

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 31

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Tony Wells, M45, in full flight at Bedford.



BVAF W/35 800m. Easy win for Veronica Boden.

First-class sport at Bedford

Report by Alistair Aitken

The BVAF Open Track and Field Championships at Bedford on 16/17 July was, as usual, one of the friendliest and happiest championships to be found in the athletics calendar. Considering the mammoth task of officiating, the organisation ticked over fairly smoothly.

This year we were blessed by glorious weather, although the gusting winds affected sprint times. There are so many interesting stories to relate it seems unfair to single out any one performance.

There were competitors performing so well despite handicaps through injury or illness. Sean Power was breaking records again in the M50 Triple Jump. Chris Ellis won the M50 Discus despite illness during the week. The amazing James Lucas, suffering from Parkinson's disease, won the M75 100m, and Bill Taylor, with two hip replace-

Joe Caines, W40, celebrates his BVAF 800m win.



ments, performed so well in the M75 400m.

An encouraging thing is the growing interest in women's veteran events, no doubt helped by outstanding athletes of the past, such as Pat McNab and Judy Vernon, regularly supporting the championships. It was good to see other former internationals Maureen Tranter (now Lewington) competing in the sprints and Roger Clarke, outstanding track and cross country runner of the 1960-70s era, winning the M50 5000m.

Nigel Gates again flowed along, so it appeared, to win the M40 5000m from Andy Catton and Mike Hager but afterwards Gates declared, "I was OK until halfway, then I died over the second half. It was hot out there." Yet he still ran 14:57.18! For middle distance enthusiasts the M40 800m turned out to be the most interesting race of the day. Joe Caines, normally a 200/400m runner who ran 22.00/48.6 as a young man, took on the 800m specialists. Joe, who is a Seventh Day Adventist and does not run on Saturdays, carefully planned to race the event and mix it, and so he did! He put in three withering bursts, Kenyan style, to take the field by surprise and was over the moon when he won.

An outstanding collection of performances came from Veronica Boden of Trafford. She won the W35 200m (26.15), the 2000m Steeplechase at her first attempt in a British Record (7:05.76), 100m hurdles (16.03) and the 800m (2:13.89). Not a bad day's work! The Oakes family were there in force. Pat Oakes won the W35 hurdles in Edinburgh 10 years ago. Now with four children, she won the Triple Jump in a W45 British Record. Her husband, Paul, had sprained an ankle and so withdrew from the high jump, but won the M40 Javelin in his trainers.

It was good to see Colin Shafto and Barry Ferguson win their hurdles categories for the umpteenth time, Frank Taylor over the 400m flat and John Henson's regular victories. Evaun

Williams reaped her usual harvest of medals including four golds. Ian Willoughby won the M40 100/400m hurdles. Four years ago he snapped a tendon and was told he would never run again. Peter Molloy's upright style and smooth running was noticeable as he timed his runs well to win the M45 800/1500 events. In the M40 800/1500m Reg Phipps twice outkicked Vic Smith, triple gold medalist in Athens.

Perhaps the most determined man I saw was Bob Care, who won the 3K Walk on the first day and beat all comers the next day in a British Record M45 5K Walk in which he powered away from his rivals after 3000 metres. The man who impressed me most was Birchfield's Allan Meddings, who looked so strong at the age of 66, and won golds in the 100, 200 and 400m.

Joe Phillips (Javelin) and Graham Hickey (Shot) both broke M60 records. Chris Mellowish and Paul Dickenson were outstanding in the lower age groups. A few more notable results include World Records by Dutchman Simon Herlaar (M65) who ran 4:39.87 in the 1500m and Mary Worth in the W65 5K Walk. He late husband and walker and RWA official Peter, would have been proud of her.

Some more people who caught the eye with clear wins were Val Parsons. Amanda Day and Andrew Blackman, a 60 year old who ran inside 60 seconds for 400m. Anne Brown made her debut with several W35 wins including a British Record in the Triple Jump. Marjorie Hocknell followed up her spectacular World Record in Athens with several good wins. Now being coached by Bob Scofield she should improve even more by next year.

STOP PRESS

Dates for the BVAF 1994 Half Marathon and 10K Road Championships have now been fixed, see adverts page 9. The dates and venue for the Decathlon and Heptathlon have been changed, see article on page 4.

World records for Taylor

Report by Winston Thomas

The Ninth European Veterans Championships in Athens from June 3-13 started amid confusion. As competitors were not listed in the programme we had no idea who or how many were competing in each event and some competitors, were in the wrong age groups. There were a number of organisational problems but the championships, in the 75,000 capacity Olympic Stadium, were well attended by spectators and competitors which promoted a wonderful atmosphere. The 140 strong British team took the main honours. One of the outstanding performances, as expected, came from double gold medalist Ron Taylor. He broke the M60 World Record with an 11.70 run in a 100m heat, and five days later smashed the 200m World Record with a 24.00 performance.

In between, the M40 sprint squads caused sensations by taking the first four places in both the 100m and 200m and the first three in the 400m. The 100m quartet of Scott Brodie, Wal Franklyn, Alasdair Ross and Steve Peters finished in that order within half a second, but Peters came good in both the 200m and 400m. In

younger days when, after being cut up and passed with 250 metres to go, she waited for the home straight and went for home. Marion Eldridge was another double 800/1500m winner in the W40 group and Vic Smith, M50, had a wonderful treble, winning the 3000m Steeplechase, 1500m and 800m. Worthy of note is Mike Smith, in the same age group, who took silver (1500m) and bronze (800m). More middle distance success was won in the M45 1500m when Peter Molloy and Ron Bell took on the field. Molloy finished with a sprint to win and Bell held on to third.

Our medals were not so plentiful in the longer distance events. On the opening day, Bruce Davidson, M70, won our first medal of the championships by taking silver in the 10,000m and Steve James, M55, won a thrilling battle with Aldegalega of Portugal after they had shattered the rest of the field within five laps. James went on to take silver in the 5,000m, Gerald Fairley won the M40 race and James Todd a bronze in the M70. Marian Eldridge was our only women competitor to take her place on the ros-



British 400m runners EVAA Championships, Athens. From left Alison Brown, Jean Hulls, Tina Colebrook, Susan Smith and Marjorie Hocknell.

other age groups Allan Meddings, M65, pulled back to finish second after a bad start and also took silver in the 200m, and Val Parsons won a close encounter in the W45 100m. We won double gold in the hurdles with Tony Wells out in front in both 110m and 400m.

The 400m was a success story for British Vets. In addition to the M40 clean sweep, the M50 race saw Winston Thomas and Terry Bissett fighting a great battle with Thomas just creeping ahead in the final stages. Jean Hulls, W55, took the field apart to win in 67.63 and this prompted Marjorie Hocknell to do the same, but with even more authority, in the W50 final. Hocknell also smashed the World Record for the 300m Hurdles. Joycelyn Saunders prevented a German 1-2-3 in the W40 event by taking the silver, and with four finalists in the W35 event we had visions of a clean sweep. It almost came true. Although she edged in front in the home straight, Tina Colebrook was just pipped on the line by Alison Brown. Jenny Brown, battling for third place, just lost out and finished fourth. Colebrook made up for her disappointment in the 400m by achieving a double gold in the 800/1500m. She had to dig deep to win the latter and showed that she still has the dogged determination of her

trium in the longer distance events with a silver in the 5,000m to add to her double gold in the middle distances.

