles later in the championships — although there is

Continued on page 5

New names at the Relay

Martin Duff looks back to the fifth running of the National Veterans Road Relay Championships held at Heaton Park, Prestwich on May 9

PARTICIPATION by clubs was significantly down on previous years. Not only was the entry lower — especially in the women's race — but only about three quarters of the teams entered actually took the line.

Most of the absentees were from the South, from where only one women's team, Bideford, actually made it. Previous women's title holders, Arena 80 and Aldershot, gave the event a miss. With next year's event returning to Sutton Park, an increase in participating teams can be guaranteed, but a National championship merits attendance, wherever it is held.

The BVAF have a plan to extend the women's section by including a W50 group (three to score) and readers comments would be welcome. Awards may have to depend upon entries.

This year's race saw new names on the M40 and Women's roll of honour as Northern clubs Salford, who justified their position as favourites, and Bolton prevailed after close battles with Birchfield and Westbury respectively. Wirral were given a fright by a strong Cardiff squad in the M50 race but eventually retained their title by just 18 seconds while Barnet made it three wins in a row in the M60 class.

In the M40 race Wirral were also in front at the halfway point, following fine debuts by the McDevitt twins, Mick and Tony. However, the main contenders were all lined up behind and Salford hit the front on leg five through Kenny Woodhouse and remained ahead on the sixth stage through Steve Kenyan. Ian Stewart closed up on that leg before Terry Guy took Birchfield ahead on the penultimate lap. But Salford moved back to the front by the end of the final stage.

In the six stage M50 race, Cardiff led at the end of the second and fifth laps and were also closing on winners Wirral at the end of the final stage. However the holder's team was more balanced with a spread of just 46 seconds between their fastest, Ted Isaacs (16:55), and slowest whereas Cardiff spread from Jim O'Brien's 16:31 to 18:54.

Bob Belmore set Barnet on their way in the three stage M60 section and Derek Wood (18:32-fastest) and Laurie Foster (18:41-second fastest) consolidated the win over Solihull and Small Heath. The fastest overall M60 was Gerry Spink who ran 17:10 for Bingley in the M50 race.

There were only 21 competing women's teams but that did not detract from the race for the medals. Holders, Westbury, trailed Lesley Deggs's Stoke by 1 minute 11 seconds after the first leg but gradually worked their way back into

Continued on page 8

Your last chance to win a colour telly

There's still just time to send back your tickets for the Veteran Athletics raffle, and give yourself a chance to win one of the many prizes on offer, including a colour television set, a bicycle, a video recorder, etc.

Note that if you've mislaid your tickets or need a spare book, you can get them by return from the raffle organiser, Winston Thomas, a vice-chair-

man of the BVAF.

So — either send back your filled-in coupons with payment to Winston, or ask him for an extra book or two. The draw takes place on August 29, at the WAVA Road Running Championships in Birmingham.

The full address is Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HE.

FROM THE EDITOR

Sadly, Mike Hall has had to close the Australian *Veteran Athlete*. For several years now he and his wife, Penny, have put their heart and soul into editing and producing the paper. They were not able to sustain the finances to keep it going.

Turning to our newspaper, *Veteran Athletics*, I announced at the AGM that I am only able to edit two more editions — this one (Summer) and the next one (Autumn). My work is demanding more of my attention and I would be unable to meet deadlines for a newspaper. So — we need a new editor.

Up until now I have worn three hats: the Editor, the Production Manager and the Advertising Manager. I feel it would be better if the movement could produce three separate people

for the job.

We all know the importance of the paper. It reaches every member of BVAF affiliated clubs so everyone knows what is happening, what events are coming up and where and how to enter. During its existence the circulation has risen from below 5000 to around the 8000 mark. That is a real achievement for the movement and underlines the necessity for communication.

Someone must step forward and take over. I shall, as soon as possible, put together a break-down of how the paper has been produced and how I see it could be produced more easily. So please if you are interested let me know.

Sarah Cawkwell

Veteran Athletics

Vol 1 No 23

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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 Area Secretaries.

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Lost Property

Left behind after the BVAF Track and Field Championships held at Cophall: 1 towel, 1 PR shorts, 1 bag & spikes, 1 hooded sweater (Manhattan WT), 1 Norway Games sweater, 1 cap, 1 woollie hat, 1 Adidas anorak, 1 Nike anorak, 1 Joggers anorak, 1 medal, 1 watch. Please contact Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA20QU (081-422 7157). If not claimed after four weeks

they will be sent - except medal! - to a jumble sale.

Sale of Merchandise

Some National Road Relay Championship Special edition T-shirts are still available: M (chest 37), L (40) and XL (41). Send £5 plus 50p for P&P to Arthur Walsham, 21 Thornfield Rd, Heaton Moor, Stockport, Cheshire SK4 3LD

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ENTRY FORM

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SIGNATURE _____

DATE _____

Midnight walking opens festival

— Burrator May 3

PLYMOUTH City Walkers' annual festival of racewalking was highlighted by Chris Maddocks' super-fast 20km performance. However the racing activity started eight hours earlier when on the BBC time signal for midnight the 100km event got under way. A starlit evening and portable flashing lamps helped Ed Shillabeer (M50) lead his pursuers around the first of the 17 laps of the reservoir. Shillabeer's dominance reached its peak when he held a 12 minute lead over Gordon Beattie. In the closing laps Beattie reeled the local vet in and, with just 3kms to go, he hit the front leaving the flagging Plymothian by over four minutes at the finish. Shillabeer finished in 11:25:31.

Dawn had broken. Burrator was in full bloom and 7 o'clock meant it was time for the 50km men and women to do their bit. This event incorporated the BVA Men's 50km Championships. Bob Dobson won in fine attacking style and

recorded his 97th sub five hour 50kms — a time which should get him into the senior National rankings for the 23rd year. Andy Trigg had look set for a good performance when walking alongside Bob Dobson, but latterly faded to his first ever over-five hour 50kms — just six seconds over. Frank Turner did a cracking walk for an M60 victory and a short distance behind Charles Colman amazed everyone in spite of missing by just one minute his M70 World record. The 72-year-old still has time to get it right next time!

British veterans were in strong evidence at 8 o'clock for the 20km event which included the BVA Women's 20km Road Walk. Peter Cassidy (M50) was the first vet to finish the open race. Cath Reader (W35) was first woman home and Jean Bleach (W40) was next. Reader's time of 1:54:57 would have placed her in the Men's BAF National Championships 20k held this May at Lancaster.

Grimwade walks to another World record

Colin Young reports on the BVA 20k and 10k Road Walk Championships held at Sutton Park on June 20

HOT sunny weather combined with the usual undulating testing four lap course greeted walkers in the men's 20kms but the oldest competitor, Jim Grimwade, took it all comfortably in his stride.

Jim, a walker in the pre-war period competing in Essex and London events before taking a break of over 40 years from the sport smashed the previous M80 world's best in clocking 2:04:49 just holding off another redoubtable golden oldie Charlie Colman by 26 seconds. The latter, who finished equal first in the Bradford 50kms in 1952, had already clocked up two sub six hour 50kms this year.

George Chaplin, M60, sliced through to finish sixth overall and must now be considered number one in his age group at this distance. Further upfield Allan Callow held off a persistent Brian Adams with Bob Dobson holding off local Roy Posner's strong finishing effort.

Several prominent names were missing either travelling to the European Vets or preparing for the 30kms at Birmingham.

A disappointing field contested the women's 10kms with the outstanding Kim Baird having no opposition while long time stalwarts Pam Horwill and Renee Scott performed with their usual determination to clock excellent times for their age groups.



Tayna Ball, W35, LOAC, won the women's race of the National BVA Veterans Half Marathon Championships held at Sutton Park on May 17. She took the lead from the start and finished in 1:22:31 — a good time given the blistering hot weather.

Peter Banks, M40, was the overall winner. He battled with Ahmed Amraoui and Dave Throup, until Banks broke away in the final half mile. Bank's time was 1:09:13 to Amraoui's 1:09:22 and Throup's 1:09:23.

More thoughts on the 1992 London Marathon

ALTHOUGH Derek Turnbull walked away with the honours with his magnificent 2:41:57 for a new M65 World Record, there were some other outstanding performances that didn't get the publicity due to them at the time. Although Eileen Quinton didn't manage to break Joyce M. Smith's British W60 record her 3:34:36 was a sterling performance and put her ahead of all the W55 runners with the exception of Ann Chapman, who many with long memories will remember as Ann Oliver, one of our best 800m Internationals from the sixties, whose 3:22:59 proves that she has retained her touch over the longer distance. Peter Cheeseman was singularly unlucky to come up against Turnbull in such devastating form, but his 3:01:00 put him ahead of such classy international runners as Konrad Hernelind, George Phipps and British M65 record holder, Hugh Currie, in the M65 age group. Having weeded out a couple of bogus M50 and M60 alleged winners who clearly had not run the distance the official first three in their categories were as follows:

M40 1 J Wheway (Tipton) 2:18:47 2 J Nzau (Kenya) 2:22:20 3 V Kalnes (Norway) 2:24:20 M45 1 B Watson (S. Kent) 2:28:39 2 G Jones (Soton) 2:31:23 3 R Wood (Dundee) 2:32:01 M50 1 P Andrews (DukeST) 2:35:53 2 J Collins (Sund) 2:36:33 3 O Hausken (Nor) 2:39:00 M55 1 M Lonnén 2:40:39 2 B Sweeney (SWRR) 2:43:32 3 H Salavarda (Bel) 2:46:10 M60 1 H Rostad (Nor) 3:03:09 2 J Merrick (Midd) 3:04:04 3 R Carew (Bed) 3:07:14 M65 1 D Turnbull (NZ) 2:41:57 2 P Cheeseman (South) 3:01:00 3 K Hernelind (Sweden) 3:03:11 M70 1 A Pallister (NVAC) 3:44:18 2 L Chapman (NEVAC) 4:00:18 3 J Perks (SWVAC) 4:21:36 M75 1 J Grimwade (MVAC) 4:30:32 2 C Megnin (Woodford Green) 5:04:40 M85 1 W Chapman (Stragglers) 6:01:55 (B.R.) W40 1 S Coxshall (Spring) 2:47:36 2 J Ince (Brighton) 2:54:03 3 F Sperke (Red.R.C) 3:03:07 W45 1 V Lemmis (Invicta) 2:58:04 2 M Auerback (LOAC) 3:00:47 3 J H Johnson (Centurions) 3:04:37 W50 1 C Huf (Ger) 3:08:43 2 A Hearn (Highgate) 3:10:29 3 J M Smith (Ashford) 3:10:40 W55 1 A Chapman (Crowborough) 3:22:59 2 A Beer (Runnymede) 3:41:20 3 J Johnson (Harwich) 3:44:09 W60 1 E Quinton (Horsham J) 3:34:06 2 B Coulthead (Maldon) 4:05:55 3 J Brook (Holmfirth) 4:06:38 W65 1 M Schwarz (Ger) 3:54:27 2 P Trickett (Crewe) 4:08:40 3 A Acott (NZ) 4:50:56 W70 1 G Bulger (New Forest) 4:54:15 2 A Kent (Ire) 6:16:25 3 M Harfist 7:13:57 W80 1 J Wood Allen (Dundee) 5:47:19 (B.R.)

