

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 27

The Newspaper of the British Veterans Athletic Federation

Summer 1993 £2.00

Vote for Open Championships

BVAF Chairman reports on AGM

My first year as Chairman has now been completed, but as I reported at the AGM at Jarrow, it was not without its problems, and there were two major disappointments:

The first involved the discussions with BAF which had been going on for some time, and which I had anticipated would lead to a closer relationship between BVAF and BAF. Sadly these floundered at the BAF Council Meeting in December, and though I have suggested it could be beneficial for all veterans that we have further discussions, so far I have not had any response.

The second was the late withdrawal by Sheffield Council to mount a bid for the 1997 World Veterans Track & Field Championships. We had considered various venues in the UK, before deciding on Sheffield. Their facilities covered all the major technical requirements, the main track being the superb Don Valley Stadium, but within walking distance another excellent synthetic eight lane track at Woodbourn Road, and finally a third similar track not too far away at Rotherham. Officials of Sheffield's 'Events Unit' were enthusiastic to make a presentation at the WAVA General Assembly in Japan in October. I had no doubts that our bid would be a successful one, and to be told almost at the last minute that Sheffield Council had now decided to withdraw was quite a blow. Their reasons were mainly worries about

the budget in the present economic climate, and the amount of accommodation required. A further meeting is being arranged to see whether there are any means of resolving these worries.

At the AGM I was pleased to be elected for a second term as Chairman, with only one change in the executive team. That change is in the position of Asst. Chair for Road, where Ted Butcher was elected in place of Dave Walsh, who had resigned earlier in the year. I am glad to welcome such an experienced member to the team. We have also had a change in Auditor, Mick Ellsmore replacing Ron Blastland. But finally I was particularly delighted to announce the unanimous election of Bridget Cushen as a Life Vice-President. No one knows more than myself the enormous amount of work she has done, and is still doing, for veteran athletics.

The motion concerning opening our Championships, which I had put forward personally and the reasons for which I have set out in previous issues of Veterans Athletics, was fully debated. For ease of discussion it was broken down into several parts, but I was delighted that the principle was widely supported, with substantial majorities for most parts. It was agreed that our Championships should be open to all veterans, and for those who are not members of one of our clubs or associations there would be a differential in entry fee of £2.00 which would be used

for the benefit of central administration. There would be no further differential for extra events in the same Championships. Awards would be according to finishing position, and not depend on membership. The organisers would be responsible for ensuring proof of age of any non-members.

This change answers the criticism that we are not catering for all veterans and the extra £2.00 is similar to the policy of charging an extra 50p for unaffiliated athletes in open road races. We should still try to encourage all veterans to join one of our clubs for the benefits they would enjoy in exchange for a very modest subscription fee. It is unfortunate, however, that we need to increase the levy per member that each club pays to the BVAF from £1.50 (of which £1.25 is for production of Veterans Athletics) to £2.00 in the next financial year.

The other important motion was that BVAF should affiliate to BAF and this was passed by a large majority. One other matter raised involved nominations for WAVA. Bill Taylor wished to continue as Vice President for Track and Field, Owen Flaherty was standing for President and Barbara Dunsford for Women's Delegate (Bridget Cushen having completed her maximum term of office). It was agreed that our delegates to the WAVA General Assembly should support these nominations.

Keith Whitaker, Chairman

Tipton's title

Martin Duff of Athletics Weekly reports on the sixth Open National Veterans Road Relay at Sutton Park on 8th May

Tipton secured their first major vets title when they scored a narrow victory over favourites Swansea. They had also been first across the line at Rushmoor in 1990, but were disqualified for running Allan Rushmer who had not been entered. This time they made no mistakes, but they could not break the Aldershot record for the event.

M40

Rushmer got Tipton off to a fair start, but still nearly half a minute down on Colin

Cartland (15:06) and Brian Beecroft. Many observers believed that the latter was representing Swansea, but it was Wirral who were making a major impact on the race for the first time, in identical vests to the Welsh outfit.

Swansea and Tipton moved up to third and fourth on the second stage, but the fastest mover was Terry Osborne, up 52 places for Verlea with 15:09. Finbar Costigan took Tipton to a winning lead on the third leg. On the fourth stage Mick McDevitt (14:56) kept Wirral up, but

Dennis Fowles ran a storming 14:43 for Cardiff deep in the field.

Swansea, who had fallen away, came right back into the picture on the fifth leg, thanks to a second fastest 14:34 from Martin Rees, but they were still half a minute down on Tipton's Dennis Rydes. He sent John Wheway off and the locals expected the lead to increase. However, nobody told Alun Roper. The course record holder (14:27) closed to within seven seconds for Swansea, after a 14:57 stint, as Ken Woodhouse saw co-favourites Salford into the frame for the first time. Although they were near the back of the field, Coventry Godiva were the centre of interest on that sixth leg. There was an almost audible "click" as many watches were set as Dave Moorcroft made his veteran debut. The judges made it 14:28, so the former 5000 metre world record holder just missed out on a new vets best for the three miles eight yards lap!

Andy Holden inched away from Owen Lewis on the penultimate circuit, as Colin Demet closed slightly for Salford. Fastest was Dave Hill, up thirteen spots, to 13th for Thames H & H with 14:49, the fourth fastest.

John Theophilus only managed to scrape away two seconds of Alan Grice's Tipton lead on the final stage. Stan Curran anchored Salford to third, but they were a minute and a half down from the battle

Continued on page 5

Flying Fox Marathon

Would all intending competitors please note that the Flying Fox Marathon which also incorporates the BVAF Marathon Championships will take place on its traditional date of the first Sunday in October ie October 3rd, and not October 30th as indicated in the fixture list printed in the last issue of this newspaper. We apologise to the organising committee and urge BVAF members to support this well organised event. Entry details can be found in the advert on page 2.



Close finish. M50 400m heat (181) R. Phipps, (343) J. McNamee, (189) R. Smoult

High-class championships

Report by Geoff Harrold

Matchless organisation by the NEVAC team at Monkon Stadium, Jarrow, on 17/18 July saw the BVAF 1993 Track and Field Championships produce 55 championship records, 21 British records and six world marks — despite the swirling winds.

Mary Wixey in the W70 sprints, jumps and throws, and Jose Waller in the W70 middle distances usually have only their previous selves as competitors but both managed a clutch of records. According to the programme, Mary reduced the championship bests for both the 100m and 200m (17.64, 35.98) although she ran a faster 100m in 1991 and 1992.

Jose Waller spent the weekend chasing her 1992 times; her 6:47.68 for 1500m was a British record and, later in the day, a championship best for 5000m. On Sunday Jose was her usual clockwork self in the 10,000m until the later stages when her times began to vary. The final time of 48:10.98 provided the reason for this and her untypical exhaustion at the end — Jose was 23 seconds inside her own world record.

Flamboyant Ron Taylor is at the end of his age group but his smooth wins in the sprints ignored that. He also set a championship best in the 400m, pulling Wilf Morgan under the old record as well.

The women provided the majority of the records; Pat McNab set British W50 hammer and 80m hurdles records and rearranged the championship pole vault best. Evann Williams twice broke the W55 hammer world record but a 44.26 throw by Ivanov is pending. Joan Wills won four events, setting a British record in the W40 long jump and a championship best in the W40 triple. Una

Gore ran a championship best in the W55 100m and later beat the British 200m mark.

Second in both 5 and 10k races to W40 Maggie Statham, compulsive front runner Eleanor Robinson set British W45 records in both events. Her 10k time beats the listed world record but a faster time is pending ratification.

Finally Maurice Morrell. The former javelin international set a championship best in the M60 1500m with some forceful front running into the Jarrow winds; bided his time behind Eric Appleby in the 5000m before easing away to a five second win; claimed a world record in the 2000m steeplechase and easily won the javelin.

Honorable mentions for Les Presland's brave but wind-spoiled attempt on Bruce Tulloh's British M50 5000 record; Glen Grant's 1500/800 double, the latter clipping Pete Brown's championship standard for an eight second win, and Barry Ferguson's smooth British M50 100mH record to add to his 100m win.

Another Cambridge Harrier was involved in one of the best races of the weekend. In the M60 800m, Derek Thomas set out to run the finish out of Tom Clowry, going through 400m in 65 seconds and still hanging onto a slender lead down the home straight. However, Clowry clawed his way level and metres from the finish both runners began to buckle and waiver. At the line Clowry just prevailed despite Thomas's desperate lunge that ended with the Cambridge man lying stunned on the track with a later diagnosed broken cheek bone. Clowry 2:19.14, Thomas 2:19.24 — stirring racing by both men.

Results pages 6 & 7



M40 Road Relay Championships — Tynedale H & City of Bath takeover



W35 800m. J. Asgill leads K Colebrook (28)

FROM THE EDITOR

HELP! Is there a reader who owns or has access to a computer and who is willing to spend a few hours putting race results on to disc for inclusion in Veteran Athletics?

We have a problem. Due to changes caused by the sale of "Running" Magazine to Runners World we no longer have access to computer facilities. We are indebted to Brenda Burton for putting on to disc at short notice the Track and Field results and likewise to David Morrison for all the results on pages ten and eleven. It would, however, be unfair to ask the same people to do the work every time.

I am taking steps to acquire my own equipment but it will take me some time to become proficient in using it. Meanwhile, some offers of assistance for the next two or three issues of this newspaper would be very much appreciated. Ideally it would be helpful to have a pool of half a dozen volunteers. Our type-

setters use an Apple Macintosh computer although they can accept discs from an IBM compatible machine if a suitable programme is used.

If anyone would like to help please contact me at home (address below). Additionally, if any reader has equipment to dispose of at a reasonable price I would be pleased to hear about it.

In the last issue I asked if any members had injuries, medical problems or health related topics to which Dr John Nixon could respond. Expecting a flood of queries I have been amazed to receive none at all. In changing rooms around the country, injuries and ailments appear to be the main topic of conversation. In the hope that I may yet draw some response I will repeat that Dr Nixon will be pleased to answer questions or write articles on specific medical matters.

Geoff Ashby

Veteran Athletics

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67 Goswell Road, London EC1V 7EN Telephone: 071-250 1881 Fax: 071-410 9440

Editor: Geoff Ashby, 7 Causey Farm Road, Hayley Green, Halesowen, West Midlands B62 1EG tel 021-585 7317

Editorial Board: Jack FitzGerald, Sylvester Stein, Bill Taylor, Sarah Cawkwell
Fixtures: Brenda Burton, 71 Nethergreen Road, Sheffield S11 7EH

Advertising: Jack FitzGerald tel 071-250 1881

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Overseas Entries Coordinator: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU tel 081-248 2271

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

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tel 0222-753563

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BVAF 5K ROAD RACE CHAMPIONSHIP

(Promoted by Gateshead H & AC)

SUNDAY 24th OCTOBER 1993 (Permit No. 795)

Starting & finishing at Gateshead International Stadium.

Open to non-BVAF members.

1.00 pm — MENS 40-49 CHAMPIONSHIP

1.30 pm — MENS 50+ AND LADY VETS CHAMPIONSHIP

Medals to 1st 3 in each category — M40, M45, M50, M55, M60, M65+

Team prizes — M40-49 (1st 4 to count).

