

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

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WAVA Road Championships lack polish



25K winner Dave Hill (1032) shadows Colin Cartland (1113) third home, alongside fourth finisher Ray Smedley (1131)

The World Veteran Road Championships, held at the NEC, Birmingham, the weekend of August 29 and 30 was, to say the least, not well organised. Martin Duff reports.

WITH an estimated 2,500 entries paying at least £17.50 per head (a budget of £43,750) and a £2.00 per head rake-off from participants staying at the centre hotel, the Metropole, the event ought to have been of the highest organisational class. Instead, it has been described as 'chaotic', 'a shambles' and 'a disgrace to the British Veterans movement'. The question that needs to be asked is why was an event with such a large budget allowed to get out of hand? John Walker of Sporting Action Ltd., the organisers, has put on events that have been well organised and these were, after all, only another couple of races. The former IGA World Road Championships flourished on far smaller budgets with good presentation, good atmosphere and good results service (except at Lytham in 1985!). All of these were lacking at the NEC.

What can the BVAF do to avoid similar problems in future? Surely it is time for them to monitor more thoroughly any outside organisation that is contracted to represent the BVAF.

What of the races?

Mike McLeod won a high standard 10K event with just one serious burst, after 6K, that left Mike Fromant, Denis Fowles and the rest totally bemused. Should they have followed his break? In the event, it was an academic question as the 1984 Olympic silver medalist ran the remainder of the race as he pleased. Alun Roper came through to take the M45s from Belgium's Omer Van Noten, while Bob Toogood ran the race of his life to claim the M50 title. Bill Stoddart and Laurie O'Hara were close in the M60s and Steve Charlton won the M65s.

Bronwyn Cardy-Wise, who won the WAVA 10K Road Championships the last time it was held, in Eugene in 1989, scored a repeat win — albeit a minute down in 35:04. Now 40, Cardy-Wise was always in front and, after starting fast held on to win from Viv McConnell, the W35 winner, by 24 seconds. Pat Gallagher and Elaine Statham, World title holders both, battled it out for the W45 crown. Gallagher just held on. Joyce Smith, now 54, had to concede the W50 title to the Swiss Ursula Odermatt's 37:04. Mollie Smith and Myfanwy Loudon battled it out in the W55s finishing in the same time (41:22) with Smith being given the title. Jose Waller won the first of her two weekend titles by taking the W70s in 49:46.

The weather added to the organisational problems for the Sunday's 25K. The race got underway in torrential rain.

Continued on page 3

BAF and the BVAF

THE BAF wants all athletes to be able to compete in BVAF events even if they are not BVAF members and BAF spokesman, Tony Ward, has said that there was strong feeling at a recent BAF council meeting that if there is going to be a closer relationship between the two organisations the BVAF has to change its demand that athletes be a member of a BVAF affiliated club to take part in its championships.

The BVAF are constantly criticised for having closed championships and so only representing a small proportion of veteran athletes. The BVAF have, of course, opened some championship events by offering a differential entry fee.

Keith Whitaker, the BVAF Chairman, points out in his article on page 5 that he, personally, would like to see all veterans become members of a BVAF affiliated club.

Further comment, see Editorial P2

VA has new Editor

The next and subsequent issues of *Veteran Athletics* will be edited by Midland veteran, Geoff Ashby. Ashby, a member of West Bromwich AC and MVAC, has been involved in athletics for many years and is ideally placed to take on the task. He is about to retire from his job and looks forward to the challenge of keeping the veteran movement informed. He turns 60 next year, too, and intends to hit the track in his new age group, retirement giving him more time to train.

Flying Welshman

At the Flying Fox Marathon held October 4, International, Kevin Wilkinson, came back at defending champion, Barry Peatfield, and passed him in the last mile to take the title in 2:28:43.

Report p4

Two Ex-Internationals battle for the top spot

This year the Decathlon and Heptathlon Championships were held in the new Don Valley Stadium in Sheffield the weekend of September 11 and 12. Once again they were blessed with fine weather despite a very strong wind on the Saturday. The strongest field was in the M45 with 12 entries although only 11 competed. Dave Burton took part and reports.

IN THE M40 age group the expected battle between the two ex-international Decathletes resulted in a win for new vet Nick Phipps over the 1991 winner Mike Corden. After day one Mike James was the leader but, not being strong in the field, he dropped back to third overall. The consistent performance of the first two can be seen by a comparison of their separated day scores: Phipps 3383/3299 and Corden 3246/3102 — whereas James had 3400/2257.

With only six M40 vets competing the question has to be asked, where are all the younger multi-event vets?

New in the M45 John Charlton set a new UK record — but not a Championship best which is held by Robin Ball of New Zealand. While Long Jumping 6.25m there was a strong following wind and thus unfortunately Charlton's total may not be accepted as a UK record. After winning the Long

Jump he never surrendered the lead which he gradually increased to nearly 700 points at the end.

The expected challenge from Dave Cowley never materialised as he was suffering with a bad knee problem and eventually finished ninth. The main interest centred on who would finish third, Eamon Fitzgerald being well clear in second. Eventually Snowy different-outfit-for-every-event Brooks' superiority in the Pole Vault and Javelin gained him 42 points in front of Jack Gelder. Mention should be made of the seventh placer, Peter Duckers, who was 50 on the Sunday but still had to climb over the very high hurdles and also throw the heavier discs.

In the M50 the anticipated battle between the sprinter John Henson and the field eventer Tony MacKay unfortunately evaporated at the start of day two when Henson suffered a groin

strain warming up for the hurdles. This left MacKay well clear of the field winning by nearly 600 points from Bob Hancock with local man, Tom Hanley, third. In the M55 age group and above there was only more than one competitor in the 60-64 age group. In this group a see-saw battle between Ian Steedman and Dave Williams saw Steedman winning by just four points with only the 1500m to go. Brief mention should be made of two other competitors: Ajit Kalarai, in his first decathlon at the age of 65, and also the oldest competitor ever in the BVAF Decathlon, Tony Rawlinson aged 76, who completed all ten events.

The Clark Cup for best decathlon performance was awarded to John Charlton for his record breaking performances.

The Heptathlon Championships attracted 9 entries with Sarah Owen in the W35 group successfully defending her championship title against the local girl, Jenny Pearson. Similarly in the W40 Jean Wills retained her title beating Maria Williams by over 1300 points. The lone W50 competitor, Jackie Charles, successfully completed the two days with a total of over 3700 points. Results table p9

Telly won in Newspaper raffle

R Lunn, West Midlands, has won himself a colour telly in this year's *Veteran Athletics* raffle. The draw was made at the WAVA Road Championships in Birmingham. Other winners were M Webster (Kent) who won the video and J Fitzsimmons (Manchester) won a weekend break. There were many other prizes won.

FROM THE EDITOR

Can I draw your special attention to the Chairman's report on page 5? One of the roles of this paper has been to encourage and stimulate membership in BVAF clubs and indeed, as I keep pointing out the circulation has risen from below the 5000 mark to the 8000 mark. With the BAF now stirring for veteran action it becomes more important for the movement to pull together. The fact is, and it cannot be understated, that it is the BVAF affiliated clubs who have organised, supported and developed veteran athletics over these many fruitful years and it is they who have created a climate for veteran athletics to thrive in.

Many areas are now looking to include veteran championships in their road and cross country championships and the South even talk of organising an open veterans track and field championship in the future. It would be a tragedy for the movement if these entirely ignored the existence and experience of the BVAF veteran scene.

This is the last edition of Veteran Athletics to be edited by me. The next and subsequent issues will be edited by Geoff Ashby who is based in the Midlands. It is excellent news for the newspaper that it will be shifting its base from the South to the Midlands. I have always been painfully aware about the possibility of the newspaper seeming to have a Southern

emphasis. Because of this I have spent many hours telephoning Scotland, Wales, the South West, amongst others for news. Alas it was not always forthcoming — and so the accusations would fly.

I understand that the work is all voluntary and needs to be fitted into spare time — and who has spare time these days? — but if you feel your area is under-reported please send copy to Geoff Ashby. Don't feel that you cannot write — if you can think and talk you can write something. It doesn't need to be long — the shorter the better usually. Remember to put in facts when, where and how. Age group is important too. Put the news down on paper if possible typed (though not essential — but make handwriting clear) but certainly double spaced. An editor needs space around copy to give directions to the typesetter. Also keep sending the letters — they can make for lively discussion — and photographs (enclose an SAE if you'd like them returned). For the moment copy should still be sent to 67 Goswell Road, London EC1V 7EN.

Meanwhile thank you all those who have willingly supplied articles and offered contributions. I hope you will all feel able to continue to do so. I have much appreciated the chance to edit this newspaper and look forward to being able to write letters to the new Ed as an independent member of a BVAF club.

Veteran Athletics

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Correspondence should continue for the future to be sent to the Editor at Veteran Athletics, 67 Goswell Road, London EC1V 7EN.

BVAF CROSS COUNTRY CHAMPIONSHIPS

7 MARCH 1993

at TOWNLEY PARK, BURNLEY,
LANCASHIRE

*** CLOSING DATE 22 FEBRUARY 1993 NO
EXCEPTIONS NO LATE ENTRIES***

All entrants must be members of a BVAF
affiliated association

Provisional timetable: 1.15pm Men 50-69; 2.15pm Women and
Men 70+; 2.45pm Men 40-49

Full Name _____ Male/Female _____

Address _____

1st Claim Club _____

Veteran Age Group _____

Date of birth _____

Veteran Association _____

Membership No _____

If entering team competition please confirm age group of team
you wish to be included in.

Please note that you may move down age groups but not up!
No team declarations on the day.

Age groups

M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74

W35-39, W40-44, W45-49, W50-54, W55-59, W60-65

Team awards: M O40 — 4 to count; M O50, O60 and W 3 to count

Fee £3.00 plus SAE (9" x 6") enclosed

Entries to: A Walsham, 21 Thornfield Road, Heaton Moor,
Stockport SK4 3LD

****All cheques/POs must be made payable to NVAC****

I hereby agree that NVAC or Clayton le Moors Harriers or
their agents will not be held responsible for any injury, loss or
damage sustained as a result of my attendance at or
participation in this event however caused.

Signed _____ Date _____

Full details and instructions will be posted to all entrants by
26 February

HOTEL ACCOMMODATION INFORMATION REQUIRED?

☐ YES ☐ NO

DETAILS WILL BE SENT BY RETURN IF REQUESTED

Organised by NVAC and Clayton le Moors Harriers

Distinguished service at the Oswestry 10

Report by Jeremy Hemming



At the emotional ceremonies on August 2 after the Oswestry 10M, which has for some years now incorporated the BVAF 10M Championships, Mike Wrenn presented an engraved silver salver on behalf of BVAF Council and competitors to Doug Morris (see above right) and his family for distinguished service to veteran athletics. Doug, he said, had been a caring promoter and it was good to find his value for money policy electing to plough back profit for the benefit of competitors.

Surprise cheer came as Barnet and

District O60 team, first of three in the race, gave the organiser a wine garden, and GPT Harriers proffered an engraved trophy.

In the actual race Colin Cartland improved half a minute from last year as he won readily in temperate conditions. At 3 miles Ron Smith, the 45 winner, led with Terry Guy, the third, and Colin. Then followed Paul Bryan, Graham Patton, the 50 winner, Stuart Heap, Phil Lancaster, 50 second, one other and Keith Green together. By the lanes Cartland's forcing style had taken him clear but it was nearer

the end that Ron Smith won second place.

Bill Stoddart raced Eric Appleby, both new in M60, by a minute for a course record 58:52, some 28 seconds short of Bob Peart's British 10M best of 1987. Also a course record was Eric Smith's, M65, 70:40. First woman out of 21 was Liz Hughes, appropriately from North Wales. Jose Waller claimed a World best in W70 for her assured 83:47 run, while Kath Hope set a course W50 best.

Elswick again won the premier team prize by just one point from Tipton with North Shields Poly third.

OVERSEAS NEWS

The US National Masters Track and Field Championships held in Spokane over four days this August attracted 1,075 athletes. There were 10 World and 31 US records set in 100F heat. The oldest competitor was 98-year-old Tom Lane who won gold medals in SP, D and J. The World records were:

100m W80 19:32 Polly Clarke
200m M40 21:86 Bill Collins, M85 38:00 Russell Randall, W80 41:1 Polly Clarke
300m M75 56:50 Dan Bulkley
2000SC M75 9:46:90 Bukley, M80 13:24 59 Robert Boal
PV W60 1:85 Leonore McDaniels
LJ W40 5:92 Anna Wlodarczyk
PHIL RASCHKER, 45, pole vaulted 2.84 to break the W45 WR at the Tennessee Masters Track & Field Championships in May.

YEKATERINA PODKAPAYEVA of the CIS turned 40 in June and placed a phenomenal eighth in the women's Olympic 1500m finals in Barcelona.