Jack FitzGerald

M75 World Road Walk record
Jim Grimwade's M75 20km Road Walk World record was incorrectly printed in VA issue 22. It should read 1:16:19.



Derek Turnbull

SHIRLEY BRASHER, 65, of Australia set four new World marks at this year's Australian Veteran Track and Field Championships in Hobart. They were: 800m — 3:01.80, 1500m — 6:02.68, 5000m — 22:06.34 and 10,000m — 45:49.71.

Three others set new marks: Mother and daughter combination Ruth Frith (W80 Triple jump — 5.33) and Helen Searle (W50 Hammer — 43.30), as well as Tina Smit (W65 2k Steeplechase — 12:44.78)

— Australia's The Veteran Athlete

PAUL SPANGLER, 93, of the US was profiled in the Los Angeles Times, May 6. Titled "On the Run to

OVERSEAS NEWS

100," the upbeat article told of Spangler's serious training — a 7-mile run, three days a week, at 4.30 am, then a half-mile swim or a 45-minute Nautilus workout. His goal is to collect \$100,000 as the first person over 100 to run the New York Marathon. US NMN

PAYTON JORDAN, 75, of the US, has been awarded the Sorbothane Masters Athlete-of-the-Month. The winner receives \$100.

At age 75, Jordan has set dozens of world and US sprint records over the past 20 years and

says he intends this year to be his last in masters competition.

"Each year it gets harder and harder to stay in competitive shape," he said. "It takes a lot more work for the same results than it did when I was a youngster."

On April 25, at the Ken Carnine Relays in Sacramento, Jordan smashed the world M75-79 record of 14.3 with a time of 13.5 — a 97.9% on the masters age-graded scale. On May 3 in Los Gatos, Calif., Jordan ran a 200 in 28.3 (98.9%) to break Joe Packard's 13-year-old mark of 29.5.

He was the US team coach at the 1968 Mexico City Olympics. US NMN

HOLIDAY INNS Inc are offering \$2500 in prize money to winning teams in the 4x100 regional all-star relay at the 25th annual TAC/USA National Masters Track and Field Championships in Spokane, Washington, to be held this August.

In 1956 DEREK TURNBULL ran his first marathon. It was a small, local affair. So small in fact that he was the only runner who turned up. Nevertheless he ran it with a lone official cycling beside him acting as a starter, time keeper and drinks steward. He finished in 2:43. Not a bad effort for a man approaching 40 with no experience over the distance.

Some 36 years later at the London Marathon, he had a little more company. In conditions generally considered unfavourable for runners he managed 2:41:57. A world best for a man just past 65.

In the sort of form that irritates the man who updates the record book, he set four M65 world bests

in three days at the recent New Zealand Veterans Track and Field Championships (800m 2:17.8; 1500m 4:39.9; 5000m 16:38.8; 10,000m 34:42.8). A month earlier he broke an eight-year-old 3000m mark with his 9:47.4 (23 seconds faster than the old record) and became the first 65-year-old to crack the five minute mile with 4:56.40. And then he came to London for the marathon.

From Running Magazine

HORST MANDL (Austria) won the HJ and TJ M55 at Kristiansand — as he did at Turku. His 13.11 in the TJ was far superior to the M50 winning jump of 12.23. Mandl has competed for the full Austrian Mens Decathlon team while in his 50s.

Joe Phillips

Ex-Olympian Gold medalist, JANIS LUSIS, M50, from Latvia, won Gold in Kristiansand. He claims to have done no training since Turku except a little basket ball. Asked if he was interested in how far he could throw as a vet with training he said 'No' — he had done all his big throwing in his Olympic years. He only won by half a metre and could well be hard pushed for a medal at the next championships. GB's ROGER BARTLETT would have pushed Lusia for that gold if it had not been for a muscle spasm in his back.

Lusis did not seem hopeful about getting to Miyazaki — 'too expensive' — he and his wife, ELVIRA OZOLINA, were living in a small tent. Lusia is President of the Latvian Olympic organisation for Barcelona.

OZOLINA, also an ex-Olympic Gold medalist, won the W50 Javelin with 45.94. She broke the meeting record by 7 metres. The Silver medal was won with 31.64.

Joe Phillips

Pending World Indoor Records from the US National Masters Indoor T&F Championships Columbus, Ohio, April 3-5

Event	Age	New Mark	Name
60m	W45	8.35	Phil Raschker
	W45	10.03	Pat Peterson
	M45	22.70	Stan Whitley
	W65	35.25	Pat Peterson
200m	M40	50.16	Frederick Sowerby
	M55	55.96	Larry Colbert
400m	W60	80.26	Betty Vosburgh
	W65	85.57	Pat Peterson
800m	W70	1:45.03	Carol Peebles
	M60	2:17.02	Earl Fee
3000m	W65	3:30.74	Dottie Gray
	M55	11:45.94	Molly Turner
60mH	W70	10.5h	Tom Patsalis
	W65	14.9h	Pat Peterson
HJ	W45	1.48	Phil Raschker
PV	M80	2.40	Carol Johnson
LJ	W45	2.75	Phil Raschker
	W45	4.82	Phil Raschker
TJ	W60	3.56	Leonore McDaniels
	W45	10.32	Phil Raschker
SP	W60	7.71	Betty Vosburgh
	M80	9.27	Leon Joslin
3000mRW	W65	8.57	Bernice Holland
	M40	12:42.62	Ray Funkhouser
	M60	14:44.51	M60 Green
	W40	14:23.33	Viisha Sedlak

Many barriers to overcome

—Mike Tymn US National Masters News

In the masters arena, the most frequently-mentioned barrier is the sub-4 mile for someone 40 or over. It appeared that New Zealand's John Walker, the first man to go under 3:50 for the mile, was on the verge of doing it before giving up early this year injured. We'll have to wait until after November 24 this year to see if Irishman Eamonn Coghlan can do it. Former World-record holder Filbert Bayi reaches 40 on June 23 next year, but when I talked with him last December he didn't seem to feel he would be up to the challenge. He thinks he's lost too much speed.

For the time being, the M40 mile record stands at 4:05.39 by Wilson Waigwa of Kenya, set in 1989. The pending M40 10,000 record of 28:30:88 set last year by Finland's Martti Vainio is equal in effort, based upon the Daniels-Gilbert Tables of comparative performance, to a 3:58.2 mile. Further, if we take the percentage difference (1.0507) between Vainio's time and Arturo Barrios' WR of 27:08.23 and apply that difference to Steve Cram's mile record of 3:46.32, we arrive at a 3:57.8.

The long-standing M40 5000 record of 13:45.6 by Lucien Rault converts to a 3:59.5 on the Daniels-Gilbert Tables and a 4:00.3 using the percentage-difference method.

Thus, the M40 10,000 and 5000 records indicate that a sub-4 M40 mile is possible; however, we then need to consider whether aging affects speed more than endurance. Peter Browne's M40 800 record of 1:51.25 converts to a 4:06.2 mile on the Daniels-Gilbert tables, while the percentage-difference method gives us a 4:07.5.

Interestingly, Eddie Hart's M40 100 record of 10.6 points to a 4:03.2 mile (using the percentage-difference method), while the 200 and 400 records give us mile times of 4:11.3 and 4:13.2 respectively. It may be that Hart's record was not automatically timed, which could significantly distort the difference between his and Carl Lewis' 9.86.

Putting on my Jimmy-the-Greek hat, I'm giving odds of 3-1 against Coghlan or anyone else breaking four minutes this year or next. The odds drop to 5-2 against anyone doing it before January 1, 1995 and even money (50/50 chance) that a post-40 sub-4 will be run before the year 2000.

Other Age-Class Barriers

The 4-minute mile is not the only barrier standing in the way of masters competitors. Here are some others, including the current records and recordholder:

Barrier	Record	Recordholder
M45 sub-11 100	11.0	Thane Baker
M45 sub-50 400	50.46	Hanno Rheineck
M50 sub-2 800	2:00.40	Alan Bradford
M80 sub-6 1500	6:04.28	Ed Benham
M45 sub-30 10,000	30:02.56	Antonio Villaneuva
M65 10-mile Hour Run	9-15:40	John Gilmour
M40 7-0 high jump	6-9	John Hartfield
M55 6-0 high jump	5-10 1/2	Herm Wyatt
M70 5-0 high jump	4-10 1/4	Ian Hume
M80 4-0 high jump	3-11 3/4	Gulab Singh
M60 20-0 long jump	19-11	Tom Patsalis
M60 50-0 shot	49-9	T. Von Wachenfeldt
W40 sub-12 100	12.0	Maeva Kyle
W60 sub-30 200	30.0	Shirley Peterson
W45 sub-5 mile	5:02.31	Heather Mathews
W40 sub-16 5,000	16:02.88	Evy Palm
W40 sub-33 10,000	33:00.78	Evy Palm
W70 sub-50 10,000	50:28.33	Pat Dixon
W50 5-0 high jump	4-10	Dorothy Tyler
W40 20-0 long jump	19-1 1/2	Franciska Janssen
W40 40-0 triple jump	39-7 1/4	Anna Włodarczyk
W50 50-0 shot	48-8 3/4	Valerie Young

PAST MASTERS



Derek Johnson training with Soviet runners Yuri Lakin and Vladimir Kuts in London in August 1956. At the Olympics in Melbourne later that year Kuts won the 5000 and 10,000m and Johnson was second in the 800m.

LETTERS

BLOOD SPORTS...

I beat Wilf's record having just donated my 56th pint this year. I gave my first pint at the age of 18. A proud moment in my life was to receive my gold medal three years ago at the Colindale Hospital. My wife and I were given a most interesting guided tour of the whole facility followed by a magnificent champagne supper. The awards were actually given out by a young lad who had survived a terrible power boat accident the year before after which he had had to undergo a major operation during which he had received 36 pints of blood. Both he and his mother expressed their extreme thanks to us all as did the senior doctor at the Centre. It was a wonderful evening and I am sure that Wilf will feel as proud as I did when he soon receives his award.

Stuart Galloway
Biggleswade AC

To date I have donated 51 pints. I echo his sentiments — donating is important and I have never felt any ill effects.

