

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 29

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FOUR-MINUTE MILE BID

Many veterans, particularly those in the older age groups, will immediately associate the photograph on the right with what is probably the most memorable milestone in athletics history. The first sub-four-minute mile was run by Roger Bannister on 6th May 1953.

In recent years, however, breaking 4 minutes has become so commonplace that it causes little excitement and hardly a mention in the press. Unless you are a veteran of course. No veteran runner has achieved the magic four minutes yet, although the increasingly high standard of veteran athletics suggests that it is only a matter of time, and possibly a relatively short time at that.

What better way, therefore, to mark the fortieth anniversary of the 4-minute-mile than by bringing together the best veteran middle distance runners from around the world and trying to beat that elusive barrier.

The BVAF and BAF are presently

getting together in serious discussion and formulating plans for a veteran athletic spectacular during the weekend of 6th-7th May. And the venue? - it has to be the Iffley Road Track, Oxford, the scene of the original 4-minute mile!

At the time of going to press, precise details are not known as discussions between BVAF and BAF are still taking place. We are informed, however, that it will definitely go ahead but on which day and what format are not finalised. We are promised an exciting programme of events with the highlight obviously being the mile. Sponsorship has already been obtained and if four minutes is beaten the winner could collect 50,000 dollars.

A quality field is being assembled. Eamonn Coghlan, who recently ran 4:01:39, and Dave Moorcroft, 4:02:05 in Belfast last June, are expected to compete. Others invited are Kenyan Wilson Waigwa (4:05:00), Caribbean star Renaldo Marcelino, top American vets

Larry Almborg (4:06:00) and Ken Popejoy, and John Bermingham from Australia. Any athlete who has achieved 4:15:00 or metric equivalent and who wishes to be considered should contact Ron Bell (address on page 2). A full programme, which also includes a top quality women's middle distance race, is planned. We could see many World Veteran Records set in the various events. Dr Roger Bannister, Chris Chataway Chris Brasher are all expected to attend. It is heartening to see that the BVAF and BAF are finally cooperating. The BVAF have been trying to work more closely with BAF but so far to little avail, although the BVAF will take its place on the VETS Advisory Committee for a meeting in February.

It is planned to distribute the Spring issue of this newspaper by the 3rd week in April so full details of the celebration athletics spectacular will be published in time for the event.



The first 4-minute Mile. Chataway leads Bannister at the bell.

England Maintain Unbeaten Record

Report by David Coward

At Cardiff, on 6th November, the Welsh Veterans AA staged the 6th running of the International Home Countries Cross Country championships. For the second year in a row the meeting was strengthened by the presence of guest teams from the Republic of Ireland.

The course, which consisted of laps of soft grassland, was testing, with its own version of Heartbreak Hill. The event was sponsored by local civil engineers McNiff and Curran with support from Unifit Forklift. The City of Cardiff also gave their backing.

In the women's race Dianne Marsh was the early leader, but failed to make sufficient break and was soon overhauled by Julie Hughes who made her own attempt to dominate. However this was short-lasting as Maggie Statham decided that the one and a half km point was her opportunity to make a mark. She soon put some daylight between herself and the others but it was noticeable that Marion Eldridge was working her way into an attacking position. Further down the field, but in the older age group, Jean Hulls was chasing an in-form new 50-year-old Sally Dodwell, with Mollie Smith keeping them both in sight.

Statham forced the pace to get a clear

lead of 60 metres and looked full of running at the halfway stage, but she had mistaken the number of laps and made her push for home a lap early. This gave Eldridge her chance and she really bit the bullet to push up the hill hard and give Statham the slip. In the meantime, having been in the van throughout the race, a sneaky, clever run by Chris Price saw her put daylight between herself and Statham. Hughes, after paying for her earlier efforts, was spurred on and only had to give in to one other runner, M Greenan from the Republic of Ireland, and therefore a non-scorer. A run worthy of special note was that of Eleanor Robinson whose ultra fame belies her turn of speed and power over the country, as she finished fast for 3rd place in the 40s.

Dodwell was running strongly but the over-50s situation was changing and by mid distance S Rodger of Scotland had taken over second place while Hulls had slipped back to allow Smith home as the second from England. In all three women's groups the strength in depth of the England teams told the tale. The Republic of Ireland would have taken 2nd place in the W 40 section if they had been scoring.

When the men started, it was some-



International Cross Country — Chris Price leads the field.

European T & F Closing Date

Members are reminded that entries for the European Track and Field Championships which take place in Athens — from June 3rd-13th — close on February 28th. Entries must reach Barbara Dunsford (address and telephone number page 2) by that date.

thing of the charge of the "light" brigade. Skipping over the grassy tussocks, a group of 9 or so gripped the race from the gun. Early leaders included Martin Rees, Mike Hagar and the brilliant new 40-year-old track runner Glen Grant. Alun Roper, the oldest of the leading bunch, and Brian O'Neil made their presence felt early on. The second lap saw gaps appearing with the trio of Hagar, Rees and Grant in front.

For the 50s, Ron Elliot of Wales must have thought he was still in a younger age group as he fought doggedly to hold his place in the pack. Slightly more conservative were the performances of Graham Patton and Roger Higham, both of whom ran steadily throughout. At the halfway point the race started to develop into different battles. For once it looked as if Wales might be in with a chance of lifting the 40s and 45s but the mixture of these two age groups made calculations difficult. In the "pensioners" group it was a matter for England to sort out the places. With Maurice Morrell still recovering from illness, he was not really a challenge. Eric Appleby nailed his colours to the mast with Laurie O'Hara close behind and Ron Higgs, a newcomer to the top-flight scene, doggedly pursuing his team mates.

With two-thirds of the race behind them, it was between Rees and Hagar, as they had shaken off Grant and only had Roper of the next age group in contention, but he was some way back. Probably the most sensible run of the day was put in by Ray Smedley who had worked his way through the field from a lowly 20th on the first lap. He showed his strength in taking the 40's bronze. It would be impossible to list all the solid performances that were being put in behind the leaders. The close mix of 40's and 45's increased the interest, especially as the expected late charge of Tony Simmons was not, in the end, to be seen and he had to settle for 4th in his age group. Grant managed to

Continued on page 3



BVAF 10K. Rees, Osborne, Sear, Tennant, Catton, after 1km.

Rees does the double

BVAF 10KM Championships
Basingstoke, 28th November 1993
Report by Martin Duff

Martin Rees followed up his victory in the Home Countries Cross-Country International with another classy win over a 400-strong field in the BVAF 10K Championships at Basingstoke on 28th November. Paula Fudge trounced her younger rivals to take the women's crown.

Rees, who has only been running a little over three years, continued his golden autumn and was always in control of the men's field. He had broken clear of the main pack by the end of the first lap, in company with Steve Sear, Keith Brackstone and Terry Osborne, as the watch showed 15:34 at 5K. Sear soon dropped away, leaving Osborne, Rees and Brackstone to battle away throughout the whole of the second lap. The pace hotted up with 1Km to go as, first Rees, then Osborne, then Brackstone put in a burst. Osborne led into the Down Grange track but Rees squeezed past, to win by a nose as both were given the same 31:25 time. Brackstone was a few strides down and took his first vets medal.

Brian O'Neil had it all his own way in the M45 group but clubmate Les Presland was below his best in the M50s, having only 7 seconds in hand over Tony Hawkins. Pat Dobbs has been unbeaten since he turned 55 and continued his excellent campaign, as

did Laurie O'Hara, M60 winner in 36:26. Steve Charlton joined the field at the back, after missing the start, but still went on to take the M65 group.

Paula Fudge, a former winner of the Klix 6 10Kms, with which the race was associated, took the lead in the women's race after a mile. Caroline Horne had led early on but Fudge avoided the initial rush to pace herself well and then went on to record 34:51, as a 41 year old!

Horne was able to add the W35 gold with 35:50, ahead of Debbie Peel, who was making her championship debut. Felicity Garland found easy pickings in the W45 section, finishing a good sixth overall, behind W40's Denise Hoogesteger and Maggie Statham, who seems unable to transfer her cross-country and track form to the roads.

Caroline Oxtan, who smashed the W50 800 and 1,500 world records in 1993, added the 10K road title, ahead of last year's winner Julie Beckford. Pam Jones annexed the W55 medal in the absence of Joyce Smith who was unable to make the start line.

The organisers were indebted to the Klix Division of Mars Ltd for the provision of hot drinks and Mars bars in the hospitality marquee on a bitterly cold day. Numbers were down on the Barnsley promotions, but the atmosphere prevailed.

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FROM THE EDITOR

In the last edition of this newspaper I drew attention to the shortage of advertising which, if it continued, would seriously affect revenue and could jeopardise the future production of VA. On noticing the welcome number of advertisements in this edition we may think that my editorial did some good. However, we must not delude ourselves into thinking that the problem is solved. The Winter issue always carries a higher percentage of advertising as overseas tours and BVAF Championships for the year ahead are advertised. Editions appearing later in the year are again likely to produce low advertising revenues, unless members can help by persuading race organisers to advertise their events and clothing suppliers their wares. We need an average of at least three pages of advertising in each edition to help to cover production costs (detailed on page 5). More advertising could bring a bonus as the newspaper could be enlarged if costs are covered.

Speaking of tours overseas reminds me of the reports we read of the World

Veterans Championships in Japan. Although the British team did remarkably well, many of our top veterans who could have won medals within their age groups did not go, mainly because of the cost. The next World Track and Field Championships in Buffalo, USA, is less than eighteen months away. If members have in their club a potential medallist who is unlikely to make the trip because of the cost, why not start fund-raising schemes to assist in covering travelling expenses? I know this idea has been suggested before but it is worth raising it again. There are so many ways of helping to sponsor an athlete. The WAVA Championships in Buffalo will attract greater numbers of top veterans in all age groups than were present in Japan. It would be great to have a full-strength British Veterans team to contest what will surely be the highest standard World Championships to date.

Many thanks to Gareth Jones and Rae Mitchell for their assistance in computing race results for this edition.