Spain this August. Needless to say the time (4:02.03) was a W40 WR erasing the 14-year old mark of 4:20.7 set by Britain's Joyce Smith in 1978.

The Indian National Veterans Athletic Championships held in Madras, April 10-12, drew 1400 competitors from 20 affiliated states. Sri Joginder Singh of Punjab, competing as an M100, threw the discus 16.30m and javelin 18.20m.

The South African Masters Track and Field Championships were held May 8-9 in Krugersdorp near Johannesburg. The entry of 373 athletes was the largest ever and included at least 12 participants from other countries. Twenty-four S.A. records were broken or established and two equalled.

Helen Rothman, W60, won the 10K road walk in 1:00:34, a SA record. Monty Hacker, M55, scored a double in the 100m (12:58) and 200m (25:14), while Stan Wald, M45, a world medalist in the

Chaos fails to mar walking performances

Total chaos, fiasco, farce, the worst disaster since the Titanic was just a few of the milder comments describing the World Veterans Championships and supporting International walking events at the NEC, Birmingham on August 29/30. Nevertheless, it is very important that many excellent performances are not overshadowed by the deplorable organisation, writes Eric Horwill in the Race Walking Record.

THE WOMEN'S 20Km saw a top class, keen and exciting scrap between Kim Baird, Sandra Brown and Cath Reader. There are very few women of lesser years in this country who could provide serious competition at this distance for this trio.

None of them was sure of when she was going to be turned into the finish area and Kim Baird protested to officials that she was a lap short as she was directed the fifty yards to the line. While it was probable that the finish order would not have been different over the correct distance it is most unfortunate that we will never know the times that they would have recorded for a true 20Km.

There were many other excellent performances in other age groups with the home based athletes dominating proceedings. Probably the best performance by a visitor was the excellent win in the W55 group by D Leclerc from France.

Dennis Jackson completely dominated the men's 30Km leaving behind a good Russian in

a lower age group by almost five minutes. There were good group wins by Ed Shillabeer, George Chaplin, Charles Colman and George Mitchell and other notable performances were produced by Bob Dobson, Trevor Dickinson, Charles Dunn and Geof Hunwicks.

Leading visitor's performances included a fine M55 win by Romeo Pelliccia from Italy and Vrat Dubjak from Czechoslovakia who triumphed at M65.

Now to just some of the problems! Advance information told us that all competitors had to be registered one hour before the start. After registering we found that teams had to be declared two and a half hours before the start!

Course instructions were given at the start by the loudspeaker system — too bad for any competitors who didn't speak English!

Programmes listing competitors were not available. Competitors and supporters were left standing for hours awaiting presentations. Pilot went off course in 30Km!

No lap scorers were appointed and no lap scoring charts were available. The only part of the proceedings carried out efficiently was the walking judging. Full marks to Alan Hall and his team who carried out their duties in a most dignified manner despite all the difficulties.

Probably the worst bit of all was to see teams of four runners collecting their team awards — one single certificate between the four of them!

10K Talk

Alastair Aitken picks up the comments from the 10K racers...

RAY SMEDLEY, M40, a 1972 Olympic 1500m runner, fifth in the 10K and fourth in the 25K, on the 10K: "I quite enjoyed having the leaders up there with me — often in open races the leaders are well away. I could see Mike McLeod was comfortable, holding back and waiting for a suitable time to go, and then when he went it was pretty hard."

Comparing the 10K with the 25K: "I think that the quality race was the 10K. Dennis Fowles, Mike Fromant and I probably suffered a bit from running both. It was noticeable the first three in the 25K did not race in the 10K. It was not just the race but the hanging around after it."

ALUN ROPER, who was first M45 in the 10K and won outright over 5K the next day, gave his account of the 10K. He finished sixth overall: "There was a group of about eight of us which was whittled away to five at 5K. Fromant was pushing on but at six and a half McLeod opened a gear and just went. I wanted to run sub 31 minutes, as I think I was well capable of that, but in the last couple of kilometres I could not control it. I did not have anything extra left at the end — just enough to get away from Omer Van Noten."

MICK MCLEOD, M40, the 1984 Olympic 10,000m silver medalist who won the 10K race: "In the first mile I checked around and felt it was nice and relaxed, not too quick — the first kilometre was in the area of 2:56 and the second was reached in just under six minutes — not bad but still nice and relaxed. It was only about 15.12 or something at 5 and I was surprised to see it that far down. Once I made the gap they had to decide to chase or not!"

"I was not in great shape after injuries. I was on 50 miles a week for the race but I should be doing 80 to 90 miles a week, twice a day training. I would be happier with that and feel more relaxed!"

BRUCE TULLOCH, M55, the 1962 European 5000m Champion who was third M55 in the 10K: "I thought the start was very badly arranged — there was far too much of a crush. It should have been graded by expected times. As it was an individual World Championship you don't really expect to give someone a start in the race."

About his athletic competition and

...and the 25K winner

DAVE HILL, pictured below, is a chartered surveyor and he runs for Thames Hare and Hounds. Last year he turned 40 and showed his class by winning the BVAF 5K closely followed by Keith Penny. He then ran 2:25:41 as first UK veteran in the London marathon. This year he won the 25K at Brugge. His crowning achievement in veteran terms was to win the 25K World title at Birmingham: "It went really well. Obviously it was effected by the conditions — very windy and squally with torrential rain — and that affected the pace of the race. Nobody was prepared to commit themselves early on. I decided to stay in

training recently: "I do not have a training programme as such. I just run with people I coach. Occasionally I put in a harder session but I am not going to knock myself out training as I put coaching first and my own training second."

CHRISTINE PRICE (pictured below), W35, the BVAF National Veterans Cross-country Champion, who was second W35 in the 10K: "I ran hard but I did not like the start at all. Being kept in that hall — you could not jog about and when you started you were squashed by all these men pushing you. But I suppose that is part of running, isn't it? It was after a



quarter of a mile I got into my normal stride, though I was frightened that if I went too fast I would blow up. I had a good season but then had an injury so missed quite a few weeks training. The injury was in the calves, built up over the years, and eventually the problem came out in the Achilles. I was only fairly fit today so I was pleased with the result."

JOSE WALLER, W70 — 10K and 25K age category winner. After the 10K she declared: "It went very well, very good indeed. No cars, no traffic — plenty of runners, plenty of company. A bit on the warm side — fairly flat, not much in the way of hills. One or two slopes — you can cope with them quite easily. I kept to 5 minutes for each 5k and I was very pleased with that and, at the end, improved upon it."

the group and to go along with the pace. I just tried to make sure I covered any moves.

"There were a few surges but nothing very sustained. The front group was whittled down to about eight and just after half way there were four of us. I was feeling reasonably relaxed even though I was working."

"I knew that if I could get rid of one more then I would be in the medals! From 15K I tended to be the one who was forcing the pace. At the far end of the course there was a downhill part, then you turned right back and up it again. I really forced it on the down part, turned and ran hard back up against the wind and that was where I got away. I just then worked hard for two kilometres not knowing what was happening behind me. Then I looked and saw I was clear so I was able to relax and enjoy the rest of the race."

"I was sorry Mick Fromant got cramp in his calf just at the point I was making my effort. That really put him out of the race so he no longer became the big danger."



Where were the others?

With the notable exception of the Belgians and the Germans there was precious little overseas participation. It seemed more like a National than an International championship. Britain has always sent a reasonable team to Road Championships, but where were the Americans — only two or three appeared, the Kiwis, or the Australians? Where were the French or the Italians? Or was this just another case of the organisational ineptitude of Sporting Action Ltd. in not seeking sufficient publicity? Certainly, when the championships went to Israel in the Eighties, the organiser Barry Shaw was everywhere promoting the event. The BVAF can only hope that their own finances do not suffer from the debacle and that the BVAF's own good name has not been tarnished.

WAVA Road Championships Continued from page 1

rain which, later in the race, forced the leaders to slow to a jog before resuming hostilities. Dave Hill, now thankfully recovered from a virus that laid him low last winter, scored a triumph over Germany's Klaus Gollammer and both Dave Throup and Ray Smedley. Fowles and Fromant had pulled out with various ailments during the race. Hill made his effort with about 6K still to run and opened up a minute on the former East German. Ron Smith ran well to take the M45 title. Poor recording meant that the M50 crown was initially awarded to a slower runner before Bill Scally collected his just reward. Bill Stoddart was again involved in a close race in the M60s where the Rev Norman Green was eventually well beaten. Eric Smith shone in the M70 class winning by over seven minutes.

Cardiff's Liz Hughes, who has recovered from a debilitating virus, won the women's 25K. She won the BVAF half-marathon title in 1991, but had then been forced to miss six months training before resuming back in May. She emerged victorious over Sue Crehan, who

Inter Vet Club rivalry

THE NEVAC and the SVHC have for several years now held an annual inter club match and likewise there has been a match between the Welsh, the Midland and the Southern Counties veteran clubs. More recently EVAC and SWVAC were invited to compete as one team but the East campaigned for two years to be able to participate in their own right and this year were accepted.

The match was organised by EVAC and held at Bedford but due to some miscommunication the Welsh did not make it and there is a proposal now from the SCVAC to return to the old three-way match format.

The East and the South West are very keen to be able to continue their participation as it increases competition for their members. Also with selection generally being those home first in the club championships it adds incentive.

Inter-Club Track & Field Match, held at Bedford on August 23

ON THE day it was thought that the Eastern Team had been successful but closer scrutiny of the results found an anomaly that made the match an unprecedented tie between East and Southern Counties. Below is an event summary.

100m: fastest time of the day was T. Roker (SC) in 11.9.

200m: fastest of the day came from Jim Keech (E) 24.9.

400m: four firsts for the Midlands here as S. Smith (W35) ran 61.3. A Clark (SW) beat Winston Thomas (E) by half a second with a 52.1 Austin made it a personal treble in the M50s with 57.2.

800m: Ann Turrington and Iris Hornsey showed the way home for the East in the W35 and W45+ while newcomer, R. Duffin (E) 2:01.2 pushed A. Clark (SW) 2:00.5 all the way in the M40+ event.

2000m W: The Midlands took four firsts in a very classy field. Cath Reader (E) left the field trailing with (9:58.1).

3000m: Pete Molloy scored a sub 9 min first (8:58.6) for the South but the Midlands dominated with another four wins — Pat Gallagher running 10:29 as fastest woman.

80mH: Marjorie Hocknell (M) proved she can hurdle with a time of 14.3.

100mH: Jean Wills (SW) showed the way home as all the W35s run under 20 secs. In the M50s the South had a clean sweep from the East with B. Ferguson 15.00 and G. Howe 16.4.

110mH: T. Roker (16.6) was the fastest. **PV:** Star was M50s man Tony Mackay (E). On his home track no-one was going to beat him as he sailed over 3.60.

LJ: Three wins each for the South and Midlands with 10cm between M40 and M50 winners.

HT: J. Caton-Mason (S) threw 38.44 in the M50 for the longest of the day but taking into account the difference in weight Ray Lambourn (E) was on equally good form with 36.46. W45 E. Williams (SC) threw an amazing 31.06.

SP: Five fine wins here for the East as Wallace, Horsley, Murphy, Lambourn and Hallett all won comfortably.

DT: R. Chimes, W55, (M) put in an excellent throw of 35.44.

HJ: 1.66 from G. Griffiths (M) was the best effort.

TJ: Jean Wills was well clear with (9.90) and B. Camp (SW) won M40 with 12.15.

J: The best — K Turnbull, 53.88.

4x100m: Two wins for SC.

4x400m: Another two wins for the South. But the outstanding performance came from the Eastern M40s. Roger Duffin (a new name to look out for in 4/800m running) took over the baton on leg three 20m down. He took off like a scalded cat and ran the opposition down to 2m before handing over to Winston Thomas.

Winston looked like his mind was on something else as he seemingly jogged the first 200m. But, with 200 to go, he was a strider behind the leader and we all knew what was going to happen. Winston took over two and a half seconds out of him to win comfortably.

Peter Duhig

YOUR LETTERS

The Letters Page of Veteran Athletics is open to everyone who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. They should be kept as brief as possible or they may be cut for space reasons. They should be addressed to Veteran Athletics, 67-71 Goswell Road, London EC1V 7EN.

Walkers are athletes too

After a couple of months lay off due to illness and lack of confidence the race walk at the World Vets Road Races this August was just the thing to get me going again. I had a great time and met a lot of nice people.

Many congratulations to the organisers, they have all worked very hard. The fact that the 20K course was short hardly detracted from my enjoyment of the day but what did was a few runners

who thought they were so important that they could warm up for their races alongside the walkers actually on the course!

Come on folks! Race walkers may not be as many in number as runners or as fast, but we train hard and enjoy our sport. Surely you could have found somewhere else to warm up?

