

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

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Impressive haul of medals

Wilf Morgan reports on the running

The British party brought back an impressive haul of medals from Miyazaki. However this success should be put into context as there was a noticeable lack of top class performers in some events. The East Europeans and some of the best Americans were missing. In the main the



Triumphant Una Gore

winner were worthy champions, but it has to be said there was a lack of strength in depth that one sees when the Games are held in Europe or North America.

The Games had originally been scheduled for August but were changed to October to avoid the probability of high humidity and typhoons. It was a wise move for the weather was ideal for most of the time, the sort we hope for in Britain in July but seldom get. The only deviation from the norm was pelting rain that lasted for 10 hours on the second day of competition, and more rain, though nowhere near as heavy, on the last day.

The majority of the British party arrived thoroughly jet-lagged after a 12 1/2 hour flight from London to Seoul, with a further 2 hour flight to Miyazaki. For some days the main topic of conversation concerned erratic sleeping patterns and general disorientation. Most people

The 10th WAVA Championships, Japan

agreed it took about three days to 'feel right'.

The opening ceremony was something to behold, by far the most splendid I have seen and I have been present at nine of the ten WAVA Games. Huge drums were beaten in a strident rhythm that indicated something impressive was about to happen, and it did. We were treated to traditional dancing, a choir of about a hundred voices, fireworks and most delightful of all, lots of young children who released balloons in unison. It really was a memorable show, and it was attended by royalty in the shape of the Crown Prince and Princess of Japan. This was a big plus for the organisers, they must be congratulated.

Competition had begun two days before with the Decathlon, Heptathlon and some 10,000m races. There were a number of British successes. John Charlton became the first Brit to win a World Games decathlon when he won the M45. He started his campaign with a wind assisted 11.65 100m, the fastest of his group, and was always in the lead afterwards. On the second day, in the rain, he improved the British Record for the long-jump with 6.54. He only had to ease his way through the 1500m to clinch a commendable win over Rex Harvey (USA) who was the reigning champion. However, the best of the decathletes was Phil Mulkey (USA) who won the M60 with 8547pts, the biggest total of all the groups. He registered over 900pts in six of the disciplines, picking up 1010 for his 15.27 over the 100m hurdles. Mulkey was several notches above the opposition and he finished 2350pts ahead of the runner-up, Falcker of Germany.

Three British women won golds in the 10,000m, Elaine Statham (W45), Jocelyn Ross (W65) and Jose Waller (W70). The downpour in which they ran had them squelching through puddles with water-logged shoes. Your reporter was particularly taken by the sight of Mrs Ross driving her tiny frame forward for all of the 25 laps with a determination that was inspiring to watch. Later the same day Steve James won the M55 race in the last 100m, outstripping Aldegalega of Portugal in the first of four duels they were to have in the course of the championships.

When the sprints started, and strangely the 200m was held before the

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Bob Dobson on the walks

It was fitting that the course for the road walks was a 1.25km shuttle along the promenade for the weather on race day proved to be typically beach-like, very hot and sunny. The women's 10k race started at 10.20 and the men's 20k race at 12.30. Acting walks team manager Olive Dobson had studied the entries and with the agreement of the British competitors moved some walkers down to lower age groups for the benefit of team formation. It proved to be a shrewd move for with only three women competitors — a W45, W55 and a W65, combining them into a W45 team earned them a team bronze. Similarly in the men's 20km the British team scored a team gold at M55 and a silver at M60.

Individually our highest placings went to bronze medal winners Hilda Nymann, W55, and Dennis Withers, M65. Congratulations to both. Every British walker finished without distress, despite unaccustomed weather conditions.

The 5km Track Walks were held on the penultimate day and with the wide range of age groups and the large numbers of competitors occupied two tracks for the whole day. With notable walkers offering to judge following their own competition the standards were much higher than the judging standards in the road walks. Many Japanese participated but most were novices, displaying dubious techniques. One venerable gentleman, when disqualified for running in the 20km walk replied that it was necessary to do so because he was competing in the discuss in 20 minutes time.

The 5K Track Walks proved rewarding yet again for Hilda Nymann and Dennis Withers with both winning bronze medals in their respective age groups. Possibly the best performance, yet the unluckiest, was that of Brian Gore. He had his heels repeatedly clipped by an American who barged through on the inside in the finishing straight, picking up further DQ cards. But the necessary three from different nationalities were obviously missing and the American was the luckiest yet most unpopular winner of the bronze medal.

Annual Raffle

Due to a series of misunderstandings only about 20% of members received a book of raffle tickets with the summer issue of this newspaper. We are therefore repeating the issue of raffle tickets. If you have already received some and do not want anymore we apologise and request that you destroy the new issue — there is no need to return them. This also applies to any members who have previously indicated that they do not wish to take part. It is difficult and costly to be selective on a large mailing list.

Revenue from the raffle is urgently needed to support the production of this newspaper and we ask all members who can do so to support it. The date of the draw has now been postponed to January 16th. Tickets from both issues are valid and ticket stubs from the first issue already returned will go into the draw. Prizes are similar to last year and will include a colour television, a weekend break and a video recorder. There will be at least 20 prizes.

Left: M40 100m winner J. Zogaib (Brazil), 5th Wal Franklyn, Lane 7; 2nd Joe Caines, Lane 6, 4th Alasdair Ross, Lane 2

Right: Relaxation for Jose Waller, winner of four W70 Golds



World record for Rosemary Chimes

And Carina Graham describes the field events

The facilities were excellent with the main stadium, two other tracks and throws areas in use. The markings on the run-ups and throw sectors were extremely good and competitors numbers were moved along the throws, a visual aid which eliminated language difficulties and enabled us to check other's positions and distances at a glance.

Javelin There were hundreds of colour coded staff on duty and I counted 16 officiating at the W35 Javelin. There was a huge pool of 24 competitors, no pre practice was allowed. The sharp crack of the flag and a shout of "JOSS" from the validity judge came as a shock. The Austrian 46 metre plus WR holder became very uptight especially when one of her javelins went missing and she could not improve upon her first throw of 40.38. A good early effort put Evaun Williams into silver position and she improved the distance to 36.46, a British Record. In the main stadium spectators saw one of the top performances of these championships. Finland's J Markus, M40, had six javelin throws over 70m and won with a stunning 75.08 WR. This new mark erases the WR held by the Russian, J Zinnus.

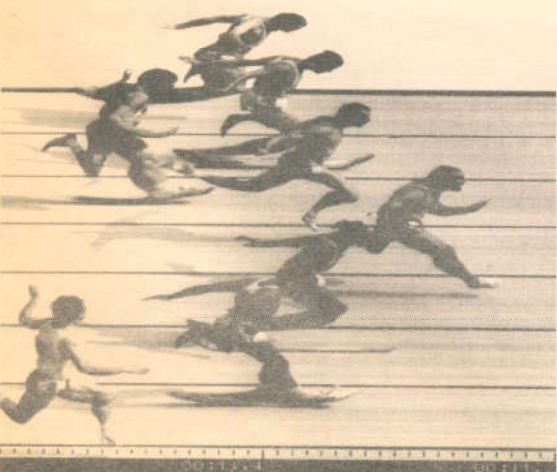
Shot Putt John Scott was up against Germany's M50 World Record holder Liedke, who won with 17.60m. From an entry of 40 Scott won a silver. Evaun

Williams won the W55 gold with 12.34m, one metre clear of the larger than life O Domingos (Brazil). Tension hung over the W60 shot. Rosemary Chimes was up against the Russians Ivanova and Ponomareva (remember Nina of the hats?) A fourth round 12.20 settled her gold medal spot and a new WR, but she rightly sighed "It is not over until the last throw".

Hammer This was another record breaking event with Inge Faldouger, W45, setting a World Best of 44.56m. Evaun Williams was now full of confidence and again achieved a W55 World Record for a mark of 43.88m. John Scott was again in silver medal position with a 45.60m effort. The remarkable Ruth Frith, mother of Aussie ex Olympian Helen Searle, threw 18.24m at the age of 84!

Discus With a two hour roll call, further I.D. and number checks and another one hour wait in the hot, shady tents by the trackside, the W55 discus had under par results with myself in 6th position. Not even the flamboyant Domingos could improve on her first round effort of 37.2m with the well known Roovers (NL) second. In the W60 group Rosemary Chimes was in a class of her own to take gold. The two Russians were again a threat and the result does not show the

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FROM THE EDITOR

Before reading this editorial you will probably have already had a browse through the other pages of this newspaper. Also you will have noticed something different—to be precise, something missing. There is a dire shortage of advertisements. This issue of VA carries only three advertisements and that is bad news as far as the newspaper's finances are concerned.

No doubt most readers would prefer to see more articles and results and less advertisements but producing and distributing a newspaper is a very expensive exercise. Advertisements are vital as a source of revenue and without an adequate contribution from them the paper cannot be produced. This time of the year is always difficult as there are fewer events in the winter months but the revenue from this issue is at an all time low.

Some readers organise events themselves. Others belong to clubs that are involved in organising road, cross-country races or track and field

meetings. Do you realise how little it can cost to advertise in VA? In fact a one sixteenth page display advertisement would cost less than fifty pounds and a quarter page only a hundred pounds. By attracting only a dozen extra entries, organisers could therefore recoup the cost of a small advertisement. As most events nowadays attract more veterans than younger athletes it is reasonable to assume that more of our 8000 members would enter open events if they were informed of them through advertisements in VA. Would readers please raise the subject with race organising committees?

In the last issue I appealed for help in compiling results on to computer disc. I was very pleased to receive ten offers of assistance and I am grateful to Don Turner, Bill Clapham and David Spencer for their efforts in producing results published in this issue. My thanks also to the other volunteers and I will be seeking their assistance in future publications.

Geoff Ashby

Veteran Athletics

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(under BAF Rules)

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EVENTS

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Entry Fee: £4.00 first event, £3.00 each extra event. CHEQUES AND
POSTAL ORDERS MUST BE PAYABLE TO 'SCOTTISH
VETERANS HARRIERS CLUB' and NOT to any individual.
Postal stamps are NOT acceptable as payment of entry fees.
Non-affiliated 1st event £6 and £3 each extra event

ENTRIES CLOSE THURSDAY 21st FEBRUARY 1994

Please enclose a stamped addressed envelope for acknowledgement of entry
and details of events time-table, which will be sent to you approximately
seven days before the championships.

CHAMPIONSHIP ENTRY FORM

Please use capital letters

Surname _____ Christian Names _____

Address _____

Post Code _____

*Male/Female _____ Telephone No. _____

Date of Birth _____ Age Group as at 19 Mar 1994 _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

* Driving Licence No (A) _____ or Enclose Birth Certificate (B)

EVENTS

EVENT	P.B. 1992/93	EVENT	P.B. 1992/93

Entry Fee £4.00 1st Event £6.00 Non-affiliated £3.00 each subsequent event.

I enclose cheque/P.O. crossed and payable to SVHC for the sum of £ _____
(Overseas entries in sterling only)

I hereby agree that the organisers shall not be liable for any accident, injury, loss or
damage as a consequence of my participation in the Veterans Indoor Championships.