Peter Jones
Swindon

Yes! I have given 50 pints of blood up to about two years ago, but did not carry on thinking I have done my share. The main reason I wrote was to tell you at least to give the full 50 which will enable you to obtain an exclusive tie, certificate etc.

I did foolish things being a runner and would think nothing of running to the next village, giving blood, then running home about seven miles.

Harry Smith
Clayton Le Moors Harriers

Further to the paragraph about Wilf Morgan donating blood (VA22) I think I can beat his record. Last month I received a plaque and a badge for my 100th donation. I have been donating blood on a normal basis since about 1970 but a few years ago I was asked to be a plasma donor. As this involves more time (you are connected to a centrifuge to separate the plasma from the rest of the blood), you are credited with two donations. You are given back the red and white cells, and the plasma is made back up in no time, so there are no harmful after-effects to influence your performance, and you can donate every month if you wish.

Mick Sadler
Birmingham

On May 5, 1992 I gave my 146th donation. I started giving blood in the early 60's, but changed to plasma in the late 80's as this was needed more. Wilf may still claim a BR, as I am a Canadian living in England.

Brian Buck
Salford Harriers

I am not challenging Wilf Morgan's 48 pints of blood — on 22 November 1988 — at the age of 57 I gave my 37th pint and ran the Benidorm Marathon on 27 November, six days later, in 2:43:55. I have now given 42 pints and hope to notch the 50 before they pension me off at 65. I give blood on a Tuesday evening and as it is one of my training nights I always train within 3/4 hour of giving blood.

Harry Gamble-Thompson
Cleveland

Wilf Morgan writes: That's my record claim gone. As I understand it, donating plasma is not quite the same. Plasma can be donated ten or more times a year but they'll only take two blood donations a year.

Gamble-Thompson's claim to have run a 2:45 marathon six days after donating is astonishing. Although it's possible to run just after donating, as he says he does, it leaves you feeling as you do when you're just getting over the flu, all washed out. I've been told it takes at least two weeks to get your full quota of red cells back. They're the ones that transport the oxygen around the body and they say



Cath Reader wins the W35 National 5000m walk on Sunday July 19

aerobic exercise increases their number (blood count and all that).

...WHAT THE DOCTOR SAYS

I was intrigued to hear that the subject of blood donation has become a competitive issue. At this stage it might be appropriate to issue a few guidelines. There is of course an ever increasing demand for blood and athletes should not have any apprehensions about donation adversely affecting performance. Whether whole blood or just plasma is removed it makes sense to replace the volume by drinking and this is of course quickly and easily done.

The normal haemoglobin level is between 12 and 15 grams and the donation of one unit of blood will drop your haemoglobin level by 1 gram. It takes approximately ten days for the haemoglobin to rise to pre-donation levels. Although the giving of blood should have no significant effect on athletic performance it would make sense to avoid competition or heavy training sessions for a week to ten days after blood donation. The loss of one gram of haemoglobin would theoretically only have an effect if you are pushing yourself to the absolute limit — but of course a lot of Veteran Athletes are!

Dr John Nixon

RUN FOR LIFE

We did the run from John O'Groats to Land's End in five days, one hour and ten minutes. Had to use our reserve runners unfortunately or we would have beaten five days. The team of eight, all from Bognor Regis with an average age of 60, worked in pairs, ie A, B, C, D, E, F and G. H, A (Len Jones) went off at 9am and ran for 50 minutes before being taken over by B (Dennis Baker), who also ran for 50

minutes, while A had a rub down and drink ready to take over again from B for a further 50 minutes. After this stint A was able to rest for 10 hours while the other pairs did their double shifts. After this they all did a one hour straight run and with a team of eight this gave everybody a seven hour break. Over the last mile we formed into a happy group to finish together.

Weather was very good on the whole — mist and cold to start the journey — lovely and sunny on the second and third days, not too bad on the fourth until we crossed Bodmin Moor — cold east wind and no shelter. All that on a diet of baked beans and scrambled eggs on toast, Ambrosia cream rice, fruit, Mars bars, orange juice and an energy drink. We raised over £3000 for Cancer Research. Thanks to all who donated and helped us on our way.

Les Jones and George Scutts
Bognor Regis

LET'S WALK TOGETHER

Referring to your appeal in VA22 for walkers to say what championships they want I would like male-female parity. Surely it is better all round, for both officials and walkers by holding events on a "same time, same place, same distance" basis.

Cath Reader
Downham Market

TEAMING UP

Peter Duhig's suggestion for the formation of relay teams from BVA affiliated clubs rather than BAF clubs (VA22) has, in my opinion, been ill conceived.

I appreciate he had in mind track relay events but the principle would spread to veteran road relays, road and cross-country team events and any occasion where a composite grouping of BVA club members could 'gang up' to go 'pot hunting' at the expense of bona fide BAF club veteran teams.

How could a bona fide BAF veteran club side compete successfully against a grouping from a BVA club with a thousand veteran members? The whole spirit of veteran athletics would be tarnished forever.

Ron Blastland
Tring

COPTHALL THANKS

Thank you all the workers who did so much before, during and after the BVA Track and Field Championships held at Copthall.

A special appreciation to the younger officials: I hope they enjoyed the meeting and will want to continue to give their worthwhile help at future Veterans' meetings.

Mary Wixey
Cheltenham

Thanks to all who made the weekend a success — the organisers and everyone through to the officials in the field and on the track.

Jo Ogden
Basildon

Magnus Masterston's MEMORY LANE 10

1. For which club did McDonald Bailey run?
2. Who was the first high-jumper to win an Olympic title using the technique that is now used by all the top jumpers?
3. In which branch of athletics was Arthur Newton a leading authority?
4. Which Olympic sprint champion later played for the Dallas Cowboys?
5. Whose biography was entitled The Ghost Runner?
6. Which is Britain's oldest existing athletics club?
7. Name the Spaniard who was second in four successive World Cross-country Championships in the 1970s.
8. The British 4x110yds relay team that set a WR in London in 1963 had three runners of the same surname. Name the three men.
9. Who was the first British woman to win an Olympic title in T&F?
10. Who was Britain's fastest miler before the Coe/Ovett era?

Answers p12

KRISTIANSAND

Continued from page 1

no wind speed recorded for her 12.44.

Next came the shot where she could only manage 7.20 for 321 points and dropped from first to fifth. A high jump of 1.41m followed, the third equal height which did not change Jean's position. In fourth discipline, Jean long jumped 5.04 which she was to exactly match when taking the bronze medal in the individual long jump on the fourth day of the championships. However, this performance only lifted her to fourth equal.

The last event, the 800m, saw Jean run 2:50.48, a scant seven seconds behind the winner but, with all her close rivals just in front or behind her, she slipped back to fifth.

If the event had been minus the shot — a quadrathlon — Jean would have won by 235 points but as it was it needed a metre improvement in the shot to lift her into the bronze position. Plenty of weights and protein this winter, Jean!

Other worthy British performances at the remote but delightful Sogne Stadium included, on Saturday June 27, Charlie Dickinson's fifth place in the M40 10,000 — he was later at the same track to miss the 5k bronze medal by an annoying two seconds — and a forceful W35 1500m race by Violet Blair, a long way ahead of Susan Smith's well taken second place.

Our only other metric mile win that day came from Jose Waller who also later added the 10,000 and the 5000 titles to her growing cache of bullion. The women's 1500m being held early in the Championships at the secondary stadium caused irritation and a complaint duly went forward at the women's meeting to be put to the Council. But the walkers, too, never get a showcase at the main stadium while, if you are a distance runner — especially a female distance runner, you will have, like Jose Waller, to enter a sprint in order to race at the main stadium.

As is usual at the European and World Championships, the use of two tracks — essential as it is — means that your roving reporters have to make difficult decisions about when and where they will watch. If they compete as well as these decisions are made for them. My apologies then if I have done anybody less than justice here or elsewhere.

...And Bob Dobson reports on the excitement of the walks

Criticism has to be levied at the organisation for not ensuring sufficient judges of high calibre. Barbara Dunsford worked overtime with the limited resources available to her to try to ensure proper compliance with IAAF rules on judging and recording. If a host country cannot profitably comply with IAAF rules then officials from other countries must be drafted in to assist. To the amazement of spectators only two competitors were officially disqualified in the M40-M55 20kms road walk. This unhappy state of affairs cost Bob Care two medals, for despite walking right up to form he officially placed fourth in both the 5kms track and 20kms road events.

Our two women walkers, Hilda Nyman and Pauline Wilson (both W50) were in the largest women's fields. They finished respectively sixth and tenth in both the 5kms track and 10kms road, but in the track race they both beat the W35 bronze medalist. Surely medal standards have to be introduced when there are three or less competitors in an age group. This was aptly demonstrated by the fact that the W35 bronze medalist was slower than the W70 bronze medalist over 5kms.

The track walks were held in continual rain. However every cloud has a silver lining as Terry Simons (M65) and Doug Fotheringham (M60) will know. Terry always saves his best for the International Vets Championships but surpassed all expectation to win Britain's first walking medal. The next race was M60 where our hopes rested on the consistently successful Doug. A closer finish this one with our Doug only 21secs away from gold, but with no time to worry about an off the shoulder vest strap as he strode relentlessly on to keep the Russian bronze medalist at bay.

M55 saw track specialist Dave Stevens take on Olympian and former 50kms world record holder Gerd Weidner

BILL TAYLOR has now stepped down and passed the baton to Keith Whitaker, who was unanimously voted in as the new BVAFA Chairman at the AGM held at Cophall Stadium on July 18. Bill Taylor, Chairman since 1988, has been elected as President of the Federation.

A major amendment to the constitution, which was accepted (among other amendments) by the meeting, allows for four assistant chairs with specific briefs to cover Policy/Administration for Home and International Affairs, Track and Field, Cross-country running and Road Running and Road Walking. Ron Bell was elected Policy/Administration, Winston

Thomas Track and Field, Bernie Plain Cross-country Running and Dave Walsh Road Running and Road Walking.

The new treasurer is David Coward and the new Women's representative is Maureen Farrish. Bridget Cushen (Secretary), Barbara Dunsford (Overseas Coordinator) and Ron Franklin (Minutes Secretary) continue in their posts.

Prior to the meeting Martin Duff had resigned his Vice-Chairmanship and withdrawn from the elections due to pressure of work. The constitution now allows for the Vice-Chair to be elected from among the four assistant chairs and Ron Bell was duly elected.

Regarding the women's race walking programme it was decided that the women will race with the men on the roads and on the track, when there are too many walkers for one race, the women will have a separate race from the men.

