INSIDE: BRUGES REPORT... DAVE MOORCROFT INTERVIEW... BVAF T&F CHAMPIONSHIPS RESULTS

Sent free to members of veteran clubs affiliated to BVAF

Number 27

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# **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 disappoint-

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 be-tween 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 Sta-dium, 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 e that Sheffield Council had now decided to withdraw was quite a blow. ns 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 Veter-ans 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 asso-ciations there would be a differential in entry fee of £2.00 which would be used

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

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 Veteran 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 Assembley should support these nominations

Keith Whitaker, Chairman



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

#### **High-class championships** Report by Geoff Harrold

Matchless organisation by the NEVAC team at Monkton Stadium, Jarrow, on 17/18 July saw the BVAF 1993 Track and Field Cham-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 man-aged a clutch of records. According to the ship 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 cham-pionship 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

world record.
Flamboyant Ron Taylor is at the end of Fiamboyant Kon 1 ayior is at the thu 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 Wohammer

records; Pat McNab set British W50hammer and 80m hurdles records and rearranged the championship pole vault best. Evaun Williams twice broke the W55 hammer world record but a 44.26 throw by Ivanov is pending. Jean 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 miner 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 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 stender lead down the home ing onto a stender 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 des-perate 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

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.

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 its 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

Andy Holden inched away from Owen Lewis on the penultimate circuit, as Colin Demet closed slightly for Salford. Fastest was Dave Hill, up thirteen sp 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 tra-ditional 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 or ganised event. Entry details can be found in the advert on page 2.



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 typesetters 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

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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.

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#### 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: ADDRESS:

BAFCLUB: 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



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 D.O.B.

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

... NVAC ..... .. MVAC ..... ..... E Vets AC ... NE Vets AC ....... WELSH VA ...... SWVAC ..... IoM Vets AC ..... NI 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".

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 10Km 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 domi-nated 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.

in the M40 category.

Top results and British details

10KM (Saturday 29 May 1993)

1 K Goldammer (M40, Germany) 31.36

2 O Van Noten (M45, Belgium) 31.48

3 K Hoverka (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

M69 8 A Walsham 42.09

M65 1 W Marshall 36.49, 4 R Franklin 42.00

W50 5 B Cushen 52.03

W60 1 E Quinton 46.54, 4 B Norrish 53.32

Half Marathon (Sunday 30 May 1993)

1 K Goldammer (M40 Czech) 1:10.29

M50 62 T Burton 1:37.37

M50 12 C Coward 1:39.32, 18 M Kirkwood 1:33.10, 26 I Riddell 1:51.44

M60 6 A Walsham 1:57.04

M60 6 A Walsham 1:57.14

W60 1 E Quinton 1:46.38, 4 B. Norrish 1:36.06

W50 4 B Cushen 1:57.14

W60 1 E Quinton 1:46.38, 4 B. Norrish 2:04.29

D. Coward

D. Coward

#### One lap short

Ron Smith (Worcester AC) competed in the over 60 5000m race in the BVAFT&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

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



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' Cham-pionships at Ludwigshafen (near Frank-furt) 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

#### 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 Inter-national. Four men and three women were joined by Robin Woodland, now residing

Mary Wixey 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

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 Ham-

mer (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 be-cause he was running as a GB and not for his Hungarian club. His 400m time was 56.5.

time was 56.5.

It was an excellently 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 week end. 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 ne 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 BVAF 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) Format Heart Rate(s) Footwear/ Surface	Day I/Intensity I Aerobic Conditioning 50 Minutes Continuos 92% Anacrobic Threshold Training shoes on grass	Day 2/Intensity I 1600/800 Race Pace (Maintenance) 2x800/800 Jog + 2x400/400 Jog Above 105% Anacrobic Threshold Training shoes on track	Day Mintensity 2 Anaerobic/Aerobic Conditioning 10x1000 Structured Fartlek 3/2 102/97% Anaerobic Threshold Training shoes on grass	Day 4/Intensity 1 3200/400 Race Pace (Maintenance) 2x1600/1600 Jog + 2x200/200 Jog Above 105% Anaerobic Threshold 1600:Trainers, 200:Spikes on track	Day 5/Intensity 0 Rest	Day 6/Intensity 2 Anacrobic/Aerobic Conditioning 10x1000 Structured Fartlek 3/2 102/97% Anacrobic Threshold Training shoes on grass	Day 7/Intensity 3 Aerobic Capacity/Conditionin 10x800 Structured Fartlek 4/1 Maximum/80% Anaerobic Threshold Training shoes on track
Day/Intensity Objective(s) Format Heart Rate(s) Footwear/ Surface	Day 8/Intensity 1 Acrobic Conditioning 50 Minutes Continuos 92% Anacrobic Threshold Training shoes on grass	Day 9/Intensity 3 1600/800 Race Pace (Development) 2x800/400 Jog + 2x400/200 Jog Above 105% Anaerobic Threshold Spikes on track	Day 10/Intensity 1 Acrobic Conditioning 50 Minutes Continuos 92% Anaerobic Threshold Training shoes on grass	Day H/Intensity 3 3200/400 Race Pace (Development) 2x1600/800 Jog + 2x200/100 Jog Above 105% Anacrobic Threshold 1600:Trainers, 200:Spikes on track	Day 12/Intensity 0 Rest	Day 13/Intensity 3 Aerobic Capacity/ Conditioning 10x1000 Structured Fartlek 4/1 Maximum/80% Anacrobic Threshold Training shoes on grass	Day 14/Intensity 3 Anaerobic Capacity/ Aerobic Conditioning 10x400 Structured Fartlek 4/1 Maximum/80% Anaerobic Threshold Spikes on track
Day/Intensity Objective(s) Format Heart Rate(s) Footwear/ Surface	Day 15/Intensity 1 Aerobic Conditioning 50 Minutes Continuos 92% Anacrobic Training shoes on grass	Day 16/Intensity 2 1600/800 Race Pace (Maintenance) 2x800/600 Jog + 2x400/300 Jog Above 105% Anaerobic Threshold Training shoes on track	Day 17/Intensity 2 Anacrobic/Acrobic Conditioning 10x1000 Structured Partick 3/2 102/97% Anacrobic Threshold Training shoes on grass	Day 18/Intensity 2 3200/400 Race Pace (Maintenance) 2x1600/1200 Jog + 2x200/150 Jog Above 105% Anacrobic Threshold 1500-Trainers, 200:Spikes on track	Day 19/Intensity 0 Rest	Day 20/Intensity 2 Anacrobic/Aerobic Conditioning 10x1000 Structured Fartlek 3/2 102/97% Anacrobic Threshold Training shoes on grass	Day 21/Intensity 3 Anaerobic Capacity/ Aerobic Conditioning 10x600 Structured Fartlek 4/1 Maximum/80% Anaerobic Threshold Spikes on track

agination 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.

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

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

Some Training Tips:

Fresh.

J. Twice a day training a fur obsessive athletes who are climically sick and has no place in any training schedule I design.

A. Race Pace sessions are of paramount importance and must be regarded as the main ingredient of any straining schedule I design.

S. The replenishment of the bodies energy supplies, particularly after a hard days competition, should be initiated as soon as pussible after valsing competing.

S. 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 Amsenbic 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 assain after this overload standarding.

7. A RECOVERT van should has between 20 and 40 minutes and never exceed a heart rate of \$5% Anserohic Threshold.

8. Where possible substitute days of and 11 for a time trial and day 14 for a race. This creates a "shock" 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 celebra-tion party after the event.

We are also seeking one or two elite

runners who will perform a major public-ity 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 suffi-cient funds from our marathon fund raising effort to buy two or three Horizon nibuses to help these youngsters.

If you are interested and would like

further information about our project and Lord's Taverners please phone (0582) 461961 (office) or (0252) 711387

Brian Standring

## 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 press occrete we nature 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 Brasher may have had his critics, but at least he had the commonsense to critics, but at least he had the commonsense to acknowledge that there were so few men over 60 and momen 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 5 hour competitor has to rely on events like the London, unless he is able to afford to run in one of the overreast City or specific Veteran Marathon Championships.

A case in point is Midland Vets AC's oldest active member, Harold Gregory. After commencing marathon running in his seven-

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 BVAF 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

Even more mystifying were the rejections of Bruce Davidson, 3rd M70 in the European Marathon Championships at Kristiansands in 1992 and Joyce Smith, holder of the W60 British Marathon record who would almost certainly have been the first W65 his 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 years 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. British Marathon record who would almost

leading vets in age groups.

M40 1 D Hill 2:24.18, 2 J Collins 2:25.29, 3 M

Jeading Vets in age groups.