Signed _____ Date _____

Entries to D Wilmoth, 79 Waterside Road, Kirkintilloch, Glasgow G66 3QW

* Non-affiliated athletes must supply A or B

Roper retains his title

Report by Alastair Aitken

The BVA Half Marathon Championships, promoted by Vale of Aylesbury AC in conjunction with their Rex Foulkes Open race, was run in ideal weather conditions on Sept 5. Alun Roper won the BVA title by as comfortable a margin as did Felicity Garland in the women's competition and both were 45-49 category runners, which was an achievement in itself. In fact, Roper, who won the title last year, almost caught the overall winner, 36 year old non vet Tim Jones. Roper praised Ron Blastland's course.

"It was a cracking course. It contained a bit of everything with a few undulations and a fast top surface."

As an observer I noticed that at 3 1/2 miles Roper was handing water to the other leaders. He declared afterwards

"There was good company in the group at the front with everybody doing a bit of work and helping each other out with drinks and sponges. It makes you feel comfortable if everyone is working together."

Third overall behind Roper and Jones was 39 year old John Leversedge of Haringay who was up with the leaders until the later stages of the race. He confessed to looking forward to veteran racing next year. Roper, who recently had a ding-dong battle with Andy Catton in the Bruges 10K, was timed at 25:55 at 5 miles. The first M40 runner to finish was Roper's clubmate from Swansea, Jeremy Collins. He finished just ahead of Aberdeen's Bill Adams, the second time that Adams had been M45 runner-up.

Les Presland, three times a M50 BVA National Cross-Country champion, passed through the 10 miles point in about 55 minutes and went on to add this half marathon title to his stack of veteran M50 wins. Like Taff Davies and Steve James, Presland is obviously one of the outstanding M50 runners in athletics history so any comments from him are worth noting.

"I did not really train for this race and I have not done many long runs but I like to support the veterans championships. I have run 32:20 for 10k earlier this year and so I am in fairly good shape."

The first M55 runner past the post was Pat Dobbs, the Southern M50 10 miles champion. Ron Higgs, who only started running in 1986, won the M60 section in a fast 79:56. The most impressive performance, on an age related basis, was by Steve Charlton. Now aged 66, he ran an amazing 79:49, to finish in 32nd position in a field of 251.

Three days previously, when working as a warehouseman, he dropped a heavy box onto his foot, which made it painful to run. Another interesting fact is that his time was faster than it was six years ago when he won the M60 title in the same event at Welwyn. It was good to see Geoff Ashby, your editor, picking up a silver medal as second M60 runner home.

Billy Eyles, the M70 group winner, had won the M70 prize in the London Marathon with 3:39:52. Len Jones, who has been a top class marathon man in his day took the M75 title and 80 year old Dolphe LeVerdier, who retired at 65 from his job at Jersey airport, won his category in this event for the third time.

Felicity Garland was the overall women's winner. Now in the W45 group, she was the sixth W40 in the Home Veterans International cross country last year. She is coached by her husband Tony who remarked that her strong point was that she never gave up. He knows his subject as he finished in 81:39. Tipton are starting to make inroads into the women's vets scene at last and Diane Payton won her W40 group. She had previously won the W35 title in the corresponding event in 1991. Another performance stood out and that was by W60 winner Eileen Quinton. This was a repeat performance of her triumph in the Bruges 25K in June. Results p11

Ron Hill Southern Road Relay

by Martin Duff
of Athletics Weekly



Over 100 teams line up

Brighton regained the 4 stage M40 title they last won in 1991, thanks to a record breaking effort from forty year old Nigel Gates, who can lay claim to being the current best in the world.

M40: Over 100 teams set off on the opening circuit which comprised two 3km laps of the Rushmoor arena and surrounding roads. Martyn Fisher gave Poole AC a good start, with a 19:06 effort, ahead of Graham Wootton, who was to lead Thurrock to their best ever placing. Paul Toms produced his own PB around the course, to bring Brighton home 5th, as hosts Aldershot were down in 13th spot. Les Presland's time of 19:53 was, however, the fastest by an over 50, but could not count towards the M50 individual best times, as he was in their M40 squad!

Peter Witcomb moved Brighton up to second on the next leg, but had to give ground to Brian O'Neill, who rattled around the dual circuit in 19:06, to match Fisher's 1st leg effort. 47 year old O'Neill handed over to Bernie Ford, now back to something approaching his best after a

couple of fallow years. The Moscow Olympian extended the Aldershot lead to nearly a minute, after clocking 18:59, a time that was to stand up as the day's third best. Behind him, Rob O'Mahoney kept Brighton in the hunt, as Phil Pape closed for Cambridge Harriers; the Kent side moving into the frame for the first time.

Ernie Cunningham, in his first race since the National Relay at Sutton Park in May, took centre stage for Aldershot, but could he hold off Nigel Gates? The Brighton man gained on the first 3km circuit, but the hosts still led; however, despite a more than respectable 19:21 from the Northern Ireland International, Gates swept past for a magnificent 17:58 record, as the South Coast outfit prevailed by nearly half a minute. Glen Grant closed further for Cambridge Harriers, his 18:36 being the day's second best. Behind him, Mike Bumpstead ran a solid 19:07 for fourth placed Thurrock, as Dave Hill (19:14) brought Thames Hare & Hounds to 5th.

M50: Verlea were the surprise winners of the over fifty title, defeating holders Cambridge Harriers by 46 seconds. Ray Davidson ran the best M50 leg of 20:32, to give the Kent team a good start, but Howard Arries took Verlea to a lead in the second circuit that they were not to relinquish. Pete Jenner gained ground for Cambridge on the third leg, reeling in John Steed and both teams were given the same time at the start of the final lap. Ted Dickens with 21:08 got the better of Geoff Gee for Cambridge, as Overton held off Woking, for third.

M60: Bob Belmore gave holders

Barnet a solid start, ahead of Thames Valley's Ron Franklin, but Steve Charlton swept the Valley to the front on the second stage. His 22:28 was the third best as Pat Newell kept Belgrave in third. Derek Wood regained the lead for Barnet on the next leg, ahead of TVH and a closing Belgrave, setting up an easy victory lap for Ron Higgs. The Barnet man duly obliged, with 22:06, but there were sparks flying behind, as Laurie O'Hara sped round in 21:39 to set the best M60 time and take the Bels up to second, but a long way down on the winning Barnet effort.

Leading teams

M40 1 Brighton H 1:16:51, 2 Aldershot F&D 1:17:19, 3 Cambridge H 1:17:36, 4 Thurrock H 1:18:19, 5 Thames H&H 1:18:56, 6 Oxford C 1:19:39, 7 Poole 1:20:04, 8 Swindon 1:20:36, 9 Invicta 1:21:28, 10 Verlea 1:21:35, 65 teams finished

M50 1 Verlea AC 1:27:09, 2 Cambridge H 1:27:55, 3 Overton H 1:28:08, 4 Woking AC 1:28:30, 5 Thames H&H 1:30:17, 6 Hercules W 1:30:53, 7 Reading AC 1:31:59, 8 Serpentine 1:32:21, 9 Portsmouth 1:32:55, 10 Hillingdon AC 1:33:06

24 teams finished
M60 1 Barnet & D 1:34:07, 2 Belgrave H 1:36:33, 3 TVH 1:42:15, 4 Thames H&H 1:52:41

Fastest laps

M40 1 N Gates (Brighton) 17:58, 2 G Grant (Cambridge H) 18:36, 3 B Ford (Aldershot) 18:59, M50 1 R Davidson (Cambridge) 20:32, 2 T Hair (Verlea) 21:04, 3 E Dickens (Verlea) 21:08, M60 1 L O'Hara (Belgrave) 21:39, 2 R Higgs (Barnet) 22:06, 3 S Charlton (TVH) 22:28



Aylesbury BVA Half Marathon. Alun Roper leads the pack

And comments from organiser Ron Blastland

The Vale of Aylesbury's Centenary Half Marathon incorporating the BVA Championships was poorly supported by the 7,000 BVA members. Whilst not all BVA members are road runners a mere seventy one men and seventeen women finishers could have had a medal each — just for turning out. Only a handful of clubs across all of the age groups could find a team of any sort.

Aylesbury is well situated for a large catchment area, and it is not a very healthy sign for the Vets movement. Future promoters of BVA events are left to speculate whether things will get worse or better; but how do you know what to cater for?

Fortunately there was some good class running and three British single age records were beaten and two more set, subject to the ratification procedure. The best must surely be by Steve Charlton

who clocked an incredible 79:49, some 7:02 inside the previous record and worth 98.77% on the age related performance tables. This is equivalent to 60:09 for the Open Class. With the world record having just been taken below the hour in Italy it must rank as one of the best ever veteran performances. Other records were: Alun Roper 68:25 (96.47%) erasing R Elliot's 69:20 (47 year old) Les Presland 73:08 (95.57%) erasing Don McGregors 73:09 (53 year old) Len Jones 107:47 (84.01%) sets credible figure for the 77 year old age class. This beats Len Rolls M76 record of 114:10 and is in keeping with Jones's record of M75 103:15 Eileen Quinton has a rightful claim on the unfilled 64 age spot. Her 101:46 (86.67%) is better than Jocelyn Ross's 63 year old 101:58

With 14 veterans achieving 90% or better, 14 more beating 85% and a further 20 over 80% the summary has to be Quantity NO! Quality YES!



Steve Charlton: impressive 98.77%

Miyazaki Field Events

drama of the encounter. Rosemary threw the discus with great technique and control to record a superb 37.56m, to raise the World Record by a massive 5 metres.

Long Jump Our normally consistent women long jumpers had a tough time. Perhaps it was because we had to catch the 5.50am bus to the stadium, only to find that the competition had been put back until the afternoon. Some of the events were timed to start very early in the morning which was fine for distance running but unacceptable for explosive events such as sprints, hurdles and jumps. This was due to the massive entries. The M40 long jump had 67 competitors, only 7 of them not Japanese. John Charlton, M45, buoyant from his Decathlon triumph took the bronze medal with 6.33m, a new British Record. Jean Wills also clinched a W45 bronze with 5.12m but Jackie Charles disappointingly finished 7th with five no-jumps in her six efforts.

Triple Jump Sean Power won the TJ in style with 13.02m from the Portuguese, Carvelto, making up for his failure to win a medal in the Long Jump. An inspired Carina Graham, W55, won a silver medal with 8.90m and recorded six jumps all better than her previous PB. Mary Wixey also won a W70 silver with 6.03m.

High Jump Springy Sean Power added another silver, equalling the British Best of 1.75m, and new vet Paula Harden won a bronze with 1.45m. Rosemary Chimes won her third gold at 1.25m. But she was not happy, having jumped a WR of 1.30m twice recently.

Pole Vault The conditions were ideal for

Continued from page 1

the pole vaulters. M55 Tony McKay won silver with 3.40m and M65 Alf Woods did the same with 2.70m. Japan's Takanezawa won the M40 PV with 4.40m. Ireland's D McLennan, much improved since Turku, raised the W55 World Record to 2.00m, leaving twin Sheila behind on 1.38m. The much bemedalled, diminutive but steely Californian Phil Raschker, pole vaulted 3.00m, attracting a lot of attention. What a shame she did not have Pat McNab to compete against in the final. Raschker attempted the all women's and W45 World Record height of 3.14m and she curved over the bar to loud applause.