The marathon was run in temperatures reaching 98 degrees and many runners had to drop out. M65 Richard Blois was our only medalist, finishing second.

The field events had problems with some of the judges not being sure of the rules. Our first field event medal came from Evaun Williams, W55, winning the Shot with a 12.45 effort, and she went on to break the World Record for the Hammer (45.02), the British record for the Javelin (37.78) and win the Weight Pentathlon. Other Hammer medalists were Paul Dickinson (silver, M40) and Elaine LeClaire (bronze, W35).

Our jumpers had considerable success. Jenny Brown set a W35 British Record for the High Jump (1.72) and added a bronze in the Long Jump. In the latter Mary Wixey, W70, was second and John Charlton, M45, was third. Our only Triple Jump medalist was Paula Standen but the Pole Vault was a good event for us. M40 Brian Hooper won gold and set a British Record, Alf Woods, M65, took gold and Bob Brown, M60, silver.

Jenny Brown added to her other successes by taking the Pentathlon in style

continued on page 5

FROM THE EDITOR

We had two gaps in the BVA 1994 Road Race Championships calendar and little time left to fill them. It was difficult to find any one or any organisation willing to take on the job of promoting the Half Marathon or the 10K Road Races. Then Tony Cartwright, relatively unknown to most BVA members, volunteered to fill the vacant post of Assistant Chair — Road. He probably did not realise just what he was letting himself in for but, after several days of frantic activity on the telephone, he persuaded two race organisers to stage the events as part of their own open road races. The 10K will be run in Great Eccleston, near Blackpool, and the Half Marathon at Bridlington, [see adverts on page 9]. The short notice of these events is unfortunate but the important thing is that the Championships will take place this year. The prospect of our organisation not being able to stage these Road Running Championships was unthinkable and credit is

due to Tony Cartwright for his enthusiasm and persistence and our thanks to the race organisers for helping us out.

The rest is now up to us, the BVA members. It will also be a sorry state of affairs if we do not support these events with a large entry, even though they are being held at short notice and away from large urban areas. A bonus is that both events will be run in, or close to, well known coastal resorts, so runners could spend a pleasant week-end away if they do not wish to make a long journey early in the morning. The important thing is that we turn up in large numbers to support the events and make all the effort of organising them worthwhile. Finally, as we are on the subject of organising Road Championships, could we request that area clubs and associations put on their thinking caps and try to come up with some suggestions for venues for 1995?

Geoff Ashby

Veteran Athletics

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

NAME _____ DATE _____

Signature _____

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XI WORLD VETERANS ATHLETIC CHAMPIONSHIPS
JULY 13 - JULY 23 1995



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Good racing at Dunsfold

M40-49 race

Forty eight years old Alun Roper was the outright winner of the BVA Open 5K Road Championships at windswept Dunsfold Airfield, Surrey on April 24th. Mild mannered Roper has established himself as one of the toughest ever competitors in veteran athletics and continues to be at the forefront despite reaching the "wrong end" of his age group.

The first to make a move was Andy Catton who dashed into the lead, his light frame buffeted by the strong winds. Then Phil Pape surged ahead and took a group clear. Dave Hill put in a couple of kicks against the wind but Roper and Catton were still close at hand. It was then Roper's turn in the final mile and despite feeling the hard pace made two major efforts that took him clear for a Swansea individual and team victory. Hill did well to finish second after a recent chest infection and Catton showed he was regaining the form that won the Bruges 10K last year.

M50-M60 race

Aldershot's Martin Duff, on his way back from a down period in his long athletics career, had a classy victory in the over 50 event. After the halfway stage Les Davis, the M50 National Cross-Country Champion, was determined to dictate the pace. Alan Jeffries (Swansea) had a stab at leading but Duff was handily placed. Five runners were together with only a mile to go with Davis still in front and Duff challenging. In the last 100 metres Duff surged ahead to win by 4 seconds. Ray Davidson was first over 55 runner in ninth place with Warren Roe a close second.

Men over 60 and Women's race

Belgrave's Laurie O'Hara set a new championship record of 17:41 despite finding the windy conditions tough to deal with. His win was all the more impressive as he also beat all the women.

Comments after the race

Martin Duff

"I knew I was on the way back when I finished 6th in the National Vets Cross Country Championships. When fully fit I could beat everybody in that field today but I was unsure if I was ready. Many vets are weary of running high mileage."

"If I could run 60 miles a week I could do 15:30 instead of 16:30 for a 5K but my body will not let me run 60. This week I have done 38 and that was all I could manage. High mileage makes me so tired and I find it difficult to train twice daily."

"My down period was due to stress which I finally diagnosed myself. At first it was diagnosed as exercise induced asthma. I was the world's worst at insisting on running 70 miles a week. On that mileage you maintain a plateau

Below left, Alun Roper; right, Martin Duff



Above: BVA Open 5K Race. M40-49 Andy Catton, Alun Roper and Dave Hill lead the pack. Below: Julie Hughes

John Portmore and Barmet's Ron Higgs picked up the other over 60 medals. John Frazer continues to impress as a 70 year old. He started racing when he was 60 and was the recipient of the Zatopek award for the outstanding runner in the Hyde Park Fun Run last year. At Dunsfold he was followed home by Dennis Eyres who will shortly be 75.

Julie Hughes, a nurse and mother of five children, used her 800 metre speed to take an early lead but Marion Eldridge came through for a good win. Eldridge, now in the W40 group, did well to hold off first over 35 runner Sharon Brookes, several times London cross-country champion. On the age related basis, possibly the finest run was by that great fighter Pat Gallagher, who now appears to be over her achilles trouble and easily won the W45 group and finished 3rd overall in the women's race.

One has come to expect a remarkable run from Joscelyn Ross (66) and we were not disappointed. She ran 22:19, seven seconds faster than she did on this course in 1991.

of fitness and expect to run 32 minutes for a 10K. Once you start to drift to 33 and 34 minutes it has gone away from you before you realise it. If I had had three months break earlier, I would now be running 33 minutes instead of 34."

Alun Roper

"I am running 42 miles weekly. I try not to let the thing get out of hand and try to be a normal citizen and lawyer first and a runner second. It then becomes a hobby and if I achieve success it is a bonus. Although it hurts there is the sense of achievement because it is done off low mileage. The likelihood of injury is reduced as high mileage makes your body so stressed."

"I used to do higher mileage when younger and it used to dictate my life, but no longer. My family life is more important. I have recently moved house and have lots of work to do and have now become a grandfather."