M40 1 D Hill 2:24,18, 2 J Collins 2:25,29, 3 M Miles;227,20, 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, 4 M50 1 M Hawkins 2:36,37, 2 J Collins 2:38,20, 4 D Lacy 2:33,20, 5 C Hughes 2:34,22,1 M50 1 M Hawkins 2:36,37, 2 J Collins 2:38,20, 4 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 2:51,38 Emmerson 2:57,14, 4 E Hills 3:01,22, 5 Rostad 3:04,09, 6 L Mead 3:06,2 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 3:06,2 J M Clarke 6:29,54, 3 W Cayless 7:55,27 M M80 1 G Boson 5:48,09, 2 M Clarke 6:29,54, 3 W Cayless 7:55,27 M Cayless 7:55,27 S S Martin 2:45,13, 4 M Playmo 2:46,05, 5 S Bernley 2:47,33, 6 J Moorkine 2:53,30 W40 1 Z Marchast 2:43,59, 2 J Needham 2:55,33, D Hepplewhite 2:56,02, 4 H Howe 2:56,02, 5 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 W atson 3:03,47, 5 S Gould 3:60,7,6 R Grimley 3:12,12 W50 1 S Lambert 3:15,26, 2 J Porter 3:16,20, 3 T Lidd 2:21,31,4 C Parsi 3:29,15,5 J Oliver 3:36,30, 6 M Orban 3:39,49 W85 1 M Smith 3:20,13 W60 1 T Tanaski 4:69,52, 2 N Little 4:15,59, 3 B Murphy 4:19,47 W70 1 J Walter 3:49,00 (World Record) 2 P Trickets 3:55,05,3 G Bulger 4:57,18 W80 1 J Wood-Allen 7:17,34 2 A Billson 7:19,40 Jack P Ptzgerald

Jack Fitzgerald

YOUR

express their views, satisfactions or dissatisfactions on any subject of nterest 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

The Track and Field World Records published in VA 26 contained several errors. usnea in VA 20 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.

SUPPORT FOR KEITH REDPATH My thanks to Keith Redpath for his ex cellent coaching tips. I have one ques-tion, 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 run-ning in open events because of a "pro" background, whilst Linford Christie and

others have thousands poured into

funds. Athletics must go the way of ten-

nis 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 – Chelmsley (B'ham) 10 miles — Oct 3
Felixstowe Half Marathon — Oct 10
Morden Park (Surrey) 10K — Oct 31
Oxshott (Surrey) 10K — Doc 19
Localization of the Control Park (Surrey) 10K — Doc 19 Lamplight County Durham 5 Miles Series — Various dates Whatstandwell (Derbyshire) 5 Miles

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

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 Bronwen 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. Thomss' Hospital, Lambeth Palace Road, London SE1 7EH. Telephone: 071 922 8137

1993 British Veterans' Multi-**Events Championships** David Burton, after many years' good work,

has now handed over the organisation of future British Veterans' Decathlon and Heptathlon Championships to John Charlton. The 1993 Championships, Decathlon for men and Heptathlon for women, will be held at the impressive Don Valley Stadium in Shef-field on 11 and 12 September 1993. Sponsorship has been arranged with Olympic Decathlete, Mike Corden's com-pany MCX Xerox Products. "T" shirts will be interested to the control of the control of the

be given to all entrants with prizes for the best three overall performances, both men and women.

A group booking has been arranged with the Rotherham Moat House Hotel, 10 min-utes drive from Don Valley Stadium, for bed and breakfast at £16.00 per person, per night. For further details and an application form, please contact John Charlton on 0246 434903. The entry fee, mindful of prizes and "T" shirts, is excellent value at £10,00

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 Champion ships 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

Colourful opening and closing dis-plays 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 reason-ably-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 be-tween 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 Dart-moor, courtesy of Plymouth City Walk-ers, 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

> 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 Wills
W45 Brenda Bradshaw, Anna Mcdonald,
Pamela Philipps, Pat Gallagher, Elaine
Statham, Patricia Tipping, Marjorie Hocknell
W50 Yvonne Miles, Jacky Charles, Bridget
Cushen, Eva Osborne, Barbara Matley

Cushel, Iva Ostorne, Barbara statesy W55 Una Gore, Evaun Williams, Jeanne Coker, Hilda Nyman, Mollie Ravenscroft, Carina Graham, Barbara Dunsford W60 Elizabeth Steedman, Rosemary Chrimes,

Gwen Charman, Brenda Green We5 Jocelyn Ross, Renee Scott, Joyce Smith W70 Jose Waller, Mary Wixey, Peggy Taylor M40 Martin Lippitt, Wal Franklin, Roy Steventon, Alasdair Ross, Joe Caines, Glynn Owens, Tony Wells

M45 Graham Felton, Brian Lockley, Martin Watson, Keith Philippa, Pat Webber, Geoff Peel, Amold 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 Ferguson, John Steede, John Carter, John Henson, Bob Hancock, George Ward, Bruce Charles, John Scott, Alan Graves, Alex Agnew, John Tipping, Anthony Vanderplank M55 John Ross, Steve James, Jan Vaughan-Arbuckle, Tony Mckay, John Drakeley, Brian Gore, Ron Powell, Dave Stevens, Alan Carter, Tony Cocke, Walth Manual Carter, Carter Carter

Tony Crocker, Bob Brown, Wilf Morgan, John Marshall, Dave Burton, Joseph Philipps, Albert

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

Arian meddings, Charles McDowell, Ron Franklin, Denis Withers, Ajit Kalirai, Eddie Nyman, Terence Simons, Reg Ferneyhough M70 Jim Johnston, Joe Kennedy, Les Williams, James Todd, Phil Malins, Gerald Cunning M75 Bill Taylor, George Scutts M80 Ed Sears



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

M55 400m, Jarrow: Ron Taylor leads Wilf 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 athless have entered. The latest reflect have letes 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 Beccalli for Presidency and Barbara Dunsford has put her name for

ward for Women's Representative.

Just to hand, details of the 6th International Throwing Decathlon on 26 Sep-tember 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 inter-national veteran athletics. We applaud, and many of us benefit from, the advancements in medicine. This particu-larly applies to the new "wonder drug"

HRT, now widely prescribed to meno-pausal 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 Coun-cil 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 progestogens 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

#### RELAYS Continued from page 1

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

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

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 Teewyn 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

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 2:27, 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 ession as the midlanders took bronze

Bronwyn Cardy-Wise caused the men's hearts to beat that little bit faster when she outsprinted 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 Bentley ran an un-no-

introcession. Sanota being an an art are to teed 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 past an out of form Christine Price, to come home a minute clear of holders, Bolton, as Rowheath 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/tiple jurps. 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.

quent 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 moving you hest not from the tender of the season will be season with the continuous that the continuous that the season will be pleased.

to receive your best performances for the sea-son for inclusion in the 1993 T & F ranking lists. Sally Gandee, who does the female rank-ing lists, would also appreciate receiving per-formances for the ladies, but if these were sent

tomal 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 St

			Comn
NDO	OOR REC	ORDS	
		C Wright	6.73°
		J Charlton	8.9
	3K Walk	R Care	13-22.41
		Carter Control	13.03.3
		J Henson	54.7
		B Ferguson	9.0
		S Barker	14.61
	3K Walk	A Smallwood	13-06.0
155	1500m	S James	4-32.7

M60 3K A Brown 3K Walk E Liverme 8.28 27.12 10-40, 8-10.32.28 11-17.99 10.9 9.25 17-41.4 M70 3K 60mH 3KWalk 7.9 10.29 15-11.9 5.32 -10.16 5-11.9 11-06.2 9.07 2.55 17-45.4 Walk W5O 1500m 3KWalk 32.0 9.24 6.50.6 14-13.7 W70 OUTDOOR RECORDS 58.42 12.83 -13.04 15.51.7 7-03.8 27.2 64.8 - 64.82 17.77 18-02.12 2.90 37.90 400m 100mH 100mH | Steedman SK W Marshall W50 P.V. P McNab W55 Hammer E Williams W60 H.J. R Chrimes Shot R Chrimes

RECORDS APPROVED FROM BVAF CHAMPIONSHIPS — JARROW M65 400m A Meddings 64.82 5000m 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 | 17-25.8 | M75 200m E Robinson | 17-26.8 | M75 200m J Ross | M75 200m J Waller | M77 200m J 1.59 27.10 17-25.88 41.66 22-14.92 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 selec-tive 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 supert ganisation of the 23rd Track and Field Cl ganisation of the 2-70 i fack and i relea Cham-pionships 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 Metro-politan Borough Council and to all members of the NEVAC committee and helpers on the

weekend.

We look forward to the indoor champion-ships 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 Wills, W40, 10.10 TJ

Over 50, Field: E Williams, W55, 41.66 Ham-

mer 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 Coodou rhydyglyn Park, Cardiff, on Saturday 6th November 1993. In addition to the four more countries, The Republic of Ireland and Cardiff, on the November 1993. diff's twin city Nantes have been invited to

The event will follow the format used in

The event will follow the format used in previous years with a women's weterans race of 5K followed by the men's veterans 10K race. An open 10K race will round off the programmer. 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.

Men's wet will be a three-lap course (10K) through undulating parkland.

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Men's wet wet will be a three-lap course (10K) through undulating parkland.

The course has been designed by Sace to be organised by the WVAA 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.

been the only reactions.

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 advent 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 your cheque, payable to Veteran Athletics, to:

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

Stephen Fortune Joe Gibson David Rosenfield George Oxbury 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 DVAF 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) Butcher

#### **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 wellknown figure in the sport, has been in-volved since 1954. A keen distance run-ner in his younger days, his best mara-thon 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 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 BAF 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 Ath-letics, 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)

Floto B Trouse (Morpeth)
Flot No Brouse (Morpeth)
Flot 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

A personal view by Jack FitzGerald

# DAVE MOORCROFT

interviewed by Alistair Aitken

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Besides working on an inner city project, which note helping handscaped children. Mostroth has more a well known thousteaster for the BBC. "I have doing a for nine syear now and it is a different and

Star Rank UK road single age records half marathon

# Overseas News

Doug Kurte, M40, rain his serventienth sub 2:20.0 mandanho in Chendardi, USA on May 18th. Kurlis was the first veletant to firsth in the Renco.— Copeland Manthon in a film of 1:12.2.1. Bidneth and Lington in a film of 1:12.2.1. Bidneth was tool Nick Rose and was tool you pass tool Nick Rose the same venture and film from the same day at the same ventual.

