

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 30

The Newspaper of the British Veterans Athletic Federation

Spring 1994 £2.00

The four-minute mile

A good idea at the time...

Several months of hard work setting up an attempt at the first Veteran sub four minute mile, which would have been part of the celebrations of the 40th anniversary of the first sub four minute mile by Sir Roger Bannister at the Iffley Road Track, Oxford on the 6th May 1954, has had to be abandoned.

The preparations were reported in the last issue of Veteran Athletics. BVAF had booked the track at Iffley Road for an evening event to take place on Friday 6th May. Ron Bell had made contact with the most likely contenders plus a strong supporting cast, and it was only then that we learned that the BAF were in an advanced stage of planning for a celebration dinner to take place that same evening, but in London, and with all the previous World Mile Record holders invited as special

guests. It would have been impossible for key people to take part or attend both functions, and after lengthy discussions with BAF we agreed that we would forego our Friday evening, but would pool our ideas and resources for an athletic meeting on the Saturday, featuring a veteran sub four minute mile attempt.

Then the bombshell burst: news that Eamonn Coghlan had broken the four minute barrier at an indoor meeting in America before our track season had even started! There was still the outdoor performance to go for, but the whole situation had now changed. Having achieved the magic time once, Eamonn Coghlan was receiving lucrative offers to try for this outdoors, but in the USA. Although we had agreed a substantial amount for the winner of our event should he beat the

four minutes, this was to be covered by insurance which had been provisionally negotiated. Now with a much higher perceived risk, the insurers withdrew. Even so we felt that with BAF backing there could still be a first class event on the Saturday, but to compound problems, Dave Moorcroft, the next likely contender, reported he would not be fit enough following recovery from injury. The whole package was now looking less attractive to TV and thus to sponsors. Finally, the major sponsor arranged by BAF decided to pull out!

The whole affair has proved extremely frustrating for all concerned. So much work had been put in but in the end without any benefit, and a good idea has now gone by the board.

K. M. Whitaker, Chairman BVAF



First three in men's 40-49 race with championship sponsors William Hill — from left Bob Treadwell (3rd), Terry Osborne (2nd) and Nigel Gates

Easy Win For Gates

The William Hill Organisation were the main sponsors of the BVAF Open Cross Country Championships held at Tunbridge Wells on March 27 and generously donated vouchers to the value of £1,100 to award winners. Alistair Aitken sent us this report.

Nigel Gates, who recently finished fourth in the Southern Senior Cross Country Championships, won the BVAF title over a twisting and lightly undulating 10k course. He won the race with ease but afterwards commented that he felt he was now under more pressure since joining the veteran ranks because he was expected to win. After the initial fast pace, Phil Pape of Cambridge was leading the large group at the front. Gates took the lead after the first mile and opened up a vital fifty metre gap over Terry Osborne [Verle]. The latter was possibly running his best veteran race to date. Bob Treadwell [Redhill], winner of the event last year at Burnley, had recently changed his job and was short of training, but gradually moved up to battle with M45 winner Alun Roper of Swansea and eventually chased Osborne home in third position. Roper's performance as fourth overall and first M45 runner was out-

standing, as the previous day he had run the fastest lap time for Swansea's winning team in the Thames Valley Harrier's Veterans Road Relay at Cranford.

The battle in the M50 and over event was the most intense of the day. It was won by new vet Les Davis of Gloucester AC, who also competes in Biathlons with equal success. At first Vic Smith [Medway], followed by Geoff Harrold [Borough of Enfield], looked the best after the first mile. Then Swansea's Allan Jeffries went ahead and was tracked by Davis and the eventual M55 age group winner Steve James [City of Hull]. Davis only managed to get away from an equally determined James in the last half mile. James, at the age of 56, was second in the Over 50 age group race for a remarkable sixth time. Davis, a bricklayer by trade, was a 2:19:00 marathon man but had been advised to give up marathons



Women's champion Sue Morley

because of a damaged toe joint, but he is none the less very successful over the shorter distances.

Bingley had a solid team victory in the M50 group, with a strong Blackheath quartet in second place. Laurie O'Hara [Belgrave] again had an excellent run to come in 31st position out of 125 finishers and win the M60 category with Maurice Morrell [Wirral] and Ron Higgs [Barnet] running well for the silver and bronze medals.

Sue Morley, W35, of Brighton and Hove, who ran a fast 3000m as a new veteran last year, was chased hard by Paula Fudge, W40, [Bor. of Hounslow] when she made her break after about a mile in the women's 6.4K. race. Although she felt worried about leading for so long, Morley never looked like being caught in the closing stages. Sue, mother of two small children, ran in the Commonwealth Games 1500m Final in 1986. Pat Gallagher [Westbury] was again a winner in the W45 group and finished in tenth place overall. Anne Chapman was first W55 home, ahead of all the W50's too, which was an achievement in itself. Bolton had a repeat victory in the team event.

Results page 11



A cracking M40 800m final — Glen Grant holds off Dave Bedwell (35). Time: 1:56:31

Records tumble at Kelvin Hall

Report by Geoff Harrold

FIFTEEN world records were broken during the BVAF Indoor Championships at Kelvin Hall, Glasgow on 20th March — all but one on the super fast track. The single field event record came courtesy of D. McLennan (why no christian names in the programme?) who cleared 2.05 in the W55 pole vault. The world marks, of course, make up part of the 32 British records also set, 23 on the track and nine in the field.

The highest record density event was the 3000m which produced five world records; the most prolific record breaker was Joslyn Ross with three world records — 800, 1500 and 3000m — in the W65 age group. My award for doing it the hard way goes to Glen Grant. The army runner was taken to the line in both the M40 800m and 1500m by D. Bedwell of Midland Vets, who held him to six one-hundredths of a second in the four lapper and a quarter of a second in the longer race. All that looked hard enough but apparently, if I heard the garbled public address correctly, Grant took part in the national orienteering championships the day before.

The most surprising defeat was inflicted by Jean Hulls, world W55 800m record holder, on WAVA W55 champion Una Gore over the latter's championship distance of 200m. Passed on the inside by Gore in the backstraight, Hulls hung tough to use her stamina in the final strides, taking the title and removing half a second from the world record into the bargain.

The day's best performance? I'm ducking that one, nominating instead a short list of: Joslyn Ross' 13:09.41 in the W65 3000m; 9:43.88 by Brown in the M60 3000m; Maurice Morrell's 4:37.80 in the M60 1500m; Vic Smith with his 4:17.85 M50 1500m and Ron Taylor's 25.25 in the M60 200 — all world records. It's up to you which name you pull out of the gold envelope.

However, I'll be more positive about the worst performance of the day and

choose the official responsible for bringing forward the M45 3000m without prior warning. I am sure that the two athletes who spent £120 each in flying up to Glasgow only to miss their race and the runner who pulled a muscle because of insufficient warming-up would agree with me.

Results Page 11

BVAF Indoor Championships

Best Performance Trophy Awards

M40 Field G. Sutton, M45 PV 4.00m
M50 Field J. Scott, M50, SP 14.00m, A
Crocker, M55, HJ 1.62m GB Record
M40 Track G. Grant, M40, 800m, 1:56.31
M50 Track R. Taylor, M60, 200m 25.25
World Record
W Field P. Oakes, W45, TJ 9.46m GB
Record
W50 Field E. Stedman, W60, LJ 3.77m
World Record
W40 Track J. Kirby, W35, 60m 7.80 World
Record
W50 Track J. Ross, W65, 1500m 6:14.16
World Record



Joselyn Kirby wins W35 200m

Annual General Meeting

Please take notice that the Annual General Meeting of the British Veterans Athletic Federation will be held at approx. 18.00 on Saturday, 16th July 1994 at the Bedford Athletic Stadium, Barkers Lane, Bedford.

Nominations for officials and proposals for the agenda must be received at least 30 days beforehand.

Bridget Cushen, Hon. Secretary

Vets Open Meeting

There will be an open vets Track and Field meeting, combined with the Hampshire Veterans Championships, at Mounthatten Centre, Portsmouth, on May 2nd. Entries, £2.00 each event, payable to Hampshire AAA should be sent to George Morreale, 176 West Street, Havant, Hants.

FROM THE EDITOR

I am asking for help again. Readers could make the editor's job a lot easier by making more contributions to the editorial content in this newspaper. To give an example of the point I am making, with only three weeks left before the copy deadline for this edition I had enough material to fill only four pages. I had to make telephone calls to people who contribute articles regularly and ask them to write more. We have a small band of willing volunteers who write regularly but as we have about 8000 members in the BVAF there must be plenty of people who could contribute something of interest occasionally if only they would take the trouble to put pen to paper.

Another aspect which concerns me is the editorial content of VA. I would like to see articles cover a greater range of interest. In most editions race reports appear to take a disproportionate amount of space when there are so many different facets of veterans and their sport. Many of your fellow club members lead interesting lives or have achieved something to be proud of. Why not inform the rest of us? Why not

have more contributions from jumpers, throwers and walkers. Profiles of clubs with strong veteran membership could be featured. Short stories about club characters (every club has at least one) could be written and experiences when competing overseas could be related. The list of subjects is long and it only takes a few minutes to write a short piece. I would like to widen the interest of the paper but the scope is limited because of the amount of material coming in.

Very little information comes in from the regional clubs. Could I make a special request for a member from each club to volunteer to be responsible for gathering information on events within the club area and sending the information to me. I cannot guarantee to print everything that comes in but I would prefer the hassle of having to be selective rather than the hassle of searching for material.

Many thanks to David Morrison, Mike Wilding and Alistair Matson for their help in compiling race results in this edition.

Geoff Ashby

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

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Welsh VAA: Mrs Irene Lisle (pro tem), 38 Llandennis Avenue, Cyncoed, Cardiff, South Glamorgan CF2 6JH tel 0222-753563; (Membership): Dave Walsh, 30 Highfield Close, Dinas Powys, South Glamorgan CF64 4LR tel 0222-514106

WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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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

400m Hurdles (M40+, W35+)
300m Hurdles (M60+, W50+)
100m (M&W)
1500m (M&W)
3000m Walk (M&W)
400m (M&W)

FIELD

Hammer (M&W)
Long Jump (M&W)
Pole Vault (M&W)
Discus (M)
Shot (W)

TRACK

2000m S'chase (M60+, W)
3000m S'chase (M40+)
110m Hurdles (M40+)
100m Hurdles (M60+, W35)
80m Hurdles (M70+, W40+)
200m (M&W)
800m (M&W)

5000m Walk (M&W)

5000m (M&W)

FIELD

Javelin (M&W)
High Jump (M&W)
Triple Jump (M&W)
Shot (M)
Discus (W)

BVAF AGM — 18.00

All in 5 year age groups, but may be combined if required. Awards will be given as per BVAF guidelines.

CHAMPIONSHIP ENTRY FORM

PLEASE USE CAPITAL LETTERS

ENTER IN BOX

M: Male ☐

or W: Female ☐

Surname _____ Christian Names _____

Address _____

Post Code _____

Telephone No: Day _____ Evening _____

Date of Birth _____ Age Group as at 16 July 1994 _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

Non-BVAF affiliated only: British Driving Licence No _____

or enclose copy of birth certificate

or enclose copy of passport personal details page

EVENT	P.B. 1993/94	EVENT	P.B. 1993/94
1		4	
2		5	
3		6	

PLEASE PROVIDE DETAILS OF PREVIOUS SUCCESS AT NATIONAL LEVEL AND ABOVE

ENTER TOTAL

Entry fee: 1st event — £6.00 for non-BVAF affiliated

or £4.00 for BVAF affiliated

Subsequent events — £3.00 for each event

Commemorative 'T' shirts @ £5.00 each: No. required in box ☐ M ☐ L ☐ XL ☐

Social evening: Saturday 16 July — live music, substantial buffet, cash bar

Limited to 150, so book early @ £5.00 each

I enclose cheque/P.O. crossed and payable to EVAC 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 1st BVAF National Open Championships.

Signed _____ Date _____

Entries to: Peter Duhig, 42 Wimbotsham Road, Downham Market, Norfolk PE38 9PE.

Closing date: Saturday 11th June 1994 — NO LATE ENTRIES ACCEPTED.

Acknowledgement: Send 9" x 6" SAE for timetable, information, maps etc.

Accommodation: Send second 9" x 6" SAE marked ACCOM. in top left hand corner.

Accommodation available in Hotel, Bed & Breakfast, College, Camping

APPLY EARLY TO GUARANTEE BOOKING at special prices

Fair Play for Veterans Campaign

A group of veterans have formed a pressure group to campaign against what they see as an unfair prize and medal awards policy in some Open races and some County Championships. The campaign was started by Sylvaine Boler of Penistone Footpath Runners who felt she had been unfairly treated when, as a veteran, she had won awards in Open competition but had been awarded a lower value veterans prize instead. As her campaign gathered momentum she was joined by Tony Cartwright of Wrexham AC together with a band of supporters from Wales. Tony's wife Ann, a Welsh International, had also suffered when she won the Clywd County Cross Country Championships but was not awarded the title because she was classed as running in the veteran's category and could therefore only win the veteran's award.

The group feels that if a veteran wins a County Championship then he or she should be awarded a County medal and the title. In open events the veteran should be able to choose or simply be given the

highest value prize according to the finishing order. Sylvaine quotes one example where the winner of the W45 category was given a substantially inferior prize to the 1st W35 and 1st W40 despite having beaten both of her younger rivals.

Tony Cartwright states that as 50% of runners taking part in 10K races and up to 60% in distances of 10 miles and over are vets, they get a raw deal from most race organisers with regard to the value and quantity of prizes. He believes that older vets in particular should benefit from a bigger prize list and awards should be given in 5 year age groups in all races, not just a select few.

Some opponents of the group suggest that veterans should pay higher entry fees if they wish to be eligible for open prizes as well as vets prizes. But the group states this is not their objective. Their aim is for veterans to be treated fairly. The group believes that it is the BAF clarified the situation and issued clear directions to Open Race promoters and County Championships organisers.



BVAF Cross-Country M40-49 race: The chasing pack

A Good Read

The 1994 Rundown Events Diary, besides giving details of over 600 running events in the South West from Hampshire to Mid Wales, also contains lots of information on many aspects of the sport. Priced at £5.95, including post and packing, it is now available from 22, Harrington Lane, Pinhoe, Exeter, EX4 8PG.