Geoff Ashby

Veteran Athletics

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1994

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Rutland Wins Beekeeper

Oxford City's Clive Rutland, 48, a Banbury plasterer, ran a well controlled race to beat 140 veterans. After a mile Roger Windley had raced into a 50-metre lead, but was likely to pay later for this brave effort. Behind him at that point was a group of Alan Dalglish, John Hancock, Neil Huke and Pete Watkins with Rutland tucked in behind.

At the halfway stage Dalglish and Rutland, who was second "over 45" in the Home Vets International back in 1991, were taking it in turns to push the pace — well clear of the rest. On the second of the three large laps Rutland put the pressure on. He opened up a 40-metre gap as they came swinging down a long pathway, and did not let up till the finish.

Liverpool's Mike Turner was first over 50 home in fifteenth place. Turner will be remembered as a "great" cross-country runner for Cambridge University in the 1960s when he was the England cross-country captain!

Ian Addison, now 59, of Vale of Aylesbury, was the first over 55. The biggest ovation was for the over 70 winner Dave Blyth who went round the course, which included the notorious Breakheart Hill, in 1:06:41.

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Thinking of joining the Creatine Revolution?

by Keith G. Redpath, BAF Senior Coach
If you are finding the literature associated with the promotion of Creatine a little confusing (it is heavy reading) I will attempt to clarify some of the relevant facts.

The Phosphocreatine energy system (a sort of high powered battery consisting of a store of Creatine) is used by the body when a sudden demand for energy is required e.g. at the start of a race. The "Creatine Battery" acts as a buffer when there is an acute mismatch between energy supply and energy demand. At maximum intensity the battery will last about 10 seconds.

By taking extra creatine on a daily basis both the capacity (the amount of creatine stored in the muscles) and the efficiency (the rate of recharging your battery) can be significantly developed.

The sports people most likely to benefit from taking extra creatine are those involved with short bursts of very intense activity (in athletics the 200 and 400 metre athlete will find creatine supplementation of specific value).

Other sports people who I feel have the potential for significant improvements in their performances are distance runners. Due to the nature of their training regimes they are most unlikely to have developed their "Creatine Batteries" properly.

In practical terms the distance runners who develop their "Creatine Batteries" by sup-

plementation will enhance their performances by:

1. Being able to start faster.
2. Being able to finish faster.
3. Being able to surge intermittently during the race whenever the intensity drops (e.g. when a downhill section has been completed — this gives the battery an opportunity to recharge).

Creatine supplementation works for me and it will work for you. The only question is — to what degree? For me a 1% improvement in performance was significant — I won both the 400 and 800 metre British Veteran Championships at Cosford by less than one metre.

The only way to convince yourself of its effectiveness is to try it. A month's trial period should be enough to convince you one way or another. (A significant improvement can be expected within the first week.)

The cost of Creatine is prohibitive (about £1/day) but if you contact your club secretary with a view to bulk buying on behalf of other members, a substantial discount can be negotiated.

If the manufacturers would change their marketing strategy and target the club runner with realistic prices they might generate enough extra sales to start a "Creatine Revolution".

The Creatine "Best Buy" appears to be Acceler-8 by BioNova Limited of Maidenhead (0628-789700) simply because it is the most economical.

England Maintain Unbeaten Record

Continued from page 1

hang on for 4th in his first veteran cross country event behind O'Neil whose consistency made him a worthy silver winner in the 45s.

Meanwhile, with Roper belying his age, the battle was on at the front. First Hagar tried to break and then Rees, but they were soon back together and settled for a while. Despite a brief flurry of activity from Hagar on the final approach to the big hill, he was to be beaten back by the challenge of Rees on his native mountain.

Although only a 20- to 30-yard gap developed, it was sufficient for Rees to take the gold from a very deserving Hagar. Harry Matthews completed the 45s trio and Elliott came home a worthy M50 winner.

Yet more excitement was available for the aficionados of the ancient warriors as O'Hara, at just over 5ft tall, took up the challenge against the 6ft Appleby, whom he had trailed

for the first 9 KM. It was hard to believe that these runners were over 60 years of age as they flew at the final hill.

O'Hara's short stride and immense strength saw a late charge that left Appleby 30 yards adrift and captured the prize that had eluded him the previous year in Belfast.

The strong packing and back-up by the England runners helped to make their day. With a win in each of the four age groups, it was inevitable that England would take the overall trophy.

A further shield, generously provided by the sponsors, was on offer for the best overall score for the combined men's and women's races.

England have the job of looking after three trophies for the next year's event which is planned for Sunderland, but with a back-up location of Dublin.

Results page 11

21st Brugge Veterans 10K & 25K Races

26th JUNE 1994

Association of International Marathons and Road Races
AIMS

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NATIONAL COACH PICK-UPS - CENTRAL HOTELS - 2 & 3 NIGHT OPTIONS

THE RACES

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EVENT FACTS

	10Km	25Km
Start Time:	10.00 hrs	11.00 hrs
Time Limit:	No limit	No limit
Age Control:	Men over 40 & Women over 35 on the day of the race - both races	
Race Entry Fee:	£10	£12

P&O



OPTIONS 1 & 2: ARAGON AND LUCCA HOTELS - 3 NIGHTS

We are offering a 4 day/3 night tour into the 3* Deluxe Aragon and the 2* Lucca Hotels, both just 150 mts from the Market Sq. Pick-ups are as follows: Thursday 23 June Newcastle 21.45, Leeds, Manchester 01.00 (Friday 24) Stoke, Birmingham, Northampton, to be in London 06.15. On to Bexley and Dover for 08.00. P&O sailing 09.30 to Calais. Hotel nights are Friday 24, Saturday 25 and Sunday 26. The return journey departs Brugge at 12.00 Monday 27 (time for shopping in the morning) a stop at Calais Hypermarket to take the P&O crossing at 16.30. Arriving London approx 20.00, Newcastle around 03.00 Tuesday morning.

OPTION 3: IBIS HOTEL - 2 NIGHTS

We are offering an economy 3 day/2 night tour into the 2* Ibis Hotel (close to 3*) just 600 mts from the Market Sq and the start of the 25km race. Pick-ups are as follows: Friday 24 June Newcastle 21.45, Leeds, Manchester 01.00 (Saturday 25) Stoke, Birmingham, Northampton, to be in London 06.15. On to Bexley and Dover for 08.00. P&O sailing 09.30 to Calais. Hotel nights are Saturday 25 and Sunday 26. The return journey departs Brugge at 12.00 Monday 27 (time for shopping in the morning) a stop at Calais Hypermarket to take the P&O crossing at 16.30. Arriving London approx 20.00, Newcastle around 03.00 Tuesday morning.

THE HOTELS

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



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- * Personal expenses

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2	LUCCA	3	£135	£130	£125	£36
3	IBIS	2	£119	£114	£109	£50

For Regional Pick-Ups & Supplements refer to page 2

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International Cross Country Winners: above, Martin Rees; below, Marion Eldridge



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.

THANKS FOR MIYAZAKI

After a wonderful World Track & Field Championships at Miyazaki, on behalf of BVA Track & Field may I say thanks to John Dunsford, Ron Bell, Steve James and Bob and Olive Dobson for all the work they did on behalf of the team. A special thanks also to all the athletes who took part and made it such a good championships for Great Britain.

Winston Thomas
Vice Chairman Track & Field

PLEASE BE COURTEOUS

I receive many letters from members expressing thanks, making complaints or enquiring about BVA Track & Field and I am pleased to say that they are usually written in good vein, well-mannered and showing respect to the people or themes addressed. On the other hand, some of the letters which have been received by our secretary concerning committee members or committee business are, to say the least, abominable.

People expect to receive respect for what they do, whether they are athletes or

I would like to thank all the fellow members of the party which made the trip to Miyazaki.

I have received so many bouquets, thank-you cards and letters. I was overwhelmed by the response. It was a hard tour to organise, but everything went so well that the hard work was worth it. Such a response from our athletes make it even more so.

Barbara Dunsford

Could I therefore request all members who write to a club official with an enquiry or complaint to please show the same accord that you would wish to be shown to you. Please remember that all work done by club officials is voluntarily done for the love of the sport and none of us get paid for it.

Winston Thomas
Vice Chairman Track & Field

Medical Corner

Members are invited to send questions on injury problems or running-related medical topics to the Editor. Dr John Nixon has kindly agreed to answer questions through the columns of Veteran Athletics. Replies will be sent direct to the sender as soon as possible and a selection published in each issue.

A member (who prefers to remain anonymous) has run distances from 2 to 20 miles for 45 years and has always had a very low pulse rate (in the low 30s). He had to have a local instead of a general anaesthetic for a hernia operation recently for fear of reducing the pulse rate further. As a result of the pre-operation medical, he was told he had a congenital cardiac block. He asked for advice on continuing to run.

You clearly have a cardiac conduction defect. What this means is that electrical messages are sent from the lower brain, via nerves, to the pacemaker which lies in the wall of the atria or collecting chambers of the heart. Depending on the messages sent down these nerves the heart will either increase or decrease in speed. The pacemaker sends messages throughout the heart, initially through the atria and after a short hold-up the message is transmitted onwards to the pumping chambers or ventricles.

From your very clear account of things, you have a degree of heart block, which basically means that the hold-up between the atrial and the ventricles is complete, so messages are not getting through from the pacemaker to the pumping part of the heart. When this happens the ventricles assume a rate of their own, if you like they develop their own pacemaker, and the rate of this is much slower than the normal rate.

This condition is usually discovered, as yours was, during routine examination and, provided it is not causing any problems, no intervention is required. The degree of slowing of the heart varies considerably from one person to another but if the slowing becomes extreme, say below thirty beats a minute, one would expect dizziness and faintness to occur and this is the kind of situation where a pacemaker might be indicated, to prevent dizziness and faintness progressing to its logical extreme!

Many athletes have a slow heart rate and indeed it is almost invariable among distance runners and even the subject of some competitive conversation! The reason why athletes have a slow heart rate is not completely understood but is prob-

ably related to the state of balance between the nerves that slow up the pacemaker and the nerves that speed it up, and that this balance is set at a different level in athletes as opposed to non-athletes. A trained heart of course operates much more efficiently than a non-trained heart and has to beat fewer times to pump round a given amount of blood and this is also felt to have some relevance.