M50-59, M60+ (1st 3 to count).

Medals to 1st 3 in each category — L35, L40, L45, L50, L55+

Team prizes — L35-44, L45+ (1st 3 to count).

NOTE: Team Age Groups can be downgraded to form complete teams providing notification is given by closing entry date.

ENTRY FEES

BVAF Members £3.00

Non-BVAF Members £5.00

Cheques payable to "GATESHEAD HARRIERS & AC"

ENTRIES INCLUDING A 9" x 6" SAE TO: Peter Cowey,
61 Sherburn Way, Wardley, GATESHEAD, Tyne & Wear, NE10 8SZ.

ENTRY FORM

I wish to enter the BVAF 5K Road Race Championship. I am an amateur as defined by BAF Rules. I am medically fit to run and understand that the organisers cannot be held responsible for any injury or loss.

FULL NAME: _____ AGE _____

ADDRESS: _____

BAF CLUB: _____

SIGNATURE: _____ DATE _____

ENTRY FEE: _____

CLOSING DATE FOR ENTRIES: SATURDAY 16th OCTOBER 1993

THIS FORM MAY BE PHOTOCOPIED

STONE MASTER MARATHONERS 15th FLYING FOX MARATHON

OPEN TO ALL AGE GROUPS AND INCLUDING
BVAF MARATHON CHAMPIONSHIPS

SUNDAY 3RD OCTOBER 1993 at 11.00 am
STONE, STAFFORDSHIRE

CLOSING DATE — 21ST SEPTEMBER 1993

ROAD RACE PERMIT APPLIED FOR

RACE LIMIT — 5 Hours

The race is held over a fast course of 2.5 laps around Stone

Entry (payable to SMM) — AAA affiliated — £6.00, unattached £6.50

PRIZES to the value of £800 awarded in the usual categories

BVAF TROPHIES awarded in all veteran groups



STAR RANK
HOT 100

Please send entry form, fee and one s.a.e. 9 x 6.5 for race number (which will be posted to all competitors by 27th September, so please be patient and do not telephone before this date) to:

LESLEY BADGER, 15 POOL LANE, BROCTON, STAFFORD, ST17 0TR

FIRST NAME _____ SURNAME _____

CLUB _____

SEX _____ D.O.B. _____ AGE ON RACE DAY _____

MARATHON PB IN LAST 2 YEARS AND WHERE _____

ADDRESS _____

POST CODE _____ TEL _____

BVAF MARATHON CHAMPIONSHIP — please tick if you are a paid up member of one of the following affiliated clubs and please fill in your membership number

SCVAC MVAC NVAC E Vets AC

NI Vets AC WELSH VA SWVAC IoM Vets AC

NE Vets AC VAC SVHC Others

I hereby declare that I am an Amateur according to the AAA and WAAA definitions and that I absolve the Organisers of the Race from any responsibility for any misadventure which may befall me while competing in the above Race.

NAME _____ DATE _____

Signature _____

Golden Oldies shine at Upice

For the third European Veterans Athletic Association Road Racing Championships held over the weekend 29/30 May 1993 athletes travelled to Upice, 150 Kilometres north of Prague in the new Czech Republic. Fears that the old Eastern Block approach would lead to a poor quality event were soon discounted as the local population rose to the occasion and put on races that would be the envy of any British organisation.

It seems that the event was run as a community venture with people buying shares if they wanted to be involved — they were over subscribed. Volunteer officials from across the state were assisted by the Police, Television and Computer experts with all roads closed to traffic and many organisations pushed into service. Although the running races suffered some cobbles and a very steep 150 metre uphill finish the courses were accurate, well marshalled and a pleasant mixture of town and country.

British athletes were few and far between but those who made the long trip along with their supporters were delighted with the welcome, friendliness and encouragement. All praise must go to our two world class senior citizens Willie Marshall from Cambuslang and Eileen Quinton from Horsham. They took double gold in the 10K and half marathon with times that must rank in the world best all time list, achieving British age best performances for a 66 year old man and 64 year old woman. While Willie

looks about 75 and doesn't seem to be an athlete until the gun is fired, Eileen comes over as a sprightly young lady many years junior to her category.

The men's running events were dominated by the German Klaus Doldameer and the indomitable over 45, Omer Van Noten from Belgium. After a hard race on the Saturday when the German used the age difference to good effect, there seemed to have been a truce as the pair gradually killed off all the opposition to cross the line together in the half marathon. The only younger performer of any note from the UK was John Curran, from Newcastle AC, Northern Ireland, who finished 11th in the M40 category.

Top results and British details
10K M (Saturday 29 May 1993)
 1 K Goldammer (M40, Germany) 31:36
 2 O Van Noten (M45, Belgium) 31:48
 3 K Hovorka (M40, Czech Republic) 32:13
M40 11 J Curran 33:44, 50 T Burton 42:10
M55 11 D Coward 39:32, 18 M Kirkwood 41:49, 27 I Riddell 48:55, 30 J Hawkins 50:25
M60 8 A Walsham 42:09
M65 1 W Marshall 36:49, 4 R Franklin 42:00
W50 5 B Cusken 52:03
W60 1 E Quinton 46:54, 4 B Norrish 53:32
Half Marathon (Sunday 30 May 1993)
 1 K Goldammer (M40, Germany) 1:09:49
 1 O Van Noten (M45, Belgium) 1:09:49
 3 M Zvonicek (M40, Czech) 1:10:29
M50 6 T Burton 1:37:37
M55 12 D Coward 1:29:02, 18 M Kirkwood 1:33:10, 26 I Riddell 1:51:44
M60 6 A Walsham 1:35:20
M65 1 W Marshall 1:22:35, 4 R Franklin 1:36:06
M50 4 B Cusken 1:57:14
W60 1 E Quinton 1:46:38, 4 B Norrish 2:04:29

D. Coward

One lap short

Ron Smith (Worcester AC) competed in the over 60 5000m race in the BVAF&F Championships at Jarrow and is recorded as having finished fourth. However, Ron has written to say that this is not so. Although he thought at the time that he had finished the race he realised afterwards that he had run one lap short. It was

only when he received a copy of the results that he realised a mistake had been made.

Ron wishes to apologise to the other runners in the race and states that the confusion happened because of some runners being lapped. There were only about fifteen runners taking part in the race and adequate lap counting should have shown up the error.



Pat McNab, happy with her three wins — 80mH, hammer and pole vault at Jarrow

John Potts, M45, Birchfield, is working in Germany. At the German Vets' Championships at Ludwigshafen (near Frankfurt) on July 16/17, he won both 800 and 1500 in 2:03.20 and 4:12.25. Potts was 2nd in the 1500 at the Turku Champ's in '91 (M45).

Wulf Morgan

10000m UK Vets record
 New vet Nigel Gates beat Mike Freary's 1978 record by over three seconds at Crystal Palace on June 13 when he ran 29:43.54 in very humid conditions.

The 21-Day Training Cycle

We publish below another plan by Keith Redpath, BAF Senior Coach. Readers should also refer to the article on Structured Fartlek in VA26.

International Meeting — 9-11th July 1993

With temperatures soaring in the high 90's — the British veterans arrived in Budapest, Hungary for a three day International. Four men and three women were joined by Robin Woodland, now residing in Hungary.

Mary Wilkey W70 A British Record as well as 1st place in the 100m (16.50) followed by four more 1st's in LJ (3m.22), Discus (14.84), Javelin (14.91), and 200m (35.61)

Pam Spence W45 1st place in both 100m (14.6) and 200m (30.59)

Barbara Dunsford W55 1st place in Hammer (20.80) and 2nd in Shot (6.36)

Brian Hallett M50 4th place in 100m (13.2) and 1st in 200m (27.03)

David Bayes M55 1st in the Hammer (47.00)

Hugh Richardson M55 2nd in the Hammer (44.72) but 1st places in both Discus (38.82) and Shot (9.39)

John Dunsford M55 2nd in the 5000m Walk and 1st in 10000m Walk (1:02.54)

Robin Woodland M55 Two impressive wins. In the 200m (24.86) which was a Hungarian record disallowed because he was running as a GB and not for his Hungarian club. His 400m time was 56.5.

It was an excellent run meeting, all events running to time, and lots of camaraderie between athletes and officials. It was nice to meet up with old friends and make some new ones. Hans Porch of Austria, now M60, was a delight to watch in the Hammer which he won with a throw of 58.10. I'm not allowed to tell you about the bath/massage that Brian had, but it's strange his 200m was so much better than his 100.

Thanks group for an excellent weekend.
 Barbara Dunsford

World bests for Morrell

In his first year in the over 60 age group Maurice Morrell, Wirral AC, has hit top form. On both track and road he has produced some outstanding performances including two World bests, one indoor and one outdoor.

Probably his best track performance came in an open steeplechase at Stretford, Manchester, on 8 June. Morrell beat the previous World best by a massive 10 seconds in recording 7.03 for the 2000m steeplechase. He also achieved four firsts in his age category in the BVA F Championships at Jarrow including 1500m, 5000m, 2000m SC and Javelin.

On the road Morrell achieved the gold medal spot as first M60 at Bruges, returning a very fast 35.55 for 10K. He also ran a 16.55 for a 5K road race in Cheshire in May.

Maurice Morrell



The 21 Day Training Cycle - The key of the door to Success?