New British kit was also discussed — hotly. By a narrow margin it was voted to accept the kit presented by Nike. The next AGM will be held, as usual, on the evening of the first day of events at the National Track and Field Championships which in 1993 are due to be held at Monks Stadium, Jarrow. As yet a definite date has not been set. The NEVAC will be the organisers.



Keith Whitaker coaches Barry Parnaby and Ken Glenesk in the art of baton changing in preparation for the M60 4x100m in Kristiansand

(Germany). Weidner had lost none of his old class and it was a privilege to watch him break the Championship Best with a formidable time of 23.19.14! Born in 1933, the M60s should watch out should Weidner move into that class in time to compete in Japan next year. There was a dark horse in this race in the shape of Zigurds Irbe from Latvia. Not able to match the fast starts of Dave Stevens and Gerd Weidner he bided his time and as Dave flagged a little he continued to move closer and pull clear for second. Dave was a clear third.

There was a titanic battle up front all the way in the M45 race with Bob Care always in the thick of it. World Champion, Eero Heman (Finland) began to edge clear in the last 2kms but the places were always in doubt right to the line. Only 10secs separated second and fifth. As the others threw caution to the wind Bob crossed the line fourth and waited in vain for any late disqualification cards to move him into a medal placing.

The road walks on the penultimate day were held in sunshine. The 4kms road circuit was good but static judges gave some competitors the opportunity to take advantage of known lengths of unmarshalled road.

There were a few late entries, not on programme, who were allowed to compete. From enquiries made, but with interpretation a problem, it seems that former USSR athletes were added to the road walks upon payment of their entry fees by their athletic federation as a result of their earlier successes in the track walks.

Doug Fotheringham beat his 5km conqueror but again had to settle for a second silver. Terry Simons walked himself into the ground to collect his second silver.

Yet again Bob Care (M45) came agonisingly close to a medal. Officially fourth but with the results still under scrutiny from the judges hours after the event it was not until next day that his loss was confirmed.

Alas only one entrant at W35 for 10kms who only won by a minute from W45 Jacqueline Bonnet (France). But the superstar must surely be 74 year old Swede Britta Tibbling whose 63:13.53 beat the W40 Bronze medalist and she finished twelfth overall!

Perfect Pedigree

Keith M. Whitaker was born February 2, 1931, in Bradford, Yorkshire. Here, an old friend and track rival, Derek Howarth, outlines his athletic career.

KEITH started his career in athletics as an 880 yards and cross-country runner in 1947 when he joined Airedale Harriers (now Bradford Airedale AC). He achieved success early winning medals at cross-country in the Yorkshire Champs and Northern Schools; he finished in front of Derek Ibbotson in the Bradford and District Cross-country youths champs; and in 1949 he was Yorkshire and Northern Junior 880yd Champion.

Whitaker was educated at Bradford GS and Manchester University (1950-53). At university he was champion at 220yds and 440 yds each year culminating in a silver medal at the World Student games 400m in 1953. In 1956 he began dabbling in hurdles which has become his main veteran event.

It was in 1972 that veteran athletics really got off the ground with the American vets visit to Europe for the Munich Olympics. Keith featured prominently in this year with excellent performances. In 1973 he made a trip over to the US Masters Champs — which he has continued to do often — and won the 400m in 51.1 and came third in 200m in 23.7.

In 1975 he was set to go to the first World Vets Track and Field Champs in Toronto taking in the US Masters Champs at White Plains but before leaving he took ill (possibly a minor stroke) and the doctors recommended he keep calm and avoid any kind of stress. Nevertheless, come the races, Keith lined up for the 400 hurdles and collected silver medals at both White Plains (60.4) and Toronto (61.5).

Not only has Keith been active on the track but he has always been active on the administrative side. On becoming a veteran he joined Northern Veterans and was for five years Track and

Field Secretary organising the club championships and also two National Track and Field Championships. On formation of the BVAFA in 1976 Keith was appointed Treasurer and has been Treasurer up till now.

He has faithfully attended as a delegate at EVA and WAVA General Meetings while most athletes take the day off to go sight seeing and relax. Despite all the admin work he has done his main interest has been in participating on the track and over these twenty years he has competed in virtually every Northern and National Track and Field Championship and European and World Championship where he has collected many medals. (He's just collected an M60 gold in 300m Hurdles at Kristiansand).

My friendship with Keith goes back to 1972 when we first did battle against each other in all the veteran Championships. Keith was almost always victorious at 200m and 400m but in the 100m I was invariably the winner. Our trips to Cologne (1972) and Toronto (1975) gave me the opportunity to know and realise what a good competitor and friend he was and to understand his deep desire for the success and progress of veteran athletics. He will surely make a good and respected Chairman.

No venue decided

No venue has yet been decided for the staging of the ninth European Veterans Championships but Athens, Greece looks to be the likely venue.

WAVA have finally sanctioned a World Weight Pentathlon. After extensive lobbying in recent years it will be included as a non Championship event in Japan. It will be proposed that it be a championship event at those games.

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

Geoff Feast	Brian Switzer
Vic Goulter	John Dean
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Henry Emerton	Albert Prowse
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Bill Pegler	JA Watson
Jeremy Hemming	Peter Duckers

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

MAUREEN FARRISH, the new Women's Representative, will welcome any queries or problems regarding veteran athletics and women from anyone, male or female. She can be contacted at 35 Queen Anne Avenue, Bromley BR2 0SA.

Prize Draw

The Prize Draw gives support to the paper. Why not join in? Each month there is an overall £125 winner and six £10 runners-up. All you have to do is send off a cheque, made payable to Veteran Athletics, for £12, or multiples thereof — to increase your chances of a win — to the Hon. Draw Organiser, Jose Waller, 7 Rosebrary Walk, Watford WD2 5LJ. The sooner you do it the earlier you will get in on the draw.

These are the recent winners:

February: £125 to Geoff Feast, Beaconsfield. £10 to Jack Broughton, Barbara Dunsford, Fred Bees, Doreen Neild, Ursula Duckworth.
March: £125 to J Scott, Glasgow. £10 to Peter King, Mrs B Leverdier, B Strange, Ursula Duckworth, Carole Derrien
April: £125 to T Cheetham, Manchester. £10 to C Slaughter, F Webb, Mavis Williams, P Milroy, P Cheesman.
May: £125 to L Parrott, Romford. £10 to Rocky Rockcliffe, J Quin, R Creese, A Verdie, E Thomas.
June: £125 to Brenda Burton, Sheffield. £10 to B Bartholomew, Mary Wixey, Jack Broughton, Fred Bees, John Curtin.

RON HILL SOUTHERN RELAYS

SATURDAY 26th
SEPTEMBER 1992

RUSHMOOR ARENA
ALDERSHOT

INCORPORATING
SEAA (MENS) 6 STAGE
ROAD RELAY
SEAA (MENS) 4 STAGE
VETERANS ROAD RELAY
CHAMPIONSHIPS

Details from:
Mike Neighbour,
6 Edney Close,
Church Crookham,
Fleet, Hants GU13 0BW



Maurice Morrell stops to cock his leg at his opponents in the 3000m steeplechase

FIXTURES

NATIONAL

- 16 Aug BVA National 10K/5K Walk Champs, SOLIHULL
23 Aug Inter BVA Club T & F Match, BEDFORD
12/13 BVA National Decathlon/Heptathlon, Don Valley
Sept Stadium, SHEFFIELD. £8. c/d 3/9 Entries to D Burton, 71 Nethergreen Road, Sheffield S11 7EH
4 Oct BVA Marathon, STONE. See ad P2
15 Nov BVA 10K Road Race, BARNLEY

INTERNATIONAL

- 29/30 Aug WAVA 10K/25K Road Runs and 20K Women/35K Men Road Walks NEC BIRMINGHAM
31 Oct International Vets Cross Country, BELFAST

SCOTTISH

- SVHC v NEVAC Track and Field Match, Date to be arranged

NORTH

- 19 Aug NVAC Track & Field League No.3, Woodbank Park, STOCKPORT. 7pm Enter on night.
23 Aug 10K Road & Path Run, Irlam Town FC, Silver St. IRLAM. 12 noon. Enter on day.
27 Sept NVAC 10K Track Champs. Beckett Park, LEEDS. c/d 21/9. £1 to Arthur Walsham. 21 Thornfield Rd. Heaton Moor, Stockport, Cheshire, SK4 3LD. No entries on day.
11 Oct 10K Path & Track Run, EDGORTH, Nr BOLTON. 12 noon. Enter on day. Venue Barlow Institute, Edgorth.
25 Oct NVAC 10M Road Champs. Padgate College, PADGATE, Warrington. Entries to Arthur Walsham. c/d 19/10. £1. No entries on day.
8 Nov 6 mile Cross Country, Bowley, GT. HARWOOD (Clayton-le-Moors) 12 noon. Enter on day.
29 Nov 10K Road & Path Run Leigh Harriers HQ, Holden Rd, LEIGH. 12 Noon Enter on day.
6 Dec Christmas Handicap, East Cheshire Hrs. HQ. Richmond STASHTON UNDER LYNE. 10K RR. £2. Entries to Les Heald, 22 Cedar Close, Bradley, Nr. Wrexham. Clwyd. LL11 4DL. Bring prize (Min £2) Take a prize.

NORTH EAST

- 19 Aug NEVAC T & F League, MONKTON
6 Sept Newcastle Council Open Track & Field, LIGHTFOOT CENTRE
12 Sept NEVAC Pentathlon Champs. MONKTON, JARROW. 11am £1 to NEVAC, G Routledge, 5 St Hildas Ave, Holy Cross, Wallsend, Tyne & Wear NE28 7AE. C/D 30/8. No entries on day
30 Sept NEVAC 10K/5K Trace Race Champs, MONKTON, Jarrow. 7pm. c/d 20/9. £1 Payable to NEVAC to G Routledge.
11 Oct MADELEY Hay Marathon, BVA Gr1, 10am, cd Information from D Slack, 72 Lily St, Wolstanton, Newcastle, Staffs, Enclave SAE
11 Oct South Shields 20 mile Road Race (NE 20 mile Champs)
25 Oct Gateshead Harriers 10K Road Race, GATESHEAD STADIUM
8 Nov Heaton Harriers Memorial 10K Road Races (includes NE 10K Champs) Separate Vets 10K Race

NORTHERN IRELAND

- 12 Aug NIVAC Track & Field, Mary Peter's Track
19 Aug NIVAC Track & Field, Antrim Forum, ANTRIM
21 Aug NIVAC Harris Labs Open 5 mile Road Race, 7.30. £2/£2.50 on night. Entries to J Harris, 15 Frensham Rd, Newtownards, Co Down. N.I. cd 19/8

MIDLAND

- 16 Aug MVAC Pentathlon Champs. Norman Green Athletic Centre, SOLIHULL, 11am. Including Jumps Triathlon, inc. BVA 5K/10K walks. 11am. £3.50 Pent, £2.50 Walks, £2 other 1st events + £1 subsequent events. Some open events. Entries to J Mills, 3 Victoria Villas, Bath Road, Nailsworth, Glos. GL6 0JB.
13 Sept MVAC 10 mile Champs. Alderman Smith School, Stockingford, NUNEATON, in conjunction with Nuneaton 10, 11am. £3.50 to Stewart Harris, 42 Orton Leys, Hillside, Rugby Warks CV22 5RF c/d 4/9.
20 Sept MVAC Cannock Masters, British Pentathlon Throws Championships, CANNOCK, 11am. Open 5K walk. £3.50 Pent. £2.50 Walks, £2.50 Open events, to J Mills. c/d 7/9
11 Oct MVAC Half Marathon Champs. in Bass Burton Half Marathon. 11am. £4 to S Harris. c/d 2/10
18 Oct MVAC 4.7 miles Handicap Road Race, Newbold RFC, RUGBY, 11am
13 Dec Christmas Cross Country Handicap, REDDITCH. 11.30
3 Jan MVAC Cross Country Champs. LEAMINGTON SPA. 11.30

EASTERN

- 25 Oct EVAC Half Marathon Champs. incorporated in Bedford Half Marathon, BEDFORD.