LOST TROPHY

Anyone who knows the whereabouts of the Grafton Shield, a Regional Team Trophy awarded at the BVAF Cross Country Championships for the M40-49 age group, is asked to contact David Coward [address page 2]. The trophy "went missing" at last year's championships.

1993 10th WORLD VETERANS' CHAMPIONSHIPS — MEDAL RESULTS MIYAZAKI — JAPAN

No. Country	Total	Gold	Silver	Bronze
1 Japan	429	14	75	85
2 Germany	293	41	65	56
3 United States	282	80	47	60
4 Australia	168	28	31	17
5 Gt Britain	136	22	26	31
6 Finland	87	15	2	24
7 New Zealand	48	4	12	11
8 South Africa	47	6	18	3
9 Sweden	46	4	16	5
10 Canada	42	6	12	4
11 Brazil	38	3	4	7
12 Italy	35	12	1	3
13 Portugal	29	0	13	6
14 Norway	27	4	5	3
15 Switzerland	25	6	2	4
16 Russia	23	7	4	3
17 Belgium	22	8	1	3
18 Netherlands	21	4	3	2
19 France	19	1	4	3
20 Denmark	17	3	3	2
21 Hungary	12	0	0	5
22 Czech Repub	10	1	3	1
23 Hong Kong	10	0	0	8
24 Estonia	8	0	2	2
25 Austria	7	2	2	1
26 India	7	0	0	6
27 Slovenia	6	1	2	1
28 Chile	6	1	0	1
29 Spain	6	1	0	3
30 Mexico	5	0	1	2
31 Colombia	4	1	0	1
32 Argentina	4	0	1	2
33 Korea	4	0	0	4
34 Poland	3	1	1	1
35 Trinidad/Tob	2	2	0	0
36 Taiwan	2	0	1	1
37 Guyana	2	0	0	2
38 Ukraine	2	0	0	1
39 Croatia	1	1	0	0
(Slovakia)	1	1	0	0
(Indonesia)	1	0	1	0
(Ireland)	1	0	1	0
40 Philippines	1	0	0	1
(Singapore)	1	0	0	1
(Turkey)	1	0	0	1
TOTALS	1941	390	338	361

Countries competing 78
Countries with medals 45
Total Men's medals 1087
Total Women's medals 854
No of competitors entered 12163

Some comparisons 1991-1993

Medals	1991	1993
Japan	19	429
Germany	264	293
U.S.A.	214	282
Finland	232	87
South Africa	No particip'n	47
Brazil	4	38
Gt Britain	77	136
5th in medals both times		
	M W	M W
	33 44	70 66
Mexico	10	5
(All men) (All women)		
Jose Waller		

COGHLAN'S RECORD RUN

Eamonn Coghlan, 41, after a number of near misses, finally broke the veteran's four minute mile barrier on February 20. Running in a specially staged exhibition race on the Harvard University indoor track in Boston, USA, Coghlan became the first veteran to beat four minutes with an incredible 3:58.15. With the exception of pacemaker Stanley Redwine, all taking part in the race were veterans. Redwine took Coghlan through the quarter mile mark in 59.1, halfway at 1:59.44 and the three quarter mile point at 2:59.22. Coghlan then had to run the last 440 yds on his own. The second man to finish in the race was 24 seconds behind Coghlan. Both Rod Dixon and John Walker had been scheduled to run but could not start because of injury.

Coghlan was the reigning holder of the Veterans World Indoor Mile Record having run 4:01:39 in New York in 1993. He had been in excellent form recently and had run close to the target twice in the previous month. He achieved 4:04:55 at the Millrose Games in New York and 4:03:28 in the Mobil Invitation Grand Prix in Virginia. Coghlan stated his intention of retiring from track racing after the New York Games on May 22nd when it is expected he will make an attempt at the outdoor record.

(extracted from National Masters News)

BVAF Cross-country:

left, Paula Fudge, W40 winner; right, a helping hand for Cyril Wroth



HIGH JUMP RECORD

Dwight Stones, USA, recently increased the World High Jump Record on three occasions in indoor competition. He set new marks of 2.02 and 2.04 earlier this year and then capped them by leaping 2.10 (6ft 3/4) on February 6.

The latter also beat the existing record for outdoor competition held by Istvan Major of Hungary.

1993 Road Ranking Lists

In-depth age group Road Ranking lists for 1993 are now available and can be obtained by sending cheque and SAE to the following:

5 Miles: John Powell, 23 Vicarage Lane, Graysby, South Humberdale, DN38 6AY. Send £1.50 + SAE.

10K: Colin Wright, 17 Victory Way, Laceyby Acres, Grimsby, South Humberdale DN34 5UY. Send £1.50 + SAE.

10 Miles: Dave Sanderson, 32 Reforme, Portland, Dorset DT5 2AW. Send £1.50 + SAE.

Half Marathon: Martin Duff, Bridge Cottage, Stonebridge, Dorking, Surrey RH5 4DN. Send £1.50 + SAE.

Marathon: Rae Mitchell, Dale Cross Cottage, 2 Pumphouse Lane, Blackwell, Worcs B60 1QN. Send £1.00 + SAE.



A personal view of middle-distance running

By Keith G. Redpath (BAF Senior Coach)

The following is the first part of a lecture recently given by Keith Redpath. The second and third parts will be published in the Summer and Autumn editions of this newspaper.

My coaching objectives:

1. Not to injure my athletes.
2. Not to adversely affect their health due to sustained overtraining. (Training more than once a day is for professional athletes. I consider anyone else undertaking this type of training regime to be clinically sick, obsessive and subject to exercise addiction.)
3. To create a friendly environment both at training and at racing.
4. Use all training times effectively by designing flexible, optimum, individualised, training schedules which take into consideration:
 - a. Personal work commitments.
 - b. Personal priorities.
 - c. Personal goals.
 - d. Personal strengths and weaknesses.
5. Consistently (over a period of years) bring each athlete to their peak level of performance.
6. Utilise all available resources. These are in order of importance:
 - a. The local Sports Injury Clinic/the local doctor.
 - b. The National Sports Medicine Institute of the United Kingdom.
 - c. The National Coaching Foundation.
 - d. The local library.
 - e. The British Milers Club.
 - f. The British/Scottish Athletics Federations.
7. Keep up to date with all new aspects of theory and practice. (Coaching athletics is an ongoing educational

process — this should be woven indelibly on the brains of all coaches.)

8. Assist athletes in practical matters such as baby sitting, transportation, finance etc.

My contribution to my athletes' success

I am a friend, advisor and motivator to my athletes — they do all the work and deserve to take all the credit. I may have made a valid contribution but it should be put into perspective. Their success may be due to a 1% improvement in performance and my contribution must be a percentage of this 1%. No matter what figure you put on it my contribution in real terms to my athletes' success is no more than 1%.

Payment for coaches

I do not accept any criticisms from athletes or parents about my coaching methods because I work for free. As soon as money changes hands I feel I am setting myself up for a fall. Coaches looking to make money from athletics would be better redirecting their expertise to the more fashionable AEROBICS classes.

My training philosophy

All sessions must have a general and/or specific objective and include a clear definition of the optimum speed, intensity and duration to achieve this objective.

My Training Zones and Lactate Ladder

I categorise all my sessions into one of four distinctive training zones based on

the lactate levels they are likely to produce.

THE LACTATE LADDER

Over 10 Over 10

ANAEROBIC CAPACITY

8 8

AEROBIC CAPACITY

6 6

ANAEROBIC CONDITIONING

4 4 (Development)

3 AEROBIC CONDITIONING 3 (Maintenance)

2 2 (Recovery)

Aerobic capacity training

The bench mark which I use to define most of my training paces is related to each individual's AEROBIC CAPACITY. For simplicity's sake AEROBIC CAPACITY PACE (ACP) can be assumed to be the athlete's 2 mile pace — I take 10 minutes to run 2 miles so my ACP is 5 minutes per mile.

Most of my AEROBIC CAPACITY TRAINING takes the form of STRUCTURED FARTLEK (SF) e.g. 10x1000 SF means 5x1000 at 2 mile pace with a 1000 metre jog recovery. NB. 1 The best pace for AEROBIC CAPACITY TRAINING is 2 mile pace. (This is about 100% VO2 MAX PACE which has the effect of starving the working muscles of oxygen. Running faster than 2 mile pace will not significantly add to the oxygen starvation and is therefore of little or no value.)

NB. 2 Every third week I check that

athletes are running at this optimum pace by asking them to put 100% effort into the last run. If they can significantly reduce the time taken for the last rep then I know that they are running well within their limits.

NB. 3 A 2 mile time trial every 3 weeks gives us our target times for these reps. NB. 4 We never run more than 3 minutes for AEROBIC CAPACITY repetitions.

Any pace faster than AEROBIC CAPACITY PACE is defined as ANAEROBIC CAPACITY TRAINING and is further classified as RACE PACE TRAINING, LACTATE PRODUCTION WORK, LACTATE TOLERANCE WORK or LACTATE BUFFERING WORK.

All these sessions are very demanding and require 2 days' recovery. This work is very specific to middle-distance athletes and as such has a significant training stimulus.

My classifications of ANAEROBIC CAPACITY TRAINING and some sample training sessions

1. 400 RACE PACE TRAINING
2x200/200 jog recovery
2. 800 RACE PACE TRAINING
2x400/400 jog recovery
3. 1600 RACE PACE TRAINING
2x800/800 jog recovery
4. LACTATE PRODUCTION WORK
3x300 2 mins recovery
5. LACTATE TOLERANCE WORK
8x300 1:8 Work:Rest
6. LACTATE BUFFERING WORK
4x200 1:1 Work:Rest

Aerobic conditioning training

I use three different paces for AEROBIC CONDITIONING which are all related to the individual athlete's AEROBIC CAPACITY PACE:

- a. A DEVELOPMENT run is done at 1.15 times the ACP for a duration of

between 20 and 40 minutes. (For a 10 min/2 mile this pace is 5.45/mile.)

- b. MAINTENANCE runs are done at 1.2 times the ACP for a duration of between 20 and 60 minutes. (i.e. 6 mins/mile.)
- c. RECOVERY runs are usually only done during the Competition Phases of training and must be run slowly to be effective. The duration should be between 20 and 40 minutes and must never be faster than 1.4 times ACP or 7 mins/mile for the example above. The objective here is to oxygenate the blood thereby stimulating the body to accelerate its recovery processes.

NB. The use of Heart Rate Monitoring devices for AEROBIC CONDITIONING TRAINING negates the need for measuring the training course or using a stop watch and is the best method for determining the most favourable training intensity.

My Target Heart Rates for AEROBIC CONDITIONING TRAINING are:

- a. DEVELOPMENT 92.5 - 95% of Maximum. (Never above 95%)

For me: 176-181

b. MAINTENANCE 85.0 - 92.5% of Maximum.

For me: 162-176

c. RECOVERY 70.0 - 85% of Maximum. (Never above 85%)

For me: 133-162

ANAEROBIC CONDITIONING

PACE is done at 1.1 times ACP and consists of long interval work with short recoveries. e.g. 5x1m 2:1. Using my ACP as an example, I would run each mile in 5:30 with a 2:45 recovery. I like using 10 reps and short recoveries for practical reasons but see no reason for increasing the work intervals up to 2 miles as long as the recoveries are extended accordingly. Again every 3 weeks I ask my athletes to run the last rep all out to prove that they are running well within themselves.

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.

AN ENGLISH VETERANS ASSOCIATION

For the past few years I have been involved in the selection of the England Veteran Teams who competed in the Home Countries Cross Country International. I was also the Team Manager for the fixture held in Cardiff last year.

Although the English athletes invariably win the age group team awards and provide many of the individual winners, we have always had problems with sponsorship relating to the provision of representative kit (shorts & vests). It was never more obvious than at Cardiff when the men who had not been awarded a vest in previous years had to provide their own plain white one! For this to happen at the only international representative fixture for veterans in the year was very disappointing to say the least. Fortunately at the last moment I managed to obtain vests from Nike for the ladies.

The veteran athletes in Scotland, Northern Ireland & Wales are each controlled by a 'central body', (they all wear the same vests!) the English clubs are not. We have the advantage of choosing from a larger number of athletes, but we are divided into seven separate clubs, excluding the IOM. We need to seriously get our act together.

In my opinion an English Veterans Association needs to be created (a) to formulate and control an agreed selection procedure and (b) to generate funds to cover at least the cost of kitting out our representative athletes.

The present selection procedure — which I think should continue — is that any athlete who wishes to be considered for selection contacts their veteran club secretary, who will then forward their names and details of performance to the selection committee. I do not think we are yet at the stage where athletes can be 'invited' to compete, because the word 'invitation' is usually associated with 'expenses'.

At the present time it is up to the individual Veteran Clubs whether or not they assist their athletes with the cost of travel and accommodation.

In 1993 I wrote to all the English Veteran Clubs on a number of occasions, with a view to setting up a selection procedure — the outcome being one representative each from Midland Vets AC, Eastern Vets AC and myself from Northern Vets.

I have recently written to all the Veteran Clubs about the formation of an English Veterans Association, suggesting that they all donate at least £50.00 towards a central fund immediately to avoid a repetition of last year's fiasco. We must not hang on hoping for sponsorship which may never materialise. Any surplus cash could be used to help an athlete who, though good enough to be selected, cannot afford anything towards the cost of travelling etc.

Arthur Walsham
General Secretary NVAC

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.

David Spencer, 44, of North Finchley just wants to complete a full track season. Over the last five years, every summer has been interrupted by injuries including tibia fibula joint, strained back ligaments, ilial tibial band syndrome, flexo hallucis and abductor strains. His P.B.'s as a veteran are 400m — 54.9, 800m — 2:01.1, 1500m — 4:15.4 and 400m hurdles 61.2. Training mileage is 50 miles/week in winter (usually injury free) and 25 miles in summer. He also admits to drinking too much beer at 50 units/week. He does lots of preventative exercises and has had ultra sound treatment.

Dr Nixon replies

Your catalogue of problems very much brings to mind comment from Ingrid Kristiansen along the lines "the engine still being in good shape but the chassis was beginning to show signs of wear and tear!"