Sylvia Jenkins
CEPAC

Walking woes and low standards

My motivation to write this letter was initially anger — though now I just feel frustrated about the circumstances surrounding the race.

We arrived to find no programmes for the International walks — just one copy at Registration which I understand was later taken by someone. As there was no obvious pattern to the numbering for each age group it was not possible to know who was in your age group unless you took the time to write their numbers down.

We collected our race booklets and received our first information about the race, but it was only when I got home and had time to look at this that I realised that the three walkers from my club could have combined to form a team in the youngest age group, though if I had read this on the day it would not have helped as team declaration had closed 45 minutes earlier.

It was never made clear who has the authority or responsibility to declare an International team or is it just left to a group of athletes to get together and say, "Oh, we will be the GB team today." No information regarding this was given and I would be interested to know how many teams, Club or International were declared.

I looked at the course map to find the route, the lap size, the number of laps and the position of the feeding station, but the map did not contain this information. The course used differed from the one shown. Difficulty in finding anyone who knew the whereabouts of the feeding station resulted in athletes wandering about with their preferred drinks even after we had been called to assemble.

As we stood below the assembly

gantry we were finally informed where the drinks station was, that the course was a loop and then 15 laps and that the lap was 1.89km. All this I could have coped with (I think) but as we got into the race I realised that no-one was there to keep us informed of the laps. Some volunteer lap scorers appeared but I don't know what information they had or how they knew how many laps we had completed and I am sure they became the target of abuse from a number of walkers.

I would have been annoyed to have received treatment like this at a local event but to have paid £12.50 for this standard of organisation is beyond words. I believe we are owed some explanations! And if I feel this frustrated how do the continental walkers feel who paid so much more to get here?

Brian Adams
Sheffield

I had the misfortune to compete in the 30Kms International Race Walk at the NEC Birmingham. Over the years I have been to many European and World Veterans Championships, but have never experienced such haphazard organising as that displayed by Sporting Action on August 29 and I can only too well imagine the disappointment, anger and disgust that overseas officials, competitors and their friends and relations must be feeling.

Sporting Action had been organising this meeting for 12 months and had sought no assistance or even guidance from the many knowledgeable people within MVAC.

In all a sorry example of British Expertise.

D. G. Withers
Bromsgrove

Similar Scenario at Flying Fox

Jack FitzGerald reports on the BVAF Marathon Championships incorporated in the 14th Flying Fox Marathon held at Stone

This year on October 4 it was almost a repeat of the 1991 race. The same three runners — Kevin Wilkinson (San Domenico RRC), Barry Peatfield (Salford) and John Pinton (Pontypridd Roadants) — forced the pace from the start. Unlike the 1991 race, however, Kevin managed to keep going for the full distance and eventually won by 49 seconds from holder Peatfield with Pinton a further 16 seconds adrift.

Equally meritorious was the performance of Mike Hawkins of Bromsgrove who finished fourth to win the M50 title. Alastair Watson retained his M45 title in fifth place and had the added satisfaction of leading Tunbridge Wells Runners to third team place behind the strong Northern trios from Salford and Stockport.

Tony Verdie of Belgrave Harriers is one of the few Southern runners to attend this annual worthwhile pilgrimage and he was rewarded with

the M55 title. Another to retain his title was Pete Kirby of Wreake Runners, again being successful against his great rival, Malcolm Pitcock of Bolton.

The outstanding woman competitor was Susan Rowson of Macclesfield, who won the race and the W40 title ahead of Worcester Jogging Club's Gert Cowling, the first W45, but the only record breaker of the day was Kathy Hope, the in form North Shields Poly athlete, who not only defended her W50 title successfully, but reduced her own record by three minutes.

Jenny Wood Allen made the long journey down from Dundee in her quest to break the W80 World record. The strong winds on the day proved to be just too much for her to achieve this ambition but she finished strongly enough to tumultuous applause from her fellow athletes and enthusiastic officials.

Results on P11.

Participants' dashed anticipation

I anticipated an enjoyable weekend of racing in Birmingham but was most disappointed. This was not a cheap weekend and it surely fell far short of World Championship standards as follows:

1. No chairs in changing area,
2. Bad race start, too much pushing and shoving,
3. Dangerous congestion at car park entrance as the road narrowed to half width,
4. No Finish notice at end of race,
5. No clock at finish. The time clock car was parked some distance from the finish. I stopped as this appeared to be the end of the race and had to re-start.

- For the 25k —
1. No chairs, again,
2. Start times, written on used cardboard — difficult to find my estimated start time,
3. Unable to hear announcements at start due to poor P A System,
4. Very few K markers,

5. Some K markers left out from previous races,
6. No 'split-time' at half way point,
7. The crossing and re-crossing of runners on the course.

I would however not want to write without saying that I considered the seminar excellent. Also I would like to thank all the marshals who braved the elements of wind and rain to keep us on track.

C Ashe
Dorking

My wife and I, having shelled out the astronomically high entrance fee for the privilege of taking part in this highly prestigious event, had looked forward very much to the occasion. The organisation was terrible.

God knows what our foreign friends are thinking about it. Let's hope it doesn't reflect on Manchester's bid for the year 2000 Olympics.

E. W. Cheetham
Stockport

Hard-working WAVA team

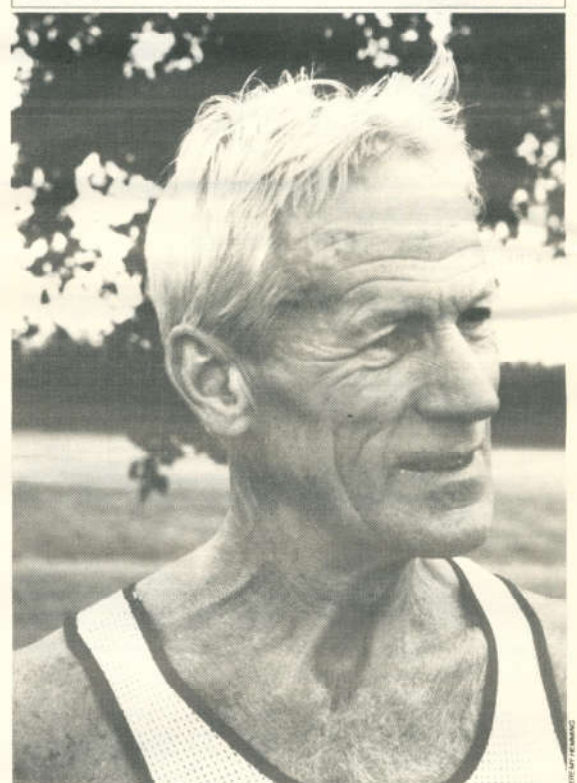
In May, my wife Lily and I went to Miyazaki, Japan, to inspect hotels on behalf of our travel agency to promote our masters tour in 1993. We went at the same time as the WAVA Council and it was an eye-opener for us.

Although I have served on many track and field committees over the years, I have never before encountered such dedication and hard work as that shown by the WAVA Council

Members. They often worked from 8am to 8pm with only a short break for lunch. It certainly is no holiday for them. They earned our respect and I applaud their efforts.

I must add the Japanese are excellent hosts, and we were very impressed with their courtesy and generosity.

Ken Richardson
British Columbia



BILL STODDART lowered the M60 10km road best to 34:51 in the Scottish Veterans Championships on August 5. At the WAVA event in Birmingham he won the M60 10k on the Saturday (35:23) and then the M60 25k on the Sunday (1:34:50).

Jo, Josie and Jean

JO OGDEN, Thurrock AC, has once again produced a fine series of results. This time at the Reading Vets Track and Field event held on October 4. They were: 100m 14.9; 200m 31.1 (which better her own BR of 31.34); SP 8.85; DT 18.26; HT 26.12; and JT 30.84 (Jo set a new WR at the VAC Track Champs in August with a throw of 32.20).

JOSIE WALLER also continues her winning streak by setting two records in one day. In the morning

she ran a 10k road W70 World best of 49:31 and then went on to set a W70 course record at the National Fun Run. One week later, at the Reading event on October 4, Waller set a new W70 WR for 5000m of 23:21.1.

JEAN WILLS jumped to a new W40 BR, also at Reading, in the TJ with 10.23. She had jumped at the same meeting 10.28 but unfortunately there was no wind gauge reading available for the longer jump.

From the Chairman



DURING my 16 years as Treasurer, my role has been to control the finances but not to say a great deal unless asked my opinion. With a new role as Chairman, my prime objective is the support and development of all veteran athletics throughout the UK — but again not saying a great deal unless it helps the veteran cause and rather than giving my opinion when asked, it is your opinions I

want to be passing on.

Veteran Athletics is a great forum where people can write for the wider audience but if you wish to write to me personally I will be happy to hear from you, positively or otherwise.

The most important topic of the moment is the relationship of the BVA to the BAF. What are your views? Personally I would like to see every veteran become a member of a BVA affiliated club and so able to enter our championships as of right, but there are

those who do not wish to join. They do not see the benefit in paying a modest subscription of around £4-£5 which gives a regular club newsletter with fixture list, plus *Veteran Athletics*, and, as a member, a direct voice to the only body solely concerned with veterans, the BVA.

I do not understand them but no way wish to debar them from a National Championship which is poorer without their presence. We have staged some championships in partnership with the AAA and charged a differential entry fee (£1 less for BVA members).

This approach for all championships could be a very simple answer to the

criticism that BVA restrict entries to members only but it would also make membership of a veteran club an even better financial deal — and that usually appeals to the canny veteran. So we must try and persuade them to join our veteran clubs.

Finally, may I thank all members for support in my appointment as Chairman, thank my PRO, Derek Howarth (see last issue — my cheque is in the post Derek), and point out that my photograph on page 5 of the last issue does not mean I am shy but is my favourite view to show fellow competitors.

Keith Whitaker

NEWSPAPER SUPPORT FUND

The supporters listed below have donated since the last issue. Grateful thanks to them. Please join them by sending your cheque, payable to *Veteran Athletics*, to:

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

VACANCY

THE BVA needs someone to handle veteran records. It is a very important aspect which has been dealt with by Wilf Morgan up till now. In the meantime Bridget Cushen, the General Secretary, will handle record applications but please someone step forward to take this task off her.



A young Jimmy Todd strides out at the start of the News of the World London to Brighton relay in April 1951. Jimmy more recently was the British star of the European Veteran Track Championships at Kristiansand this summer when he took three gold medals in the 800m (2:34.35), 1500m (5:12.51) and 5000m (19:59.10) setting new M70 UK records in the 800 and 1500.

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 Rosebriar Walk, Watford WD2 5LJ. The sooner you do it the earlier you will get in on the draw.

These are the recent winners: July £125 Pat Gallagher, £10 to A Roper, P Duckers, M Hartman, P Mulholland, J Marples. August £125 Pat Stanley, £10 Noel Noble, M Hawkins, D Lloyd, T Pashley, A Prowse.

Committed Miyazaki

WAVA Council Visits Miyazaki

— Al Sheahan, US National Masters News

PLANNING for the 10th WAVA World Veterans Athletics Championships is well underway. The organizing committee of Miyazaki, Japan — site of the biennial event on October 7-17, 1993 — is anticipating more than 6000 veteran athletes from over 60 nations. The organizers hosted the annual meeting of the WAVA Council in Miyazaki in May.

The main impression received was that the Japanese are extremely capable and caring individuals who will do whatever is necessary to make the event an outstanding success.

Forty-six members of the staff of the Governor of Miyazaki Prefecture are working on the Games. It is a huge civic event — the largest ever for this city of 290,000 residents. All the local business, political and media figures are solidly behind it. The meetings received daily newspaper coverage and the Council's visit was shown nightly on local TV.

WAVA President Cesare Beccalli was interviewed daily by reporters, and did two live TV call-in shows. Governor Suketaka Matsukata met with the Council in his office and hosted a dinner for the Council and Games' organizers. Council members met more than 100 staffers and volunteers who are working on the event. It was all quite impressive and mind-boggling.

Track and field action will take

place from 8am to 6pm in three adjacent facilities in Miyazaki Sports Park. The beautiful, flower-bedecked park is a 15-minute bus trip from the downtown hotels. Free bus transportation will be provided from the main hotels to the park. The marathon will largely be run on a highway adjacent to the Pacific Ocean.

The planned second track is currently a rugby field. Following the Japanese high-school rugby championships in Miyazaki next month, construction will begin on the track, with a completion date of September 1993.

Miyazaki is on the southern tip of the southwest island of Kyushu, one of the four islands which comprise Japan. Most overseas visitors will fly into Tokyo or Osaka and fly from there to Miyazaki. The weather was ideal for the Council's visit and is predicted to be the same for the Championships next year.