Minor degrees of heart block, ie where there is some delay, but not blockage of the passages of impulses from the pacemaker to the pumping chambers, is a very common phenomenon but complete heart block, where there is a situation where no impulses pass, is unusual.

I think the advice you have been given is quite correct. With complete heart block the heart may experience difficulty in increasing its rate in response to exercise. The relatively gradual and modest increase in heart work involved in distance running should cause few problems, particularly as your heart is clearly operating in a very efficient fashion. However, as you have been previously told, I would not recommend sprinting. This is a situation where, from even in the warmed-up state, a very rapid increase in heart work is called for, and there is the theoretical possibility that your heart may not be able to increase its rate sufficiently to do the job, which may mean you have difficulty in completing the sprint event!

One would add the proviso that for any session, be it racing or training, you warm up sensibly in order to gradually push up the heart rate. Warming up would, to my mind, be even more important for you than for other athletes.

At any time if you experience faintness and dizziness, even when you are not competing, you should seek medical attention. On an anecdotal level, a fellow runner with a pacemaker came flying past me in the closing stages of a local cross-country league race last week!

Harry Haden of Dudley enquired about the prospects for runners who have joint replacements.

Joint replacement has in the last twenty

ULTRA, NOT ULTERIOR RUNNING

Many thanks to Jack Fitzgerald on the "Ultra distance triumphs" in No. 28. However, if Jack were to give a report on any other distance race listed in our newspaper, readers would think it odd if the race results were not given! This is what he failed to do in his report on the "Sri Chimmoo" 24-hour race. It was my first attempt at a 24-hour race and therefore my primary aim was to complete it. After Hilary Walker's superb 50 miles British record run in this said race, she then dropped out. I was fortunate enough to go through the 50 miles and 100 K marks in M60 World Record times (I know there are a number of our budding 60-year-old readers who could better my times) and I finished the race with a distance of 135 miles 1,187 yards in third place.

The winner was Alan Young, M40, (Brechin RR) 138 miles 176 yards, second was John Softley, M44, (Bellahonston H) 137 miles 1,025 yards and the seemingly tireless Sandra Brown, W44, (Surrey Walkers' Club) was 4th with 133 miles 1,110 yards.

Such domination by veteran runners is not unusual in Ultra distance running viz 36 miles Two Bridges Race, 28 August 1993. First 3 were M40. 33 miles Nottingham to Grantham, 29 August 1993. Three out of first 5 were M45. Perhaps there were few runners who had the time — or the inclination — to run both of these races, on consecutive days, and so I was fortunate enough to win the trophy for the overall best combined time.

I give these brief results so that fellow veteran runners are aware of these "new pastures". Publicity and "hype" may be sadly missing but if you want further information about camaraderie and races that are athletic, arduous and aesthetic, I will gladly furnish it.

To substantiate my claims about "Ultra fellowship, I could compare it with my experience when I was reserve in the M60 England Cross Country team for the Home Countries Championships at Cardiff. The hectic day of travelling and spending — not even the taxi drivers at Cardiff station knew of the whereabouts of the venue — culminated in having to pay £3.00 for the additional "open" race, which, to deny any comparisons, was not of the same distance as the international race. Having to leave in great haste to catch the last train, I still await the race results!

Thanking you in anticipation of the same.

Geoff Oliver

years revolutionised the management of osteoarthritis. Hip replacement is usually a straightforward procedure with a very high success rate, and although the results of knee replacements are improving there is a higher rate of complications.

The first thing to realise is that these replacement joints do not last for ever. Twenty to twenty five years seems to be a good lifespan for a joint and many do not last as long as this. One major problem is loosening of the artificial joint, where it is inserted into, or cemented into, surrounding bone.

When contemplating joint replacement the recipient should look at the new joint as enabling him to partake in normal day-to-day activity and really no more than that. This means that athletic activity involving heavy load-bearing, such as jumping or running, are ill-advised, whereas recreational walking or swimming are fine.

Some surgeons would recommend crawl, rather than breast stroke after a hip replacement. It is not a question of giving up physical activity but tailoring your physical activity to one which will not put excessive load-bearing weight on the joint. I have a friend who eventually had to give up rock climbing, because of severe arthritis affecting the big toe joint. He had artificial joints put in and it was felt rock-climbing was no longer an optimum activity. He now wins prizes for his sailboarding.

Conversely a gymnast I knew some twenty years ago talked us into replacing one of his hip joints, because he could no longer indulge in gymnastic activity without severe pain.

Despite advice he continued to attempt gymnastic activity at something approaching the previous level, with disastrous consequences.

RECORDS (?)

I refer to a letter from Ken Brookman in Veteran Athletics 27 concerning the M60 Javelin record. This was a bit of a mystery because of some controversy over new type/old type of implement. However, at the BVA Pentathlon I managed to improve on Ken's figures slightly with 42.72. Ken is aware of this.

However, errant chappie that I am, I omitted to chase around the relevant hard-working officials to have an "official" claim form signed up as per Mr Burton's dictum. I had good reason for this as, at the BVA Championships at Jarrow, the "record" was still clouded in mystery. This resulted in a ridiculous situation whereby every time it was thought the old record may have gone, the javelin was seized and taken away for weighing and measuring. No discourtesy to the officials, but the competitors became frustrated at the decreasing pool of implements!

I beg the question — why in the name of common sense does not a "Championship" result stand on its own merit? Does this nonsense of competitors having to have claim forms signed up prevail in the

real world? I am the first to admit that in the event of a good result at a non-championship event then some verification is needed, otherwise we would have a veritable plethora of claims from the downhill, under-weighted, saggy-barred meetings held by the squires and matrons of Nether Wallop and Mickle Trafford — we do? Oh jolly good!

I assume that I must also have offended at the BVA Indoor Track & Field, as Mr Burton's list of "approved" records excludes my M60 1,500 metres time.

I note from Dave Burton's comments that neither he nor his committee have any intention of trawling results. Do I assume therefore that if Dave Moorcroft breaks the 1,500 metres or mile record, such a performance will not be recognised despite possibly being at an International or BAF Championship?

I am not seeking to denigrate the work done by the voluntary "NUTS", but I preferred the broad-based logic and commonsense of Wilf and Jack who worked without the need to dictate commonsense. Maurice Morrell

THROWERS' CLUBS

It is my intention to form a club for Veteran Throwers to popularise throwing generally and specifically to stimulate the practice of specialised throwing events as seen in Central Europe. These are especially popular in Germany and the Baltic States and, to some extent, in Austria and Hungary.

Initially I feel there should be a British Throwers Decathlon Championships to complement the five-event championship held, but there is no reason why there should not be the equivalent of Rasenkampf (literally, grass strength competition) where there are not only age classes but weight categories as well.

I am quite happy to act as correspondent, possibly to produce short news-

letters and, with assistance, provide technical and other information.

Certain throwers have already approached me in this connection and I am happy to make a start.

If you would be kind enough to give this letter some publicity in your pages then I would hope that other likeminded people might contact me either at work, c/o Walker Charlesworth & Foster, 26 Park Square, Leeds LS1 2 PL, or at my home at 14 High Ash Avenue, Alwoodley, Leeds LS17 8RG, whereupon we shall be able to get matters moving.

Whilst I do not expect a stamped, I am quite sure that someone out there must be interested.

Hugh Richardson



International Race, Cardiff. Ray Smedley moves through the field



Men in Form in BVA 10K:

left, Pat Dobbs, M55 winner; right, Tim Hughes, 6th M40

It's A Doodle

If you fancy a 40-mile trail race then the Doncaster Doodle on February 27th may be the event for you. Navigating by Wainwright-type maps, inexperienced runners will start at 7.30 am and faster runners at 8.15 am. A meal and free tee-shirt will be provided after the race. Contact Eddie Taylor on 0302-530396

Inter Area Challenge

The Midland Veterans Athletic Club have invited all other area clubs and associations to take part in a 10K Road Race Challenge match at Rugby on Sunday 19th June, 1994. There will be team categories for M40, M50, M60 and W35. The race also incorporates the Midlands 10K championships. Contact is Edgar Nichols, MVAC Secretary.

From the Chairman



Since the World Track & Field Championships in Japan, life has been a little less hectic. The only major event I have attended was the Home Countries Cross Country International, held in November at Cardiff, which was certainly well worthwhile. The course was in the magnificent setting of a country estate just outside Cardiff, courtesy of Sir Cennydd Treherne, and, being in open countryside and featuring its own version of Heartbreak Hill, was more in keeping with the traditional sort of course we used to face when I first took part in the late 1940s. I was particularly pleased, however, to meet up with the teams from Republic of Ireland who competed as guests. As they had also run as guests at the 1992 International in Belfast, and are very keen to take part in what has previously been a domestic event, it now seems right, and in the spirit of veteran athletics, that for 1994 they should be invited to take part in full.



W. Sichel

EVAA President Honoured

On 23 October 1993, Hans Axmann, President of EVAA, was made the first Honorary Doctor of Education of the Lithuanian University of Physical Education in Kaunas. The honour was conferred during the commemoration of the University's sixtieth anniversary, in the presence of university chancellors and state dignitaries. It was in recognition of his work with the reform of the sports organisation in Eastern Europe and especially his contribution to the reform in high schools and colleges in Lithuania.

Hans, who is a former Vice President of WAVA, and is here seen in the regalia of a Doctor of the University, was also appointed its permanent representative in Germany.



Hans Axmann

Yet again veteran athletics will be pioneering and breaking new ground, not quite like the introduction of the women's Hammer and Pole Vault events, but this time with the format of a British Isles event.

I feel that other heartening news is the position of the Veterans Road Relay Championships, which will be organised in May by Aldershot, Farnham & District AC. Following fairly lengthy discussions, this will now be a joint BAF and BVAF event. It is my fervent hope that this will be the start of a much more cooperative relationship between us, as this can only be to the benefit of all veterans. Certainly veterans are figuring ever more prominently in the majority of distance races, both road and cross country, and it is becoming commonplace to see that more than half the field will be veterans. As yet, however, BAF do not appear to have any set policy nor guide lines for veteran matters. For instance, at the moment only a few road race promoters have a prize list which reflects the number of veteran competitors, and although we introduced

our BVAF Grading Scheme some years ago, perhaps we have been remiss in not continuing to push this. I see this now as a matter where BAF and BVAF should be getting together.