You are clearly capable of performing at a high level and your problems highlight how many athletes spend a lot of time just on the wrong side of the knife edge, between performing well on the one side and being more or less permanently injured on the other.

Because you are doing so many of the right things and you have had a lot of medical input, I doubt if very much by the way of formal medical investigation is going to be fruitful.

From the written details I would guess that you have seen a number of health professionals. If at all possible, there is a lot to be said for not being treated by too many people at the same time. Many of us stay with

one therapist most of the time and it may be useful to be seen on a regular basis before injuries occur, rather than just having treatment when things go wrong.

The osteopaths are particularly good in this respect, but I get increasingly confused nowadays where osteopaths finish and physiotherapists start!

You mention the bio mechanical problems with your feet, which have been helped considerably by orthotics in your spikes. Although you are relatively free of trouble at lower speeds, I would consider wearing orthotics in your training shoes as well.

You stay relatively injury free during the winter and I wonder how you build up towards the summer track season. It should be gradual, in the region of no more than 10% per week, in respect of quality or quantity. I know this does not seem very much, but building up at this level may cause less problems.

During the summer you are clearly training and racing at a higher intensity than your body is capable of at present. Although a normal enough schedule, you may have to consider cutting back on the hard speed work and perhaps racing a little less. I know it is a fine line, but I feel that if you listened to your body a little more and perhaps competed a little less, you may get by for a full track season.

Finally there is a question of alcohol. Although 50 units per week is more than is recommended for good health, I really do not think it has anything to do with your injuries and

TO WIN IS NOT THE PRIZE

The recent article by Keith Redpath on the Creatine Revolution (VA Winter Edition) filled me with a sense of alarm and disillusionment.

I was always of the belief that veteran athletes took part in our sport for the love of sport alone. I do not believe that many of us harbour the thought that we are likely to win an Olympic Gold before our competitive days end.

I did not envisage the situation where any of us would consider introducing into our bodies or trying to increase our natural store of a substance just to beat a fellow vet and win a BVAF Championship.

My concern is increased by the fact that Keith is a senior BAF Coach and my thoughts wander to what avenues will be traversed to increase the performance of younger athletes subject to such coaching advice.

Come off it Keith! Dwell on the suggestion that "To win a gold is not the prize, it is taking part that satisfies".

Sean McKenna
Northern Vets

WIND GAUGES WANTED

I do realise that officials work their socks off in what can be, at times, inclement and unpleasant conditions, and that they often have to be spread thinly around events. Therefore, I do not know if there is a solution to the point of this letter. However, on behalf of all runners whose track performance depends on the use of a wind gauge for record verification, may I make a plea for the provision of wind gauges, whenever humanly possible.

It is a bad feeling to know one has beaten the current W65 200m World Record of 31.65, not once, but on four occasions with times between 31.00 and 31.3, also the pending 100m World Record of 14.98 with a time of 14.90. None of these performances were wind assisted. Am I alone in experiencing this? If not, I do hope others will speak up.

Jo Ogden
Basildon

If wind speed measurement is a condition of a record application then wind gauges should be provided otherwise the rules concerning new records being accepted are farcical — Editor

SORRY, TIPTON

May I please comment on items in Veterans Athletics No 29 concerning two Tipton Harriers.

Regarding the achievements of Veterans in open County Championships, Mike Hagar was the winner of the Northampton XC Championships, and did so for the third year in succession.

The other point concerns the Midland Veterans AC CC Championships at Derby where Dianne Payton, although over 40, was the actual winner. Marianne Laydon was 2nd and Chris Kilkenny was 3rd. Incidentally this was a wonderful race, a real tussle over a very testing course, with only a few seconds between the three of them at the finish. Well done ladies!

A week later Dianne was a member of the Tipton team who took gold medals in the Midland Womens Open CC Championships when Tipton had the first three vets, Sandra Bentley 8th, Dianne Payton 23rd and Sandra Lappage 25th.

Joe Day

Tipton Harriers

Apologies to Mike for the omission and to Dianne for the mistake. We acknowledge that Dianne Payton was the overall winner of the MVAC Women's Cross Country Championships — Editor

Will Chapman

Southern Counties Veterans A.C.'s oldest active athlete, Will Chapman, sadly passed away on February 25 in his 88th year. The last event he competed in was the National Fun Run at Hyde Park in September 93, where he did better than in 92. Soon after this he hurt his back putting up curtains in his flat at Boreham Wood. His son Will, also a prominent runner and athletic organiser, persuaded him to join him at his Bournemouth home and his Xmas holiday there was a happy one in the company of his children and grandchildren. He entered a hospital there for observation on January 13 and after 3 weeks of investigations he was pronounced free of anything sinister other than a long-standing but previously unidentified hiatus hernia, some degeneration of the spine (normal for his age) and a minor stomach infection. However his appetite never really recovered and over the next two weeks he became progressively weaker and needed total care. At his own request, he transferred to a nursing home on the 25th Feb and he died there two hours later whilst joking with nurses. He took up running when he was 77 and first gained veteran prominence in 1987 when he won the SCVAC M80 5000m Champs at Tooting with 29.41 improving this at Corby w/h 28.00 in the BVAF Champs, a British record. In the first BVAF Half Marathon Champs at Welwyn Garden City he won the M80 category with 2:16:57. At Melbourne he was placed 4th in the 5000m with 27:24.1 and 5th in the 10,000m with 58:43.50, both British records, and then won the Gold Medal in the Marathon with 6:04:03.

In 1988 he further reduced his half marathon time to 2:09:22 and was the first recipient of the "Jack Haslam Trophy" as the oldest finisher within 80 minutes of the winner.

However it was in 1989 at Eugene that he excelled himself with a Gold, 2 Silvers and a Bronze. The Gold was in the Marathon, the two silvers in the 5000m and 10,000m, the latter a new British record of 57:22.50, and the Bronze in the 10K Road Race. His last and arguably best record was reserved for the 1992 London Marathon, where he set new British M85 figures of 6:01:55.

Jack FitzGerald



Will Chapman with Dave Moorcroft and son at the National Fun Run

the evidence that drinking beer is bad for running is hard to come by. You are obviously aware of the fact that beer relieves the sensation of thirst but does not rehydrate you in any way. A reasonable guide is to find out how much you lose by way of weight during a normal training session. Going on the old adage that a pint of water weighs a pound and a quarter, you can calculate how much water and fruit juice you need to replace losses in training.

I would go some way to replacing lost fluid before more pleasurable activities!

Putting it another way — I know of many people who will drink 2-3 pints of fluid before they go to the pub!

It may make sense to avoid alcohol for 24-48 hours before a competition and of course always enter competition well hydrated, well salted and not short of fuel!

Do you have a coach? They can be a great help in designing and helping you with a pre-season build up, because that may be where you are going wrong.

We have already mentioned bio mechanical problems, but sometimes a good coach will pick out things in your running style which would not be noted by examining you in a clinical setting.

Women's 1500m Record

Forty-one-year-old Ekaterina Podkopayeva won the 1500m event in the European Indoor Athletics Championships in Paris on March 13th. Sprinting strongly round the final bend the Russian veteran achieved a personal best of 4:06.46.



Maxine Joyce

A marathon on no training was Maxine Joyce's (above) first race! But she had been a top division netball player.

After local events the big step forward for this new name in British vet circles was joining Orion Harriers at Epping. Their long cross countries suit her and the arduous Orion 15 was her last race before BVAF CC, where she placed 4th W35.

The vet scene she discovered from Running magazine, now Runners World, and following up Jack FitzGerald's information, joined both SCVAC and VAC. After county AA veteran titles in Essex for the last two years, she made her mark in BVAF circles when winning the EVACC Champs, as a guest.

But it hasn't all been plain sailing, for asthma, needing operations, and injury have

threatened Maxine's progress. So now she keeps training manageable, supplemented with aerobics and work outs.

She finds the Essex CC league and the Surrey League, supporting VAC second claim with the aim of a top 10 place in match, has given her the level of competition she needs. To meet the speed of the typically short races Maxine will continue with the track scene at Basildon AC. She coaches herself but has support from her husband David.

A best run this year was 30th in the South of England CC at Parliament Hill Fields, relishing the long and hilly course. With Essex county honours well established Maxine looks for her next challenge to the veteran Home Countries International.

Jeremy Hemming

From the Chairman



The early part of the year is usually quiet, but this year a considerable amount of work went on behind the scenes, involving most of our senior

officers. A major project was setting up the meeting which would be highlighted by an attempt to beat the four minute mile by a veteran, on the 40th anniversary of the original breaking of the four minute barrier. A report appears on the front page of this issue. It has been a great disappointment and a lot of frustrated effort.

Ron Bell has been closely involved in this throughout, but has also had a frustrating time on the international front as well. It was hoped that we would be in a position to mount a bid at the European Championships in Athens to bring the next Championships back to Britain again, and emulate the success of Brighton in 1984. Ron had sounded out the possibilities of three likely venues, and though in each case strong interest had been expressed by the local Councils concerned, the financial commitments involved, together with the timing, prevented further progress for this to take place in 1996. However, he is now looking at 1998.

On the BAF front, following the discussions about the Veterans Road Relays which I mentioned in the last issue, and then the more recent discussions involving the four minute mile, we were building a better understanding at the top level. However, as a result of the BAF AGM there have been several changes at the top. As yet BAF still has no general policy on veteran matters and meanwhile we can only continue to do our own thing as BVAF. I am concerned that some of

the various other subsidiary bodies of BAF throughout the country are doing theirs, and I believe that it would be in everybody's best interests if a cohesive approach could be agreed.

I did attend the BAF AGM, where the BVAF application for affiliation was on the agenda, and though it had been suggested that this might be controversial I am pleased to say that it was accepted with very few votes against. As you will probably know, there were major changes in office: Peter Radford having been appointed Executive Chairman could not also hold the position of Honorary Chairman. The newly elected Chairman is Ken Rickhuss, who also retained his position as Chairman of the Cross Country Commission: David Bedford was replaced as Secretary by Matt Fraser, also from the Cross Country Commission: There is a new Vice Chairman, Eric Shirley replacing Bob Greenoak. Obviously this new team will need some time to get together to decide which of the various pressing matters have to take priority, such as; finance, with the loss of income from TV and the contracts of several major sponsors coming to an end; the controversy about a possible registration scheme; creation of a marketing department; the Andy Norman situation; etc. I feel that at this stage it will be some time before we can expect them to give much thought to discussing the veteran athletics scene.

By the time this appears in print, both the Indoor Track & Field and our National Cross Country Championships will have taken place. Both these events were open to non-members for the first time. There were very few entries from non-members and, of those, most have since joined one of our clubs, but do please keep spreading the word.

Keith M. Whitaker



Track and Field Notes

The BVAF Indoor Track and Field Championships at Glasgow saw a host of World and British Records and some wonderful performances in the full spirit of Veteran Athletics. Many thanks to Scottish Veteran Harriers Club and particularly to Danny Wilmoth for all the hard work. Thanks also to the officials and the athletes, except the two athletes who were very rude to the medals officials. Unfortunately, I do not know who they are. Please remember that we are all there to help each other. We may have had problems with one thing or another but with a little patience and tolerance we overcame them.

One point to remember for the future is that, if you compete in a heat, reach the finals and subsequently withdraw without good reason, you will not be able to compete in another event at the meeting, subject to the Referee's decision (BAF Rule 115).

Please enter early for the T&F Championships at Bedford, especially those who are going to Athens.

Advance warning! The 1995 In-

Caroline's Prize In Annual Raffle
Winston Thomas, the organiser of the 1993 Annual Raffle, received the above photograph and the following letter of thanks from one of the prizewinners, Caroline Stocks.

Dear Winston,
Just a note to show my thanks for the great bike I won in the raffle. I really love the colour, and I do not think I could have chosen a better one myself. I went straight out to buy a cycle helmet to match my bike.

Because it was dark when I first got it, I rode up and down the lounge, but the next day after I had been outside on my bike, mum refused to let me in the lounge with it again.

I will send a photo as soon as the film has been developed.

Thanks again.
— Caroline Stocks

door Championships will be held next February in Birmingham. This is earlier than usual and there will be little time to give notice as we will not be given the final date by the National Indoor Arena until October/November.

Welcome to all new members to the Vets scene. Winston Thomas



Secretary's Report

Bridget Cushen

Golden age for mature athletes

History tells us that the young are the warriors and athletes; Eamonn Coghlan's sub four minute mile on the indoor circuit in Boston at the age of 41 proved that is no longer true.

His victory is one we should all share even if he took the wind out of our sails and we had already acceded to the BAF request to move our celebration 40th anniversary mile from Friday evening 6 May to 7 May so as not to clash with their fund raising dinner in London.

May 1954 was also a landmark for women, Diane Leather (Charles) was the first woman to run a sub-five minute mile, her magnificent feat made the headlines then but I cannot help wondering what the remnants of the W.A.A.A. are

doing to mark her fortieth anniversary?

We have nominated two candidates for the European Council, Ron Bell for Executive President and Winston Thomas as Technical Advisor.

The Canadians are well advanced in their preparations for the World Road Running and Walking Championships 30/31 July and are looking forward to a large British entry. Most of those who have already booked are also competing in the North & Central American Championships which, unlike the European, is open to non-residents.

Readers of Richard Ingrams' fortnightly magazine 'The Oldie' (do not be misled by the title) will find a new sports page in future issues, the first appearing at the end of April and featuring the BVAF.

Our Annual General Meeting will be held on 17 July, the first day of our track and field championships.

Bridget Cushen

MULTI EVENT PERFORMANCES

Ian Thomas, who for several years has computed the BVAF Decathlon lists (and other athletic events) is, with my assistance, attempting to produce a list of ALL Male Veteran Decathlon and Pentathlon results. All BVAF and World Decathlon and some Pentathlon results have been collected and new totals are being calculated, based on the current WAVA conversion factors so all results, however previously calculated, will be comparable. It is known several athletes have competed in other multi events both in the UK and abroad. A request is thus being made for any results, from whatever source, to be sent to me so that a comprehensive list can be produced by Ian. The details required are:

1. Venue and date of event
2. Result of each event and any additional information such as automatic or hand timing and wind speeds where known
3. Date of birth (or age given if date is unknown)

An indication of the information currently available shows the following:

- M40 63 performances by about 35 athletes
- M45 60 performances by about 20 athletes
- M50 46 performances by about 15 athletes
- M55 30 performances by about 14 athletes
- M60 37 performances by about 16 athletes
- M65 18 performances by about 10 athletes
- M70 2 performances by about 2 athletes
- M75 2 performances by about 1 athlete

It is hoped that when the lists of about the top 60 are collated, hopefully later this summer, copies will be available from Ian at a small charge.