Something special

The Council's visit was extremely well planned by the organizers. Every detail and amenity was covered. The Miyazaki hosts were friendly, gracious and prepared. The number of people working on the event is amazing. The amount of money being spent is eye-opening. The language differences are a problem, but the OC promises several hundred interpreters will be on hand next year to solve any

problem or answer any question. The costs in Miyazaki are high, but much lower than Tokyo or Osaka.

Schedule notes

The 200s will be held prior to the 100s, enabling 200 runners to double in the 400.

All age-groups will compete in an event on the same day (e.g., all 800 finals are on October 11).

Field events are staggered so they'll have minimal conflict with running events (e.g., the 100 and long jump are on different days).

To help squeeze the meet into daylight hours the 5000 will be run as sectioned finals. The Tokyo Championships were the first time heats had been run in the 5000 and reviews were mixed. One advantage to running sectioned finals is that runners will be able to compete in another event more easily. The problem with sectioned finals is trying to get the fastest competitors into the same section.

And after Japan?

Singapore have withdrawn their bid to stage the 1995 World Veteran Track and Field. Great Britain has it in mind as do others such as South Africa, Chile (which was planning a bid for 1997) and Greece.

A proposal to withdraw cross-country from the "summer" championships could be presented to the next WAVA General Assembly.

Tentative Schedule for WAVA World Veterans Athletics Championships

Thu Oct 7	Decathlon Heptathlon 10,000 (finals)
Fri Oct 8	Decathlon Heptathlon 10,000 (finals)
Sat Oct 9	200 (heats) 800 (heats) LJ, JT Opening Ceremonies
Sun Oct 10	200 (semis & finals) 800 (semis) HH (semis & finals) HJ, SP, XC
Mon Oct 11	300/400H (semis) 800 (finals) 5000 (finals) 10k/20k road walk PV, DT
Tue Oct 12	No competition. Meetings: women, Stadia, Non-stadia, regions
Wed Oct 13	100 (heats & semis) Steeplechase (finals) 300/400H (finals) TJ, HT
Thu Oct 14	No competition. General Assembly
Fri Oct 15	100 (finals) 400 (heats & semis) 1500 (semis) 400 (finals)
Sat Oct 16	1500 (finals) 5000RW (finals) Weight Pentathlon* Social Function
Sun Oct 17	Marathon 4x100 Relay 4x400 Relay Closing ceremonies

*Unofficial event

Strong Old Bones — Dr Jane Wilson

SOME of you may recall my earlier article on the effect of exercise and bone density in women. I have now studied over 30 of you and would like to show my preliminary results.

I have divided the group into three categories: a) those who have competed in sports throughout their lives; b) those who competed at an early age (up to the age of 30) and have since retired; c) those that were previously sedentary but have taken up sport since the age of 30 years or later.

Within these categories there is also a sub-division between those women who have always had regular periods and those women who have had irregular or absent periods for a year or more. They are further divided into premenopausal and post-menopausal.

The results so far are extremely interesting and shown here are two graphs which show the changes in bone density in three of these categories. At present some of the categories are too small to analyse.

Graph 1, entitled 'Lumbar Spine', shows the percentage of age matched bone mineral density (BMD) for three different premenopausal groups. This means that the bone density of each athlete measured was compared to the average bone density of a normal population.

The graph shows that in the second lumbar vertebra there is a huge benefit from always being athletic throughout life in that the bone density is more than 30% above average. There is also benefit from taking up exercise after the age of peak bone mass (between the ages of 30-35) because those athletes in this category have bone mineral density more than 5% above average. The effect of having had irregular periods is quite clearly shown in that these athletes have just below average bone density in their lumbar spine.

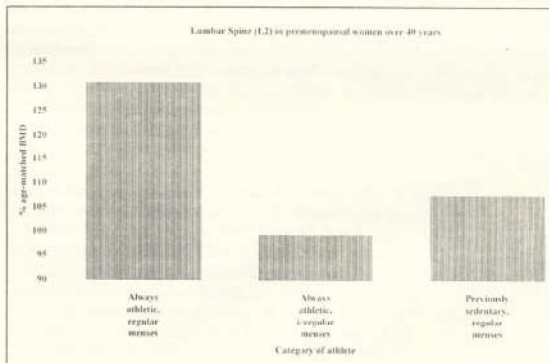
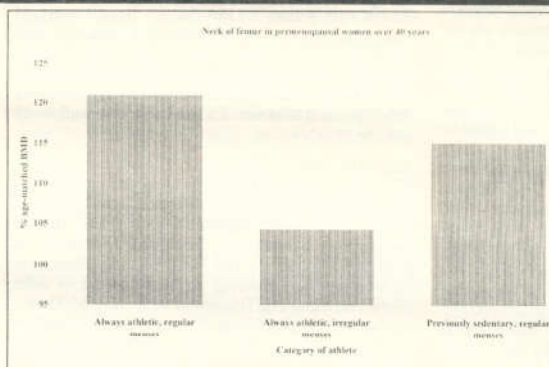
To some extent this answers one of the

burning questions for younger athletes who lose their periods because of exercise. The results, although at an early stage, seem to indicate that bone density will end up near average but they lose the great benefit that exercise bestows in the long term. There is no doubt though, that without the exercise to stimulate bone density, their bone density would probably be lower.

The second graph, entitled 'Neck of Femur', shows very similar results but this time the effect of exercise is greater. This is because exercise actually stimulates the bones that are stressed during the exercise. The neck of femur is part of the hip that is commonly fractured in older women with osteoporosis. As can be seen those women that were previously sedentary have stimulated this part of their femur to become very strong and in fact their average is 15% above average for a normal population. The women that have previously had irregular menstruation also have slightly above average bone mineral density.

We are all really excited about the results that are coming out so far but we still need more recruits to the study. I hope that some of you reading this will be interested enough to give us a call at the British Olympic Medical Centre at Northwick Park Hospital on 081 864 0609. If you don't get through to me, Dr Jane Wilson, Medical Registrar, leave your name and telephone number and I will call back. The study involves spending half a day at the Centre when in addition to measuring bone mineral density, muscle mass, percentage body fat and back strength, we also perform a fitness test running you on the treadmill. (I have been amazed and inspired by the level of fitness that most of you maintain). We do, of course, reimburse your expenses.

Watch this space for more information on how you can help your bones!



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Organised by MVAC
Supported by Bourne Sports

EVENTS

60H, 60, 200, 400, 800, 1500, 3,000 W, 3,000
LJ (4 Trials), HJ, TJ (4 Trials) SHOT (Depending Entries 4 Trials),
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ALL AGE GROUPS FROM WOMEN 35 & MEN 40
FIVE YEAR AGE GROUPS AGE ON DAY

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AGE _____ GROUP _____

VETERAN CLUB _____

FIRST CLAIM CLUB _____

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EVENTS _____ BEST TIME '92

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2 _____

3 _____

RELAY TEAM NAME _____

☐ TICK HERE IF ACCOMMODATION AND TRAVEL DETAILS
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Cheque/P.O. £ _____ Payable to BVAF

CLOSING DATE FOR ENTRIES 22ND FEBRUARY 1993



Dedicated officials, from left, Stan Elderfield, Jack FitzGerald, Leslie Maisey and Arnold Shepherd, as usual concentrating on the job.

FIXTURES

NATIONAL

- 15 Nov 10K Road Race, BARNLEY 1993
7 Mar BVAF National Cross Country Champs, Townley Park, BLACKBURN. See ad, p2
20 Mar BVAF National Vets Indoor Championships, RAF COSFORD, cd 22/2 See ad p8
17-18 Jul Track & Field Champs. MONKTON STADIUM, Dene Terrace, JARROW.

INTERNATIONAL

- 31 Oct International Vets Cross Country, BELFAST
30 Nov/6th Oceania Vets T&F, Norfolk Island. PO Box 158, Norfolk Island, (via Australia) 2899
20 June Belgium Vets Grand Prix, BRUGGE. 10Km and 25Km
7-17 Oct 10th WAVA Track & Field Championships, MIYAZAKI, JAPAN.

NORTH

- 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.
1993
3 Jan NVAC 10K Cross Country, Leverhulme Park, BOLTON. 12 noon. Enter on day
24 Jan Lancs Open Vets Cross Country Champs, LEIGH.
7 Feb NVAC 10K Road. Sports Centre, STOCKTON HEATH, Warrington. 12 noon Enter on day
14 Feb NVAC Cross Country Champs, THIRSK RACE-COURSE. 2pm. £1 to Mike Kirkwood 197 Elmers Green Lane, Fosters, Green, Skelsmerdale, WN8 6SL. cd 11/2
28 Mar NVAC 6.9 miles Road ORMSKIRK. 12 noon Enter on Day.

NORTH EAST

- 25 Oct Gateshead Harriers 10K, GATESHEAD STADIUM
31 Oct NE Harrier League Cross Country, SOUTH SHIELDS. Free entry to Club members affiliated to league
8 Nov Heaton Harriers Memorial 10K Road Races (includes NEVAC 10K Champs) Separate Vets 10K Race. 12 noon. cd 17/10. £1.50 payable to Heaton Harriers to L. Venmore, 13 Mitcham Cresc. High Heaton, Newcastle on Tyne NE7 7QU
15 Nov North Shields Poly AC Road Races, NORTH SHIELDS
21 Nov NEVAC Open Cross Country Vets Race. GATESHEAD STADIUM. Neilson Road, GATESHEAD.
21 Nov Border Harriers AC BRAMPTON-CARLISLE 10M Road Race
28 Nov NE Harrier League Cross Country No 2, PETERLEE.
1993
23 Jan NE Harrier League Cross Country No 3, PRUDHOE
30 Jan NE Harrier League Cross Country No 4, CRAMLINGTON-BLYTH
13 Mar NE Harrier League Cross Country No 5, WALLSEND
20 Mar NE Harrier League Cross Country No 6, SUNDERLAND

MIDLAND

- 13 Dec Christmas Cross Country Handicap, REDDITCH. 11.30
1993
3 Jan MVAC Cross Country Champs. LEAMINGTON SPA. 11.30. Men 10K/Women 6K

- 7 Feb Winter Handicap, CHELMSLEY WOOD. 11am
25 April MVAC 3 x 5000m Road Relay Champs. TAMWORTH. 11am

EASTERN

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

SOUTH

- 24 Oct VAC Open Vet Ladies Cross Country 4K, 2.45pm. Men 5M, 3.15pm WIMBLEDON.
25 Oct BARN'S GREEN Half Marathon, incl. SCVAC Champs. Entry form from Race Director, 3 Smugglers Way, Barns Green, Horsham, W.Sussex RH13 7PP
7 Nov Woodford Vets Relays, CLAYBURY PARK, 2.30pm
7 Nov Woodford Green Vets v VAC. Cross Country. 2.30pm
14 Nov Woodford Bridge Essex Vets Cross Country. 3pm
14 Nov VAC 5M Cross Country WIMBLEDON COMMON 3pm
22 Nov SCVAC Cross Country League, CHATHAM SKI CENTRE. £1, £2 non members
28 Nov Loughton AC v VAC 5M Cross Country, 3M women, LOUGHTON
5 Dec Blackheath Vets 10K Cross Country (Open Vets), HAYES COMMON, KENT. 2.30
19 Dec VAC 5M Cross Country WIMBLEDON COMMON 3pm
20 Dec Rochester Relays, Vets 1pm, 2.15pm Open.
20 Dec SCVAC Cross Country League, BARNET, 11am 1993
2 Jan Ranelagh Open Vets 7.8 miles Cross Country, RICHMOND PARK. 3pm
23 Jan VAC Cross Country Champs WIMBLEDON COMMON 5M. 2.30pm
31 Jan Cambridge H v VAC Cross Country. BEXLEY. 3pm
6 Feb SCVAC Cross Country Champs 5M/2.5M, LLOYDS PARK, CROYDON. 2pm cd 23/1/93. Entries J Coker, 8A Heather Park Parade, Heather Park Drive, Wembley. HA0 1SL
6 March SCVAC Cross Country League, LLOYDS PARK, CROYDON. 3.15pm
20 March VAC 5M Cross Country, 3pm. BELGRAVE HALL.

Ogden keeps breaking records

VAC Track and Field Championships, West London Stadium, August 16
JO OGDEN'S 32.30m javelin throw was a WR claim for W65. Also 21 new CBPs were set. Jo, of Thurrock AC, went up a group in June. Evann Williams (Essex Ladies) threw 34.38, an event best in W50. Men too benefited from the moderate wind from the Scrubbs end.

Sprinters did not forget this was Linford Christie's home track for Byron Gray shone with a 25.8 200m and Barry Ferguson ran 15.5 100mH. In M40 Alasdair Ross came out best in duels with much raced Euro medalist Doug Lucas.

Older athletes stole most honours - the trend of '92. So another from Essex, Jim McNamee, 52, achieved two golds, nb 57.4 400m, and three silvers from competing in 1-2-4-800m and Discus. His rival Jack Goody won 200m. But Steve Warzee, the national 50 champion, ran the fastest 1500 of the day with his 4:21.5.

