

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 25

The Newspaper of the British Veterans Athletic Federation

Winter 1993 £2.00

## Over 1000 line up to run the Barnsley 10K



Start your watches!

1021 vets crossed the finishing line in the Barnsley 10K on November 15th illustrating yet again that this event is the largest annual vets race in the UK. The heavy overnight rain ceased in time for the race but runners had to contend with cold, damp conditions and a stiff breeze on some parts of the course. A notable feature of the race was the record woman's entry; over 250 completed the course.

### Geoff Harrold competed and reports

Mike McLeod's appearance in the Hayselden Barnsley Veterans 10K confirmed the small trickle, trend is too strong a word, of World class athletes continuing into whole-hearted veteran athletics. However, for McLeod, I suspect, a race is a race. In fact the Elswick Harrier really wanted to run in the open race later in the day but one of the Barnsley rules is that veterans, even if they enter the senior race, must run in the larger vets' race.

McLeod's time would have given him 25th place in the senior race but the WAVA champion seemed content to break away from Dave Hill, WAVA 25K champion, on the second climb out of town and ease home in 31.00. Dave Hill was timed at 31.16 for runner up position with Grimsby Harrier, Jim Clark, finishing 3rd in 31.29.

Zina Marchant's 35.54 would have gained her seventh place in the open

women's race but in the vet's race she was well over two minutes clear of second placing Janice Moorekete of Maidstone, a performance that went unmentioned in some quarters. Third woman to finish was Linda Watson (38.02).

Despite a small alteration to the course that the organisers claimed made it somewhat easier, the times generally were slower than last year when the race was run in freezing fog. If you were looking for course records you looked in vain until the older age groups came home. Eric Smith collected a new course record of 43.14 with his goody bag in the M70 category while his namesake Mollie beat both the W50 and W55 course records with her 41.10. Patricia Brook was also

inside the W50 course record but three places behind Mollie Smith. Max McNally's organising team provided another excellent race. The Barnsley downhill finish made itself felt on Monday but perhaps next year the traditional run into the shopping precinct will be back.

### Main Results

M40 M. McLeod (Elswick) 31.00 2 D. Hill (Thames) 3 J. Clark (Grimsby) 31.29  
M45 C. Youngson (Aberdeen) 32.15 2 R. Smith (Scott Vets) 32.24 3 J. Bell (Elswick) 32.28  
M50 E. Davies (Cardiff) 33.15 2 P. Lancaster (N. Shields) 34.33 3 D. Quinlan (Bingley) 34.34  
M55 E. Williams (Shrewsbury) 35.24 2 E. Isaacs (Wirral) 35.29 3 A. Bardon (Leicester) 36.19  
M60 E. Appleby (Heaton) 36.37 2 M. Brook (Holmfirth) 38.41 3 P. Ronan (Royal Sutton) 40.06

Continued on page 3

## A clean sweep for England

England were worthy winners of every team age group category in the Home Countries International at Belfast on October 31st. If guest team Republic of Ireland had been allowed to count then Scotland would have won the M45 category but based on positions of the Home Countries only England pipped Scotland by one point to make it a clean sweep. Dave McKibben reports on the race from Belfast.

Mud specialist Bob Treadwell entered the veteran ranks in spectacular style as he won the British International Cross-Country Championship. The Redhill and Surrey athlete raced straight to the front of the Northern Ireland Electricity — Newtown Abbey Leisure Services sponsored event and was soon clear of the 140 strong field. The athletes were lashed by freezing wind and rain as Treadwell blasted through the second of five laps 10 metres clear of England team mate Mike Hagar who also holds the Northern Ireland title. World 25K road champion Dave Hill, Ken Moss and last year's winner Roy Baillie were disputing third just behind. Pre race favourite and triple champion Tony Simmons was just outside the top dozen at this stage.

Treadwell was really flying and was over 200 metres in front of Hagar at the bell but the scarlet clad Simmons had improved dramatically and was only a couple of seconds behind Hagar. The Welshman closed right up to Hagar on the last hill, poised for a second to consider, and then twinkled past with a tremendous burst of speed. Treadwell, unaware of the drama unfolding behind him, continued on his majestic way apparently unaffected by the vile conditions. He turned into the finishing straight still full of running and crossed the line for a famous victory by the amazing margin of 58 seconds.

Simmons claimed runner up spot and leaves this age group with the superb record of three wins and two seconds. Hagar, Hill and Moss followed in close order to clinch the expected team title for England. Colin Youngson of Scotland came 6th and was

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## Still at odds with BAF

BVAF Chairman Keith Whitaker reports on progress or rather lack of progress with the British Athletic Federation

I had hoped that in this issue of VA I would be able to report a change in the attitude of the athletics establishment and a new relationship with BVAF which would have been to the overall benefit of veteran athletics. In fact I have to report what I see as a missed opportunity by BAF in developing veteran athletics as a unified force.

I was invited to attend the BAF Council Meeting in December where the Terms of Reference of a proposed Veterans Advisory Committee was a major item on the agenda and gave a brief resume of the founding and development of BVAF.

As a result of discussions senior officials of BAF were recommending that the BVAF officers would have a significant role in that committee. We would be responsible for the detail of veteran affairs, including championships, and the problem they had raised of non BVAF veterans taking part would be resolved by our suggestion that, with agreement from our members, we would 'open' the championships by charging a differential in entry fee.

The BAF Council are very aware of the rapid growth in the numbers of veterans now taking part in athletics, and the major-

ity want to see this develop, but there were then differences of opinion as to the way forward. Some felt that as veterans had already demonstrated that they were successfully running their own affairs, they should simply carry on, so that any BAF resources were better channelled towards the youngest athletes, while others felt that BAF should be putting on veteran championships though possibly with BVAF involvement. I explained that if BVAF were to be involved in staging championships we would look to a differential in entry fee as both our administration and funding were based on a club structure. Non-members would not be making any contribution to either.

Subsequently two proposals were put to the meeting: the first, that BAF should hold veteran championships, but then added, 'with entry fees the same for all', was passed. Then, after further lengthy discussion, the original proposal to set up a Veterans Advisory Committee, was defeated. It would seem that the BAF Council would like the cake and the halfpenny, with BAF championships for veterans, and yet no one delegated to arrange them, though a suggestion was made that perhaps they could look to BVAF to help in staging, if there was some financial support for so doing!

For the time being I feel that our best course of action is to carry on exactly as we have done in the past, with our own BVAF (club) championships. However I feel it would be beneficial to veteran athletics as a whole to open our championships to all veterans and that we charge non-members an extra £1.00. To have them in, would enhance the status of our championships, and at the same time, give the opportunity to "sell" them the full benefits of joining a BVAF club. It would then be up to our members to encourage them to join. As the BAF have missed the opportunity to unify all veterans then it must be up to us to try to do so ourselves.

### 5K VENUE WANTED

Due to last minute difficulties the BVAF 5K road championships for 1993 has to be re-scheduled. It was originally planned to hold the race in Sheffield in May but the proposed date clashes with other events. If any club is prepared to promote the BVAF 5K road race or organise it in conjunction with an existing 5K event please contact Dave Walsh (0222-514106) as soon as possible.

## Last chance to compete at Cosford?

Veterans have something their younger colleagues do not have — a final fling on the indoor track at Cosford. The track is to be dismantled and the hangar used as storage space. Unless there is a last minute reprieve, and at present there appears to be little prospect of that, the last open meeting has already taken place. That leaves just two more meetings, a pentathlon championship and the BVAF National Indoor Track and Field Championships on March 20th.

Cosford is one of the few permanent indoor facilities in the country and its loss will be a major blow to athletics particularly in the Midlands. Strong representations have been made to the authorities by the Midlands Counties and others but up to the present the R.A.F. remains adamant that it will close. It seems incredible that such a major asset should be destroyed and used for storage purposes as there must be countless empty buildings available in the present economic climate that could be used for storage. Cosford figures prominently in BVAF indoor championships.

Let's make our final championships at Cosford a bumper one with a record entry. Send your entries to Winston Thomas — entry form p12. Entries close on Feb 22nd  
New world records at Cosford page 3



## FROM THE EDITOR

This edition of Veteran Athletics is the first of what I hope will be many issues of the newspaper that I shall edit. It is also my first attempt at editing any type of publication so I shall have to learn the job as I go along and trust that I do not make too many mistakes along the way. First of all a short introduction. I joined West Bromwich Harriers in 1949 and have been an active participant in the sport for most of the time since. I did have a lengthy lay-off but started running again three years ago, achieved a fair amount of success within my age group and have caught the running bug to a much greater degree than in my younger days. I am now looking forward to joining the M60 age group in 1993 so that I can be even more competitive, which just shows that you are never too old when you are a veteran. On the administrative side I served my time as club secretary and organised major cross-country events and open track meetings so I have experience of both sides of the sport.

Now retiring from full-time employment I shall have ample time to devote to the editorship of Veteran

Athletics and I trust that I can achieve the high standards set by my predecessors. The purpose of any club newspaper is to communicate with the membership and keep them informed of forthcoming events, results, policy decisions, news of other club members etc. But communication must be a two-way thing to be successful. Already I am surprised how few of our 8500 members take the trouble to complain, praise, criticise or offer snippets of information. As an example with only two weeks to go to publication deadline I have only three letters to the editor and the results of half a dozen races.

If you think there is too much or conversely not enough space devoted to results, coverage of championship events or insufficient reporting of any aspect of our sport then please let me know.

I cannot believe that so few members feel strongly about certain issues. Alternatively does it mean that most members are satisfied with the standards and content of the newspaper? I doubt it. Look forward to hearing from you.

Geoff Ashby

## Veteran Athletics

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### BRITISH VETERANS ATHLETIC FEDERATION

Life Vice Presidents: Jack FitzGerald, George Phipps, Sylvester Stein, Ron Franklin, Keith Whitaker H C (Bill) Taylor, Tom Wood

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Assistant Chair — Cross-country: Bernie Plain, 115 College Rd, Llandaff North, Cardiff, S Glamorgan

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Women's Representative: Maureen Farish, 35 Queen Anne Avenue, Bromley BR2 3RG

Treasurer: David Coward, 10 Chestnut Avenue, Southborough, Tunbridge Wells, Kent TN4 0BU

Overseas Entries Coordinator: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU tel 081-422 7157

Chairman of Records Committee: Post vacant. Meanwhile the General Secretary will handle record applications, address above.

Administrative Officer: Jack FitzGerald, 67 Goswell Road, London EC1V 7EN

### Secretaries of Affiliated Clubs

Eastern VAC (General): Peter Chaplin, 1 Gunning Way, Cambridge CB4 3AQ;

(Membership): H Barnfather, 6 St Audrey Close, St Ives, Huntingdon PE17 4NP

Isle of Man: J Grimson, Laburnum Cottage, Main Road, Kirk Michael, IOM tel 0624-87202

Midlands VAC (General): E C Nicholls, "Rainbow Cottage", 15 Meadow Lane, Alvechurch B48 7LH;

(Membership): C Simpson, 87 Willow Road, Solihull B91 1UF tel 021-705 5139

Northern VAC (General): A Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire SK4

3LD tel 061-432 7586; (Membership): J Linley, 21 Birch Grove, Piddington, Warrington, Cheshire WA1

3JG tel 0925-810018

North East VAC (General): G Routledge, 5 St Hildas Ave, Holy Cross, Wallsend, Tyne & Wear NE28

7AB tel 091-263 2837; (Membership): A J Bray, 10 Cottingvale, Morpeth, Northumberland NE61 1DW

tel 0670-514700

Northern Ireland: J Harris, 15 Frensham Road, Newtownards BT23 4BB tel 0247-817767

Scotland (General): A Muir, 46 Riverside Gardens, Clarkston, Glasgow G76 8EP

tel 041-644 5448; (Membership): W Armour, 34 Bella Houston Drive, Glasgow G52 1HQ

Southern Counties VAC (General): J Coker, 8A Heather Park Parade, Heather Park Drive, Wembley,

Middx HA0 1SL; (Membership): J Robinson, 63 Goldney Road, London W9 2AS tel 071-266 3251

(New members: V Thompson, 18 Albany House, Boyfield Street, London SE1 tel 071-928 9577)

South West VAC: D G Lord, 311 Bournemouth Road, Parkstone, Poole, Dorset BH14 9AL

Veterans AC (Membership): J McQuillan, 8 Kayemoor, Sutton, Surrey SM2 5HT

tel 071-622 6093; (General): "Pro tem" David Coward, 10 Chestnut Ave, Southborough, Tunbridge

Wells, Kent TN4 0BU tel (H) 0892-533925 (W) 0959-73201 ext 220

Welsh: D Williams, 1 Powys Gardens, Dinas Powys, South Glamorgan tel 0222 514267; (Membership):

J O'Brien, 63 Penllyn Cwmavon, Port Talbot tel 0639-896615

### WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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Delegate: Bridget Cushen, 156 Mitcham Road, West Croydon CRO 3JE, UK.

## BVAF CROSS COUNTRY CHAMPIONSHIPS

sponsored by  
Burnley Borough Council      Townley High School      More View Vehicle Services Accrington

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



# Clean sweep for England

Continued from page 1

first in the M45 category while Baillie took 7th just ahead of Phil Pape of Cambridge who excelled himself with 8th position.