SOUTH

- 15 Aug SCVAC and Essex 50K Walk Championship, BASILDON
16 Aug VAC Track & Field Champs, WEST LONDON
18 Aug VAC 5M Road Race, BATTERSEA PARK, 7pm. Inc. 5M Walk
6 Sept SCVAC Champs. inc. SLOUGH Marathon. c/d 17/8. Entry forms from Admin Manager. Slough Marathon. Town Hall, Bath Road, Slough
6 Sept Open Vets T&F Meeting, Norman Park Track, BROMLEY 1.30pm Events listing and details send SAE

- 6 Sept to B Terry, 41 Watling St. Strood, Kent, ME2 3JH
BRAINTREE Open Throws Meeting. Vets welcome. Entries to P Brown, 1 Appletree Walk, Braintree, Essex, CM7 7TE
9 Sept VAC BATTERSEA Track 6.45pm
12/13 Sept SCVAC league final CROYDON
19 Sept Surrey Relays, Blackheath and Kent Co. Relays, CRYSTAL PALACE
20 Sept Richmond & Twickenham AC Vets open meeting, BARN ELMS. £1 per event £1.50 on day to A Taylor, 69 Teddington Park, Teddington, TW11 8DE
20 Sept Gatorade Amersham 5, Hervines Park, AMERSHAM, 11.15am. BVA Gr1 £3 to H Cave, 16 Highmoor, Amersham. cd 15/9. Entries on day if limit not reached
26 Sept Ron Hill Southern Relays, incl. 4-stage Vets Road Relay Champs. See ad P5.
3 Oct VAC Cross Country WIMBLEDON COMMON, 3pm
4 Oct 6th Veterans Track & Field Open, Palmers Park, -READING. See ad P11.
10 Oct (Provisional) SCVAC Cross Country League at WEST LONDON Stadium
17 Oct Surrey County AA Vets Cross Country
19 Oct Bromley Veterans Cross-country, BECKENHAM Place Park, 2pm. Entries £1.50 to N Cross, 91 Hayes Rd, Bromley BR2 9AE
24 Oct VAC Open Vet Ladies Cross Country 4K, Men 5M, WIMBLEDON
25 Oct BARNES GREEN Half Marathon, incl. SCVAC Champs. Entry form from Race Director, 3 Smugglers Way, Barnes Green, Horsham, W. Sussex RH13 7PP
14 Nov VAC 5M Cross Country WIMBLEDON COMMON 3pm
19 Dec VAC 5M Cross Country WIMBLEDON COMMON 3pm
23 Jan VAC Cross Country Champs WIMBLEDON COMMON 2.30pm
20 March VAC 5M Cross Country WIMBLEDON COMMON 3pm

SOUTH WEST

- 18 Oct SWVAC Champs in comb with Solent Half Marathon. 10.30am. Details Race Sec 17 School Road, Hythe, Southampton, Hants.

WALES

- 9 Aug Inter Area Track & Field Meet, CWMBRAN, 1pm
20 Aug Track & Field League 4, CWMBRAN 7pm
21 Sept LAKE YVRNRY HALF MARATHON, BVA Gr1, 1pm. £4 payable to Lake Yymry Half Marathon, cd 21/9 to D Morris, 27 Whittington Rd, Oswestry, Shropshire, SY11 1JD

ISLE OF MAN

- 16 Aug I.O.M. Marathon/Half Marathon, RAMSEY, 9am, £5 payable to I.O.M. Vets Athletics Club. cd 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. Vets Athletics Club. 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 cd 31/7 for series. Runners not competing in the full series may enter events 2, 3, 4 or 5 on the line.

BRUGGE

Continued from page 1

have placed second in W35 and first in W40. The UK team were again second, this time behind a Belgian team that emulated the Russians in the shorter race by also placing three in four. Belgium's Reebok R.C. were easy club winners ahead of Thames Hare and Hounds who, with Hill second and Chris Hughes seventh, then had a long wait for Jeremy Dennis in 60th position.

Although the popular and efficient organiser Jacques Serruys keeps stating that this could be the last many will be hoping to compete again in 1993. Little did I think when I took the first very small UK team out to the original race in 1974 that the event would turn into an annual pilgrimage.

Quiz answers

1. Polytechnic Harriers.
2. Dick Fosbury (USA) in 1968.
3. Long distance running: he was one of the first gurus.
4. Bob Hayes, the 1964 100m champion.
5. John Tarrant.
6. London Athletic Club founded in 1863.
7. Mariano Haro.
8. Ron Jones, David Jones and Berwyn Jones.
9. Mary Rand/Toomey in the long-jump, 1964. (Ann Packer won the 800m later in the same Games.)
10. Frank Clement (Bellahouston H): he ran 3:54.2 in June 1978.



Yvonne Priestman easily wins the W45 100m sprint at Copthall

RELAY

Continued from page 1

contention. Viv McConnell sent Pat Gallagher off on the fourth and final leg seven seconds clear of Bolton's Christine Price. The National Veterans Cross Country champion soon picked off the 46-year-old Westbury runner and clocking 16:56, the fastest women's time, saw the Northern squad home by 33 seconds.

Increasingly popular

MVAC 3 x 5000m Relays, Tamworth, April 26

This is an increasingly popular event which could prove a handy trial for the BVA Road Relay Championships. There was an entry of 45 teams this year to the 3 leg event round quiet paths close to the Tamworth Stadium. Birchfield produced a real show of strength with Ray O'Gorman again producing the fastest leg (16:15) and the future should see over 50 teams competing and sharper competition from the women.

Result
M40 1 Birchfield A 50:25 (M Watson, J Potts, R Gorman) 2 Birchfield B 51:34 (S Coudwell, E Cockayne, S Busby) 3 Rugby A Dist AC 53:00 (T Akiens, R McIlreavy, T Chambers)
M50 1 Sparkhill B 55:17 (M Edwards, J Mills, P Coplestone) 2 Solihull A Small Heath 59:59 (P Morris, L Satterthwaite, N Harvey)
M60 1 Royal Sutton CAC 62:31 (A Hitchman, R Baker, P Ronan) 2 Solihull Small Heath 63:20 (L Willmott, K Dare, C Simpson)
W35 1 Rowheath H 63:42 (M James, M Ehrenberg, S Johnston) 2 Royal Sutton CAC 66:22 (J Tompkin, M Perry, A Roberts)

Stewart Harris

Within the Duchy

SWVAC Marathon Championship May 3 For the second year running the Duchy Marathon provided a magical performance in the brilliant sunshine reminiscent of summer. Veterans really dominated this event. Not only did we provide the overall winner in Chris Birch M40 with a time of 2:43:13, but out of the 96 competitors 56 were vets. Most of us know what to expect from a Cornish Marathon — all ups and very little downs! However, if the comments I overheard are anything to go by,

then it seems that the effort is worthwhile. M40 1 C Birch Bournemouth AC 2:43:13, 2 G Thomas Mile High 2:49:12, 3 J Foster Wycombe Phoenix AC 2:49:16
M45 1 F Hughes Raunford Runners 2:56:56, 2 R Soul City of Plymouth AC 2:59:04, 3 B Richardson RVAC 3:18:57
M50 1 P Galler Unattached 3:52:27, 2 J Smith Unattached 4:01:34 3 J Kuczkowski Unattached 4:05:43
M55 1 C Watkins EVAC 3:50:24, 2 H Rudkin Capital Road Runners 3:56:46, 3 R Mills Finch Coasters 4:35:24
M60 1 J Harris Instinctive Sports 4:32:11, 2 A Morton Capital Road Runners 4:41:10, 3 G Kearsley Billingham Harriers 4:42:14
M65 1 F Stephenson Elswick Harriers 4:26:04
W35 H Walker Serpentine RC 3:19:38

Two day tracking

SCVAC Track & Field Championships, Watford, June 6/7

The decision of the SCVAC committee to hold their annual Track and Field championships over two consecutive days met with a slightly mixed reception among the club members. Many felt that the meeting lacked atmosphere because of the relaxed conditions and certainly there seemed to be fewer competitors than in previous years.

The undoubted stars of the distance races were Jose Waller, who broke the W70 10,000m World record by nearly two minutes (48:33.8) and the official W70 5000m World record (24:31.3) — there is a better time awaiting ratification — and Steve Charlton who set up new figures for the M65 10,000 British record as well as a championship record in the 5000m (37:39.3 and 18:30 respectively). The middle distance races were particularly good in the M40 group with Peter Molloy at last getting the better of Pete Browne in the 1500m in

another championship best. Browne, the World M40 Champion at 400 and 800, however won the 400m with yet another Championship record (52.1). Jean Hulls broke the newly ratified W50 800m British record of Joyce Smith with 2:30.2.

Field event exponents to break new British records were Carina Graham (W55) in the Long Jump (3.99) and Evan Williams (W50) 36.06, and Bernard Metcalfe (M75) 24.8 in the Hammer, while Tony Rawlinson posted an inaugural M75 record in the Pole Vault (2.00). The final British record of the meeting went to the ever consistent Barry Ferguson in the M50 100m Hurdles (15.4).

Our thanks to Winston and his splendid Dacorum team of officials.