Gavin Littaur, racing fluently in his third vet year, pursued the 800m record in M40 with Julian Spencer-Wood but at 2:03 needed a second.

M45 class starred when John Treadwell ran the best 5000 at 16:28 in a duel with Dennis Williams, 16:31. Overtures would also be made for Steve Charlton's 18:12 in 65, and Maggie Statham's 17:42 in W35.

Despite no pacemaker Pat Reed, 2:33, Anne Cross, 2:35, Iris Hornsey, 2:39, and Almut Prowse, 2:49, all round figures, set age Championship marks at 800.

Jeremy Hemming

Ron Jeans of Salisbury AC collapsed and died on August 4. Ron was 54 and this year was among the best of the British marathoners at the European Championships in Kristiansand. His time was 3:06:58.

David Coward in the Veterans AC newsletter writes: "A past Welsh International, Ron worked hard as a veteran and in recent years he was improving. A wiry man, he looked very much the same at 55 as he did when he was a young man."

A non driver, Ron, with his wife Evelyn, travelled far and wide in search of races. Probably Brugge will miss them most where they were regulars at the Barge and the centre of the British contingent. They enjoyed life to the full and I am aware of the loss that will be felt by Evelyn."



Thrower's Delight

ON Saturday, August 22, HUGH RICHARDSON won the European Throwers Cup in the M55 class at Oberwart, Germany. Here he stands proudly with his large cup before him and Wilf Paish, who has always assisted and advised him.

This was the sixth time the event has been held and once again Hugh was the only British competitor. He is very keen indeed to encourage others to join him. It is time to raise the profile of throwing in this country!

There were two British competitors at the recent European Throws Decathlon held at Muhlheim, South of Frankfurt, Richardson and John Caton-Mason. Richardson came third behind Germany's Peter Speckens and a gentleman from Latvia. Caton-Mason came fifth.

BVAF DECATHLON & HEPTATHLON CHAMPIONSHIPS

Don Valley Stadium, Sheffield, September 12 and 13 1992

DECATHLON	100m	LJ	SP	HJ	400m	110mH	DT	PV	JT	1500m	Points
M40											
1 Nick Phipps	12.6	5.66	13.44	1.70	60.2	17.8	40.32	3.70	45.60	5:16.2	6681
2 Mike Jordan	12.8	5.53	11.45	1.67	57.6	17.4	35.90	3.60	46.84	5:41.2	6348
3 Mike James	12.1	6.53	8.92	1.73	60.7	17.2	24.84	2.70	39.32	6:32.8	5657
4 Gerry Daniel	12.5	5.81	7.61	1.64	56.9	17.7	20.60	2.40	20.18	5:10.4	5201
5 Tom Ojasoo	13.4	4.98	10.00	1.39	64.7	21.8	25.00	3.10	38.42	5:33.1	4630
6 Johnny Warman	14.5	4.43	6.32	1.30	66.1	22.7	16.96	1.90	21.24	5:18.2	3220
M45											
1 John Charlton	12.2	6.25	9.98	1.55	56.2	18.7	27.42	3.20	43.14	5:02.3	6818
2 E. Fitzgerald	12.4	6.04	7.95	1.67	60.6	17.2	23.66	3.60	29.28	6:06.0	6132
3 Snowy Brooks	12.5	5.63	9.92	1.49	62.3	20.1	32.94	3.20	40.58	6:39.4	5798
4 Jack Golder	12.3	5.52	8.37	1.42	56.7	17.7	23.58	2.40	33.36	5:28.5	5756
5 Brian Loten	13.1	5.44	9.43	1.27	61.7	20.2	28.64	2.90	42.64	5:33.3	5538
6 Phil Harris	12.4	5.06	7.81	1.45	58.7	19.8	20.50	2.60	24.78	5:06.4	5279
7 Peter Duckers	12.5	5.88	9.32	1.48	65.8	20.9	23.62	2.80	34.18	6:33.1	5171
8 Lawrie Dunn	12.8	4.98	6.56	1.49	58.4	20.1	19.06	2.60	28.10	5:03.2	5169
9 Dave Cowley	11.9	5.15	8.54	1.61	68.0	24.6	24.76	2.50	32.42	5:21.1	5095
10 James Rayner	13.5	5.17	7.44	1.42	71.1	22.8	24.36	2.20	29.86	6:29.6	4099
11 John Clarke	13.3	4.27	6.29	1.15	69.2	24.8	18.00	2.30	25.08	6:10.7	3405
M50											
1 Tony Mackay	13.7	4.75	11.00	1.49	64.2	18.1	35.06	3.40	39.02	6:00.7	6097
2 Bob Hancock	13.5	4.81	9.61	1.48	63.8	18.7	29.10	2.20	31.46	5:18.7	5517
3 Tom Hanley	13.8	5.08	9.63	1.30	65.0	20.2	30.84	2.30	35.30	5:35.4	5253
4 Bruce Charles	13.3	4.72	8.72	1.33	62.6	19.7	21.08	2.30	31.60	5:38.2	5033
5 Terry Bilham	13.9	4.55	8.30	1.30	65.7	20.4	27.16	2.60	26.98	6:02.7	4688
6 John Fairbairn	14.9	4.42	11.84	1.46	72.6	21.2	36.24	2.40	33.20	7:20.9	4610
7 David Vaughan	14.2	4.64	8.96	1.42	65.4	22.7	28.40	2.20	18.72	DNF	3948
8 John Henson	12.2	5.03	9.93	1.39	56.8	RET					
M55											
1 David Burton	12.4	4.79	7.86	1.36	62.9	18.8	21.90	2.50	26.00	5:43.0	5871
M60											
1 Ian Steedman	14.1	4.28	7.20	1.21	66.0	18.0	24.00	1.80	23.74	5:50.8	5441
2 David Williams	14.1	4.10	9.17	1.24	71.9	19.1	31.88	2.70	29.30	7:44.5	5437
3 Cliff Taylor	15.6	3.79	9.56	1.33	77.7	22.8	29.46	1.60	32.30	6:23.3	4713
M65											
1 Ajit Kalarai	14.4	4.66	7.95	1.27	70.5	21.4	20.20	1.50	15.32	6:29.4	5440
M75											
1 Tony Rawlinson	18.5	2.80	6.45	1.10	97.2	22.1	15.62	1.10	19.78	7:58.9	3830
HEPTATHLON	100mH	HJ	SP	200m	LJ	JT	800m	Points			
W35											
1 Sarah Owen	15.8	1.49	10.91	29.9	4.84	23.54	3:03.3	4236			
2 Jenny Pearson	20.2	1.28	6.43	27.8	5.15	15.72	2:23.1	3753			
W40											
1 Jean Willis	12.3	1.40	7.70	28.0	5.10	23.32	2:54.7	4738			
2 Maria Williams	17.6	1.34	6.65	30.8	3.90	17.44	2:37.3	3377			
3 Mary Rhodes	17.7	1.16	5.03	31.8	3.87	6.08	2:53.0	2497			
4 Sarah Sturdee	17.6	1.13	5.82	33.4	3.64	12.42	3:09.4	2354			
5 Y Brunton	18.0	1.13	6.46	33.1	3.51	12.90	3:26.0	2230			
6 Mary Moore	20.4	1.10	6.93	34.9	2.47	17.30	3:10.0	1973			
W50											
1 Jackie Charles	15.6	1.22	7.49	31.3	4.23	17.16	3:10.4	3706			

Mary Peters to start the race

SELECTED athletes will be arriving in Belfast for the Home International Cross-country match on October 31 to be held at Newtownabbey on the outskirts of the city. There will be six to run, four to score, in the M40, M45 and M50 categories and four to run, three to score, in the M60, W35, W40 and W50 categories. Men will run 10K and women 5K.

The event, sponsored by Northern Ireland Electricity and Newtownabbey Borough Council, will be started by the former Olympic pentathlon gold medalist, Mary Peters, who will also be presenting the prizes.

The Republic of Ireland have been invited to send teams to the event.

Are Leagues the Best

MIDLAND

ROYAL SUTTON RETAIN CENTRAL TV TROPHY

The action and atmosphere at the Alexander Stadium on September 2 showed once again that the Midland League Cup Finals is the area's premier event. The meeting ran from 7.00 to 10.00. The floodlights were on from the start and by 8 o'clock, with the daylight gone, the arena was a splendid setting for the inter-club rivalry that brought an extra edge to every event.

Royal Sutton retained the TV Trophy, an award for the best combined men's and women's scores in the A Finals. They can certainly lay claim to being the area's top track and field club, this was their sixth successive win and they achieved it in spite of losing first spot in each final.

Telford won the men's final convincingly, showing how important it is to have strength in depth for they won only two of the twelve events, against the five wins of Birchfield and the four of Sutton. They placed second in five events and that really tipped the scales in their favour. And they only made the A Final as a 'fast loser', finishing third in the Northern Division of the league. Notable performances were put up by Caines (RSC) — 51.5 in the 400, Holt (Bir) — 9:02.3 for 3000 and Stevenson (Tel) — 12.40 in the Shot.

Rugby won the women's final after a recount placed them half a point in front of Sutton. This was the closest contest of the night — third placed Notts were only two points behind Rugby. Like Telford in the men's Rugby beat teams that won more events, in fact their sole winner was Pope in the W45 long-jump. There was a surprisingly emphatic win by Notts in the 4x200 relay; their 1:55.9 indicates an average of 28.9, yet their runner in the 200m was third in 29.6! Brown Waindy (B&R) won the 3000 in 9:58.6 and Kim Baird (DASH) the 2000 walk in 9:45.7.

Northampton Phoenix were the pick of the B finalists, winning the women's and taking second in the men's. Their men dominated the field events with three wins and two third places, but lost out to Notts who finished ahead of them in five of the seven track events. Leydon of Northampton won the women's 3000m in a goodish 10:50.6. Rather strangely, it was a race Elaine Stadium of Stoke chose not to run, opting instead for the 800 and 200.

The best score of the night was 80 points by Shrewsbury in the men's C final. They had Peter Duckers to thank for that, he registered 39 of them, winning Shot, High Jump, Long Jump and Javelin, and placing second in the 100m. Pete's 5.79 long-jump bettered the winning jumps in A and B finals. The women's C final was a non-event with only two clubs taking part or, to put it more kindly, I should say it was a head-to-head between Tamworth and Bromwich, with Tamworth's two competitors scoring more points than West Brom's two (competitors). Never mind, the real winner of the Cup Finals was the meeting itself, there is nothing like it, BVAF Championships or whatever. The vocal support competitors get from their teammates makes every one of them feel their effort is appreciated. In a word — exhilarating!

Will Morgan

Midland Veterans League

South-West Division
Match 1, Brierley Hill, May 11
 100m R Culler M40 (Stour) 12.3, T Crocker M50 (Stour) 12.7
 400m S Hallam M40 (Worce) 56.2
 1500m R Westhumble M40 (Stour) 4:11.4
 D M Jones M50 (B&R) 32.07
League positions: Men 1 Worcester, 2 Bromsgrove & Redditch, 3 Stourport, Women 1 Bromsgrove & Redditch, 2 Dudley & Stourport, 3 Droitwich

Match 2, Birmingham University, June 11
 200m Y Priestman W45 (B&R) 28.0
 400m M Hallam 2:01.9
 3000m P Knight M40 (B&R) 9:18.7
 2000m W K Baird W35 (D&S) 10:02.4
League positions: Men 1 Worcester, 2 B&R, 3 Stourport; Women 1 B&R, 2 Worcester, 3 D&S

Match 3, Droitwich, July 2
 400m R Westhumble 56.8
 1500m P Smith M40 (W&R) 4:23.8
League positions: Men 1 Worcester, 2 B&R, 3 Stourport; 1 B&R, 2 D&S, 3 Worcester

Match 4, Redditch, August 6
 200m Priestman W45 28.1
 800m Hallam 2:03.6

The area league matches are the highlight of the veteran track and field scene. They now take place in six areas: North, North-East, East, Midlands, Wales and the South. The South came in not long ago under the active eye of Jim Hurley and this year saw Peter Duhig introduce the league to the East. The events seem to bring out something extra with team spirit and people try events for points that are not their normal scene. And there is excitement as the season builds up and teams rally.

It must also, surely, be an introduction to the veteran activities of the BVAF as some competitors do not belong to a BVAF affiliated club so it should become a fertile recruiting ground. The Midland event is large and active and well established. Alas the Southern final had to be cancelled due to lack of officials.