The ladies event produced another brilliant performance as the English team had another expected benefit. Anne Turrington finished third last year but made no mistake this time. She moved away from team mate Maggie Statham during the second half of the race and went on to finish six seconds ahead. World road race champion Liz Hughes had an impressive run in the third position. Moira O'Neill, running her first cross country race in many years, was a revelation. The marathon star was always in the leading sextet and got the better of Scotland's Sandra Brannan over the last lap. Diane Marsh was sixth and helped England to the team prize.

With the possible exception of the weather the event was a great success with all enjoying the hospitality both before and after the event.

## Team Results

M40 1 England (13), 2 Scotland (40), 3 Wales (45), 4 N. Ireland (58)  
M45 1 England (26), Scotland (27), 3 Wales (27), 4 N. Ireland (68)  
M50 1 England (12), 2 Wales (34), 3 Scotland (47), 4 N. Ireland (57)  
M60 1 England (6), 2 N. Ireland (23), 3 Scotland (23)  
W35 1 England (9), 2 Scotland (20), 3 N. Ireland (25), 4 Wales (27)  
W40 1 England (12), 2 Wales (14), 3 N. Ireland (30), 4 Scotland (32)  
W50 1 England (6), 2 Scotland (18)

Individual results Page 11/Photos Page 9

# World Records at Cosford

Three World and one British record were the veteran highlights of an open indoor meeting promoted by the Midland Counties AAA at Cosford on December 5th.

Jocelyn Kirby (Middlesbrough and Cleveland) in her first competitive indoor outing since achieving veteran status one week earlier set a W35 World best of 8.0 sec in finishing fourth in the open 60 metres sprint, clipping 0.05 secs off the previous record held by B Waldis of Switzerland. She did it again in the 60 metres hurdles, this time reducing Judy Vernon's World best by one tenth of a second to 8.8 secs. Another brilliant performance in the 200 metres saw Kirby slice a massive 0.9 secs from Judy Vernon's UK best to set a new British record of 26.2 secs. This time is only two tenths of a second slower than the world best currently held, again, by Waldis of Switzerland. Jocelyn Kirby must be an odds on favourite to achieve a world best before the season ends.

Pat Gallagher was in devastating form in the women's open 800 metres clocking 2:21.7 to set a World W45 record. She smashed the existing pending record set by E Kozak of Canada by an impressive 3.38 secs and ran nearly four and a half seconds faster than her previous best.

In the men's events John Henson from Sheffield won the 200 metres in 24.3 secs with 59 year old Ron Taylor (Royal Sutton Coldfield) producing another great performance to clock 25.1 secs. The M60 World record of 26.37 looks a near certainty to fall when Ron reaches his 60th birthday later this year.

The 1500 metres vets race was won by R Weatherburn, M40, (Wolverhampton and Bilston) in 4:10.4 from C Beighton (Rotherham) 4:14.0 and K Bell (Oxford) in 4:16.0.

# BVAF Records and Statistics Sub-committee

I have recently been accepted as Chairman of the above Committee. Currently I am attempting to co-opt other members who will have responsibilities for specific events. Until the Committee is fully completed submission of details relating to specific records should be submitted to me at the address below. Record performances will be considered only if they are submitted on an official application form. These will be made available to the organisers of the National Championships and would also be available at International Championships. If organisers of other Veteran Meetings, including Veteran League and Area Championships need the relevant forms, they should apply for them from me prior to meetings. I must emphasise, records will only be considered if submitted on the official application form. Consequently the onus is on all athletes to ensure forms are available if they think they may break a record.

A similar situation exists regarding WAVA records — forms will be available at National/International Meetings only. Any other meeting the athlete should check the situation regarding forms.

When the full committee is completed the names and addresses will be published in the next Veteran Athletics. Currently the two members with specific responsibilities are:

David Burton, 71 Nethergreen Road, Sheffield S11 7EH, responsible for Male Track & Field including Multi Events, and Dave Stevens, 23 Roman Road, Steyning, Sussex, responsible for Male and Female Walks

It is anticipated that other members will have specific responsibilities for:

- 1 Female T & F including Multi events — Sally Gander, 4 Westfield Road, Hertford, Herts SG14 3DJ
- 2 Male Road Running — To be advised
- 3 Female Road Running — To be advised

David Burton

# BARNSELEY 10K Continued from page 1

M65 M Stewart (43.14) 743.05 2 A Hitchman (Royal Sutton) 43.40 3 N Neilson (Chorley) 44.27  
M70 E Smith (Odey) 43.14 2 J Keilly (Derby) 47.08  
W35 J Moorick (Maidstone) 38.00 2 J Colebrook (Wolds Vets) 38.03 3 L Clarke (Colwyn Bay) 38.08  
W40 Z Marchant (Bath) 2 L Mannion (Holme Valley) 38.11 3 F Garland (Redhill) 38.28  
W45 L Watson (North East Vets) 38.02 2 D Fellows (Cannock) 38.50 3 S Kirkup (Unattached) 42.56  
W50 P Brooks (Riggings) 41.40 2 P Kerley (Middleton) 41.43 3 J Manners (Cleveland) 42.56  
W55 M Smith (Ashford) 41.10 2 P Jones (Ilford) 41.58  
W60 B Hines (Northem Vets) 51.14

First 240 Finishers Page 11

## Mike McLeod leads Dave Hill at 5K



# Cambridge Harriers Centenary Trophy Road Relays

Report by Geoff Harrold

PROMOTED with the help of GEC Avionics at Rochester Airport on Dec 20, the Centenary Trophy relays took place on a flat, open course in windy, cold and damp conditions making the meaty prizes — especially the sausages — all the more welcome. The teams were mostly drawn from local Kent clubs, except for Swindon AC, who made the long trip from Wiltshire and were rewarded with third place in the M40 race.

Lap 1 Invicta East Kent's Rouse held a four second lead over Daniel (Blackheath) with Invicta 'B' (Ross-Davies) in third place. Ray Davidson (Cambridge H) led home the over-50 race in tenth place. Forty seconds and seven places later, Bonnie Appleby was first in the Women's Open race for Invicta with the first Women Vet team, Invicta, in 29th place.

Lap 2 Taking over in fourth place, Peter Molloy — bronze medalist in last

year's European M40 1500 — stormed into the lead for Swindon with the day's second fastest lap. Ten seconds covered the first three teams at this point with Cambridge a further ten seconds adrift. Pete Ould sewed up the M50 race for Cambridge with the day's third fastest M50 lap, one second faster than Bromley Vet Harrold, who had brought his club up sixteen places to 14th.

Glynis Penny's lap was to prove the day's third fastest Woman Vet time and it notched Cambridge a seven second lead

Continued on page 8

# 20th Brugge Vets Grand Prix

25Km and 10Km Races

20th JUNE 1993

Association of International Marathoners

BELGIUM

1973 20 1993

TO CELEBRATE THE 20TH ANNIVERSARY OF THIS PRESTIGIOUS EVENT - SPORTSMANS TRAVEL ARE KEEPING THE SAME PRICES AS 1992

## THE RACES

Now in its 20th year Jacques Serruys and his wife have presented the Veteran Running world with a running weekend to remember for life. This is not just a race, it's the gathering of old friends. The memories we treasure for life. A race where every age has an annual chance to beat their old rivals and then enjoy a beer and a chat afterwards.

An event organised by people that care, so why not join us in the medieval city of Brugge, with its unique atmosphere, this city has become a favourite location for the Vets Grand Prix events over the past years. Again this year both the 25km and the 10km are being held on the Sunday. The 25km starts in the city centre Market Place, and the 10km starts outside the Olympic Stadium. Both courses are flat and loop around the countryside on the outskirts of the city to finish inside the grass covered Stadium where all the spectators are waiting to welcome finishers home.

## OUR 2 COACH PICK-UP STRUCTURE - WEST & EAST DOWN THE UK

**WEST ROUTE**  
LIVERPOOL Friday 00.15 sup £12  
MANCHESTER Friday 01.00 sup £10  
STOKE Friday 01.45 sup £8  
BIRMINGHAM Friday 02.45 sup £8  
**Large Groups can also be picked up from other pick-up points provided it is on our coach route.**

## EAST ROUTE

NEWCASTLE Thursday 23.30 sup £12  
LEEDS Friday 01.30 sup £10  
NOTTINGHAM Friday 02.30 sup £8  
NORTHAMPTON Friday 03.30 sup £8

## EVENT FACTS

10km 25km  
Start Time 10.00 hrs 10.45 hrs  
Age Limit Men over 40 & Women over 35 for both races  
Time Limit No Limit No Limit  
Race Entry Fee £12.00 £14.00  
Awards: Medals & Certificates to all finishers. Prizes for first three in Age Groups, both men and women presented at the awards ceremony after the events. A Sportsman's Travel 'T' Shirt.

## JOINT ROUTES

LONDON Friday 06.15 sup NIL  
BEXLEY Friday 06.30 sup NIL  
DOVER Friday 08.00 sup NIL

## THE TOUR - EXECUTIVE COACHES

4 day (3 night) option using our parallel route system as highlighted above and below into our city centre hotels, the Aragon, Ibis and Lucca. Departing Thursday 17th June and returning Tuesday 22nd June.  
**East Route:** Newcastle 23.30 hrs., Fri. Leeds 01.30, Nottingham 02.30, Northampton 03.30, London 06.15, Bexley 06.30, Dover 08.00.  
**West Route:** Liverpool 00.15, Manchester 01.00, Stoke 01.45, Birmingham 02.45, London 06.15, Bexley 06.30, Dover 08.00.

## THE HOTELS

3\* DELUXE ARAGON HOTEL. This family run hotel in central Brugge offers traditional comfort in the old world style. All rooms have private facilities with mini bar, bath, direct dial phone & TV. There is a sumptuous breakfast included.



2\* DELUXE IBIS HOTEL. BRUGGE CENTRUM disabled guests. The restaurant offers a menu with regional and international dishes. You can relax in the friendly atmosphere of the bar. The hotel has a parking and 2 meeting rooms.

**FEATURE ALL HOTELS WITHIN 3 MINUTES FROM START OF 25km RACE**

2\* LUCCA. This is an excellent budget option, family owned central hotel. Twin/two rooms have private facilities with either shower or bath. Single rooms have a bath/shower adjacent. There is a bar and a TV lounge. Buffet breakfast is included.

## EXCURSION

We will organise a full day excursion on Saturday 20th June to take you to Brussels. A local guide will explain the sights of this unique city that include the EEC Government building, the Parliament building, the Atomium and the Cinquantenaire Arch before you wander and enjoy your lunch in the Grand Palace district. Back in Brugge our staff are taking care of your race numbers for your return enabling you to enjoy your weekend to the full.

Sold in Brugge in local currency

TURN OVER FOR FULL TOUR COSTS AND ENTRY FORM WITH MORE RACE INFO.

SPORTSMANS TRAVEL RUNNING TOURS, P.O. BOX 269, BRENTWOOD, ESSEX CM15 8NR Tel: 0277 264444 Fax: 0277 261934

## TOURS ARE THE SAME PRICE AS 1992 - NO SURCHARGES

### TOUR PRICE INCLUDES

- Executive Coach travel UK-Brugge return
- Channel ferry crossing by P&O Ferries
- 3 nights bed and breakfast in a twin shared room
- Courier service
- Securely Bonded Company

### NOT INCLUDED

- Other meals
- Insurance
- Excursion
- Personal Expenses

### TOUR REF: RRVB2

### BASIC PRICE

OPTION	HOTEL	Prices per person sharing twin					Single Sup
		Twin	10+	20+	30+	40+	
1	ARAGON	£165	£163	—	—	—	£51
2	IBIS	£155	£153	£151	£149	£147	£50
3	LUCCA	£135	£133	£131	—	—	£42

For regional pick-ups and supplements refer to front page.

For regional pick-ups and supplements refer to front page.

TOUR DEPOSIT: £60.00

INSURANCE: £11.00

TOUR DIRECTION: This tour will be directed by Barry Whitmore, assisted by the Sportsman's Travel Courier Team

TOUR DEADLINE: Friday 7th May 1993 Week No: 18

1973 20 1993

Reebok  
**VETERANS**  
**GRAND PRIX**  
**BRUGGE 20/06/93**

### EXTRA RACE INFORMATION

- The organisers: The international races are organised together with the Town Council of Brugge, the Flemish Athletics Federation (VAVL) and the Brugge Athletics Club (BACV).
- Collecting of Numbers: Your Sportsman's Travel team will do this for you to allow you to rest or sightsee. We will distribute in your hotels Saturday evening.
- Time Table: DRESSING ROOMS - at the Olympia Stadium
- START: Sunday 20th June 1993
- 10.00 (Men veterans men and women) Start: Olympia Stadium
- 10.45 (International) 25 km for veterans men and women Start: Market Place
- Entry modalities: Veterans must have the age in the different age groups
- THE DAY OF THE RACE
- Age Groups: Men: M40 M50 M55 M60 M65 M70 M75 M80 and older Women: W35 W40 W45 W50 W55 W60 W65 W70 W75 W80 and older
- Prizes: a) Individual Prizes: the first three men and women category included by Commemorative Prize - all competitors finishing their race receive a medal
- Provisional: Provisioning and refreshments will be organised on the course and at the finish line

## ENTRY - FORM

Photocopies will be accepted

☐ 10 KM VETERANS

☐ 25 KM VETERANS

Family Name (Surname) \_\_\_\_\_ First given name \_\_\_\_\_

Mailing address \_\_\_\_\_ SEX ☐ Male ☐ Female

City \_\_\_\_\_ Post/Zip Code \_\_\_\_\_

Country \_\_\_\_\_ Nationality \_\_\_\_\_

Signature: \_\_\_\_\_ Besttime 1992/93 \_\_\_\_\_ Date of Birth \_\_\_\_\_

10 KM \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_ Age \_\_\_\_\_

25 KM \_\_\_\_\_ Telephone number \_\_\_\_\_

Official Club Name \_\_\_\_\_

In consideration of your accepting this entry, I the above signed to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims to damages I may have against the organisers and assigns for any and all injuries suffered by me in said event I attest and verify that I will participate in this event as a licensee, that I am physically fit and have trained for the completion of the event.