Jack Fitzgerald

Hamilton back to form

VAC 5M Championships, Battersea Park, June 16

New 40 year olds were conspicuous by their absence in the Battersea series — are they the sector most conscious of recession in the trembling South East? but this gave all the more opportunity to faithfuls Peter Hamilton and Dennis Williams. Peter Hamilton returned convincingly to the form which gained him four titles in Veterans AC, with 27:51 in windy conditions. Now after contesting the lead for two laps Dennis Williams took M45, surprisingly his first age group title here. Regular Tony Stone won M50 just ahead of M55s now well established Ron Higgs. He will challenge the 60s ere long where another Belgavian, tall Albert Stroud, won from Charlie Walker. Ted Flowers sequence in M70 finally ended, though honourably, at the hands of Dennis Evers in record time.

New talent in plenty did burst through when Maggie Statham from Holland Sports of Lingfield won in 30:56. Despite a last lap

of 10:08 she was 6 seconds off the record. The holder of that, Margaret Auerbach, second woman, now improved the W45 best by two minutes.

At track, level starts produced strong sprinks and fast times by new Alastair Ross, Graham Pope, Gavin Littair and rivals of the season David Hayward and Alan Painter. Older members still opted for starts on occasion and in the Duncan McLean 400m. There Peter Yates (Kent) who could recall running with the Tartan Flash was a convincing, even appropriate, winner.

Jeremy Hemming

Scottish Vets versus the North-East Vets

June 27
The Scots - both men and women - were victorious this year in the annual match. The Scottish men scored 266 points to North-East's 173 and the Scottish women scored 50 just topping the North-East's 48.

Selected results:
100m M40+ M Hemmings (SV) 24.7, M60+ A Clinton (NE) 31.8, M75 E Plimer (SV) 15.3, W35+ I Morrison (SV) 12.9

200m M40+ M Hemmings (SV) 24.7, M60+ A Clinton (NE) 31.8, W35+ M Smith (SV) 26.6, I Morrison (SV) 26.6

400m M40+ R Aiken (SV) 54.2, M50+ J Rado (SV) 56.3, M60+ A Clinton (NE) 63.3

800m M40+ R Aiken (SV) 20:1.6, M60+ W McBrinn (SV) 2:33.8

1500m M40+ A McLinden (SV) 4:25.3, M60+ W McBrinn (SV) 5:11.1

3000m W35+ J Stevenson (SV) 10:14.0

5000m M40+ A Jenkins (SV) 15:35, M50+ E Appleby (NE) 17:30.4, M60+ R Peart (NE) 18:19.1

SP M50+ J Scott (SV) 13.52
Javelin M50+ J Ross (SV) 41.34, M60+ R Laidler (NE) 37.28

LJ M40+ J Gelder (SV) 5.44, M50+ J Lomie (SV) 4.96, W35+ S Wood (SV) 4.25
HJ M40+ P Holliday (NE) 1.55, M50+ J Freebairn (SV) 1.55
TJ M50+ J Lomie (SV) 10.84, W35+ S Wood (SV) 9.18
Discus M50+ J Freebairn (SV) 36.40, M60+ R Laidler (NE) 29.84

Northern Veterans Track and Field Championships, Witton Park, Blackburn, June 14

Selected results
100m M45 D Pickering (Spenbro) 14.7, M65 J Moran (Manchester) 22.8

200m M45 J Henson (Sheff) 24.5, B Townley (EChes) 24.9, M60 K Whitaker (BradAir) 28.0

400m M40 J Charlton (Sheff) 54.0, M45 J Henson (Sheff) 54.7, M50 S Walton (Durc) 57.1, M60 K Whitaker 63.3

800m M55 L Cooke (Manchester) 2:20.3, M60 D Howarth (Leigh) 2:32.4

1500m M40 P Levinton (Barrow) 4:15.4, M60 D Howarth 5:08.4, W35 D Watkins (Stock) 5:13.7, W50 B Matley (Derby) 5:33

5000m M45 M Martin (Sheff) 15:47.0, M50 F Walsh (Wirral) 17:21.1, M55 T Isaacs (Wirral) 16:44.0, W35 D Wakefield (Bolt) 18:27.1, W55 L Smal (Hir) 21:58.4

110mH M40 J Charlton (Sheff) 19.3, M55 J Driver (Hali) 23.5

400mH M40 J Charlton 61.6, M55 J Baron (Leeds) 66.9

3000m M60 K Whitaker 50.2
Hammer M50 H Richardson (Copeland) 46.48, M60 J Watson (NV) 42.78

SP W35 B Forber (Warr) 8.65
Discus M50 H Richardson 38.50

Javelin M45 K Williams (St Hel) 39.35, M50 G Smith (Hali) 38.96, M55 M Morrell (Wirral) 35.10, M60 W Mann (Pemb) 31.54

LJ M40 C Wright (Wrex) 6.56, J Charlton 6.00, W35 B Forber 4.51

HJ M45 I B Groves (Black) 1.55, W40 M Williams (Rown) 1.30
TJ M40 J Charlton 12.6
3000m W M70 C Colman (LancsWC) 17:11.7

Eastern Veterans Track and Field Championships, Lynnsport, June 14

Selected results
100m M45 I Foster (NorO) 12.5
200m M75 C Fahey (Kett) 33.3, W60 J Ogden (Thur) 32.2

800m W35 A Turrington (C&C) 2:20.8
1500m W40 F Sperk (RodRR) 5:13.2, W50 I Hornsey (C&C) 5:30.1

5000m M40 H Emerton (C&T) 15:22.8, M60 D Linton (Werr) 19:18.9, W40 I F Sperk 18:50.4

10000m M50 P Andrews (DSRR) 33:36.9, M60 E Thompson (MansRC) 41:10

Hammer M40 I Murphy (Bed) 35.66
Javelin M40 R Richards (Bed) 46.04, M75 C Fahey (Kett) 19.28

SP W60 J Ogden 8.13
HJ M50 B Hancock (Ryston) 1.52, M60 J Cross (Tam) 1.35, M65 G Leete (EVAC) 1.40

North East Veterans Track and Field Championships, Monkton, Jarrow, July 4

Selected results
100m M40 K Brown (Sund) 12.1
200m M40 K Brown 24.7

1500m M40 A Jenkins (Morp) 4:22.7, M60 R Peart (Elswick) 5:13.6

5000m M40 B Forbes (CLS) 15:47.4, M45 D Littlewood (Crook) 15:53.5, M50 B Purvis (Gos) 17:05.1, M55 E Appleby (Heat) 17:45.1

SP M40 P Gordon (Hir) 12.81
Discus M60 D Field (Sund) 33:56

Javelin M60 D Field 36.78
HJ M40 J Loughran (Gos) 1.60
LJ M60 D Field 4.19

TJ M40 J Loughran 11.12, M55 H Ryan 10.35, M60 D Field 8.74

RESULTS · RESULTS ·

VIII European Veterans' Championships Kristiansand - Sogne, Norway June 26 - July 4

100m
M40 1 Pina Flori (Esp) 11.56,
M45 1 B Hestand (Sui) 11.45 ... 8 W
Thomas 12.0

M50 1 S Boileger (Ger) 11.80, 2 R Austin 12.04 (Heats: S Walton 12.72, B Ferguson 12.97)

M55 1 R Taylor 11.75, 2 D Burton 12.43 ... 6 A Mellett 12.82 (Heats: A Mellett 12.78)
M60 1 J Vercruyssen (Bel) 12.73 ... 3 B Parnaby 12.80 ... 7 K Glensack 13.20

(Heats: D Lloyd 15.67)
M65 1 H Schlegel (Ger) 12.99 (Heats: F Moran 14.24, D Dickson 14.53, L Lillman 16.30)

M70 1 B Sobrero (Ita) 13.73 ... 8 S Stein 17.67 (Heats: A Monen 15.27)
M75 1 F Asmy (Ger) 13.80 WR (Heats: L Watson 16.70)

M80 1 H Gehm (Ger) 15.47
W35 1 Barsels (Den) 12.57
W40 1 C Pfeiffer (Sui) 13.13 (Heats: A Le Plongeon 13.86)

W45 1 Y Priestman 13.35 (Heats: Y Priestman 13.36, P McNab 14.86)
W50 1 M Behrendt (Ger) 13.20 ... 6 E Williams 14.08 (Heats: J Purves Smith 16.90)

W55 1 C Schmalbruch (Ger) 14.17
W60 1 C Kreuzwieser (Ger) 15.00 (Heats: B Green 16.52)

W65 1 A Mangier (Ger) 16.25
W70 1 P Schneiderman (Ger) 15.09 WR ... 3 M Wisely 17.00

W75 1 Wiedemo (Swe) 19.46 ... 3 M Williams 21.27

200m
M40 1 A Basurto (Esp) 24.37 ... 3 D Lucas 24.57 (Heats: D Lucas 24.37)

M45 1 W Toecher (Ger) 24.19, 2 J Henson 24.25, 3 W Thomas 24.82 (Heats: J Henson 23.88, W Thomas 24.19)

M50 1 S Boileger (Ger) 24.55 ... 3 R Austin 25.01 (Heats: S Walton 25.32, R Austin 24.32)

M55 1 R Taylor 24.36 ... 3 D Burton 26.39 (Heats: D Burton 25.62, A Mellett 26.32, T Bowman 27.38)

M60 1 B Parnaby 26.55 (Heats: K Whitaker 27.57)
M65 1 W Selzer (Ger) 27.16 ... 8 F Moran 30.00 (Heats: J Moran 29.10, D Dickson 30.20)

M70 1 W Anwiler (Ger) 28.96 ... 5 S Stein 31.28 (Heats: A Monen 32.67)
M75 1 F Asmy (Ger) 29.95

M80 1 H Gehm (Ger) 34.60
W35 1 D Fuhrmann-Jost (Ger) 25.63
W40 1 B Burton 26.86 (Heats: A LePlongeon 29.28)

W45 1 Y Priestman 27.65 ... 3 M Hocknell 28.28 (Heats: Y Priestman 27.62)
W50 1 M Behrendt (Ger) 27.50 ... 6 E Williams 29.75 (Heats: E Williams 29.73)

W55 1 K Hennerly (Swe) 30.19
W60 1 L Rolling (Ger) 31.69 ... 8 B Green 38.69

W65 1 A Mangier (Ger) 33.88
W70 1 P Schneiderman (Ger) 32.24 WR, 2 M Wisely 36.60 ... 7 J Walter 41.95
W75 1 E Eriksson (Swe) 44.19

400m
M40 1 S Gerasimov (Rus) 51.21, 2 D Lucas 51.75 ... 4 D Cocker 52.85 (Heats: J Moore 55.90)

M45 1 J Henson 52.32, 2 W Thomas 52.68 (Heats: C Campbell 59.43)
M50 1 G Mueller (Ger) 52.89, 2 R Austin 54.67, 3 S Walton 55.43 (Heats: J Tipping 69.73)