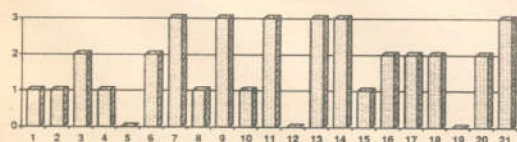
Conventional yearly training plans with their Preparation phases, Pre-Competition phases and Competition phases are no longer appropriate for our purposes and therefore should be made redundant. We now require training regimes, tailor made to suit our own particular requirements which will allow us to compete regularly throughout the year. To this end I have devised a plan based on a 21 Day Cycle which can be repeated indefinitely until specific peaks are required. (Only during the hectic summer season do I anticipate the plan having to be substantially altered.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day/Intensity Objective(s)	Day 1/Intensity 1 Aerobic Conditioning	Day 2/Intensity 1 1600/800 Race Pace (Maintenance)	Day 3/Intensity 2 Aerobic/Aerobic Conditioning	Day 4/Intensity 1 3200/400 Race Pace (Maintenance)	Day 5/Intensity 0 Rest	Day 6/Intensity 2 Aerobic/Aerobic Conditioning	Day 7/Intensity 3 Aerobic Capacity/Conditioning
Format	50 Minutes Continuous	2x800/800 Jog + 2x400/400 Jog	10x1000 Structured Fartlek 3/2	2x1600/1600 Jog + 2x200/200 Jog		10x1000 Structured Fartlek 3/2	10x800 Structured Fartlek 4/1
Heart Rate(s)	92% Anaerobic Threshold	Above 105% Anaerobic Threshold	102/97% Anaerobic Threshold	Above 105% Anaerobic Threshold		102/97% Anaerobic Threshold	Maximum/80% Anaerobic Threshold
Footwear/Surface	Training shoes on grass	Training shoes on track	Training shoes on grass	1600: Trainers, 200: Spikes on track		Training shoes on grass	Training shoes on track
Day/Intensity Objective(s)	Day 8/Intensity 1 Aerobic Conditioning	Day 9/Intensity 3 1600/800 Race Pace (Development)	Day 10/Intensity 1 Aerobic Conditioning	Day 11/Intensity 3 3200/400 Race Pace (Development)	Day 12/Intensity 0 Rest	Day 13/Intensity 3 Aerobic Capacity/Conditioning	Day 14/Intensity 3 Aerobic Capacity/Conditioning
Format	50 Minutes Continuous	2x800/400 Jog + 2x400/200 Jog	50 Minutes Continuous	2x1600/800 Jog + 2x200/100 Jog		10x1000 Structured Fartlek 4/1	10x400 Structured Fartlek 4/1
Heart Rate(s)	92% Anaerobic Threshold	Above 105% Anaerobic Threshold	92% Anaerobic Threshold	Above 105% Anaerobic Threshold		Maximum/80% Anaerobic Threshold	Maximum/80% Anaerobic Threshold
Footwear/Surface	Training shoes on grass	Spikes on track	Training shoes on grass	1600: Trainers, 200: Spikes on track		Training shoes on grass	Spikes on track
Day/Intensity Objective(s)	Day 15/Intensity 1 Aerobic Conditioning	Day 16/Intensity 2 1600/800 Race Pace (Maintenance)	Day 17/Intensity 2 Aerobic/Aerobic Conditioning	Day 18/Intensity 2 3200/400 Race Pace (Maintenance)	Day 19/Intensity 0 Rest	Day 20/Intensity 2 Aerobic/Aerobic Conditioning	Day 21/Intensity 3 Aerobic Capacity/Conditioning
Format	50 Minutes Continuous	2x800/600 Jog + 2x400/300 Jog	10x1000 Structured Fartlek 3/2	2x1600/1200 Jog + 2x200/150 Jog		10x1000 Structured Fartlek 3/2	10x600 Structured Fartlek 4/1
Heart Rate(s)	92% Anaerobic Threshold	Above 105% Anaerobic Threshold	102/97% Anaerobic Threshold	Above 105% Anaerobic Threshold		102/97% Anaerobic Threshold	Maximum/80% Anaerobic Threshold
Footwear/Surface	Training shoes on grass	Training shoes on track	Training shoes on grass	1600: Trainers, 200: Spikes on track		Training shoes on grass	Spikes on track

With a little imagination the plan can be personalised to suit the individual by emphasising their specific "RACE PACE" sessions and adapting Structured Fartlek and Aerobic Conditioning routines.

By using a heart rate monitor, the intensity and objective of each training session can be clearly defined. Also progression is automatically built in because even though you are running at the same heart rate as the previous session you should find you run faster.

The most important feature of the plan is the structure of the weekly cycles which consist of (in this order): EASY, HARD and MEDIUM weeks:



Each day has a training objective which is classified into one or more of four categories (Race Pace

training excluded). The table below sets out these categories and gives approximate lactate levels:

Training Objective	Classification	m/mols	% of training
(Easiest) 1	Aerobic Conditioning	1-3	80
2	Aerobic Conditioning	3-5	10
3	Aerobic Capacity	5-8	5
(Hardest) 4	Anaerobic Capacity	8-25	5

Some Training Tips:

1. The "Slow Phase" of all Structured Fartlek sessions should be the same distance as the "Fast Phase".
2. Group Training (which is on Tuesday, Thursday and Sunday) is more demanding so make a point of coming to these sessions "Fresh".
3. Twice a day training is for obsessive athletes who are clinically sick and has no place in any training schedule I design.
4. Race Pace sessions are of paramount importance and must be regarded as the main ingredient of any structured training plan.
5. The replenishment of the bodies energy supplies, particularly after a hard days competition, should be initiated as soon as possible after training/competing.
6. When starting out on a steady state Aerobic Maintenance run a brief burst of 5 minutes duration at a heart rate of approximately 170 (just under the Anaerobic Threshold) will ensure the remainder of your training run can be completed with the minimum of effort as a heart rate of 160 is relatively easy to sustain after this overload stimulation.
7. A RECOVERY run should last between 20 and 40 minutes and never exceed a heart rate of 85% Anaerobic Threshold.
8. Where possible substitute days 9 and 11 for a time trial and day 14 for a race. This creates a "block" micro-cycle which will fully stimulate the bodies adaptive processes.

JOIN EAMONN MARTIN IN THE LONDON MARATHON

The Lord's Taverners London Marathon Team are seeking additional runners for next years event. Eamonn will be leading our team and we are aiming for between 100-150 runners, each one targeted to raise a minimum of £500. We are able to provide full coaching facilities from Paul Eales, superb kit together with a celebration party after the event.

We are also seeking one or two elite runners who will perform a major publicity stunt for us promoting the charity and our aims by running the race from the back! The Lord's Taverners would be able to provide entries for these runners.

Finally who are the Lord's Taverners? Well our charitable mission is to give youngsters, specially the disadvantaged and the disabled, a sporting chance.

Our objectives are to provide sufficient funds from our marathon fund raising effort to buy two or three Horizon Minibuses to help these youngsters.

If you are interested and would like further information about our project and Lord's Taverners please phone me on (0582) 461961 (office) or (0252) 711387 (home).

Brian Standing

London Marathon 1993

Although the 1993 London Marathon is now ancient history, our Spring edition went to press before we had the opportunity to assess the veteran performances. What was apparent at an even earlier date was the fact that many of the older age groups had had a rougher deal than hitherto. Chris Braisher may have had his critics, but at least he had the commonsense to acknowledge that there were so few men over 60 and women over 50 entering, that it wasn't worth rejecting any above that age. Let's face it, so many domestic marathons have a time limit that the over 50 hour competitor has to rely on events like the London, unless he is able to afford to run in one of the overseas City or specific Veteran Marathon Championships.

A case in point is Midlands Vets AC's oldest active member, Harold Gregory. After commencing marathon running in his seventies, "Greg" ran his fastest at Telford in 1992 after being rejected for the 1992 London. Obviously he had hoped to improve this in 1993, as it is an easier course. Alas he was not only rejected for the London, but the Telford, which he entered as compensation, was cancelled 5 days before the event was due. Even the "Flying Fox" which is the BVAFA Championship has a time limit of 5 hours, which leaves him with no opportunity to register a good over 80 performance in Great Britain this year.

Even more mystifying were the rejections of Bruce Davidson, 3rd M70 in the European Marathon Championships at Kristiansund in 1992 and Joyce Smith, holder of the W60 British Marathon record who would almost certainly have been the first W65 this year. Or would she? According to the official results supplement, this category doesn't exist. Nor apparently do the M65, M75 or W55 divisions. The 1992 official results supplement gave 5 year age groups all along the line for both sexes. This year it merely gave results from 1 to 24,450 indiscriminately. Further evidence of ageism was the fact that the one world record in the race was totally ignored by the Athletic Press, although there was a two liner in the "Times" recognising Jose Waller's great performance. They should have extended it to three lines to report that Pat Trickett became only the second W70 in the world to break the four hour barrier.

For what it is worth, here are the known leading vets in age groups.

M40 1 D Hill 2:24.18, 2 J Collins 2:25.29, 3 M Miles 2:27.20, 4 A Amroui 2:27.58, 5 K Wilkinson 2:29.40, 6 M Bumstead 2:31.25
M45 1 S Moore 2:30.19, 2 A Kean 2:30.23, 3 J Bell 2:32.03, 4 D Lacy 2:33.20, 5 C Hughes 2:33.33, 6 D Nankivell 2:34.34
M50 1 M Hawkins 2:36.37, 2 J Collins 2:38.20, 3 P Marshall 2:38.35, 4 A Gaskell 2:41.30, 5 K Davies 2:42.21, 6 M Walker 2:42.31
M55 1 H Dobson 2:40.06, 2 B Sweeney 2:40.49, 3 M Stenning 2:47.26, 4 G Kay 2:49.25, 5 M Ward 2:49.43, 6 S Fletcher 2:51.58
M60 1 G Booth 2:54.18, 2 K Clarke 2:56.18, 3 B Emmerson 2:57.14, 4 E Hills 3:01.22, 5 Rostad 3:04.09, 6 L Mead 3:06.21
M70 1 W Eyles 3:39.52, 2 J Fitzgerald 3:54.46
M80 1 A Gibson 5:48.09, 2 M Clarke 6:29.54, 3 W Cayless 7:55.27
W35 1 L Moller 2:32.56, 2 G Horowitz 2:42.14, 3 S Martin 2:45.13, 4 M Playmo 2:46.05, 5 S Bentley 2:47.33, 6 J Moorhead 2:53.30
W40 1 Z Marchant 2:43.59, 2 J Needham 2:55.33, 3 D Hepplewhite 2:56.02, 4 K Howe 2:56.02, 5 B Appleby 3:00.03, 6 K Ashley 3:05.12
W45 1 E Robinson 2:49.59, 2 V Lemmis 3:01.10, 3 L Violet 3:01.30, 4 S Watson 3:03.47, 5 S Gould 3:06.07, 6 R Grimley 3:12.12
W50 1 S Lambert 3:15.26, 2 J Porter 3:16.20, 3 T Lid 3:22.13, 4 C Parsi 3:29.15, 5 J Oliver 3:36.30, 6 M Orban 3:39.49
W55 1 M Smith 3:20.13
W60 1 T Tanaski 4:08.52, 2 N Little 4:15.59, 3 B Murphy 4:19.47
W70 1 J Waller 3:49.02 (World Record) 2 P Trickett 3:55.05, 3 G Bulger 4:57.18
W80 1 T Wood-Allen 7:17.34, 2 A Billson 7:19.40
Jack Fitzgerald

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.

RECORDS ERRORS

I am in favour of records being beaten, and am amazed at the great feats of veterans in every event. However, the M60 record for the javelin still stands to me at 42.08m on the 3.9.89.

Ken Brookman
Chelmsford

The Track and Field World Records published in VA 26 contained several errors. We apologise to the athletes concerned and will make every effort to correct the errors before featuring the records again in 1994.

— Editor

SUPPORT FOR KEITH REDPATH

My thanks to Keith Redpath for his excellent coaching tips. I have one question, however. When he refers to Pace 4 training 1500m speed does he mean that of international class runners i.e. under four minute mile pace? I would guess that he does. On his and others behalf I want to protest at the sheer hypocrisy of athletic officialdom that prevents him running in open events because of a "pro" background, whilst Linford Christie and others have thousands poured into trust funds. Athletics must go the way of tennis and be truly and fully open. Enough of this nonsense!

Julian Kennedy
Galloway Harriers/Scottish Vets



Start of M50, M60 and Womens Road Relay, Sutton Park

Age Graded Results

Some of the road races which will be using the age graded results system over the next few months are given below.

Hartlepool 5 miles — Aug 30
Moreton (Gloucestershire) 10K — Sep 5
Chelmsley (B'ham) 10 miles — Oct 3
Felixstowe Half Marathon — Oct 10
Morden Park (Surrey) 10K — Oct 31
Oxshott (Surrey) 10K — Nov 21
Horton Park (Surrey) 10K — Dec 19
Lamplight County Durham 5 Miles Series — Various dates
Wharfedale (Derbyshire) 5 Miles — Jan 1
Tadworth (Surrey) 10 miles — Jan 2

The Chelmsley 10K held on June 13 used the age graded results system in addition to the traditional first past the post.