Weight Pentathlon John Scott was happy with fifth place in the high scoring M50 group. Giant Roy Steventon, from the West Midlands, had his mind set on a medal and after a see-saw battle with Klemenson (USA) won a treasured silver. Evaun Williams was on song again. Her coach had promised her £50 for a medal, any colour. Tall and very strong and applying great thought and concentration to all her five events she improved her new British Record by a further metre. She won the W55 Weight Pentathlon by over 1000 points and had the highest womens overall score of 4671 points.

For the Closing Ceremony, Rosemary Chimes with her five medals and two World Records was the flagbearer for the British team. As a gesture to our generous hosts she wore a white headband with the red sun and black Japanese symbols meaning "The Will to Win". The magic of the Miyazaki experience, the shared global camaraderie, will stay with us for ever. DOMO EREGATO!

YOUR LETTERS

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

WHERE WAS THE PUBLICITY?

The World Veterans' T & F Championships held recently in Miyazaki were a triumph in all senses and a great credit to all those concerned. This was truly a world championship staged and appraised to a standard which would befit the Olympic Games. There were some marvelous performances and many stories to be told. A pity therefore that press and media coverage in the UK was almost non-existent. Arriving back in advance of our main contingent of British athletes, I was inundated with comments about the lack of coverage for the championships. Not even the results have yet appeared in the athletic press! With modern communications as efficient and cheap as they are, there can be little excuse for such a breakdown in public relations. Surely if the BVA are to be successful in their bid to be accepted as an integral part of the BAF, every bit of potential PR for veterans athletics must be exploited. Miyazaki was a golden opportunity missed and it should not be allowed to happen again. In the last World Championships in Turkey, press coverage was handled by Martin Duff but what arrangements were made this time? Perhaps the time has come to create a PR post on the BVA council responsible for ensuring that major events are adequately covered.

Ian Vaughan-Arbuckle
Ryston Runners

WHO FORGOT TO PAY?

As Co-ordinator and Meeting Organiser for this year's National Track and Field Championships may I thank all athletes, officials and followers for their participation and the many letters and telephone calls commenting favourably on our organisation. As with others before us the vindication of twelve months hard work is certainly appreciated. Blessed as we were with good weather over the two days it certainly helped to make the running of the programme that much easier. As we are the most northerly outpost of England that is likely to host a national event we understood the need for providing accommodation for all concerned and this we did at two colleges nearby. This then brings to notice our one disappointment to the event, namely that our accounts for accommodation are some £300 in the red. On enquiries made it seemed that certain people either left without paying having not been pre-booked by us, or as in one case used a room booked in the name of another person to whom we had returned fees and therefore had free accommodation.

Should anybody who took advantage of this facility and has possibly forgotten to get in touch a cheque for £15 per night would be gratefully received by our Secretary, G Routledge.

Richard Balding
Chairman, NEVAC

AWARDS FOR FIRST THREE?

I am concerned regarding the various standards of awards, ie medals, being given at track meetings and, in my opinion, unless it is sorted out there will be a diminution in the number of people competing in track and field events, especially in the older age groups.

At one time there used to be medals for the first three regardless of entry. Now there are various standards, sometimes the first gets a medal regardless, sometimes it requires seven people to enter to get three medals and five for two, even though few events have that many competitors. Sometimes there are no medals at all unless there are two or three entries, and all of this means that somebody can go along, run their hearts out, and get nothing for it. I would like to suggest that our Federation suggest to all organisers of track meetings that they should give medals to anybody in the first three who meets a certain standard, whether it be the British Veteran standards or the World Athletic Veteran standards, which do not appear to be quite the same. Alternatively, if it is a question of cost, give a small cardboard certificate to those people who compete where there is only a small entry. At least somebody would have something to show for it. Imagine being beaten by inches in a distance race in a magnificent time, with only two entries, to find that you get nothing for it. It is a bit disappointing.

C W M McDowell
Ranelagh Harriers

UK V USA MATCH?

During the course of a general discussion I had in Miyazaki with a "senior" American male competitor, our conversation focused on an idea of staging a veterans match between the UK and USA on a home and away basis, probably every 5 years or so. Perhaps the match could be incorporated in the respective national T&F Championships. The idea appears to have enough merit to be worthy of further consideration. What do others think?

Ian Vaughan-Arbuckle
Ryston Runners

IF TCM CAN DO IT, WHY NOT LONDON?

I ran in the Twin Cities Marathon, USA, on Oct 3. The following day the (Minneapolis) Star Tribune published a complete list of all finishers in alphabetical order, position in the race by gender, age group position, christian and surnames, home town, home state and official time. The St Paul Pioneer Press did exactly the same. In addition the first 100 men, 100 women, the first ten in each age division and the wheelchair competitors are all shown separately as well as in the alphabetical list.

Compare that with the London Marathon where we have to pay for the Times or Independent merely to be told our finishing position. It is virtually raw computer data with no information.

I have tried to interest Alan Storey to have London do something similar but to no avail. In fact Alan refused to even suggest it to the Times. I gathered from him, and I can scarcely believe it, that London has to pay the newspapers to print the results as if they were buying advertising space. If the results were set out as useful information instead of computer speak the papers would surely not charge for the results as they would probably sell an extra 15,000 copies. The way it is handled now means that you learn nothing that you did not know already apart from your overall position in the race. Big deal! After the Twin Cities, however, you can immediately find out how all your friends fared and size up the age group opposition for next year too. Lack of modesty ensures that I shall tell you that I am American Masters Marathon Champion 1993 in the M65-69 group. Twin Cities was both US Open and Masters Championships. Besides a finishers medal and tee shirt I won a gold medal (brass but no matter), a pair of shoes and \$250. After losing most of my "born again" M65 first year in 1992 to injury, I have finished an ultra for the first time in six attempts and have run my fastest marathon for three years, 3:07:49, on fewer miles per week due to extra commitments now I have retired.

Max Jones, Leeds

Course records at Barnsley 10K

Report by Geoff Harrold

Staged four weeks earlier than its traditional slot, the Barnsley Veterans 10K this year avoided the November mists that in 1989 brought about a postponement and in 1991 kept the race in doubt almost to start time. Despite this, October 17th was unseasonably cold but bright sunshine coaxed out many course records — in the open race as well in the vets age groups.

Reportedly shooting for a sub-30 minute run, Nigel Gates went directly into the lead with Julian Goster, Brian Kirkwood, Mike Hager and Martin Rees for company. These four were still in touch with Gates at 5km, reached in 15:12, but the Brighton runner, King of the Mountains in the Great Race — got away on the long climb out of town. Stich curbed Gates' exuberance in the closing stages but he managed to clip one second (30:19) from Mike Hurd's six year old record for a 22 second win from Goster who had to endure his own stitch problem.

A handicap of a more bizarre nature hampered W40 winner Bronwen Cardy-Wise. Lining up for the 11.30 start, Bronwen was stung on the face by a wasp. Refusing to be fazed, Bronwen took the lead in the women's race at around 2km, establishing a useful lead over Jan Holt (W35).

However, Holt hung tough and regained the lead three miles later, prising open a gap that stretched to 23 seconds by the breakneck downhill finish. Holt's time (34:45) was a vets' course record although Lorna Irving ran 36 seconds faster in the 1987 open race. Bronwen's 34:26 broke Zina Marchant's W40 record while third placed (second W40) Diane Underwood was just outside the 1992 mark.

Having lost his M40 record, Mike Hurd took consolation when he won a closely fought M45 battle from Harry Matthews and Jim Bell. He was, however, well outside Tecwyn (Taft) Davies' 1987 record of 31:56. The usual bonus for those entering a new age group is absent in this race for men approaching their 50th birthday. Tecwyn Davies also holds the M50 record and it is 58 (count them) seconds faster than his M45 record.

Group winners

M40 1 N Gates 30:19, 2 J Goster 30:41, 3 B Kirkwood 30:48
M45 1 M Hurd 32:20, 2 J Matthews 32:31, 3 T Bell 32:39
M50 1 L Haynes 34:26, 2 G Harrold 34:49, 3 A Spence 35:51
M55 1 C Leigh 35:04, 2 D Bamforth 35:37, 3 T Smithurst 35:42
M60 1 M Morrell 36:24, 2 G Spink 36:26, 3 J Topliss 38:33
M65 1 G Hood 42:33, 2 J Engle 44:13, 3 N Neilson 48:41
M70 1 R Mathieson 50:31, 2 R Nilson 52:46, 3 J Senior 55:40
M80 1 J Farrell 57:55
W35 1 J Holt 35:04, 2 S Crehan 36:42, 3 V Aithorpe 37:25
W40 1 B Cardy-Wise 34:28, 2 D Underwood 34:52, 3 D Marsh 37:10
W45 1 F Garland 37:59, 2 C Wild 38:31, 3 L Watson 39:29
W50 1 M Lonaghan 42:11, 2 D Hand 43:01, 3 A Nally 43:32
W55 1 J Manners 42:34, 2 M Fox 46:47, 3 J Powell 49:04
W60 1 S Smith 53:44, 2 M Manterfield 54:03

Marian Hunter of Gateshead and unattached athlete Monica Phillips. Gateshead won the W35 team prize.

Eleanor Robinson (Border) who finished 8th overall in this combined race clocked 17:47 to win the W45 category easily from Anne Cross, Bromley Vets, and Wyn Lowden of Elswick. The W50 section category was won by Mary Avery of Elswick, 22:38 from Hetta Morath of NVAC with Nanette Cross of Bromley vets 3rd. Not to be outdone by the success of fellow team members, Jean Hulls of Bromley vets ran 21:21 to take the W55 category with the W45 team prize also going to Bromley Vets. All in all a very satisfactory championship event with the medals being presented by Ted Butcher, BVA Assistant Chair for road running.

Martin Cappenhurst

Bloomfield wins the 5K title

The BVA 5K open road race championships held at Gateshead on 24 October 1993, took place in bright clear weather with over 130 runners lining up in the 2 races from an original entry list of over 170.

In the M40-49 race the M40 category was won by Chester-Le-Street athlete Ian Bloomfield, 15:17, who steadily pulled away from Dave Hill (Thames H&H), 15:31, and Mike Henderson (Hallam), 15:36, on the second lap. The M45 category went to another north-east athlete, Steve White of Elswick, 15:42, from Malcolm Martin of (NVAC), 15:55, and John Offord of MVAC, 16:09. The team prize in this section was won narrowly by Sunderland.

The M50-54 category featured a closely fought race between 2 Bingley Harriers with Dennis Quinlan, 16:44, beating Les Haines by 2 seconds with John Collins of Sunderland 3rd, 16:50. Another Bingley Harrier John Smithurst, 17:29, took the M55-59 age group from Ian Barnes of Darlington, 17:53, and Joe Prudham, 18:22, of Jarrow. The team prize not surprisingly in the M50-59 category went to Bingley Harriers with 9 points.