M55 1 H Gasper (Ger) 57.55 ... 6 J Baron 59.29 (Heats: A Mellett 61.45)
M60 1 B Neumann (Ger) 57.15, 2 B Parnaby 59.39 ... 6 K Whitaker 62.28 (Heats: G Faust 64.80, D Howarth 66.19)

M65 1 W Selzer (Ger) 59.94, 2 J Cowler (Ita) 63.28 (Heats: D Dickson 69.47)
M70 1 P Dietz (Ger) 67.91

M75 1 F Asmy (Ger) 71.85
W35 1 D Fuhrmann-Jost (Ger) 57.33 ... 4 S Smith 58.61
W40 1 B Burton 58.88 ... 7 A Le

Plongeon 67.43 (Heats: A Le Plongeon 67.04)

W45 1 J Sundal (Nor) 61.55, 2 M Hocknell 63.28 (Heats: V Piestman 74.48)

W50 1 B Hoffmann (Ger) 61.82 WR (Heats: I Hornsey 70.90, N Cross 71.28, J Purves Smith 80.19)

W60 1 P Smith (Hol) 69.60
W65 1 A Mangier (Ger) 79.77

800m
M40 1 C Cabral (Por) 1:57.38, 2 D Cocker 1:59.10, 3 P Browne 1:59.51

M45 1 R Marcolina (Hol) 2:00.73 (Heats: T Alderidge 2:10.12)

M50 1 J Schett (Aus) 2:04.71, 2 F Hearn 2:05.36

M55 1 E Waasloim (Fin) 2:18.06
W35 1 B Schneiderman (Ger) 2:14.07, 2 S Smith 2:17.18 ... 10 D Baldwin 2:28.50 ... 13 K Ayre 2:39.08

W40 1 U Stefansson (Ita) 2:23.37 ... 5 A Crose 2:33.47
W45 1 R Windbrake (Ger) 2:25.35

W50 1 L Halm (Fin) 2:28.96 ... 4 J Hulle 2:30.92 ... 7 M Farish 2:44.34

W55 1 A Tchomova (Rus) 2:48.43
W60 1 I Schutt (Ger) 2:53.02

W65 1 A Mangier (Ger) 3:18.76

1500m
M40 1 C Cabral (Por) 3:59.92 ... 3 P Molloy 4:02.82 (Heats: E McRae 4:55.40, P Duhig 4:47.70)

M45 1 R Marcolina (Hol) 4:08.99 (Heats: M Duff 4:23.85)

M50 1 A Heijdens (Hol) 4:35.72 ... 6 M Morrell 4:40.86

M55 1 R Ravensbergen (Hol) 4:41.12 ... 8 D Howarth 4:59.03

M60 1 A Kant (Swe) 5:05.99
M70 1 J Todd 5:12.51 BR ... 3 B Davidson 5:40.51

M75 1 T Stahle (Swe) 5:52.79 ... 4 L Jones 6:20.24

M80 1 T Raakken (Fin) 7:01.33
W35 1 V Blair 4:43.37, 2 S Smith 4:48.15 ... 15 K Ayre 5:28.09

W40 1 H Pot-Zantinga (Hol) 4:35.65 ... 8 A Crose 5:14.04

W45 1 R Windbrake (Ger) 4:57.26
W50 1 B Lehmann (Ger) 4:56.31 ... 71 Hornsey 5:27.77 ... 9 B Matley 5:31.02 ... 10 M Farish 5:35.59

W55 1 E Pohl (Ger) 5:15.99
W60 1 I Schutt (Ger) 5:53.55

W65 1 J Naumenko (Rus) 6:05.10
W70 1 J Walter 6:58.37

3000m
M40 1 H Nygaard (Nor) 15:05.42 ... 4 C Dickinson 15:12.95 ... 16 E McRae 17:31.47

M45 1 O Van Noten (Bel) 15:18.44 ... 12 M Duff 16:11.64

M50 1 G Gassen (Nor) 15:48.53 ... 32 J Tipping 19:34.26

M55 1 S Erikson (Swe) 16:53.40
M60 1 W Ravensbergen (Hol) 17:20.95 ... 13 R Belmore 19:26.47 ... 18 R Smith 23:27.82

M65 1 G Reidmeister (Ger) 18:28.93
M70 1 J Todd 19:59.10 ... 3 B Davidson 21:00.70

M75 1 T Stale (Swe) 21:45.31 ... 5 L Jones 23:27.82

M80 1 M Hanic (Tch) 26:53.76
W35 1 H Rantakari (Fin) 17:57.56 ... 4 D Underwood 18:24.81

W40 1 H Pot-Zantinga (Hol) 17:00.76 ... 3 C Rollason 18:28.84 ... 7 S Cawkwell 19:59.33

W45 1 B Schmitt (Ger) 17:46.85
W50 1 I Hellwagner (Aus) 18:25.37 ... 3 B Matley 19:50.78 ... 9 E Osborne 21:57.18 ... 11 Y Miles 23:11.74

W55 1 E Pohl (Ger) 19:21.22
W60 1 M Czerwinski-Nagel (Ger) 22:43.37
W70 1 J Walter 24:06.03 BR
W65 1 U Haringhaus (Ger) 25:32.31

10000m
M40 1 E Kaul (Ger) 31:33.42 ... 5 C Dickinson 32:50.99 ... 21 E McRae 38:12.45

M45 1 O Van Noten (Bel) 31:18.15 ... 8 M Duff 34:54.77

M50 1 J Adornell (Ger) 33:11.41 ... 16 R Jeane 37:18.90 ... 32 J Tipping 41:59.42

M55 1 S Erikson (Swe) 35:42.09 ... 9 R Broom 37:39.58

M60 1 W Ravensbergen (Hol) 35:54.98 ... 13 A Byers 41:46.55 ... 16 A Walsham 42:51.20, 17 R Franklin 44:56.18

M65 1 G Reidmeister (Ger) 38:26.68
M70 1 A Virolainen (Fin) 45:12.04 ... 4 D Davidson 45:35.13

M75 1 T Stale (Swe) 46:01.10, 2 L Jones 45:00.3

M80 1 M Hanic (Tch) 55:22.89
W35 1 E Gustafsson (Swe) 35:40.82 ... 4 A Lippitt 38:21.99 ... 8 D Underwood 39:03.15

W40 1 H Pot-Zantinga (Hol) 35:25.72 ... 9 S Cawkwell 42:58.36

W45 1 E Raap (Hol) 38:00.65
W50 1 B Lehmann (Ger) 38:49.78 ... 10 E Osborne 47:12.71 ... 12 Y Miles 48:34.11

W55 1 E Pohl (Ger) 39:31.98
W60 1 M Riechers (Ger) 54:19.06
W70 1 J Walter 49:52.86

110m Hurdles
M40 1 T Wells 15.66 ... 8 M James 25.51 (Heats: M James, 8.90)

M45 1 M Malatidis (Gre) 16.06

100m Hurdles
M50 1 E Ferguson 14.95 BR (Heats: A Mackay 16.66)

M55 1 J Brodnick (Siz) 15.80 ... 4 C Shatto 16.54

M60 1 O Niemi (Fin) 16.97 ... 3 P Field 17.82

M65 1 H Suoknuuti (Fin) 17.69
W35 1 A Axelsson (Swe) 16.05

90m Hurdles
M70 1 L Williams 14.73 BR

M75 1 R Taskinen (Fin) 16.19
W40 1 J Wells 12.43

W45 1 J Stensvold (Nor) 15.12, 2 P McNab 15.11

W50 1 F Kuusmarie-Valk (Ger) 13.71 ... 3 N Cross 14.51

W55 1 C Roovers (Hol) 14.11
W60 1 A Larsson (Swe) 15.13

400m Hurdles
M40 1 E Patenka (Ger) 57.12, 2 T Wells 59.33

M45 1 J Romero Minguez (Esp) 60.51
M50 1 W Bauer (Ger) 58.77

M55 1 R Taskinen (Fin) 63.57 ... 3 J Baron 66.10, 4 C Shatto 67.05

W35 1 M Sanguis Espina (Esp) 62.65
W40 1 M Van Keer (Bel) 70.66, 2 A Le Plongeon 76.94

W45 1 J Sundal (Nor) 67.42, 2 M Hocknell 69.39

300m Hurdles
M50 1 K Whitaker 48.61 ... 5 P Field 49.83 (Heats: G Faust 51.24)

M55 1 H Suoknuuti (Fin) 48.84 ... 5 D Dickinson 56.10

M60 1 E Ackermann (Fin) 55.59, 2 L Williams 55.77 BR

W50 1 E Wale (Nor) 54.06 ... 4 N Cross 55.49

W55 1 C Roovers (Hol) 55.70



BACK MARKERS

Long regarded as Britain's First Lady of the road, JOYCE SMITH has this summer been competing on the track, scene of her first records. In the Southern Vets league matches Joyce again wrote herself into the British record books — each time finishing second to Anne Lippitt.

Over 1500 in April Joyce ran 5:17.9 on the W50 UK record. She equalled this in the third match and then removed over a minute from the W50 5000 record in the fourth match when she clocked 18:51.3.

However, it seems that Joyce's ambitions still lie with the road scene where she holds UK age records for the W40 half marathon, W45 10 miles, half and full marathon and the W50 10K.

SUE GREHAN has set a new W35 British 10,000m time of 33:05.14 in the UK Championship/AAA trial held on June 6. The record was previously held by PRISCILLA WELCH.