The age graded results placed no less than 13 veterans in the first 15 finishers. First past the post was Paul Sigei of Kenya in a fast 29.35 but winner of the age graded race was Brownwen Cardy-Wise (W40) with a time of 34.38. This converts to an impressive world percentage of 92.1%.

Other veterans to score impressive world percentage times were Peter Banks (M40) 91.4%, Graham Patton (M50) 91.1%, Mike Fromant (M40) 90.9% and Gordon Seward (M40) 90.3%.

Study of Osteoporosis and Osteoarthritis in elite athletes

If you are female aged between 45-70 and were a middle distance runner between 1956-70, and competed to at least National level, we would like to hear from you.

Please contact Pat Harris, Department of Rheumatology, St. Thomas' Hospital, Lambeth Palace Road, London SE1 7EH. Telephone: 071 922 8137.

UPDATE ON MIYAZAKI

I visited Miyazaki, Japan at the end of June for a final check of facilities, and discussions with the Organising Committee for the tenth WAVA Championships in October. The new stadium is almost complete and will provide a superb amenity for competition — and the two stadia are just 300 metres apart, with a warm-up track in between.

The headache of fine tuning the competition schedule begins, now that potential starters in each event are known, but with the stadia so close to each other, we have a little more flexibility than we had in Turku.

Colourful opening and closing displays are planned, and a visit to "Segaia — Paradise in a Dome" with its indoor surfing, and incredible artistic displays is a must. I can also confirm Barbara Dunsford's information that an evening meal need not cost the earth, and I have stressed the need for good and reasonably-priced catering at the stadia during the day. Free transport will be provided between hotels and the venues.

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

THANKS FOR THE WALK

This time last year there was a little debate ensuing over the nature of the Walks championships for this year, which subsequently saw the women's competition brought into line with the men's. At the time I recall reading one remark on the lines of "There's a difference between wanting a 50K and doing one."

Well, the first BVAF Women's 50K Walking Championship took place at the Burrator Reservoir on the edge of Dartmoor, courtesy of Plymouth City Walkers, on Sunday 2nd May and 6 women contested it.

This is equally as many as, if not more than, have lined up for many of the other distances on offer in the championship year, so I hope we have proved worthy of the decision. Thanks to the BVAF for "going with the flow" and giving the championship a try, and let's hope it's considered worth continuing. Thanks also to PCW for a beautiful venue — even the wild honeysuckle was out this year, though I'm sorry I had time to notice...

Cath Reader
Ryston Runners

Bound for Japan

Eighty four men and forty women will make up the British contingent for the Tenth World Veterans Track and Field Championships at Miyazaki, Japan from 7th to 17th October. Of this total 107 British, 7 from Southern Ireland and 46 Swiss are travelling out with Barbara Dunsford, the Overseas Entries Co-ordinator.

Full British contingent is:

W35 Alison Brown, Paula Standen, Jocelyn Kirby, Susan Smith, Sally Young, Angela Mullinger, Anne Lippitt, Liz Hardley, Tina Colebrook
W40 Vilma Thompson, Jean Wells
W45 Brenda Bradshaw, Anna McDonald, Pamela Philipps, Pat Gallagher, Elaine Statham, Patricia Tipping, Marjorie Hocknell
W50 Yvonne Miles, Jacky Charles, Bridget Cushman, Eva Osborne, Barbara Mailey
W55 Una Gore, Euan Williams, Jeanne Coker, Hilda Nyman, Mollie Ravenscroft, Carina Graham, Barbara Dunsford
W60 Elizabeth Steedman, Rosemary Chrimes, Gwen Chapman, Brenda Green
W65 Jocelyn Ross, Renee Scott, Joyce Smith
W70 Jose Waller, Mary Wixey, Peggy Taylor
M40 Martin Lippitt, Wal Franklin, Roy Stevenson, Alasdair Ross, Joe Caines, Glynn Owens, Tony Wells

M45 Graham Felton, Brian Lockley, Martin Watson, Keith Philipps, Pat Webber, Geoff Peel, Arnold Bradshaw, John Charlton, Ron Bell, Brian Gillo, Les Duffy, Graham Jenkins, John Potts, Mick Statham

M50 Winston Thomas, Mike Smith, Bob Dobson, John Topliss, Sean Power, Barry Ferguson, John Steede, John Garber, John Henson, Bob Hancock, George Ward, Bruce Charles, John Scott, Alan Graves, Alex Agnew, John Tipping, Anthony Vanderplank
M55 John Ross, Steve James, Ian Vaughan-Arbuckle, Tony McKay, John Drakeley, Brian Gore, Ron Powell, Dave Stevens, Alan Carter, Tony Crocker, Bob Brown, Will Morgan, John Marshall, Dave Burton, Joseph Philipps, Albert Prowse
M60 Jim Day, John Dunsford, Alan Byers, Geoff Feast, Keith Whitaker, Pat Green, Doug Fotheringham, James Charman, Dave Lloyd, Charles Williams

M65 Alf Woods, Ken Crooke, Ian Steedman, Allan Meddings, Charles McDowell, Ron Franklin, Denis Withers, Ajit Kalrai, Eddie Nyman, Terence Simons, Reg Farnborough
M70 Jim Johnston, Joe Kennedy, Les Williams, James Todd, Phil Malins, Gerald Cuning
M75 Bill Taylor, George Scutts
M80 Ed Sears



Not really the dog show despite the handgrip expressions! It's the finishing funnel of the road relay, Sutton Park.

M55 400m, Jarrow: Ron Taylor leads Will Morgan and John Ross





Secretary's Report

Bridget Cushen

International news

The Japanese are making every effort to ensure that the 10th World Championships will be the largest, best organised and most festive yet. Latest report (2 July) confirms that 4,000 home and a disappointingly low 800 overseas athletes have entered. The latter reflects the high cost and only those likely to be finalists are travelling. The closing date has been extended and a final effort made to attract non-represented countries. Nonetheless, 17,000 people are expected at the spectacular Opening and Closing Ceremonies in the beautifully landscaped Sports Park set between the ocean and verdant mountains.

We send out best wishes to our 124 competitors and 3 nominations for the WAVA Council — Bill Taylor seeking

re-election as Executive V-P (Stadia); Scottish Harrier, Owen Flaherty, takes on Cesare Beccali for Presidency and Barbara Dunsford has put her name forward for Women's Representative.

Just to hand, details of the 6th International Throwing Decathlon on 26 September in Main, Germany. Contact Tour Organiser Barbara Dunsford.

Travel to Japan

If you are staying over in Seoul you can pick up some bargain athletic apparel. I bought a Goretex suit for £54.00 in a small sports shop near to McDonalds in It'aewon, the main market shopping area. Departmental stores in the Lotte Shopping Centre, Chung-Gu had a large selection of Adidas and Reebok shoes. An excellent place to do your Christmas shopping. Travel by underground. You will quickly understand the cheap, efficient system and the people are extremely friendly should you get lost.

Update on drugs

Does hormone replacement therapy contravene doping control rules? Drug testing is now, sadly, part of international veteran athletics. We applaud, and many of us benefit from, the advancements in medicine. This particularly applies to the new "wonder drug" HRT, now widely prescribed to menopausal women. But what is its status within the IAAF Doping Regulations?

I have checked with Professor Arne Ljungqvist, Chairman of the IAAF's Medical Committee and the Sports Council Doping Control Unit here. They state that there are several treatments available

i.e. oestrogens, progestogens, gonadotrophins e.g. Tibolone. In relation to the doping regulations in sport, oestrogen and progestogen therapy prescribed to women would be allowable. However because of its reported anabolic activity, it is suggested that Tibolone should not be used and an alternative treatment sought where possible.

If in doubt, check direct with the Doping Control Unit, Tel: 071-383 2244.

Bridget Cushen

Women's Representative, WAVA



VICTORIOUS RELAY TEAMS

Above, Tipton H, M40. Back: A Rushmer, D Rydes, K Green, A Holden, A Coyne. Front: A Grice, J Wheway, F Costigan
Right, City of Bath AC. C McCarthy, J Porter, S Hochman and Z Marchant

RELAYS Continued from page 1

ahead. Three times winners, Aldershot were a lowly eighth.

M50

Ken Burgess narrowly led from Dave Gibson at the end of the opening lap, but Michael Smith soon put Bingley ahead, with the fastest stage time, of 16:28, on the second. They were never again headed, as Wirral and Aldershot battled for the minor medals.

The biggest impact on the race was made by Presland. He gained eight places for Aldershot, to third, on the fourth leg, after a record breaking 15:37. This was the fastest set in the M50 race, although both he and Davies have run faster whilst stepping down a group to the M40 event. However Les Haynes had kept Bingley over a minute clear of Wirral, and the race appeared to be over.

Not so. Dave Rogers took nearly a minute out of Bingley's Derek Green on the penultimate leg to set up a thrilling final stage. Dennis Quinlan had 27 seconds on Tecwyn Davies, would it be enough? Bingley hearts fluttered as Davies threw everything into the opening half mile, he pulled back 12 seconds in that distance but, as the rest of his team knew, he was short of training and Quinlan went away, despite the tenacious efforts of the Welshman. Three times former winners Wirral held on for fourth.

M60

Barnet made it a record breaking four in a row in the three stage over 60 race. Ron Higgs gave them an unassailable lead on the

opening circuit with a new record time of 17:27, as Charlie Walker held second for Belgrave and Bill Gray third for Solihull.

Pat Newall inched closer for Belgrave on the second lap, but his club were relying on Laurie O'Hara to bring them home on the final leg. Despite another new record, 17:19, the England M60 International fell just 13 seconds short, as Derek Wood clung on to preserve the Barnet stranglehold on the event. Paschal Morris despite also closing up for Solihull, with 18:00, could make no impression as the midlanders took bronze.

Women

Bronwyn Cardy-Wise caused the men's hearts to beat that little bit faster when she outstripped the leading M50 men on the opening leg of the women's section (M50, M60 and women all running together). She ran 16:29, to equal Zina Marchant's course record. Sue Endersby lay third for Barnsley, but they were to take a surprise lead at the end of the second lap and then maintain it on the third, as favourites Bolton were having an off day and City of Bath could make no impression. Sandra Pritchard ran an un-noticed 17:10 for Tipton, but they were not to emulate their male colleagues' victory.

The race was wide open as the runners set off on the fourth and final leg. Zina Marchant, however, was plotting her club's victory and a sterling 17:11 run saw her pass an out of form Christine Price, to come home a minute clear of holders, Bolton, as Rowhead came through for third.

Results p11

UK APPROVED RECORDS

As indicated in earlier editions of VA confirmation of UK records will only be given following the submission of the relevant application form which has been fully and correctly completed. Just to remind persons submitting application forms, a wind reading MUST be included for records involving sprints or long/triple jumps. If the record is to be submitted for approval as a world record, any additional information would be advantageous, eg lap times, photo finish etc.

Below are the UK records which have been approved in the last 3 months and it is intended to publish such a list in every subsequent VA.