David Burton

BVAF RECORDS

One area which has, up to now, received no attention is relays. I am thus making a request for clubs or club statisticians to send me details of their best relay performances for both male and female in the usual age groups, eg M40, M45 etc. W35 W40 etc, for the following events 4 x 100, 4 x 200, 4 x 400 and 4 x 800. The details required are:

1. Composition of team (if known) together with dates of birth or ages
2. Event, venue and date
3. Any other details considered to be relevant

I hope I can get sufficient response so a top 10 can be published in a future edition of VA.

Re criticisms made regarding records set in National/International Meetings, I should like to point out the following:

1. If a form is completed it is available for future reference if any queries should arise
2. It is important that details such as wind speed, weight of implements are known to be within the relevant requirements
3. It is not up to me, or any other person to check for records. Surely an athlete can spare a few minutes to complete a form and obtain the relevant signatures and help the record compilers who, as has often been mentioned, devote their own time and effort to do this work without financial gain.

David Burton



BVAF Indoor Championships

Above: M55 800m — from left A. Garrett, J. Ross, J. Newcombe, R. Checkley, L. Cooke

Below: Supervets, M75 60m competitors — from left B. Metcalfe, A. Coogan, E. Pilmmer, J. Lucas, L. Watson



NEWSPAPER SUPPORT FUND

My brief analysis of our finances in the last issue has stimulated the flow of donations slightly. Also some who bought draw tickets made out their cheques for a couple of pounds extra. I am not sure that I have acknowledged them all below, but will they please consider themselves thanked.

Recent donors include:

W McB Duncan	R MacKissack
Tony Rawlinson	J H Stephenson
S Eden	J A Morris
G Black	Hugh Richardson
Ursula Duckworth	John Chandler
Nigel Pratten	N Skelton
Yvonne Priestman	Anonymous (Several)

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

To help fill this column next time please send your cheque payable to Veteran Athletics to:

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

Your Chance to Win

Are you due to renew your Prize Draw membership? Or have you never entered? Perhaps you are new to the veteran movement and are wondering what the Prize Draw is about? Well, here's a reminder or explanation depending.

Well, there are two reasons to join in. The first one is fun. Twelve chances each year for members who join in of winning either the first prize (which stands currently at £125) or one of the five consolation prizes (£10) drawn each month. Since the first draw (January 1989) there have been 63 first prize winners and over 300 consolation prize winners. The risk to you — a mere annual £12 (just £2 per draw).

The other reason is to help finance this newspaper. The proceeds from the draw, after the prize money has been deducted, go to this newspaper which has a very important role in informing and encouraging the British veteran movement. So, if by bad luck you don't manage to pick up a prize any draw you will know that the money helps underwrite this paper.

How it works

You pay a once-a-year sum of £12 and you are then automatically entered into each month's draw. The winning prize is £125 each and every month and there are also five consolation prizes of £10 each. So you are always in with a chance of some fun and action.

How to join

Send off the coupon with your cheque immediately and you'll qualify for the next draw and a chance for a three-figure pay-out.

How to improve your chances

Take up more than one entry! Just indicate on the form you would like to increase your chances by the number of entries you wish. Your cheque of course should reflect this — each entry for the twelve monthly draws costs £12.

These are the recent winners:

January £125 to Zoe Gaffen, Lewisham; £10 to A. Middleton, G. Vance, Marian eldridge and Sheila Smith.
February £125 to Jim Johnston, Morpeth; £10 to R. Dobson, K. Angeli, P. Monk, Mollie Mills and Mrs J. Porter.

Please enter me for the next twelve months' draws commencing with the month of

Name

Address

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Champions of Champions

So now we have digested who won the various age medals at Miyasaki, but the irrepressible Phil Mulkey and his very talented female counterpart, Phil Raschker have taken it a stage further in the National Masters News by working out the age gradings for the various disciplines.

British Gold Medallists emerge quite well, outstanding being Evaun Williams with a 103.1% in the Hammer and Rosemary Chimes a 94% in the Shot, placing them 4th and 9th respectively among the overall Women competitors.

Breaking it down to the individual events only Allan Meddings and Steve James among the British Men appear in the top three. Allan was placed 3rd in both the 100 and 200 Metres with 94.8% and 95.7% respectively. Steve scored in all of his events, 3rd in 1500m with 93.7%, 2nd in 5000m with 93.1%, 2nd in 10,000m with 96% and 3rd in the Cross Country with a mere 88%. You must try harder in that event Steve.

In addition to their top events, Evaun and Rosemary made the first three in the Shot (85.6%) and Discus (89.3%) respectively. There were no other British Field Event aspirants, but among the woman runners Una Gore was 3rd in the 100m with 91.5%, Jocelyn Kirby 3rd in 200m with 90.5% and 1st in High Hurdles with 90.3%. Up to middle distance, and Pat Gallagher emerges 3rd in the 800m with 90.2%. Finally on to our two fantastic distance wonder women. Jocelyn Ross was 2nd in both the 5000m with 87.5% and Cross country with 81.9% and Jose Waller 2nd in the 10,000m with 87.1%.

A unique way of proving who were the champions among champions? Possibly, if you believe wholeheartedly that the Age Grading Lists are fairly assessed. My own personal views are that they do the older women long distance athletes no favours at all, as we witnessed at the recent Half Marathon Championships at Aylesbury. Steve Charlton quite correctly topped the lot there which means that it is



Evaun Williams, 103.1% on age graded scale

fair for the more mature man, but many, including myself, were shocked that Eileen Quinton's excellent performance never even got her in the first 10. More recently Bob Peart scooped the pool in the Mitcham 25K which further justifies the listings. Can somebody please let me know of his present address, so that I can send on his prize?

Jack FitzGerald

The Miyasaki Marathon

The World Veterans Marathon Championships at Miyasaki was an unforgettable event. We had had some hot, humid days and marathon day was no exception. We were bathed in sweat before the start and you could feel the heat rising from the massed gathering of over 5000 runners. I joined the group from G.B. and we overcame our nerves with typical bantering. After the speeches and accompanied by fireworks and balloons rising, we were off.

The yellow strip of the Japanese was everywhere. We left the packed streets of the town, ran along the coast for miles and returned along a dual carriageway, one side of which had been closed for the race. At 5K I needed a toilet and found a cubicle at the roadside. After waiting several minutes for it to become vacant I discovered I needed a coin to get in. I was annoyed at all the wasted time and decided to press on regardless.

The water stations left much to be desired. There were cups at the first stations but they were soon used up and then the dirty cups were dipped into the barrels. The alternative were the long handled ladles which are used before entering the temples for pouring water over your hands and rinsing your mouth for symbolic purification. In the race they were dipped into the barrels and passed round—I did not think very much of this idea. There were few women runners with me and I had to be quite forceful with the chauvinistic Japanese males. The heat increased as the race progressed and by the time we reached the turnaround point water was in short supply. It was like approaching an oasis but sometimes the water had run out and the efficient Japanese had already stacked the tables neatly away. I felt devastated! There were thousands behind me—how did they fare! Approaching the town on the return

things did improve. Hoses were played onto us and car sprays turned on for us to run through. Miyasaki is some distance away from the finish at the Sports Park. In front and behind us it was just like "the yellow brick road" as far as you could see.

As usual I ran near the kerb seeking support from the spectators and was greeted enthusiastically. My race number showed my age category and the Japanese appreciate elderly achievers. We had travelled this road by bus several times so I knew it would be a hard slog. Luckily I had set out with the intention of running steadily in the conditions. For three days previously I had drunk lots of water and loaded up with high carb foods such as bread and bananas. It must have helped as I finished without suffering cramp whereas I saw many carried off in agony and distress. I finished in 4:09.36 in 810th position out of over 5000 runners. The only other British woman to finish was Yvonne Miles—well done Yvonne! Of the British men Bob Brown ran 3:34:04, Bernard Farnell 3:54:52, James Johnston (M70) 3:55:34, John Tipping 3:56:03, John Drakely 4:43:45, Alan Graves and Tony Vanderplank 5:18:17. Well done everyone—no one found it easy.

The marathon was hard but overall the Japanese experience was out of this world and, as Ian Vaughan-Arbuckle said in a letter in VA28, it was such a pity that the championships received so little coverage in the press here. The Japanese were marvellous hosts and the championships were run superbly for the 12000 competitors. The organisation and spectacle was worthy of any Olympics. And we will never forget our little tour guide when we went on Barbara Dunsford's marvellous weeks tour afterwards.

Jose Waller

Long distance record bonanza

British Veterans tore the record books apart at the Barry 40 Mile Track race on March 6. The overall winner, Stephen Moore of Hertford & Ware reduced the M45 World Records at 30 miles, 50km and 40 miles to 2:58:12, 3:04:48 and 4:01:28 respectively. Meanwhile Bob Emmerson of Leamington and Geoff Oliver of the 100K Ass. were having their own private battle for the M60 honours and although Bob eventually triumphed with 4:51:09 to 5:15:02, breaking the 30 mile and 50K M60 World Records also with 3:28:39 and 3:37:08. It is worth recording that Geoff was also within the previous world records at two of the three distances (30 miles 50K).

Women veterans were also prominent, Eleanor Robinson (Border H) breaking all three W45 World Records with 3:31:29, 3:39:37 and 4:50:11, while Stone's Rita Banks smashed the three W50 World Records with 3:50:11, 3:59:49 and 5:28:17. Not a bad day for the "old uns".

Jack FitzGerald

Jose Waller with marathon winner



SOLIHULL CHAMPIONSHIPS

NORMAN GREEN STADIUM SUNDAY 14TH AUGUST 1994

BVAF & MIDLAND PENTATHLON CHAMPS	£4
BVAF & MIDLAND 10000m CHAMPS	£2.50
BVAF 10K TRACK WALK	£2.50
OPEN 100m & 200m	£1 per event

ENTRY FORM

Surname Christian Name
 Address
 Tel No D.O.B.
 Age Group Club

EVENT	P.B.93/94
1	
2	
3	

Please enclose 9"x4" sae & make cheques payable to MVAC

Entries to: John Mills, 3 Victoria Villas, Bath Road, Nailsworth, Glos GL6 0J3
 Closing Date 30th July 1994



BRITISH VETERANS' ATHLETIC FEDERATION 15TH DECATHLON & 7TH HEPTATHLON CHAMPIONSHIPS

(Under AAA Laws)
 WOODBOURNE ROAD, SHEFFIELD
 SATURDAY 10TH/SUNDAY 11TH SEPTEMBER 1994 AT 11.00AM

Please enter me for the Decathlon/Heptathlon Championships.

Date of Birth day mth yr Age at Date of Competition years
 Name in Full (Block Capitals)
 Surname First Name(s)

Address in Full

Name of First Claim Club

Veteran Club/Assoc

(All competitors must be a member of the BVAF or Regional Associations.)

I enclose my entry fee Signature Date

Please indicate if accommodation is required ☐ Directions required ☐

Tear Off

Important Note

(1) Entry with fees to: John Charlton, 11 Wulfric Road, Ekington, Sheffield, S31 9GE. (2) Cheques for £7.00 to be made payable to JOHN CHARLTON. (3) Certificate of Birth to be produced if required. (4) Please enclose S.A.E. for acknowledgement of entry and directions. (5) ENTRIES CLOSE — SATURDAY 27TH AUGUST 1994 (6) These Championships are being held in conjunction with Sheffield Schools Decathlon and all entries have to be forwarded to the Secretary before their closing date of 5th September 1994.



INTERLINK express courier parcels

Tel: 0978-820536
 OSWESTRY DEPOT

DEPOT OF THE YEAR AWARD
 NATIONAL FINALIST

1994 B.V.A.F. OPEN

10 MILE ROAD RACE CHAMPIONSHIPS
 OPEN TO ALL VETERANS

OSWESTRY (SHROPSHIRE) SUNDAY JULY 31st START 1 pm
 UNDER B.A.F. & B.V.A.F. REGULATIONS

ASSISTED BY OSWESTRY BOROUGH COUNCIL
 AND OSWESTRY SPORTS COUNCIL

VENUE: OSWESTRY LEISURE CENTRE, COLLEGE ROAD, OSWESTRY
 A.I.M.S. COURSE

CLOSING DATE 27th JULY
 ENTRY FEE £4.00 IF AFFILIATED * TO B.V.A.F. — £5.00 IF NOT A MEMBER

*Affiliated means a paid up member of Northern Veterans/Southern Vets/Welsh Vets etc.

● THIS IS A VETERANS ONLY EVENT ●

CHAMPIONSHIP AWARDS

MEN: 1, 2, 3, all age groups (5 years) to over 75.
 LADIES: 1, 2, 3, all age groups (5 years) to over 70.

CLUB TEAMS

MEN: 1, 2, 3, 40 - 49, four to count. Over 50 three to count.
 Over 60 three to count.

LADIES: ALL ages, three to count.
 NOTE: Older age group runners ONLY may represent a younger age group club team, provided that their club has not fielded a team in his relevant age category. BUT organisers MUST be notified on day of race — Club vests must be worn.

9" X 6" S.A.E. FOR FURTHER DETAILS, CONFIRMATION AND RACE NUMBER
 TO: DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY,
 SHROPSHIRE SY11 1JD. TEL: (0691) 653338

Please accept my entry for the 1994 BVAF Open 10 Mile Championship

NAME AGE ON DAY D.O.B.

ADDRESS

1st CLAIM CLUB VET REG. NO.

AREA AFFILN NORTHERN/SOUTHERN ETC. NON AFFILN TICK* ☐

*Non affiliated means not a paid up member of an Area Veterans Association
 THE ORGANISERS OF THIS RACE WILL NOT BE RESPONSIBLE FOR ANY LOSS OR INJURY TO MYSELF.
 I AGREE TO ABIDE BY B.A.F. LAWS: I AM MEDICALLY FIT TO RUN.