SPORTSMANS TRAVEL RUNNING TOURS, P.O. BOX 269, BRENTWOOD, ESSEX CM15 8NR Tel: 0277 264444 Fax: 0277 261934



## SPORTING ACTION RESPONDS

The organisers of the WAVA Championships at Birmingham were on the receiving end of a lot of criticism. This is their response.

The Championships were not the fully successful occasion which the organisers had hoped to provide but Sporting Action Limited would like to correct some willfully, in their opinion, presented distortions of reality which have appeared in the athletics press.

BVAF agreed that Sporting Action should organise the events on its behalf as it admitted that it could not put on an occasion of this magnitude from its own (volunteer) resources. Sporting Action was formed as a limited company so as to provide some legal protection and framework for its directors. It is registered as a non-profit making company.

By the early spring of 1992 the financial position was so grave that Sporting Action seriously considered pulling out, as it looked very doubtful that the directors would be able to recoup their already considerable investments of personal monies, and the possibility of further loss seemed inevitable. We decided to honour our commitment.

For Martin Duff to suggest that "estimated" entry fees contributed £43,750 to the budget implies a total incompetence in understanding the meaning of the word "budget". Entry fees included a levy of £5 to WAVA and a further levy to BVAF, amounting to some £15,000. That money was contractually bound; in the case of the WAVA monies it had to be in a dollar account which we could pay into but from which we could not draw. We were also contractually required to host a number of WAVA and BVAF officials, besides paying the expenses of BVAF officials in attending meetings. Collecting a commission for arranging hotel accommodation is not taking a "rake-off", it is a normal commercial charge for providing a service. The actual turnover of the event was, as the audited accounts will show, of the order of £100,000.

Sporting Action readily admits that there were shortcomings with the events, and does not shirk its responsibility in accepting the blame for such. We are surprised, however, at some of the allegations made about supposed shortcomings, without the slightest attempt to check. We can provide documentary evidence to support the following refutation of misrepresentations which have appeared in various printed articles.

**Showers** Cost of hire £400 per six unit block. Cost of connection £500. There were perfectly adequate toileting facilities, with capacity well in excess of those present. Handbasins in tiled areas, with virtually inexhaustible hot water supplied for washing.

**Chairs and tables** also incurred hire charges which were not affordable.

**Refreshments** NEC demanded that we guarantee their take before they would open up. Naturally we refused.

**Stalls** Very difficult to sell sites, despite prolonged attempts.

**Use of two halls** Due to continued problems over actual race routes because of NEC confusion about their plans we were unable to finalise starts and finishes until two days before the events. By then all instructions and maps had been printed, it was not sensible to change. There was not, as has been implied, any over-expenditure in this respect.

**T-shirts** We ran out of supplies. Is that a real complaint? Would you try to overestimate and be lumbered with unsaleable stock?

We must point out that problems which occurred with the Walks were not entirely "in-house". One female walker somehow managed to have a new number allocated to her. We never, as it has been claimed, "advertised that soft drinks and water would be available on the course to walkers".

The Technical Director had several telephone conversations with Alan Hall who was adamant that he was responsible for appointing Technical Officials to the Walking Events. Twice he confirmed that

## 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.

### Premature worries?

As talks on integration/co-operation with BAF seem to be floundering on the rocky shore of differential fees for veterans who are not members of BVAF clubs is it not time to really look and see if it is a problem?

The South of England move to offer championships to all veterans who are members of SoE clubs has met with some muttering in corners "undermining our movement". Here in Wales we have held such championships since 1984.

We have not found that these medals are being won by "non vet club" athletes. Come on, it shouldn't be too difficult to assess the situation. We don't have that

many regions in the UK. Surely we can run a quick eye down the results to find out if there are significant numbers of non-members who would take championship awards?

As long as we still have the carrots of VA and our own T&F Leagues, as well as other potential incentives, surely it is up to us to sell our assets to the athletes who are resistant a little better.

But, seeing the number of prominent runners who partook in the WAVA championships — a galaxy of former internationals — is it a problem more perceived than actual?

Dave Walsh, Dinas Powis

### Quick return to Oswestry

It was pleasing to see Doug Morris being recognised for his sterling work, over the years, in organising the Oswestry 10M which included the BVAF 10M Championships.

I, for one, am sorry the event is being moved because in the first instance it has always been so well promoted. I did at times, however, wonder if I ought to include that weekend in my annual holiday as it often seemed to coincide with the hottest day of summer.

On a personal point as I grow older I like to go to a race having some idea of the course, knowing where I can park my car and the layout of the registration building. May the Championship soon return to Oswestry.

Malcolm J. Stewart  
Stockport

### Criticism of race report

Martin Duff's report of the WAVA Road Races at Birmingham contains a major error concerning the potential budget. The £17.50 entry fee he quotes includes the WAVA fee of £5.00 (£7.00) which forms no part of the cash fund available to the organisers.

Martin knows this; he has been to enough WAVA Championships to be aware of this levy. The entry form for the races clearly showed the composition of the fees athletes were required to pay, and I had also explained the breakdown and the reasons for relatively large entry fees in Martin's own column in Athletics Weekly earlier this year. It is wrong of him to muddy the waters in this way.

Bill Taylor  
President, BVAF  
Vice President (Stadia), WAVA

he would be bringing along a "Lap Scoring Board". This relieved us of a burden. As experienced organisers of ultra distance running events on tracks we were aware of the loan imposed by having to check every lap. When it came to the day it turned out that we did not have a lap scoring board, it was a defaulters recording board. This was established as a problem with less than half a hour to go before the start of the events.

Several experienced recorders were gathered — Mr Hall knew there was a problem and that we were working on it. When we went to duplicate the registration sheets, of which there was only one copy, (yes, our fault), we were unable to find some of the mens sheets. They had been stolen. In the resultant confusion the races were started without a lap scorer system. A side effect of this chasing around for missing sheets was that the Age Group identifiers which had been prepared were not distributed.

Mr Hall also exceeded his authority in having one person allocated with a security pass to areas she was not in fact entitled to access as she had never been confirmed as an official of the event. This was, at least, a discourtesy and a typical example of time wasting foisted on us by the walkers.

Despite repeated mis-interpretations there was no real problem with the lead bike. He stopped, not to ask a policeman the way but to point out to a security officer that he had placed a cone wrongly! Next some say that as a result of this the initial lap was short. The only diversion which could be taken from the lap would have increased the distance.

**Results.** Let us first clarify the position regarding the walks. The Technical Director took an executive decision not to proceed with working out results on Saturday as, with some data missing (stolen), it would not be possible to arrive at a proper result readily. It was decided that there were more urgent matters to attend to. The only free time on Saturday evening

was taken up with a fruitless discussion with BVAF Officers.

One of several points made was that we were using the Brugge system of defining age groups as W2, M3 etc, and not the WAVA system of W45, M50 etc. This was despite the fact that all concerned knew that we were using the Brugge system several months previously. Other points raised were similarly insignificant, at a time when we were seriously pressed for time.

Results of the championships were handled by the supposedly proven Siemens Nixdorf team, arranged by Jacques Serruys. They failed to alter their programme as they had promised, and were not able to accept the required number of data changes. It should be noted that despite their assurances that their system could handle the number of runners involved they missed the Pasta Party, arriving at the hotel with the certificates after 8.30pm.

It is clear that the BVAF has some hard thinking to do with regard to its contribution to the event. If occasions such as this are seen as mere vehicles for self advancement and mutual preening exercises by some of those involved then the alleged basis of existence of the association is questionable. Whilst we are aware that on occasions slips will be made inadvertently it seemed that there was gross negligence on more than once occasion.

Add in wilful cheating, inability of entrants to fill in entry forms correctly, verbal and physical abuse on one (female) director by a group of runners, unpaid bills, and a host of other minor and major problems. We did not succeed in putting on the best event ever. But we expected that competitors would read their race information before they got back home, as one walker admitted whilst complaining.

Dave Walsh  
for and on behalf of  
Sporting Action Limited

## Whatever happened to the 5K?

I am one of those characters who sometimes gets annoyed and roughs out a letter to a newspaper or a journal and then never sends it! After studying the Autumn issue of "Veteran Athletics" I have broken the habit of a lifetime and worked off some of the annoyance by writing this.

I studied the report of the World Veteran Road Championships, held at Birmingham, and came to the conclusion that enough comments had been made and really it wouldn't change what happened on the Saturday. I noted that the International walking events had apt comments and coverage, but after a most diligent search I could nowhere find a mention of the 5K International road race! Did the fact of it being early on the Sunday morning have something to do with this? I will concede that there was a line for Alan Roper, who we were told, "won outright over the 5K next day" and that was all! I could find nothing more, neither in this worthy paper, nor come to

that in any other athletic weekly or monthly magazine. I expected better of "Veteran Athletics".

I think I must have dreamt what happened on the Sunday morning, before the storm-tossed 25K took place. It was hard and we took no prisoners and we had no complaints, which is probably why nothing has been published. We had our moments of glory on the road and at the well attended medal presentation ceremony ably conducted by Keith Whitaker and Bill Taylor. Don't deny us our brief mention for posterity. Do please remedy the omission and show the athletic world that though we may have missed out in the 10K race, we came back and vindicated ourselves next day. Even if we only had to put up with sun and strong winds and one another's elbows, surely the race should have been reported.

Doug Linton  
Werrington Joggers and EVAC  
Sorry no report is available, but we have a set of results on page 10 — Editor

## Veterans Area Leagues

I note on page 10 of "Veteran Athletics" at the bottom of column 5 an article "Star Rank/ Rankings 1991/92". If this is, as I think it is, a listing of points scoring in the Vets Leagues over the last 2 years, may I update your figures with the attached table. If I am wrong, they might be of interest to you anyway.

**Points 1991/2 — Sussex Division**  
Men: 1. A. Chapman (WDH) 1992 274  
2. P. Cramp (H&B) 222  
3. A. Norwood (H&B) 214  
4. F. Bush (H&B) 204  
5. R. Blackwell (H&B) 166  
**Women: 1. S. Weeks (EBr) 329**  
2. B. Rogers (Hav) 228  
3. B. Carter (Hav) 189  
4. M. Robinson (Ports) 160  
5. C. Terry (WDH) 159  
Best one season totals  
Men: 1. A. Norwood (EBr) 1991 176 O40

2. A. Chapman (WDH) 1991 149 O50  
3. Coates 1991 148 O40  
4. P. Cramp (H&B) 1991 148 O40  
5. P. James (Hav) 1992 140 O40  
6. A. Chapman (WDH) 1992 125 O50  
7. F. Bush (H&B) 1991 124 O40  
8. T. Pashley (WDH) 1992 122 O40  
9. B. Ratins (H&B) 1992 112 O40  
10. R. Blackwell (H&B) 1992 110 O40  
**Women: 1. S. Weeks (EBr) 1991 183**  
2. B. Rogers (Hav) 1991 166  
3. M. Robinson (Ports) 1992 160  
4. S. Weeks (EBr) 1992 146  
5. J. Thorne (WDH) 1992 122  
6. J. Denyer (H&B) 1992 117  
7. B. Carter (Ports) 1991 108  
8. S. Western (Ports) 1992 99  
9. S. Keen (EBr) 1991 90  
10. M. Daniels (Hav) 1992 87  
A. Chapman, Littlehampton

### VAC Open Ladies Vets CC

**24 October, Wimbledon**  
In a rare contest, Marion Eldridge and Tanya Ball battled for honours all the way, closely pursued by Joyce Smith (Shaft Bar). At half-way, Marion gained advantage on a firm strip of ground down the football fields and came home in the record time of 14:56. The previous best for the two and a half, like the National Fun Run but far from flat, was 15:00 by Pauline Shore. Marion, of Fleet and Crookham, had been second fastest vet in Southern Womens Relays, only a minute slower than senior champion Paula Radcliffe, leaving promising form in Hampshire leagues last year well behind.

Tanya Ball, also faster than '91, was glad to prove herself clear of chest and viral problems of the summer, and went on to be first woman in Salisbury Plain 15.

Common bonds of the first two were both being Hampshire athletes and supported in their endeavours by their husbands, cheering them home at Camp Road.

Joyce Smith's vintage third and first W50 signalled the seven strong presence of Shaftesbury Barnet, ahead of Anne Cross, first W40, who led in Bromley Vets, with track pal Jean Halls.

Local club Wimbledon Windmills who train on the Common had Lesley Bowcott in sixth place and first W45 but hosts Vets AC had to rely on Almuth Prowse from Swindon to claim the 55 slot for them. Almuth runs despite suffering ME condition.

Quality through the field culminated when 80 year old Alice Billson made light work of her run.

Belgrave Hall was the new race HQ.

Jeremy Hemming

Results on page 11



Marion Eldridge — winner of VAC Open Ladies Vets

### Books still available

Copies of Alastair Aitken's book "More than Winning" are still available. Priced at £6.95 the books can be obtained from Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU. Barbara will be taking a supply of books to meetings she attends in 1993.