It is up to you to ensure you have a record application form available if you think you may be likely to break a UK/World record. It is not intended that I, or any of my committee, will look at results to see if any record has been achieved even at National/International events.

As the season will be well advanced by the time this edition of VA is issued can I remind T & F athletes that I would be pleased to receive your best performances for the season for inclusion in the 1993 T & F ranking lists. Sally Gander, who does the female ranking lists, would also appreciate receiving performances for the ladies, but if these were sent to me I would pass them on. My address can be found on Page 2.

Also given below are the records approved/submitted from the BVAF Championships at Jarrow.

David Burton

Chairman BVAF Records/Statistics Sub-Committee

INDOOR RECORDS

M40 LJ	C Wright	6.73*
M45 60mH	J Charlton	8.9
3K Walk R Care		13:22.41
		13:03.3
M50 400m	J Henson	54.7
60mH	B Ferguson	9.0
Shot	S Barker	14.81
3K Walk A Smallwood		13:06.0
M55 1500m	S James	4:32.7
3K	S James	9:26.9

60mH	C Shallo	9.7*
M60 3K	A Brown	9:54.02
3K Walk	E Livermore	16:36.0
M65 60m	A Meddings	8.28
200m	A Meddings	27.12
3K	W Marshall	10:40.8
		10:32.28

M70 3K	J Todd	11:17.99
60mH	L Williams	10.9
TJ	L Williams	9.25
M80 3K Walk	J Grimwade	17:41.4
W35 60m	V Ellis	7.9
TJ	J Pearson	10.29
3K Walk	K Baird	15:11.9
W40 LJ	J Willis	5.32
TJ	J Willis	10.16

W50 1500m	J Jay	5:11.9
3K	J Jay	11:06.2
TJ	J Charles	9.07
P.V.	P McNab	2.55
3K Walk	J Langford	17:45.4

W55 60mH	C Graham	11.0
W60 3K Walk	M Worth	17:27.9
W65 60m	J Ogden	9.5
200m	J Ogden	32.0
Shot	J Ogden	9.24
W70 1500m	J Waller	6:50.6
3K	J Waller	14:13.7

OUTDOOR RECORDS

M40 Discus	P Gordon	58.42
M50 TJ*	S Power	12.83-13.04
M55 6K	S James	15.51.7
M60 5C	M Morrell	7:03.8
M65 200m	A Meddings	27.2
400m	A Meddings	64.8
100mH	I Steedman	17.77
W40 3K Walk	W Marshall	18:02.12
W50 P.V.	P McNab	2.90
W55 Hammer	E Williams	37.90
W60 H.J.	R Chimes	1.28
Shot	R Chimes	11.40
Discus	R Chimes	34.36

RECORDS APPROVED FROM BVAF CHAMPIONSHIPS — JARROW

M65 400m	A Meddings	64.82
500m	W Marshall	18:02.12
100mH	I Steedman	17.77

SUBMISSIONS NOT YET APPROVED

M55 H.J.	A Crocker	1.59
M65 200m	A Meddings	27.10
W45 500m	E Robinson	17:25.88
W55 Hammer	E Williams	41.68
W65 500m	J Ross	22:14.92
W70 1500m	J Waller	6:47.68

* Equals existing record

First prize: a colour TV

Enclosed with this newspaper is a book of raffle tickets. It is vital that extra funds are raised if this publication is to be kept going and we ask all members to try to sell the tickets.

Where members in the past have indicated they do not wish to receive tickets we apologise but it is costly to be selective on mailing lists. The book contains five tickets priced at 50p each and more

can be obtained from Winston Thomas on request.

There are more than twenty prizes to be won including a colour TV, video recorder and a weekend break. The draw takes place on December 12th. On sale of tickets please send money (cheques payable to BVAF) and ticket stubs to Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HE.



Track and Field notes

Many thanks to NEVAC for the superb organisation of the 23rd Track and Field Championships at Jarrow. As usual, it was a lot of hard work by the few for many to enjoy and I am pleased to see that all went well. On behalf of the BVAF thanks to South Tyneside Metropolitan Borough Council and to all members of the NEVAC committee and helpers on the weekend.

We look forward to the indoor championships organised by SVHAC at Kelvin Hall, Glasgow, in March.

■ Congratulations to the following Best Performance Trophy winners at Jarrow:

Over 35, Field: K Colebrook, W35, 8.80 TJ
Over 40, Field: J Willis, W40, 10.10 TJ
Over 50, Field: E Williams, W55, 41.66 Hammer
Over 35, Track: J Kirby, W35, 14.72 100mH
Over 40, Track: G Grant, M40, 1:55.32 800m
Over 50, Track: R Taylor, M50, 12:30 100m
Over 60, Track: J Waller, W70, 6:47.68 1500m

■ Some people are waiting for merit badges. Please be patient. I will send them on to you as soon as I receive them.

■ I hope you will all support the Christmas Raffle that I am organising (details on this page) as we need the funds to support the newspaper.

Winston Thomas
Assistant Chair, Track & Field

Cross-country notes

The 1993 Home Countries International Veterans Cross Country Championships will be hosted by the Welsh Veterans Athletics Association. The event will take place at Coeddydd Park, Cardiff, on Saturday 6th November 1993. In addition to the four home countries, The Republic of Ireland and Cardiff's twin city Nantes have been invited to take part.

The event will follow the format used in previous years with a women's veterans race of 5K followed by the men's veterans 10K race. An open 10K race will round off the programme. The age groups teams will also be similar with W35, W40 and W50, and M40, M45, M50 and M60.

The course has been designed by Graham Finlayson and will be a three-lap course (10K) through undulating parkland.

■ A new event this year is the BVAF National Open Veterans Cross Country Relay Race to be organised by the WVA on November 14th. This is a pilot race and, if well supported, will become an annual event to be hosted by other veterans clubs round the country. Until now the Cross Country Championships have been the only National cross-country event for vets.

If we can establish a cross-country relay championship it will fill a large gap in the cross-country programme. We hope that many clubs will support this inaugural event. Details see advert page 8

Bernie Plain
Assistant Chair, Cross Country

NEWSPAPER SUPPORT FUND

The supporters listed below have donated since the last issue; a very select band. I realise that 300+ Club is growing, but we do still need donations to augment income from that source. Please send your cheque, payable to *Veteran Athletics*, to:

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

Stephen Fortune Joe Gibson

George Oxbury David Rosenfield

Eddie Richardson

Donations received after press date will be acknowledged next time.

Newspaper accounts

Pressure on space does not permit the publishing of the annual accounts of the BVAF Publicity and Special Projects Committee which is responsible for the publication of this newspaper. Any BVAF members who would like to receive a copy of the accounts can obtain one by sending a SAE to Bill Taylor at above address.



E C (Ted) Butler

New Assistant Chair

Subsequent to the resignation of Dave Walsh earlier this year, Ted Butler was elected to the position of Assistant Chair — Road Running and Road Walking at the AGM held at Jarrow. Ted, a well-known figure in the sport, has been involved since 1954. A keen distance runner in his younger days, his best marathon time was 2:29.0 achieved in 1964. A founder member of the Eastern Veterans AC, he was their first secretary, a job he held until three years ago.

Ted Butler has been involved in the admin side of athletics for some time and among his current posts is membership of the South of England AA Management Committee, Southern Representative on the BAF Road Running Commission and Southern Representative on the AAA of England Road Running Commission. His main aims as Assistant Chair are closer co-operation between RAF and BVAF and to see greater numbers taking part in veteran events. He would particularly like to see more scope for women in the National Road Relays with possibly more age groups.

Prize draw

The prize draw gives support to the paper. Why not join in? Each month there is an overall £125 winner and five £10 runners-up. All you have to do is send off a cheque, made payable to Veteran Athletics, for £12, or multiples thereof — to increase your chances of a win — to the Hon Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot, Devon TQ12 6YB.

The sooner you do it the sooner you will get in on the draw.

These are the recent winners:
March: £125 J Leith (Harrow)
£10 to R Bruck, J Harvey, Kay Kilgellan, I Joffile, K Washington
April: £125 A Prouse (Morpeth)
£10 N Noble, W Drysdale, Joyce Gent, Marion Coleman, Evelyn Wilson
May: £125 Sue Twomey (West Midlands)
£10 to T Pashley, Beryl Ho, S Izzard, Bromley Vets, B Bartholomew

FOCUS ON WALKING

Smallwood wins BVAF 20K

The notoriously tough four lap course at Sutton Park on a very hot day tests the endurance and stamina of the very best. The conditions on July 3 favoured the oldies as the first three finishers were in the over 50 category and M40 winner Brian Adams just held off the incredible sixty-three year old George Chaplin.

Alan Smallwood only just lost out in the Midlands Senior title, held in conjunction with the BVAF event, in the final 100 metres. Bob Dobson in typical style outlasted much improved Tony Collins to take second place with the performer of the day, W35 Kim Baird, splitting the two with an outstanding performance.

Brian Adams fell apart on the final lap after chasing Smallwood and could not prevent Colin Young passing in the final kilometre and George Chaplin and Brian Armstrong almost caught him on the finishing line.

MEN

1 A Smallwood (Birch) M50	1:44.10
2 R Dobson (Ilford) M50	1:51.10
3 A Collins (Birch) M50	1:51.43
4 C Young (NOEB) M55	1:54.55
5 B Adams (Leic) M40 1:55.30	
6 G Chaplin (Cov) M60	1:55.34
7 B Armstrong (Ilford) M45	1:55.35
8 S Maidment (Stey) M40	1:58.04
9 D Stevens (Stey) M55	1:59.30
10 J Sturges (Leics) M50	2:01.39
11 W Wright (Nun) M50	2:02.01
12 T Morris (Cov) M45	2:02.15
M55 3 W Rawlins (Brom & R) 2:04.48	
M60 2 D Fotheringham (Bel) 2:04.48	
M65 D Withers (Birch) 2:06.29	
M70 G Mitchell (Birch)	2:28.06

WOMEN

1 K Baird (Dud & Stour) W35	1:51.23
2 M Cox (Manx) W40	2:11.59
3 P Horwill (Dud & Stour) W55	2:23.10
4 S Parkington (Manx) W50	2:28.44
5 R Scott (Bolton) W55	2:29.37

Colin Young

Vets in World Cup

Dennis Jackson and Sylvia Black highlighted the strength of the current veterans standard in British walking by being selected for the British teams for this years Race Walking World Cup held in Monterey, Mexico on 24/25 April.

Jackson was the second Briton home in 44th position in the 50K race in a very creditable 4:22.12. This was his sixth World Cup appearance, his absence in 1989 only due to a premature retirement. The forty eight year old Yorkshire postman has made the 50K distance his speciality but has come close to winning the National 20K. He has track bests of 13:12.0 (3000m), 44:17.0 (10000m) as well as an 89:42 for 20K. However, his outstanding record is in the 50K World Cup: 1981 Valencia 4:39.37 (34th); 1983 Bergen 4:07.58 (16th); 1985 Douglas 4:12.11 (18th); 1987 New York 4:11.05 (35th); 1991 San Jose 4:26.08 (55th); 1993 Monterey 4:22.12 (44th).

Jackson set his magnificent PB of 4:03.08 in 1986, still number four on the all time UK list. With an immaculate technique Jackson has nothing to fear from the judges flags. He has worked hard since returning to the sport after his 1988 retirement as was shown when he slaughtered the opposition in the WAVA 30K in 1992.