SIGNED DATE

OSWES I RY



Around the Regions

SOUTHERN

SCVAC
The SCVAC Cross Country Championships were held at Hillingdon on a bitterly cold Feb 13. On a course made very muddy through the wooded sections at Ruislip Lido, Kevin Brown of Swindon soon took the lead with Invicta's Merv Brameld and Aldershot's Brian O'Neill, M45, running together. Brown extended his lead further on each of the four laps, with Brameld 21 seconds adrift but beating O'Neill by 5 seconds. Robert O'Mahoney finished 4th overall and 2nd M45.

In even muddier conditions in the separate race for 50 and over age groups, new M50 vet Vic Smith of Medway went into the lead early in the race and stayed there until the finish. Mike Cronin (Blackheath) moved into 2nd place on the final lap from Aldershot's Dave Rogers. Derek Surrey had an easy win by over 5 minutes in the M55 group. Laurie O'Hara was never in any trouble in the M60 group with Ian Addison of Aylesbury in 2nd spot, finishing ahead of Derek Thomas of Cambridge who found the muddy conditions not to his liking. Steve Charlton easily took the M65 age group award.

The women's race and men's over 70 race was incorporated in the M50 race but covered only two laps of the course. Paula Fudge, W40, was well away at the start and after one lap was 5th overall, leading a group of the men. Paula finished strongly with Julie Hughes (Thurrock) and Sue Ogilvie (Oxford) following and leading the W35 group. First W45 was Nicola Atkey in 5th place, and there was a great run from Pam Jones, W55, in 6th position overall, in front of the W50 winner, Pat Card.

Ron Franklin

VAC

A splendid come back was staged by modest Leo Lyons when he ran up a sequence of four in VAC CCs, with best time 26:31. Leo's speedy talent had always been apparent but a tendency to fade after leading was witness to injury and incomplete training. With these troubles resolved, pursuers in his wake counting on him coming back now have to beware. Further success for Leo, 45, came in the Belgrave 10 and the Swanley Half, with VAC champs, where he was first veteran.

Chances of making it five faded when Nigel Gates put in an appearance and ran with 'the Vets'. But the measure of the ace vet's superiority, untested at Camp Road, was clear for all to see at Tunbridge Wells. Five or more runs were not uncommon

by individual members in the Wimbledon series, welcome compensation for contraction in fields overall, in line with local trends.

However Members running for VAC in the popular Surrey League had an excellent second string to their bow. First the women showed the way with Division II wins at Ewell and Reigate. Then the men responded to their threat of relegation with a win in Division III on Richmond Park's racey spaces. Here Phil Pape was individual third and an astounding nine in 26 scored VAC first in match. This fulfilled the promise vehement team manager Bob Belmore had long held out.

Next, Dunsford Airfield's wide open spaces beckon with BVAF 5K, promoted by VAC.

Jeremy Hemming

EASTERN

EVAC

The EVAC Cross-Country Championships at Danbury Park, Chelmsford on January 23rd attracted a good entry with one hundred men and nineteen women. This course was used for the County Championships and it was top class. It consisted of several laps through woodland with mud, leaf mould and roots, grassy fields, a muddy ditch and short climbs and descents.

The weather was mild and sunny and the entry really went at it from the gun. The ladies meant business with Julie Norris leading strongly but closely followed by Maxine Joyce, a guest from SCVAC, who suddenly pounced and opened up a decisive lead. Diane Braverman was just behind them with Felicity Garland giving her usual solid performance. The gaps between the competitors getting greater further down the field. It was a good contest but disappointingly no club could finish a team.

The men followed the women's example and Henry Emerton took the race by the scruff of the neck but he had to fight for it with guesting club team made Anthony Seakins. Eventually his determination and strength triumphed and he opened a winning gap. There were terrific scraps lower down the field within age groups and everyone acquitted themselves well. David Blythe valiantly occupied the red lamp position. The team competition went to the lads from Mansfield with Milton Keynes second and just edging out the host club Chelmsford. A highly successful event and Chelmsford AC were thanked for their hard work by Club Chairman, Peter Duhig.

Doug Linton

Belatedly I would like to enlarge on the performances of four Eastern Vets who made the trip to Japan for the 1993 World Championships:

Tony Mackay, M55, gave a sterling performance in the Decathlon, lining-up for the final 1500 needing to run a PB to achieve the Bronze Medal. He did it and finished with 7287 points. Tony went one better a few days later in the Pole Vault by clearing 3.40 to take the Silver.

Bob Hancock, M50, (Decathlon) gave a creditable performance, following an ankle injury in the pole vault, to achieve 7th place with 5492 points.

Ian Vaughan-Arbuckle, M55, ran in the 800m having discovered his speed over that distance at the EVAC T&F League races in the Summer. He won his way through to the Final with a PB of 2:15:16 and in a tactical final he was fractionally slower with 2:15:77 for 7th place.

Last but not least of our 'Four Musketeers' was Eva Osborne. She made the most of her trip by competing in four events, finishing 9th (W50) in 48:00:21 for 10,000m, 9th in the 5000m in 23:00:88 followed by a PB in the 1500m with 5:56:9. Leaving her best until last she ran 11th overall in the Womens Cross-Country, 2nd British team member, to help secure the Bronze medals.

Hugh Barnfather

NORTH EAST

NEVAC

NEVAC staged their Cross-Country Championships at Rosehill, Wallsend on 15/1/94. After weeks of rain, the weather was mild and sunny on the day of the event.

The Women's 6K race, (run with the Men's Over 50 race) was won in style by Durham's Julie Coleby from Houghton's Jean Applegarth and Maureen Dodsworth. Pam Goddard's recent return to competition produced a win in the W40 category from Roz Layton. Ann Sanderson finished third, leading Teesdale to the team prize. New member H Scott was a clear winner in the W45 section, ahead of A Blight and E Livingstone. M Chambers of Elvet Striders took the W50 title from recent BVAF 5K Road Race winner Mary Avery with Ann Calvert third. Elizabeth Lamb of Teesdale added the W55 award to her Team medal.

The M65 and M70 winners were Colin Johnstone and Ted Joynton respectively.

Phil Lancaster produced a blistering early pace in the Over 50 10.2K race, increasing his lead on each of the three laps. Tom Turnbull (Elswick) was having a great run as M55 winner Walter Ryder (Morpeth) who finished second and third respectively. In fourth place, was third M50 and last years race winner — Roger Highnam of Tynedale.

There was a tussle for th M55 silver,

with 800m track specialist Reg Checkley getting the better of arch-rival Ian Barnes.

New NEVAC members F Montague, C Vaux and K Wilson of Middlesbrough and Cleveland AC packed well in 9th, 10th and 13th positions to take the team prize from pre race favourites Elswick (42pts) and Morpeth (47).

1993 BVAF 10K Track Champion Eric Appleby of Heaton was a clear winner of the M60 category from Ray Laverick of Chester-le-Street. Bill Ramage of Durham just managed to out sprint R Sheraton for Bronze.

The two leaders were locked together for most of the M40-49 event and it was all down to a sprint to the line with 50m to go. Deservedly, 1993 Scottish Veteran champion Archie Jenkins reached the tape ahead of defending M45 Champion Harry Matthews of Elswick.

New to the veteran ranks, Micky Miles of Heaton took second M40 medal, finishing third overall. Fourth, half a minute later, P Richardson led Sunderland to an excellent team win from Elswick and Jarro & Hebburn. 2nd M45 Jim Bell finished in 6th place, behind 1992 M40 winner Alan Catley of North Shields. Vince Tindle, New with Sunderland, was third M45.

From a total record entry of 200, George Routledge, club secretary, race secretary, course marker, medal presenter **72-year-old Ronnie Walker (NEVAC Cross-Country Championships)**



and general dogbody, finished last in the second race — proving it's not the winning that counts but the taking part.

George Routledge

NORTHERN

NVAC

The first monthly run of 1994 was the usual one at Leverhulme Park, Bolton on Jan 9. Conditions were very wet. The course of 5.5 miles included a stream and a long grind of a hill which had to be climbed three times. It was virtually impossible to run all the way up the hill due to the deep, clinging mud. The race was won impressively by Mario Foschi, now with Wimal A.C. Mario lives in the depths of Delamere Forest, and has been a member of a number of clubs, but now may be settled in a strong Wirral squad. He's also a keen fell runner which helped on this course. 93 started and 91 finished, and there were hot showers to wash the mud off; and at the presentation in the Bolton club house afterwards, membership secretary John Linley garnered in many £5 subscriptions to swell our coffers.

The NVAC Cross Country Championships were held at Sherdley Park, St Helens on February 13. Entries were up on last years event at Thirk. Although there was a biting wind blowing from Siberia the ground was soft. The course was an undulating four laps 10K but the times suggest the distance was slightly less. Sutton Harriers (St Helens) A.C. managed the excellent organisation.

M55 winner Steve James once again dominated the first race, but he was closed down to 7 seconds on the last lap by Newcastle-u-Lyme's M50 John Davies who reached his 50th birthday the day before the race (obviously a man whose parents had a good sense of timing!) As is usual there was a larger field in the 'oldies' race — about 110 starters with about 90 starting the 40-49 Men's race. This was dominated by Chorley's Kenny Moss, last year's winner, and the strong Ray Lees of Clayton le Moors. They were soon to the fore, and after sitting on Ray's shoulders for most of the way Kenny pulled clear coming out of the woods into the home straight to win by 5 seconds. Altrincham's Peter Hyde was a clear winner in the M45 category by 33 seconds from a rejuvenated Mike Noble of Stockport, currently recovering his racing form after a long-standing injury. Wirral were once again winners of the artistic M40 team trophy led home by twin Mike McDermott in third place in the M40 category.

In the women's race Sale's Denise Wakefield took her chance in her last year in the W35 category to win by over half a minute from Altrincham's Ann Pugh, but the latter and third placed Pat Moe led Altrincham to an easy team victory over Sale by 21 points.

Derek Walton

BRITISH VETERANS ATHLETIC FEDERATION

Application for British Veteran Age-Group Record/British Veteran Age-Group 'Best Performance'/British Veteran Age-Best Performance

FIELD EVENT

To: David Burton, Chairman, Records & Statistics Sub Committee
71 Nethergreen Road, Sheffield, S11 7EH

Application is hereby made for a British Veteran Age-Group Record/British Veteran Age-Group Best Performance, in support of which the following information is submitted: (Please type or use capitals throughout)

EVENT AGE GROUP MEN/WOMEN

FULL NAME OF COMPETITOR DATE OF BIRTH

DATE OF MEETING NAME OF STADIUM

TOWN COUNTY

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed

NAME SIGNATURE

FIELD JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the

.....metres
(Distance in height) (Name of Field Judge) (Signature)

.....metres
(Distance in height) (Name of Field Judge) (Signature)

.....metres
(Distance in height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running wasmetres/sec.

NAME OF OPERATOR SIGNATURE

RESULT OF COMPETITION

The name of the first three competitors and their performances were as follows:-

1st Performance
2nd Performance
3rd Performance
If not in first 3 - position Performance

NOTE: A COPY OF THE RESULTS CARD MUST BE INCLUDED WITH THIS APPLICATION

New Record Applications

At the request of the BVAF Records and Statistics Sub-Committee we are printing copies of Records Application Forms.

There has been controversy and some ill feeling caused concerning the approval of veteran age group records. A number of veteran athletes have achieved World or British Best Performances which have not been ratified, either because the application forms have not been submitted or because incomplete forms have been submitted. It is essential that the appropriate field event (on left) or track or road running (on right) forms are completed by the athlete and verified by the judges, timekeepers, starters or wind gauge operators as appropriate. It is the responsibility of the athlete alone to ensure that all details are correctly filled in and the form sent to David Burton, Chairman of the BVAF Records Committee (address on page 2.). Forms are normally available at all BVAF events. Photocopies of these forms may also be used.

BRITISH VETERANS ATHLETIC FEDERATION

Application for British Veteran Age-Group Record/British Veteran Age-Group 'Best Performance'/British Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: David Burton, Chairman, Records & Statistics Sub Committee
71 Nethergreen Road, Sheffield, S11 7EH

Application is hereby made for a British Veteran Age-Group Record/British Veteran Age-Group Best Performance, in support of which the following information is submitted: (Please type or use capitals throughout)

EVENT AGE GROUP MEN/WOMEN

FULL NAME OF COMPETITOR(S)

ADDRESS

DATE(S) OF BIRTH (For relays, full name of each team member is required in order of running)

DATE OF MEETING NAME OF STADIUM

TOWN COUNTY

RESULT OF RACE

The name of the first three competitors and their times were as follows:-

1st Time

2nd Time

3rd Time

If not in first 3 - Position Time

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter Signature

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified

Time Name Signature

Time Name Signature

Time Name Signature

CHIEF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(name of Chief Timekeeper or Referee) (Signature)

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was

(name of Chief Photo-Finish Judge) (Signature)

WIND GAUGE

I hereby certify that wind speed in direction of running was metres/sec

Name of Operator Signature



NEVAC CC Championships: Archie Jenkins (341) battles with Harry Matthews (359)

FIXTURES

NATIONAL

- 21 May National Vets Open Road Relays, ALDERSHOT. cd 4/5. Details Mike Neighbour, 6 Edney Close, Church Crookham, Hants GU13 0BW (enc 9x4 sac)
- 16/17 Jul BVAF Open T & F Champs. BEDFORD. See ad page 2.
- 23 Jul BVAF 20k Race Walk, SUTTON PARK in conjunction with Birchfield 20k
- 31 July BVAF 10 miles Road Race Champs. OSWESTRY. See ad page 8.
- 14 Aug BVAF 10,000 metres Track Champs, 10K Track Walk and BVAF Pentathlon, SOLIHULL. See ad page 8.
- 10/11 Sept BVAF Decathlon, SHEFFIELD. See ad page 8.
- 2 Oct Flying Fox Marathon, STONE

INTERNATIONAL

- 26 June BRUGES Veterans Grand Prix 10K and 25K
- 31/31 Jul WAVA Road Race Champs, SCARBOROUGH, ONTARIO, CANADA. 10K, 25K and 20K Walk. Contact Barbara Dunsford (address page 2)

SCOTTISH

- 11 May McInnes Road Race, COATBRIDGE

NORTH

- 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. Entries 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.