Alistair Aitken reports



IX European Veterans Walking Championships, Athens

5,000 Metres Track Walks - June 8

On a cool morning 75 year old Burma War veteran Phillip Mallins tussled with Norway's Reidar Jordell and gained the silver medal in 33:40.51. Len Creo, aged 71, maintained his second position for five laps. He then led from his long-standing rival Carlo Bomba, the Italian, until the last twenty metres when he lost form and his close shadow passed to take the gold in 30:10.54. Len taking the silver. Determined to improve upon two silver medals in Norway, Terry Simons took gold in the 65-69 age group. Who says sprint training is not worth its weight in gold! Denis Withers, 66, gained the silver award. Against increasing competition from Eastern Europe, Doug Fotheringham, 64, gained a fifth place, John Dunsford, 66, was 13th and John Marshall, 59, finished nineteenth.

Carol Eames, W45, was 17th in the women's race. Of very special mention is Mary Wixey, 70, who having gained a silver in the Long Jump and a bronze in the Relay, then won a bronze in the 5,000 metres track walk, moving out with British courtesy when lapped. Well done Mary!

Men's 20,000 Metres Road Walk

The partly-uphill course at Filiothel proved hard and, being tree-lined, was humid and exhausting. John Marshall, M55, was 15th, M60 Doug Fotheringham gained a bronze medal in 2:01.36. M65 Denis Withers took gold in 2:04.34 and Terry Simons a silver. Len Creo, M70, won a silver in 2:08.30 and Phillip Mallins took the silver in the 75-79 age group.

Women's 10,000 Metres Road Walk Rosemary Alexander, Boumemouth, finished fourth in her first competition; this augurs well for the future.

The GBR athletes can well be proud of their high standard of exhibition walking.

Irene Lisle and John Dunsford

WAVA Championships - Buffalo 1995

The World Association of Veteran Athletics Council met in Buffalo, USA from 10-14 April and accepted recommendations after my meeting with the Organizing Committee and four members of the WAVA Stadia Committee in February. The 1995 WAVA Track and Field Championships will run from 13 to 23 July, opening with the Decathlon, Heptathlon and Cross Country, and closing with the Relays and the Marathon.

The draft of the entry booklet was agreed; copies were available for entry co-ordinators of European affiliates in Athens during the European Veterans Championships and have now been mailed to all other affiliates. Those intending to go to Buffalo should read the booklet very carefully.

Council confirmed that all entries must be submitted through the WAVA affiliate, and the article on page 5 describes the work of Barbara Dunsford for British entrants.

Whilst I was primarily concerned with stadia facilities and competition schedule, I was able to view the marathon course. This is the flat Skylon Course used in 1984 for Olympic qualifying. It starts in downtown Buffalo, passes through some residential areas, over the US/Canada Peace Bridge into Canada,

then follows the Niagara River to Niagara Falls, Ontario.

Whilst there are hotels ranging from some described as Budget at \$35.68 per day to Luxury at \$95-139 per day, the University of Buffalo Residence Halls offer a good option; \$40 per person per day in a twin-bedded room including three meals a day. An outstanding feature of this arrangement is the flexibility as to where meals may be taken. Those who were in Eugene for the 1989 Championships will remember what a boon this system was. A University meal plan will also be available to those staying in hotels.

A free shuttle-bus system will operate between the hotel areas, the University dormitory area and the competition venues, and timetables will be provided in the competitors' packs.

For those not fully occupied with competition or the interminable meetings which are a necessary part of running a world sports organisation with over 100 affiliates, a number of tours to scenic parts of western New York State and southern Ontario are planned.

Final point; drug testing will take place under IAAF Rules. Again, read the entry booklet carefully. Bill Taylor Vice President (Stadia) WAVA

A Busy Lady

Scottish Vet Trudi Thomson, W35, has had a remarkable period of activity. Only one week after running the London Marathon, she finished 15th overall and 1st women vet in the Lochaber Marathon at Fort William. Then came a trip to Capetown, S. Africa where she attained fifth place in the 35 miles Two Oceans Race. This was followed by a 3rd place in the Inter County 20 miles Championships and first women vet in the Dunfermline Half Marathon. Her latest 2nd place in the World 100Km Championship at Lake Saroma, Japan is just another event in the life of this very busy lady.

David Fairweather



"Lucky", 13 years old, retrieving the 1Kg discuss for Roger Spikes (SWYAC)

A personal view of middle-distance running

By Keith G. Redpath (BAF Senior Coach)

Below is published the second part of an article by Keith G. Redpath, BAF Senior Coach. The first part appeared in the last issue of Veteran Athletics and if any reader missed or has mislaid the first instalment and would like a photocopy please send a SAE to the editor's home address on page 2.

Addressing some of the practical aspects of training

All my middle distance athletes devote their MONDAYS, WEDNESDAYS and SATURDAYS to AEROBIC CONDITIONING. They train alone at individual paces, individual surfaces and for individual durations. This gives them the chance to create a flexible training regime best suited to their specific strengths and weaknesses. The remaining 3 days are devoted to group training which is more specific, more disciplined and more competitive in nature and has a far greater

training stimulus.

My training squad consists of male and females, old and young and slow and fast athletes. In order to ensure that all athletes are running at the same intensity and for the same amount of time a HANDICAP SYSTEM MUST BE USED. This ensures there are no winners and losers at training sessions. We finish each rep together and I feel this generates a team spirit which is seldom seen in other training groups which are supposed to be working together. An extra training stimulus is added when your handicap system turns all your time trials into real races and not just an excuse for massaging the ego of your fastest athlete. I always make sure we have a different winner at each time trial. (I fix it)

I hold firm views on the merits of handicapped racing and feel it would have a positive effect on the development of athletes if organised properly.

HANDICAP MARKS FOR TRAINING SESSIONS AND TIME TRIALS			
Aerobic Capacity Paces (ACP)	Handicap marks (Metres)		
3200	1000	3200	1600
9-30	2-58	Scratch	Scratch
9-45	3-03	82	41
10-00	3-08	160	80
10-15	3-12	234	117
10-30	3-17	305	153
10-45	3-22	372	186
11-00	3-26	436	218

PACE GUIDELINES FOR MIDDLE DISTANCE RUNNERS

Aerobic Capacity Pace	Anaerobic Conditioning Pace	Aerobic Conditioning Paces			
Based on 2 Mile Time Trial	ACPx1.1	Development	Maintenance	Recovery	
ACP	Per Mile	ACPx1.15	ACPx1.2	ACPx1.4	Per Mile
9-30	5-14	5-28	5-42	6-39	
9-45	5-22	5-36	5-51	6-50	
10-00	5-30	5-45	6-00	7-00	
10-15	5-38	5-54	6-09	7-11	
10-30	5-47	6-02	6-18	7-21	
10-45	5-55	6-11	6-27	7-32	
11-00	6-03	6-20	6-36	7-42	

NB ... To assess an athlete's ACP who is not capable of breaking 11 minutes for 2 miles, simply run their time trial over one and a half miles and convert the time accordingly. It is important not to run your athletes for longer than 11 minutes when determining their AEROBIC CAPACITY PACE.