### Geoff Oliver

Geoff Oliver (100k Association) competed in the Kalahari 100k in Botswana and achieved one of his best times in very arid conditions. He finished 10th overall (1st M55) in 8:23:20.

MVAC newsletter

### 1994 Championships

In order to improve planning of fixtures we are hoping to settle the venues for 1994 Road Championships in the spring of 1993.

We do not yet have any clear rota system for hosting or awarding these events, but it is hoped that progress can be made here also.

Would organisers who are interested in putting on championships on the road in 1994 please let me have a proposal in writing as soon as practicable so that we can make some sense from an always crowded fixtures calendar.

Dave Walsh  
BVAF Vice Chairman  
Road Running and Walking



## From the Chairman



In the last issue of VA, I referred to the relationship of the BVA and BAF, and though I invited members to write to me with their own views, I can only assume from the lack of response, that most people are supportive of the views that I expressed.

In December I attended a meeting of the BAF Council and a full report on the

discussions involving veteran athletics appears on page 1. There appear to be three distinct views in BAF a) development of veteran athletics with overall control by BAF; b) as in a) but leaving veteran matters entirely to BVA to continue as at present; c) those who would prefer veteran athletics to disappear. In the end the combined votes of b) and c), though cast for different reasons, prevailed.

Some of you may say "so what's

new", but the scene is changing from the time when BVA was formed. There are far more events taking place, with or without BVA involvement and, though the majority of veterans are interested only in the event and not who is organising it, I feel it must be in the best interests of everyone that there is just one recognised body to have overall responsibility. At the moment that can only be the BVA, and we therefore need the whole hearted support of everyone in veteran athletics to bring into our organisation all those who remain unconvinced.

Keith Whitaker

## WAVA Road Championships 1992

The views of the BVA on the severely criticised WAVA road race in Birmingham are reported by BVA Chairman K. M. Whitaker (Sporting Action's response: page 4)

### Introduction

The initial bid to stage the championships was geared for 1994, but when, at the WAVA meeting in Turku in 1991 the original bidder for 1992 withdrew, we asked Sporting Action to fill the breach. It was agreed, though it gave them short time to organise an event of this type. The NEC seemed an ideal site, with traffic free roads (essential for the expected numbers and races over two days) and easy access for foreign competitors, but it was expensive to hire with difficulty in negotiating facilities (costs confirmed only at the last minute) and unexpected problems of an untried course.

### Finance

The fee of £17.50 included a fixed fee of £5.00 to WAVA (these fees are their main source of income for world wide administration) and is in line with fees abroad, and of course British competitors did not have the cost of overseas travel etc. It proved impossible to obtain a major sponsor, with budgets mainly fixed at least a year in advance, and the loss of the expected support from Birmingham

Council was a significant blow. Finally the total entry, particularly from outside Europe, was well below that expected and in the end the organisers have not even covered their personal out of pocket expenses.

### The Course

The intention was to use the halls for start and finish, to give cover if the weather was bad, and which proved very useful with torrential rain on the Sunday. It did however give a narrower start than desirable. On the Saturday too many slower athletes lined up at the front and the marshalling was therefore changed for the Sunday.

There were two major problems in the walks, one due to a misunderstanding as to who was responsible for lap scoring and which was not appreciated until the race had actually started, the other involving one of the registration sheets being "borrowed", or perhaps stolen, as it was never returned even after repeated requests!

Road works within the NEC meant late changes to the course which had to be accurately remeasured as late as the Thursday; the NEC would not allow paint for course marking, and the chalk was washed off by the heavy rain. Nor would they allow metal stakes with marking tape. Then when parts of the course had been

marked with metal crash barriers, some of these were requisitioned by security staff; the plastic cones being the only alternative were not as effective.

### Administration

The computer, plus staff, used at the Internationals at Brugge by Jacques Serruys (WAVA non stadia committee) was brought over specially as a tried system but needed amendment to cope with what was required for team scoring and proved far from satisfactory. The team results were finally produced manually after several hours of work.

The BVA did not have funds to sponsor the event, nor the personnel prepared to volunteer the time necessary to organise an event of this magnitude. The people involved at Sporting Action are very experienced and have organised many successful events. With more time to prepare, plus income from sponsors or an entry approaching that originally anticipated providing funds to "buy out" some of the difficulties, there would have been fewer problems. They did put in an enormous amount of work, and though some criticisms are obviously warranted others are not, I am personally grateful to them as I am sure are many of the athletes who did enjoy the event and who might otherwise not have had an opportunity to take part in a WAVA Championship.

last BAF meeting. Now that we have to go it alone, why not make it a new year resolution to recruit into your club at least one member? Although we are now the most rapidly expanding section of athletics there are several veterans outside who simply are not yet aware of what we can offer. In fact, last Autumn I received a letter from a potential member addressed: Bridget Cushen, Secretary, O.A.P. Sports Club!

Have a happy and successful 1993.

Chris Price



## Secretary's Report

Bridget Cushen

### International News

The entry brochure for the 111 European Road Racing Championships in Upiče, Czechoslovakia, is now to hand. The programme:

**Saturday 29 May** — 10k run (all) and 20km road walk women, 30k walk for men. **Sunday 30th May** — Half marathon, men and women.

Despite our continuous campaign for no upper age limit in any veteran competition, you will be dismayed to learn that the 20km walk is class W35-70, 30km, M40-75 only, 10km run, men up to 80, women cut off at 75!

Closing date and accommodation booking by 1 April.

Toronto is interested in hosting the 2nd WAVA World Races in 1994. Canada is also organising the North & Central American Track & Field Championships a week earlier.

A 100km IAU EC race will be held

on 7 March in Palamos, Spain.

The Swiss International Veteran Games will be held on 26 June in Baden and there is also an international vets games covering combined events on 28 August in Koniz. For further details contact the BVA official tour organiser, Mrs Barbara Dunsford.

Drugs: If you are in any doubt about any medicine you are taking, you can call the Sports Council direct line 071-383 5667 between 9.00-17.00.

1993 is "European Year of Older People and Solidarity between Generations" Year.

We have received an invitation from Russia to compete in an open indoor vets games at Penza, 700km S.E. of Moscow on 6/7th March. If anyone is interested please contact B. Dunsford. Accommodation available at 50 US dollars a day including 2 meals. Entries close 15th February.

### Home News

You will have read the report by the BVA Chairman on the outcome of the

## A change is as good as a rest

Keith G. Redpath  
BAF Senior Coach

THIS article is dedicated to athletes who consistently suffer from sore muscles, ligament/tendon strains and other associated over-use injuries.

If you want to eliminate these problems then serious consideration must be given to fundamental changes.

■ **CHANGE your warm up/warm down.** If your existing warm up/warm down doesn't resemble the following model then change it.

a) 5 minute jog; b) 20 minutes stretching; c) 10 minutes drills (high knees, etc); d) 6x60 metre strides, building up speed; e) the training session; f) 5 minutes jog; g) 5 minutes sprint drills; h) 4x40 metre fast strides; i) 10 minutes stretching. When stretching, particular attention should be given to calves, Achilles tendons, hamstrings and lower back.

■ **CHANGE your training surfaces.** Alternate between different training surfaces and try to do the majority of your mileage on grass.

■ **CHANGE your training shoes.** Alternate between at least two pairs of training shoes. This will have a subtle effect on the various impact zones.

■ **CHANGE the format of your training sessions.** Change from steady state running to structured fartlek. The stimulus to the heart will be greater and the impact zones will vary when the pace is changed from fast to slow, eg 10x800 at 2:45 for each fast run and 4:30 for each

slow run. The fast 800s should be done at a comfortable hard pace (heart rate below 180) and the slow 800s should be done at a fast jog (heart rate above 140), assuming 190 maximum.

■ **CHANGE from running all the time to Cross Training.** There are numerous other activities that will maintain your fitness levels while giving your body a chance to recover from over-use injuries. Cycling and swimming are particularly good for stress-free training.

■ **CHANGE the speed of your runs.** You can reduce the impact on your legs if you reduce the speed of your endurance runs. Try running a bit longer and a bit slower. This is probably a more effective method to develop your aerobic endurance.

■ **CHANGE your attitude to training.** Don't be obsessive about your training. Take frequent rest days. Rest should be regarded as a training element and should be an intrinsic part of any training schedule.

■ **CHANGE from "hit or miss" training to methods with some scientific basis.** If you think your existing training methods fall into the hit or miss category — most do — then find yourself a good coach, read up on contemporary training methods and buy a heart rate monitor.

I hope this advice will lead you to months of injury-free training and subsequently to the most important change of all... an improvement in your personal best.

## Apologies to Chris and Liz

In the Autumn issue of Veteran Athletics (page 3 — 10K Talk) we published a photograph purporting to be of Christine Price. The photograph was, in fact, of Liz Hughes. We apologise to both Christine and Liz for the error and any embarrassment caused. The photo (below) is Christine Price leading in the BVA cross-country championships at Cardiff. Chris Price must be a firm favourite to retain her title at Burnley on March 7th.

Alastair Aitken spoke to Christine Price after her BVA Cross-country Championship win at Cardiff in 1992.

Born 30.11.52, Christine Price, who previously ran for Scottish club Dundee Hawkhill, won the individual title and led Bolton to victory in the team title. She did not commence entering veterans events until she was 38 years old.

"I have had two children and really it is only since having my second child that I have been back to fitness. I feel the break from athletics helped as it has been like starting again."

Her first major vets race was in the Home International at Aberdeen in November 1991 when she was a good second to Sally Young.

"I was not going to compete at Aberdeen but Scotland asked me to run so I could not refuse to run for my country. I knew I was reasonably fit but I have obviously become much fitter since. I realised I was going well when I took half a minute off Sally Young in finishing as first veteran in 21st place in the National." Regarding the BVA cross-country she said, "I was in front at times with Julie Asgill alternatively taking the lead with me. I felt good and did not want to hang on to her. I had to make her work hard if I wanted to beat her. I tried to push it through the mud and was just trying to get up the hill as quickly as possible. I was tired but told myself to keep running hard."

That she certainly did and won the race in 16mins 57secs from Julie Asgill (17.23), Anne Turrington (17.44) and that remarkable first over 45 runner Pat Gallagher (18.10).

And the motivation from Christine to run as a veteran? "If I could not compete well I do not think I would run. It has given me a new lease of life and I really enjoy it. At 35 I thought I had finished running races but now towards the end of the age group, I really enjoy it and the standard is high as well. Running in veteran races is not much easier than running in open races."



## 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:

Bill Taylor, Veteran Athletics

Treasurer

17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LX

Allan Sowden	Joe Gibson
Peter Carmichael	Len Jones
Dennis Wood	John Crocott
C T Palmer	Elizabeth Wheeler
Tom Morris	Jim Leith

Donations received after Press date will be acknowledged next time. We hope for a flood of new names.

## 1992 Veteran Athletics Raffle

The full list of prizewinners in the raffle organised by Winston Thomas and drawn at the WAVA Road Championships in Birmingham last August are as follows

R. Lunn, Wodeley, W. Midlands (Television)  
Matthew Webster, Rochester, Kent (Video)  
Mr Fitzsimmons, Manchester (Weekend break)  
T. Day, Southend, Essex  
Derek Burns, Connon Park, Coventry  
Keith Lewis, Berden, Essex  
S. Cristie, Tranent  
T. Todd, Cramlington, Northumberland  
Don George, Altrincham, Cheshire  
Sean Power, Cyncoed, Cardiff  
Frank Prosser, East Sheen, London  
G. Armstrong, Tranent  
Mrs M. Reeson, Poole, Dorset  
R. W. Teasdale, Benwell, Newcastle on Tyne  
W. H. White, Handsworth Wood, Birmingham  
Mr Sugden, Purley, Reading  
Mr Tyte, High Wycombe, Bucks  
B. W. Knowles, Thorpe, Wakefield  
W. Wade, Pateley Bridge, Harrogate  
Jackie Jeffrey, Abergele, N. Wales  
Ben Cooke, Eastbourne, Sussex  
Christine Pearson, Woodley, Stockport  
James Linn, Dalkeith, Midlothian  
Eileen McMillan, Barrhead, Glasgow  
D. A. Jones, Denbigh, Clwyd

We thank all who supported the raffle and hope for continued support for the next one which will be organised towards the end of 1993.

## Let's make it the 500 Club

Membership of the monthly prize draw now stands at 447. Could we have at least another 53 members join and achieve our next target of 500. The prize money of the monthly draw could then be increased. More funds would also be available to support the production of this newspaper and help to ensure its survival.

Membership of the prize draw is just £12 per year, although obviously more than one membership can be taken out by individuals, and there are 12 chances each year to win. Currently the first prize each month is £125 and there are five consolation prizes each month of £10. Why not make 1993 the year you join in — the earlier you send off your cheque the quicker you can take part in the draw. Cheques should be made payable to Veteran Athletics and should be sent to Hon. Draw Organiser, Jose Waller, 7 Rosebriar Walk, Watford WD2 5LJ.

These are the recent winners:  
**September** £125 to Dennis Philcox of Sligo; £10 to B. Hallott, Sally Gandee, J. Stephenson, G. Shrimpton and T. Harker.  
**October** £125 to R. Mouzer of Coventry; £10 to D. Coward, J. Scott, R. Earlstone, T. Home, Joyce Gent.  
**November** £125 to Sheila Barratt of Stockport; £10 to D. Stevens, J. Mattinson, P. Owen, C. Coleman and W. Drysdale.







## Rochester relays

Continued from page 3

over Invicta with Bromley Vets another 13 seconds behind.