- 16 June 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 T&F League, Victoria Park, WARRINGTON. 7pm
- 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.
- 24 July Vets Open T & F meeting, incorporating Yorks Vets T & F Champs. Carnegie College, Beckett Park, LEEDS. For further info send SAE to B Knowles, 5 Winthorpe Ave, Thorpe, Wakefield, WF3 3ED
- 26 July T&F League, Wavertree Park, WAVERTREE, Liverpool 7pm
- 28 Aug Monthly 10K Road & Paths, Irlam Town FC, Silver Street, IRLAM. 12 noon. 25th Anniversary for this event.
- 25 Sept NVAC 10K Track Champs. Streteford Track, Longford Park, STRETFORD, Manchester. 1st Race 1pm. £2. cd 11/9. No late entries on day. Members only. Entries to D George, 16 Addison Road, Hale, Altrincham, Cheshire WA15 9BQ

NORTH EAST

- 11 May NEVAC T&F League No.1. MONKTON STADIUM 7pm. Members only £1
- 29 May NEVAC 10 mile Road Race Champs, 11am and Barnard Castle 10 mile Road Race. NEVAC Club Champs. cd 9/5. £4.50 (£5.50 on day), non members £5.50 (£6 on day) to Teesdale Athletic Club + large SAE to Anne Deacon, 19 Marwood Drive, Barnard Castle, Co Durham DL12 8DF
- 19 June NEVAC 10K Challenge match within MVAC 10K Champs. RUGBY. 12 noon
- 20 June NEVAC T&F League No. 2. 7pm MONKTON STADIUM
- 9 July NEVAC T&F Champs. MONKTON STADIUM, 12.30 NEVAC Members only
- 20 July NEVAC T&F League No. 3. MONKTON STADIUM, 7pm. NEVAC Members only
- 5 Aug NEVAC T&F League No. 5, MONKTON STADIUM, 7pm

MIDLAND

- 19 June MVAC 10K Road Race Champs & Inter Vets Clubs match, COVENTRY, 12 noon £2.50 to MVAC + SAE cd 10/6. Entries to 10K Race Sec. Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs, B48 7LN
- 26 June MVAC T & F Champs, Norman Green Athletic Centre, SOLIHULL. 11am Members only. £2 first event £1.50 subsequent. cd 5/6. Entries to J Mills, 3 Victoria Villas, Bath Road, Nailsworth, Glos GL6 0JB
- 31 July Inter-Area T & F SOLIHULL
- 14 Aug MVAC 10K & Pentathlon. SOLIHULL. 11am. Entries J Mills
- 11 Sept MVAC 10 mile Champs, NUNEATON. 11am. Entries to I Nicholls
- 25 Sept MVAC Sprints & Throws, CANNOCK 11am, Entries to J Mills

EASTERN

- 8 May Road Relays, Vets only 4 x 2.5 miles M40-49 £5, 3 x 2.5 miles M50 + W35+, £4, entries P Chaplin. Guests welcome. 11am
- 12 June EVAC 5K Road, LUTON. Open

- 19 June EVAC Track & Field Championships, GRANTHAM. Vets only £2.50 1st event £1 additional. cd 10/6. Guests welcome to all races, enquiries in first instance to Sec. Peter Chaplin, 1 Gunning Way, CAMBRIDGE CB4 3SQ. 0223-359886
- 31 July EVAC 10 mile Road Race - Vets only, guests welcome. MARCH. Cambs £3. cd 26/7. Entries to P Chaplin
- 18 Sept EVAC Half Marathon Road, Open, WITCHFORD, ELY, Cambs. £3 £3.50 EVAC. Entries to P Chaplin.

SOUTH

- 4 May VAC T & F, 10000m Walk Champs, 6.45 for 7pm. BATTERSEA
- 11 May VAC T & F, BATTERSEA TRACK, 6.45 for 7pm
- 16 May SCVACT & F League, Various venues
- 17 May VAC 5 mile Run & Walk, BATTERSEA PARK. 6.30pm. £3 to E Cash, 33 Broadstreet Coldings Manor, Loughton, Essex IG10 2SB. cd 1/6 Extra £1 for SCVAC members entering club Champs.
- 29 May SCVACT & F Champs, SWINDON
- 8 June VAC T & F, BATTERSEA, 6.45 for 7pm
- 11 June CHIGWELL "10", Inc SCVAC 10 Mile Road Champs. 3pm. Entries £3 to E Cash, 33 Broadstreet Coldings Manor, Loughton, Essex IG10 2SB cd 1/6. Additional £1 for SCVAC members entering Club Champs.
- 14 June VAC 5 mile Run & Walk Champs. BATTERSEA. 7pm
- 19 June Inter Vets Clubs 10K Challenge, RUGBY
- 27 June SCVACT & F League, Various venues. 7pm
- 29 June VAC T & F, BATTERSEA TRACK, 6.45 for 7pm
- 5 July VAC 5 mile Run & Walk, BATTERSEA PARK
- 20 July VAC Track meeting, BATTERSEA PARK. 6.30pm
- 25 July SCVACT & F League, Various venues. 7pm
- 3 Aug VAC T & F, BATTERSEA TRACK 6.45 for 7pm
- 16 Aug VAC 5 mile Run & Walk, BATTERSEA PARK. 7pm
- 28 Aug VAC T & F, WEST LONDON STADIUM, 1pm
- 4 Sept SCVACT & F League Finals, Metropolitan Police Track, HENDON.
- 4 Sept SLOUGH Half Marathon Inc. SCVAC Championships
- 7 Sept VAC T & F BATTERSEA TRACK 6.30

SOUTH WEST

- 8 May SWVAC 10K Champs, AVON VALLEY + Grand Prix
- 29 May SWVAC PLYMOUTH Half Marathon, Grand Prix
- 19 June SWVAC T & F Champs, EXETER. + AGM
- 3 July SWVAC Haytor Moorland Run, BOVEY TRACY, Grand Prix
- 10 July SWVAC 10 mile Champs, PORTLAND, Grand Prix
- 31 July SWVAC Inter Area T & F
- 21 Aug SWVAC Boscombe 10K, BOURNEMOUTH, Grand Prix
- 11 Sept SWVAC Marathon Champs, New Forest, NEW MILTON, Grand Prix

WALES

- Open 3000m event at each league fixture
- 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
- 16 Aug SWVAC T & F League No 4, 7pm, Jenner Park, BARRY
- 28 Aug WVAAT & F Champs 1pm, Jenner Park, BARRY

ISLE OF MAN

- 14 Aug Isle of Man Marathon, RAMSEY. 9am

SLough BOROUGH COUNCIL

Supported by
Thames Water Utilities
present the
SLough MARATHON & HALF MARATHON
INCLUDING WHEELCHAIRS & FAMILY FUN RUN

under B.A.F. rules & B.S.A.D. Code of Conduct
incorporating the 1994 Southern Counties Vets Championship.

SUNDAY 4TH SEPTEMBER 1994

Start/Finish Course

- Upton Court Park, Slough
- 2nd year of new one lap course.
- Subway removed from wheelchair race.
- Supervised by Police and marshals; drinks, sponges and first aid stations with lead and sprint times.

Finishes

- Commemorative medal for all finishers plus T-shirts for first 25 of each race.

Prizes/Awards

- First six men and women. First three men and women in wheelchair race. First three male and female in vets categories. Super team over both races. Male, female wheelchair team. Bonus Prizes. Full details in race programme.

Facilities

- Changing, toilets, showers, refreshments, car parking. Full facilities for disabled.
- £6.50 - (Affiliated B.A.F. club members)
- £7.00 - (Non-affiliated up to closing date).
- £2.00 - late entry surcharge.
- £2.50 - Family Fun Run.

Entry Fees

Closing Date

- Monday 15th August.



BAF PERMIT ACCEPTED FOR

START TIMES

- Wheelchair Half - 10.20am
- Half Marathon - 10.30am
- Marathon - 10.40am
- Family Fun Run - 11.00am



Running water for you
Official drinks supplier

We require

- 1. Completed entry form
- 2. Entry fee payable to Slough Borough Council.
- 3. A 12" x 10" S.A.E.

Please send completed form to:

Administration Manager
Slough Marathon/Half Marathon
Customer Care Department
Slough Borough Council
Town Hall, Bath Road
Slough. SL1 3JQ

SURNAME	DATE OF BIRTH
FORENAME	AGE ON DAY OF RACE
ADDRESS	SEX <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
TOWN	RACE CATEGORY - please tick
POSTCODE	WHEELCHAIR HALF MARATHON ONLY <input type="checkbox"/>
TEL. NO.	HALF MARATHON <input type="checkbox"/>
DO YOU WISH TO BE CONSIDERED AS A TEAM ENTRY	MARATHON <input type="checkbox"/>
IF YES NAME OF TEAM	FUN RUN <input type="checkbox"/>
	NO MIN/MAX AGE <input type="checkbox"/>
	SVAC <input type="checkbox"/>
B.A.F. REGISTERED CLUB	PREVIOUS BEST TIME

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

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

SIGNED _____ DATE _____

RESULTS • RESULTS • R

SVHC CC Champs, Troon, 27 February 1994

- M40 1 B. Kinswood (LDRC) 35.52, 2 A. Jenkins (HBT) 36.10, 3 C. Spence (SpV) 36.49, 4 A. Reid (Tev) 37.05, 5 A. McLinden (Ham) 37.07, 6 J. Hanratty (GK) 37.34, 7 R. McCleary (Carm) 37.39, 8 J. Harrison (Dumb) 37.47, 9 F. Caldwell (Dumb) 37.53, 10 J. Caird (Ayr S) 37.56, 11 R. Hubbard (Ayr S) 37.59, 12 F. Hurley (Carm) 38.09, 13 B. Howie (ESh) 38.17, 14 B. Knox (Tev) 38.30, 15 M. McCleary (File) 38.33, 16 A. Gillies (ECR) 38.47, 17 J. Doyle (VP) 38.49, 18 F. Connor (Carm) 38.52, 19 J. White (Ayr) 38.55, 20 C. Smith (ECR) 38.58, 21 A. Harris (Ayr) 39.18, 22 B. Spence (Tev) 39.20, 23 M. McDonald (Carm) 39.26, 24 J. Norton (Shet) 39.39, 25 D. Johnston (GPH) 40.04, 26 D. Gunstone (File) 40.42, 27 G. Young (Ayr S) 40.45, 28 A. Shedden (Ayr) 40.49, 29 J. Gavin (Fen) 40.49, 30 A. McLachlan (Inv) 40.13, 31 D. Mewse (Kib) 40.22, 32 B. Morton (Dumb) 40.24, 33 C. Matheson (PI) 40.26, 34 S. Engleham (Carm) 40.35, 35 J. Morrison (Shet) 40.36, 36 K. Brown (VP) 40.52, 37 J. Haig (File) 41.02, 38 F. Evans (JWC) 41.06, 39 J. Bates (Carm) 41.10, 40 W. McLaren (File) 41.39, 41 A. Scott (ECR) 41.40, 42 C. White (Ayr S) 41.42, 43 D. Cairns (Pen) 41.42, 44 S. Combe (Tev) 41.53, 45 S. Norval (SpV) 41.58, 46 D. Cooney (Carm) 42.09, 47 A. Dale (Inv) 42.13, 48 C. Jones (Belt) 42.15, 49 T. Ridley (Fen) 42.18, 50 A. Henderson (Kib) 42.24, 51 N. Taylor (File) 42.42, 52 D. Docherty (SpV) 42.49, 53 R. Alderson (VP) 43.24, 54 A. Stewart (GK) 43.49, 55 R. Roy (PI) 43.50, 56 J. Taylor (Fen) 43.56, 57 A. Matheson (PI) 43.59, 58 J. Marsh (Tev) 44.16, 59 I. Baird (Ayr S) 44.19, 60 W. Gallagher (ESH) 44.27, 61 R. Fulton (EK) 44.57, 62 W. Campbell (Kirk O) 45.19, 63 W. Geddes (Kib) 45.48, 64 A. Goudie (Kib) 46.08, 65 T. Tracey (SpV) 46.09, 66 R. Neilson (DHI) 46.31, 67 I. Guld (SpV) 46.34, 68 P. Dolan (Clyde) 46.40, 69 M. Finn (Inv) 47.06, 70 A. Hill (EK) 47.34, 71 C. Graham (Pen) 47.37, 72 J. Campbell (Kib) 48.00, 73 A. Graham (File) 48.18, 74 P. Rodzinski (Clyde) 48.27, 75 E. Stevenson (ECR) 48.31, 76 T. Black (File) 50.13, 77 M. Kuzyszyn (File) 50.35, 78 M. Buchanan (Caldor) 50.49, 79 B. Adam (Inv) 55.49, 80 S. L. Emmerson (Tev) 56.22, 81 C. Youngson (Metro Aber) 56.44, 82 C. McDougall (Carm) 57.11, 83 J. Knox (Tev) 57.42, 84 S. McCree (Carm) 59.01, 85 C. Martin (Dumb) 59.08, 7 J. Holden (File) 59.19, 8 Z. Bankowski (ECR) 59.31, 9 H. Muir (Green Weir) 59.43, 10 S. McPherson (Ayr S) 59.45, 11 J. Shields (Clyde) 59.51, 12 D. Fairweather (Carm) 59.59, 13 R. Rae (Tev) 60.08, 14 A. Duncan (PI) 60.12, 15 A. Samuël (Tev) 60.14, 16 S. Craus (File) 60.46, 17 I. Gordon (Carm) 60.59, 18 B. Blair (VP) 61.19, 19 T. Ross (File) 61.06, 20 J.