Whilst talking about road races, it has also been pointed out to me that, although there are so many veterans regularly taking part, a significant number of them are not members of any BVAF club. Perhaps they do not know of our existence or do not see any benefits, even though our annual membership fees are modest. Can I therefore ask everyone to do some recruiting. It is in all our interests that we should have the strongest voice possible, based on an ever-growing membership.

The Indoor Track & Field in Glasgow and our National Cross Country Championships at Tunbridge Wells are now both open to non-members. These will give some idea of how many veterans are interested in national competition but who, for whatever reasons, have not joined a BVAF club. These events will also give excellent opportunities to recruit the unconverted, but don't just leave this to officials and officers of the clubs—you too can help! Keith Whitaker

Long Distance Traveller

If medals were awarded to the competitors who travelled the greatest distance to compete in BVAF championships, then William Sichel of Sanday, Orkney, would probably be the main contender for that title at present. Sichel turned 40 on October 1st last and immediately packed his bags and travelled to Stone, Stafford to take part in the Flying Fox Marathon. He finished third in the M40 group in a new Orkney Record of 2:39:13. After one season of competitive running in 1981, Sichel moved to Orkney in 1982 to start up his own craft business producing thermal clothing from angora rabbit wool. He started competitive running again in 1992 and ran in the Great Scottish Run and the Black Isle Marathon.

In 1993 he competed in three marathons, in London, Luton and the Flying Fox, and set a new Orkney Record each time. Fortunately sponsorship has been obtained from Price and Long, an Orkney firm of chartered accountants which helps to pay his heavy travelling expenses. Sichel is looking forward to the London Marathon and hopefully more BVAF championships in 1994.

BVAF Cross Country Championships

A big entry is forecast for the 1994 BVAF Cross Country Championships at Tunbridge Wells on Sunday March 27th. Entries are already arriving with every post with, at the time of writing, ten weeks to go. Facilities are excellent with changing accommodation at both school and leisure centre.

The course is described as fairly flat with some small sharp inclines. It is a mixture of playing fields and rough common land with a wet area adjacent to a stream. It is expected to be a fast, testing course over three laps for men and two laps for women. It is ideal for spectators as most of the course can be seen from a central vantage point. Entries close on March 12th. (See ad page 12)

AGE GRADED RESULTS

Veterans swept the board in the Tadworth 10 miles race on 2nd January. Both men's and women's individual races were won by vets with Bob Treadwell, M40, two minutes ahead of the second runner to finish and Caroline Horne, W35, beating Paula Fudge by almost the same margin.

The first ten prizes in the age-graded results were taken by vets with Treadwell coming out on top with 90.9%, Martyn Rouse, M45, was second (88.7%) and Paula Fudge, W40, third (88.64%). Tenth place was taken with a 84.3% score.

1993 Track & Field Ranking Lists

Owing to higher than envisaged printing costs, the price of the booklet is available at £2.00 + SAE and not £1.50 as listed previously in this newspaper. The lists are available from David Burton, 71 Nethergreen Road, Sheffield S11 7EH.

10 Miles Returns to Oswestry

Many road runners will welcome the news that the BVAF 10 miles championships will return to Oswestry in 1994 and will be run on July 31st. After eight years in a row at Oswestry, it was moved to South Wales for 1993.

Doug Morris will again be organising the event. Entry form and full details in our next issue.

Anne Smith — An Athlete Before Her Time

Anne Rosemary Smith, the last British woman to hold an outdoor track world record until Sally Gunnell at Stuttgart in 1993, suffered a cerebral haemorrhage on November 9 and sadly passed away.

Born at Amersham in 1941, Anne moved to Streatham in 1954 and joined Mitcham AC, joining Ted Cunningham's string of sprinters and hurdlers. It was soon obvious that both she and her training companion Pat Brown were destined for longer distances and, as soon as they were old enough to run cross country, I teamed them with Dorothy Bates, a more mature distance runner.

Their first race was at Tooting Bec, won by another girl beginning to make her mark, Joyce Byatt, who later, as Joyce Smith, became Britain's first sub-2:30 Marathon runner. Anne and Pat were close behind and with Dorothy 5th, we had the makings of a good cross country and road section after being considered merely a T & F Club. Later with Allison Leggett joining them, the terrible twins, as they were known, broke the British 3 X 880 yards Track record and, with the addition of Carole Mitchell, they won the English National Cross Country title at Richmond in 1963.

By this time Anne and Pat had finished 2nd and 3rd behind Joy Jordan in the 1960 WAAA 880 Championships and Anne went on to win this title for the next four years. In 1963 she sparked in her first Internationals against Hungary, West Germany and USSR, clocking 2:10.1, 2:10.2 and 2:07.0. After winning the WAAA 880 in 1964, equalling the championship record of 2:08.0, she set a personal best 800m of 2:05.3 at Warsaw and won selection for the Olympics. There she broke the British 800m Record in the semifinals with 2:04.8, only to see Ann Packer break the World Record with 2:01.1 in the final, in which she finished 7th. Her next International success was at Kingston, Jamaica in 1966 when she won a Commonwealth Bronze medal in the 880 in 2:05.0.

Her first World Record came in May 1967. In the Surrey Championships she won the mile in 4:39.1 after another epic race with her stablemate Pat Brown. At Chiswick on June 3, she improved upon this with 4:37.0 and, as this time the officials were expecting it, her 1500m was timed at 4:17.3, also a World Record. This made her a trail blazer as this was the first recorded Women's World Record at both distances. Although Gommers of Holland soon reduced her 1500m record to 4:15.6, her mile record stood for 2 years until the same athlete was able to knock 0.2 off it. However, I think her real potential lay in longer distances. The 3000m record was not officially recognised until 1974 when Bragina

Track & Field Notes

After a number of complaints that athletes are being asked to run both the 5,000 and 10,000 metres track races within 24 hours, it has been decided to remove the 10,000m from this year's National Track & Field Championships at Bedford and hold the 10,000m race at Solihull on 14th August.

The Indoor Pentathlon will be at Bedford on 26th March (see ad on p.9). The 800m (women) and 1,000m (men) will have to be run outdoors. Therefore any records set cannot be official but at least we are able to ensure that the pentathlon is held this year. Discussions are being held regarding the National Indoor Arena of 1995. The outdoor Pentathlon is at Solihull on 14th August together with the BVAF 10K-track and 5K and 10K track walks championships.

Owing to the ineligibility of J. Browne who competed in the National Track & Field Championships at Jarrow, the results of the M40 100m and 200m have to be changed. They now read 100m, 1. A. Ross, 11.72; 2. S. Peters 11.80; 3. W. Franklyn 12.12; 4. D. Plant 12.18; 5. P. Mould 12.48; 6. T. Hopkins 12.62. The 200m result remains as printed except that J. Browne is omitted from 8th place.

The Indoor Championships are at Glasgow on 20th March and we would like a good response. Yours truly is waiting for a cartilage operation so I shall be watching, not running. Finally, I have some merit badges. Will those who ordered them please telephone me.

Winston Thomas

1993 Raffle

Many thanks to all who participated in the raffle. Also thanks to those who do not take part in raffles but still sent a donation. We apologise for sending tickets to those who do not want them but it is expensive to be selective on mailing lists.

Results of the 1993 raffle are as follows:

TV: B. Mason, W. Yorks
Video: E. McMillan, Glasgow
Week End Break: Leo Singer, Solihull

Mystery Prize (accommodation in Athens for European T & F Championships): John Charlton, Sheffield
Other Prizes: Caroline Stock, Nottingham; R. Bryan, Huntingdon; L. Sawyins, Sussex; Derek Taylor, Newport; Jimmy James, Sutton Coldfield; J. Reid, E. Kilbride; D. Hay, Glasgow; O'Netham, Lincoln; Carol Russell, Eastbourne; J. Powes, Bradford-on-Avon; Dave Peggs, Warwick; P. D. Facer, Mitcham; Laura Stonehill, Hemel Hempstead; Whittle, Holmfirth

Consolation Prizes (books): John Farrell, Glasgow; C. Sharp, Stroud; John Bray, Kings Lynn; P. Newell, Battersea; B. Morrell, Wirral

Winston Thomas

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:

October 93 £125 to Joan Burns (West Wickham); £10 to T. Clowry, D. McMullen, R. Bruck, Julie Abell and A. Parsons

November 93 £125 to Arnold Shephard (Bromley); £10 to Mary Wixey, J. Mason, Barbara Dunsford, Joselyn Ross and P. Helliwell.

December 93 £125 to Yvonne Priestman (Birmingham); £10 to Eileen Wixey, T. Clowry, A. Fox, G. Daniel and A. Martin

NEWSPAPER SUPPORT FUND

To encourage donations, I am giving a brief illustration of our costs and income per issue: Printing, enveloping and register update £1,300 Typesetting £750 Postage £1,350 Editorial expenses, photography and admin £300 Total £3,700

Quarterly income BVAF capitation (estimated) £2,400 Advertising revenue £1,000 Total £3,400

That means we already have a shortfall even if everything goes well and before we make any repayment of the loan which saw us through the first few years before BVAF made any contribution. We therefore do need income from the 300+ Club and the Annual Draw, and from donations. Take your choice, but if you are not a gambler 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

Those who have recently donated are:
Dorothy McLennan Allan Sowden
Dave Blyth E. Campbell
Anonymous Bob Hancock
J. R. Mason K. Prior
Tom Penfold Frank Taylor
Joan Marklin Trevor Driver

Donations received after press date will be acknowledged in the next issue.



Anne Smith

pastoral care of all those under the age of 14, which earned her the title of School Mistress and a reputation for wisdom and judgement. She was obviously destined to eventually take up a major role of Headmistress. She was wholehearted in her commitment and enthusiasm and had been teaching all day when she suffered the cerebral haemorrhage from which she never recovered. Because of her demanding job, her veteran performances were on hold, but she joined Bromley Vets and competed for them when she could on the track and country and was proud to be a member of their successful over 50 team in the BVAF 5K Championships in 1992.