PETER BANKS, currently a very mature student at Birmingham University, has run consistently well for Godiva over the country this winter, leading them home in the first Division One League Race at Wolverhampton in 10th place. He also anchored them to second place in the National Road Relay, running scared for 14

M70 1 M Lipasti (Fin) 1:43	13.74				70 Belle Vue Racers 2:42.47	19.47, 11 D McWarfar (Tipton) 19.52, 12 M James (Växjö) 19.52	3 B Fernae (JIS) 37:44
M75 1 R Gustavsson (Swe) 1:31	W75 1 A Rale (Ger) 20:70				71 City of Stoke AC (incomplete team)	4 K Summersgill (GB) 38:20	4 K Summersgill (GB) 38:20
W40 1 A Piechke (Aust) 1:60					72 Newcastle Staffs (incomplete team)	5 S Cowling (GB) 38:26	M55 1 T Isaacs (GB) 35:00
W45 1 E Springman (Ger) 1:53	Pentathlon				73 Preston AC (incomplete team)	6 K Spacek (GB) 36:04	31 Bailey (GB) 38:10
W50 1 U Stelling (Ger) 1:40	M40 1 R Kranzler (Ger) 3:92 (5:56, 54:02, 25:11, 44:38, 4:49.69)						4 R Crespoles (GB) 39:47
W55 3 G Bostad (Nor) 1:35	M45 1 J Brodthorn (Nor) 36:26 (5:68, 43:42, 26:01, 32:72, 5:10.29)				Overall fastest laps:		50 Beckett (GB) 39:54
W60 1 E Enansson (Swe) 1:23	M50 1 J Järvåker (Ger) 40:73 (5:69, 41:04, 26:01, 32:72, 5:10.29)				1 J Wheway (Tipton) 14:49, 2 A Roper (Swinsae) 14:53, 3 P Banks (CovDog) 15:02, 4 T Throup (Leeds) 15:05, 5 I		
W65 1 P Kueger (Ger) 1:07							
W70 1 K Smoljanina (Jug) 1:08							

3 B Fernø (US) 37:44
4 K Summersgill (GB) 38:20
5 B Cowling (GB) 38:28
M55 + T Isaacs (GB) 35:00
2 K Spacie (GB) 36:04
3 L Bailey (GB) 38:10
4 R Crapeole (B) 39:47
5 D Beckett (GB) 39:54

5 D Beckett (GB) 39:54
M50 1 J L Dearn (IR) 36:22
2 J Franklin (GB) 37:40
3 L Forster (GB) 38:06
4 R Franklin (GB) 42:24
5 E Smith (GB) 44:43
M50 1 D De Backer (B) 38:39
2 R Bortenberg (B) 40:58
3 M Stewart (GB) 41:58
4 W Critchfield (GB) 46:53
5 J Dalton (GB) 1:00:50
M70 1 E Pauwels (B) 55:45
2 J Stancombe (GB) 53:43
3 P Penny (GB) 56:36
M80 1 J Penkaskas (LT) 1:29:13
W55 1 D Greenwood (GB) 38:06
2 G Schulz (BRD) 41:27
3 V Van Horsse (NL) 41:28
4 J Guequerre (NL) 45:47
5 J Britton (GB) 46:48
W60 1 K Wright (GB) 39:46
2 M Robinson (GB) 42:22
3 E Turner (GB) 42:59
4 J Jarmann (GB) 43:05
5 A Mitchell (GB) 45:17
W45 1 P Gallagher (GB) 37:22

3 M Montus (F) 45:42
4 J Johnson (GB) 46:46
5 E Wiersma (NL) 46:56
W50 1 M Scott (GB) 49:00
2 G Johansen (BRD) 49:10
2 A Parr (GB) 49:19
4 E Fueling (BRD) 52:14
5 P McClure (GB) 53:15
W55 1 M Simpson (GB) 50:42
2 A Simanauškienė (LT) 52:04
3 S Smith (GB) 57:35
4 G Schmidt (BRD) 57:44

W60 1 B Forster (GB) 49:20
2 A Van Binnebeek (B) 51:10
3 B Norrish (GB) 51:51
25K
M40 1 D Hill (GB) 1:20:20
2 J Mispion (B) 1:20:26
3 W Van Dijk (NL) 1:23:01
4 C Hughes (GB) 1:23:29
5 C Fairbrass (GB) 1:24:21
M45 1 O Van Noten (B) 1:18:37

3 B Watson (GB) 1:23.04
4 N Zudin (Ukr) 1:23.56
5 F Van Camp (B) 1:25.25
M50 1 P Andrews (GB) 1:24.34
2 M Hawkins (GB) 1:25.06
3 M Kozlov (Rus) 1:26.17
4 M Edge (GB) 1:28.47
5 E Van Ranst (B) 1:29.55
M65 1 E Knockaert (B) 1:31.03
2 R Pannell (GB) 1:31.40
3 P Hampton (GB) 1:31.45
4 J Wright (GB) 1:31.50
5 J Lewis (GB) 1:32.49
M80 2 D Wood (GB) 1:35.52
2 L Willmott (GB) 1:38.33
3 N Stuart-Thorn (GB) 1:40.32
4 A Doelckhoff (B) 1:41.18
5 A Byers (GB) 1:45.25
M65 1 L De Bouw (B) 1:55.18
2 P Gama (N) 1:55.18
31 Baerles (B) 2:03.34
4 A Fearney (GB) 2:05.13
5 N Jordan (GB) 2:08.27

2 G Souffs 2:05.59
3 M Peschang (F) 2:07.06
W75 1 A Osselaer (B) 2:07.06
M75 1 V Hendricks (B) 1:39.10
2 S Blunt (GB) 1:57.09
3 N Thompson (GB) 2:02.18
4 S Millard (GB) 2:52.12
W40 1 A Schouppe (B) 1:51.09
2 L Duffy (GB) 1:53.15
3 J Bekken-Taber (NL) 1:55.31
4 A Vanhove (B) 1:55.52
5 R Hagerman (NLK) 2:02.44
W45 1 L Devoigt (B) 1:41.58
M45 2 M Chippendale (GB) 1:46.48
3 M Govender (GB) 1:47.43
4 P Beckett (GB) 1:47.50
5 M Wittevronger (B) 1:50.05
W50 1 M Lenaghan (GB) 1:48.27

3 M de Landsheer (B) 2:07:04
 W55 1 B Machin (GB) 1:50:20
 2 M Wood (GB) 1:57:47
 3 M Tans (NL) 1:59:46
 4 G Catlin (GB) 2:1:27
 5 F Parkin (GB) 2:17:35
 W60 1 B de Preter (B) 2:00:33
 2 E Quinton (GB) 2:00:47
 3 T Ward (GB) 2:19:19
 W55 1 H Jonker-Schalekamp (B) 2:27:36
 2 J Clarke (GB) 2:41:15

category number

Track & Field TOURS

WORLD VETERANS TRACK & FIELD CHAMPS MIYAZAKI JAPAN 7th-17th OCT 1993

On the island of Kyushu, MIYAZAKI is just 90 mins by air from Tokyo to which our flights go directly. We offer a range of durations departing 4th October, so why not make the most of this destination and see more of Japan and/or other Far East stopovers?

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| * DIRECT NON STOP FLIGHTS TO JAPAN | TOURS |
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VETERANS WARM WEATHER TRAINING

ACOTEIAS - PORTUGAL 7th-14th NOV 1992

Join us at this Sports Complex on the Algarve for a week of warm weather training with fellow veterans.

Prices from £ 209.00

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* EARLY BOOKING MIYAZAKI SPECIAL OFFER *
*
* CONFIRM YOUR BOOKING TO MIYAZAKI PRE-SEPT 30TH *
* AND WE WILL OFFER YOU FREE ACCOMMODATION IN *
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P.O. BOX 800, INGATESTONE, ESSEX CM4 0HE

Reservations & Information Tel: 0277 354377 14.00 - 17.00 hrs

BEDFORD AND COUNTY A.C. invite you to the 19th Annual BEEFEATER AMPHILL TROPHY CROSS COUNTRY MEETING

(Under ECCU & WCC & RWA Rules)

AMPHILL PARK, AMPHILL, BEDS

SUNDAY, 1st NOVEMBER, 1992

- o Home of the International & British Vets — for 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/Junior Ladies	5K
11.10	Veteran Men	10K
11.55	Senior & Junior Men	10K
12.45	U13 Girls	2.6K
1.10	Youths	5.6K
1.30	Girls	2.6K
1.45	U13 Colts	2.6K
2.00	Inter Ladies	4.2K
2.25	U15 Boys	4.2K
2.45	U11 Boys	1.6K
2.50	U11 Girls	1.6K

(Ages at 1.9.92 — except vets age on day)

Fast accurate results service from J. Lee computing

Entry Fees: U17 £1.50; 17 and over £2.00

Entries to: David J Rose, 42 Woodstock Road,
Bedford MK40 4JY Tel: (0234) 356570

By Wednesday, 21 October, 1992 Please send SAE (10" x 8")

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READING ATHLETIC CLUB

PRESENT

6TH VETERANS TRACK & FIELD OPEN MEETING

SUNDAY 4th OCTOBER 1992 at PALMER PARK STDM, READING

STARTING AT 12.00 NOON

- EVENTS: 100m ☐ 1500m ☐ H/Jump ☐ Discus ☐
(Tick box) 200m ☐ 5000m ☐ L/Jump ☐ Javelin ☐
MEN + 400m ☐ S/Hurdles ☐ Shot ☐ Hammer ☐
WOMEN 800m ☐ Triple Jump ☐ Pole Vault ☐

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.

MALE ☐ FEMALE ☐

Name: _____

Address: _____

Post Code: _____ Tel. No.: _____

Best Time/Distance: _____

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

Entry Fees: £1.25 for each event (£1.75 on day, subject to availability)
Cheques or Postal Orders: Reading Athletic Club

Signature: _____

Categories (please tick):

MALE 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐
FEMALE 35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65+ ☐

Event Sponsor: READING CHRONICLE

12th Crack Cancer half marathon

Cheltenham 2.30 p.m.
Sunday, 20th September, 1992

veterans BVAF GRADE 1

Sponsored by



LEADERS IN PARK HOME AND CARAVAN INSURANCE



Closing Date: Friday, 4th September, 1992. Late entries surcharge £1

Surname _____ Initials _____ Club or Sponsor (if applicable) _____

Mr/Mrs/Ms (please delete) _____

Medal available £1.25. Please tick box if required and add to entry fee ☐

Address: _____

Male ☐ Female ☐ Wheelchair Entry ☐ Husband & Wife Entry ☐

Tel.No. Work _____ Home _____

Age on 20th Sept., 1992 (min 17) _____

Entry fee AAA Affiliated £2.50 Non-affiliated £3.00 payable to
"COBALT MARATHON".

Please send, enclosing two large SAE (min 9" x 6") for acknowl-
edgement and free results, to

CRACK CANCER HALF MARATHON, Cheltenham Racecourse,
Cheltenham GL50 4SH.

Testimonial

... the organisation was excellent. I wish you
well in your cause.

POOLE

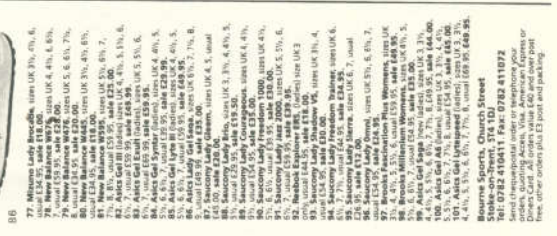
I agree to abide by the Rules and Laws of the AAA and WAAA and regula-
tions of the Crack Cancer Half Marathon Committee. I accept responsibil-
ity for my participation.

Signature _____ Date _____ Assisted by P&O

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Mens Shoes



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