Possessing a sharp racing brain and a never say die spirit, Jackson could well re-write the record books by becoming the first man to represent GB in a major event at over 50 years of age.

Sylvia Black's selection turned out to be an unfortunate experience. The women's 10K race was held in a temperature of 40 degrees C. Although she finished in 81st position which enabled the British team to close she suffered severe dehydration. She then fell off the stretcher and had to be brought back to the UK in a wheelchair. Happily Black has now recovered and has resumed walking.

Black, who reached veteran ranks this year, first made an international ap-



Amos Seddon

pearance at the age of 16. As Sylvia Saunders she made several international appearances before retiring in 1979. Returning a decade later Black joined Birchfield. Improving every year and ably advised by Maureen Graham she looks set to improve on her present personal bests. The likelihood of a 20K on the 1995 World Cup programme should certainly suit the hard training Midlander. Black has a technique that does not trouble the judges, a very useful asset in current top competition. Her best performances are 3000m — 13:26, 5000m — 23:13 and 10000m — 47:52. She was selected as a reserve for the 1992 Olympics.

Colin Young

British medals galore

There were some outstanding performances by British walkers in the European Veterans Athletic Association road walking championships held at Upice, Czech Republic, on 29th May 1993.

On a slightly undulating out and back course the British contingent did themselves proud against tough opposition. All of the Britons finished strongly with Ed Shillabeer, Amos Seddon and Colin Young particularly benefitting by the slowing of the opposition in the final 10kms.

Ed Shillabeer finished third overall and was outstanding as local favourite. Fidler and the runner up in last year's WAVA championships, Aitmouk-hanetou, blew up in trying to hold on to impressive overall winner Ruzzier and the exceptional Zschesche. Both Ed and Amos (fifth overall) beat the 1980 Olympic 50Kms bronze medalist Ivchenko.

Colin Young, Eric Horwill and Dennis Withers all gained second places in their age groups.

Barbara Melchior was in a class of her own in the women's 30K. She won from stylish Gloria Granados, both showing up very favourably with their male companions. Pam Horwill and Rene Scott showed their usual fortitude and determination to gain well earned silver medals.

Men 30K

1 F Ruzzier (Italy) M40	3:31.01
2 D Zschesche (Germany) M50	2:33.34
3 E Shillabeer (GB) M50	2:36.00

British placings

M50 2 F Shillabeer	2:36.00
3 A Seddon	2:40.40
M55 2 C Young	2:57.21
M60 2 E Horwill	3:18.17
M65 2 D Withers	3:12.21

Women 20K

1 B Melchior W35 (Germany)	1:44.23
2 G Granados W35 (Spain)	1:50.02
3 H Maeder W45 (Switz)	1:52.03

British placings

W55 2 P Horwill	2:14.36
W65 2 R Scott	2:24.32

Colin Young

50K Track — Paris 22/5/93

An undertrained Bob Dobson and an under-raced Colin Young accepted invitations from the Association Sportive Ville de Paris to celebrate their 25th anniversary by competing in a 50K track race on 22 May.

On a day more suited to the beach than the track a select field lined up to face a daunting 125 laps.

For the benefit of local hero Albert Sturmi, multi-medalist at EVAA and WAVA championships, the main event included an attempt on the M70 world veterans record for 20kms.

From the start M44 Buschkewitz set off in confident mood to record 53:25 and lap the field by 10kms; M35 Alain Sturmi (55:40) had just moved ahead of Bob Dobson (55:42).

After the leading 3 had passed through 10kms all eyes focused on the septuagenarian. To the vocal support of spectators and fellow competitors his sprint finish brought him home just two and a half minutes adrift of James Grimwade's (road) world best. In more favourable conditions the record could be under threat. From a cloudless sky the sun blazed relentlessly, with drink and sponging attendants working overtime.

Early into the second half Bob Dobson began to close on Alain Sturmi only to experience the frustration of losing a lap due to a pit stop at 28kms. Colin Young was defying his status as oldest 50k competitor and raised his efforts to the plaudits of the spectators with whom he is an eternal favourite since becoming (in 1971) the first Briton to complete the Strasbourg to Paris 520kms ultra-classic.

At 42kms Bob Dobson had regained his lost lap and passed Alain Sturmi to go 2nd.

1 J Buschkewitz (M40) France	4:44.02
2 R Dobson (M50) UK	4:54.55
3 Alain Sturmi France	4:58.39
4 C Young (M55) UK	5:11.10
5 A Cahen (M45) France	5:17.03
6 J Leroux France	5:43.11
7 C Bals France	5:52.57

20K Albert Sturmi (M70) France 1:59.30
Bob Dobson

Basingstoke & Mid-Hants AC
presents

The Klix Six 10K Road Race

plus

The BVAF Vets Open 10K Champs

(separate race from Klix Six)

Sunday 28th November 1993
— 1.30pm

Entry fees £3.75/£4.25 unattached
(Awards to all finishers)

Cheques and POs to be payable to
Basingstoke & Mid-Hants AC.

Send for Entry Form and details to
Klix Six, PO Box 8,
Basingstoke RG22 6EL

or use Universal Entry Form to be
received by 8th November 1993.

Awards for both races all categories

Vets medals for British Championships

Fast course — 1992 Klix winner
Rob Denmark — fastest 10K road
time of the year

BVAF National Open Veterans Cross Country Relays

Sunday 14 November 1993

Heath Park, Cardiff

Open to all clubs affiliated to
BAF

First event 2.00pm

Races to be held on the Micky Morris
Memorial Course

Organised by Graham Finlayson

Men

40-49 (4x6K) £8.00 per team
over 50 (4x6K) £8.00 per team

Women

over 35 (3x3K) £6.00 per team

A, B and C teams accepted

Awards to first three teams in
each category

Cheques payable to Welsh Veterans AA

Entries close Nov 6th. No late entries.

Entry forms (enclose SAE) from Mr B Plain,
115 College Road, Llandaff North, Cardiff,
S Glamorgan
Tel: 0222-625669

SLOUGH BOROUGH COUNCIL MARATHON, HALF MARATHON AND FUN RUN

WHEELCHAIR HALF MARATHON — 10.20AM
MARATHON AND HALF MARATHON — 10.30AM
TO BE HELD AT UPTON COURT PARK

12th SEPTEMBER 1993

ENTRY FORM

IMPORTANT ANNOUNCEMENTS

1. WHEELCHAIR ENTRIES FOR THE HALF MARATHON FOR THE FIRST TIME
2. NEW, IMPROVED ONE LAP COURSE FOR BOTH RACES

SURNAME	FORENAMES
ADDRESS	DATE OF BIRTH
TOWN	AGE ON DAY OF RACE
POSTCODE	SEX <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
TEL NO	RACE CATEGORY — Please tick
	COUNTY CHAMPIONSHIPS <input type="checkbox"/>
	HALF MARATHON (MIN AGE 17) <input type="checkbox"/>
DO YOU WISH TO BE CONSIDERED AS A	MARATHON (MIN AGE 18) <input type="checkbox"/>
TEAM ENTRY <input type="checkbox"/> YES <input type="checkbox"/> NO	FUN RUN (NO MIN/MAX AGE) <input type="checkbox"/>
IF YES	SCVAC MARATHON CHAMPIONSHIPS <input type="checkbox"/>
NAME OF TEAM	WHEELCHAIR (1/2 MARATHON ONLY) <input type="checkbox"/>

TEAM ENTRIES CANNOT BE ACCEPTED ON THE DAY OF THE RACE

BAF REGISTERED CLUB
PREVIOUS BEST TIME

I enclose a cheque (made payable to Slough Borough Council) for £6.50 (£7.00 for non-affiliated competitors) for my entry into the Marathon/Half Marathon (entry fee same for both races), £2.50 for the Family Fun Run. Entries on the day for the Full and Half Marathon will be subject to a surcharge of £2.00. Please note that 50p of all entry fees is a donation to St Johns Ambulance in recognition of their valued support.

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

SIGNED _____ DATE _____

ENTRIES ACCEPTED UP TO 10.00am ON DAY OF RACE

Completed forms to: Administration Manager, Slough Marathon/Half Marathon
Customer Care Department, Slough Borough Council, Town Hall, Bath Road, Slough
SL1 3UQ.

N.B. Please send a 12"x10" S.A.E. for race programme and running number.



71 Hillside Crescent, South Harrow, Middlesex HA2 0QU
Telephone: 081-248 2271 Fax: 081-248 2272

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20Km Walk

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August 3rd - 6th

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Championships***

July 30 & 31st, 1994, Scarborough, Ontario



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M45 1500m Jarrow, D. McKenzie leads H. Morten and J. Treadwell

FIXTURES

NATIONAL

- 5 Sept BVAF Half Marathon, AYLESBURY.
11-12 Sept BVAF Decathlon/Heptathlon, SHEFFIELD. Details from J Charlton, 11 Wulfic Road, Ekington
3 Oct BVAF Flying Fox Marathon, STONE, Staffs. see ad page 3
24 Oct BVAF 5K Road Championships, GATESHEAD. see Ad Page 3
14 Nov National Veterans Open Cross Country Relays, Heath Park, CARDIFF. See ad page 8
21 Nov BVAF 10k Walk, CARDIFF
28 Nov BVAF 10k, BASINGSTOKE. see ad page 8
1994
19 March BVAF Indoor T & F Champs, KELVIN HALL, GLASGOW

INTERNATIONAL

- 7-17 Oct 10k WAVA Track & Field Champs, MIYASAKI JAPAN
6 Nov Home Counties Vets Cross Country International Champs, CARDIFF

SCOTTISH

- 5 Sept Half Marathon Handicap, LOCH INCH
24 Oct One mile track trials & AGM, LINWOOD
2 April 94 SAF Indoor Vets Champs, KELVIN Hall, GLASGOW

NORTH

- 29 Aug 10k Road & Paths monthly run, IRLAM. 12 noon
19 Sept NVAC 10k Track Champs. Stanley Park, BLACKPOOL. Men 55-70 & Ladies 1pm, Men 40-50 2pm. £2. cd 11/9. NO LATE ENTRIES OR ON DAY. Entries to B Buck, 58 Smithurst St. Middleton Junction, Manchester M24 2BA
19 Oct NVAC 10k Track Champs, Stanley Park, BLACKPOOL. £2. cd 11/9. No late entries or on the day. Entries to B Buck, 58 Smithurst St., Middleton Junction, Manchester M24 2BA
10 Oct Monthly run (Paths), Barlow Institute, EDGOWORTH, Nr Bolton. noon start.