Eric Appleby of Heaton, a stalwart of North East Athletics, took the M60 category in 17:49, finishing 9th overall in this race, from Bill Ramage of Durham, 17:54, and Ron Higgs of Barnet, 17:56. The M65 section was won by John Fraser of MVAC in 20:05, from Ray Dudley of Sunderland and Ted Joynson of Gateshead. Team prize in the M60 category went to Barnet, a just reward for their lone journey to the north east.

The women's W35 group produced a win for Marion Eldridge, Fleet & Crookham in 17:36 from the Scottish Vets pairing of Janet McCall and Rose McAleese. Kath Dowson of Chester-Le-Street won the W40 section, 19:15, from



The Wanchai track, Hong Kong

NO JUSTIFICATION NEEDED

I had been to Hong Kong before, but the approach to Kai Tak airport with its dramatic landing just above the sea of skyscrapers was still as breathtaking and nail biting as I remembered it.

Hong Kong island is a beautiful, mountainous island ten miles long and 30 miles square in area but, unfortunately, much of its natural beauty has been destroyed for ever by the ever increasing skyscraper. Not so many years ago, mention of Wanchai district conjured up visions of Suzie Wong girly bars where hundreds of young Chinese girls sold themselves to visiting GIs on R & R from the Vietnam war for a few dollars. Now, as 1997 approaches when the colony is handed back to China after 154 years of British rule, a labyrinth of flyovers, underpasses and narrow streets dominate the waterfront. As we approached the island, using the unique and wonderfully efficient service provided by the Star Ferry, it seemed improbable that a teaming mass of concrete could include an athletic stadium in its midst. How wrong we were! Close to the harbour and overlooked on two sides by concrete edifices

is Wanchai Athletic Stadium, the adopted home of the Athletic Veterans of Hong Kong (AVOHK). The modern 8 lane tartan track, with its large grandstand, automatic scoreboard and all-round excellent facilities, would be the envy of many large cities in the world. It was to this facility that Bob Hancock, a co-founder member of Ryston Runners, and I made our way on 3rd October. We were taking part as guests in the AVOHKT & F Championships, as part of our preparation for the World Championships in Japan.

To our surprise, we were the only two Brits there although we did meet Evan McCrea, a member of Bedford and EVAC, who was there representing his native New Zealand before going on to Japan. Apart from plenty of athletes from the home club, there was a group from Australia, a few Americans, a handful of Europeans and a few South Africans.

On a sweltering, humid day, there was some good sport with, as expected, visiting athletes taking most of the spoils from the limited programme of events. German hammer thrower, Andreas Eder



Bob Hancock and his result

(M40) smashed the HK All Comers record by over 6 metres in throwing a massive 55.24. Compatriot Enrique Helf threw 54.28 to win the M60 discus while Peter Spickers (M50, also of Germany, dominated the shot with a putt of 14.85m. Australian Christine Shultz (W40) was outstanding in the women's throws winning the discus and shot in 42.02 and 13.45 respectively. Fellow Aussie, Ray Fearmall had two great runs in the M50, 200 and 400, clocking 24.13 and 52.90. Meanwhile, Bob and myself kept the old country in the picture by Bob winning the M50 shot (9.91), discus (32.25) and LJ (4.62) while I had a comfortable victory in the M55 in a modest time of 4:53.7.

It was a good day's, low-key, sport which provided just about enough competition to make the diversion athletically justifiable. To witness, probably for the last time, the unique experience which is Hong Kong, needed no justification.

Ian Vaughan-Arbuckle

From the Chairman



I am now in my second term as Chairman and, after Jarrow, felt that I would have two major objectives for the year. The first would be to perform well as part of our "team" at the World Track & Field Championships in Japan. Secondly, as Chairman and over a much longer time scale, to establish a relationship with BAF on the development of veteran athletics in the UK.

As reported elsewhere, the 'team' performed extremely well with a record haul of medals in the biggest championships yet. Unhappily I could only spectate. Only two days before departure, I was given the results of a series of tests on my heart which indicated I would be at serious risk were I to compete or even continue training. The good news was that given prolonged rest, the condition should regress, though perhaps not fully. When I know more I will produce an article for

a future issue of VA as I know that several who train for the extended sprint events are particularly concerned in relation to their own training.

I hoped that as compensation, I could be reporting some success in my other objective, with news of encouraging contact with BAF. In fact the opposite has been the case. I have had no response whatsoever, not even the courtesy of an acknowledgement, to my request for discussions. Most members are aware that we have promoted the Open Veterans Road Relay for several years. We had already agreed with Aldershot, Farnham DAC that they would organise the 1994 event on our behalf. I now understand that the S of E AAA have approached AFDA to stage the event as an inaugural BAF event. There has been no official negotiation with BVA, though belatedly we have been invited to have a place on the organising committee. I have therefore written to Alan Warner, Chairman of the BAF Road Running Commission, to ask if he can confirm that it is the inten-

tion of BAF to take full responsibility for promoting this event in future years in the way that BVA have done. The implications will be a matter for full discussion at our own November Council Meeting.

The other important happening was the WAVA General Assembly held in Japan. Our nomination for President, Owen Flaherty, was unsuccessful (47 votes), against current President Cesare Becalli (63 votes), but Bill Taylor (84 votes) retained his position as Stadia Vice President against Vadim Marshov (27 votes).

A disappointment was to find that the women's meeting had not elected our nomination Barbara Dunsford as the new Women's Representative but instead, a last minute nomination, Hannalore Gushmann, who is the wife of Jacques Serruys, the Non-Stadia Vice President! Bridget Cushen had to stand down as she had completed her maximum of five terms of office. She has done an enormous amount of work for which she is due our special thanks.

The proposal to take the year of birth as 1st Jan, as the age for competition, was

soundly defeated with 32 for and 73 against.

The possibility that the IAAF would hold a veteran championship as part of the World Cross Country Championship has been withdrawn. The Weight Pentathlon which has taken place as a separate event at recent Championships is now to be officially included for both men and women.

Finally the decision on the location for the next two T & F Championships. 1995 will be Buffalo, USA, and 1997 will be Durban, South Africa. In both cases Malmö, Sweden, came close and it was surprising that Durban, which had only 15 votes for 1995 should then be successful for 1997. However, I feel that many people may have thought that S. Africa should have a chance, but, should the political situation deteriorate, it would always be possible for the 1995 Assembly to have a change of mind.

Keith Whitaker

NEWSPAPER SUPPORT FUND

A very select list of supporters this time; we are grateful to all three. Many of you contribute via the 300+ Club or the annual draw, but if you are not a gambler, don't hesitate to send a donation. Please send your cheque, payable to *Veteran Athletics*, to:

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

Supporters

Seymour Izzard

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Donations received after Press date will be acknowledged next time.

Secretary's Report



Bridget Cushen

International

Competitors returning from the 10th WAVAT & F Championships join me in congratulating our Japanese hosts on an excellent championships. Processing over 12,000 athletes who had entered on average, 2 1/2 events each, transporting, accommodating and interpreting took some planning. This was accomplished right down to the most minute detail and with such friendliness.

How did they achieve it? A budget of roughly US\$23 million, which included the construction of the second international standard track, was necessary. There were 80 sponsors. Full backing, from the Governor's suite of offices right down to the local residents, together with a genuine will to help, ensured a successful and memorable visit to Japan. Local and national press and TV gave extensive coverage.

As WAVA Council arrived, worried officials were making emergency plans as a typhoon was heading towards Miyazaki. Fortunately it turned north but two days of torrential rain followed in its wake. Athletes splashed their way round tracks and in the throwing circle: dedicated officials carried on regardless; shuttle buses ran to time and good design ensured that the tracks drained overnight. The Royal Opening Ceremony took place in colourful splendour and on time on the third day.

Humidity was high the following day as the older age groups tackled the 10k cross country. No plastic markings here,

beds of cosmos, the local floral emblem, marked the zig-zag course. A TV crew perched on the hillside recorded the record entry in each age group. Reviving free cups of tea/coffee or fizzy drinks were available at the finish and each competitor received a souvenir gift bag!

With two tracks within walking distance, a separate throwing area and a warm-up track, a large marquee offering Japanese and Western food at very competitive prices, a trade hall and plenty of other entertainment, athletes were well catered for. One of the most interesting details I found were murals donated by individual schools in the Prefecture, they depicted the national emblem of each of the 77 nations represented, painted along the wall leading to the second stadium. Such was the pre publicity and eagerness to please.

Congratulations to our many members who came home with medals, personal bests or just a jolly good performance.

Congratulations also to John Dunsford and Charles McDowell, both recipients of a special award to a small number of athletes who have competed in all 10 World Championships. Ron Franklin just missed out having entered all but was injured for one.

Home affairs

6 May 1994 may not strike a chord in most athletes' minds but it is the 40th anniversary of Roger Bannister breaking the magical 4 minute mile. What better way to mark the occasion than for the BVA to organise an attempt on the sub-four minute mile by an over 40 year old man at, of course, Iffley Road, Oxford on

that Friday evening? I put this proposal, which I had been secretly mulling over for some time, to the BVA Executive meeting some weeks ago. It was received with enthusiasm, if, of course, a sponsor could be found. Winston Thomas has booked the track, Ron Bell will look after the athletes and I was left looking for a sponsor. I have had a tentative offer from an overseas organisation with outlets in Britain, but to put on a real BVA show I am still looking for a major sponsor. It would be a crying shame if we were to let this unique opportunity slip by. With some supporting events for both men and women we could have a spectacular evening with TV coverage. Have any of our talented members out there any bright ideas?



BVA 10 Miles
above, Nigel Gates leads Julian Goater
right, Joyce Margaret Smith (255) and Betty Norrish (257)
below, Thou shalt not pass — 5 abreast



National union of track statisticians

Sally Gandee is compiler of the veteran Womens T & F Ranking lists and asks for individuals to send her details of good performances in 1993. Details required are full name, date of birth, event, performance, venue and date. Sets of results from meeting organisers would also be appreciated. Please send details to Sally at 4 Westfield Rd, Hertford, Herts SG14 3DJ. Lists will be available early in 1994.

Photographs by Jeremy Hemming

Do you need a picture to record that special run? Or for your local paper when you do a marathon? Enquiries for photos in VA taken by me, and ones in archive, are welcome. Or why not ask me to take one of you. For enquiries please enclose SAE.

Prices as follows

Standard 6x4" uncropped machine prints £1.50 + 30p p&p.
Enlargement: 6x8" cropped, hand print £6 p&p included
5x7" ditto £5 p&p included

Photography enthusiasts — would you like to have a chat and exchange ideas? Glad to meet you at BVA's.

Wanted: photo helper/pupil at major events such as BVA CC, T&F, Relays for group shots and sales, and possible camera work.