Jack FitzGerald

1ST BVAF NATIONAL OPEN TRACK & FIELD CHAMPIONSHIPS

Bedford Athletic Stadium, Barkers Lane, Bedford MK41 9SA

July 16/17th, 1994

Under BAF, WAVA & BVAF Rules
Organised by Eastern Veterans Athletic Club
in conjunction with Bedford & County Athletic Club



PROGRAMME OF EVENTS (not in order)

Commencing at 10.30am each day

SATURDAY 16 JULY

SUNDAY 17 JULY

TRACK

200m Hurdles (M40+, W35+)

400m Hurdles (M40+, W35+)

800m Hurdles (M40+, W35+)

1500m Hurdles (M40+, W35+)

3000m Hurdles (M40+, W35+)

5000m Hurdles (M40+, W35+)

800m Hurdles (M40+, W35+)

1500m Hurdles (M40+, W35+)

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1500m Hurdles (M40+, W35+)

WORLD AND BRITISH INDOOR TRACK AND FIELD RECORDS

BRITISH			WORLD			WORLD		
100m	9.58	100m	9.58	100m	9.58	100m	9.58	100m
200m	19.74	200m	19.74	200m	19.74	200m	19.74	200m
400m	46.83	400m	46.83	400m	46.83	400m	46.83	400m
800m	1:45.15	800m	1:45.15	800m	1:45.15	800m	1:45.15	800m
1500m	3:50.46	1500m	3:50.46	1500m	3:50.46	1500m	3:50.46	1500m
3000m	8:05.92	3000m	8:05.92	3000m	8:05.92	3000m	8:05.92	3000m
5000m	16:17.73	5000m	16:17.73	5000m	16:17.73	5000m	16:17.73	5000m
10000m	33:48.00	10000m	33:48.00	10000m	33:48.00	10000m	33:48.00	10000m
20000m	68:00.00	20000m	68:00.00	20000m	68:00.00	20000m	68:00.00	20000m
30000m	100:00.00	30000m	100:00.00	30000m	100:00.00	30000m	100:00.00	30000m
40000m	130:00.00	40000m	130:00.00	40000m	130:00.00	40000m	130:00.00	40000m
50000m	160:00.00	50000m	160:00.00	50000m	160:00.00	50000m	160:00.00	50000m
60000m	190:00.00	60000m	190:00.00	60000m	190:00.00	60000m	190:00.00	60000m
70000m	220:00.00	70000m	220:00.00	70000m	220:00.00	70000m	220:00.00	70000m
80000m	250:00.00	80000m	250:00.00	80000m	250:00.00	80000m	250:00.00	80000m
90000m	280:00.00	90000m	280:00.00	90000m	280:00.00	90000m	280:00.00	90000m
100000m	310:00.00	100000m	310:00.00	100000m	310:00.00	100000m	310:00.00	100000m
110000m	340:00.00	110000m	340:00.00	110000m	340:00.00	110000m	340:00.00	110000m
120000m	370:00.00	120000m	370:00.00	120000m	370:00.00	120000m	370:00.00	120000m
130000m	400:00.00	130000m	400:00.00	130000m	400:00.00	130000m	400:00.00	130000m
140000m	430:00.00	140000m	430:00.00	140000m	430:00.00	140000m	430:00.00	140000m
150000m	460:00.00	150000m	460:00.00	150000m	460:00.00	150000m	460:00.00	150000m
160000m	490:00.00	160000m	490:00.00	160000m	490:00.00	160000m	490:00.00	160000m
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Let Boldness Be Our Friend

I know that Shakespeare will forgive me for the slight paraphrase, but this is a story about four intrepid Britons who travelled to Germany to participate in the 8th European Throws Decathlon Championships, held annually at Muhlheim near Frankfurt.

Four years ago I wrote about the variety of instruments thrown and the techniques required, so it was time for John Caton-Mason and I to return to see what we had learnt over the years and for Barbara and Wendy Dunsford to experience something which they would be unlikely to forget.

Unlike 1992, when the temperature reached the 80s, this time we were faced with overcast skies, a strong cold wind and the threat of rain. The conditions did not help John, who had a suspect knee, and indeed contributed to the downfall of other competitors.

For John and I the first event was the Kugelschok (a shot thrown as a discus). My first throw was valid though not straight and unfortunately collided with a fellow competitor's kitbag. No problem you might think, nor would there have been had this gentleman not stored his large liquid lunch in a glass bottle. Although I speak reasonable German, I had the greatest difficulty in keeping up with unrestrained comment on his misfortune.

Whilst I was cementing Anglo-German relations, Barbara was being introduced to the Stein. No, not what you might imagine; this event is akin to shot-putting on the run and Wendy was throwing the short or heavy hammer.

Owing to the very wet weather of the preceding week, throwing the club (Die Keule) had been moved to the centre of the arena and I was intrigued to see that javelin, discus and club were being thrown simultaneously and in line abreast.

I am usually phlegmatic about this sort of thing, but it crossed my mind that this practice might really be a little dan-

gerous! It would certainly have reduced the field event judges in this country to gibbering wrecks.

Ultimately John and I moved on to the heavy hammer and, with my first warm-up throw, I managed almost to dismantle the cage, so you can imagine my consternation when it came to the third round and the organisers asked that the competition might be delayed so the local television station might assemble its wares to film the writer's third attempt. Fortunately, I managed to keep the implement clear of the net and, more importantly, away from the TV crew! I was then told to watch Channel 3 at 7.10 pm that evening as I was going to be a "grosser TV Star"!

So far as I was concerned, I realised that the hammer or 9th event had come too late to enable me to be really effective, but equally I knew that unless I did well and built up a substantial points advantage then I was in trouble. Fortunately, the fates smiled upon me and I did better than expected.

The Germans who had also interviewed Barbara on television, stressed how pleased they were to see us and were concerned that we should have had a time to remember (you may interpret that how you will). They were most insistent that we should return next year with, hopefully, more competitors.

So, just as the young are invited to compete in the Olympic Games, I invite the young at heart to return with us to Muhlheim on the last Sunday in September 1994 to participate in Europe's most prestigious throwing event and to be made welcome by people who actually like us!

Hugh Richardson

Results:

Barbara Dunsford 2740 points, 2nd place, W55; Wendy Dunsford 4948 points, 2nd place, W30; John Caton-Mason 4094 points, 4th place, M55; Hugh Richardson 5947 points, 1st place, M55.

OVERSEAS NEWS

(extracted from National Masters News)

■ Kenyan Wilson Walgwa, 44, won the Cherry St Mile in Tulsa, Oklahoma, in a time of 4:03.08 with Australian John Birmingham, 45, runner-up in 4:07.99. The women's race was won by Ruth Nalepa, W50, in a time of 5:14.13. UK athlete, Nick Rose, 41, now based in America, was 6th overall and first vet in the Bowling Green Classic 10K in Kentucky on October 16th. His time was 29:43.

■ Best vets performances in the New York Marathon on November 14th were M40 P. Levisse 2:20.17; M50 A. Albiero 2:36.09; M60 B. Reinhold 3:03.35; M70 F. Werner 3:59.26; W40 E. Gibson 2:50.17; W50 S. R. Baymiller 2:53.53; W60 U. Schmitz 3:35.02; W70 V. Nicklaus 4:16.12. Prolific marathon runner Doug Kurtis, 41, was third overall and first vet in the Detroit Marathon on October 17th. Kurtis, running his third marathon in two weeks, ran 2:22.46 in poor weather conditions.

Sally Dodwell

Sally Dodwell was one of the discoveries of the Home Countries CC at Cardiff. An all round sports enthusiast, Sally had played hockey to regional level and had gained her first veteran honour when W45 bronze in the Vets National at Burnley, '93. At home in Worcestershire she trains regularly with her local club Vale of Evesham, but when selected for the English team sought the advice of Bud Baldaro, the Birmingham based coach.

At Cardiff she tackled the tough course and 'Heartbreak Hill' with such effect that she gained a minute on previous rivals at Burnley and at the line was unaware she had won her class. Jeremy Hemming

BVAF 10km Road-Walking Championships 21 November, Cardiff

The inaugural BVAF 10km road championships were held on the 1239 metre industrial estate lap used by the Welsh for their annual 30km promotion. The difficulty of staging a new event is finding a suitable date in a crowded calendar. It was therefore a great pity that what originally looked an ideal slot between the Enfield and Belgrave 7s turned out to be one of the busiest weekends of the year with 6 events plus a coaching course.

A programme entry of 31 whittled down to 21 on the day with the absence of the Birchfield squad. All credit to those keen 21 who made the long journey to Cardiff to brave the unseasonably raw weather (max 2°C). It was certainly a shock to the system for those who only a month earlier had been broiling in the Miyazaki sun.

The weather was not the only shock of the day, for who would have gambled on an athlete from Les Croupiers turning the tables on an experienced field of regular walkers? Certainly the fast starting Stuart Maidment must have thought he would quickly burn off this "novice" but Paul Heicher has a pedigree known to only those with a long or statistical memory. He was a very highly rated race-walker some 20-25 years ago who only came back to

the sport when he raced the inaugural Welsh 30km in 1991. With only one other race-walk in between he was certainly short of practice but not technique or fitness.

It was a pity that both Bob Care and Alan Smallwood failed to appear for what would have been a very close three way encounter. Stuart Maidment had to give ground just before half way and in tiring towards the end inspired a chasing Brian Gore to a new PB.

George Chaplin defied his years and on this form must rank in the world's top 3 for M60. Good to see Colin Young making a rare winter outing but declaring afterwards he would now put on the wraps until late spring. A true novice, but one to watch, is Graham Elliott from Telford. This was only his second ever walk having recently decided to "have a go" after many years as a runner. No one would have believed that the sprightly Len Croo was 70 plus, as he held off the strong finishing challenge of Cardiff born Terry Simons.

The women's race was low on entries but it was encouraging to see 2 newer names and clubs, Mary Wallen (Chiltern) and Sheila Bull (Huncote) mixing with the regulars.