- Rowley (Law) 61.06, 21 R. Chayne (Inv) 61.22, 22 A. Hughes (Carm) 61.34, 23 J. Gourlay (Law) 61.36, 24 G. McLean (Kirk O) 61.40, 25 D. Taylor (HBT) 62.32, 26 B. Nolan (GK) 62.36, 27 A. Barker (File) 62.39, 28 W. Christie (Dumb) 62.42, 29 G. Orr (Wend) 62.57, 30 C. Lennox (Law) 63.05, 31 R. Shanks (Cald) 63.12, 32 J. Peachey (GK) 63.14, 33 W. Robb (Loud) 63.16, 34 J. Tervit (Law) 63.31, 35 W. McCann (EK) 63.45, 36 D. Stevenson (VH) 63.54, 37 D. Heppel (Carm) 64.26, 38 G. Benetton (File) 64.32, 39 A. McSparran (Ayr S) 64.50, 40 D. Francis (File) 65.01, 41 T. Daves (Dumb) 65.22, 42 A. Melkijohn (File) 65.25, 43 A. Graham (JWC) 65.27, 44 S. Irvine (GK) 65.30, 45 R. Page (Ayr S) 65.43, 46 J. Evans (Ayr S) 67.00, 47 F. Cullen (File) 67.17, 48 T. Kelly (PI) 68.07, 49 A. Jackson (Fen) 68.24, 50 D. Paul (Ayr S) 68.38, 51 A. Bogg (Cald) 69.40, 52 J. Maxwell (GK) 69.56, 53 B. Colie (Belt) 69.58, 54 D. Rodin (Clyde) 69.58, 55 T. Morrison (Clyde) 69.58, 56 E. Smith (HBT) 69.58, 57 B. Hughes 69.58, 58 J. L. Adams (Dumb) 70.37, 59 J. Guthrie (Belt) 70.38, 60 J. R. Young (Clyde) 70.38, 61 R. MacFarlane (Aber) 70.37, 62 A. Matson 70.38, 63 J. McMillan (Kib) 70.37, 64 B. McMonaghy (Shet) 70.38, 65 A. McCall (Dumb) 70.38, 66 G. Armstrong (Hadd) 70.38, 67 A. Angus (DHI) 70.38, 68 A. Pritchard (Carm) 70.38, 69 J. Taylor (Troon) 70.38, 70 L. Pearson (Clyde) 70.38, 71 L. McManus (Inv) 70.38, 72 J. Velich (Law) 70.38, 73 D. McKirdy (EK) 70.38, 74 P. Cree 70.38, 75 I. Muriel (Tev) 70.38, 76 D. Turnbull (EK) 70.38, 77 P. Howat (Inv) 70.38, 78 B. Pringle (Tev) 70.38, 79 Russell (EK) 70.38, 80 J. Morrison (ECR) 70.38, 81 J. Connaghan (Sp V) 70.38, 82 W. McCaskey (ECR) 70.38, 83 J. Shaw (Fen) 70.38, 84 S. Mitchell (Tev) 70.38, 85 D. Kerr (Inv) 70.38, 86 J. Spink (Troon) 70.38, 87 S. Cromar (CHH) 70.38, 88 J. McDougall (Dumb) 70.38, 89 J. McDougall (Dumb) 70.38, 90 J. Brown (Law) 70.38, 91 W. Stoddart (Green W) 70.38, 92 A. Gibson (Ham) 70.38, 93 J. P. Keldan (VP) 70.38, 94 S. H. Hamill (Ham) 70.38, 95 T. O'Reilly (Spring) 70.38, 96 S. Robertson (Troon) 70.38, 97 W. Armour (Belt) 70.38, 98 J. Foster (EK) 70.38, 99 A. Smith (Ayr S) 70.38, 100 T. Miller (Clyde) 70.38, 101 T. Paton (EK) 70.38, 102 J. Parker (Mar) 70.38, 103 L. Light (Troon) 70.38, 104 S. W. Marshall (Carm) 70.38, 105 J. Lambie (SVHC) 70.38, 106 J. A. Douglas (SVHC) 70.38, 107 J. P. Pouson (Mar) 70.38, 108 J. Tevidale H. 3.8.11.9. - 39 pts, 2 Cumbria H. 4.13.17.24. - 59 pts, 3 Dumbarton AAC. 12.13.14.29. - 68 pts, 4 Ayr Seaford AAC 102 pts, 5 File AC. 148 pts, 6 Edinburgh AC. 155 pts, 7 Irvine AC. 193 pts, 8 Clydesdale H. 212 pts, 9 Victoria Park AC. 243 pts, 10 Law & Diet. 279 pts, 11 RM Spangley Valley 285 pts, 12 BT Piraveave 310 pts, 13 Kilbarach AAC. 342 pts, 14 Ferranti AC. 415 pts, 15
- Hunters Bog Trotters 439 pts, 16 Ballochmole 440 pts, 17 Dundee Hawkhill H. 443 pts, 18 Caldergleng H. 495 pts, 19 East Kilbride AAC. 507 pts, 20 Troon Torisles AC. 622 pts
- Ladies W35 1 T. Thompson (PI) 28.21, 2 H. Morrison (Inv) 28.15, 3 E. Reid (EK) 28.56, 4 C. Brown (File) 30.07, 5 M. McLaren (File) 30.54, 6 M. Menzies (Kib) 31.03, 7 C. Thompson (C of G) 33.15, 8 A. Paterson (PI) 34.15, 9 A. Harvie (C of G) 34.02, 10 J. Bader (PI) 34.58, 11 T. Gordon (Kib) 36.26, 12 S. Porteous (Mary) 37.18, 13 A. Graham (Pen) 39.26, 14 W. J. Stevenson (Fak V) 28.33, 2 K. Todd (JWC) 30.22, 3 D. Montie (Loudon) 30.38, 4 E. McGarry (Inv) 31.34, 5 J. Neil (Lass) 34.24, 6 M. Kelly (PI) 34.26, 7 P. McLaughlin (Kib) 34.03, 8 N. McCulloch (Inv) 35.11, 9 K. Gear (Inv) 39.44, 10 W. P. Lennox (File) 31.13, 11 F. Farquhar (Cald) 31.44, 12 J. Byng (Inv) 32.30, 13 L. Brown (Kib) 33.00, 14 C. Goudie (Kib) 35.18, 15 W. J. Phillips (Lass) 36.58, 16 W. J. Moore (Kib) 35.51, 17 J. Oliver (Loud) 38.35, 18 Team Results 1 File AC. 5.8.10. - 23 pts, 2 Irvine AC. 5.8.13. - 27 pts, 3 B. Piraveave 1.16.19. - 36 pts, 4 Kilbarach AAC. 9.22.24. - 55 pts.
- Veterans AC 4.8M CC Wimbledon 19 March
- 1 P PaperCam H 41 1 25.35, 2 R. Howells (EAS) 51 2 26.32, 3 S. Birkin (Carm) 49 49 1 26.35, 4 P. Torris (SHH) 45 2 26.55, 5 L. O'Hare (Bar) 45 3 27.01, 6 B. Lynam (on Irj) 43 45 28.46, 7 P. Oates (H-H) 44 28.50, 8 D. Parkinson (SLH) 50 1 29.13, 9 J. Brown (Wok) 44 29.24, 10 M. Rodriguez (Wind) 43 29.33, 11 C. Smith (Shag) 43 29.36, 12 C. Taplin (Bel) 43 29.47, 13 J. Wilkins (EAS) 52 2 30.06, 14 P. Bowyer (H-H) 49 30.43, 15 D. Case (EAS) 59 1 31.22, 16 J. Wastbrough (Bel) 51 3 31.37, 17 A. Davidson (Has) 51 46 31.40, 18 P. Lane (VAC) 55 2 31.50, 19 C. Shrubsole (VAC) 61 31.54, 20 N. Manning (SLH) 49 31.57, 21 G. McEntire (EAS) 61 33 32.13, 22 C. Collins (L. Inv) 57 53 32.03, 24 D. Devery (VAC) 80 2 33.36, 25 C. Short (EAS) 45 33.45, 26 M. Watson (VAC) 52 34.19, 27 P. Allen (VAC) 57 34.37, 28 F. Barrett (Bel) 53 34.40, 29 D. Robinson (H-H) 51 34.59, 30 C. Penraal (Inv) 45 35.05, 31 M. Murray (Strm) 50 35.11, 32 B. Sanderson (THV) 61 3 36.15, 33 F. Archer (Wind) 43 36.33, 34 E. Ross (VAC) 72 1 37.04, 35 M. Pidgeon (Wind) 43 37.36, 36 K. Burren (PCS) 54 38.59, 37 Women 23 C Hayes (KAP) W41 1 39.24, 38 D. Shear (VAC) W42 2 38.05, 39 N. Pinkerton (SLH) W42 3 38.28, 39 K. Smith (CPFR) W46 1 45.17, 40 D. Offord (Wind) 65 1 46.33

RESULTS • RESULTS • RESULTS

BVAF William Hill Open National Cross Country Championships, Turndridge Wells March 27 1994

Men 10-13 Km

M40 10-13 Km 33.20, 2 T. Dobson 33.49, 3 R. Treddwell 33.56, 4 W. Bailey 34.29, 5 M. Hager 34.42, 6 M. Strang 34.54, 7 O. Lewis 34.56, 8 S. Hewitt 34.57, 9 K. Bell 35.29, 10 D. Davies 35.41, 11 P. Irvine 35.48, 12 A. McDuff 35.51, 13 D. Wilcock 36.00, 14 D. Rowley 36.02, 15 P. Costigan 36.04, 16 T. Guy 36.05, 17 A. Seakins 36.06, 18 M. Fochel 36.17, 19 W. Doherty 36.17, 20 P. Burridge 36.17, 21 W. P. Dunne 36.17, 22 P. Johnson 36.23, 23 R. H. Wells 36.30, 24 P. Whitcomb 36.33, 25 A. Newman 36.37, 26 D. White 36.41, 27 A. Ross 36.42, 28 G. Cooke 36.43, 29 D. Wheeler 36.46, 30 S. Nace 36.44, 31 J. Downes 36.46, 32 M. Jackson 37.00, 33 M. Knapp 37.01, 34 P. Marsh 37.02, 35 A. O'Connell 37.03, 36 R. Treddwell 37.05, 37 C. Rutland 37.07, 38 G. Styan 37.09, 39 K. Penney 37.09, 40 W. Lhorne 37.09, 41 R. O'Gorman 37.11, 42 G. Grant 37.16, 43 A. O'Connell 37.16, 44 B. Clark 37.43, 45 P. Crowthorn 37.48, 46 P. Adams 37.57, 47 M. Elmore 38.01, 48 P. Weatherhead 38.02, 49 N. Morrison 38.04, 50 A. Storey 38.06, 51 R. L. Stobbs 38.09, 52 B. Thorne 38.17, 53 G. McGlashan 38.24, 54 D. Booth 38.28, 55 B. Black 38.28, 56 P. Finn 38.37, 57 G. Hannaford 38.28, 58 M. Stacey 38.40, 59 R. Hill 38.43, 60 D. Frith 38.46, 61 J. Jones 38.47, 62 P. Stary 38.51, 63 G. Davis 39.00, 64 B. Barry 39.07, 65 S. Bailey 39.07, 66 S. Tanner 39.18, 67 B. Copp 39.21, 68 D. Smith 39.23, 69 L. Collins 39.24, 70 S. Crawley 39.34, 71 M. B. Black 39.34, 72 R. Walton 39.37, 73 A. Cooper 39.45, 74 R. Coe 40.00, 75 R. O'Brien 40.05, 76 G. Dixon 40.08, 77 K. Mather 40.11, 78 S. Bennett 40.15, 79 N. Walker 40.25, 80 G. Barnett 40.33, 81 P. Hills 40.37, 82 P. Oates 40.38, 83 J. Brown 40.49, 84 P. Trevel 40.49, 85 J. Doherty 40.51, 86 J. Downes 41.03, 87 M. Jackson 41.03, 88 D. Hill 41.33, 89 S. Smith 41.36, 90 D. Jackson 41.46, 91 C. Simpson 41.48, 92 G. Thomas 41.59, 93 S. Ridgwell 42.06, 94 T. P. Carter 42.42, 95 S. Connolly 43.06, 96 J. Fochel 43.07, 97 M. Jackson 43.45, 98 P. Hewitt 43.57, 99 M. Quinn 44.12, 100 J. H. McDuff 44.12, 101 R. L. Stobbs 45.59, 102 D. Frith 46.09, 103 L. Hinch 46.21, 104 J. Neville 47.16, 105 P. W. Hinch 48.06, 106 N. B. Raper 48.51, 107 L. R. Kay

M45 10-13 Km 34.20, 2 B. O'Neill 34.26, 3 P. Probin 35.17, 4 D. O'Connell 35.24, 5 C. Dickenson 35.28, 6 M. Matthews 35.38, 7 R. O'Mahoney 35.45, 8 R. P. O'Connell 35.59, 9 P. Wallace 36.01, 10 M. Martin 36.11, 11 J. Griffin 36.28, 12 D. Fochel 36.40, 13 J. Llewellyn 36.46, 14 G. Meredith 36.47, 15 J. James 36.48, 16 B. Slinn 36.51, 17 J. W. Lhorne 37.10, 18 D. Deane 37.12, 19 D. Nankivil 37.19, 20 D. Wilcock 37.23, 21 D. O'Connell 37.27, 22 J. O'Connell 37.32, 23 K. Atkins 37.45, 24 A. Treddwell 37.46, 25 P. Kelly 37.58, 26 L. Lyons 37.58, 27 R. Price 37.57, 28 J. P. O'Brien 38.10, 29 P. Allen 38.14, 30 P. Clark 38.19, 31 K. Graham 38.20, 32 R. Redwood 38.27, 33 R. Treddwell 38.28, 34 S. Harrison 38.37, 35 J. Taylor 38.38, 36 P. B. Lightfoot 38.39, 37 A. Barker 38.55, 38 A. Evans 39.57, 39 J. McGilvray 39.57, 40 J. Evans 39.57, 41 L. Sawkins 40.02, 42 A. Stark 40.04, 43 J. Llewellyn 40.04, 44 J. Lambourne 40.16, 45 J. P. O'Connell 40.28, 46 D. Davies 40.40, 47 J. P. O'Connell 40.42, 48 P. Burns 40.42, 49 C. Cotton 41.03, 50 J. Denyer 41.26, 51 P. Power 41.23, 52 L. Bage 42.19, 53 W. Robert 42.19, 54 J. O'Connell 42.53, 55 D. O'Connell 42.53, 56 J. Matthews 43.08, 57 J. Turner 43.02, 58 G. Maskell 43.43, 59 C. Luggan 43.49, 60 B. Holmes 43.41, 61 A. Bate 44.06, 62 D. Hobb 44.54, 63 J. Fochel 44.56, 64 D. Jones 45.13, 65 W. O'Connell 45.22, 66 D. Robb 45.47, 67 D. McDermott 45.49, 68 L. Livingstone 46.12, 69 D. Matheson 46.34, 70 J. Griffin 47.14, 71 G. Sankley 47.10, 72 J. Mullen 48.24, 73 K. Simmons 48.47, 74 P. Robertson 49.55, 75 R. Hill 51.49, 76 J. Palmer 51.49, 77 V. W. Hinch 51.49