Lap 3 Jon Wigley regained the initiative for Invicta and that was the last change of lead in all the categories. The only other movement in the top clubs was provided by Nanette Cross who raised Bromley to second place with the fastest W50 time and George Meredith who hauled Cambridge up to second from fourth in the M40 race.

Lap 4 The main interest centred on Phil Pape's spirited effort to close down the 37 second lead enjoyed by Merv Brameld. The Invicta runner had the difficult job of running blind on it — it has to be said — uninspiring course around two car parks. The only sight he had of Pape would have been after half way when the route rounded a barrel on a panhandle section of the course and proceeded back the way it came. Pape's task proved six seconds too much for him but he had the fastest lap for compensation.

Results page 10

## Ultra cash

Cash prizes will be on offer for the first time in an ultra-distance race when the National 100kms Championships are staged at Nottingham on 23rd May 1993.

There will be a £2,000 reward for either a man's or women's world best in the road race round the rowing course at the National Water Sports Centre, Holme Pierrepont.

In the absence of a race sponsor, the money is being offered by the race director, John Foden, who says: "This will be the first time such a thing has happened for an ultra-distance event in the UK. I don't think it has happened overseas, either."

Men will be chasing the world road best of 6hr 17min by Russian Konstantin Santalof at the 1992 World Cup in Palamos, Spain, rather than the fastest on any surface, 6:10:22 by flying Scot Don Ritchie round the Crystal Palace track in 1978. The current Holme Pierrepont course best is 6:42:03 by Erik Seedhouse (City of Hull AC) in 1991.

The women's target will be 7:18:57 run by Birgit Lennartz in her native Germany in 1990. That's 11min 02sec quicker than the British and Commonwealth record set by Rotherham's Carolyn Hunder-Rowe in the 1992 National at Nottingham.

Trevor Frecknall, Newark

## Vets on the way

Last summer I did the Pennine Way in 9 days. I had spent a few days on it nearly twenty years before when I was at my peak. After doing the full Way I dug out my diary from 1973 and feel the comparisons may be instructive. Only one 21 mile section of the 270 mile Way can be compared directly.

It was during the week before Easter in 1973 that Peter Walkington and myself went up to the Yorkshire Dales to train for the Three Peaks and have some variety. The days off work and some extra training in different surroundings could put the final touches to our preparation. After travelling up on Palm Sunday and finding Stainforth Youth Hostel full we hitched a lift over to Hawes and stayed there. That night after dinner we went for a run south climbing to Cam Fell. Monday saw us run from Hawes to Thwaite over Great Shunner Fell on the Pennine Way. We ran the ten miles in two hours and each carried spare clothing, food and emergency kit in a Karmiror Pinnacle ruc-rac which are still serviceable today. That night we went for another post-dinner run, indicating our fitness.

The next day, Tuesday saw us run the 21 miles from Keld to Middleton-in-Teesdale. My diary notes recorded: "carry gear in sac — no difficulties — continuous run." The times and distances (from Edale) were also noted and are included in the table with our 1991 schedule when we'd been on the Way five days and had established a routine whereby we were able to travel about thirty miles between 9 or 10am and 5pm — Youth Hostel closing hours.

We are not strictly comparing like with like because Easter 1973 was ideal running weather and July 1991 was very hot and unbearable. These extremes in weather do not make the comparison of the 18 year gap valid. Nevertheless here it is, for what it is worth.

One of our party in 1991 asked me if I thought we were achieving ten minute miles when we were fresh and moving well. I had this vision of my diary entry in 1973 — then at my best I recall running all the way and maintaining 10, 11 or 12 minute miles on the Way. We took 79 hours to run the 270 miles of the Pennine Way. This is slightly over the best time — which included rests, for the Pennine Way — it stands to Mike Hartley at 2 days 17 hours and includes stops for sleeping etc. Ours is a guesstimate of our time on the move and

equates to 3.4 miles per hour ie about 17 minutes a mile.

In 1991 we took four hours to reach Blackenden reservoir whilst in 1973 it was less than three hours to cover the 15 mile stretch. These 'speeds' for 1991 are 15, 16 or 17 minutes per mile for this section. This is about half as much again as our 1973 rates.

If I was running 6 minute miles or better at my peak I wouldn't expect to run nine now. I'm following the rule — very roughly — of ten per cent a decade. For the record the Easter weekend saw Walkington and myself race the Salford 7 and Rivington Pike fell race finishing within minutes of the winner on each occasion. The Pike race winner was Altrincham's Jeff Norman who went on to win the Three Peaks, one of his six consecutive victories — 1970-1975. Walkington, a former Secretary of the Fell Runners Association and winner with Joss Naylor of the 1975 Karmiror Two Day Mountain Marathon, was regularly in the top ten of this race. His best was sixth and in 1973 came 8th. I was his first Karmiror partner and in the Three Peaks placed 38th in 3:07. That year I also ran the Maxol Marathon from Manchester in under 2 hours 30 minutes.

The 1991 traverse of the Pennine Way was a memorable outing — it was a pleasant run with some club colleagues. The weather was good and the company great — John Brightmore, Frank Fielding, Alan Francis and Mike McKenna. Thirty miles a day was not a bind. It was a useful exercise seeing the changing scenery along the backbone of England and Scotland. Each day we had an objective to achieve — get to a Youth Hostel we had been booked in for that night.

Yes, it was a week's pleasant training which later showed how much I'd declined.

Neil Shuttleworth  
Bolton

Place	From Edale	1973	1991
Keld	120 miles	8:45	9:10
Tan Hill	124	9:35	10:20
Pasture End	131	10:45	12:10
JA66		—	12:25
Black'n Res	135	11:25	13:30 STOP
		11:45 STOP	—
B6276	138	12:50	—
Mid in T	140	13:15	16:00



Bob Treadwell

## Surrey Champion is Bob Treadwell, veteran

In the cross country championships Bob Treadwell (Redhill Surrey Beagles) won a fine race in the scenic area of Happy Valley, Coulsdon.

Conditions at the testing course were muddy but this was welcome to Bob, hoping it would blunt the speed of younger rivals. His raking stride was conspicuous in the lead or in the lead group before he made a final bid on the uphill top end of the third circuit in the valley. Up the steep final hill he held the challenge of Alastair Miller (Herc Wim) and Dave Cowans (Boxhill Racers) to achieve a popular eighth county title.

"I'm delighted; winning gets better as you

go on" said Bob.

Bob's elder brother John can tell him something about that; he was BVAF track champion in M45 group at 800m, 2:04.53, and 1500m, 4:15.6 at Cophall this year, '92.

Vet prominence was also high in the Womens championship. Sally Young (Mole Valley R) was second to Zara Hyde (Woking) after Maggie Statham (Holland Sports), who was racing Karen Sutton for second place, went off course at the top of the hill. But Sally sportingly declined the second's medal.

And Anne Roden (SLH) — who is in 45 age group — was eighth.

Jeremy Hemming



Gwen Charman, Jeanne Coker, Anne Price, Barbara Dunsford at the Oceania Games

## Oceania Veteran Games

First International Championships for  
Norfolk Island

On 26th November twelve intrepid travellers set off for Norfolk Island in the Pacific Ocean for the sixth Oceania Veteran Games. In the party were eight competitors, our noble supporters young Barbara Dunsford and Maureen Fotheringham while Jim Charman and Yvonne Withers were injured and sadly unable to compete.

Norfolk Island is a sub-tropical paradise measuring 8km by 5km with 1600 inhabitants. The islanders had worked long and hard for these games moving mountains of earth to prepare an eight lane grass track with terraced seating along the home straight. There were beautiful home made steeplechase barriers while the water jump was carpeted with synthetic turf.

Extra flights were arranged to bring in competitors and we all received a warm welcome at the airport. We had a Pacific island welcome at the opening ceremony, complete with grass skirts.

Competing nations were asked to assist by providing officials and, as usual, Great Britain did its share. Barbara Dunsford was one of the chief walks judges with Yvonne Withers as one of her assistants. Jeanne

Coker was chief track judge and the only protests she had to sort out were from New Caledonians who speak French! However, with long forgotten schooldays French, lots of arm waving and many smiles, all was resolved.

And so to the competition where all the British competitors won medals. Our walkers did us proud. They all won medals in each of the three events — 1500m and 5000m (track) and 10km road — Denis Withers (M65) silver, silver, gold; Doug Fotheringham (M60) gold, silver, silver and John Dunsford (M55) three bronzes. These three combined to take second team in the 10km road walk. Gwen Charman (W60) was second in the discus, Anne Price (W50) was first in the high jump while Frank Price (M60) was third in the 100m and 400 metres. Our four active women Gwen Charman (W60), Anne Price (W50), Jeanne Coker (W55) and Barbara Dunsford (W55) combined magnificently to take bronze in the 4x100m relay for women 45 and over. The excellent organisation was a tribute to the dedication and hard work of the Norfolk Islanders. Well done!

Jeanne Coker

Results page 11

## ECHO POOLE 1993 MARATHON

Organised by POOLE ATHLETIC CLUB  
Under BAF Rules/SEAA Course Measurement

**SUNDAY, 6th JUNE 1993  
at 10 am**

- EXTENSIVE SPOT PRIZES
- LIMITED EDITION 'POOLE POTTERY' PLATE TO ALL FINISHERS
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South of England Athletic Association  
Course Measurement  
Permit No. 3052





## Age-graded results at Tadworth 10

For the first time in this country an important road race used an age graded results system to determine results based on performance rather than time. The organisers of the Tadworth 10 miles in Surrey, run on 3 January 1993 used the "Racemaster" system provided by Sports Systems, telephone 0737-352462. All competitor's finishing times are evaluated against a World Standard performance time compiled by the World Association of Veteran Athletics (WAVA). The result is given as a percentage against the world best.

Basing results on this method as opposed to the traditional system of first past the post enables every competitor in the race, whatever age or sex, to compete on equal terms. Age graded results have been used in America for some time and now there are plans to extend the system to the UK. Sports Systems claim a number of major races will be using the "Racemaster" system this year. We are informed that the "Racemaster" is sold complete with no hidden extras for £99.00.

It looks a very interesting development as the majority of races in the UK give very few prizes for veterans despite the fact that very often fifty percent of entries in a race are from vets. If race organisers could be persuaded by veteran demand to use this system of compiling results then taking part in open races could be that much more competitive.

As an example to use the results of the Tadworth 10 the first four in the race were an M50, W45, M40 and M55. Of the first forty-four finishers supplied in the information, thirty-three were veterans (both men and women) and only eleven were under the age of forty.

Age Div	Time	% performance
1 D Wright (Worthing H)	M50 0.54.42	92.38
2 Anne Roden (SLI)	W45 1.00.14	90.73
3 S Sear (Woodford Green)	M40 0.52.07	90.50
4 T Verdie (Belgrave H)	M55 0.58.20	90.34
5 M Moughton (Shaft Bar)	under 40 0.49.57	89.06
6 D Smith (Crowborough)	under 40 0.50.09	88.70
7 A Chapman (Crowborough)	W55 1.07.29	88.32

## OVERSEAS NEWS

**The US Masters Marathon Championship** was run in conjunction with the Twin Cities Marathon, Minneapolis on Oct 4th. Joseph Nzau, M40, of Kenya but based in the USA won the vet's race in 2:16.12. 2nd M40 was Pierre Lovisse (France) 2:17.52 and A Navarro (USA) 3rd M40 2:19.50. Other notable performances were R Marczak (Poland) M45 in 2:23.14, Dick Ruzicka M55 in 2:51.18, Ed Stabler M60 3:01.18. The best performance in age related terms was by Warren Utes M70 in 3:09.10 to gain a 92.5% age graded award. Best performances in the women's race were by B Portenski (New Zealand) aged 43 who finished in 2:41.43.

The 10 miles road race championships held with the Bobby Crim 10 miles race at Flint, Michigan, was again won by Joseph Nzau in 49.48. Columbia's D. Tibaduiza was 2nd M40 in 50.16 and Wilson Waigwa (Kenya) 3rd in 50.38. Fifty-four year old Jim O'Neill took the M50 section with a 96.50% age graded performance in a

**First three at Belfast International** —

Right: Bob Treadwell (7), Tony Simmons (24) and Mike Hagar (9)  
Below: Ann Turrington (124), Maggie Statham (125) and Liz Hughes (132)

time of 54.07. Suzanne Ray, W40, was first woman home in 58.47.

**The Can-Am Cross country Challenge**

— Don Farquharson, Canadian Masters Piqued by losing this annual match for only the 4th time in 1991, Canadian Masters turned out in strength for this year's event staged near Niagara Falls October 25. With a venue so close to the US border they expected strong opposition but far too few US Masters arrived to contest the match. Those who did come ran well. Jim Mattingley and US captain Jerry Smith captured 1st and 2nd spots in M45 and Ed Buckley and Nate White took 2nd and 3rd spots at M70. Vince Colgan took 4th place at M50. Race winner was one of Canada's top runners, Ted McKegan M40. The US competition in the women's section also failed to materialise. Winner was Janet Takahashi who finished 11th overall out of 80 competitors. Next year's event will be organised in British Columbia although there will probably be two simultaneous races in the East and West.