Bob Dobson

Results p11

The 2nd WAVA Road Racing Championships

The Canadian Masters Athletic Association will host the 1994 WAVA Road Racing Championships at Scarborough, Ontario on July 30th and 31st. Scarborough is a suburb of Toronto. The format will be similar to Birmingham in 1992, ie 10K and 25K road runs and a 20K walk. Competition will be in the usual 5-year age groups.

The 10K race will be run over a high-profile, two-lap course and the course for the 25K is described as one semi-rural lap through the challenging Rouge River Basin. The walk is on a 2K very flat circuit within the campus of Scarborough College. Besides individual age groups, there is a National team class in each age group for both men and women, with

the first three of each country to score on a total time basis. There will be over 500 awards plus a commemorative award and certificate to each finisher. Accommodation is available at Scarborough College at 39 Canadian dollars/night. For full details and direct entries contact Canadian Masters AA, 1220 Sheppard Avenue East, Willowdale, Ontario, Canada, M2K 2X1. After the road races, athletes can go on to the North and Central American and Caribbean WAVA Regional T & F in Edmonton, Alberta, 4-7 August, and the American Masters National T & F Eugene, Oregon, 11-14 August. Contact Barbara Dunsford for organised travel including entries to any of the above events (see advert Page 2).

VAC Open Ladies Vet CC

National champions Marian Eldridge and Maggie Statham staged a magnificent head to head on the intermediate distance of two and a half miles, or one lap on Wimbledon Common, in the race's 9th running on 31st October.

Maggie threw down a sustained challenge from the fast ground over the flat links and all through the descent and the flat far side by the brook. Only on the gravelly hill did the winner gain ascendancy as Marian ran in a new record time of 14:37. Just a week later she used the hill to advantage again in the Cardiff International after a steady start.

Maggie Statham was herself under the old record and set a new W40 best.

New Anne Lippitt was a good third, followed by Pauline Rich. She chipped the W45 record and led a well packed Serpentine team, with Ros Young and Barbara Sheldon, to victory, for the first time team vouchers. Fleet and Crookham and then Bromley Veterans gained the minor places.

Prominent behind the leaders Nuala Atkey, from Portsmouth, Carol Hayes of Kingston & Poly, and Jacinta Moore (Belgrave) surged to final sprints on the run in path.

Jeremy Hemming

Start of Vets AC Open Race



Sally Dodwell receives her award at Cardiff

2nd WAVA Road Race Championships 1994

Please enter me in the following event(s):

10 km Road Race _____ 25 km Road Race _____ 20 km Race Walk _____

(Please print)

SURNAME _____ FIRST NAME _____ SEX _____

DATE OF BIRTH _____ AGE on July 30th 1994 _____

COUNTRY (by citizenship or permanent residence) _____

ADDRESS _____

Telephone _____ Fax _____

I enclose:

	US\$	Canadian entrants only \$Canadian
WAVA Fee	10.00	13.00
Entry to first event	25.00	32.00
Canadian federal tax	1.75	2.25
Entry to second event	12.00	15.00
Canadian federal tax	.84	1.00
Presentation banquet US\$24 x number		30.00 x 1
TOTAL		

Please make cheque (drawn on a Canadian bank) or order payable to:
"2nd WAVA Road Race Championships 1994"

WAIVER (COMPETITOR'S RELEASE):

I, the entrant, hereby declare that I am in good health, have properly trained for this competition and am sufficiently skilled in the event(s) entered to be able to comply with all the rules of competition and I present no hazard to myself or other competitors. I accept and understand that the championships are conducted under the provisions of the WAVA Constitution and Bylaws.

I, for myself, my heirs, executors, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Organising Committee, WAVA, the CMAA, the Corporation of the City of Scarborough and its employees, Metropolitan Toronto, the Ontario Track and Field Association, the IAAF, the Metropolitan Toronto Police Force, the Durham Region Police Force, and anyone appointed by any of the foregoing, from all claims, demands, damages, costs, expenses, whether in law or equity in respect of death, injury, loss or damage to my person or property, HOWSOEVER CAUSED, arising or to arise by reason of my participation in the 2nd WAVA Road Race Championships 1994, whether as a spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event and notwithstanding that same may have contributed to or occasioned by negligence. BY SUBMITTING THIS ENTRY, I acknowledge having read, understood and agreed to the above WAIVER, RELEASE AND INDEMNITY.

(In case of doubt in translation, the English version will apply.)

DATE _____ SIGNATURE _____

Please reserve _____ rooms in Scarborough College. My arrival date will be _____

I will leave on _____ (Minimum stay is two nights)

I enclose a deposit of \$ _____ (20% of accommodation costs).

I understand that this is refundable until April 15th. I will send the balance to arrive on or before 1st May, after which date my booking may be lost.



BRITISH VETERAN INDOOR ATHLETIC CHAMPIONSHIP

(under BAF Rules)

SUNDAY 20 MARCH 1994

FIRST EVENTS 60M Hurdles, High Jump, Long Jump 10.00am

KELVIN HALL INDOOR ARENA GLASGOW

Assisted by the Glasgow Sports Promotion Council

"Kelvin Hall Athletics Event". Tel No. 041-334 4891. Five minutes' walk from the Kelvin Hall. Sharing twin room per person £20. Single room supplement £10.

EVENTS

60 Metres; 200 Metres; 400 Metres; 800 Metres; 1500 Metres; 3000 Metres; 3000 Metres W; 60 Metres Hurdles; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put; 3+3 Throws dependent on entry; Relay 4 x 200Metres

Entry Fee

BVAF members: first event £4.00, each subsequent event £3.00 extra
Non-affiliated: first event £6.00, each subsequent event £3.00 extra
Payable to Scottish Veteran Harriers Club and not to any individual

**ENTRIES CLOSE
MONDAY 28th
FEBRUARY 1994**

Please enclose a SAE for acknowledgement of entry and events timetable, 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 20 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 (BVAF members) £6.00 Non-affiliated; extra events £3.00 each 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, 49 Waterside Road, Kirkintilloch, Glasgow G66 3QW
* Non-affiliated athletes must supply A or B

9TH BVAF National Indoor Pentathlon

Bedford Athletic Stadium
Barkers Lane, Bedford

Saturday 26th March 1994

Organised by Bedford and County AC

Events 60mH, LJ, SP, HJ, 1000m/800m

Age Groups W35+ M40+ Five-year Age Groups

First Event 10.00 am

Entry Fee £9.00 Non BVAF members £7.00 BVAF affiliated members

Entries to W. Thomas, 67A Water Side, Kings Langley, Herts WD4 8HE
9 x 4 SAE

Tear Off -----

Name -----

Address -----

Tel. No. -----

Age ----- Date of Birth -----

Non-affiliated please send copy of driving licence or birth certificate

Veteran Club ----- Veteran No. -----

First Claim Club -----

☐ Tick here if accommodation and travel details required.

Cheque/P.O £ _____ payable to BVAF

Closing date for entries 12th March 1994

British Veterans Athletic Federation Open National 5K Road Championships

promoted by Veterans Athletic Club by kind
permission of the Management British Aerospace

Dunsfold Airfield, Surrey

traffic free, one lap measured course

Sunday 24 April '94

under BAF Laws - permit applied for

First Race 1pm

Championship awards

Men and Women: 1st, 2nd and 3rd in 5 year age groups

Team Awards (BAF clubs, 1st claim members only)

Men 40-49, Men 50-59	1st, 2nd and 3rd teams	6 may run, 4 to score
Men Over 60	1st, 2nd and 3rd teams	6 may run, 3 to score
Women 35-44, Over 45	1st, 2nd and 3rd teams	6 may run, 3 to score

Open veteran event, not restricted. Entry fee for Registered Veterans £3.50, for Non Registered £5.50. Proof of date of birth is required with non registered entrants.

Teams: one team per event, fee £4 - number of names not limited but all must be entered in full as individuals - declarations on the day - club colours must be worn.

Closing date **Wednesday 6th April 1994** - no late entries. Meeting Director Bob Belmore tel 0428-654749. Enter to Entry Sec Liam O'Hare, 57 Undine St, London SW17 8PP.

Please accept my entry for the Veterans 5K Road Championship

Name _____ Age on day _____ Date of Birth _____

Address _____ Male/Female _____ Birth Proof enclosed tick ☐

Telephone _____

Affiliated Vet Club _____ Vet No _____ BAF 1st Claim Club _____

I enclose two SAEs min 9"x4" for acknowledgement and for race details,
with my individual entry fee _____

£3.50 (£5.50 if not a registered veteran), cheque payable 'Veterans AC'.

Also, I enclose _____ team entries at £4 ea for groups _____

for my club (in full)

I understand the Organisers of this event will not be responsible for any loss or injury to myself and I agree to abide by BAF Laws.