PROGRESSIONS FOR MIDDLE DISTANCE RUNNERS				
(I suggest 1% per year for mature athletes)				
Base Times	400m	800m	1600m	3200m
1% Improvement	53.0	2-00.0	4-30.0	10.00
2% Improvement	52.5	1-58.8	4-27.3	9-54
3% Improvement	52.0	1-57.6	4-24.7	9-48
4% Improvement	51.5	1-56.5	4-22.1	9-42
5% Improvement	51.0	1-55.4	4-19.6	9-37
	50.5	1-54.3	4-17.1	9-31

WINNER'S MEDAL FOR ALL WINNERS

Having just returned from the Vet's Indoor Champs at Kelvin Hall we feel that the procedure of awarding medals does leave something to be desired.

It would seem that it is possible to set a new World, National or Championship record and still not receive a winners medal because a person was the only competitor in his/her event even though there had been more entries.

It would appear to discriminate against our more senior members because of this lack of competitors at the top end of the age groups. A competitor could be World class and never get a winners medal, only standard medals as at the indoor champs.

We obviously agree that if the standard is not achieved no award should be made for one entrant. But if the standard is achieved surely the winner should receive a winners medal. Does it make

sense that someone who has a 1st place and two third places should have three identical medals when the standards were achieved in all events. We know that we do not compete just for the medals or no one would turn out in the Leagues just to make the numbers up. But, it is nice to receive some recognition of achievement, especially when it has cost in the region of £85 to attend the meeting.

The situation of standard medals for winners aroused a great deal of bad feeling at the championships, with one Northern vet throwing her medal back at the official and telling him to "stick it". Also there were many competitors saying they would not come again. It would be a great pity if future meetings were affected by this. It would also be nice if refreshments were available. Did Mary Wixey succumb to starvation?

D Rafferty and C.P. Morris, MVAC

STAR RANK SINGLE AGE RECORDS

I write with regard to the Star Rank UK Single Age Marathon Records in the spring edition of Veteran Athletics. Over the past few years I have had various records "turned down" because the course has no "Permit". However, there is no name against Age 50—I wonder why—I ran 2:32.10 on 9th May 1982 in the London Marathon. I was fifty years old the September before (DOB 12.9.31) and I see Ron Hill has his '43' record listed for London that year—so it was a permit. I am also listed at 59 years. The time is correct but I did it at Nottingham on 23.9.1990 not Leeds. Hope that the records can be put right. I think the information in the newspaper is great. My problem is I do not do veterans only events as my club, New Marine Harriers, only compete in open events and I go where the club goes. However, we have very good 39 year olds, so next year?

Harry Gamble-Thompson

With regard to the above records in the Spring Veteran Athletics would you please note that I have run faster than the listed marks on a number of occasions, the best being as follows:

Age 53 2:34.30 Glasgow 11/9/83

Age 54 2:36.16 Glasgow 30/9/84

Age 60 2:46.26 Lochaber 21/4/91

All the above is well documented and is indeed common knowledge but if required photocopies can be made available.

I trust the records will be corrected.

Bill McBriin

Dave Walsh, who compiles the Star Rank records, acknowledges that there will be mistakes and omissions occurring in the thousands of results he records every year. He welcomes being informed of any errors.

Editor



BAF 50K Walk. Ed Shillabeer (101) leads.

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.

Question from 44 year old J. Sweeney of Glasgow who has problems in races over 10 miles with his calf muscles becoming tight and has to stop due to the pain. It happens mainly in summer. Clubmates have suggested it could be due to his running action as he is a toe runner, but he finds it difficult to change his style. He has tried heel pads. Mileage is 45 miles weekly. The problem occurs in races only and he finds no problems in doing long steady training runs of 15 miles.

Dr Nixon replies

The problem clearly is one of excessive tightness in the calf muscles and I think an important clue as to the cause is the fact that you run most of the time on your toes.

I appreciate that changing running style is extraordinarily difficult, but I would have thought you should spend far more than the average amount of time stretching your calf muscles. I suspect that both your hamstrings and calves are tight and that you have difficulty touching your toes if you try to bend forwards.

The problem is clearly quite longstanding, so do not expect quick

results from the stretching.

I expect you know how to stretch properly, but it will do no harm at all having someone watch you and in the early stages some assisted stretching from a physiotherapist may be appropriate.

I am sure I am right in assuming—in view of the amount of mileage that you cover, that you have no circulatory problems and I would also like to be reassured before going too far down the stretching road, that you have no problems with the back.

I am not at all surprised that the problems should be worse in the summer because of the inevitable mild salt depletion, neither am I surprised that you can get away with running on your toes when the pace is less intense.

As a general point, there is a great deal of publicity nowadays about restricting salt intake. I think this is a great mistake in a distance runner. People who are losing a lot of sweat really should take active measures to replace the salt lost in just the same way as you drink more.

Salt tablets are unnecessary and usually nauseating. It is usually more than enough to add extra salt to meals.

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.

MORE ON WIND GAUGES

I was very interested to read Jo Ogden's letter about wind gauges and even more interested by the Editor's comments! The Editor states "that wind gauges should be provided". Agreed. But by whom? They cost about £700 and are easily damaged. (They fall over in a high wind!!) At most meetings you will need three; one for the track and two for the long jump/triple jump pits. I recently officiated at two different county championships. At the first there was one wind gauge which was required simultaneously by the sprinters and the triple jumpers; at the second there was no wind gauge. So it is not just veterans who are deprived. Let us all campaign for three wind gauges at our local track.

To return to Jo's point about its operation. Perhaps sprinters and horizontal jumpers on arrival at the track could find out if there is a wind gauge and offer to set it up, particularly on the field where there is so much to do at the start of a meeting. Good luck Jo in your World Record attempts.

Jeanne Coker
Highgate Harriers

As I am a road runner and cross country runner I was not aware of the cost of wind gauges. However, I stand by my comments that the absence of wind gauges is a very unsatisfactory situation when the acceptance of a record performance depends on wind gauges being in operation.

Editor

Shillabeer wins 50K title

On May 1st 1994, 54 year old Ed Shillabeer from Plymouth City Walking Club, won the BAF Open 50K Championships at Burrator Reservoir, near Plymouth. He covered the course in 4:54.32 nearly ten minutes in front of the second man to finish, non vet C. Bradley. The previous weekend Ed had taken part in a 50K open race at Podesbrady in the Czech Republic and recorded 4:51. Ed is the oldest walker to have been awarded an international vest.

BVAF Decathlon/Heptathlon

1st GB v USA Multi Events

International Match

The 1994 BVAF Decathlon and Heptathlon Championships at Don Valley Stadium, Sheffield will now take place on Saturday 24th/Sunday 25th September 1994 (not September 10/11th as previously advertised).

Note also change of venue. However, that small inconvenience has been more than compensated for by the exciting confirmation from Rex Harvey, the USA Team Captain and M40 and M45 World Record Holder that he will be bringing a team of 8 Decathletes and Heptathletes to Sheffield for the inaugural GB v USA Multi Events Veterans International Match.

The International Match will be incorporated into the British Championships, which will be held as usual in conjunction with the Sheffield Schools Decathlon and Heptathlon Championships, and for the first time also, the Yorkshire Championships.