## Around the Regions

### SOUTHERN SCVAC

Guest of honour at the Southern Counties Veterans A.C. Annual General Meeting on November 13th was Jose Waller who had footlofted it from New York where she had won the W70 division of their famous marathon in record time the previous weekend. Amongst other things, she was present to receive two trophies from chairperson Barbara Dunsford. One was the large cup presented by WAVA for the best women's performance at the 10 & 25k World champs at Birmingham and the other was the "Norman Martin Trophy" for the best over 70 performance at the SCVAC Track & Field meeting in June, where she broke the W70 World record for 10,000 metres. Other trophies presented at the AGM were to Jo Ogden for her new W65 Javelin World record of 32.30 metres, Jean Willis for her new W40 Triple Jump British record of 10.23 metres, Joyce Smith for her new W50 5000 metres British record of 18:51.3 and Peter Molloy for his excellent 3rd place in the European 1500 metres in 4:02.82.

A new and very useful committee appointment was that of Ron Turner who succeeds Jim Hurley as manager of the Track League for 1993. Ron has already booked the Met Police track at Colindale for the final of this in September. Watch this space.

Jack FitzGerald

### SCOTLAND

At the annual general meeting held in October, 1992, Danny Wilmoth was elected club president and Bill Armour was elected membership secretary. Alex Muir, Gordon Porteous and Andy Edgar were re-elected Secretary, Treasurer, and Vice-president respectively.

The annual CC "Rolls" race was run over a new course at Cowglen and was won by new Vet Brian Kirkwood from Andy McLinden by two and a half minutes in a time of 24.23. Dianne Monteith was 1st lady Vet home in 34.10.

Held over the usual out and back canal course, the Christmas handicap, with the 1st prize of a turkey, was won this year by Frank Burns in 31.41, at his first attempt. Andy McLinden had the fastest time of 25.21 from Ian Donnelly in 25.43, while Dianne Monteith was 1st Lady in 32.56.

The Scottish C.C. championships will be held at St Andrews on 31st January, 1993, with the new Scottish Athletics Federation organising the events which include a separate Women's race.

David Morrison

### WALES

**Old Father Time 5 Miles (Vets only)** Cardiff 27 December. No problems for Gareth Jones as he headed off at the start to open an immediate gap.

With the winner away there was a lively scrap for second, won by John Poston despite having raced on Boxing Day also. Men 1 G Jones (45) Soton 27.02, 2 J Poston (45) Swan 22, 3 M Lane C & G 41, 4 B Plain (45) CAAC 51, 5 P Belcher LFSC 28.00, 6 A Carzana (45) PEG 34, 7 J Plain LFSC 29.22, 8 P Morris (45) B & V 35, 9 D Walsh (45) LFSC 58, 10 T Jones (50) G & G 30.13.

Women 1 S Neal (40) LFSC 32.19, 2 L Morrison BRID 37.41

Dave Walsh

### VETERANS AC

Rain fell in abundance before Christmas but the top ground on Wimbledon Common was little affected as water there drains away quickly through gravel. Down in Roehampton Vale it was another matter:

Football fields like melted chocolate inevitably slowed race times.

All except for the middle fixture when John Barnard, 40, ran the fourth fastest time recorded on the traditional course, 25.28, and Steve Warzee was within two seconds of the M50 best. John Barnard (Ranelagh and West 4), a new vet this year, had excellent marathon form, 2:28 in the Boston, and veteran wins in local road races to his name.

The sign of the times was Steve sadly giving up his Belfast vest because of job loss, in the construction industry. Numbers competing were also affected but held to a healthy level and the number of women increased.

Belgrave, Ranelagh, Hercules Wimbledon and London Irish vets were out in strength in the series and acknowledgement is due to Belgrave whose club house is a comfortable new headquarters.

In the Surrey Cross Country League, Veterans AC's own team placed 7th in Division III after two matches.

First claim members in the team were a little thin, apart from John Treadwell, but it was second claimers from clubs not competing in Surrey League, especially Fleet and Crookham, and Cambridge, Kent and Barnet who packed the scoring.

40 to 55% of the 200+ strong fields are veterans, says Bob Belmore, team manager.

Jeremy Hemming

### MIDLANDS

**MVAC Cross-country Champs, Leamington, 3 January 1993**

A frosty morning after a foggy spell cut the 172 entry by 50 on the day but Leamington AC staged an excellent championships over a traditional cross-country course. Margaret Sutton (W35) relieved her Row Heath team mate Sally Johnson of the Woman's title with Dot Fellows W45 and Sandra Pratt W40 battling well to take 2nd and 3rd spots.

Mike Hagar M40 won his 3rd consecutive title. He continued his superb form and had built a 60 metre lead after 5 minutes running. Good to see Andy Holden in his last year in M60's coming through to runners-up spot from vet newcomer Steve Hewett.

Some familiar faces were missing but there was quality in depth exemplified by M45 winner John Heywood (Huncote), M50 Graham Patton and M55 Evan Williams. Good to see Ted Matley (M60 winner) back to the fore and Alex Hitchman (RSCAC) M65 was a popular winner of the President's trophy. Alan Lovett (71 1/2 years young) risked life and limb but returned in good shape.

Stewart Harris

### NORTHERN

**Northern Veterans AC**. Keeping up with tradition, one year wet, one year fine weather, the Northern Vets 10 miles championships were again well supported despite the heavy rain and partially flooded roads.

Warral's identical twins Mike and Tony McDevitt headed the field, with Mike deciding it was his turn for a win as he outstripped his brother. Mike Wakefield came friskily through the field to prevent a Warral clean sweep, but Des Wilkinson in fourth was the first M45.

Mr "Perpetual Motion", Mike Frayne, deservedly won the M50 prize, and Alec Dunn made a rare appearance to clinch the M55. Derek Howarth was a popular winner of the M60 event.

Liz Clarke from Colwyn Bay headed the distaff side which was not too well supported this year.

"Fido"

## Women vets critical of BVAF

The views of a sprinting, jumping, throwing W55 vet who is not a Pent or Heptathlete, based in Surrey

### ■ Open or closed BVAF Championships?

This surely depends on the event. For road or cross country races the geographical location, the popularity of the event, the date and the facilities available have to be taken into account. Can the area organisation cope and do the areas welcome open entries for a higher fee? BVAF has to give guidance, assess and decide with area organisations. Regarding Track and Field, in and outdoor, definitely closed championships with affiliated vets only please. We do know by now that Midlands & Southern venues will be over subscribed with field events, which are far more complex to timetable, causing us most upsets. Four trials only is unfair to the top athletes and regular jumpers and throwers for the sake of letting just anyone have a go. Please no open entries in championships. With our selection policy competitors can show their commitment at the least by joining us first.

What we should expect by now is an athletic timetable with more consideration given to women's vets' events. Combined men's and women's events are more difficult to timetable. Our top women sprinters are our top throwers and all jumpers are sprinters. A good timetable for track and field is the backbone of a championship. It should be printed at least two weeks before. We decide to enter on the timing of a provisional timetable together with the location.

In VA18, Spring 1991, Wilf Morgan made an astute comment, "No throwers, no jumpers — look at any vet organisation you like: WAVA, BVAF, AAA, all the people around the tables are runners." Sadly true. We have had the odd sprinter in the organisers. But do they understand the basics of sprint related field events. Unfortunately the answer is usually no.

In 1991 the UK timetable actually had all jumps commencing immediately after the 100m. In 1992 the long jump clashed with the 100m and the woman's hurdles immediately after the triple jump. How can one possibly produce one's best, when it matters most, once a year. The following year a brand new organising team unwittingly draws up another scrambled timetable. Why? Our structure has grown too bottom heavy, even with new appoint-

ments. In my view there should be a) Liaison/Communications Officer between BVAF, the areas and vets. There should be a central office contact. Can BVAF oblige with office space as a gesture to the vets. Do we have to remain blinkered? Our money should be used to pay some fees on admin and organisation. We must attract specific know-how such as younger people still involved with the T & F scene. Area organisers (mostly runners) and BVAF often do not know what questions to ask. As a result more tinkering and another table top timetable which we know before we leave home will spoil the champs. Is it worth coming down from Scotland or going all the way up to Jarrow?

b) I believe that a Track and Field Committee of four multi-events plus a sprinter should be formed under T & F assistant chair. Main committee job would be to draw up a timetable tailored to the venue, facilities and entry.

Women have only three meetings each year (area, UK outdoor and indoor champs) where W50 plus can use own-age groups field implements and sprint correct hurdle distances. At other meetings, including the Leagues, W50 women must use the W35 age group implements. How unfair. With far fewer women available for the area match and the difficulty in selecting teams I suggest it would be much better to allow women to use own-age group implements. They are still handicapped by age without having to use heavier implements. It would be a great step forward to fairer competition, particularly in the vets league, where even fewer women for track and field are available per AAA club.

Carina Graham

■ I am starting to feel that the BVAF is like the Government — increasingly out of touch with its electorate.

At the risk of presenting myself as a spokesperson for the general membership, I would like to make the following points about the way in which competitions and meetings are run under BVAF organisation.

### Meeting Timetables

Veteran athletes, compared with their younger counterparts, have different requirements from a meeting timetable and different personal achievement priorities.

It is a fact that veterans will often wish to take part in a number of events — even at Area

and National Championships. Frequently the events chosen will range across the whole spectrum of running, jumping and throwing.

Meeting timetables invariably fail to recognise that fact. Particularly hard done by are those athletes in the various field events when missing one or more of the 4 trials to which they are generally restricted.

No timetable can accommodate every athlete's requirements. However, problems encountered in one meeting are not addressed when a similar meeting is next held. Surely the participation of knowledgeable athletes could be sought to tailor and improve the sequence of meeting events to best meet the needs of the competitors.

### BVAF National Championships

Why is so much consideration being given to BAF complaints concerning participation in the BVAF National Championships?

If non BVAF veteran athletes want to take part and enjoy the benefits of competition at the highest level available then a £5 fee pays their entrance — the same as for the rest of us.

Restricted award medals or allowance for 'hardship' cases are not relevant arguments. BVAF should draw a clear line and stick to it.

### Contract Organisers

I trust that the problems experienced at the WAVA Championships will serve as a lesson for all other meetings.

Advice is easy to get but practical help is hard to find so the hiring of an outside contractor could clearly be an attractive and efficient alternative. All of us have experience of slugging away as an official when we would far rather have been out supporting our family and friends participating in the event.

Effective management of any contractor must be exercised. The BVAF has able people who could check and oversee that the service for which we are paying will actually be provided. Penalties or other sanctions for non performance are no use when the competitors have gone home confused and angry.

The position of critic is not comfortable or necessarily popular. Certainly it is not my intention to criticise those who selflessly give up so much time to organise and officiate at meetings. It is, however, necessary to remind ourselves that Veterans Athletics is run to meet the needs of the veteran athletes who take part.

J Ogden





Enthusiasts Gordon and Beryl Chapman at the Oswestry 10, 1992

## FIXTURES

### NATIONAL

- 7 March BVAF National Cross Country Champs, Townley Park, BURNLEY. See ad Page 2
- 14 March BVAF Indoor Pentathlon COSFORD with Midland AAA Champs — limited entries £9.00 to John Mills, 3 Victoria Villas, Bath Rd, Nailsworth, GLOUCESTERSHIRE GL6 0JB.
- 20 March BVAF National Vets Indoor Championships, RAF COSFORD, cd 22/2. See ad P12
- 18 April London Marathon
- 8 May BVAF Road Relays, SUTTON PARK. 11am. See ad Page 12
- 3 July BVAF 20k Walking Champs. SUTTON PARK 12 noon
- 17-18 Jul BVAF Track & Field Champs. MONKTON STADIUM, Dene Terrace, JARROW. See ad Page 12
- 15 Aug BVAF 10M Road Champs, CARDIFF
- 15 Aug BVAF 10K Track Walks, SOLIHULL
- 5 Sept BVAF Half Marathon Champs, AYLESBURY
- 3rd Oct BVAF Flying Fox Marathon, STONE
- 21 Nov BVAF 10K Road Walks, CARDIFF
- 28 Nov BVAF 10K Road Champs, BASINGSTOKE

### INTERNATIONAL

- 20 June Belgium Vets Grand Prix, BRUGGE. 10Km and 25Km
- 7-17 Oct 10th WAVA Track & Field Championships, MIYASAKI, JAPAN. cd

### SCOTTISH

- 31 Jan SAF Vets Cross Country Champs, ST ANDREWS. 2pm
- 13 Feb SVHC 10K Road Race, AYR. 11am
- 21 Feb SVHC Cross Country Championships. IRVINE SPORTS CLUB. 2pm
- 13 March SVHC Indoor Track & Field Championships, KELVIN HALL

### 20 March Vets ALLOA TO TWECHAR Road Relay. ALLOA

### NORTH

- 7 Feb NVAC 10K Road. Sports Centre, STOCKTON HEATH, Warrington. 12 noon. Enter on day
- 14 Feb NVAC Cross Country Champs, THIRSK RACECOURSE. 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
- 18 Apr NVAC 10K Road Race, WALLASEY. 12 noon. Enter on Day
- 16 May NVAC 10K Road and Paths. Hood Lane Sports Club, WARRINGTON 12 noon. Enter on Day
- 30 May NVAC Half Marathon Champs - Inc in 'open' race. East Cheshire Hrs. Hq. Richmond St. ASHTON U LYNE. 12 noon £4. cd 23/5. Entries to M McGann, 1 County Ave., Ashton u Lyne. Quote NVAC Membership No.
- 6 June NVAC Track & Field Champs. Belle Vue Track, Pink Bank Lane, MANCHESTER 12 noon. £2 first event, £1 subsequent events. cd 22/5. No late entries. Entries to A Fearnly 12 Hazelwood Rd. Smithills, Bolton, BL1 6EB
- 27 June NVAC 10K Road Champs. CLITHROE. 12 Noon. cd 23/6. No late entries. £1 with name, address, DOB, age gp, memb.no. to Don George, 16 Addison Road, Hale, Altrincham, Cheshire. WA15 9BQ