Signed _____ Date _____

note: a detail map will be sent to you



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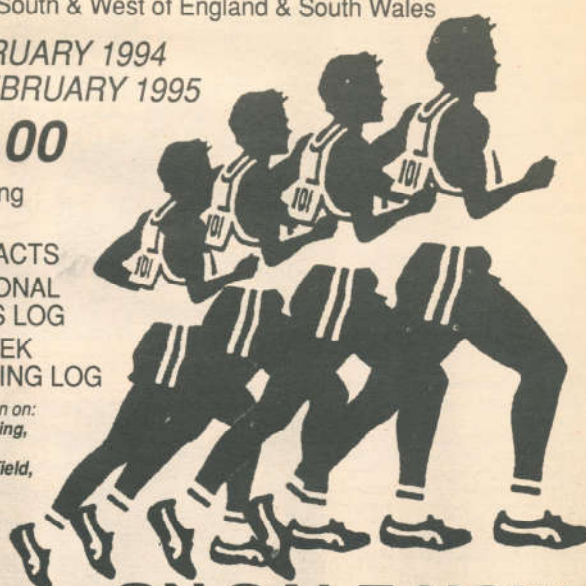
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The Addisons — well known vet Ian Addison (Vale of Aylesbury), with son Charles (2nd in Bucks Senior Cross Country Championships)

FIXTURES

NATIONAL

- 20 March BVAF Indoor T & F Champs, KELVIN HALL, GLASGOW. See ad page 9
 26 March BVAF Indoor Pentathlon BEDFORD. See ad page 9
 27 March BVAF Open National Open Cross Country Champs, TUNBRIDGE WELLS. See ad page 12
 24 April BVAF Open 5K Road Champs, DUNS FOLD AIRFIELD, Surrey. See ad page 9
 21 May National Vets Open Road Relays, ALDERSHOT. See ad Page 12
 16/17 July BVAF Open T & F Champs, BEDFORD. See ad Page 6
 23 July BVAF 20k Race Walk SUTTON PARK in conjunction with Birchfield 20k
 31 July BVAF 10 MILES Road Championships, OSWESTRY (advert and entry form in next issue)
 14 August BVAF 10K Track Championships, SOLIHULL
 14 August BVAF Outdoor Pentathlon, SOLIHULL
 14 August BVAF Track Walks, SOLIHULL

INTERNATIONAL

- 3-13 June European Veterans Track & Field Championships, ATHENS
 26 June Bruges Grand Prix 10K and 25K
 31/31 July WAVA Road Race Champs, SCARBOROUGH, ONTARIO, CANADA. 10K, 25K and 20K Walk. See ads Pages 2 and 8

SCOTTISH

- 27 Feb SAF Cross Country Champs, TROON

- 13 March Vets 8 Stage Road Relays TORRANCE
 20 March BVAF Indoor Champs, Kelvin Hall
 2 April SAF Indoor Vets Champs, KELVIN HALL, GLASGOW
 11 May Alistair McInnes Race, CATBRIDGE, 7.30pm
 28 May Bathgate Hill/Road Race. Bathgate. 2.30pm

NORTH

- 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
 15 May Monthly 10K Road, Wallasey RUFC, Cross Lane, WALLASEY. 12 noon
 29 May NVAC Half Marathon Champs. Incorporated in open race. 12 noon. £4. cd 22/5. Entrists to Martin McGann, 1 County Ave, Ashton-u-Lyne. Venue East Cheshire Hrs HQ, Richmond St, Ashton-u-Lyne. State Name/address/DOB/NVAC No., 1st claim club.
 5 June NVAC T&F Champs, Stanley Park, BLACKPOOL. cd 21/5. Entries to A Fearnley, 12 Hazelwood Road, Smithills, Bolton BL1 6EB. £2 1st event, additional events £1. No late entries or on day
 3 July Monthly 10K Road Oldham & Royton Hrs HQ, Hillside Dr. ROYTON. 12 noon
 10 July NVAC 10K Road Champs Rolls Royce S&S Club, Skipton Road, BARNOLDSWICK, 11am/£2. Entries to D George, 16 Addison Road, Hale, Altrincham, Cheshire, WA15 9BQ. No late entries or on day.

NORTHEAST

- 26 Feb Sherman Cup Cross Country Race (Men) WILLINGTON, Co Durham
 17 March GATESHEAD INDOOR T & F
 27 March Yorkie Half Marathon inc AAA of England Half Marathon Champs. 1.30pm, cd 23/2. £5.50 (£6.50 non affiliated)
 29 May NEVAC 10 mile Road Race Champs 11am.
 19 June NEVAC 10K Challenge match with MVAC 10K Champs. RUGBY. 12 noon

NORTHERN IRELAND

- 5 March Albertville 5 miles Road Race (handicap)

MIDLAND

- 24 April MVAC 3 x 5000m Road Relay Champs, TAMWORTH. 11am. cd 16/4
 Entries to Irene Nicholls
 19 June MVAC 10K Road Race Champs & Inter Area match, COVENTRY, 11.30am. Apply to your Vets Area/Club Sec for team details
 26 June MVAC T & F Champs, SOLIHULL
 11 Sept MVAC 10 mile Champs, NUNEATON. 11am. Entries to I. Nicholls

- 9 Oct MVAC Half Marathon Champs, BURTON, 11am. Entries to I Nicholls
 23 Oct MVAC AGM Handicap, NEWBOLD 11am, Entries to handicap-per
 11 Dec Christmas Cross Country Handicap, EVESHAM, 11.30

EASTERN

- 10 April EVAC 10K Road Championships, STOKE FERRY, Followed by AGM
 EVAC Road Relay Championships. CAMBRIDGE (date to be advised)
 12 June EVAC 5K Road Championships, LUTON
 19 June EVAC Track & Field Championships, GRANTHAM. Guests welcome to all races, enquiries in first instance to Sec. Peter Chaplin, 1 Gunning Way, CAMBRIDGE CB4 3SQ. 0223-359886

SOUTH

- 26 Feb VAC Cross Country, WIMBLEDON Common 3pm
 13 March SCVAC Open Indoor Champs, CRYSTAL PALACE. 1pm. £3 per event. Entries to Barbara Terry, 41 Watling Street, Strood, Kent, MR2 3JH cd 28/2.
 19 March VAC Cross Country, WIMBLEDON Common, 3pm
 26 March Thames Valley Harriers Vets Road Relay, CRANFORD
 25 April SCVAC T & F League, Various venues
 16 May SCVAC T & F League, Various venues
 29 May SCVAC T & F Champs, SWINDON
 11 June CHIGWELL "10", Inc SCVAC 10 Mile Road Champs. 3pm. Entries £3 to E Cash, 33 Broadstrod Coldings Manor, Loughton, Essex IG10 2SB cd 1/6. Additional £1 for SCVAC members entering Club Champs.
 27 June SCVAC T & F League, Various venues
 25 July SCVAC T & F League, Various venues
 4 Sept SCVAC T & F League Finals, Metropolitan Police Track, HENDON.
 18 Dec 4x2.6 miles Road Relay ROCHESTER: Cambridge Harriers Centenary Trophy (Veterans) and KCAA Vets Champs.

SOUTH WEST

- 20 Feb SWVAC CC Champs, Avalon
 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
 19 June SWVAC T & F Champs, EXETER

WALES

- 11 May SWVAC T & F League No 1, 7pm. CARMARTHEN
 7 June SWVAC T & F League No 2, 7pm King George V Track Clydach Vale, TONYPANDY
 19 July SWVAC T & F League No 3, 7pm, Jenner Park, BARRY

COUNTY VETS

Highest placing by a veteran man in the round of county championships in December was Hertfordshire's Terry Osborne [Verle]. In the 12k cross country he finished 3rd, only 18 seconds behind the winner. Outright county titles seem to have been collected only by women this year. At Somerset's event in Bristol, Denise Hoogesteger [Wells], W40, was the first senior woman for the third time. At Banbury, Oxford's S.Ogilvie, W35, won the Oxford county title. The only other vet to win a senior race was in Powys, where L. Slater [Brecon], W40, took the honours, with another five more vets right behind her.

There were many good performances around the country. A. Daglish [Vaux] finished 8th in the Bedford Championships at Luton and in neighbouring Berkshire J. Carwell [Bracknell] was 4th. L. Dewhurst [Mil K] W35, had a good run to come in third at Aston Clinton in the Bucks. event. Over to Wales and two third places for vets with O. Lewis [Swan], M40, in the Glamorgan West and S. Sheppard taking the women's bronze in Glamorgan South. Other bronze medalists were W45 J. Tyler [Croft] at Hereford, J. Barrus [Chelt], W40, at Gloucester, Ann Cartwright [Wrexham] in North Wales and Paula Fudge, recent BVAF 10k champion, who was third placed at Ruislip in the Middlesex race. There were three silver medals won by women vets, M. Woodbridge [Newquay] took the Cornish medal, C. Boyne [Chippenhams] the Wiltshire, and in Norfolk, where C. Duncan was the second woman to finish.

Other vets produced some good performances to be highly placed. In the South, Bob Treadwell, who won the Surrey Championships last year, finished eighth this time after being an early leader. The women's race saw Maggie Statham, W40, in fourth place with Sally Young 6th. Next door, in the Sussex women's race, D. Hepplewhite [Arenia] also finished fourth. Over to Wiltshire again where Swindon's Peter Molloy, M40, came in fifth.

Ken is looking for women

On taking office, Ken Workman, the Hon. Secretary of the Area Representatives for the Road Runners Club, was amazed to find that there were no female representatives. He is now looking for women to fill local area representative vacancies. The job does not demand a lot of time. The aims of the club in promoting road running are well known, and local reps are vital in grasping the grass roots athletics and reporting back to Council on what is happening in their area. They are a key to recruiting new members and acting as liaison between clubs and the AAA Road Running Commission. If any ladies wish to help the RRC in Scotland or in the counties of Cheshire, Cambs., Gloucestershire, Lincs., Notts., Warwick, Cleveland, Cornwall, Humberside, Worcs., North Yorks, East Yorks, or Surrey, contact Ken at 10, Alnwick Avenue, Whitley Bay, Tyne & Wear, NE26 3PT.

Few vets were highlighted in the Midland Counties, an exception being Notts, where two Redhill RR vets made their journey worth while. Here Felicity Garland finished fifth in the senior race and Eddie Tennant won a separate vets 8k event.

Further north at Lancashire's Blackburn venue, Ken Moss [Chorley] took 8th, place and P. Preston [Fylde] was 7th, woman. Other women to do well in this area were J. Holt [Traff], first vet woman in Greater Manchester's event, and similarly M. McKenzie [Liv RC], 5th, in Merseyside's Championships. Eastwards at bracing Bridlington in Humberside, E. Jones [E.Hull] was 7th, and his clubmate J. Crane, was 6th, senior woman. Moving up to the far North West we have 74d 6 again, with Duncan Overton [Kendal], M45, and clubmate D. Priestley, W40, running well in the Cumbrian Championships.

Space does not permit in depth coverage of performances and therefore only vet finishing in the top few positions have been noted. Some published results do not indicate veterans and so we offer our apologies to any good performers who have been overlooked.

Jeremy Hemming



Mike Hagar — MVAC Cross Country Champion for fourth successive year

Around the Regions

SCOTTISH

During my compilation of the Scottish Vets Track and Field rankings I was impressed by the performances of the members of AC Musselburgh, which make me wonder if they are on a special diet. How about this lot!