Steve Robbins broke the M40 200m World rec with an incredible 22,83 to best Ron Taylor's

The South African Velenars Track and Field Championships affracted 300 competitors, nearly themship the per cent down on last year, to their charge of wenue at Por Etizabelt, Forly one nei South African records were set. A notable performance was by Jungen Spencer, MSC, Who performance was by Jury clocked 1:42.20 for the 2

existing record of 22.91. The event was part of the Don Akrich Classic Meeting in Irvine, California on May 30.

1. H Mathewa (Fig.) 15-30.56.2. R N (Fig.) 5-43.64.3. C Distinson 15-50.08. I SOSS 40, P. Solly (Ed.) 16. I. M Moderny (Sall) 19. C Distinson Moderny (March 18-00.36, J. Crawlood 41-16-27.57, R Dorskin (Sand) 16-

an (Holf) 15-23-31. Fi Curnan 11 15-52-32. S Bal (EN) 16-40.26 or (Rown) 16-55.82, J Jones (AT) 20. M Dagg Jerdon (Brom) 17-

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BVAF NATIONAL TRACK & FIELD CHAMPIONSHIPS 1993 RESULTS

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At the presentation we heard of the many British suc-cesses in both races. As expected new vet Andy Catton had won the 10K in 31:32, 17 seconds ahead of that great Weish



Ellinic Stathum, who is a member of the BVAF records and statistics and committee and it responsible for women's most record has compiled the fast givin below. If any treader can have been contact Ellinic. But yearder can have been contact Ellinic. But we will be a compared to the treatist peace counted Ellinic. But we communicately a copy of the treatist can be recorded and be accompanied by a copy of the treatist can complete for the contact of the c Women's Age Group Road Records

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Byers and J Shave — Competed in all 20 upes Grands Prix



# **FOCUS ON WAL**

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 per-

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.

448-201-4	
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) M401:55.30	)
6 G Chaplain (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

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

Vets in World Cup Dennis Jackson and Sylvia Black high-lighted 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 post-man has made the 50K distance his spe-ciality 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

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 dehy-dration. She then fell off the stretcher and had to be brought back to the UK in a wheelchair. Happily Black has now re-

covered and has resumed walking. Black, who reached veteran ranks this year, first made an international ap-



pearance at the age of 16. As Sylvia Saunders she made several international appearances before retiring in 1979. Rening a decade later Black joined Birchfield. Improving every year and ably advised by Maureen Graham she looks 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 cer-tainly suit the hard training Midlander. Black has a technique that does not trou-ble the index as were useful execution. ble 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 Olym-Colin Young

#### British medals galore

There were some outstanding perform-ances by British walkers in the European Veterans Athletic Association road walk ing 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

Ed Shillabeer finished third overall and was outstanding as local favourite, Fidla and the runner up in last year's WAVA championships, Aitmoukhanetou, blew up in trying to hold on to impressive overall winner Ruzzier and the exceptional Zsciesche, Both Ed and Amos (fifth overall) beat the 1980 Olympic 50Kms bronze medallist 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 womens 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

F Ruzzier (Italy) M40 3:31.01 2 D Zschiesche (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

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 anniver-sary by competing in a 50Km 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.

face a daunting 125 laps.

For the benefit of local hero Albert
Sturni, 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 Sturni (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 at-tendants working overtime. Early into the second half Bob Dobson

began to close on Alain Sturni 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 plau-dits of the spectators with whom he is an eternal favourite since becoming (in 1971) the first Briton to complete the Stras-bourg to Paris 520kms ultra-classic.

At 42kms Bob Dobson had regained his lost lap and passed Alain Sturni to go

- 1 J Buschkewitz (M40) France 4:44.02 17 Buschkewitz (M40) France 4: 2 R Dobson (M50) UK 4:54.55 3 Alain Sturni 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 Sturni (M70) France 1:59.30

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 Championship

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 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, 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

SURNAME	FORENAMES	
ADDRESS	DATE OF BIRTH	
Property and	AGE ON DAY OF RACE	
TOWN	SEX	
POSTCODE	RACE CATEGORY — Please tick	
TEL NO	COUNTY CHAMPIONSHIPS	
	HALF MARATHON (MIN AGE 17)	
DO YOU WISH TO BE CONSIDERED AS A	MARATHON (MIN AGE 18)	
TEAM ENTRY YES NO	FUN RUN (NO MIN/MAX AGE)	
IF YES	SCVAC MARATHOIN CHAMPIONSHIPS	
NAME OF TEAM	WHEELCHAIR (1/2 MARATHON ONLY)	
TEAM ENTRIES CANNOT BE ACCEPTED		
BAF REGISTERED CLUB		
PREVIOUS BEST TIME		
I enclose a cheque (made payable to Slough		

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.

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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## **ATHENS**

(HOME OF THE OLYMPICS)

FOR THE
EUROPEAN TRACK &
FIELD CHAMPIONSHIPS
JUNE 6th - 13th

Information for this event,
or
The Brugge, Canada - Road Events
or
The North & Central American
& Caribbean
Track & Field Championships

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71 Hillside Crescent,
South Harrow, Middlesex HA2 0QU

# 10 Km & 25 Km ROAD RUNS



# Come to Canada

Kommen Sie Nach Kanada Venez Au Canada Viene Ud Al Canada Venga In Canada

Saturday July 30th 10Km Road Race

Sunday July 31st 25Km Road Race &

20Km Walk Open

to Men and Women



You Can Extend Your Visit To Include

The North & Central American & Carribbean

Track & Field Championships

> in Edmonton

Alberta

Alberta August 3rd - 6th

## The World Veteran Road Racing Championships

July 30 & 31st, 1994, Scarborough, Ontario



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

#### FIXTURES

	NATIONAL
5 Sept	BVAF Half Marathon, AYLESBURY.
11-12 Se	pt BVAF Decathlon/Heptathlon, SHEFFIELD. Details from J
	Charlton, 11 Wulfric Road, Eckington
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

BVAF 10k, BASINGSTOKE, see ad page 8 1004 BVAF Indoor T & F Champs, KELVIN HALL, GLASGOW

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

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 10k Road & Paths monthly run, IRLAM. 12 noon 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. DAT. Entires of B Buck, 38 Smithurst St. Middleton Junction, Manchester M24 2BA 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 Monthly run(Paths), Barlow Institute, EDGWORTH, Nr Bolton.

NVAC 10m Road Champs, Leisure Centre, College Road, 24 Oct OSWESTRY Noon start, cd 11/10, £2. No late entries. Entries to A Walsham, 21 Thomfield Road, Heaton Moor, Stockport, SK4 3LD

7 Nov Monthly 6 miles cross country run, Mercer Street Baths, Gt Harwood, CLAYTON-LE-MOORS. Noon start. Monthly 10K Road & Paths run & ANNUAL GENERAL MEETING, Leigh Harriers HQ, Holden Road, LEIGH. Noon

12 Dec

1994

9 Jan 6 Feb

13 Feb

12 Sept

10 Oct

21 Nov

MEETING, Leigh Harners Fig. Houses Ross, Authorstant. AGM after race.

Lancs Vets CC - venue and details in next newsletter

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

Monthly 10K CC, Leverhulme Park, BOLTON. Noon start Monthly 10k Road, STOCKTON HEATH. Warrington. Noon

start NVAC CC Champs, Sherdley Park, ST HELENS. (Provision) Confirmation and details of entry in next newsle

NORTH EAST

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. ed 20/8
Wild Boar Chase 10K, Ferryhill Leisure Centre. 23pm. £4 to St
John Ambulance, Ferryhill Leisure Centre, Lambton Road,
Ferryhill. Durham, DL17 8BQ
Tynedale 10Mile, 2.30pm
NEVAC Pentathlon, MONKTON, 11am £1. Guests welcome.
Details G Rouledge 1 Sept 4 Sept 4 Sept 11 Sept Details G Routledge Great North Run, Open half Marathon, NEWCASTLE.
NEVAC 10k/5k Track Race Champs. MONKTON. 7pm. ed 18/
9\_£1 to NEVAC, G Routledge, 5 St Hilda's Ave. Holy Cross,
Wallsend, NEZ8 7AB 10 Oct Blaydon Harriers Road Relays 10 Oct

Blaydon Harriers Road Relays
South Shields 20 mile Road Race
Houghton Harriers Open 10K Road Race
Gateshead Harrers Road Races ine BVAF 5K
Langbaurgh Marathon KIRKLEATHAM, Nr Redcar. 10.30am.
£6/£6.50 on day £7.50. Further info. (0642) 231212 Extn 4171
Heaton Harriers 10k Races, NEWCASTLE. Separate Vets 10K
includes NE Counties AA 10k Men and womens 10K Champs.
10.30am 16 Oct 24 Oct 31 Oct 7 Nov

1994 1 Jan MORPETH TO NEWCASTLE 14 mile Road Race

NORTHERN IRELAND NIVAC 5M Road Race, BELFAST. Details J Harris NIVAC T&F Champs, ANTRIM FORUM, 3000SC & 400mH