Jeremy Hemming, 40 Balvernie Grove
London SW18 5RU tel 081-874 1645

Prize draw

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

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

These are the recent winners:
June 93 £125 S Izzard (Watford); £10 to E Stagg, Mrs M Baldwin, T Field, D Burns, Paula Standen
July 93 £125 David Oak (West Glamorgan); £10 to Joy Noble, J Collins, R Morgan, Lesley Dewar, R Burden
August 93 £125 Phil Owen (Leicester); £10 to K Glenesk, Carol Derrien, D McNamee, Pat Stanley, Peggy Taylor
September 93 £125 to Jill Lindsay (Banstead); £10 to Ursula Duckworth, J McSloan, Margaret Levy, M Hawkins, J Curtin

The first open Flying Fox Marathon

The decision of the Stone Master Marathoners to make their excellent race an open event this year was justified. There were 166 finishers, 32 of whom were subvets, as opposed to 150 veterans finishing in 1992. However compared with the halcyon days of not too long ago, (265 finished in 1987) it is apparent that BVAF members are just not supporting their championship.

Although the veteran field lacks quantity now, it more than makes up for it in quality. Former AAA's Veteran 10 mile champion, Harry Clague, set the early pace and reached 5 miles in 28:30, to lead the 1992 winner Kevin Wilkinson, Ray Lees of Clayton Le Moors and Scotland's Andy Stirling by 20 seconds. However, Harry was to have his problems, a ham-

string pull forcing him to retire shortly after the halfway stage after being passed by Wilkinson and Lees. These two fought it out until 17 miles, when the holder pulled away to win by nearly a minute in a time only 6 seconds slower than last year. Third was the first subvet Andy Bottomley of Wolverhampton & Bilston a long 5 minutes back, with consistent Colin Youngson once again making his long journey down from Aberdeen worthwhile by winning the M45 championship in 4th place overall. Stirling also had the satisfaction of 2nd M45 in 5th place. With yet another Scot Bill Sichel 3rd in M40 and Geoff Watkin of the Isle of Wight 3rd M45, it was a good day for the long distance travellers. Michael Barnes of Bolton was a good M50 winner in 12th place with local hero George Kay the popular new M55 champion. Geoff Oliver was easily best of the M60 contingent, with another regular at this event, Doug Whiting of Westbury Harriers winning the M65 open category.

The women took most of the plaudits at the presentation ceremony. With the silly season of politics in full swing, any one of the three main parties would have loved the dialogue at their conference afforded to Terry Darlington. Denise Hoogesteger of Wells had won a magnificent first ever marathon in the good time of 3:01:19 and this was duly appreciated. Other Flying Fox regulars, Pauline Rich and Kath Hope had also won their W45 and W50 categories in reasonable times, but the last three to mount the rostrum did so to ever increasing adulation. Mollie Smith who was first W55 in this years London Marathon, wasn't too far from her best time in 3:25:11, yet was upstaged by W60 British record holder Lola Smal, who smashed her own record by over a minute in 3:25:05. However the ultimate tumultuous applause went to 71 year young Pat Trickett who had gone even better and broken Jose Waller's excellent W70 World record with 3:48:14. What could possibly be better staged than that?

Results p11 Jack Fitzgerald



Geoff Oliver (M60), 235 and George Kay (M55)

1993 BVAF Multi Events Championship

Typical British September weather tested the resolve of 30 Decathletes and Heptathletes at Don Valley Stadium, Sheffield on 11th and 12th September 1993 for the BVAF Multi Events Championships. There was beautiful sunshine for the men's 100 metres and ladies 100 metre hurdles but conditions deteriorated on the second day with light rain during the Pole Vault increasing in intensity to develop into a torrential downpour for the men's Javelin and 1500 metres.

Some "regulars" were absent preferring to save themselves for the World Championships in Japan. However, despite their absence and the weather some high quality performances were registered at the end of an enjoyable two days at the now famous Don Valley Stadium.

Top of the pile in their respective events were Caroline Marler (W40) who scored 4715 in her first ever Heptathlon and Mike Corden who despite an on/off season with injury used all his international experience to record 6818 for a new British M45 Record.

The M40s pleasingly saw six new faces on the Veterans Decathlon scene including another past British International Zen Panayiotou. Despite being behind until the 6th event he always looked favourite because of his strong second day. An excellent 47.10 Javelin and gritty 5-14, 1500 metres

saw him pull ahead of Dave Wallis and Ian Marriot to finish with a solid 6101 points. Peter Duckers, M50, worked hard throughout the two days to win his first BVAF Decathlon title, which more than compensated for narrowly missing the British Long Jump record on the first day.

Most of the older age groups were won by athletes intending to go to Japan for the forthcoming World Championships and Tony MacKay (M55), Jim Day (M60), and Ian Steedman (M65) all gave good performances to give them a solid platform for Miyazaki.

Tony Rawlinson who kindly donated a beautiful wooden shield which he made by hand for the Best Heptathlete award, took the M75 title and set a new British Record in so doing.

Many thanks are due to the event sponsor MCX for the "T" shirts, prizes and medals which were presented by Olympic Decathlete Greg Richards to close the BVAF 14th Decathlon and 6th Heptathlon Championships.

P.S. A VHS video of the two days competitions will be available, probably November 1993 at a price of £6 including postage and packing. Anyone interested please contact John Charlton, 11 Walfur Road, Eckington, Sheffield S3196E Tel: 0246 434903.

Results overleaf

Men	100m	LT	SP	HJ	400m	110mH	PV	JT	1500m	Pts
M40	Z Panayiotou	12.6	5.20	11.24	1.64	57.5	19.7	32.38	3.50	47.10
	O Wallis	12.0	6.05	8.35	1.70	55.7	17.5	22.88	2.80	34.68
	I Marriot	13.0	5.42	9.00	1.64	57.2	18.3	28.84	3.20	32.76
	O Leckie	12.3	5.55	9.28	1.49	56.4	19.0	26.00	3.10	34.00
	T Hall	13.1	5.61	7.87	1.60	60.6	19.5	18.98	2.40	29.52
	I Reeve	13.3	4.98	7.80	1.30	58.4	20.6	22.10	2.70	34.12
	B Hendrie	12.9	5.14	6.30	1.45	57.2	20.8	18.68	2.60	33.52
	M James	11.9	6.56	8.37	1.64	58.0	17.0	26.76	2.40	34.00
	M Corden	12.6	5.74	11.56	1.64	58.4	18.5	35.34	3.50	42.18
	R Abdy	12.6	5.51	9.17	1.58	62.3	18.1	24.36	3.20	34.24
	E Fitzgerald	12.7	5.57	7.64	1.73	62.2	18.0	24.26	3.20	34.24
	J Galtier	12.3	5.51	8.03	1.42	56.8	18.2	21.70	2.50	33.64
	S Brooks	12.8	5.39	10.17	1.49	63.0	19.5	31.68	3.00	40.51
	D Cowley	14.5	5.33	8.63	1.61	64.3	18.8	24.62	2.30	33.70
	P Duckers	12.6	5.50	10.13	1.49	64.0	19.0	25.76	2.70	31.74
	T Bitham	14.2	4.29	8.40	1.27	66.3	20.9	28.64	2.80	28.42
	J Clarke	13.4	4.30	7.11	1.18	63.6	21.7	18.00	2.20	22.08
	D Vaughan	14.7	4.18	7.07	1.36	68.2	24.2	26.18	2.10	26.70
	B Loten	13.5	4.87	10.79	1.24	62.3	18.3	35.18	NHC	RTD
	T Mackay	13.9	4.82	10.29	1.49	64.1	18.5	30.42	3.40	33.82
	J Phillips	14.2	4.48	8.31	1.18	66.2	21.4	30.82	3.30	36.60
	J Day	14.5	4.27	8.28	1.33	74.4	18.3	20.84	2.80	21.96
	C Taylor	15.2	3.46	9.61	1.27	72.7	22.8	26.58	1.70	28.50
	D Williams	14.2	4.28	7.07	1.18	71.8	20.0	30.18	NHC	RTD
	I Steedman	14.9	4.30	7.04	1.18	67.9	18.0	23.78	1.80	22.58
	L Childs	17.8	3.30	8.71	1.18	81.6	25.3	22.72	1.80	18.92
	T Rawlinson	18.4	2.52	6.19	1.09	63.6	23.9	15.84	1.80	20.10

Women	100m	HJ	SP	200m	LJ	JT	800m	Pts
W55	S Dobson	19.1	1.24	7.29	32.2	4.27	18.68	322.7
W40	C Marler	19.8	1.40	9.63	28.1	4.31	20.48	222.2
	M Rhodes	18.1	1.18	5.07	31.3	3.72	13.86	248.4

John Charlton



Flying Fox Marathon: above, A. Stirling (102), A. Bottomley (322) and K. Wilkinson (22); below, Denise Hoogesteger — Women's champion



BVAF 10K WALK, SOLIHULL, 15TH AUGUST 1993

1. D Baxter	Steyning	49-18.8	1/M50
2. P Hannell	SWC	49-51.9	2/M50
3. S Maidment	Steyning	50-20.7	1/M40
4. D Stevens	Steyning	50-39.1	1/M55
5. B Gore	Trowbridge	51-26.0	2/M55
6. T Collins	Birchfield	51-47.3	3/M50
7. G Chaplin	Coventry	53-28.3	1/M60
8. J Whyte	Verlea	55-24.7	4/M50
9. D Fortherringham	Belgrave	55-31.6	2/M40
10. F Horsell	Dudley	59-36.9	3/M60
11. D Withers	Birchfield	59-36.5	1/M65
12. B Rawlins	B & R	59-40.5	3/M55
13. T Simons	B & R	60-00.2	2/M65
14. J Dunford	Belgrave	60-02.4	4/M60
15. M Statham	C. of Stoke	60-05.3	1/M45
16. K Abolins	Birchfield	60-31.2	3/M65
17. J Grimwade	Steyning	61-25.4	W1/M50
18. P Emery	Enfield	63-01.5	4/M65
19. Pam Horwill	Dudley	63-48.7	1/M55
20. C Smith	B & R	65-22.6	2/M40
21. G Mitchell		66-21.2	1/M75
22. P Malins		66-22.3	1/M70
23. J James		72-10.3	4/M65
24. Pam Gooding	MVAC	79-47.6	2/M55

Ideal racing conditions were certainly appreciated by James Grimwade as he decimated the World M80 record standing at 66-36.0 when carving over 5 mins from that mark with 61-25.4 and that, evidently was on just a few weeks training, having rested since the indoor at Coford in March.

The overall race was won by Dave Baxter (Steyning) after easing away from Peter Hannell at 2Kms to record 49-18.8



World record for Phil Raschker, W45, USA (3.14m), Miyazaki

Lola sets new records

Lola Smal, of Horwich Harriers, has twice set new W60 British Marathon Records in recent months. In July she set new figures for the W60 age group at the Luton Marathon. Lola, who turned sixty in June, had been hoping to break the world time of 3:15:30 currently held by Helen Dick of USA. However after suffering a palpitation in the first mile, a problem she had had to cope with for many years, it was obvious a world time was not on. She battled on to take over six minutes off Joyce Smith's record to finish in 3:26:09 on a course that could definitely be classed as undulating.

Lola tried again at the Flying Fox Marathon at Stone in October. She succeeded in clipping more than a minute from her own new record to finish in 3:25:05. She still feels that the world record for her age group is within her reach and has decided to make the London Marathon in April 94 the next opportunity to attempt the world record.