### NORTH EAST

- 30 Jan NEH League Cross Country CRAWLINGTON
- 6 Feb NEVAC Cross Country Champs. Rosehill, WALLSEND, 1pm. cd 27/1. 10K Men/6K Women. 1pm Men over 50 + Women, 2pm Men 40-49. £1 payable to NEVAC to G Routledge, 5 St Hilda's Ave, Holy Cross, Wallsend, Tyne & Wear, NE28 7AB. NEVAC members only.
- 7 Feb NEVAC Indoor Champs, GATESHEAD Stadium
- 13 Mar NE Harrier League Cross Country No 5, WALLSEND
- 20 Mar NE Harrier League Cross Country No 6, SUNDERLAND

### NORTHERN IRELAND

- 6 Feb Crawford Cup Cross Country, BELFAST
- 6 March 5 miles Road Race, ALBERTVILLE

### MIDLAND

- 7 Feb MVAC 6M Cross Country Handicap, from Archbishop. Grimshaw School Kew Close Kingshurst, Solihull 11.15am cd 25/1 £2.50 (unless in Grand Prix series 50p) to S Harris, 42 Orson Leys, Hillside, Rugby, Warks. CV22 5RF
- 25 April MVAC 3 x 5000m Road Relay Champs. TAMWORTH STADIUM, off Marborough Way. 11am. Entries to S Harris. Followed by Handicap Track Meeting 1.30pm. Entries to P Owen.
- 22 May MVAC 10K Road Champs. in conjunction with Telford H Town Park 10K 11am. cd 12/5. Entries to S Harris
- 6 June MVAC Track & Field Champs. Norman Green Track, Blossomfield Road, SOLIHULL. 11am. Entries to John Mills

### EASTERN

- 20 March EVAC 10K Road Champs (incorp. the Inter Area Challenge Match) STOKES FERRY, Norfolk. Club AGM follows this event.
- 18 April EVAC Track & Field League Meeting
- 26 May EVAC Track & Field League Meeting
- 13 June EVAC Track & Field Champs, KETTERING
- 30 June EVAC 5K Road Champs. Suffolk Showground, IPSWICH (evening)
- 7 July EVAC Track & Field League Meeting
- 4 Aug EVAC Track & Field League Meeting
- 8 Sept EVAC Track & Field League Final

### SOUTH

- 31 Jan Cambridge H v VAC Cross Country. BEXLEY. 2pm
- 6 Feb SCVAC Cross Country Champs 5M/2.5M, LLOYDS PARK, CROYDON. 3pm cd 23/1/93. £3 Entries J Coker, 8A Heather Park Parade, Heather Park Drive, Wembley, HA0 1SL
- 13 Feb Blackheath Vets Inter Club Cross Country, HAYES COMMON
- 20 Feb Loughton AC Inter Club Vets Cross Country, LOUGHTON
- 27 Feb SCVAC Indoor Champs, CRYSTAL PALACE, 1pm. £2.50 per event cd 13/2. Entries to J Coker
- 6 March SCVAC Cross Country League, LLOYDS PARK, CROYDON. 3.15pm
- 20 March VAC 5M Cross Country, 3pm. BELGRAVE HALL. 3pm
- 1 May Swanley Half Marathon inc VAC Champs, SWANLEY, Kent Open Vet Classes. £4.
- 2 May Vets Open 10M Road Race, TOOTING BEC COMMON, 10.30 Includes SCVAC & VAC Champs. Entry forms from J Fitzgerald, 67/71 Goswell Road, London EC1V 7EN

### SOUTH WEST

- 21 Feb SWVAC Open 10M Champs, Community College Wrafton Rd, BRAUNTON, N Devon, 11am. cd 13/2
- 9 May SWVAC Open 10k Champs, Avon Valley, St Augustins School, TROWBRIDGE 11am. cd 2/5
- 20 June SWVAC T & F Champs, EXETER ARENA. 11am, cd 13/6
- 4 July SWVAC Open Half Marathon Champs, Rugby Club, Chedzoy Lane, BRIDGEWATER. 11am, cd 2/7
- 13 Sept SWVAC Open Marathon Champs. New Milton BR Station, NEW MILTON. 11.30am, cd 29/8.

### WALES

- 10 April 10 mile Road Champs, NEWPORT
- 12 May 1st Vets Track & Field League, CARMARTHEN
- 8 June 2nd Vets Track & Field League, RHONDDA
- 20 July 3rd Vets Track & Field League, BARRY
- 31 July 10K Road Champs, BARRY
- 17 Aug 4th Vets Track & Field League, BARRY
- 29 Aug Welsh Vets Track & Field Champs, BARRY

# RESULTS · RESULTS · RESULTS

## WAVA 5k ROAD CHAMPS BIRMINGHAM 30.8.92

- M40 1 D Throp 18.47, 2 P Duhig 16.15, 3 A Jenkins 16.39, 4 J Hagemann 16.45, 5 G Gough 16.51, 6 T Atkins 16.57, 7 P Dornan 17.09, 8 R Mailing 17.20, 9 R Castle 17.31, 10 A James 17.53, 11 A Gannin 18.05, 12 A Matthews 18.08, 13 S Walton 18.10, 14 D MacDiarmid 18.10, 15 M Church 18.26, 16 B Greenfield 18.46, 17 H Collins 18.48, 18 M Stares 19.17, 19 R Buckley 19.24, 20 W Phillips 19.44, 21 D Wallis 19.46, 22 M Utting 19.57, 23 M Padfield 20.09, 24 M Blackley 20.15, 25 J Tussler 20.36, 26 B Murray 21.16, 27 P Simpson 21.21, 28 T Lancucki 21.22, 29 D Holton 21.34, 30 R Prys-Davies 22.05, 31 A Green 22.12, 32 D Britain 22.24, 33 H McGovern 22.37, 34 J Tuck 22.38, 35 D Green 22.31, 36 J Evans 23.30, 37 J Lister 23.39, 38 R Smith 23.55, 39 P Ashbourne 24.15, 40 K Maxwell 25.05, 41 D Healey 26.34, 42 A Pretty NTI, 43 A Gardner 27.32, 44 S Davies 27.35
- M45 1 A Roper 15.32, 2 H Hansen 16.25, 3 M Martin 16.35, 4 J Treddwell 16.48, 5 J Kuora 17.10, 6 E Dobos 17.36, 7 R Bale 18.07, 8 B Mackay 18.25, 9 C Carpenter 18.26, 10 J Gouley 18.31, 11 W G Connor 18.46, 12 J Kavanagh 18.16, 13 G Wakely 18.58, 14 L Blackmore 19.06, 15 K Hewitt 19.08, 16 J Cox 19.15, 17 V Brown 19.25, 18 J Gouley 19.35, 19 R Edwards 20.03, 20 J McAllister 20.57, 21 R Jones 21.04, 22 E Barnett 21.22, 23 M Moxon 21.26, 24 D Burns 21.27, 25 P Pollock 21.32, 26 D Hughes 22.26, 27 R Leonard 22.35, 28 R Smith 24.14, 29 K Fisher 27.03, 30 J Anderson 28.30
- M50 1 P Lancaster 17.06, 2 S Cooney 17.37, 3 E Broad 17.54, 4 A Lang 18.43, 5 M Steffny 19.44, 6 B Kirby 19.06, 7 P McLeone 19.44, 8 J Burroughs 20.05, 9 P Mulholland 20.08, 10 J Pearson 20.19, 11 D Mounsey 20.33, 12 D Parish 20.42, 13 R Tucker 20.48, 14 E Paterson 20.51, 15 B Watek 21.01, 16 B Lilly 21.23, 17 A Matejcek 21.27, 18 H Hill 21.36, 19 P Lancaster 21.40, 20 R Cheal 22.16, 21 D Crisp 22.20, 22 G Selick 23.16, 23 A Edwards 23.52, 24 K Baker 24.58, 25 K Adams 25.45, 26 A Browne 34.49
- M55 1 Clayton 17.29, 2 A Griffiths 17.39, 3 A Gaffel 19.04, 4 N Judge 19.28, 5 G Bullimore 20.05, 6 P Sadler 20.45, 7 P Knott 20.51, 8 P Laverick 21.10, 9 C Morath 21.36, 10 P Jordan 21.38, 11 M Kelly 22.22, 12 D Aldridge 22.36, 13 C Robinson 22.44, 14 R MacKenzie 22.52, 15 J Webb 22.58, 16 A Bunn 23.20, 17 L Kydd 23.05, 18 R Barker 23.10, 19 G Clarke 23.17, 20 J Varley 23.36, 21 T Bosman 23.50, 22 D Hirst 24.34, 23 A Morris 25.20, 24 B Baldwin 26.26, 25 R Smith 26.50, 26 C

- Simmons 30.18
- M60 1 D Linton 18.52, 2 D Howarth 19.39, 3 R McLeod 19.47, 4 J Charles 19.49, 5 J Roberts 19.51, 6 P Ronan 20.05, 7 N Thorn 20.17, 8 Y Freidin 20.30, 9 C Walker 20.35, 10 D Holden 20.47, 11 R Baker 22.15, 12 B Dawson 22.35, 13 E Warren 23.12, 14 J Quinn 23.12, 15 P Binks 23.18, 16 J Stevenson 23.33, 17 G Chapman 24.01, 18 B Emerson 24.12, 19 A Bullock 24.44, 20 C Palmer 25.59, 21 T Wittering 26.23, 22 J Crossland 26.34
- M65 1 R Botterberg 20.23, 2 A Hitchman 21.17, 3 M Ellis 22.32, 4 A Nielsen 23.40, 5 A Yates 24.42, 6 J Edwards 25.01, 7 R Sheen 26.27, 8 B Hawes 26.51, 9 L Foster 29.07, 10 E Nyman 29.24, 11 D Charnock 32.55
- M70 1 D Evers 21.52, 2 A Kelly 22.18, 3 W Holmes 22.53, 4 B Davidson 22.54, 5 J Kelly 23.53, 6 J Stancombe 26.26, 7 G Edwards 27.37, 8 N Mackay 28.09, 9 J Gunter 34.48, 10 J McLaughlin 41.28
- M75 1 H Merritt 31.27, 2 P Caviglioli 35.57
- W35 1 D Marsh 18.13, 2 J McCall 18.37, 3 D Baldwin 20.08, 4 S Young 20.31, 5 Z Gaffen 20.58, 6 K Fisher 21.51, 7 B Childs 21.56, 8 L Padfield 21.57, 9 N Lister 25.01, 10 E Bond 25.20, 11 H MacGowrie 25.40, 12 V Condon 26.16, 13 A Richardson 26.27, 14 S Donnelly 27.44, 15 M Baxter 27.56, 16 C Pigram 27.47, 17 C Sadler 28.50, 18 S West 37.05, 19 S Gochin 38.05
- W40 1 J Gardner 18.53, 2 E Parsons 20.30, 3 A Cross 20.58, 4 A Davidson 21.53, 5 M Mailing 21.59, 6 M Muller 22.56, 7 P Otto 23.48, 8 A Biggin 24.18, 9 M Brayshaw 25.09, 10 J Shawne 26.33, 11 J Tison 26.35, 12 L Dobbe 26.39, 13 D Chaloner 27.27, 14 D Robinson 28.09, 15 E Paul 29.25, 16 S Buttenworth 37.03
- W45 1 D Fellows 19.26, 2 C Bell 21.26, 3 E McMillan 23.12, 4 P Gallagher 23.53, 5 G Darbyshire 24.56, 6 G Duggan 25.36, 7 A Adams 26.13, 8 P Pringle 26.28, 9 M Hopkins 26.26, 10 S Bulver 26.34, 11 K McKenna 26.48, 12 M Hobbay 26.49, 13 M Jenkins 27.31, 14 E Senior 28.06, 15 E Hatfield 28.27, 16 H Metzner 28.40, 17 L Hirst 29.30, 18 P Smith 29.48, 19 L Winning 32.27, 20 K Browne 32.33, 21 A Weeks 35.29
- W50 1 J Hulse 21.10, 2 A Nally 21.16, 3 S Arnold 22.22, 4 E Osbourne 22.58, 5 M Barker 23.11, 6 C Bakington 23.19, 7 S Inskip 24.47, 8 P Bonner 25.24, 9 P Halliwell 26.10, 10 B Harvie 26.15, 11 Waldmeyer 26.26, 12 M Smith 28.28, 13 A Taylor 30.17, 14 M MacKenzie 30.38, 15 B Baldwin 34.13, 17 P Holt 35.23, 18 A Smith 37.10, 19 D Edwards 37.10
- W55 1 F Classon 22.85, 2 B Chapman 25.48, 3 B Prosser 30.47, 4 D Earl 31.24, 5 M Ravenscroft 32.19, 6 W Weston 37.26, 7 K Simmons 38.59, 8 S Morris 39.11

- W60 1 S Jennings 25.57, 2 B Norris 25.58, 3 D Offord 26.53, 4 S Suddens 29.29, 5 W55 1 M Johnson 25.44, 2 A Smith 36.52
- W70 1 F Coley 26.49
- W75 1 A Bilton 36.10