MIDLAND Open Meeting & British Pentathlon Throws, CANNOCK, 11am Open Meeting & British Femanical Finous, Entries 1 Mills
MVAC 10M Champs, NUNEATON, 11am Entries to S Harris 42
Orson Leys, Hillside, Rugby, CV22 5RF
MVAC Half Marathon Champs, BURTON, 11am. Entries to S

MVAC Road 4.7 miles Handicap (scaled) & MVAC AGM

NEWBOLD, Nr RUGBY. 11am. Entries to Handicapper by 12/11 MVAC Christmas Cross Country Handicap, TAMWORTH. 11:30am cd 3/12 12 Dec

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

1994

5 Sept

EASTERN

EASTERN
EVAC Marathon Champs, Stoke Ferry, NORFOLK (inc Norfolk
Marathon Champs, WISSEY
EVAC T&F League Final
EVAC Half Marathon Champs. ELY. Cambs. (inc Granty Fen Half
Marathon, ELY, Cambs

SOUTH

29 Aug VAC T&F Champs, WEST LONDON STADIUM noon.R Belmt Torbay, Prestwick La, Grayswood, Haslemere GU27 2DU 0428-654749

Veterans Track League Finals, COLINDALE 5 Sept SCVAC T&F League Final, HENDON, 10am VAC Track Meeting, BATTERSEA PARK, 6.30pm Bam Elms Vett 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

SLOUGH Marathon inc. SCVAC Champs and half marathon (see ad page 8)

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 59. Enter on day £5.

Reading AC 7th Vets T&F Open Meeting, PALMER PARK. 12.

noon £1.40 per event to D Bradford, 36 Blewbury Dr. Tilehurst, READING R63 5HL See ad P8.

VAC CC Camp road SW19 3pm

VAC AGM (members only) Union Jack Club, WATERLOO STATION 19 Sept

2 Oct

STATION 9 Oct

STATION

Bromley VAC Open M&W 5M Cross Country. Tel 081-460 2933

Currey County AA Veterans CC Champs RICHMOND P(ARK

Half Marathon inc SCVAC Champs, BARNS GREEN, Nr Horsham

Entry forms from Race Sec, 3 Smugglers Way, Bams Green,

Horsham, West Sussex RH13 7PP 24 Oct

VAC Open Veteran ladies: CC 2.5M 11.00am; men's 11.30am, Camp Road SW19 VAC CC Camp Rd SW19 11.00am VAC CC Camp Rd SW19 3.00pm 31 Oct

SOUTH WEST 12 Sept

SOUTH WEST
SWVAC Open Marathon Champs. New Forest, NEW BILTON BR
STATION, 11.30um. ed 29/8
SWVAC Grand Prix 10K, TOTTON
SWVAC Grand Prix Haif Marathon, TRURO
SWVAC Grand Prix 10M, EXMOUTH
SWVAC Champs, 15M, SALISBURY
SWVAC Grand Prix, 10M, BOURNEMOUTH 3 Oct 10 Oct 24 Oct

WALES

WVAC 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 chaxing home open race winner Steve Groom. There was a good old battle for other 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 Garbut
Reguns, & Rachisch), deed out the secondary (Broms & Redditch), edged out the excellent Graham Patton, almost inevitably the M50

Graham Patton, almost inevitably the M50 winner in 33.36.

Further back there were some fine performances with Brenda Cook (Birchfield), 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

Results M40 1 G Stewart 32.44, 2 N Gray 32.48, 3 P M40 1 G Stewart 32.44, 2 N Gray 32.48, 3 P Garbut 33.17, 4 D Lowndes 33.43, 5 B Waring 35.05, 6 K Akkins 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 1 Taylor 35.31, 5 R Davies 35.37 M50 1 G Patton 33.56, 2 M Hawkins 34.44, 3 R Phipps 35.33, 4 T Marchi 38.13, 5 M Knight 39.22 M55 1 G Asthby 38.14, 2 P Brook 38.44, 3 1 Powell 43.07 M60 1 P Ronan 39.45, 2 C Simpton 43.13, 3 R Evans 43.34 M65 1 A Hitchman 45.15, 2 E Nichols 45.48 M70 1 J Keily 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

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

EASTERN
The first EVAC 5K Road Relays were organised by Cambridge and Coleridge AC on April 8kh. Luton United were easy winners thanks to an excellent run by Tony Simmons. The minor placings ere well contested with Milton Keynes making steady progress through the field. Those taking part expressed satisfaction with the event. The elub hopes it will attract more teams in 1994.

M40 1 Luton U AC (T Stedman 18.54 G M40 1 Luton U AC (T Stedman 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'Sollivan 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, 20.17) 1:20.07; 7 Wymondham Eldridge 20.05, A Parker 22.05, R Williamson 20.17) 1:20.07; T Wymondham AC (K Kelly 24.47, D pearl 24.40, B Osbome 24.11, N Poppleton 20.05) 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 Wymondham AC (R Phoenix 22.14, R marchant 27.40, J wood 21.23) 1:11.25

Phoenix 24:1-1, 21.23) 1:11.23 Women C&C AC (I Homsey 24:11, M Holmes 27:35, A Turrington 20:32) 1:12.07 Peter Chaplin

SCOTLAND

SCOTLAND

The first Scottish Athletic Federation
Veterans Outdoor track and field
championships were held of Grangemouth
Stadium on 37/93. They produced 25 best
Championship performances and one new
British record in the M65 100 metres
hurdles by lain Steedman with 17.72. He also
had bests in the 400 (69.68), 300 hurdles
(51.80).

(51.80). In the M40 class Denis Shepherd w in the M40 class Denis Shepherd won the 400 in 54.03, the 400 hardles 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),

nice treble in the 100 (13.16, 200 (26.86), Long Jump (4.44), and Janette Stevenson W40 had beats 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 (16.81s Earnon Fitzgerald took the 110 hurdles (17.71), High Jump (1.30), Pole Vault (3.40). In the M65 (300ble in the 800 (2:35.00), and 1500 (5:23.16), George

Bridgeman's treble in the 100 (13.95), 200

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

I never understood the reason for the

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 & Flyde, winning in 32.00. Other age group

and saw Philip Hankinson M40, Blackpool & Flyde, 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

Howe W40 in 39.55, 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 numers availed. see that none of the runners availed 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 Fairbrass(Invicta), over a year of illness, gained A.J.Norris cup in the Tooting 10 . At '5', Paul Toms had the authority in a competitive race, on 27:17, from Hercules Dave Alexander and Aldershot's Colin



First 45 in both. Dennis Williams 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 Barnet, was outstanding in 60 groun, closely followed by Steve.

group, closely followed by Steve Charlton(65). The national CC champ came Charlton(55). 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 Stathan who set the W40.5M record and ran PBs at track midweek.

Club leagues changed leaders repeat-edly 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 committe

Burnett and Corton,
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

Toms doubled Mile, 4:35.9, and 3000m; ve 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.

T Graham 35.22, 4 R Young M45 36.30, 8 I

6 P McGregor Md0 57.51, 7 C Northam Md0 56.00, 9 R Brenoam M50 56.00, 10 H Brenoam M50 56.00, 10 H Brenoam M50 59.00, 10 H Brenoam M50 59.00, 10 H Brenoam M56 59.21, 12 P FWinght Md5 61.71, 21 J Rolew M45 52.15, 14 O Alloca M40 62.22, 15 A Mort Md0 2.48, 16 B Fair M60 67.48, 19 M Aumshal M60 64.02, 19 R Findle M65 64.42, 20 C Andrown M40 96.17, 21 D C McCafer 66.36, 21 W Hamil M60 68.10, 26 P Rudziniah M60 60.00, 27 AG Silweam M65 70.24, 26 J Alexan M60 70.25, 30 W Hostel M60 70.36, 30 W Androw M60 70.27, 32 FW William M52 72.17, 35 M D Pryskida M55 86.88, 38 K Logar M58 31 5.03 9 D Burrow W35 85.42, 41 S Duncan M65 99.45

#### Tom Scott Race, 10.4.93

3 B Kirkwood M4C 47,51, 10 C McDougall M4O 51.08, 13 A String M4O 52.04, 17 A McLinden M4O 52,50,2 C P Young M4S 52,57, 25 F Calished 53.08, 29 G Milles M4S 53,43, 35 P Canteright M4S 54.33, 39 I Carolin M4O 54,52, 39 H F