3000m M Hawkins M50 (B&R) 9:52.8
League positions: 1 Worcester 31, 2 B&R 29, 3 Stourport 22; Women 1 B&R 31, 2 D&S 27, 3 Worcester 23

North Division
Match 1, Burton on Trent, May 13
 400m E McMahon W35 (RSC) 14.8, C Morris W45 (Bir) 14.8
 1000m L Duffy M40 (RSC) 55.5, P Goulding M40 (RSC) 51.0
 1500m G Lathbury M40 (Bur) 4:16.8, E Statham W45 (Sto) 5:10.8
 200m B Care M40 (Bir) 2:29.6, P Griffiths (Bir) 2:26.5, B Randall W35 (Bir) 11:48.8
 D R Stevenson M40 (Tel) 34.98
League positions: Men 1 Birchfield, RSC, 2 Telford, 4 Burton; Women 1 RSC, 2 Birchfield, 3 Burton

Match 2, Telford, June 17
 200m E McMahon 28.8
 800m Duffy 2:03.9, M Fox M50 (Bir) 2:16.7, C Widing W35 (Sto) 2:37.5, E Statham 2:44.4
 3000m B Lloyd M40 (Tel) 9:17.8, E Statham 10:33.4
 2000m W Care 8:30.7, B Randall 12:19.8
 D R Stevenson M40 (RSC) 44.58
 D R Stevenson 34.98
League positions: Men 1 RSC, 16 Birchfield 14, 3 Telford 13; Women 1 RSC 15, Birchfield 15, 2 Burton, Stoke, Telford 10

Match 3, Sutton Coldfield, July 8
 400m A & 400m relay in 2:36.6 beats the old record of 3:40.0 by Blackheath Harriers. RSC's splits were: 100m 50.1, 200m 1:51.1, 300m 3:01.1, 400m 4:12.8, C Widing 5:07.6, E Statham 5:16.2
 SP C Stevenson 11.92
 JT C Morris 25.36
 4x400m M40 RSC 3:36.6 (P Goulding, T Topoles, L Duffy, J Caine) BR
League positions: Men 1 RSC 24, 2 Birch 21, 3 Telford 20; Women 1 RSC 23, 2 Birch 21, 3 Burton 124

Match 4, Stoke, August 12
 200m E McMahon 29.4
 800m L Duffy 2:03.9, M Fox M50 (Bir) 2:16.7, C Widing 5:07.6, E Statham 5:16.2
 SP C Stevenson 11.92
 JT C Morris 25.36
 4x400m M40 RSC 3:36.6 (P Goulding, T Topoles, L Duffy, J Caine) BR
League positions: Men 1 RSC 24, 2 Birch 21, 3 Telford 20; Women 1 RSC 23, 2 Birch 21, 3 Burton 124

Eastern Division
Match 1, Nuneaton, May 6
 400m P Antony M40 (Notts) 56.0
 1500m G Carter M40 (Notts) 5:07.7
 2000m W G Chaplin M50 (Cov) 9:41.4
 LJ S Carey 4.00
League positions: Men 1 Tamworth, 2 Rugby, 3 Nuneaton; Women 1 Notts, Rugby, 3 Nuneaton

Match 2, Nottingham, June 11
 200m D Cowley M40 (Rug) 24.3
 800m W Casson W45 (North) 3:01.0
 2000m W G Chaplin 9:46.7, H Hatwood W35 (Nun) 12:27.3
 D J Hallam W35 (Notts) 30:26
 J P Ady M40 (Cov) 41.34
 LJ D Cowley 5.93
League positions: Men 1 Rugby, Tamworth 15, 3 Notts, 4 Nottingham 10; Women 1 Notts 16, 2 Rugby 15, 3 Nuneaton, Northampton 11

Match 3, Leamington, July 8
 400m Edwards W35 62.4
 1500m S Carey 5:09.5
 2000m W G Chaplin 9:36.0, Hatwood W45 12:07.2
League positions: Men 1 Rugby, 2 Tamworth, 3 Nuneaton; Women 1 Nottingham, 2 Rugby, 3 Nuneaton

Conventry, August 5
 200m D Cowley 24.5
 800m G Carter M40 (Notts) 10:03.5
 2000m W G Chaplin 9:46.7
 D J Hallam W35 (Notts) 30:26
 J P Ady M40 (Cov) 41.34
 LJ D Cowley 5.93
League positions: Men 1 Rugby, Tamworth 15, 3 Notts, 4 Nottingham 10; Women 1 Notts 16, 2 Rugby 15, 3 Nuneaton, Northampton 11

Midland League Final
Birmingham, September 2
A Final
 100m D Cowley (Rug) 21.1, E McMahon W35 (RSC) 13.7
 400m J Caines M40 RSC 51.5, M Fox M50 (Bir) 58.4
 3000m K Holt (Bir) 9:02.3, B Cady-Wise W40 (B&R) 9:58.6
 J P Conboy M40 (Bir) 37.98, D Price M50 (RSC) 43.64
 SP L Hallam W35 (Notts) 9.18
 HJ P Lance M40 (Tel) 1.65
Final positions: Men 1 Telford 24, 2 RSC 65, 3 Birchfield 64.5; Women 1 Rugby 73, 2 RSC 72.5, 3 Notts 71

Central TV Trophy (combined scores men and women) 1 RSC, 2 Rugby, 3 B&R
B Final
 400m P Anthony M50 (Notts) 54.6
 1500m G Lathbury (Bur) 4:18.0
 3000m P Banks (Cov) 9:04.3
 J P Ady M40 (Notts) 51.6, C Hassell M50 (Notts) 30:58
Final positions: Men Notts 73, 2 Northampton 67, 3 Stoke 61; Women 1 Northampton 75, 2 Droitwich 66, 3 Burton 61

C Final
 J P Duckers (Shr) 34.74, B Gregory M50 (Shr) 30:26
 D R Stevenson (Shr) 79
Final positions: Men 1 Shrewsbury 80, 2 Banbury 67, 3 Potters; Women 1 Tamworth 64, West Brom 44

Eastern

WHAT A FINALE!

We couldn't have asked for a closer finish to the first ever Eastern Veterans Track and Field league held at Kettering on August 12. Going into this match Bedford had a three point lead for the men and Cambridge a 30 point lead for the women.

Neither of them were to go home with the honours.

Bedford and Ryston had been neck and neck all season and it wasn't any surprise to see these two fighting it out over the last match. The athletes managed to keep the suspense going until the very last minute as we all gathered at the end of the meeting under the floodlights to await the final result. No-one was sure who had it and the customary cheers and groans went up as it was announced that just one point had given it to Ryston, 402 to 401. The goodwill shown throughout the series prevailed as losers congratulated winners and all went home satisfied if not victorious. Cambridge came a good third with Kettering fourth and latecomers Chelmsford climbing into fifth. Huntingdon held the rest of them up but all enjoyed the events and resolved to do better next year.

The Women's League was to cause quite an upset as a depleted Cambridge team found points hard to come by and saw a 30 point lead slip away to become a 9 point deficit! Kettering, on home ground, stormed away with the points filling as many events as possible and scoring well too. Ryston's small but tireless team gathered enough points to place second on the night. Another breathless wait finally confirmed that Kettering had done enough to become the first ever League Champions. Cambridge had to settle for runners up and Ryston were third by a further 10 points. Bedford, Huntingdon and Chelmsford all struggled to get enough athletes out to make a real impression but now they know the form I have a feeling it will be even harder fought next year.

Peter Duhig

Ryland Placings and Points
 Ryston Runners 402
 Bedford & Co 401
 Cambridge & Co 273
 Kettering Town Har 154
 Chelmsford 101
 Huntingdon 48
 Kettering Town Har 76
 Cambridge & Co 287
 Ryston Runners 273
 Bedford & Co 273
 Huntingdon 31
 Chelmsford 47

Eastern Veterans League

Match 1, Kings Lynn, April 29
 1500m P Duhig M40 (Ryst) 4:19.5, G Marsden M50 (Ryst) 4:57.9, A Turrell W35 (Cam) 4:55.1
 HJ Murphy M40 (Bed) 1.53
 J P Fuller M40 (Hunt) 46.88
League positions: Men 1 Ryston 102, 2 Bedford 94, 3 Cambridge 54; Women 1 Cambridge 102, 2 Ryston 78, 3 Kettering 57

Match 2, Bedford, May 20
 600m Duhig 2:06.1
 3000m Duhig 9:13.1, J Jenkins M40 (Cam) 9:10.8
 1M Walk C Reader W35 (Ryst) 7:51.3
 P Walker M50 35.16, R Wallace W35 (Cam) 26.76
 SP Hallatt 11.53
 LJ M Simmons W45 (Ryst) 3.82
League positions: Men 1 Ryston 96, 2 Bedford 90, 3 Cambridge 58; Women 1 Ryston 72, 2 Cambridge 69, 3 Kettering 46

Match 3, St Ives, July 22
 1500m Duhig 4:20.6, Jenkins 4:20.9
 HJ K Murphy M40 (Bed) 1.51, J Welsh M50 (Hunt) 26.34
 J P Fuller 47.18, A Mackay M50 (Bed) 36.90
 TJ D Foggate M40 (Kett) 10.57
League positions: Men Bedford 102, 2 Ryston 83, 3 Cambridge 77; Women 1 Kettering 87, 2 Cambridge 73, 3 Ryston 44

Match 4, Kettering, August 12
 800m Duhig 2:09.3
 1M Walk Reader W35 7:55.0
 D Mackay 34.60, Wallace 27.78
Final League positions: Men 1 Ryston 111, 2 Bedford 107, 3 Cambridge 78; Women 1 Kettering 100, 2 Ryston 73, 3 Cambridge 57

Northern

Northern Veterans League

Match 1, Letherhead Park, Bolton, May 27
 100m J Henson M40 (Shel) 12.3, J Charlton M40 (Shel) 12.3
 200m Henson 25.1
 400m Charlton 55.9, K Whittaker M60 (Aire) 60.1
 800m A Peers M40 (Leigh) 2:05.3
 3000m M Woolrich M40 (l pool) 9:17.3, T Isaac M55 (Wirral) 10:00.0
 SP C Gordon M40 (Shel) 11.01
 D Corden 35.90
League positions: Men 401 Sheffield 29, 2 Sheffield 16, 3 Bolton 10, 050 13; Helmsdale 12, 2 Spectrum Striders 9, 3 Lancaster/Morc 7, Weral 7, 060 4, 1 Bradford & Ardale 2, Radcliffe 2; Women 1 Bolton 42, 2 Horwich 3, Darby 3

Match 2, Leverhulme Park, Bolton, July 22
 100m J Henson M40 (Shel) 13.02, Whittaker 13.63
 200m Herman 27.8, Whittaker 28.6
 400m J R Brown M40 (Alt) 55.9, Whittaker 62.1
 800m A Peers M40 (Leigh) 2:06
 1500m A Foster W40 (Bolton) 5:12, B Matley W50 (Derby) 5:28
League positions: Men 401 Atrincham 97, 2 Sheffield 29, 3 Bolton 22, 050 1 Spectrum Striders 13, 2 Lancaster/Morc 12, St Helens/Sutton 12, 060 1 Bradford/Ardale 6; Women 1 Bolton 13, 2 Atrincham 9, 3 Derby 3

Match 3, Woodbank Park, Stockport, August 19
 100m G Barrat M45 (Man) 12.4, Herman 13.50
 Whittaker 14.0
 800m J R Brown M40 (Alt) 55.1, G Waterhouse M50 (NVAC) 26.5, Herman 27.5, Whittaker 28.2, M Shone W65 (Alt) 35.0
Final League positions: Men 401 Atrincham 76, 2 Leigh 33, 3 Manchester 31, 050 1 Spectrum Striders 2, 2 SVHC 14, 3 Lancaster/Morc 12, St Helens/Sutton 12

NORTH EAST

North East Veterans League

Match 1, Jarrow, May 13
 100m R O'Donnell M40 (Sun) 25.0, M Page M40 (Hou) 26.3, R O'Donnell M40 (Jarr) 26.3, B Fenton M45 (NEV) 25.5, R Jurkowski M45 (Gos) 26.6, J Patterson M45 (Dur) 26.7, R Smith M40 26.7, B Flannery M55 (NEV) 27.3, A Clinton M60 (Gat) 28.3, M Doddworth W35 (Hou) 30.4, M Avery W50 (Els) 35.6
 800m R O'Donnell M40 (Jarr) 2:09.5, R Withers M40 (Jarr) 2:13.1, A Kirk M40 (Hou) 2:14.3, W Robinson M45 (Bai) 2:12.2, J Patterson M45 (Dur) 2:18.8, R Jurkowski M45 (Gos) 2:21.4, E Watson M50 (Bai) 2:17.2, B Purvis M40 (Bai) 2:19.2, Doddworth 2:27.8, P Wide M40 (Bai) 2:45.3, K Hope W50 (NSP) 2:55.0
 M40 (NSP) 16:02.7, B Purvis M50 (Gos) 17:29.8, E Appleby M55 (Hou) 17:38.8
 J J Charlton M45 (Mar) 37.86, D Field M60 (Sun) 38.28
League positions: 1 Gosforth 76, 2 Durham 48, 3 Heston 33