## Rochester Relays, 20.12.92

- M40 1 Invicta A (House 12.34, Develley 12.42, Wigley 12.26, Strained 12.48) 50.32
- 2 Cambridge H A (Narkivell 13.06, Penny 12.28, Meredith 12.47, Page 12.17) 50.38
- 3 Swindon AC (Firth 12.53, Molloy 12.21, Pratt 13.11, Brown 12.44) 51.09
- 4 Blackheath H (Daniel 12.38, Morton 12.46, Spencer 13.10, Phelan 13.17) 51.51
- 5 Adeshot F&D (Walker 13.05, Rogers 12.23, Sevenside 12.45, 22.52, 6 Medway AC 52.37, 7 Invicta B 54.04, 8 Dartford A 54.04, 9 Medway B 55.26, 10 Cambridge B 56.44, 11 Medway C 60.25, 12 Dartford B 60.31, 13 Bromley Vets 60.36, 14 Tunbridge 62.09, 15 Tonbridge A 62.40, 16 Medway D 63.06, 17 Kent AC 63.27, 18 Bromley Vets B 62.49, 19 Severnside 68.49
- M50 1 Cambridge A (Davidson 13.39, Old 13.52, Gee 14.25, Collins 14.06) 56.04, 2 Woodford Green (Crump 13.56, House 14.38, Bovington 14.16, Haines 14.16) 57.05, 3 Cambridge B (Hook 14.48, Coward 14.54, Pettit 14.45, Robson 14.32) 58.57, 4 Belgrave (Verde 13.31, Washmough 15.12, Laws 15.19, Stone 14.54) 59.16, 5 Thanet (Barnes 14.34, Greenwood 16.11, Finch 16.57, Jenkins 14.04) 61.46, 6 Medway 65.14, 7 Cambridge C 65.42, 8 Tonbridge 77.11
- Women: Cambridge (Hatch 16.56, Penny 14.47, Martin 14.31, Darby 16.42) 62.56, 2 Bromley Vets A (A Cross 16.15, Baldwin 15.48, N Cross 16.53, Lea 16.39) 65.35, 3 Invicta Ek (Lemmis 15.17, Pearce 16.37, Marsh 17.33, Kay 18.50)
- Fastest legs: M40 Pace (Carm) 12.17, M40 (Wind) 12.21, Wigley (Inv) Penny (Carm) O'Neil (Cam) 13.52, Harold (Brom) 13.53, Broad (Inv) 13.56
- Women: Appleby (Inv) 14.09, Martin (Carm) 14.31, Penny (Cam) 14.47, Lemmis (Inv) 15.17, Baldwin (Brom) 15.48

## MVAC CC CHAMPS LEAMINGTON 3.1.93

- M100 1 M Hager (Katt) 34.56, 2 A Holden (T4) 35.46, 3 S Hewitt (Row) 35.50, 4 A Price (T4) 36.22, 5 T Guy (Birch) 37.04, 6 J Povey (M&F) 37.26, 7 S Smedley (Derby) 38.26, 8 G Sewart (Leam) 38.30, 9 D Blockley (Hunco) 38.43, 10 R Watling (Hunco) 38.52, 11 D Lowndes (Sneyd) 39.06, 12 T Trembith (Erewash) 40.18, 13 T Atkins (Rugby) 40.31, 14 B Kinks

- (Spinks) 40.40, 15 S Walton (Tip) 41.09, 16 K Evans (RSC) 42.29, 17 M White (Hunco) 42.53, 18 B Crowley (Hunco) 42.59, 19 G Roberts (Leam) 43.03, 20 R Pollard (RSC) 43.18, 21 D Lewis (MVAC) 43.53, 22 C Smith (B&R) 44.24, 23 C Bird (Leam) 45.09, 24 R Moutier (MVAC) 45.40, 25 J Griffiths (Birch) 46.52, 26 J Prince (M&F) 47.12, 27 P Ashbourne (MVAC) 58.41
- M45 1 J Heywood (Hunco) 37.45, 2 J Walton (Birch) 38.16, 3 A Edwards (Spark) 38.59, 4 S Coulwell (Birch) 39.03, 5 H Billings (Solihull) 39.18, 6 P Watson (B&R) 39.24, 7 N Boyce (Shrews) 39.37, 8 B Russell (Dud & Kings) 39.56, 9 C Woodwood (Leam) 40.09, 10 F Homer (Dud & Stour) 40.49, 11 G Brennan (Hunco) 40.59, 12 P Smith (West Brom) 41.02, 13 A Francis (Rugby) 42.10, 14 J Capoe (Leam) 42.21, 15 R Davies (Birch) 42.35, 16 A Edwards (Leam) 43.30, 17 P Watts (Hunco) 43.54, 18 M Green (Birch) 43.59, 19 E Covell (Rugby) 46.01, 20 A Bate (Tip) 46.21, 21 D Bransley (B&R) 46.35, 22 M Evans (RSC) 48.18, 23 D Burns (M&F) 48.36, 24 D Writter (Spark) 48.47, 25 P Gough (Shrews) 49.15, 26 D Phillips (M&F) 52.58, 27 J Butler (Birch) 53.01, 28 B Healey (MVAC) 54.01
- M50 1 G Patton (M&F) 38.30, 2 M Wrenn (Tip) 39.04, 3 D Boulteridge (Birch) 39.10, 4 T Penn (Hunco) 40.59, 5 M Hawkins (B&R) 41.04, 6 J Cleland (Tip) 41.23, 7 K Buckie (Chelton) 42.03, 8 A Elliott (Birch) 42.56, 9 T Preston (Nun) 43.14, 10 P Copestake (Spark) 43.35, 11 T Woodwood (B&R) 43.47, 12 M Buttery (Derby) 44.53, 13 J O'Brien (Hunco) 45.00, 14 W Carr (Tip) 45.03, 15 R Suddens (Nun) 45.15, 16 G Kidman (Spark) 45.19, 17 A Ogleby (MVAC) 45.25, 18 D Ogleby (MVAC) 45.35, 19 M Knight (Derby) 45.57, 20 J Disper (Hunco) 46.33, 21 M Stanley (Birch) 52.53
- M55 1 E Williams (Shrews) 40.56, 2 G Oliver (100K) 42.43, 3 G Ashby (W Brom) 43.27, 4 J Barr (Cheltenham) 44.57, 5 J Powell (Spark) 49.07, 6 G Travers (Derby) 49.34, 7 W Rawlins (B&R) 50.56, 8 R Reynolds (Aldridge) 51.11, 9 P Burrows (MVAC) 51.35, 10 L Kyd (Birch) 57.58
- M60 1 E Matley (Derby) 44.33, 2 P Ronan (RSC) 45.45, 3 R Smith (Hunco) 46.51, 4 J Simpson (Solihull) 49.28, 5 M Savage (Solihull) 49.54, 6 G Blake (B&R) 62.22
- M65 1 A Hitchman (RSC) 52.58
- M70 1 A Lovell (Mole V) 62.36
- W35 1 M Sutton (Row) 28.32, 2 M Layden (Northants) 30.08, 3 S Johnson (Row) 30.37, 4 J Hawkins (Hunco) 31.57, 5 J King (Hunco) 35.20, 6 S Edwards (Hunco) 35.27, 7 L Ludden (Hunco) 36.03, 8 G Clough (W Brom) 36.26, 9 M Ehrenberg (Row) 37.27, 10 E Morris (Hunco) 41.03
- W40 1 S Pratt (Hunco) 39.36, 2 L White (Sol Sh) 29.53, 3 M James (row) 31.41, 4 E Parsons (Northants) 32.36, 5 J Meenan



BVAF Oswestry 10, 1992: Colin Cartland M40 (132) leads Ron Smith M45 (154) after 1.5 miles

- (Northants) 33.52, 6 G Hough (Shrews) 34.39
- W45 1 D Fellows (Cannock) 28.50, 2 S Doddwell (Evesham) 30.12, 3 R Gillick (Stone) 32.29, 4 P Francis (Rugby) 43.03, 5 M Hopkins (Rugby) 43.38
- W50 1 J Bryan (Cannock) 32.24, 2 S Barr (Cheltenham) 38.13
- W55 1 M Darlington (Stone) 38.46
- TEAMS: M40 1 Birchfield, 2 Hunco, 3 Tipton, M50 1 Tipton, 2 Birchfield, 3 Hunco.
- Women: 1 Rowheath, 2 Northampton, 3 Hunco
- "Rolls" C.C. Race, Cowling, 29/11/92
- 1 Brian Kirkwood M40 24-23, 2 Andy McLinden M40 26-62, 3 Barney Gough M40 27-05, 4 Bob Young M40 27-46, 5 Peter Cartwright M50 28-07, 6 Willie Mitchell M40 28-18, 7 Jim White M40 28-26, 8 Herbert Muir M45 28-31, 9 David Fairweather M45
- 28-41, 10 Bob Brennan M50 28-42, 11 Brian Edridge M45 29-15, 12 Rod Shanks M40 29-28, 13 Peter Ogden M40 29-35, 14 Jim Irvine M55 29-42, 15 Jack Courtney M45 29-56, 16 Norman Scott M40 30-10, 17 Willie McCann M45 30-14, 18 Pat Kearney M40 30-58, 19 John Paschay M45 31-17, 20 Dave McKinry M50 31-34, 21 Willie Hamill M50 31-59, 22 John Moses M50 32-19, 23 George Dick M40 32-44, 24 Alastair Shaw M55 32-49, 25 Joe Haldane M55 32-50, 26 Willie Spark M55 32-59, 27 Stuart Lawson M60 33-09, 28 Neilson Hare M50 33-30, 29 Jack Murray M55 33-50, 30 David Low M45 34-00, 31 Diane Monie W40 34-10, 32 Arthur Smith M55 34-20, 33 Hugh Gibson M45 34-26, 34 Jim Davidson M40 34-36, 35 Tommy O'Reilly M40 34-41, 36 Joe McGilgan M60 34-45, 37 Dave Kerr M45 34-51, 38 Jim Goudie M40 35-03, 39 Jack Newbigging M55 35-29, 40 Eugene Dolan M60 35-51







Cambridge Harriers and  
Swanley Town Council  
present the  
**SWANLEY HALF  
MARATHON**

on  
**Sunday 21 March 1993**  
starting at 10.30am

Medals to all finishers, with generous prizes to 1st 10 men, 1st 3 women, 1st 3 men over 40/45/50, 1st woman over 35/40/45, 1st 3 male teams of 3 & 1st female team of 3, plus additions according to entry numbers, and some excellent spot prizes.

Entries to T Secretary, 164 Maiden Lane, Crayford, Kent DA1 4NQ, on the standard form. Fee — £4.00 (affil) or £4.50 (non-affil.) — cheques payable to "The Swanley Half Marathon". Enclose large SAE. The closing date for entries is Monday 8 March 1993.

Course run over undulating roads consisting of 1 large and 1 small lap around Swanley, Wilmington and Hextable in Kent. Refreshments and ample changing with a small fete at start/finish area.

**6th NATIONAL OPEN  
VETERANS  
ROAD RELAY  
CHAMPIONSHIPS**

**SATURDAY, MAY 8, 1993**  
**SUTTON PARK, BIRMINGHAM**

By kind permission of Birmingham City Council

Open to all clubs affiliated to BAF.

Medals to first three teams and  
fastest three individuals in each championship.

Championships will be held over the established  
AAA Championships three-mile course.

CHAMPIONSHIP	STAGES	START
Women, over 35	4	11.00 am
Men, over 60	3	11.00 am
Men, over 50	6	11.00 am
Men, over 40	8	1.30 pm

**ENTRIES CLOSE ON APRIL 10**

Entries from B teams will not be accepted.

Teams must be declared 30 minutes before the start.

All competitors must wear club colours.

Entry form and other details from  
DENNIS WITHERS, 14 COTTAGE LANE,  
MARLBROOK, BROMSGROVE, B60 1DW  
(PLEASE INCLUDE 9" x 4" S.A.E.)

**BVAF/NATIONAL  
VETERANS  
INDOOR  
CHAMPIONSHIPS**

**RAF COSFORD**  
**SATURDAY MARCH 20th 1993**  
Organised by MVAC  
Supported by Bourne Sports  
and Athletics Today

**EVENTS**

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

**FIRST EVENT 10.00 A.M.**

**FEES £4.00 FIRST, £3.00 EACH FOLLOWING  
PLUS 50p NON BVAF MEMBER.**

**CHEQUES PAYABLE TO MVAC**

**MAXIMUM EVENTS 3 + RELAY**

**RELAY — £3.00 PER TEAM, M40+ W35+**

**MEDALS — 1ST THREE, EACH AGE GROUP (5 YEARS),  
SUBJECT TO BVAF RULES.**

**CLOSING DATE FOR ENTRIES: 22ND FEBRUARY, 1993**

Entries to: J. & F. Cross, 36 Manor Road, Atherstone,  
Warwicks CV9 1QJ

SAE: 9 x 4"

TEAR OFF

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TEL No \_\_\_\_\_

AGE \_\_\_\_\_ GROUP \_\_\_\_\_

VETERAN CLUB \_\_\_\_\_

FIRST CLAIM CLUB \_\_\_\_\_

VETERAN No \_\_\_\_\_

EVENTS \_\_\_\_\_ BEST TIME '92

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

RELAY TEAM NAME \_\_\_\_\_

☐ TICK HERE IF ACCOMMODATION AND TRAVEL DETAILS  
REQUIRED

Cheque/P.O. £ \_\_\_\_\_ Payable to MVAC

**CLOSING DATE FOR ENTRIES 22ND FEBRUARY 1993**