John Ross M55 - 100 - 12.7, 200 - 25.72, 400 - 57.0, 800 - 2.11.18, 1500 - 4.44.2, 100mH - 18.50, HJ - 1.38, PV - 2.70, LJ - 4.90, TJ - 9.36, SP - 8.76, Dis - 28.18, Jav - 41.16, Pent - 38.58, Dec - 6509. Jack Gelder M45 - 100 - 11.8, 200 - 24.5, 400 - 54.50, 1500 - 5.36.0, 110mH - 17.6, 400mH - 60.94, HJ - 1.45, PV - 2.75, LJ - 5.86, TJ - 11.45, SP - 9.19, Dis - 24.52, Ham - 20.90, Jav - 39.02, Dec - 5725. Ian Steedman M65 - 100 - 14.4, 400 - 65.8, 1500 - 5.46.78, 100mH - 17.27, 300mH - 51.80, HJ - 1.25, PV - 1.90, LJ - 4.30, SP - 7.18, Dis - 21.54, Jav - 25.28, Dec - 6135.
 John Rae M50 - 100 - 12.4, 200 - 24.98, 400 - 55.50, Ernie Plimer M75 - 100 - 15.32, 200 - 32.88.
 Betty Steedman M60 - 100 - 15.9, 200 - 33.78, 800 - 3.26.7, 80mH - 16.9, HJ - 1.00, LJ - 3.96, SP - 5.71, Dis - 14.08, Jav - 12.62, Hept - 4159.
 David Morrison

SOUTHERN

At the Southern Counties Veterans A.C. Annual General Meeting held on November 19, John Robinson was elected as chairman (in addition to his other job as membership secretary) in succession to Barbara Dunsford who was not standing for reelection. A sincere vote of thanks was passed for her efforts on behalf of the Club over the past years. Otherwise the formula was as before, John Dunsford, Jeanne Coker, Ken Crooke and Vilma Thompson all agreeing to continue with their respective positions as Vice-Chairperson, Hon Secretary, Hon Treasurer and Assistant Membership Secretary.

It is not compulsory to break a world record to win the best annual Track, Throws and Jumps Trophies, but you can't set your sights much lower. WAVA Records Chairman Peter Mundie announced (after the Championships) that they will only recognise automatic times for World records in distances of 400 Metres or less beginning July 1st 1994. Had this rule been in force prior to the Games, Una Gore's 100 Metres time at Miyazaki would have definitely been a W55 World record. Both Evan Williams W55 Hammer Throw of 43.88 and Pat McNab's W50 Pole vault of 2.90 have been accepted as official World records, so there were absolutely no arguments about the three Trophy recipients. The "Norman Martin Trophy" for the best over 70 performance at Club Track and Field

Championships was awarded to George Scutts for his M75 5000 Metres win in 24:48.4 on a very hot day.

Richard Turner was congratulated for his stirring work with the Southern Track and Field League which culminated in a great final at Hendon on September 5 where 132 Track races and 69 Field events were contested. Richard announced that there will be even more teams competing in this league in 1994.

Jack Fitzgerald

MIDLAND

MVAC Cross-country Championships - 2 January 1994
 Moorways Stadium, the Headquarters of Derby & County AC was the venue for this year's championships. The host club had laid on a well-organised race made heavy by recent rain.

Mike Hager led Tipton to an easy team victory in the M40 race. The women's race was always a very close affair with Marianne Layden finally prevailing and similarly leading Northants Phoenix to the team title.

Colin Simpson

NORTHERN

On 21 November the NVAC elected the following officers: President Norman Ashcroft; Chairman Les Heald; Gen. Secretary Arthur Walsham; Treasurer Derek Howarth; Membership Secretary John Linley. Our Newsletter editor Bernard Lister decided to step down after a number of years valuable service. Our new editor, Doug Tilly has yet to take up the reins, but will no doubt be anxiously waiting for the news items to "flood" in.

Looking back over the results of our last few Monthly Runs indicated the man in form was Chris Britt, Sale Harriers. Over paths, road and cross country he finished 2nd in October, 1st twice in November and 3rd in January, proving his versatility. Another athlete worthy of mention (not that these are the only two to hasten to add) is Frank Davies, Liverpool, now O/45 age group, who was badly injured in a car accident some time ago but has bounced back with a vengeance.

On the 10 July we will once again hold our 10K Road Championship in Yorkshire, from the Rolls Royce S&S Club, Barnoldswick. Hopefully the Yorkshire members of NVAC will turn out in greater numbers than when the championships have previously been held in Yorkshire.

In 1993 the NVAC celebrated 25 yrs of existence. Actually we didn't celebrate it in any way. We might well set this right some time this year. One of our members, Steve Coffey, has suggested we arrange a "social

evening" and has offered to be the "organiser". What form it takes will depend on the interest shown. Probably a buffet, and a bit of music. It could be practice time for the Vets and the Military-two-step!

Arthur Walsham

VAC

VAC CC Champs
 Bob Treadwell attacked his record of last January, drawing on the benefits of a sunshine racing trip in Portugal which he had won in the Cambridge Half Marathon. This was one of the fine few days of a very wet winter but after starting fast and attacking the hill with long striding authority and skill the finish came one second too late for Bob.

The second, Liam O'Hare, set a fine personal best, at 45 years, by 38 seconds after catching the only contender to go with Bob Treadwell, Invicta's Chris Fairbairns. Behind him Stuart Littlewood (Hercules), racing soldier Colin Walker, made late progress to be third M40, and consolidate improving form.

But it was a recovery story when Geoff Harrold won the 50 class readily after a protracted battle with Dennis Williams, for a year ago Geoff had a long period of lower leg injuries.

Continuation was the theme of Laurie O'Hara as he drew yet more out of his great run of form since age 60, placing 9th after racing John McGilvray, and first Belgrave harrier. He cut 18 seconds off his M60 best time, set last year.

The W40 record was down some 40 secs when Maggie Statham ran in the Holland blue. Club mate Paula Bongers was next 40 but Collingwood's Lesley Leggett was the second woman and first W35.

"General" Keith Spacie commanded the 55 division in 15th place to emphasise his recent Surrey County Over 50 title.

Consistently Steve Charlton was not long coming for first 65. He was nominated third best veteran of the year in *Runners World* magazine recently.

Although the field was smaller than in recent years, discouraged by the winter or by the new date in December, over January, competition was keen in the advent sunshine of the day, with many a battle for medals and for personal seasons bests. Too many sadly to list but Joyce Margaret Smith's equal record time, after running the Snowdon marathon, earns a mention. She trains and races with fellow Wimbledon Windmilers.

In Surrey Leagues the VAC mens team have mustered well but encountered very keen competition in the smaller Division III. With Ian Emery third in the last match the team score was 6th in match, but in league, with one to go, 8th. The Womens team placed third in match two, and held seventh overall, with every chance of rising.

Jeremy Hemming

ECHO POOLE 1994 MARATHON

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Under BAF Rules/SEAA Course Measurement

**SUNDAY, 5th JUNE 1994
at 10 am**

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Cambridge Harriers and
Swanley Town Council
present the

SWANLEY HALF MARATHON

on

Sunday 20 March 1994

starting at 10.30am

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

Entries to The Secretary, 164 Maiden Lane, Crayford, Kent DA1 4NQ, on the standard form. Fee — £4.50 (affil) or £5.00 (non-affil.) — cheques payable to "The Swanley Half Marathon". Enclose large SAE. The closing date for entries is Monday 14 March 1994. NB: Entries on the day will not be eligible for team or individual prizes.

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

BAF

BVAF

NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

**SATURDAY, MAY 21ST 1994
RUSHMOOR ARENA, ALDERSHOT**

Open to all BAF affiliated clubs.
BAF Medals to first three teams.
Championships will be held on the
established 6 km course.

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

ENTRIES CLOSE 4TH MAY

Multiple teams will be accepted,
but only A teams will be eligible for Medals.
Teams must be declared 30 minutes before the start.
All competitors must wear club colours.

Entry form from:

**MIKE NEIGHBOUR, 6 EDNEY CLOSE,
CHURCH CROOKHAM, FLEET, HANTS GU13 OBW
(PLEASE INCLUDE SAE)**



William HILL



British Veterans Athletic Federation Open National Cross Country Championships

Promoted by Veterans Athletic Club in association with Tunbridge Wells Runners
assisted by the Kent County Athletic Association and
supported by the South of England Athletic Association
(run in accordance with BAF and BVAF Rules)

TUNBRIDGE WELLS RUNNERS

Kent County AA

Sunday 27th March 1994

SEAA

at
Reynolds Lane Sports Fields, off St Johns Road, Tunbridge Wells, Kent

Open to all women over 35 and men over 40
1230 Women 35 plus and Men 70 plus 6.4Km
1320 Men 50 to 69 10.3 Km
1440 Men 40 to 49 10.3 Km

Awards: 1st 3 individuals in each 5 year age group
1st 3 teams (4 to score) in M40, M50
1st 3 teams (3 to score) in W35, W45 and M60

Teams: Runners may be entered to score for younger age groups, provided prior notification is given, by the closing date for entries.

Prizes: At least £11.00 value vouchers will be provided as prizes in addition to medals

Entry fees: £5.50 for non-registered and £3.50 for BVAF registered entrants. Cheques payable to BVAF XC Champs. Proof of date of birth is required for non registered entrants.

All entries to be personally submitted, with a 9 x 4" SAE, by Sat 12 March '94 at the latest to:
Race Secretary, 10 Chestnut Avenue, Southborough, Tunbridge Wells Kent TN4 0BU
Enclose extra SAE if confirmation of receipt is required. Numbers will be mailed out on 15 March.

BVAF Open Cross Country Championships Entry Form

I wish to be entered for the BVAF CC Championships to be held on 27 March 1994. I am an amateur under BAF Rules and am a veteran athlete (Women over 35 or Men over 40 on the day of the race). I am medically fit to race and understand that the organisers cannot be held responsible for any injury or loss to myself, or that I cause to any others connected with the event. I understand that I am required to wear my club representative vest.

Surname First Name

Age on race day Date of Birth (proof if unregistered)

Male/Female BAF First Claim Club

→ BVAF Club/Association Registered Vet No.

Address

..... Post Code

Tel No. Entry Fee of £ enclosed

Signature Date Accommodation details tick ☐