Match 2, Jarrow, June 3
 100m Brown 12.4, R Simpson M40 (Jarr) 13.0, Jurkowski 13.1, P Pye M50 (Sun) 12.9, Shear 13.2, J Preston M55 (Jarr) 14.0, B Parnaby M60 13.4, Clinton 13.8, J Lucas M75 (NEV) 15.9, S Elliott W40 (Clarm) 13.7
 400m Brown 56.3, O'Donnell 56.8, Patterson 56.9, Jurkowski 59.5, Smith 60.0, T Thompson M50 (Bai) 60.4, Parnaby 60.2, Elliott 60.2, Hope 76.2
 1500m Forbes 4:22.3, A Jenkins M40 (Mar) 4:22.8, O'Donnell 4:24.4, Robinson 4:38.7, P Hutchinson M40 (Dur) 4:28.6, Lancaster 4:28.6, Purvis 4:43.2, A Oliver M55 (Mar) 5:50.9, W Ramage M55 (Dur) 4:56.1, A Sanderson W40 (Teas) 4:52.7, Hope 5:11.3
 D P Gordon M40 (Harr) 55.24, P Pye M50 (Sun) 54.88, D Field M60 (Sun) 54.88
 TJ Field 9.85
Team positions: Men 1 Gosforth 157, 2 Durham 89, 3 Jarrow 140.5; Women 1 Elswick 25, NSP 25, 3 Blaydon 16

Match 3, Jarrow, June 24
 200m Brown 25.4, B Fenton M45 26.3, Pye 25.0, Preston 28.9, Elliott 28.2
 400m Lancaster 57.2, O'Donnell 58.3, K Kirkup W40 (Dur) 2:04.1, Purvis 9:04.9, P Parnaby M45 (Mar) 9:06.1, Purvis 9:51.5, G Beattie W35 (Hou) 10:30.5, H Simpson W50 (Els)
 SP Pye 10.55, R Laidler M60 (Sun) 9.48, T Henderson 8:05.9
 HJ Loughran M40 (Gos) 1.62, A Phillips M50 (Gos) 1.25.2
League positions: Men 1 Gosport 225, 2 Durham 141, 3 Jarrow 140.5; Women 1 Elswick 39, NSP 25, 3 Blaydon 24

Match 4, Jarrow, July 22
 100m Brown 12.9, Pye 12.3, Lucas 15.9
 400m Brown 55.7, H Lyle M45 (NSP) 57.9, S Walton M40 (Dur) 57.2, O'Donnell 58.3
 1500m Forbes 4:19.6, Robinson 4:21.2, R Dunn M45 (Dur) 4:32.1, B Mackay M45 (Dur) 4:37.8, G Smith M40 (Dur) 4:48.6, B Barnes M55 (Dur) 4:41.9, E Appleby M50 (Hou) 5:01.2, Sanderson 5:25.2
 D Gordon 56.50, Pye 35.44, M Avery (W50) (Els) 13.02
 LJ R Simpson M40 (Jarr) 5.02, G Wood M45 (Dur) 4.90, Field 4.32, A Bisset M45 5.13
League positions: Men 1 Gosport 276, 2 Durham 208, 3 Jarrow 175.5; Women 1 Elswick 72, 2 Teas 44, 3 Blaydon 30

Match 5, Jarrow, August 19
 3000m A Whitfield M40 (CLS) 8:57.9, H Simpson W50 (Els) 11:34.1
 Hammer Coston 68.58, Laidler 20.88, Henderson 19.16, Wide 17.88
Final League positions: Men 1 Gosport 338, 2 Durham 231, 3 Jarrow 225.5; Women 1 Elswick 95, 2 Teas 44, 3 Blaydon 36

Wales

Welsh Veterans League

Cardiff, May 13
 800m R Marks M40 (Card) 2:06.1
 3000m B Marks M40 (Card) 9:16.1, J Poston M40 (Swan) 9:27.7, E Bran M40 (Card) 10:04.7
 J B Barrett M40 (Neath) 39.26

Southern

Surrey/Hants Division

Match 1, Basingstoke, May 11
 300m R Ross M40 (Read) 24.7, P Whittingham M40 24.7
League positions: Men 1 Oxford City 145, 2 Reading 139, 3 Woking 139, 4 Woking 102, 2 AFD 97, 3 Basingstoke & Mid Hants 87

Match 2, Basingstoke, June 1
 100m Ross 12.9, J Swannell M50 (AFD) 12.8
 400m P Roker M40 (AFD) 56.1, Swannell 58.4
 1500m B O'Neill M40 (AFD) 4:14.8, A Woods W35 (Ox) 4:50.9
 5000m C Rutland M40 (OXF) 16:02.02, T Davies M50 (AFD) 16.35
Match 3, Woking, June 15
 3000m B O'Neill 8:58.0
 5000m A Briscoe 16:29.3

Final League positions: Men 1 Havant 31, 2 Woking 29, 3 Havant 8 H23

D B Lukinski M40 (G&G) 32.26, D Telford M50 (G&G) 26.86
 TJ P Roker M40 (AFD) 5.57
 LJ P Swannell 5.13
Final League positions: Men 1 Oxford City 31, 2 Woking 26, 3 Aldershot 22, Women 1 Aldershot 29, 2 Oxford City 27, 3 Woking 25

South London Division
Match 1, Basingstoke, May 11
 LJ J Fenge M40 (H&W) 5.50
 PV A Woods M50 (E&E) 2:70
 DT J Briggs M50 (R&S) 31.34
League positions: Men 1 Epsom 140, 2 Hercules W 133, 3 Kingston & Poly 131; Women 1 Epsom 112, 2 Kingston 94, 3 Dorking St Pauls 72

Match 2, Windsor, June 3
 400m R Austin M40 (E&E) 55.9, G Pope M40 (Croy) 55.1, R Woodland M50 (H&W) 57.0
 5000m J Dear M40 (E&E) 16:11.0
 SP J Fenge M40 (H&W) 12.18, A Woods 9.18
 HJ J Westler M50 (H&W) 45.40

Match 3, Norbiton, June 15
 200m R Austin 24.9
 DT W Fuller M40 (E&E) 35.76, J Fenge 35.24, M Pettis W35 (E&E) 34.06, A Kerr W45 (E&E) 32.02
Final League positions: Men 1 Havant 174, 2 Woking 159, 3 Havant 154, 3 Cambridge 138, Women 1 Havant 98, 2 Woking 96, 3 Arian 80.90

Sussex Division
Match 1, Worthing, May 11
 LJ P James M40 (Havant) 5.40
 PV T Chapman M50 (Worht) 2.15
 TJ Chapman 9.15
 D Chapman 30.32
League positions: Men 1 Havant 174, 2 Woking 159, 3 Havant 154, 3 Cambridge 138, Women 1 Havant 98, 2 Woking 96, 3 Arian 80.90

Match 2, Eastbourne, June 1
 100m T Roberts M50 (Worht) 12.8
 LJ P James M40 (Havant) 5.40
 SP T Pashley M40 (Worht) 32.26, Chapman 9.55
 HT A Norwood M40 (East) 40.10, Chapman 28.10
 JT C Syerley M40 (Leath) 48.06, Chapman 34.50

Final League positions: Men 1 Havant 31, 2 Woking 29, 3 Havant 8 H23

Kent Division

Match 1, Sittingbourne Park, May 11
 200m D Lucas M40 (Canr) 25.5
 800m R Coo M40 (Bth) 2:04.9
 3000m P Perry W35 (Canr) 11:24
 3000mSC D Fairbairn M40 (Kent) 10:21.4
 D W Dixon M50 (Canr) 33.22

League positions: Men 1 Blackheath 1168, 2 Medway 154, 3 Cambridge 138, Women 1 Blackheath 109, 2 Bromley V 100, 3 Medway 78

Hertfordshire Division

Completed the over 60's leading throughout. The additional bonus of time of the event.

4:27 (C Walker 24:14, Stroud 24:19, L O'Hara District AC 105:46 (Erster 24:12, D Wood 8:54); 3 Serpentine RC 25:53, D Cox 30:45, Rreen 26:49); Hara 21:46, 2 Newell 12, 4 Walker 24:14

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:53, D Cox 30:45, R
n 26:49);
a 21:46, 2 Newell
4 Walker 24:14

COACHES CORNER
748 Fox Whistle - World No. 1 Patches. 3 chamber. The original iconic breakthrough in professional referee whistles. Scientifically tuned air chambers create a penetrating trill. Peasless design assures dependability. Rises above the crowd, keeps you in control, always responds with unrivalled power. **CAUTION:** Do not blow directly into a persons ear. **offer £4.50**
749 Clipboard - PVC covered with strong clip. **offer £2.95**
750 Times Stopwatch - digital 10 hour working range 1100h. seconds resolution with start/stop and positive action switches, repeat countdown timer with counter and alarm, lap-time counter for up to 19 laps, usual £24.99, **offer £19.99**



751 Jantex Liverpool Rainsuit - Rainsuit comprising jacket and trousers. Two colour rainjacket, hood in collar, two zip pockets, integral waist pouch, reflective strips. Overtrousers with side opening cuff to leg and through pocket access. Sealed seams throughout. Material 100% nylon, PVC coated, colour blackberry/irid, royal navy, sizes ladies, S, M, L, XL, usual £39.95, **offer £25**



752 Umbro Trackers Jacket - colours black/red, navy/sky, navy/black, black/sky, sizes S, M, L, XL, **offer £9.95**

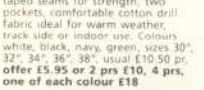
753 Adidas Siberia Coaches - black, navy, red, sizes M, L, XL, **offer £49.95**



754 Robey Coaches Jacket - Cyprus colour red/navy, sizes M, L, XL, **offer £45**



755 Umbro Rugby Shorts - favoured by coaches and teachers, taped seams for strength, two pockets, comfortable cotton drill fabric ideal for warm weather, track side or indoor use. Colours white, black, navy, green, sizes 30", 32", 34", 36", 38", usual £10.50 pr, **offer £5.95 or 2 prs £11.40**, 4 prs, **offer £18**



756 "Sandpiper" Polo Shirts - long sleeve 100% cotton, colours white, black, navy, red or jade, usual £9.95, **offer £6.95 or 3 for £18**

757 Serion Jog Pants - Without cuff or elastic at ankle, loose and exceptionally comfortable, 100% polyester fleece, colours black or navy, sizes S, M, L & XL, usual £11.50, **offer £8.95 or 2 prs £16**



758 Serion Ladies Transam Training Shoes - Nylon/uede upper, EVA midsole, double colour rubber outsole, colour white/peach, sizes UK 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, usual £34.95, **offer £20**

760 Converse Reversible Shorts - Union cotton shorts for leisurewear gym, size S, M, L, XL, colour aqua/green, usual £15.95, **offer £12.95**. Team up with T-Shirt **offer £17**

761 Converse Short Sleeved Crew Sweatshirt - black, sizes M, L, XL, purple large only, usual £16.95, **offer £10**

759 Etonic Ladies Transam Training Shoes - Nylon/uede upper, EVA midsole, double colour rubber outsole, colour white/peach, sizes UK 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, usual £34.95, **offer £20**

762 Converse Long Sleeve Crew Sweatshirt - colour black, purple, large only, usual £21.95, **offer £15**

763 Converse Double Singlet - colours purple size M, L, black size XL only, usual £14.95, **offer £8**

764 Converse Sweat Pants - colours purple, black, sizes M, L, XL, usual £19.95, **offer £15**



765 Hi-tec Airball Concept - Successful midsole technology providing key shock absorption, cushioning and energy return

765 Hi-tec ABC Oslo Training Shoes - colour white/blue/grey, phylon midsole for first class cushioning, PU extended heel stabiliser, carbon rubber outsole with high density heel strike and ABC concept. Lightweight shoe with extra forefoot stability, sizes 6-13 including ½ sizes, usual £39.95, **offer £29.95**



766 Hi-tec ABC Zurich Training Shoe - colour white/black, semi-curved last with superior cushioning, sizes 6-13 including ½ sizes, usual £44.95, **offer £35**

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769 Hi-tec ABC Zurich Training Shoe - colour white/black, semi-curved last with superior cushioning, sizes 6-13 including ½ sizes, usual £44.95, **offer £35**

770 Hi-tec Persist Waterproof Rainsuit - with taped seams, concealed hood, generous pockets, 100% waterproof, sizes S & XL only, jacket usual £30.00, **offer £15**. Trousers usual £17.99, **offer £12.95**. Suit usual £37.99, **offer £24**