# RESULTS · RESULTS · RESULTS

THE RESERVE THE PERSON NAMED IN		
Veterans Grand Prix, Bruges, 20/6/93 10		8 Aldershot, Farnham & Die 9 Invicta East Kent AC
Bruges, 20/6/93 10	K	10 Brighton And Hove AC
Brages, Leiste		11 Rotherham H.
M40 1 A. Catton (GB)		12 Bromsgrove & Redditch A
2 K. Hovorka (TCH)		13 Rowheath H.
3 K. Kousman (RUS)		14 Atrincham & Dist. 15 Coventry Godiva H.
4 V. Varmusa (TCH) 5 F. Houska (TCH)	00.01	16 Elswich H.
M45 1 A. Roper (GB) 2 M. Malcolm (GB) 3 O. Phipps (GB) 4 R. Bell (GB)	33,01	17 Hallamshire H.
2 M. Malcolm (GB)	32 14	18 Swindon AC
3 O. Phipps (GB)	34.37	19 Exeter H.
3 O. Phipps (GB) 4 R. Bell (GB)	35.29	20 Liverpool H.
		21 Tharnes H. & H.
M50 1 F. Van den Dries(B) 2 G. Harrold (GB)	34.39	22 Huncote H.
2 G. Harrold (GB)	34.54	23 Potteries Marathon AC 24 Tynedale H.
4. A. Harrow (LSS) 4. R. Mobyr (M.) 5. R. Mobyr (M.) 6. R. Kreinbaum (Ger) 6. B. Kreinbaum (Ger) 6. B. Kreinbaum (Ger) 6. C. Survey (GS) 6. D. Survey (GS) 6. W. Rae (GS) 6. B. Fennee (USA) 6. B. Fennee (USA) 6. D. Linton (GS) 6. D. Linton (GS) 6. J. Charlos (F) 6. J. Charlos (F) 6. J. Charlos (F) 7. R. Soterberg (B) 7. R. Fankin	35.17	25 Thurrook H.
5 B. Kreinbaum (Ger)	26.54	26 Milton Keynes AC
M55 1 S. James (GB)	33.50	27 Verisa AC
2 E. Knockaert (B)	35.28	28 Derby & County AC
3 D. Surrey (GB)	36.02	29 Gloucester AC
4 W. Rae (GB)	36.08	30 Sunderland H.
5 B. Fernee (USA)	36.54	31 Wrexham AC 32 South London H.
M60 1 M, Morrell (GB)	35.55	33 Leeds City AC
2 R. Higgs (GB) 3 J. Hogan (GB)	30.00	34 Southampton City AC
4 D Lipton (GB)	38.05	35 Woking AC
5 J. Charles (F)	39.15	36 Tellard AC
4 D. Linton (GB) 5 J. Charles (F) M65 1 R. Boterberg (B) 2 R. Franklin	41.21	37 Les Croupiers
2 R. Franklin	42.23	38 East Cheshire H.
3 M. Elia TCH)	44.51	39 Cardiff AAC
4 B. Neuman (TCH)	45.15	40 Medway AC 41 Botton United H.
M70 1 E. Pauwels (B) 2 P. Faude (CH)	45.53	42 Middleton H.
M65 1 R. Boterberg (B) 2 R. Frankin 3 M. Elis TCH) 4 B. Neuman (TCH) M70 1 E. Pauwels (B) 2 P. Fraude (CH) 3 C. Amuro (J) M75 1 H. Wilson (GB) 4 B. Neiban (NZ) 4 B. Doughty (GB) W35 1 G. de Wolf (B) 4 J. Whyte (GB) 5 B. Philippa (NJ) 5 B. Philippa (NJ)	51.52	43 Nuneaton H.
M75 1 H. Wilson (GB)	48.53	44 Rugby & Dist. AC
2 R. Matsusaka (J)	93.37	45 Cambridge H. 46 Learnington C. & AC
MBO 1 B. Nielson (NZ)	52.25	46 Learnington C. & AC
2 B. Doughty (GB)	83.40	47 Royal Sutton C.
W35 1 G, de Wolf (B)	38.59	48 Manchester YMCA 49 Notts AC
2 H, Imeson (GB) 3 A, Jansegers (B)	41.20	50 Bedford & County
4 J. Whyte (GB)	43.00	51 City of Hull AC
5 B. Philippa (NL)	64.21	52 Grimsby H.
4 J, Whyte (34) 5 B, Philippa (NL) W40 1 D, Marsh (GB) 2 J, Darse (NL) 3 M, Soderburg (USA) 4 C, Wright (GB) 5 C, Sexaer (R)	41.30 43.00 64.21 37.18 37.48 39.55	53 Nth. Derbyshire RC.
2 J. Dane (NL)	37.48	54 Chichester R.
<ol> <li>M. Soderburg (USA)</li> </ol>	39.55	55 Halesowen AC
4 C. Wright (GB)	40.01	56 Redhill RR 57 St.Helens Sutton
5 C. Segaert (B) W45 1 F. Garland (GB)	40.42	58 Solihull & Small Heath
4 C. Wright (GB) 5 C. Segaert (B) 1 F. Garland (GB) 2 E. Glichrist (GB) 3 H. Metzler (Ger)	37.57	59 Keyham Plodders RRC
3 H. Metzler (Ger)	45.00	60 City of Bath AC
4 A. Mitchell (GB)	45.50	61 Bideford AAC
5 M. Chartler (GB)	46.28	62 Setton H.
W50 1 J. Haan (SA)	40.19	63 Morpeth H. & AC
2 H. Schnichels (Ger)	42,11	64 Massey Ferguson
3 R. Bergmannova (TCH)	45,22	65 Stone M.M. 66 Belgrave H.
4 R. Armstrong (GB) 5 P. Parr (GB)	46.23 49.10	67 Watford H.
W55 1 P. Jones (GB) 2 D. Elingerova (TCH) 3 M. Warren (GB) 4 M. Van Caplomberghe(B)	49.70	68 Macclesfield H.
2 D. Ellingerova (TCH)	45.22	69 Barnsley
3 M. Warren (GB)	45.41	70 Bingley H.
4 M. Van Caekenberghe(B)	48.05	71 Dudley & Kingswinford
W60 1 B. Forster (GB)	51.21	72 Centurion
2 B. Norrish (GB)	51.58	73 Stroud AC
3 J. Hlinkova (TCH)	52.02	74 Stourport AC 75 Leighton Buzzard
W65 1 J. Ross (GB)	67.47	76 West Bromwich H.
2 C. Descamps (F)	70.35	77 Clevedon AC
W60 1 A. Bilson (GB)	74.29	78 Finch Coasters
	1	79 Woodlord Green AC
Veterans Grand Prix,	20	80 Sparkhill H.
Veterans Grand Prix, Bruges, 20/6/93 25	K	F
		Fastost Laps (3 miles 8 ys

# M40 1 G. Klaus (Ger) 2 J. Hoppe (B) 3 J. Mission (R)

	-	a. wispion (b)	124.43	14.5
	4	G. Demol (B)	124.48	Rope
	4	C Cartland (GB)	1:26:36	
M45		J. Mappon (B) G. Cerriand (GB) C. Carriand (GB) J. Van Koten (B) J. Van de Water (B) C. Youngson (GB) J. Bell (GB) J. Podmolik (TCH) M. Verwatt (B) T. Hair (GB) J. Vangentarchem (B)	2 -000 54	14.5
MA40	1	O. van Noten (8)	163,31	C. C
	2	J. Van de Water (B)	1:24.36	(Witt
	3	C. Voungson (GB)	1:25.10	
	4	I Ball (CD)	1/06/00	13 T
		3. Dan (CID)	120.00	Woo
	5	G. Hughes (GB)	127.37	(Roth
MSO	1	J. Podmolik (TCH)	1:29,12	P. P.
	2	M Vanuant (D)	1-21 15	(E/15)
		inc. Ami Amine (m)	1,01,10	
	3	T. Hair (GH)	1:35.05	Over
	4	J. Vanrenterghern (B)	1:35.41	1 8
	5	M Edge (GB)	1-95.45	
MSS		Mr. Eado (con)	1.00000	2 A
Moo	1	E. van Hanst (B)	1594111	3 V
	2	J. Wright (GB)	1:35.21	4 0
	3	P. Hamoton (GB)	1:40.58	5 F
	4	D Janean (b)( )	1141.00	3 F
		or amings hard	1041106	6 h
Miso	1	L Hohmann (Ger)	1040,24	7 0
	2	I. Komarov (Rus)	1:42.26	8 7
	3	1 Martilla (Er)	1-42 44	
	4	D Wood (CD)	1:46.40	9 h
		T. Hair (GB) J. Varrivaniarghem (B) M. Edge (GB) E. Van Fannt (B) E. Van Fannt (B) P. Hampton (GB) P. Hampton (GB) H. Jansen (NL) L. Hohmann (Gar) J. Komarov (Rus) J. Maffile (Fr) J. Maffile (Fr) J. Standring (GB) G. Descharth (B) J. Trotter (GB) F. Eltem (NL)	1345.42	10 V
	5	J. Standring (GB)	1:50.29	11 E
M65	1	G. Deschacht (R)	1:47.17	
1111111	2	1 Tentting 2010s	2004.24	12 0
	- 5	J. Trotter (GB) P. Ettern (NL)	2,04,04	13 8
	3	P. Ettern (NL)	2:05:56	14 B
	4	J. Whitaker (GB)	2:08.45	
	5	I Baptes (B)	2:00.12	
M70	i	E Lead (COM)	0.04.00	16 E
MI/U		E. Leai (GD)	E3UM .28	17 A
	2	N. Jordan (GB)	2:08.43	18 V
	3	J. Fitzgerald (GB)	2:09.26	
	4	A Count (CD)	2-14-20	19 N
		C. Jeschacht (G) J. Trotter (GB) P. Ellem (ML) P. Ellem (ML) Ellem	2,14,30	20 0
M75	1	G. Scutts (GB)	2:07.02	21 8
	2	A. Ossolaer (B)	2:11.23	00 6
	3	C. Balley (CB)	3:14.45	22 F 23 F
W35	1	M. Chaletinone (D)	1-95 50	23 F
M-25		M. Christianis (b)	1,30.30	24 V
	2	E. Nicholson (GB)	1:40.28	25 0
	3	M. van Mol (B)	1:41.39	26 [
	4	D. Bereton (CD)	1:40.37	
		C. Brainbir (GG)	1,40.37	27 V
	5	G. DUCKWORN (GB)	1,46.50	28 F
W40	1	J. Hardwick (GB)	1:48.37	29 0
	2	M Witherby (CR)	1-52 15	
	3	I Bokkopk Tabos (bil )	2-00-00	30 h
		1. Dawelly-Tenal (Lar)	EMU.W	31 E
	4.	A. Patist (NL)	2:04:09	32 V
	5	A. Patist (NL) A. Southworth (GB) L. Devoogt (B)	2:12:17	33 5
W45	1	1 Dewoort (B)	1-42 55	33 0
1140		L. Corrodgi (G)	1.00	34 E
	2	M. Govendare (GB)	1347.51	35.5
	3	M. Chippendale (GB)	1;49,14	20 (
	4	E Novotna (TCH)	1:51.16	30 0
	5	H. Clariforna (NII.)	1-69 00	3/ 1
1000		Lit Concinued framil	1,03,00	38 E
W50	1	A. Bland (GB)	1:52.46	20 0
	2	G. Proot (B)	2:06.22	40 5
	3	C Wolforn (NEX	2:00:48	40.5
		O. Tromata (rec)	0.40.47	41 1
	4	S. BAIT (GB)	2.13.17	42 1
	5	B. Cushen (GB)	2:20:08	42 6
W55	1	B Machin (GB)	2102.45	43
11.00	2	A. Southworth (GB) Devocgi (B) M. Geyendale (GB) M. Chippendale (GB) E. Nivotina (TCH) H. Decleric (NL) A. Bland (GB) C. Proot (B) C. Proot (B) C. Proot (B) C. Brand (GB) C. Brand (GB) D. Cushen (GB) B. Machin (GB) M. Wood (GB) M. Darrington (GB) H. James (GB) H. James (GB) E. Ouinton (GB) B. de Proteir (B) C. Ouinton (GB) B. de Proteir (GB) C. Ouinton (GB) C. Fridar (GB) C.	2.00.00	44 5
		M. HUOU (GB)	E.MH.SC	
	3	M. Darlington (GB)	2:13.18	Cont
	4	A Parkin (GR)	2:18:37	1881
	5	U Ismes (CO)	2.22.00	1 4
-		rs. Jarries (US)	K-KK-UU	(Hulf
W60	1	E. Quinton (GB)	2.02.45	ME
	2	B. de Preter (B)	2:06:20	10.0
	3	B Anderson (LISA)	2:26:23	16.3
	4	T Wast (CD)	2.05.07	(AFC
		1+ 4ABLD (CRR)	2.20,01	W. F
W65		S. Hichardson (GB)	2:27.48	/Sile-
	2	1-Clarke (CD)	2141.5R	10111