The blend of schools, seniors and veteran athletes spiced by our visiting American guests should make for a very enjoyable weekend of athletics.

Any Veteran Decathlete or Heptathlete wishing to enter should telephone John Charlton 0246 434903 for an entry form or complete the entry form in the Spring Edition of Veteran Athletics and send it to John Charlton, 11 Wulfric Road, Eckington, Sheffield S31 9GE

John Charlton

NORTHERN APPRECIATION

Never let it be said that Northerners are not appreciative! Our thanks are given to Vets AC who, with the assistance of Tunbridge Wells Runners, organized an excellent course and facilities for this year's Vets National XC Champs on 27th March. It was a long journey down — (the day before for us from Altrincham) — and walking the course on the morning of the race we saw all the hard work going into laying out and taping the meandering circuit of the lap. It was noticeable that some of the helpers were a lot younger than vets age too.

In the afternoon the races started on time, and the design of the course made it good for spectators for those of us waiting to race or finished with racing, and also for the families and friends encouraging competitors. Conditions underfoot made for some fast running with only a short section of heavy mud, and two minuscule streams to negotiate on each lap.

We discovered Tunbridge Wells to be a really interesting place, and we had an excellent deal in a hotel about a mile jog from the course. Once again, many thanks, and please do not hesitate to come forward again to offer to stage this annual event made even better this year for being an "open" event. Any fears about fields being too large were allayed, with no more than 190 runners in any one of the three races.

Derek Walton
Altrincham AC

BEST PERFORMANCE AWARD

I was delighted to read on the front page of the Spring 94 newsletter that a pole vault performance had won recognition in the Indoor Championships Best Performance Trophy Awards. Glyn Sutton is indeed a fine pole vaulter who has my utmost respect as a competitor, friend and fair sportsman. Imagine my amazement when I turned to the results page to read that Glyn unfortunately not heighthed in the competition. It confirmed my vague recollection that I myself had won the M45 Pole Vault with an unspectacular and modest 3.70m clearance, not an award winning best performance contender. Perhaps it was the height failed rather than the height cleared that was considered by the awards committee. How embarrassing. Who did win the M40 Field Award by the way? I would suggest that the best 2 contenders were N. Griffin's

ALDRSHOT RELAYS

Once again, the Veteran's National Road Relays were held at Rushmoor Arena, Aldershot on May 21. Once again, it poured with rain.

With its sharp twists and turns, sudden gradients and muddy sections the course at Rushmoor, dank and semi-derelict, has more in common with cross country than the road. However, there can be no question that this venue is completely lacking in any facilities, and on a day of continuous heavy rain, this shortcoming was chillingly apparent. The absence of any changing accommodation alone is appalling for athletes who in some cases made a round trip of 200 miles to participate. I can think of no other sport which would even begin to function in such conditions without proper shelter for officials, hot showers and catering.

The BVAF 5K Championships were held at Dunsfold Airfield. A road course with proper accommodation, this is far more the kind of outing that veteran athletes in particular, should expect. Only three miles north of Rushmoor Arena are the now almost silent runways of R.A.E. Farnborough. I know that Ministry of Defence bureaucracy is a challenge, but is it beyond the wit of man to envisage the 1995 relays here? If not, a site in Aldershot adjacent to sports facilities, which because of the Army, abound in the area.

The debacle of the 1994 Event is not one that we should aim to repeat. The objective is to channel energy into running as fast as possible, not staving off hyperthermia.

Kieron Fennelly

ULTRA CHAMPIONSHIPS WANTED

I write in support of the sentiments expressed by Geoff Oliver — "Ultra, not Ulterior Running". "Your Letters" Veteran Athletics Winter 94.

As a marathoner preparing for his first season at Ultra events, it is clear that Ultra running is heavily influenced by performances by veteran athletes. These performances are definitely under-reported in "Veteran Athletics". Why is this?

Also, why is there no BVAF 100K Championships? As far as I know all the other recognised events and distances in track, field & road have their appropriate BVAF Championships. Perhaps now is the time for the BVAF to get involved in the Ultra scene.

William Sichel
Orkney

We receive very little material on Ultra events. Any contributions would be welcome.

Editor

M45 shot of 13.17m or M. James's 6.02m Long Jump.

Eamonn Fitzgerald
Scottish Vets HC

Can confirm that the Best Performance Trophy Award for the M40-49 Field Events was awarded to Neil Griffin for his shot put of 13.17m. Apologies for the error in the original report.

Editor



Finish of BVAF M45 800m. Peter Molloy (192) beats Ray Weatherburn.

From the Chairman



Below is my report to the A.G.M. which covers several important issues.

The BAF

As you know our application for affiliation to BAF has been accepted, and I am now pleased to be able to report a successful meeting with Peter Radford which took place two months ago. I outlined the growth in veteran athletics, both home and abroad, and how our club structure looked after the interests of members and we had opened our championships to non-members. However, there were still many veteran athletes, who were members of running clubs but not BAF members and whose interests were not represented by anyone other than BAF. BAF have no committee to give consideration to any veteran matters, the question of fair allocation of prizes to veterans in road races being a case in point. Where BAF has a view but no jurisdiction, BAF have jurisdiction but no policy!

He agreed that with so many veterans active in the sport, BAF should be taking note and the best way forward would be to set up a BAF Veteran Committee with its structure such that it would have full BAF support. Suitable terms of reference needed to be drafted reflecting this, but which BAF Council would also find acceptable as they would have to give final approval. I am now dealing with Alan Warner of BAF, proposed T of Ref. have passed between us and are now almost agreed. The most important item from our point of view is that BAF officers would be an integral part of the committee. I am mindful however that ultimately it is a BAF matter to decide, but I would like the support from this AGM for me to go ahead and finalise these discussions, once all details have been cleared through our own executive officers. If you have any questions or comments, do please raise them. It would also be helpful once you have returned home, to lobby your Regional AA on the need for BAF to have a Veteran Committee.

AA of England

On a similar matter I was at the first meeting of an AA of E working party on Veteran Athletics. Like BAF they have no agreed policy on veterans. They cover

all other age groups, but are involved mainly in arranging championships and teams for Internationals. There was a long discussion on the possibility of veteran championships, however it was thought these would be largely a duplication of existing BVAF championships, and on other matters felt they could only deal with an official body representing English veterans. This is a major reason for the proposal to form a Veteran AA of England.

The Road Relay

Earlier in my year, it came to notice that the South of E. AA were proposing to stage a BAF Road Relay, whereas for several years this has been a BVAF promotion. I approached Alan Warner as Chairman BAF Road Running Commission and am pleased that the matter was finally resolved amicably so that for this year and the future it will be a joint BAF/BVAF event.

Team Scoring

There was controversy on the method of scoring at both the X-Country and the 5Km Road, in that the initial team results were prepared on a basis eliminating individuals and incomplete teams. Since BVAF was formed, scoring has been based on actual finishing positions of all runners and Council agreed therefore that the results must be according to the established method of previous years. Any change should only be made following a formal proposal and acceptance by Council.