The London Marathon course is one of the fastest in the world, and, with the extra competition provided by such a large field and the support and encouragement given by the large crowds, Lola feels that she will be able to find that little bit extra to clip another 10 minutes 40 seconds off her best.

Unfortunately since the Flying Fox an achilles injury has confined Lola to a few weeks of inactivity but with five months to go she has time on her side.



Lola Smal

When recovered from the injury Lola plans to compete in cross country and local road races to build up fitness and confidence in time for the big event next April. Lola's motivation comes from her comment, "It is like starting all over again every five years."

Norman Matthews

Pat Trickett — another latent talent

Pat Trickett, of the Crewe and Nantwich club, recently broke the W70 World Marathon Record on the tough "Flying Fox" course at Stone. This was yet another example of a late developer at an exciting event.

Pat retired from work at the age of 60 in 1982 and started running for fun two years later. It was at the age of 65 that she

made her competitive debut, but her first real success came in the 1989 Stroud Half Marathon, where she won the over 65 prize in 1:38.29.

A year later she was again first over 65 in the Michelin "10" with a splendid time of 75:59 and if there was any scepticism in the South about these times, they were soon dispelled by her performance in the AAA's & BVAF Half Marathon at Southampton where she beat Jose Waller, the reigning W65 World Marathon record holder in 1:42:08. In 1991 she proved that she could also go the full distance by winning the W65 BVAF Marathon championship at Stone in 3:47:59 just 15 seconds faster than her record breaking performance this year. Further success came in 1992 when Pat won the Worlds Vets 25K Championship in the W65 category at Birmingham in 2:10 in appalling conditions.

So in the short space of just over 5 competitive years, Pat has run 8 Marathons, 17 Halves and many 5 & 10 milers, with a top 10K time of 47 minutes at Milton in 1990.

This year Pat was about 6 minutes behind Jose Waller in the London Marathon, but after her excellent run at Stone, I feel sure that we will see many more top class duels between these two fine examples of our sport, who are after all the only two in their age category to have beaten 4 hours over the classic distance.

Jack Fitzgerald

Pat Trickett

from Hannell's 49-51.9. Stuart Maidment won a great duel with Dave Stevens for 3rd place recording 50-20.7 to 50-39.1.

There were age group wins for Mike Statham (M45), George Chaplin (M60), Dennis Withers (M65), Phil Malins (M70) and George Mitchell (M75).

There was a disappointing turnout from the women with only two starters. Pam Horwill won the W55 age group from Pam Gooding.

D. Stevens

Cross-Country Championships

It is anticipated that the BVAF Open Cross-Country Championships will be held on Sunday 27 March 1994 at Tunbridge Wells, Kent. They will be organised by the Veterans AC with the assistance of Tunbridge Wells Runners. Some details are still to be finalised but full details and entry form will be printed in the next issue of this newspaper (to be published early February).

Meanwhile entry forms will, in due course, be circulated to all veteran area clubs and associations.

Further information can be obtained from David Coward, 10 Chestnut Ave., Southborough, Tunbridge Wells, Kent TN4.

Track and Field news

The 1994 BVAF Open Indoor Championships at Kelvin Hall, Glasgow, on 20 March, could be one of the last nominal-priced indoor championships. So let us support the SVHC promotion. Now that Coford is no longer available, to promote the indoor championships at the Birmingham indoor arena will cost much more if and when we hire it.

The 1994 Outdoor Championships at Bedford is looking good. In between there are the European Championships in Athens. Let us see if we can get a large British team.

Winston Thomas

W40 1 K Maycock 52.16.
W45 1 P Collier 57.49, 2 P Golder 62.25.
W50 1 D Padget 70.36.
W60 1 P Chatterton 67.36.



Happy British Vets with interpreter at Miyazaki

FIXTURES

NATIONAL

1994
19 March BVAF Indoor T & F Champs, KELVIN HALL, GLASGOW
27 March BVAF Cross-country Championships, TUNBRIDGE WELLS

INTERNATIONAL

1994
6-13 June European Veterans Track & Field Championships, ATHENS
26 June Bruges Grand Prix 10K and 25K

SCOTTISH

12th Dec. Christmas Handicap, BISHOPBRIGGS. 1.30 p.m.
1994
16th Jan. 4.5 Miles C.C. Race, Bent Park, HAMILTON.
24th Jan. 10 K Race, SPAIN.
26th Jan. 5 K Race, SPAIN.
27th Feb. S.A.F. C.C. Champs. TROON.
13th Mar. Eight Stage Relay, TORRANCE.
2nd April S.A.F. Indoor Champs, KELVIN HALL.
11th May Alastair McInnes Race, COATBRIDGE. 7.30 p.m.

NORTH

11 Dec. Lancs Vets CC Champs, Witton Park, BLACKBURN. Entries to Lancs CC Champs, 63 Burnley Rd East, Waterfoot, Rossendale

BB4 9AR cd 27/11. Fee £2
Christmas Handicap, East Cheshire Hrs HQ, Richmond St, ASHTON UNDER LYNE, 10K Yacht Handicap. Noon start. No entry fee. Bring a prize, take a prize. Entries to Les Heald, 22 Cedar Close, Bradley Nr Wrexham, Clwyd LL11 4DL.
1994
9 Jan. Monthly 10K CC, Leverhulme Park, BOLTON. Noon start
6 Feb. Monthly 10K Road, STOCKTON HEATH. Warrington. Noon start
13 Feb. NVAC CC Champs, Sherdley Park, ST HELENS. 1pm 50+/ Ladies Entries to B Lister, 6 Meadow Lane, Worsley, Manchester M28 4PL. £2.
27 Mar. Monthly 10K Road, Hollins Inn, Hollins Road, WALSDEN. Todmorden. 12 noon.
24 April. Monthly 6 miles Road & Paths, Hood Lane, WARRINGTON. 12 noon

NORTH EAST

11 Dec. NE Counties CC Championships ACKLAM - MIDDLESBROUGH
19 Dec. Saltwell Harriers 10K. GATESHEAD
1994
1 Jan. MORPETH TO NEWCASTLE 14 mile Road Race.
8 Jan. NE Harriers League CC, CRAMLINGTON. No.3
15 Jan. NEVAC Cross Country Championships, Rosehill WALLSEND. (Prov)
22 Jan. Morpeth Harriers Road Run 11K
23 Jan. DURHAM Relays
5 Feb. GATESHEAD Signals Relays
6 Feb. CHESTER LE STREET Road Race 10K
12 Feb. NE Harriers League CC, JARROW. No.4
13 Feb. LIGHTFOOT Track Meeting
19 Feb. Sherman Cup CC. WILLINGTON
20 Feb. NE Womens CC League, Rosehill, WALLSEND

NORTHERN IRELAND

1994
1 Jan. Miskimmin Cup 2 miles Cross Country
8 Jan. Mallusk 3 miles Cross Country
29 Jan. N.I. Vets Cross Country Championships
5 Feb. Crawford Cup Cross Country
7 March. Albertville 5 miles Road Race

MIDLAND

12 Dec. Christmas CC Handicap, TAMWORTH. 11.30am cd 3/12
1994
2 Jan. MVAC Champs, DERBY. 11.30am. Entries to Promoter by 20/12
6 Feb. Cross Country 6 mile handicap, 11am. cd 28/1, CHEMSLEY

WOOD

24 April. MVAC 3 x 5000m Road Relay Champs, TAMWORTH. 11am. cd 16/4
19 June. MVAC 10K Road Race Champs & Inter Area match, RUGBY
26 June. MVAC T & F Champs, SOLIHULL

EASTERN

1994
23 Jan. EVAC Cross Country Championships, DANBURY PARK, CHELMSFORD. Guests welcome. £3. Men 10k, Women 5K. Entries to P Chaplin, 1 Gunning Way, Cambridge CB4 3SQ
26 March. EVAC 10K Road Championships, STOKE FERRY. Followed by AGM 26 April. EVAC Road Relay Championship. CAMBRIDGE

April - Sept. Track & Field League (2 Divisions)
19 June. EVAC Track & Field Championships, GRANTHAM

SOUTH

4 Dec. VAC 4.8 miles Cross Country Champs, 3pm WIMBLEDON COMMON
18 Dec. VAC 4.8 miles Cross Country, 3pm WIMBLEDON COMMON. Cambridge H Relays, ROCHESTER
1994
15 Jan. Inter Counties, LUTON
22 Jan. Ranelagh H v VAC at RICHMOND PARK, 3pm
22 Jan. Hillingdon Inter Club Ruislip with VAC away
29 Jan. Area Championships, PARLIAMENT HILL.
12 Feb. Blackheath H v VAC, 10K. 2.30pm, HAYES COMMON (Prov) SCVAC Cross Country Championships.
26 or 27 Feb. Venue to be decided
5 Mar. (Prov) SCVAC Indoor Championships, CRYSTAL PALACE

SOUTH WEST

12 Dec. SWVAC Grand Prix, Wessex, READING
18 Dec. SWVAC Grand Prix, Hampshire, BASINGSTOKE
1994
9 Jan. SWVAC Grand Prix, Wessex, SWINDON
9 Jan. SWVAC Grand Prix, Westward, SWINDON
5 Feb. SWVAC Grand Prix, Hampshire, SOUTHAMPTON
13 Feb. SWVAC Grand Prix, Wessex, POOLE
20 Feb. SWVAC CC Champs, AYALON
26 Feb. SWVAC Grand Prix, Hampshire, HAVANT
6 March. SWVAC Grand Prix, Hampshire, SALISBURY
13 March. SWVAC Grand Prix, Wessex, BOURNEMOUTH
19 March. SWVAC Grand Prix, Westward, PLYMOUTH
19 March. SWVAC Grand Prix, Gwent, CARMARTHEN

NEVAC v. SHVC 21/8/93

The Scottish team's one and a half hour traffic delay did not dampen the enthusiasm of their strong competitive edge. On a dry, warm, slightly windy day conditions were perfect for a very evenly matched men's competition. An exceptionally strong Scottish team outgunned the home team in nine of the women's events.

Notable performances of the afternoon were M Hemmings' M40+ 11.9 (100m), 24.5 (200m) and 55.00 (400m); J Rae M50+ 12.4 secs (100m), 25.2 (200m) and 55.9 (400m).

S Webb scored a valuable 18 points for the home side in the 800m, 1500m and 5000m with 2:05.3, 4:20.5 and 15:53.3 respectively, in the M40 age group. Bill Ramage continued his excellent season's form in the M60 800m and 1500m with 2:26.1 and 4:52.3. M60 BVAF 10K champion Eric Appleby produced a fine 17:46.3 in the 5000m. J Freebairn took the M50+ Shot with 117.2m.

Match winners for the home team were undoubtedly the M60+ trio of D. Field, J Hepworth and R Laidler who gained clean sweeps in the Shot, Discus and Hammer, with D Field also winning the Long Jump, Triple Jump and Javelin (36.64).

Ultra distance runner and 1993 BAF 5k & 10k W45 champion Eleanor Robinson comfortably won the 1500m (5:06.3) and 3000m (10:23.0). The best field event performances in the M50 group were surely the 35.38m Discus throw and 49.30m Hammer throw by the visitors' N. Gentleman.