# I. Clarke (GB) J. Waller (GB) E. Falke (Ger)

8/5/93. 8 Stages.			
0	ver 40		
1	Tipton H.	2:05:09	
2	Swansea H.	2:05.22	
3	Safford H.	2:06.52	
4	Wirral AC	2:07.24	
5	Chester-le-Street	2:08.06	
6	Oxford City AC	2:08.11	
7	Birchfield H.	2:08.36	

	A14	- 0-00 50
8 9	Aldershot, Farnham & Dis Invicta East Kent AC	2:09.29
10		2:09.41
11	Rotherham H.	2:09.44
12		10 2:00 50
13	Rowheath H.	2:10.44
14		2:11.28
15	Coventry Godiva H.	2:11.29
16		2:11.34
17		2:11.34 2:11.39
18		2:11.52
19		2:12.06
20		2:12.09
21	Tharnes H. & H.	2:12.21
22		2:12.27
23	Potteries Marathon AC	2:12.31
24	Tynedale H.	2:12.42
25		2:12.52
26	Milton Keynes AC	2:13.12
27		2:13.22
28		2:13.31
	Gloucester AC	2:13.33
30	Sunderland H.	2:13.34
31		2:13.45
32	South London H.	2:13.47
33	Leeds City AC	2:13.56
34		2:14.24
36		2:14.27 2:14.46
37		2:14.48
	East Cheshire H.	2:14.51
39		2:15.08
	Medway AC	2:15.08
41	Botton United H.	2:15.27
42	Middleton H.	2:15.33
45	Nuneaton H.	2:15.58
44		2:16.21
45	Cambridge H.	2:18.30
46	Learnington C. & AC	2:16.48
47	Royal Sutton C.	2:17.08 2:17.39
48	Manchester YMCA	2:17.39
49	Notts AC	2:17.46
50		2:18.00
51		2:18.04
54	2 Grimsby H.	2:18.45
50		2:19.04
55		2:19.15
56		2:19.43
57		2:19.49
54	Solihull & Small Heath	2:20.04
D 00	Keyham Plodders RRC	2:20.16
60	City of Bath AC	2:20.16
61	Bideford AAC	2:20.29
62		2:21.11
85	Morpeth H. & AC	221.14
	t Massey Ferguson	2.21.18
65	5 Stone M.M.	2-21-23
6		2:21.23 2:21.52 2:21.56
6	7 Watford H.	2:21.56
6	8 Macclesfield H.	2:22.32
6	Barnsley	222.32
- 71	Bingley H.	2:23.22
7	1 Dudley & Kingswinford	2:23.27
7	2 Centurion	2:23.32
73	3 Stroud AC	2:23.46
7	Stourport AC	2:23.50
7		2:23.54
7		2:24.29
7		2:25.18
7		2:25.29
7		2:25.50
8	Sparkhill H.	2:26.51

Featost Laps (3 miles 8 yards) 1. D. Moorcroft (Cov) 14.58; 2 M. Rees (5 wan) 14.34, 3. D. Forkies (Card) 14.43, 4 D. Hill (Tharnes) 14.49, 5 S. Hewest (Row) 14.55; 6 M. Modowit (Wirm) 14.65; 7 A. 14.55; 6 M. Modowit (Wirm) 14.65; 7 A. 14.55; 1 M. Modowit (Charles 9); 14.58; 10 C. Coultain (Row) 15.06; 11 B. Bescrift (Wirm) 15.08, 8 G. Seward (Exo) 15.08; 13 T. Caborne (Verl) 15.09, 14 N. Woodhouse (Sail) 15.11; 15 C. Beighton (Rohlys) 15.4 S. D. O'Nes (RFD) 15.14

(Rother) 15.14 & B. O'Neill (A P. Pickwell (Altrinch) 15.14.	FD) 15.14
O	
Over 50 - 6 stages 1 Bingley H.	4 40 mm
	1:42.06
2 Aldershot, Farnham Dist. 3 Wirral AC	1:42.30
	1:43.22
4 Cardiff AAC	1:43.55
5 Hallamshire H.	1:44.30
6 Havering AC	1:45.16
7 City of Hull AC	1:46.26
8 Tipton H.	1:46.38
9 Morpeth H.	1:47.45
10 Verlea AC	1:48.09
11 Elswick H.	1:48.44
12 Gosforth H.	1:49.06
13 Blackheath H.	1:49.12
14 Birchfield H.	1:49.12
15 Thames H. & H.	1:50.12
16 Dudley & Kingswinford	1:50.22
17 Altrincham & Dist.	1:50.38
18 Watlord H.	1:51.53
19 Nuneaton H.	1:52.57
20 Oxford City AC	1:53.04
21 Southend AC	1:53.04
22 Potteries Marathon AC	
23 Prestation AC	1:53.09
24 Woodford Green AC	1:53.14
25 Clevedon AC	1:53.44
26 Derby & County AC	1:54.21
27 Wrexham AAC	1:54,49
28 Halesowen AAC	1:54.51
29 Chester-le-Street AC	1:55.01
30 Ipswich Jaffa	1:55.05
31 Bedford & County AC	1:55.18
32 Vale of Aylesbury AC	1:55.41
33 Swansea H.	1:55.52
34 Barnsley AC	1:56.48
35 Solihull & Small Heath	1:57.25
36 Gateshead H.	1:57.43
37 Les Croupiers	1:57.45
38 Barnet & Dist.	1:58.42
39 Bromsgrove & Redditch	1:58.44
40 Bideford AAC	1:59.31
41 Learnington AAC	2:00.49
42 Milton Keynes AC	2:03.41
43 Setton H.	2306.10
43 Selion H. 44 Sale H.	D.N.F.
THE SAME PL	PATER.