International X-Country

After two years competing as guests, the Republic of Ireland have requested to take part in full, and in the spirit of veteran athletics I am sure we would all like to welcome their teams, and a formal constitution has been drafted which I hope the AGM will support.

The members present at the AGM gave me the support requested to finalise discussions with BAF which I hope will result in a BAF Veteran Committee being created. There was also support from the English clubs for the formation of an England Veteran AA and I will be writing to the clubs asking for their agreement or suggested amendment to a provisional Constitution.

Keith M. Whitaker



Secretary's Report

Bridget Cushen

The best advertisement for our sport. We take for granted the achievements of some of our members such as Ron Taylor, Josie Waller, Pat McNab, Mary Wixey etc, in re-writing the record books or successfully defending their European or World title. But how lucky we are to have such outstanding athletes and what excellent ambassadors they are for our sport.

We have sent out a press release to all media on Ron Taylor's magnificent world records in Athens, 100m (11.70), 200m (23.99). On an age related basis these are superior to LeRoy Burrell's 9.85 or Pietro Mennea's 200m 19.72 set at altitude.

Ninth European Championships, Athens

The Editor of "Athletics Weekly" apologised for the lack of coverage and late reporting on these Championships. You will have noted that there were several

Save our BVAF Gear

We have an immediate problem in finding a volunteer to take over the supply and sale of BVAF gear, ably dealt with over many years by Barbara Dunsford. Now with the growth in responsibilities, Barbara feels she has to step down. It is especially important that members competing overseas can continue to obtain BVAF kit, but most members like to have some items, even if only a badge.

Rather than leave it to somebody else, are you prepared to take it on, perhaps as a husband and wife team? We need a volunteer or volunteers! Write or telephone (0423-

inaccuracies and omissions. World Records were also broken by Marjorie Hocknell 300mH and Evaun Williams, hammer.

The 169 British athletes won a total of 40 gold, 37 silver and 16 bronze medals, excluding the weight pentathlon. A magnificent haul. Our sprinters were in superb form. I feel this may be due to the fact that their clubs are largely dependent on them for league meetings.

Female entries were notably now, 819 from 34 countries and 2,485 men representing 38 countries. Twelve countries appeared on the programme for the first time. Largest entries were from Germany (666), Greece (383), Russia (217).

Congratulations to Winston Thomas on his election as Technical Officer on the European Council — we are now without a good team manager!

More International competition?

We are discussing with the Dutch veterans' association and four other countries, the possibility of an annual reciprocal track and field meeting.

780034) to "Harassed Chairman", Leeming Barn, Thornthwaite, Harrogate HG3 2QU. If you want more details I am sure Barbara will not mind you contacting her (address page 2).

Keith M. Whitaker

EVAA continued from page 1

and John Charlton won one of the best contests by only 27 points after a great battle with the German, Reiner Bruhnke. It is impossible to mention all the British performances due to pressure on space but every member of the team gave a good performance and there was a great team spirit.

Overseas Entries Co-ordinator

Mrs Barbara Dunsford

The World Association of Veteran Athletes (WAVA) and the European Veteran Athletes Association (EVAA) each require entries to their championships to be submitted through their affiliated body in the athletes' country of residence. For those living in the United Kingdom, this means through the BVAF. The National Governing Body for athletics in the UK, now the BAF, also requires that all athletes obtain its permission before competing abroad.

Barbara Dunsford is a Tour Operator, specialising in sports tours to all parts of the world. However, on a purely voluntary basis, she is also the Overseas Entries Co-ordinator for the BVAF; a job she has done remarkably efficiently for several years.



Barbara Dunsford

To make her position quite clear, no athlete is under any obligation to make travel and accommodation arrangements through Barbara, but all British veterans must send their entry forms through her. Neither WAVA or EVAA will accept them direct.

BVAF charges a nominal fee of £3.00 for processing entries, so, what does Barbara do for you, when you send your form to her? Firstly she checks that you are a paid-up member of a veteran club affiliated to BVAF, verifies your date of birth, and then obtains BAF permission for you to compete overseas.

She accepts payment of entry fees in Sterling, using a standard rate of ex-

change, although currency values fluctuate. When all accounts have been settled, she advises you of the rate of exchange actually used, and of any deficit, or refund due on your original payment. The £3.00 BVAF fee is used to cover bank charges, stationery, postage, telephone and fax. If there should be a small surplus, it goes towards paying out-of-pocket expenses of team captains at the championships.

You would be surprised at the amount of work involved in this seemingly easy job, often made more difficult by the lack of care with which athletes fill in their entry forms. Barbara sends a receipt for entries and fees, ensuring peace of mind that the entry is being dealt with.

She then checks that the form has been completed in all respects. Typical of the errors found include payment enclosed for two events but not specified on form, best performances either not listed, or shown for every event whether entered or not, no indication of sex given (wrong guess could be embarrassing), home address not listed, compulsory WAVA & EVAA fees deleted, country of representation stated incorrectly. Great Britain is the affiliate, not the home unions. All these items take time to correct.

When these things have been corrected, lists by age-group are typed and together with certified entry forms and a bank draft, are forwarded to the Championships Secretary.

When our Co-ordinator receives acknowledgement of entries she sends them to individual athletes, usually including a mail order form for BVAF Gear, and any information she has gleaned from the organisers, taking special note of programme changes, in case individuals need to alter their travel plans.

She also notifies you of the team captains, who will be your liaison with the Meeting Director and Staff when the championships start, thus easing your actual competition at the meeting. All that is required is that you make sure your entry forms and monies reach Barbara in time. Unfortunately some people leave it to the last moment, which creates difficulties.

A brief word on Barbara's other job, Tour Organiser. She always arranges a variety of packages very much geared to athletes precise requirements regarding cost and length of stay, plus the availability of a physiotherapist and usually a doctor; see the periodic advertisements in the newspaper.

Whether you use her tour services or not, please help her to help yourself with the compulsory entry procedures.

Bill Taylor



Above Nick Rose leads Nigel Gates and Mike Hager; right Jo Thompson.

Rose Pips Gates

The 5K Vets race at the Gerry Murray Memorial races through the streets of Wells, Somerset on May 30 was a thriller. After Nigel Gates had made all the running with Nick Rose on his heels all the way, Rose edged in front in the last few yards. Both runners were given the same time of 14:38. Third was Mike Hager, 4th Julian Goater and 5th Dave Throup. New vet Jo Thompson, W35, of Bath was 2nd overall in the women's race and first veteran in a time of 16:12. Jo Thompson's main target for this year was to win selection for the Commonwealth Games 10000m.