M50 10-13 Km 36.31, 2 J. Jeffries 36.43, 3 G. Panton 36.54, 4 J. Davies 37.05, 5 M. Duff 37.19, 6 S. Haynes 37.22, 7 F. Bell 37.29, 8 V. Smith 37.35, 9 E. Campbell 37.38, 10 D. Harford 37.40, 11 M. O'Brien 37.53, 12 E. Cockayne 37.55, 13 K. B. B. 38.14, 14 M. Smith 38.45, 15 K. Burgess 38.27, 16 K. P. Barry 38.22, 17 D. Bouldridge 38.56, 18 R. Dower 38.59, 19 M. Wren 38.59, 20 B. L. B. 39.02, 21 T. Turnbull 39.04, 22 D. O'Connell 39.04, 23 M. O'Brien 39.04, 24 M. Turner 39.28, 25 A. Mason 39.35, 26 A. Green 39.37, 27 D. White 40.01, 28 E. Watson 40.10, 29 P. Newton 40.12, 30 M. B. O'Brien 40.12, 31 M. Mann 40.17, 32 J. O'Connell 40.18, 33 E. O'Connell 40.26, 34 W. Walker 40.40, 35 A. H. A. 40.42, 36 G. Sayer 40.40, 37 C. Woodcock 40.45, 38 J. Coffey 40.47, 39 R. H. G. 40.50, 40 N. P. Pratten 41.20, 41 M. Green 41.23, 42 A. E. O'Brien 41.23, 43 J. Dwyer 41.24, 44 D. Watson 41.44, 45 P. H. A. 41.52, 46 D. Harford 41.57, 47 L. Wright 42.09, 48 G. Clements 42.15, 49 P. O'Connell 42.20, 50 J. W. B. 42.22, 51 D. B. 42.22, 52 C. B. 42.26, 53 D. O'Connell 42.26, 54 J. W. B. 42.26, 55 A. Hardy 43.00, 56 J. M. K. 43.01, 57 J. R. O'Brien 43.03, 58 J. B. 43.03, 59 G. K. 43.03, 60 G. K. 43.03, 61 K. F. 43.03, 62 J. R. O'Brien 43.03, 63 R. B. 43.03, 64 R. B. 43.03, 65 J. R. O'Brien 43.03, 66 M. A. 43.03, 67 B. J. R. 43.03, 68 M. A. 43.03, 69 J. R. O'Brien 43.03, 70 J. R. O'Brien 43.03, 71 J. R. O'Brien 43.03, 72 J. R. O'Brien 43.03, 73 J. R. O'Brien 43.03, 74 J. R. O'Brien 43.03, 75 J. R. O'Brien 43.03, 76 J. R. O'Brien 43.03, 77 J. R. O'Brien 43.03, 78 J. R. O'Brien 43.03, 79 J. R. O'Brien 43.03, 80 J. R. O'Brien 43.03, 81 J. R. O'Brien 43.03, 82 J. R. O'Brien 43.03, 83 J. R. O'Brien 43.03, 84 J. R. O'Brien 43.03, 85 J. R. O'Brien 43.03, 86 J. R. O'Brien 43.03, 87 J. R. O'Brien 43.03, 88 J. R. O'Brien 43.03, 89 J. R. O'Brien 43.03, 90 J. R. O'Brien 43.03, 91 J. R. O'Brien 43.03, 92 J. R. O'Brien 43.03, 93 J. R. O'Brien 43.03, 94 J. R. O'Brien 43.03, 95 J. R. O'Brien 43.03, 96 J. R. O'Brien 43.03, 97 J. R. O'Brien 43.03, 98 J. R. O'Brien 43.03, 99 J. R. O'Brien 43.03, 100 J. R. O'Brien 43.03

50m Hurdles
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BVAF Indoor Champs, Glasgow, 20.3.94.

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From the Chairman



The early part of the year is usually quiet, but this year a considerable amount of work went on behind the scenes, involving most of our senior officers. A major project was setting up the meeting which would be highlighted by an attempt to beat the four minute mile by a veteran, on the 40th anniversary of the original breaking of the four minute barrier. A report appears on the front page of this issue. It has been a great disappointment and a lot of frustrated effort.

Ron Bell has been closely involved in this throughout, but has also had a frustrating time on the international front as well. It was hoped that we would be in a position to mount a bid at the European Championships in Athens to bring the next Championships back to Britain again, and emulate the success of Brighton in 1984. Ron had sounded out the possibilities of three likely venues, and though in each case strong interest had been expressed by the local Councils concerned, the financial commitments involved, together with the timing, prevented further progress for this to take place in 1996. However, he is now looking at 1998.

On the BAF front, following the discussions about the Veterans Road Relays which I mentioned in the last issue, and then the more recent discussions involving the four minute mile, we were building a better understanding at the top level. However, as a result of the BAF AGM there have been several changes at the top. As yet BAF still has no general policy on veteran matters and meanwhile we can only continue to do our own thing as BVAF. I am concerned that some of



Track and Field Notes

The BVAF Indoor Track and Field Championships at Glasgow saw a host of World and British Records and some wonderful performances in the full spirit of Veteran Athletics. Many thanks to Scottish Veteran Harriers Club and particularly to Danny Wilmoth for all the hard work. Thanks also to the officials and the athletes, except the two athletes who were very rude to the medals officials. Unfortunately, I do not know who they are. Please remember that we are all there to help each other. We may have had problems with one thing or another but with a little patience and tolerance we overcame them.

One point to remember for the future is that, if you compete in a heat, reach the finals and subsequently withdraw without good reason, you will not be able to compete in another event at the meeting, subject to the Referee's decision (BAF Rule 115).

Please enter early for the T&F Championships at Bedford, especially those who are going to Athens. Advance warning! The 1995 In-

the various other subsidiary bodies of BAF throughout the country are doing theirs, and I believe that it would be in everybody's best interests if a cohesive approach could be agreed.

I did attend the BAF AGM, where the BVAF application for affiliation was on the agenda, and though it had been suggested that this might be controversial I am pleased to say that it was accepted with very few votes against. As you will probably know, there were major changes in office: Peter Radford having been appointed Executive Chairman could not also hold the position of Honorary Chairman. The newly elected Chairman is Ken Rickhuss, who also retained his position as Chairman of the Cross Country Commission: David Bedford was replaced as Secretary by Matt Fraser, also from the Cross Country Commission: There is a new Vice Chairman, Eric Shirley replacing Bob Greenoak. Obviously this new team will need some time to get together to decide which of the various pressing matters have to take priority, such as; finance, with the loss of income from TV and the contracts of several major sponsors coming to an end; the controversy about a possible registration scheme; creation of a marketing department; the Andy Norman situation; etc. I feel that at this stage it will be some time before we can expect them to give much thought to discussing the veteran athletics scene.

By the time this appears in print, both the Indoor Track & Field and our National Cross Country Championships will have taken place. Both these events were open to non-members for the first time. There were very few entries from non-members and, of those, most have since joined one of our clubs, but do please keep spreading the word.

Keith M. Whitaker

Caroline's Prize in Annual Raffle
Winston Thomas, the organiser of the 1993 Annual Raffle, received the above photograph and the following letter of thanks from one of the prizewinners, Caroline Stocks.

Dear Winston,
Just a note to show my thanks for the great bike I won in the raffle. I really love the colour, and I do not think I could have chosen a better one myself. I went straight out to buy a cycle helmet to match my bike.

Because it was dark when I first got it, I rode up and down the lounge, but the next day after I had been outside on my bike, mum refused to let me in the lounge with it again.

I will send a photo as soon as the film has been developed.

Thanks again.
— Caroline Stocks

door Championships will be held next February in Birmingham. This is earlier than usual and there will be little time to give notice as we will not be given the final date by the National Indoor Arena until October/November.

Welcome to all new members to the Vets scene. Winston Thomas



Secretary's Report

Bridget Cushen

Golden age for mature athletes
History tells us that the young are the warriors and athletes; Eamonn Coghlan's sub four minute mile on the indoor circuit in Boston at the age of 41 proved that is no longer true.

His victory is one we should all share even if he took the wind out of our sails and we had already accepted to the BAF request to move our celebration 40th anniversary mile from Friday evening 6 May to 7 May so as not to clash with their fund raising dinner in London.

May 1954 was also a landmark for women, Diane Leather (Charles) was the first woman to run a sub-five minute mile, her magnificent feat made the headlines then but I cannot help wondering what the remnants of the W.A.A.A. are doing to mark her fortieth anniversary?

We have nominated two candidates for the European Council, Ron Bell for Executive President and Winston Thomas as Technical Advisor.

The Canadians are well advanced in their preparations for the World Road Running and Walking Championships 30/31 July and are looking forward to a large British entry. Most of those who have already booked are also competing in the North & Central American Championships which, unlike the European, is open to non-residents.

Readers of Richard Ingrams' fortnightly magazine "The Oldie" (do not be misled by the title) will find a new sports page in future issues, the first appearing at the end of April and featuring the BVAF.

Our Annual General Meeting will be held on 17 July, the first day of our track and field championships.

Bridget Cushen

MULTI EVENT PERFORMANCES
Ian Thomas, who for several years has computed the BVAF Decathlon lists (and other athletic events), with my assistance, attempting to produce a list of ALL Male Veteran Decathlon and Pentathlon results. All BVAF and World Decathlon and some Pentathlon results have been collected and new totals are being calculated, based on the current WAVA conversion factors to all results, however previously calculated, will be compatible. It is known several athletes have competed in other multi events both in the UK and abroad. A request is thus being made for any results, from whatever source, to be sent to me so that a comprehensive list can be produced by Ian. The details required are:

1. Venue and date of event
2. Result of each event and any additional information such as automatic or hand timing and wind speeds where known
3. Date of birth (or age group if d.o.b. unknown)

An indication of the information currently available shows the following:

M40-60 performances by about 20 athletes
M45-60 performances by about 15 athletes
M50-60 performances by about 15 athletes
M55-60 performances by about 14 athletes
M60-60 performances by about 16 athletes
M65-60 performances by about 10 athletes
M70-60 performances by about 2 athletes
M75-60 performances by about 1 athlete

It is hoped that when the lists of about the top 60 are collated, hopefully later this summer, copies will be available from Ian at a small charge.

David Burton

BVAF RECORDS
One area which has, up to now, received no attention is relays. I am thus making a request for clubs or club statisticians to send me details of their best relay performances for both male and female in the usual age groups, eg M40, M45 etc. W35 W40 etc, for the following events 4 x 100, 4 x 200, 4 x 400 and 4 x 800. The details required are:

1. Composition of team (if known) together with dates of birth or ages
2. Event, venue and date
3. Any other details considered to be relevant

I hope I can get sufficient response so a top 10 can be published in a future edition of VA.

Re criticisms made regarding records set in National/International Meetings. I should like to point out the following:

1. If a form is completed it is available for
2. it is important that details such as wind speed, weight of implements are known to be within the relevant requirements
3. It is not up to me, or any other person to check for records. Surely an athlete can spare a few minutes to complete a form and obtain the relevant signatures and help the record compilers who, as has often been mentioned, devote their own time and effort to do this work without financial gain.

David Burton



BVAF Indoor Championships
Above: M55 800m — from left A. Garrett, J. Ross, J. Newcombe, R. Checkley, L. Cooke
Below: Supervets, M75 60m competitors — from left B. Metcalfe, A. Coogan, E. Plimmer, J. Lucas, L. Watson



NEWSPAPER SUPPORT FUND

My brief analysis of our finances in the last issue has stimulated the flow of donations slightly. Also some who bought draw tickets made out their cheques for a couple of pounds extra. I am not sure that I have acknowledged them all below, but will they please consider themselves thanked.

Recent donors include:

W McB Duncan	R MacKisack
Tony Rawlinson	J H Stephenson
S Eden	J A Morris
G Black	Hugh Richardson
Ursula Duckworth	John Chandler
Nigel Patten	N Skelton
Yvonne Priestman	Anonymous (Several)

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

To help fill this column next time please send your cheque payable to Veteran Athletics to:

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

Your Chance to Win

Are you due to renew your Prize Draw membership? Or have you never entered? Perhaps you are new to the veteran movement and are wondering what the Prize Draw is about? Well, here's a reminder or explanation depending.

Well, there are two reasons to join in. The first one is fun. Twelve chances each year for members who join in of winning either the first prize (which stands currently at £125) or one of the five consolation prizes (£10) drawn each month. Since the first draw (January 1989) there have been 63 first prize winners and over 300 consolation prize winners. The risk to draw).

The other reason is to help finance this newspaper. The proceeds from the draw, after the prize money has been deducted, go to this newspaper which has a very important role in informing and encouraging the British veteran movement. So, if by bad luck you don't manage to pick up a prize any draw you will know that the money helps underwrite this paper.

How it works
You pay a once-a-year sum of £12 and you are then automatically entered into each month's draw. The winning prize is £125 each and every month and there are also five consolation prizes of £10 each. So you are always in with a chance of some fun and action.

How to join
Send off the coupon with your cheque immediately and you'll qualify for the next draw and a chance for a three-figure pay-out.

How to improve your chances
Take up more than one entry! Just indicate on the form you would like to increase your chances by the number of entries you wish. Your cheque of course should reflect this — each entry for the twelve monthly draws costs £12.

These are the recent winners:
January £125 to Zoe Gaffen, Lewisham; £10 to A. Middleton, G. Vance, Marian eldridge and Sheila Smith.
February £125 to Jim Johnston, Morpeth; £10 to R. Dobson, K. Angeli, P. Monk, Mollie Mills and Mrs J. Porter.

Please enter me for the next twelve months' draws commencing with the month of

Name

Address

.....

Enclose a cheque for £12 (or multiple if you would like more than one entry each month) payable to Veteran Athletics and return to the Hon Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot, Devon TQ12 6YB.