Fasteet Lape (3 miles 8 yerds)
1 L. Presiand (AFD) 15.37, 2 S. Jarrese
(Hull) 15.59, 3 F. Toopood Hull) 16.01, 4
M. Smith (Bing) 16.28, 5 T. Davise (AFD) 16.20, 4
M. Smith (Bing) 16.28, 5 T. Davise (AFD), 16.20, 4 M. Burpses (Athrin), 7 O. Classon
(AFD), E. Davise (Card), A. Garrest (Card), W. Rydor (Mounty) at 16.20, 1 T. Davisian
(AFD), E. Davise (Card), A. Garrest (Card), M. Wirson (Tip) 16.42, 14 D. White

B. Wirson (Tip) 16.42, 14 D. White
B. Davise (Coelocth) at 16.44, 17 D.
Baudistridge (Binch) 16.45, 18 F. Walsh
(Wirsu) 8 M. Galliven (Fallalm) 16.40, 20 T. Young (Deby) 16.50.

roung (Derby) ro.su.	
Over 60 - (3 Laps)	
1 Barnet & Dist.	55.09
2 Belgrave H.	55.22
3 Solihull & Small Heath	57.30
4 Tipton H.	59.24
5 Thames Valley H.	1,00,06
6 Wolds Vets AC	1:00.36
7 Stone Mar. Masters	1:00.56
8 Derby & County	1:01.10
9 Reveal Scitton Coldfield	1:01:04

10 Hallamshire H.	1:02.59
11 Birchfield H.	1:03.10
12 Clevedon AC	1:03.26
13 Wrexham AAC	1:04.39
14 Southend AC	1:10.02
15 West Bromwich H.	1:10.15

M60 Fasteet Lape
1 L. O'Hara (Beig) 17. 19, 2 R. Higgs
(Barnet) 17.2. P. P. Morris (Sol & Small H.)
18.00, 4 S. Charlton (TVH) 18.00, 5 D.
Wood (Barnet) 18.29, 5 M. Abei (Sol Min 18.00) 18.11, 19.11

(Tip) 19.57, 20 C. Simpson (8	10) 19.5
Women - 4 stages	
1 City of Clath AC	1:13.26
2 Botton United H. 3 Rowheath H. 4 Barnsley AC 5 Hallamshire H. 6 Wrexham AAC 7 Texton H. 8 Redhill RR	1:14.25
3 Rowheath H.	1:15.18
4 Barnsley AC	1:16.10
5 Hallamshire H.	1:17.0
6 Wrexham AAC	1:17.47
7 Tipton H.	1:19.11
8 Redhill RR	1:19.2
9 Les Croupiers	1,20.3
10 Clevedon AC	1:20.5
11 Centurion RR	1:21.0
12 Bromsgrove & Redditch	1,22,4
13 Chester-le-Street	1:23.0
14 Royal Sutton Coldfield	123.4
15 Derby & County	1:24.0
16 Birchfield H.	125.2
17 Sale H.	1:25.4
18 Stone M.M.	125.4
19 Worcester AC	127.5
20 Milton Keynes AC	127.5
21 Wolds Vets RC	1:28.2
22 Manchester YMCA	1:31.0
23 Gloucester AC	1:31.2
24 Barnet & Dist.	1:32.5
25 Learnington C & AC	1:33.0
26 Chichester RR	1:35.4
27 Bideford AAC	1:36.2
28 Halesowen A & CC	1:36.3
29 Holland Sports	D.N.F.

29 roleano spora Festeric Laps - 3 Miles 8 yerds. 1 B. Cardy-Wise (B. & Redd) 16.29, 2 S. Serdley (Fig. 17-0, 9.2 Marchant (Barn) 17.11, 4 M. Sterham (Holl) 17.30, 5 D. Undonevood (Cenn) 17.31, 6 S. Enderáby (Barn) 17.36, 5 D. Walson 17.36, 5 S. Enderáby (Barn) 17.36, 7 G. McCarthy (Barl) 17.44, 8 M. Sutton (Rev) 17.51, 9 J. Paparson (Haltun) 17.59, 10 D. Walsonfed (Bon) Arvill (Cenn) 18.18, 13 C. Rollason (Birch) 18.23, 14 S. Johnston (Birch) 18.25, 14 S. Johnston (Birch) 18.21, 18 S. Hochman (Ball) 18.31, 19 S. Callerall (Bolt) 18.47, 20 D. Harvey (Tp) 18.52

# SCVAC T. & F. Champs, Croydon, Croydon, 6.6.93 - Selected Results

100 Motree M40 1 A Ross 11.6 (CE Franklyn 11.8, 3 T Brown 11.9, M56 Gray 12.5, MGC 1 A Blackman 13.0 (CBP), W35 1 A Mullinger 12.7 (CBP), W45 1 V Parisons 13.5 (CBP), W55 1 B Colwell 14.8

Hulls 2:36.0. 1500 Metres M40 1 P Molkoy 4:09.6, M45 1 H Mortton 4:11.1, M50 1 L O'Hara 4:12.3 (CBP), M20 1 D Eyers 6:05.6, W40 1 M Statharm 4:55.6.

Statham 4:55.6, 5000 Metres M45 1 C Dickinson 16:01.3, 2 E Cooke 16:01.9, M85 1 S Charlton 18:04.7 (CBP), M75 1 G Scutts 24:48.4 (CBP), W40 1 M Statham 17:51.7.

M. Statham 75-17. 20 Metres Hurdles Wid J J Wills 12-3 (GBP), Wid GBP), Wid GBP, Wid G Graham 15-3 (GBP), 100 Metres Hurdles Wid J B Ferguson 15-3 (GBP) day 10 G Daton 17-4 (GBP), 800 Metres Hurdles Wid J A Rolver 52-0 (GBP), 24 Metres Hurdles Wid J A Rolver 52-0 (GBP), 25-2 Metres 15-5 (GBP),

Thornas 2.80 (CBP), W55.1 D McLennan 1.70 (WR) (CBP). J Wills 5.04 (CBP), W55. 1 C Graham 4.00, 2 B Cohwell 3.87. Trible Jump M45 1 J Vennon 11.70 (CBP), M55.1 A Chapman 10.64 (CBP), M65 M Kaliral 9.41 (CBP), Shot Putt M50 1 E Barker 13.91 (CBP), M55.1 G Hickoy 12.24 (CBP), W56.1 E Williams 11.43 (CBP). Discox W55.1 E Williams 27.44 (CBP), 2 C Graham 25.04. J Williams 11.45 (CBP), 2 C J W W W60, 11.45 (CBP), 2 C J W W60, 11.45 (CBP), 2 C

Graham 29,96, Hammer W40 1 J Hockarday 26.30 (CBP), W55 1 E Williams 37,90 (WR) (CBP).

# SWVAC T. & F. Champs, Exeter, 20.6.93 - Selected Results

100 Metres M42 1 K Reid 12.5, 2 D. Gibbs 12.7, M72 1 L. Williams 15.0 (CR), M80 1 A Becket 17.5 (CR), W55 1 J Burns 16.0

(CR).
200 Metres W40 1 A LePkingson 29.8, W55 1 J Burns 34.5 (CR).
W55 1 J Burns 34.5 (CR).
W56 1 J Burns 34.5 (CR).
W100 Metres M45 1 J Burns 20.7 4 (CR).
B00 Metres M45 1 J Burns 20.7 4 (CR).
B00 Metres M45 1 J Burns 20.7 4 (CR).
B00 Metres M55 1 Burns 20.7 4 (CR).
S00 Metres M56 1 GR). 2 Willis 22.18. M70 1 B Davidson 25.13 (CR). W35 1 CS mith 22.13. 2 J Wapbo 22.13. (S00 Metres M56 1 CR). W35 1 Davidson 25.60 (CR). W35 1 Davidson 25.60 (CR).

5.22 | CGB, 5.20 |

3000 Metres Walk M50 1 E Shillabeer 14:39.3 (CR), W50 C Lawrence 21:22:24

(CR), W20 1 C Lawronce 36:54.1 (CR), W20 1 C Lawronce 36:54.1 (CR), W20 1 C Lawronce 36:54.1 (CR), Triplet, Jump M20 1 T Lower 10.27, M55 1, 1 Philipps 8.40. Hdb. 1 T Lower 10.27, M55 1, 1 Philipps 130 (CR), W50 1 C Derrien 2.3 M50 (CR), W50 1 C Derrien 2.3 M50 (CR), W50 1 T Derrien 10.4 M50 (CR), W50 1 T P GM80 1 T O M60 1 T O M6

Javelin M521 M Tumer 48.84 (CR), W551 J Burns 21.80 (CR),

NVAC T. & F. Champs, Manchester, 6.6.93 - Selected Results

100 Metres M45 B Townisy 11.7, 2 D Pickering 12.1, M55 C Shalin 13.4, M65 1 J Morran 14.9, 2 F Clark 15.6, 200 Metres M45 1 B Townisy 2.9, 2 V Blanchard 25.9, M60 1 K Whitaker 28.6, W45 M Williams 30.1, 2 F Ciriffins 21.3, 400 Metres M45 1 R Saunders 55.1, 2 E Gook 2.5, M60 1 K Whataker 28.6, 2 E Gook 2.5, M60 1 K Whataker 28.6, 2 E Gook 2.2 M Williams 50.1, 2 F Ciriffins 20.3, 2 E Girllins 21.3, 400 Metres M40 1 T Paers 20.63, 2 S E Ilis 20.7 A M55 1 R Anderson 25.65, 2 L Cooke 228.1, M60 1 M Morrell 228.1, 1 M50 Metres M40 1 T Paers 20.63, 2 S E Ilis 20.7 A M55 1 M Shephenson 50.40, 2 R Rogers 50.81, M62 1 M Morrell 427.6 (CR), 2 B Bullen 447.6, M/2 1 J Snelson 80.6, 2 R Deve 221.4, W25 1 S Crishan 448.0, 2 A 500 Metres M40 1 P Hanklinson 15.23.7, 2 G Cen 15.30 8, M60 1 P UP Hanklinson 15.23.7, 2

Depth 5:03.1, 25 of Bell 19 Hankinson 15:23.7, 2 D Geo 15:39.8, M59.1 D Voyle 18:30.0, 2 R Hill 19:14.5, W29.1 S Crehan 18:11.2 (NR), 2 D Washfeld 8:21.8, 110 Metres Hardies M49.1 A Shaw 18:3 (NR), M59.1 C Shatto 16:5. A Shaw 63.2, 2 Geo 16:5. A Shaw 18:3 C Shatto 16:5. A Shaw 63.2, 2 Geo 16:5. A Shaw 18:3 C Shatto 16:5. A Shaw 18:5. Shatto 16:5. Shatto 16:

phocus M40 1 J Little 39.90, 2 W Renshaw 36.48, M55 1 H Richardson 32.14, Shot Putt M40 1 B Locksley 11.87, M60 1 J Watson 9.33,