Jeremy Hemming

NEWSPAPER SUPPORT FUND

Perhaps newer veterans may not fully understand that whilst BVAF, from the money it receives in affiliation fees from veteran clubs, covers the distribution costs of this paper, the cost of production and printing must be met in other ways. Advertising revenue helps, but by itself it is insufficient. The surplus from our 500 Club Draw, and a raffle held every 18 months or so are our mainstays, but donations can still play an important part. We are grateful to the following supporters:

J F Grove Peter Simpson
Joe Gibson David Rosenfield
Ian Jolliffe Brian Holden
Norman Carter

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

Cross-Country Notes

International Match

The former Home Countries Veterans International Cross Country Championships have been renamed the British and Irish Veterans Cross Country International Championships. A change of name has become necessary because the Republic of Ireland teams for the last two years have competed as guests, but this year and in future will compete on an equal basis with England, Scotland, Wales and Northern Ireland and will in turn host the event.

It is England's turn to stage the championship this year and the events will take place at Silksouth, Sunderland on Saturday, November 12th. The course used will be virtually the same as that used for the BVAF Championships in 1989. Race Co-ordinator is Richard Balding of the North Eastern Veterans AC. The events will follow a similar format to previous years with the men racing over 10K and a separate race for women (5K). Teams will be based on M40, M45, M50 and M60 age groups for men and W35, W40 and W50 for women. Any veteran athletes who wish to be considered for selection for their national team should contact their veterans club or association. There will also be a supporting 10K open event. The Championships will be sponsored by the Sunderland Metropolitan Borough Council Sports and Leisure Services.

The BVAF Cross-Country Relays which were held for the first time in 1993 will again be organised in conjunction with the Mickey Morris Relays at Heath Park, Cardiff on November 5th. Organiser will be Graham Finlayson (telephone — home: 0222-568754; works: 0222-422026). There will be a 4 x 6K race for M40-49 and over 50 age groups and a 3 x 3K for women over 35.

Prize Draw

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

The recent winners:

March 5
£125 — C. Daniel (Chelmsford)
£10 — C. Daniel, D. Stevens, P. Le Coillard, C. Reader, C. Knowles, A. Middleton.
April 94
£125 — N. Carter (Burton on Trent)
£10 to N. Wray, R. Kneill, R. Mouzer, J. Quantrell, D. Smythe
May 94
£125 — C. Derrien (Jersey)
£10 to H. Brindley, P. King, A. Verdi, M. Baldwin, F. Wilson
June 94
£125 — D. Boulton (Reading)
£10 to T. Cheatham, R. Coombes, J. Macklin, P. Morris, P. Action-Phillips



A Sticky Time In Chocolate Town

As predicted by Jack Fitzgerald in these pages last year, the entries for the 1994 Bruges Veterans Road Grand Prix on June 26th were down. However, while the closeness of the European Vets T&F championships and perhaps the WAVA Road Championships later in the year were taken to be reasons for this, over 400 Britons lined up for the two races and the usual Bruges magic worked its spells.

It is a mystery why the 10K, at least, does not produce faster times. Remeasured, the 1996 WAVA road championships are destined for Bruges, slightly shortened and well shaded, the 10K is an excellent race over a pancake-flat course but the times do not reflect the generally speedy running. The answer can only be the heat. Despite thunder storms during Friday night and cooling rain on Saturday, race day was oppressive with little air to spare for the labouring runner.

Andy Catton repeated his 1993 win but this year was well clear of the second runner, Valerie Anstov of Russia. Blackheath's Jim Carswell was third with Malcolm Martin, 12 seconds behind in fourth place, taking the

Bruges 25K Winner, Dave Hill.



M45 trophy. Third in the women's race, and second W35, Carswell's wife Arlene was third scorer for the Blackheath team which took third in the club race. Ron Hill RC won the major team prizes, while Catton, Carswell and Martin claimed the international race for Great Britain.

Ron Higgs improved one place on 1993 to take the M60 honours; VA editor, Geoff Ashby, broke a run of fourth places for a third in this category.

Aggressive running in the early stages by Janice Moorkite (W35) told later in the race, but she carried a 16 second advantage on Felicity Garland (first W45) into the football stadium and over the finish line. First W40, but struggling with injury, Michele Hill later distinguished herself as chief cheerleader for new husband Dave as he ran away with the 25K.

Pam Jones won the W55 race by nearly four minutes, but an even more decisive win was essayed by Myfanwy Loudon, 51 seconds behind Jones but 10 minutes, 38 seconds clear in the W60 category. Alice Bilson (81) may have only beaten three other run-



Jane Gardner, W40 Winner, Bruges 25K.

ners but she got the biggest welcome as she smiled and waved her way home, first in her age group by 18 minutes.

The 25K has a new course, the second loop of which takes the runners away from the friendly shaded roads of yesteryear and may account for the generally slower times. Certainly the sun emerged for the longer race on an already stifling day. As in the 10K, GB won the team race with Dave Hill's squad retaining the club title for Thames H&H. Jim Bell ran out first M45 in fifth place with Hugh Arnold an outstanding M50 winner in 7th spot. Jane Gardner (Arena) was the first of a quintet of Brits who dominated the W40 title. Using the race as a stepping stone to an autumn marathon, Betty Forster won gold in the W60 race to top husband Laurie's bronze in the M60.

Returning from injury, W70 winner Jose Waller could not approach her 1993 world record but beat nearly a hundred younger competitors of both sexes.

Leading Results P.11

Geoff Harrold



Eamonn Coghlan in the Handicap Mile at Ilfley Road.

4 Minute Mile Celebration



Line-up for the Handicap Mile

From left Thom Wessinghage, Craig Masback, Jim Ryan, Peter Snell, Dr Roger Bannister, Pekka Vassala, Filbert Bayi, Bruce Tulloh, Chris Brasher, Kip Keino, Eamonn Coghlan

A one mile handicap with a number of great milers of the past taking part was held at Ilfley Road, Oxford on the 7th May 1994 as part of the celebrations of the 40th anniversary of the first 4 minute mile by Sir Roger Bannister. The "race" was won by Kip Keino in 4:02.7 (380yds) followed by Bruce Tulloh, 4:06.7 (290yds) and Filbert Bayi 4:08.0 (440yds).

AND COMMENTS BY EAMONN COGHLAN

Eamonn Coghlan, interviewed by Alistair Aitken after taking part in the Celebration Mile, commented on his achievement of being the first veteran to beat four minutes (Boston, USA on Feb 20th 1994). "It was obviously going to come from a runner who had prolonged his athletics career all the way through his thirty's. Great runners such as Jim Ryan, who retired in his mid twenties, would have no chance of coming back and beating four minutes. It is vital to maintain top class competition in the years leading up to veteran age." Questioned on his memories of the 'sub 4' minute veteran mile he recalled, "There were 3000 kids in the arena and their shouting and cheering hurt my ears so much that I forgot about the pain in my legs. The atmosphere carried me around the final lap to one of the most satisfying and emotional experiences of my

career." Coghlan commented on how fortunate he had been early in his career to be given a scholarship to Vilanova University in the United States. "I was one of the chosen few, and it was an indication that a lot of people believed in my ability. I came under the influence of the college coach 'Jumbo Elliot', who had previously coached Ron Delaney and other top class runners. My coach, my father and Jerry Farnan were the greatest believers in my ability and it was ironic that they all died in 1982, and so could not witness my win in the World 5000m championships in 1983. I made up for the disappointment of two fourths in the Olympics and the confidence gained from those three was a vital factor." And his advice to others, "Be consistent in your training but do not get too obsessed with training or racing. If you have disappointments it is not the end of the world. Train through them, believe in yourself and enjoy it."