771 Mieta Blizzard Waterproof/Breathable Cascade Rainsuit - The Blizzard suit is produced in Cascade. It is multi-purpose and can be used for golf, walking, running or skiing, the jacket has two pockets, concealed hood and high visibility scotchite trim. Jacket silver/red/green, red/navy/white or navy/red/navy. Sizes 5/34/36", M/38/40", L/42/44", (XL/42/44") suit usual £86.00, **offer £49.95**

772 Mieta Blizzard Cascade Jacket - colours and sizes as 771, usual £59.00, **offer £35**

773 Mieta Blizzard Cascade Waterproof Trousers - colour silver, navy, grey or red, usual £27.00, **offer £19.95**

774 Vulcan Aqua Jogger - Water exercise buoyancy belt, this lightweight, snug fitting belt used by world class athletes as a training alternative workout, or to rehabilitate injured athletes, a training booklet is included, usual £39.95, **offer £37.95**

775 Adidas Equipment Racing Shoe - size 6-12 including ½ sizes, extra 6½ & 11½, PU EVA midsole, low profile outsole, unique lightweight design, usual £59.99, **offer £37.50**

Ideal Training Wear. Helly-Hansen UPA Super - 776 46000 Lifa Crew Neck Long Sleeve Top - colours navy, ultra marine, violet or white, sizes XS, S, M, L, XL, usual £77.99, **offer £15.99**

776 46026 Crew Neck Short Sleeve Top - colour navy or white, sizes XS, S, M, L, XL, usual £14.99, **offer £14.99**

776 46005 Long Johns - colour navy, sizes XS, S, M, L, XL, usual £16.99, **offer £14.99**

779 46210 Gloves - colour navy, red or yellow, usual £5.99, **offer £4.99**

780 46200 Lifa Hood - colour navy, sizes adults, usual £5.99, **offer £4.99**

781 46090 Socks - Polypropylene/lycra thin hand wearing, colours, white or navy, sizes 35-38, 39-42, 43-46, usual £7.95, **offer £6.50**

782 46066 Super Brief - wind proof front, colour navy, sizes XS, S, M, L, XL, usual £11.95, **offer £9.95**

783 46092 Lifa Jogging Socks - colours white or navy, sizes 34-38, 39-42, 43-46, usual £5.25, **offer £4.25**

784 Brooks Classic Rain Suit - colours white or yellow, sizes S, M, L, XL, usual £29.99, **offer £18.00**

785 Adidas Ladies Lycra Briefs - colours light jade lime, tangerine, sizes 22", 24", 26", 28", 30", usual £7.95, **offer £3.50 or 2 pairs £6.50**

786 Bourne Sports Track Shorts - with inner brief, red, white, black, 30"/32", 34"/36", 38"/40", usual £5.95, **offer £4.50**

787 Bourne Sports 2 Colour Style Shorts - with inner brief, black/green, white/sky, white/royal, black/sky, sizes 30"/32", 34"/36", usual £9.99, **offer £5.95**, 2 pairs £10

788 Adidas 1/2 Marathon T-Shirts - colour white, size S only, usual £8.95, **offer £4**

789 Bourne Sports Club Shell Suits - colours black/white, black/yellow/white, blue/white, blue/red/white, designed specially for club uniform, sizes 26/28", 30/32", 34/36", 38/40", 42/44", **offer £29.50 each**

790 Danson Minimal Bounce Bra - The original minimal bounce bra with because of its unique publicity design and special blend of cotton lycra, comfortably and very effectively minimises painful breast bounce and accompanying a reeblent strength of coopers ligament, and equally painful nipple sores, because of lycra, this bra will hold your bust snugly and flattening against your chest. No hooks, no clips or buckles, 45% cotton, 45% polyester, 10% lycra, sizes 32-34" AB cup, M34-36" DD cup, L38-40" cup, M38-40" cup, colours black, white, pink, turquoise, navy or grey, **offer £14.50**

791 Hummel Shell Suit - navy/royal/green/sky/white, colours navy/purple/royal/white, sizes 38", 40", usual £69.95, **offer £39.95**

ADIDAS TORSION COMPETITION CLOTHING

792 Tika Mesh Vest - a close mesh torsion running vest with facing back and torsion swirl on the side, colourway black/white, sizes 34/36", 38/40", 42/44", usual £13.99, **offer £9.95**

793 Anshan Athletic Short - a silk touch polyester short, high cut athletic short with inner pant and tonson swirls, colourway black/white, sizes 30", 32", 34", usual £16.99, **offer £11.50**

794 Labis Short - an elasticometric short with torsion swirl on the thigh, colourway black/white, sizes 30"/32", 34"/36", usual £17.99, **offer £12**

795 Jakuts Vest - an elasticometric vest in racing cut and torsion swirl on the side, colourway black/white, sizes 34/36", 38/40", 42/44", usual £19.99, **offer £13.50**

796 Baron Tight - an elasticometric long tight with torsion swirl on lower legs, colourway black/white, size 32" only, usual £24.99, **offer £18**

797 Aruba Suit - an elasticometric triathlon suit in racing cut, colourway black/white, sizes 34/36", 38/40", 42/44", usual £29.99, **offer £27.50**

798 Hi-tec Tokyo Cotton Running Shoe - with inner brief, colour jade only, size 34" only, usual £10.95, **offer £7**

799 Hi-tec Japan Running Short - crinkle shell short with cotton brief, lace waist, colourway black/white, sizes 30"/32", 34"/36", 38"/40", usual £10.95, **offer £7.50**

800 Karhu Lightweight Holdall - features include two zipped and one velcro outer pockets, this extremely lightweight holdall is ideal to pack away in a suitcase for holiday use, colour grey/blue, size 17½" long, 8" wide x 8½" high, usual £11.95, **offer £7.50**

801 Puma Mini Bomber II Holdall - with two end pockets, size 12" long x 6" wide x 9" high, bag features two end pockets, long handles and shoulder strap, colour red, black or navy, usual £12.95, **offer £7.95**

802 Hi-tec PVC Mini Triton Holdall - with two end pockets, colour navy/white, size 14" long x 7" wide x 8" high, usual £12.99, **offer £8**

803 Bourne Sports Running 100% T-Shirts - top quality USA Union cotton garment, heavy with generous cut, running design on front and back, sizes S, M, L, XL, short sleeved, **offer £10.95**

804 Bourne Sports Running Long Sleeve Training Jersey - **offer £11.95**

805 Tinsley All Over Print Fitness Short - striped all-over print in choice of four colours, this stretch lycra short is ideal for running, cycling, aerobics or fashion wear, style includes grippers to stop short running up leg during exercise, colours strings graphite, strings ocean, strings jade or strings hot pink, youths sizes available, S, M, L, XL, usual £21.95, **offer £11.95**

806 Adidas Solstice Tracksuit - warm winter suit with roll collar and full zip, jog type trousers have tie waist, colourway black/royal/grey or navy/royalised, sizes 38/40" or 42/44", usual £29.95, **offer £18**

807 Mieta Montreal Rain Jacket - colour navy/royal, royal/navy, lime/grey, red/black/white, royal/navy/black/red/black, sizes M/38/40", L/42/44", (XL/42/44"), usual £12.95, **offer £9.95**

808 Mieta Chicago Rain Jacket - a revolutionary fibre, developed by ICI fibre, with a texture of cotton and high performance characteristics of nylon, the Chicago range of jackets are stylish, lightweight, comfortable, rainproof and wind and waterproof and easy-care, colours grey/white, royal/white, black/grey, sizes L/38/40", (XL/42/44"), usual £15.95, **offer £11**

809 Sub 4 Track Shorts - nylon with nylon inner, colour amber or black, sizes S, M, L & XL only, usual £9.95, **offer £5**

810 Adidas Nylon Rain Trousers - with zips to thigh, colour royal blue with white stripes, size 6-4", 4-6", usual £13.99, **offer £7**

811 Adidas Women's Saturn Vest - polyester/vinyl with mesh chest facing with matt black, lightweight, colour black, navy, black, white, colour royal or pink, sizes 8, 10, 12, 14, 16, usual £6.95, **offer £3.50**

812 Sharon Davies Sports Bra - wide adjustable shoulder straps for firm control, easy slip over style, no hooks, double fitness cotton lycra for cool comfort and strong support, cut-away style for freedom of movement, sizes 38/36", M/36-39", L/39-42", all B/C or D/DD cups, **offer £19.95**

813 Sharon Davies Cotton Lycra Briefs - 75% cotton, 20% lycra, 5% other fibres, high cut leg for unrestricted movement, extra wide support band for non-slip comfort, waist sizes 30/22-24", M/24-27", L/28-32", **offer £9.99**

814 Viga Men's Munich Vest - colour royal blue with green/red/white trim, fabric 100% polyester, size XL only, usual £8.95, **offer £4**

815 Viga Munich Running Shorts - 100% polyester, 100% cotton inner brief, colours white with green/red/navy, only sizes 26/28", 38/40", usual £8.95, **offer £4**

816 Viga Road Runner Running Shorts - shiny nylon with inner brief, colour white, red, navy, black, grey, royal, size 26/28" only, usual £9.95, **offer £2.50**



817 Viga Union Jack Running Shorts - size 26/28" only, usual £9.95, **offer £2**

818 Viga Zurich Vest - colourway green, purple chest flash with bottom half of vest in white mesh, sizes M, L, XL, usual £8.95, **offer £4**

819 Litesome 100% Cotton Vests - only size 30/32", colours navy and maroon, usual £9.95, **offer £2**

820 Nike Cream Flame Creeper Tracksuit - colour charcoal/yellow/white, sizes MB, LB, usual £18.95, **offer £6**. Size M, usual £15.99, **offer £7**

821 Sub 4 Sweatshirts - fleece back, ideal training garment, colours black, navy or royal, all with white yoke, sizes M/38", L/40", usual £13.99, **offer £9 or two for £17**

822 Butka Connection Women's Jog Suit - fleece lined zip collar, elasticated cuffs, trousers, colour grey/black, size S only, usual £21.50, **offer £9**

823 Polissor Running Socks - colourway maroon/grey, size 4-7, usual £2.65, **offer £1.50**, 3 pairs £4

824 Polissor Racing Socks - colour green/black, maroon/grey, navy/red, green/royal, sizes 4-7, usual £2.65, **offer £1.50**

825 Polissor Tube Socks - white with green trim, white with navy/sky trim, white with royal/yellow trim, sizes to fit 4-11, usual £2.25, **offer £2**

826 Polissor Super Socks - heavily cushioned sport sock, colour white with royalised trim, white with sky/royal trim, white with red/silver trim, size 7 only, usual £3.30, **offer £2**

827 Kappa Headbands - colour sky, lemon, pink, royal or red, usual £3.95, **offer £1**

828 Le Coq Sportif "Montreal" T-Shirt - cotton/polyester, colours navy/white, white/silver, red/silver, navy/red, sky/silver, silver/white, white/silver, sizes S, M, L, XL, usual £6.95, **offer £5**

829 Le Coq Sportif Athens Vest - 1/2 mesh cotton/nylon, colours grey/maroon, royal/grey, white/grey, navy/red, sky/grey, grey/burgundy, sizes S, M, L, XL, usual £9.95, **offer £5**

830 Le Coq Sportif Mexico Vest - cotton/polyester, colours royal/silver, red/silver, navy/white, navy/white, sky/silver, white/silver, blue/white, sizes S, M, L, XL, usual £6.95, **offer £4**

831 Le Coq Sportif Tempest Vest - mesh cotton/nylon, colour navy, blue/white mesh, black/white mesh, sizes M, L, XL, usual £9.95, **offer £6**

832 Le Coq Sportif Ladies Paris Vest - nylon upper with cotton mesh bottom, colours silver/wine, navy/white, sky/silver, sizes 10, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 424, 426, 428, 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454, 456, 458, 460, 462, 464, 466, 468, 470, 472, 474, 476, 478, 480, 482, 484, 486, 488, 490, 492, 494, 496, 498, 500, 502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000, 1002, 1004, 1006, 1008, 1010, 1012, 1014, 1016, 1018, 1020, 1022, 1024, 1026, 1028, 1030, 1032, 1034, 1036, 1038, 1040, 1042, 1044, 1046, 1048, 1050, 1052, 1054, 1056, 1058, 1060, 1062, 1064, 1066, 1068, 1070, 1072, 1074, 1076, 1078, 1080, 1082, 1084, 1086, 1088, 1090, 1092, 1094, 1096, 1098, 1100, 1102, 1104, 1106, 1108, 1110, 1112, 1114, 1116, 1118, 1120, 1122, 1124, 1126, 1128, 1130, 1132, 1134, 1136, 1138, 1140, 1142, 1144, 1146, 1148, 1150, 1152, 1154, 1156, 1158, 1160, 1162, 1164, 1166, 1168, 1170, 1172, 1174, 1176, 1178, 1180, 1182, 1184, 1186, 1188, 1