- 24 Oct NVAC 10m Road Champs, Leisure Centre, College Road, OSWESTRY Noon start. cd 11/10. £2. No late entries. Entries to A Walsham, 21 Thornfield Road, Heaton Moor, Stockport, SK4 3LD
7 Nov Monthly 6 miles cross country run, Mercer Street Baths, Gt Harwood, CLAYTON-LE-MOORS. Noon start.
21 Nov Monthly 10K Road & Paths run & ANNUAL GENERAL MEETING, Leigh Harriers HQ, Holden Road, LEIGH. Noon start. AGM after race.
11 Dec Lancs Vets CC - venue and details in next newsletter
12 Dec Christmas Handicap, East Cheshire Hrs HQ, Richmond St, ASHTON UNDER LYNE, 10K Yacht Handicap. Noon start. No entry fee. Bring a prize, take a prize. Entries to Les Heald, 22 Cedar Close, Bradley Nr Wrexham, Clwyd LL11 4DL

- 1994
9 Jan Monthly 10K CC, Leverhulme Park, BOLTON. Noon start
6 Feb Monthly 10k Road, STOCKTON HEATH. Warrington. Noon start
13 Feb NVAC CC Champs, Sherdley Park, ST HELENS. (Provision) Confirmation and details of entry in next newsletter

NORTH EAST

- 1 Sept VALLI 10K, Centralway, Team Valley, Gr1. 7pm. £4.50/£5. Entries to Sue Kelsey, Manager, Craigielea Lodge, 739 Durham Road, Low Fell, Gateshead, NE9 6AT + large SAE. cd 20/8
4 Sept Wild Boar Chase 10K, Ferryhill Leisure Centre. 2.30pm. £4 to St John Ambulance, Ferryhill Leisure Centre, Lambton Road, Ferryhill, Durham, DL17 8RQ
4 Sept Tynedale 10 Mile, 2.30pm
11 Sept NEVAC Pentathlon, MONKTON, 11am £1. Guests welcome. Details G Routledge
19 Sept Great North Run, Open Half Marathon, NEWCASTLE.
22 Sept NEVAC 10K/5k Track Race Champs, MONKTON. 7pm. cd 18/9. £1 to NEVAC, G Routledge, 5 St Hilda's Ave. Holy Cross, Wallsend, NE28 7AB
10 Oct Blaydon Harriers Road Relays
10 Oct South Shields 20 mile Road Race
16 Oct Houghton Harriers open 10K Road Race
24 Oct Gateshead Harriers Road Races inc BVAF 5K
31 Oct Langbaurgh Marathon KIRKLEATHAM, Nr Redcar. 10.30am. £6/£6.50 on day £7.50. Further info. (0642) 231212 Extn 4171
7 Nov Heaton Harriers 10k Races, NEWCASTLE. Separate Vets 10K includes NE Counties AA 10k Men and women's 10K Champs. 10.30am

- 1994
1 Jan MORPETH TO NEWCASTLE 14 mile Road Race.

NORTHERN IRELAND

- 27 Aug NIVAC 5M Road Race, BELFAST. Details J Harris
11 Sept NIVAC T&F Champs, ANTRIM FORUM, 3000SC & 400mH

MIDLAND

- 12 Sept Open Meeting & British Pentathlon Throws, CANNOCK, 11am
Entries J Mills
12 Sept MVAC 10M Champs, NUNEATON. 11am Entries to S Harris 42
Orson Leys, Hillside, Rugby, CV22 5RF
10 Oct MVAC Half Marathon Champs, BURTON. 11am. Entries to S Harris cd 3/10
21 Nov MVAC Road 4.7 miles Handicap (sealed) & MVAC AGM.

- 12 Dec NEWBOLD, Nr RUGBY. 11am. Entries to Handicapper by 12/11
MVAC Christmas Cross Country Handicap, TAMWORTH. 11.30am cd 3/12

- 1994
2 Jan MVAC Champs, DERBY. 11.30am. Entries to Promoter by 20/12
6 Feb Cross Country 6 mile handicap, 11am. cd 28/1
25 April MVAC 3 x 5000m Road Relay Champs, TAMWORTH. 11am. cd 16/4

EASTERN

- 5 Sept EVAC Marathon Champs, Stoke Ferry, NORFOLK (inc Norfolk Marathon Champs, WISSEY)
8 Sept EVAC T&F League Final
19 Sept EVAC Half Marathon Champs. ELY. Cambs. (inc Grunty Fen Half Marathon, ELY, Cambs)

SOUTH

- 29 Aug VAC T&F Champs, WEST LONDON STADIUM noon. R Belmore, Torbay, Prestwick La, Grayswood, Haslemere GU27 2DU 0428-654749
5 Sept Veterans Track League Finals, COLINDALE
5 Sept SCVAC T&F League Final, HENDON. 10am
8 Sept VAC Track Meeting, BATTERSEA PARK, 6.30pm
12 Sept Barn Elms Vets T&F Open Mig SW13, new all weather track. Archie Taylor 081-977 1634
12 Sept SLOUGH Marathon inc. SCVAC Champs and half marathon (see ad page 8)
19 Sept Vets Cross Country 10K, Beddington Park, WALLINGTON, Surrey. 2.30pm Prizes M40, M50, M60, M65, M70, W35, W45, W55, W60, W65. £4 payable to Collingwood School, to Mrs J Hawkins, 11 Acre Lane, Carshalton, Surrey, by 5/9. Enter on day £5.
26 Sept Reading AC 7th Vets T&F Open Meeting, PALMER PARK. 12 noon £1.40 per event to D Bradford, 36 Blewbury Dr. Tilehurst, READING RG6 3HL. See ad P8
2 Oct VAC CC Camp road SW19 3pm
6 Oct VAC AGM (members only) Union Jack Club, WATERLOO STATION
9 Oct Bromley VAC Open M&W 5M Cross Country. Tel 081-460 2933
9 Oct Curry County AA Veterans CC Champs RICHMOND PARK
24 Oct Half Marathon inc SCVAC Champs, BARNES GREEN, Nr Hosham
Entry forms from Race Sec, 3 Smugglers Way, Barnes Green, Hosham, West Sussex RH13 7PP
31 Oct VAC Open Veteran ladies' CC 2.5M 11.00am; men's 11.30am, Camp Road SW19
14 Nov VAC CC Camp Rd SW19 11.00am
18 Dec VAC CC Camp Rd SW19 3.00pm

SOUTH WEST

- 12 Sept SWVAC Open Marathon Champs. New Forest, NEW BILTON BR STATION. 11.30am. cd 29/8
3 Oct SWVAC Grand Prix 10K, TOTTON
10 Oct SWVAC Grand Prix Half Marathon, TRURO
24 Oct SWVAC Grand Prix 10M, EXMOUTH
7 Oct SWVAC Champs, 15M, SALISBURY
28 Nov SWVAC Grand Prix, 10M, BOURNEMOUTH

WALES

- October WYAC Half marathon Champs, CARDIFF. Details D Walsh (Date to be confirmed)

Around the Regions

MIDLANDS

MVAC held their 10K road championships in conjunction with Telford Harriers Town Park 10K event on 23rd May and made a mighty impact with 16 in the first 26 of a field of 216 finishers. Gordon Stewart of Leamington won the M40 title as well as chasing home open race winner Steve Groom. There was a good old battle for other leading places with new vet Noel Gray (Solihull & Small Heath) runner-up and third in the open race. John Wheway forgot to enter the championship but finished fourth overall and another new vet, Phil Garbutt (Broms & Redditch), edged out the excellent Graham Patton, almost inevitably the M50 winner in 33.36.

Further back there were some fine performances with Brenda Cook (Birmingham), W55, clocking an impressive 43.11. Your editor, soon to pass into the M60 ranks, was the M55 winner and biggest ovation was reserved for 81-year-old Harold Gregory (Telford AC), home in 71.21.

Results
M40 1 G Stewart 32.44, 2 N Gray 32.48, 3 P Garbutt 33.17, 4 D Lowndes 33.43, 5 B Waring 35.05, 6 K Atkins 35.37, 7 T Benn 35.50, 8 A Spilman 36.07, 9 W Waine 36.37, 10 K Binks 36.40 M45 1 M Parker 34.41, 2 D Peggs 35.08, 3 C Woodward 35.16, 4 J Taylor 35.31, 5 R Davies 35.37 M50 1 G Patton 33.36, 2 M Hawkins 34.44, 3 R Phipps 35.33, 4 T Marchi 38.13, 5 M Knight 39.22 M55 1 G Ashby 38.14, 2 P Brook 38.44, 3 J Powell 43.07 M60 1 P Ronan 39.45, 2 C Simpson 43.13, 3 R Evans 43.34 M65 1 A Hitchman 45.15, 2 E Nichols 45.48 M70 1 J Kelly 47.53, 2 W Robinson 58.36 M80 1 H Gregory 71.21
W35 1 M Aston 42.10 W40 1 A Roberts 43.05 W45 1 D Fellows 39.40, 2 S Dodwell 41.44 W50 1 J Bryan 43.44 W55 1 B Cook 43.11 W60 1 B Chapman 54.32

Stewart Harris

EASTERN

The first EVAC 5K Road Relays were organised by Cambridge and Coleridge AC on April 18th. Luton United were easy winners thanks to an excellent run by Tony Simmons. The minor placings are well contested with Milton Keynes making steady progress through the field. Those taking part expressed satisfaction with the event. The club hopes it will attract more teams in 1994.

Results

M40 1 Luton U AC (T Siedman 18.54, G Thomas 18.52, T Simmons 16.54, P Sterry 19.03) 1:13.43; 2 MKAC (N Bromilow 19.16, A Gibson 19.16, R McPherson 19.15, S O'Sullivan 18.37) 1:16.24; 3 C&C AC (J Jenkins 18.11, J Pelling 19.54, M Ennis 20.04, M Nelson 18.29) 1:16.38; 4 Chelmsford AC (J Bishop 18.43, J Sayers 19.40, S Bishop 19.01, J Hush 20.42) 1:18.06; 5 MKAC B (J Ryan 18.56, T Webb 19.56, C Herbert 19.49, T Laybourne 20.03) 1:19.04; 6 Grantham AC (I Fisher 19.15, D Eldridge 20.05, A Parker 22.05, R Williamson 20.17) 1:20.07; 7 Wyomondham AC (K Kelly 24.47, D Pearl 24.40, E Osborne 24.11, N Poppleton 20.06) 1:33.44 M50 1 SNH AC (J Clare 20.55, T Corby 21.19, D Mawer 20.58) 1:03.16; 2 C&C AC (E Saberton 21.52, C Canton 19.45, P Chaplin 24.08) 1:05.45; 3 Chelmsford AC (D Abbott 19.53, L Powell 23.51, J Clark 25.03) 1:08.47; 4 Wyomondham AC (R Phoenix 22.14, R Marchant 27.40, J Wood 21.23) 1:11.23
Women C&C AC (J Horsley 24.11, M Holmes 27.35, A Turrington 20.32) 1:12.07
Peter Chaplin

SCOTLAND

The first Scottish Athletic Federation Veterans Outdoor track and field championships were held at Grangemouth Stadium on 3/7/93. They produced 25 best Championship performances and one new British record in the M65 100 metres hurdles by Ian Steedman with 17.72. He also had bests in the 400 (69.68), 300 hurdles (51.80).

In the M40 class Denis Shepherd won the 400 in 54.03, the 400 hurdles in 60.05, and the High Jump (1.63), while Graeme Leckie took 4 titles with the Pole Vault (3.40), Shot (10.05), Long Jump (5.78), Discus (28.02). Margaret Smith W35 had a nice treble in the 100 (13.16, 200 (26.86), Long Jump (4.44), and Janette Stevenson W40 had bests in the 1500 (4:54.30), and 3000 (10:25.11).