The unfolding points scoring in the men's competition was a fascinating affair with the Scottish M40 sprinters gaining a huge early lead for the visitors. A strong middle and long distance North East team

drew the M40 section level at 127 points each.

The visitors dominated the M50 group, winning by 143 to 86.

The result of the men's match went down to the final event — the Hammer — with the home side holding on to a slim three-point lead. J Freebairn's 37.80 helped the visitors clean-sweep the M50 group, but with the M60 trio and fine throwing from the home M40 squad, the North East gained a further extra two points and eventually won the competition with 345 points to Scotland's 340. It could hardly have been closer and was sweet revenge for being overwhelmed in 1992 at Grangemouth.

The women's competition was dominated by fine Scottish performances. M Smith won the W35 100m (13.2 secs) and 200m (27 seconds). S Wood and J Rammell clocked 15.3 in the 100m W45+ and in the 200m S Wood ran 32.3 and J. Rammell clocked 32.4.

Home team W35 400m runners B. Elliott and M. Bilelough broke the sequence with 64.5 and 66.2 respectively. Visitor M Ingram dominated the Shot (W35) 8.66, Discus (30.06), Javelin and Hammer.

Scotland's W45 J Rammell also had great success in the Shot (8.28), Discus (23.72), Javelin (19.54) and Hammer (23.24), and was second to S Woods' 8.60m Triple Jump with 7.98 of her own.

Women's result: NEVAC 99 points, SCOTTISH VETERANS 181 points.

A buffet tea and celebration "cuppa" ended a fine afternoon for this annual Challenge match which confirmed once again the bond and friendships established by the two Veteran neighbours. G. Routledge

Around the Regions

SCOTTISH

At the SVHC AGM on 24th October David Morrison was elected as Honorary President. Danny Wilmoth was re-elected as President and Alex Muir, Gordon Porteous and Bill Armour continue as Secretary, Treasurer, and Membership Secretary respectively. Neilson Hare of Law and District A.C. was elected Vice-President.

Dale Greig and Norman Ross were granted Honorary Life Membership in recognition of their tremendous contributions to the club.

Jack Newbigging was warmly praised for his editorship of the Newsletter over the last twelve months. Regrettably Jack is unable to continue as editor, and the high standard which he has set will be difficult to maintain. Praise was also due to Brian Collie and his wife who raised over £300 to help offset the cost of travelling to Cardiff for the Home Counties C.C. International.

An application for financial assistance has been made to Glasgow District Council's Sports Promotion Officer in connection with the B.V.A.F. Indoor Championships at Kelvin Hall in March, 1994. The Council has been generous with support previously, and a positive response is expected again. Members agreed that the SVHC marathon championships should be incorporated into the 1994 Lochaber event on 24th April, 1994. David Morrison

SOUTHERN

The concluding two Southern Counties Vets AC road championships were held respectively at Slough on September 12 and Bams Green on October 24. The former was on a new tough marathon course which while very picturesque, embracing Windsor Castle and Eton College into its orbit, didn't produce too many personal bests, particularly as the second half of the race was in the teeth of a raging downpour.

On the other hand the Half Marathon on the regular Bams Green course, brought its usual crop of good performances from SCVAC members. Paul Toms running on his home course was actually 8th in a good class field in the excellent time of 72:46 in very windy conditions to win the M40 championship. Ted Broad of Invicta also acquitted himself well to take the M50 title from Alastair Matson of Crawley by 23 seconds in 77:49. As so often has been the case this year, the most competitive category was the M60, with Roy Webb of Chichester continuing to improve to take the scalp of the better known J Chandler of Waverley by over a minute in 83:57.

Great competition also among the women with Julie Ince of Brighton managing to fight off Arena 80's Jane Gardner to take the W40 title in 84:22, while another regular filly from the Arena 80

stables, Wendy Hales, won W45 in 95:11. However the greatest applause was again reserved for the two oldest Women categories: Mollie Smith of Ashford continuing her purple patch in W55 with 92:43 and evergreen Eileen Quinton also running on her home course to win W60in 1:44:13. Jack FitzGerald

MIDLAND

10 Miles Championship Nuneaton 12/9/93 Our oldest championship at its traditional venue. Good conditions on a day which turned very sour. There were nearly 180 starters for the Nuneaton 10 including 64 MVAC entrants. Of these 52 started and finished.

Gordon Stewart led our championship parade in 2nd place overall and there were many fine performances. Top of my list was John Fraser (OWCS), M70, happily returning to the fray with a splendid 73.12. New M60s Geoff Oliver and Geoff Ashby certainly made their mark.

Half Marathon Championship Run in conjunction with the Bass Burton Half Marathon where Andy Green (Warrington) warmed up for his British vest in the World Cup Marathon with a 64:56 victory.

Midland Vets showed well with 10 in the first 20. Further back Geoff Oliver again showed well and Dennis Keogh, aged 68, a newish face, finished 62nd in a field of 170-plus.

The Tom Buckingham Memorial Trophy for M45s went to Leamington C&AC President Gavin Woodward. Fitting indeed, since Tom must have been an inspiration to Gavin when setting his prodigious ultra marks as a younger man. Stewart Harris

NORTHERN

When you are a twin and decide not to defend your title in the Northern Veterans 10 mile road championship, you do the next best thing and send your twin — at least I think it was!

Michael McDevitt, Wirral AC, won last year's race in 52.18, two seconds ahead of his brother Tony. This year on the 24th October, Tony won in 54.03 from Mike Wakefield, Salford Hrs, in 54.50. The race was well organised by Doug Morris over the well trodden 10 mile course at Oswestry.

Wirral easily won the O/40 team race, counting D Wilkinson as their 4th man. Sale fielded teams in all the age groups and won the O/45, O/50, O/55 and the ladies. Todmorden won the O/60 team.

Sal as usual fielded teams in all the age groups, due mainly to Don George who does great work in capping their vets section. (I hear that his teams were having a whip round to send him on a map reading course!) Back to twins — I have wondered if one

concentrated on speed work and the other on distance, would they both benefit from each other's training?

Was 'Wilson' in the Wizard comic? Many of you will remember he dressed all in black, a long time before Linford Christie got the idea, in fact, before he was born. After a particularly fantastic run he often went into a coma, similar to the one I go into, but mine is during a race!

In one story Wilson ran a marathon. What he didn't know was that he was racing against twins and at half way the second twin jumped out of the bushes and hared off down the road. Wilson won of course. So beware. If a look alike puts in a 4m 10sec last mile ask for a check on his fingerprints. Arthur Walsham

VETS AC

New sprinter John Browne cut VAC's championship bests significantly to 11.7 and 23.6, ahead of Doug Lucas, giving away two years. He had compensation in the 400 with 53.0 CBP after a season 'blocked' by kidney stones.

Jo Ogden's fine 32.2 200m (CBP), probable UK best, in a strong race with younger opponents, earned her the 'Best Woman, Track' award, giving Mary Worth. Mary challenged Sue Porter for the 3K Walk with 17:41.7, UK Best in W65.

At Field the 'Best Woman' decision was easier since Euan Williams had a World claim throw at Hammer, 41.94m after good performances in LJ, Javelin and Shot.

Mens field grew, topped by Peter Cramp, Javelin 46.00, and Graham Page, another multi athlete from Epsom & Ewell. Best of day Hammer, 36.22, was that of John Curtin, appropriately for the man who has encouraged the field events in this fixture.

Middle distance shone with 1500 duels. Paul Toms built on his road form with late speed for 4:15.7 after John McGlashan made a bold pace. In similar vein Maggie Statham (40) cut out the women's until Marion Eldridge (39), recent BVAF 5K winner, surged in the straight to 4:52.6, clear of Maggie, 4:53. Both were CBP.

10K track drew 31 under floodlights at Battersea and almost as many lap judges to close the track season with a flourish. Hercules Wimbledon showed strength as Dave Alexander took control after lap 15 with 33:52. Then new member Kieron Fennelly (Shaft Bar) headed last year's Mike Ellismore (Cam H) and early leader Dennis Williams (HW).

Steve Charlton ventured, soon after his BVAF Half Marathon success, for 37:35, only 5 secs off Willie Marshall's 65 record. He set CBP with seldom absent Maggie Statham, and Sandra Hart, Joyce Margaret Smith and Bridget Cusden.

Cross country was awash in early October but versatile Liam O'Hare attacked for a first outright win and personal best 27:04. In-form Geoff Harrold (54) headed the rest. JH



Ian Steedman, M65, gold medal 100m Hurdles, Miyazaki

457. Reebok Aztrek HXL Training Shoe - for the runner seeking a versatile training shoe offering substantial cushioning stability support, durability for on or off road, sizes available 6, 7, 8, 8½, 9, 9½, 10, 11, 12, usual £49.99, **offer £39.99.**

458. Lady Aztrek HXL Training Shoe - for the runner seeking a versatile training shoe offering substantial cushioning stability support, durability for on or off road, sizes 4, 4½, 5, 5½, 6, 6½, 7, 8, usual £49.99, **offer £39.99.**



459. Reebok Ventilator Supreme Training Shoes, for the heavier runner or runner with severe motion control problems, seeking a technical shoe that offers advanced stability features, sizes 6, 8, 8½, 9, 9½, 10, 11, usual £69.99, **offer £45.**

460. Reebok Inferno HXL - for the runner looking for the sleek lightweight cushioned shoe for racing and road running which is extremely durable, sizes 6, 7, 7½, 8, 8½, 9, 9½, 10, 11, 11½, usual £49.99, **offer £39.99.**



461. Reebok Pump Graphite HXL Training Shoe - for the runner seeking the latest composite technology available in a lightweight cushioning shoe, offers stability, custom fit, and support, sizes UK 6, 6½, 7, 8, 9, 10, 11, usual £89.99, **offer £49.99.**



462. Reebok Lady Pyro HXL - for the runner seeking a lightweight versatile training shoe for all levels of training at an outstanding price point, sizes 3½, 4, 7, 8, usual £39.99, **special offer £29.99.**



463. Brooks Rain Jackets, showerproof full length zip, with hood in collar, colours yellow with black trim or grey with black trim, sizes S only usual £18.95, **offer £10.**

464. Brooks Rain Suits - showerproof, full length zip with hood in collar, sizes L & XL only colour pale blue/pink, usual £34.95, **offer £15.**

465. Brooks Showerproof Trousers - white size XL only, ideal for officials or coaches, usual £14.99, **offer £5.**

466. T-shirts Childrens sizes, 100% cotton, green XS(34), 32" or 30", royal 32" only, red 26", 30", usual £3.50, **offer £2.** Could be printed with Club name, prices on application.