# NVAC 10K Road Champs, Edisford Bridge, 4/7/93

Champs, Edistord
Bridge, 41/193

M40 1 P, Hankinson 32.00, 2 D Harson
32.38, 3 B Woodburn 33.49, 4 M Lambert
32.58, 5 B Engly 43.59, 6 P McCasley
33.5, 5 B Engly 43.59, 6 P McCasley
35.19, 9 C Callowell 52.77, 10 C Woods
36.11, 11 F McCormack 36.25, 5 1 P
Armstrong 37.03, 13 A Newman 37.17, 14
D Besenon 40.46, 17 D Jones 40.54, 16
D Besenon 40.46, 17 D Jones 40.54, 16
B S S Growner 53.19, 2 M Notes
31.1 S Growner 53.19, 2 M Notes
31.1 S Callower 53.19, 2 M Notes
32.1 N N Starkey 43.07, 13
D Todd 40.07, 10 D Elici 40.51, 11 D
Nove 42.48, 12 M Starkey 43.07, 13
D Todd 40.6, 14 P Calyton 14.27, 15 T
Wilcock 43.16, 9 J Grove 47.16,
3 J Minton 37.51, 4 D Walker 37.53, 5 R
Analoy 38.10, 6 I Willoward 52.37, 7 D
Wilcock 43.16, 9 J Grove 47.16,
3 J Minton 37.51, 4 D Walker 37.53, 5 R
Analoy 38.10, 6 R Packer 46.00, 9 W
Farrow 48.34,
M60, 1 S Harticker 39.45, 2 B McGuigan
40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 41.16, 4 A Walsham
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40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 41.16, 4 A Walsham
40.56, 5 P S New 5 S Ne

# NVAC Half-Marathon Champs, Ashton under Lyne, 29/5/9

7.0 GR 1:50,58. M65 1 M Stewart 1:35,58, 2 R Atherton 1:36,18, 3 C Jones 1:40,58, 4 T O'Koro 1:58,07.

1:58.07. W35 1 D Wakefield 1:24.16. W50 1 J Adams 1:31.08. W55 1 M Chippendale 1:32.11.2 B 1:45.5 M Chippendale 1:32.11.2 B 1:42.52. W50 1 M Gannon 1:49.32. W50 1 M Gannon 1:49.32. W50 1 M Gannon 1:49.32.

Wood 15,14, 3 C Scarkes 15,34, Wide E Bleedman 16,3 C Scarkes 15,34, Wide E Bleedman 16,3 C Scarkes 15,34, Wide E Bleedman 26,3 A Hommings 24,17, 4 R Redpath 25, 3 M Hommings 24,17, 4 R Redpath 25, 3 M Hommings 24,17, 4 R Redpath 26, 3 D Hing 27,28, 4 K Andrews 27,32, 5 D Cooper 27,98, 8 T Lawlor 28, 27, 32, 5 D Cooper 27,98, 8 T Lawlor 28, 12, 3 Steads 26, 5 D King 27,28, 1 Lawlor 28, 12, 3 Steads 26, 5 T G M Home 28, 5 S, 2 P G M Home 27, 38, 2 K M Home 28, 43, 7 R P Hinchard 30, 5 C M Home 31, 26, 5 A C Houry 34, 54, M55 G Bridgerman 28, 36, M25 I Home 37, 76, (87), 2 A Coopen 38, 60, Wide 18, 10 K Home 27, 36, 2 K M Home 31, 26, 5 A C Home 34, 5 K Home 27, 36, 4 K Home 31, 26, 5 K Home 34, 4 K Home 34, 4

9.79. MSG P McCulloch 9.76. MSG J Christie
64.4 MSG M Millia e 38. M25 B Meccaries
6.35. MSG M Ingran A-2. MSG C Scarliss
6.35. MSG M Ingran A-2. MSG C Scarliss
6.36. MSG M Ingran A-2. MSG C Scarliss
6.37. MSG M Ingran A-2. MSG C Scarliss
6.38. MSG M Ingran S MSG M Ingran M Ingran S MSG M I

## SVHC 10K Road Champs, Lochinch, 19/5/93

Lochinch, 19/5/93

Lochinch, 19/5/93

Lochinch, 19/5/93

Loching, 18, 2 F Caldwell

Adams M45 33.03, 5 R Young 33.18, 6 W
Juloss M40 33.27, 7 D Mews M40 33.53, 8 F

Brown M40 33.54, 9 J Harper M45 34.00, 10

R Guthné M45 34.04, 11 R Brennan

M50 34.38, 12 M McDonald M45 35.01, 13

M60 34.38, 12 M McDonald M45 35.01, 13

MacFattone M45 35.13, 11 6 H Brennan

M50 34.39, 12 M M62 M64 55.13, 16 N Brennie M0

15.18, 17 J Christie M45 35.21, 18 P Brennie M0

15.30, 20 J McInnes M40 35.01, 21 J

Courtipy M45 36.30, 10, 22 A Mult M45 95.10,

23 A Blackley M45 36.28, 24 J Murphy M46

36.45, 25 R Hodele M50 36.09, 26 W

Marchall M65 38.50, 22 R V McCann M45

36.50, 28 P Keennan M53 37.00, 29 J

McMillan M45 37.18, 30 O Carryball M50

37.18, 30 O Carryball M50

Admin M45 37.18, 30 O Carryball M50

37.18, 30 O Carryball M50

Carryball M45 37.52, 33 J Queidson M40

37.56, 34 D Guy M45 37.59, 35 R Findlay
M45 38.21, 36 T Morrison M45 38.38, 37 J
Marshall M40 38.43, 38 Y Daly M50 38.53,
39 G Dick M40 30.9, 40 L Paranco M45
39.15, 41 Jacks Byrng W45 38.22, 42 W
39.15, 41 Jacks Byrng W45 38.22, 42 W
42 D McIntah, M50 38.29, 45 J
Montpornery M45 39.31, 46 W Spark M55
39.37, 47 S Carrybell M55 39.39, 48 Kate
Tood W60 39.39, 48 T O'Reilly M60 40.00,
53 L Guodia M40 40.11, 51 D Paul M45
30 L Guodia M40 40.11, 51 D Paul M45
30 L Guodia M40 40.11, 51 D Paul M45
40 M60 39.39, 48 T O'Reilly M60 40.00,
53 L Guodia M40 40.11, 51 D Paul M45
40 M60 39.39, 48 T O'Reilly M60 40.00,
53 L Guodia M40 40.11, 51 D Paul M45
40 M60 39.39, 48 T O'Reilly M60 42.8, 48
40 W Armour M60 42.25, 61 T McMaster
M45 4.00, 65 Sch An Richards W40 43.28, 63
8 C Gille M40 43.45, 60 T W65 45.30, 18
W45 45.29, 68 I Rifedol W55 45.30, 18
W45 45.29, 68 I Rifedol W55 45.30, 18
W46 45.29, 68 I Rifedol W55 45.30, 18
W46 45.29, 68 I Rifedol W55 45.30, 18
W46 45.29, 72 Wangaret Moore W55 46.15, 73 Elizzbeth Morrison W40 42.84, 74 T,
73 Elizzbeth Morrison W40 48.24, 74 T,
75 VHC 5K Road Champs,

Coatbridge, 5.5.93

1 C Spence M40 24.59, 2 F Caldwell M40 25.54, 3 A McLindon M40 25.53, 4 F Young M45 25.55, 5 Callwell M40 25.55, 4 F Young M45 25.55, 5 Callwell M45 25.55, 5 Callwell M45 25.55, 5 Callwell M46 27.55, 5 Callwell M46 27.55, 5 Callwell M40 27.55, 2 Callwell M40 27.55, 2 Callwell M40 27.50, 15 F Bernare M50 27.00, 15 F Berna

53 J. Smith M65 41.43, 54 A Duncan M65 49.36.

Bathgate Hill Race, 29.5.93

1 D. McArn M40 33.40, 2 A Stirling M45 34.43, 3 A, Adams M45 35.00, 4 I Seggle M40 38.49, 5 T Martin M40 39.20, 6 I Donnelly M45 36.28, 7 J. Holden M45 35.50, 6 I Shortham M40 39.70, 1 I Leggert M60 37.40, 10 W M45 36.58, 8 G Northam M40 39.71, 0 I Leggert M60 37.40, 10 W M45 40.59, 17 J Martin M50 41.20, 1 T Martin M50 41.20, 1 T Martin M50 41.20, 1 T Martin M50 41.20, 1 D Martin M50 41.20, 2 D Martin M50 45.50, 2 D Martin M50 45.50, 2 D Martin M50 45.50, 2 D M50 45.40, 2 D M50 45

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AGE GROUP		DISTANCE	TIME OF	INDIVIDUAL ENTRY FEE
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Girts	(13-Under 15 yes)	TV-Miles	1.20pm	E1,50
Fun Run	(All Ages)	T / Miles	1,45pm	Enter on Day
Boys	(13-Under 15 ym)	3 Miles	2:05pm	E1.50
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