Betty Steedman (W55) gained a treble in the 100, 200, Long Jump with 16.48, 34.87, 3.58. In the M45 class Eamon Fitzgerald took the 110 hurdles (17.71), High Jump (1.50), Pole Vault (3.40). In the M65's Harry Tempian's double in the 800 (2:35.00), and 1500 (5:23.16), George

Bridgeman's treble in the 100 (13.95), 200 (29.36), Discus (28.22) were outstanding.

The busiest man of the day was surely John Ross (M55), winning the 100, 200, 400, 800, Javelin in (12.8, 26.54, 59.53, 2:19.04, 40.38). The versatility of most of the entrants is amazing, and a great advert for veterans track and field athletics.

David Morrison

NORTHERN

The new venue for the NVAC 10-mile road championship will be home from home for those who have regularly competed in the BVAF 10-mile championship at Oswestry, because the same course will be used for our race.

I never understood the reason for the change of one Welsh venue for another Welsh venue for the BVAF event.

Belle Vue, Manchester, is better known for Speedway and Dog Racing, but on the 6 June two-legged speed was the order of the day when we held our T&F Champs there. The warm and sunny weather certainly helped to make the fixture very enjoyable for all those who competed. Derek Howarth, our Trophy Secretary and Treasurer, always provides a medal or trophy worthy of the occasion, and he didn't fail us this time.

The 10K Road Championship was held at Edisford Bridge, Clitheroe, on the 4 July and saw Philip Hankinson M40, Blackpool & PLYDE, winning in 32.00. Other age group winners were Steve Edmunds M45, Michael Frayne M50, Dennis Haynes M55, Maurice Morrell M60, Malcolm Stewart M65 and Walter Knowles M70. First Lady was Kathy Howe W40 in 39.35, Liz Hales W35, Ann Walker W45, Doreen Padgett W50 and Betty Machin W55.

For a few years we held a Monthly Run in July around Hollingworth Lake, Rochdale, but last year part of the course proved rather dangerous. The alternative venue this year was in nearby Oldham, where we started and finished in the bus depot! We needed a few extra marshals to see that none of the runners appeared themselves of the buses whizzing in and out. One thing I forgot to do was check who had a bus pass!

Arthur Walsham

VETERANS AC

New names took the titles at 10 and 5 miles. Chris Fairbairn (Invieta), over a year of illness, gained A.J. Norris cup in the Tooting 10. At 'S', Paul Toms had the authority in a competitive race, to 27:17, from Hercules' Dave Alexander and Aldershot's Colin Walker.



Jean Wills shows good form at Jarrow

First 45 in both, Dennis Williams maintained sterling consistency with two more Battersea races as well. Close behind, Ray Davidson was unchallenged in Tom Ryan's absence in 55 but the new name in 50 was Mike Peel, on steady training.

Ron Higgs, whose form has matured with VAC and Barmet, was outstanding in 60 group, closely followed by Steve Charlton (65). The national CC champ came at last into a purple patch of injury free athleticism and imprinted the home record books with times to stun, 29:58 for 5.2M, - for a few years at least.

Women's classes were inspired by Maggie Statham who set the W40 5M record and ran PBs at track midweek.

Club leagues changed leaders repeatedly as Belgrave's Bale, Stone and Clack challenged O'Hare and Statham for the year round Snow Cup, and Sowden, Ballard, Burnett and Corboy were fully committed in the Gibson.

Very consistent form also enriched club mid week track events at Battersea. Highlights were Ross v Lucas 300m with Pope and Corby next, for 4 under 40 secs, and at Mile in yacht handicap 13 inside 14 secs.

Toms doubled Mile, 4:35.9, and 3000m; Steve Warzee headed over 50 mile with his 4:44.3; Crooke came in for the Duncan McClean and Porter and Griffiths were sharp new sprinters. Jeremy Hemming

RESULTS

Monklands 7 Miles R.R. 13.6.93

3 T Graham 35.22, 4 R Young M45 36.30, 8 I Donnelly M45 37.22, 9 J Morrison 39.06, 11 P McMahon M45 39.44, 13 N MacGregor M40 40.15, 15 A Blackley M45 40.28, 16 W Marshall M45 40.38, 20 J Fitzgerald 41.03, 22 W Farrell M55 41.45, 24 J Sweeney M40 42.34, 25 J Patton M50 42.54, 27 A Hill M40 43.42, 34 F Burns M40 46.13, 79 A Porteous W40 53.32, 81 G Porteous M75 53.32, 85 R Donald M45 54.24, 101 J Smith M65 57.56, 102 M Gallagher W55 57.56, 123 A Duncan M65 63.57

Shotts HG Road Race 5.6.93

6 P McGrouther M40 57.51, 7 C Northam M40 58.30, 9 R Brennan M50 59.00, 10 J Hough M45 59.21, 12 F Wright M45 61.17, 13 J Rowley M45 62.15, 14 D Allison M40 62.22, 15 A Kerr M40 2.48, 16 B Fair M50 67.48, 18 W Marshall M65 64.02, 19 R Findlay M45 64.42, 20 C Andrews M40 66.17, 21 D McCallister 66.36, 21 W Hamill M60 68.10, 26 P Rudzinski M40 69.06, 27 AG Stewart M45 70.24, 28 J Aiken M40 70.25, D Moriath M40 70.30, 30 W Armour M40 70.31, 32 PM Wilson W35 73.17, 35 M Robertson W35 75.27, 36 J Miller W35 76.30, 37 W Drysdale M55 80.56, 38 K Logan W35 81.50, 39 D Burrow W35 82.42, 41 S Duncan M65 96.45

Tom Scott Race, 10.4.93

3 B Kirkwood M40 47.51, 10 C McDougall M40 51.08, 15 A Sirling M40 52.04, 17 A McIndoe M40 52.30, 22 R Young M45 52.57, 23 F Caldwell 53.08, 26 G Milne M45 53.43, 36 P Cattermole M45 54.33, 38 I Gordon M40 54.52, 39 F Hankins M65 54.57, 41 A Brown M60 55.08

Bourne Sports Summer Shoe SALE

Mens new balance



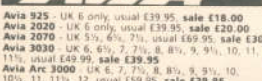
NEW BALANCE
NB 520 (B&D Width) - UK 7, 9, 9.5, 10, 10.5, 11, 11.5, 12, 12.5, usual £49.99, sale £35.00



NEW BALANCE
NB 1500 (AIR Width) - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £100.00, sale £69.99



NEW BALANCE
NB 120 - UK 5 1/2, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



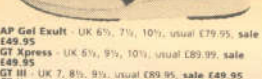
NEW BALANCE
NB 3000 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 325 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 350 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 375 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



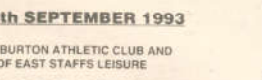
NEW BALANCE
NB 395 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 415 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 435 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



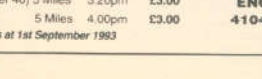
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NEW BALANCE
NB 475 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99



NEW BALANCE
NB 495 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99

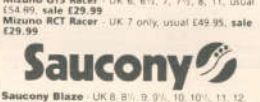


NEW BALANCE
NB 515 - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £39.99, sale £29.99

Mizuno



Mizuno Archforce - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £59.99, sale £39.99



Mizuno Vetro - UK 5 1/2, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Mizuno GTS Racer - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Mizuno RCT Racer - UK 7 only, usual £49.99, sale £29.99



Mizuno Shadow 5000 II - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



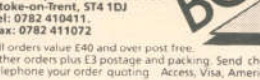
Mizuno Shadow 5000 III - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Mizuno Shadow 5000 IV - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



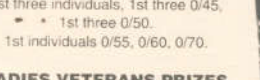
Mizuno Shadow 5000 V - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



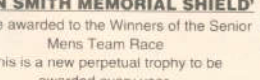
Mizuno Shadow 5000 VI - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



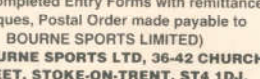
Mizuno Shadow 5000 VII - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



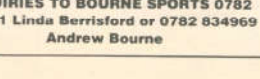
Mizuno Shadow 5000 VIII - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Mizuno Shadow 5000 IX - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Mizuno Shadow 5000 X - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99

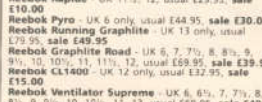


Mizuno Shadow 5000 XI - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99

BROOKS



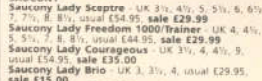
Brooks Flash II - UK 8, 8.5, 9, 9.5, 10, 10.5, usual £49.99, sale £39.99



Brooks Chariot HFX - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £59.99, sale £39.99



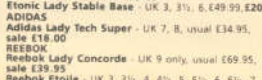
Brooks Magnum - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £59.99, sale £39.99



Brooks Precision - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £59.99, sale £39.99



Brooks Axiom - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £59.99, sale £39.99



Brooks Conquest Racing Flat - UK 5, 5.5, 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £44.95, sale £29.95



Brooks Mojo - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.95, sale £39.95



Brooks Rapid - UK 11.5, 12, usual £29.95, sale £19.00



Brooks Pyro - UK 6 only, usual £44.95, sale £30.00



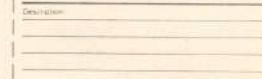
Brooks Running Graphite - UK 13 only, usual £29.95, sale £19.00



Brooks Graphite Road - UK 6, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £69.95, sale £39.95



Brooks Cl1400 - UK 12 only, usual £32.75, sale £15.00



Brooks Ventilator Supreme - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £69.95, sale £49.95



Brooks Ventilator Supreme - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £69.95, sale £49.95

SCOOP PURCHASE



RON HILL STOWAWAY GORE-TEX TOP SAVE £40
GORE-TEX is the recognised world leader in breathable waterproof fabrics. A neoprene membrane keeps wind and water out whilst allowing sweat at the form of water vapour to escape.



Ron Hill has selected the STOWAWAY fabric for its light weight, low noise and soft handle. It also happens to make a superb cycling garment. GORE-TEX STOWAWAY TOP - Designed with a neoprene back to make it equally suitable for running, diving, walking, canoeing, horse, etc. Scoopable form for safety. Colour: Teal. Price: Blue. New. Usual £139.99, sale £99.99



Ron Hill Stowaway Gore-Tex top - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £139.99, sale £99.99



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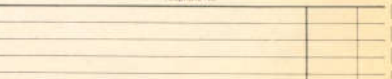
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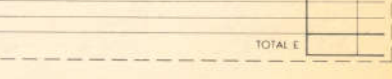
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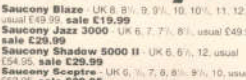


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Saucony



Saucony Blaze - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Jazz 3000 - UK 6, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 II - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 III - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 IV - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 V - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 VI - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 VII - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



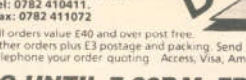
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Saucony Shadow 5000 IX - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 X - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



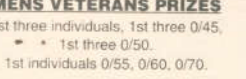
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Saucony Shadow 5000 XII - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



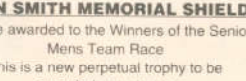
Saucony Shadow 5000 XIII - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 XIV - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 XV - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12, usual £49.99, sale £29.99



Saucony Shadow 5000 XVI - UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11