467. Mens Equipment Running Singlet - 100% polyester, coolmax draws moisture away from the body, lightweight, breathable, extended back tail, colour white/black/green sizes 38/40" only usual £19.99, **offer £11.95.**



468. Adidas Equipment Running Short - 100% polyester, coolmax with coolmax lining to control body temperature, lightweight, breathable, flat locked seams, elasticated waist band with draw cord. Racing cut, colour green/black/white or black/green/white, sizes 30", 32", 34", 36", usual £12.99, **offer £7.95.**



469. Reebok Toronto Training Trousers, lightweight training trousers, these excellent trackster style trousers have an elasticated and tie cord waist, and a printed Reebok logo down left leg, colours navy, royal or black size XL only suit waist size 36", height 6ft - 6ft 2", usual £12.99, **offer £8.99 2 prs £16, 3prs £23.**

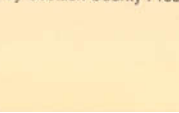
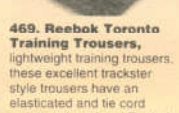
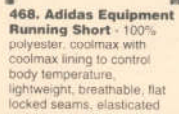


470. Nike Cram Showerproof Jacket - colours black with yellow/white trim, rain jacket with hood, size XS 32-34" only usual £29.95, **special offer £10.**

471. Nike Cram Yellow Jersey - heavyweight short sleeved yellow t-shirt, sizes Mboys 28-30" or XS32-34" usual £13.50, **offer £3.**

472. Nike Cram Black Jersey - heavy quality short sleeved t-shirt, sizes XS32-34" only, usual £13.50, **special offer £3.**

473. Nike Cram Sweatshirts - heavy quality charcoal/yellow/white, size S34-36" only, usual £21.50, **offer £6.**



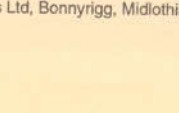
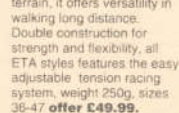
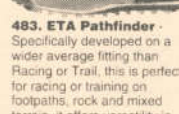
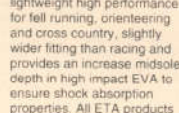
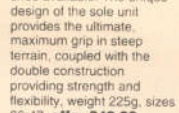
474. Nike Cram Fleece Hooded Top - charcoal/yellow/white, size M boys only, usual £29.50, **offer £10.**



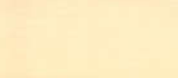
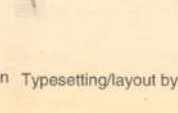
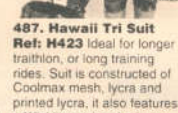
475. Adidas Daley Thompson Vest - lightweight athletic vest with exclusive printed panel across the chest, colours white with navy/red trim, sizes S36" or M38-40", usual £13.99, **offer £5.**

476. Adidas Daley Thompson Shorts with lightweight inner brief, colours navy/red/white size 30" only, usual £15.99, **special offer £5.**

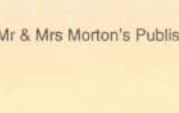
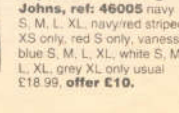
477. Adidas Daley Thompson T-shirt - white single jersey t-shirt with screen print across the chest in red/navy, rib style neck sizes XS, S, M usual £12.95, **offer £5.**



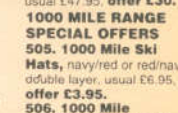
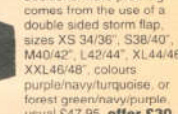
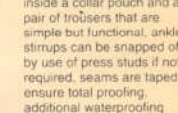
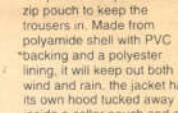
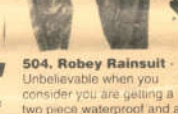
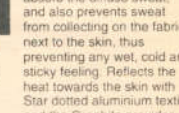
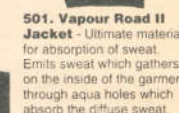
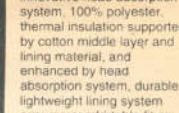
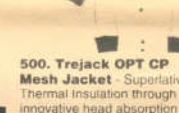
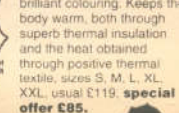
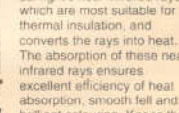
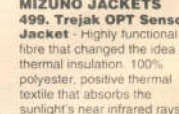
484. ETA Trekker - Offers the same fitting as Pathfinder, this is an exceptional ultra lightweight high performance product. Designed especially for those persons taking part in the same activities and events as Pathfinder, but who require the support and protection a boot offers with its impact absorption interlayer in the tongue and ankle, fully adjustable ankle strap feature, weight 300g sizes 36-47 **offer £59.99.**



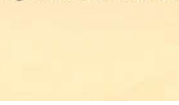
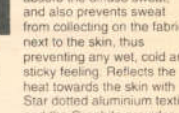
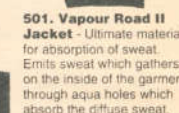
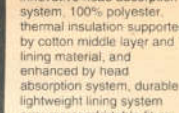
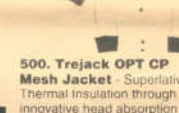
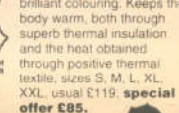
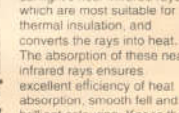
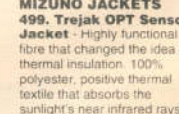
490. Ladies Tri Swim Suit, ref: F411 - a combination of printed and solid lycra, as the perfect training or triathlon competition suit, it also features a special polypropylene terry pad for extra comfort on the bike, usual £23.95, **special offer £16.95.**



497. Helly Hansen Life Super Short Sleeved Tops, ref: 46026, navy S, M, L, XL, red XS age 14-16 only, white S only, usual £15.95, **offer £11.**

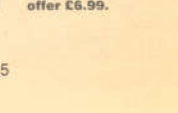
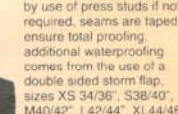
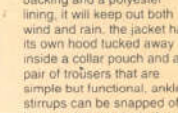
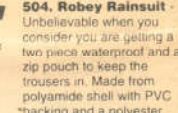


496. Helly Hansen Life Super Brief, red/navy striped M only, white XL only usual £11.95, **offer £5.**



502. View From Barcelona Z-Line Shorts - poly cotton with cotton inner, two pockets, elastic and tie waist, colours white/navy, navy/white, navy/white or black/white, sizes S and M only usual £9.95, **offer £6.95.**

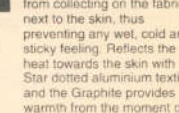
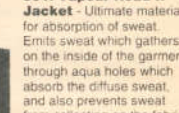
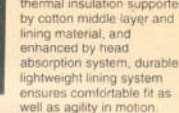
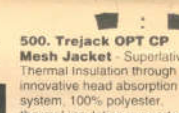
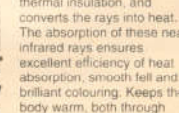
503. View From London Marathon Running For A Purpose T-shirt, size XL only usual £14.99, **offer £8.**



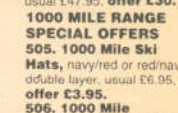
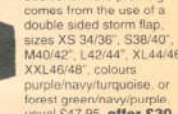
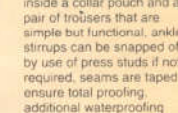
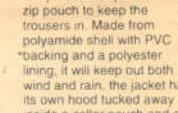
MIZUNO

MIZUNO JACKETS

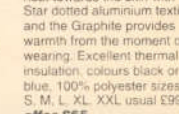
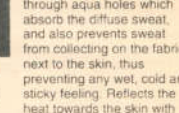
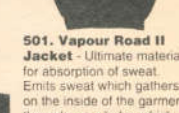
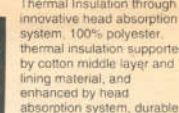
499. Trejak OPT Sensor Jacket - Highly functional fibre that changed the idea of thermal insulation. 100% polyester, positive thermal textile that absorbs the sunlight's near infrared rays, which are most suitable for thermal insulation, and converts the rays into heat. The absorption of these near infrared rays ensures excellent efficiency of heat absorption, smooth feel and brilliant colouring. Keeps the body warm, both through superb thermal insulation and the heat obtained through positive thermal textile, sizes S, M, L, XL, usual £119, **special offer £85.**



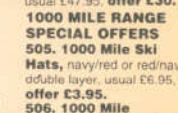
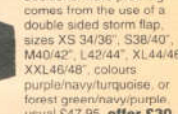
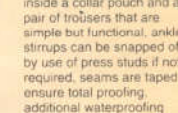
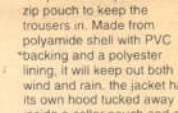
504. Robey Rainsuit - Unbelievable when you consider you are getting a two piece waterproof and a zip pouch to keep the trousers in. Made from polyamide shell with PVC backing and a polyester lining, it will keep out both wind and rain. The jacket has its own hood tucked away inside a collar pouch and a pair of trousers that are simple but functional, ankle straps can be snapped off by use of press studs if not required, seams are taped to ensure total proofing additional waterproofing comes from the use of a double sided storm flap, sizes XS 34/36", S38/40", M40/42", L42/44", XL44/46", XXL46/48", colours purple/navy/lurquoise, or forest green/navy/purple, usual £47.95, **offer £30.**



500. Trejak OPT CP Mesh Jacket - Superlative Thermal Insulation through innovative head absorption system. 100% polyester, thermal insulation supported by cotton middle layer and lining material, and enhanced by head absorption system, durable, lightweight lining system ensures comfortable fit as well as agility in motion. Diamond shaped twill, colours black, blue sizes S, M, L, XL, usual £89, **offer £55.**

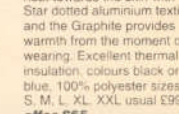
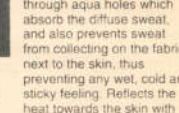
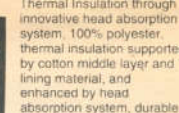


501. Vapour Road II Jacket - Ultimate material for absorption of sweat. Emits sweat which gathers on the inside of the garment through aqua holes which absorb the diffuse sweat, and also prevents sweat from collecting on the fabric next to the skin, thus preventing any wet, cold and sticky feeling. Reflects the heat towards the skin with Star dotted aluminium textile and the Graphite provides warmth from the moment of wearing. Excellent thermal insulation, colours black or blue, 100% polyester sizes S, M, L, XL, usual £99, **offer £65.**



494. Helly Hansen Life Thermal Socks - thin training socks, colour navy or white, state shoe size when ordering **special offer £5.99.**

495. Helly Hansen Life Hood, navy **offer £4.99.**



505. 1000 Mile Ski Hats, navy/red or red/navy, double layer, usual £6.95, **offer £3.95.**

506. 1000 Mile Trainsters, lightweight trackster style training trousers, colours navy/red, or black/red, sizes S, M, L, XL, usual £13.99, **offer £9.99.**

507. 1000 Mile Walking Socks, double layer similar to the famous running sock, navy sizes 2-4 small, 5-7 medium, 8-10 large, 11-3 x-large, usual £7.95, **special offer £6.95.**

508. 1000 Mile Thermal Gloves, red or navy, M or L, usual £3.95, **offer £2.95.**

509. 1000 Mile Long Sleeved Training T-shirts - reflective 1000 Mile logo in print glows in the dark, colours black or white sizes M, L, XL, usual £13.95, **offer £11.95.**

510. 1000 Mile Double Layer Blister Free Running Socks, black or white sizes S, M, L, XL, **offer £6.99.**