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 split times.
- Finishers**
- : 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.
- Entry Fees**
- : £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.
- Closing Date**
- : Monday 15th August.



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

SURNAME _____ DATE OF BIRTH _____
 FORENAME _____ AGE ON DAY OF RACE _____
 ADDRESS _____ SEX: MALE ☐ FEMALE ☐
 TOWN _____ RACE CATEGORY - please tick
 POSTCODE _____ WHEELCHAIR ☐
 TEL. NO. _____ HALF MARATHON ☐
 DO YOU WISH TO BE CONSIDERED AS A TEAM ENTRY? YES ☐ NO ☐
 IF YES NAME OF TEAM _____ MARATHON ☐
 B.A.F. REGISTERED CLUB _____ FUN RUN ☐
 PREVIOUS BEST TIME _____ SVAC ☐ NO MIN. MAX. AGE ☐

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 3UQ

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 rules. 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 _____

READING ATHLETIC CLUB

PRESENT
8TH VETERANS TRACK & FIELD OPEN MEETING
SUNDAY 2nd OCTOBER 1994 at PALMER PARK STADIUM, READING
Medals (1-2-3) • First Class Stadium • Good Parking • Easy Access

EVENTS (Tick box) (Provisional Timetable):

FIELD

<input type="checkbox"/> 12:00	HT	M	<input type="checkbox"/> 15:30	SP	W
<input type="checkbox"/> 12:00	PV	M	<input type="checkbox"/> 15:30	TJ	M
<input type="checkbox"/> 13:00	HJ	M	<input type="checkbox"/> 16:00	DT	M60+
<input type="checkbox"/> 13:30	HT	W	<input type="checkbox"/> 16:00	DT	W
<input type="checkbox"/> 14:00	LJ	M, W	<input type="checkbox"/> 16:00	JT	M40-59
<input type="checkbox"/> 14:30	DT	M40-59	<input type="checkbox"/> 17:00	SP	M7.62kg
<input type="checkbox"/> 14:45	JT	M60+	<input type="checkbox"/> 17:00	SP	M6kg
<input type="checkbox"/> 14:45	JT	W	<input type="checkbox"/> 17:00	SP	M5kg
<input type="checkbox"/> 15:00	TJ	W	<input type="checkbox"/> 17:00	SP	M4kg

TRACK

<input type="checkbox"/> 13:15	100m	W, M	<input type="checkbox"/> 15:20	400m	W, M
<input type="checkbox"/> 14:00	800m	W, M	<input type="checkbox"/> 15:45	1500m	W+M
<input type="checkbox"/> 14:30	5000m	W+M	<input type="checkbox"/> 16:10	200m	W, M
<input type="checkbox"/> 14:55	SprHdl	W, M			

I wish to be entered for the event/s indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the BVA.

Name: _____

Address: _____

Post Code _____ Tel.No _____

Signature: _____

Categories (please tick):

M 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐
F 35-39 ☐ 44-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐

Entries: D. Bradfield, 36 Blewbury Drive, Tilehurst, Reading, RG3 5HL
Entry Fees: £1.50 for each event (£2.00 on day, subject to availability)
Cheques or Postal Orders: Reading Athletic Club
Closing date for postal entries: 24th September

Sponsor: READING CHRONICLE

Around the Regions

SCOTTISH

The Scottish Vets Marathon Championships were held in conjunction with the Lochaber Marathon at Fort William on 24/9/94. This is an excellent venue as the race is very well organised and it is a fairly level course over a scenic route.

The winner was a foregone conclusion with Scottish International runner Fraser Clyne competing. The leading Vets used Fraser as a pace-maker for the first mile along the promenade, and then he left us to do a 25 mile time trial, breaking Colin Youngson's course record of 2:26 in the process in 2:25.17.

Andy Stirling and David Fairweather ran the first 10 miles together in 57:30, then Andy pushed on alone to finish 2nd overall and 1st M45 in 2:36.45. Meanwhile, Bob Young (M50) and Don Ritchie (M45) were showing the benefit of sensible pacing and gradually moved up the field. Bob finished 5th overall and 1st M50 in 2:41.28. Don was 7th overall and 2nd M45 in 2:43.27. 1st M40 was Raymond Hubbard in 2:46.40. In the ladies race, Trudi Thomson had an outstanding race, just 1 week after the London Marathon, finishing 15th overall in 2:52.12 and re-writing the record book. Defending champion Kate Todd was second lady and first in the W40 category in 3:11.58.

On 18th May the 10km Glasgow 800' race was held in memory of the SVHC founder Walter Ross. The 2-lap course through Pollok park is flat, apart from speed humps, but it was still hard going in the cool, windy conditions. Charlie McDougall (M45) was an easy winner in 33.06, but there was more competition for the minor positions. Bob Guthrie was 1st M50, closely followed by Andy Brown M60. (35.47) who showed many M40 and M45 runners a clean pair of heels. In calmer conditions he would probably have set a world best time for his age-group. Celia Thompson was winner of the ladies race.

The Vets' 6m Cairnpapple hill race is organised by David Morrison in conjunction with the Highland Games Committee, and is an excellent vets' race. The climb up to the radio mast is pretty tortuous, but it's

great coming down again. This year Archie Jenkins travelled up from Newcastle, and gave previous winner Andy Stirling a hard fight. Archie finished just 11 seconds clear in 34.28. 3rd finisher in 35.54 was Andy Brown, who won this race in 1982, with his time then 34.52. Andy was plagued by a back injury last year, but is showing remarkable form now. Rose McAleese was first lady in 39.47.

David Fairweather

NORTHERN

NVAC Half Marathon

Conditions were perfect for the NVAC Half Marathon Championships held within the East Cheshire race at Ashton-under-Lyne, 25/5/94. It was fresh and dry with only a light breeze to refresh the runners. Relatively new vet Billy Fox (Sale) proved just that bit stronger than the older Peter Pickwell (Altrincham), and headed him by a mere 14 seconds. The 3rd O40 place went to the stylish Chris Britt, a minute back, and with these two, Sale laid the base for an easy team victory from local rivals Altrincham.

Another Altrincham runner, Roy Waterlow, was an easy winner in the M45 category with a strong run inside 76 minutes. In the M50 section things were a lot closer. A fit-again Bryan Dale (Newcastle), in the threes of 90 miles per week preparation for the Potters Marathons, had to battle all the way to get the better of recent convert John Cottrell (Wallasey), eventually gaining a 20 seconds cushion in the last 15 miles. Probably the finest run of the day, however, came from M60 Mick Ward (Oswestry) who appears rejuvenated since joining this category. He was over one minute quicker than in 1993, recording an excellent 77:55.

Unfortunately the women's championships were poorly supported with only 3 Northern Vets finishing in the first 240 runners, meaning splendid plaques chosen by Derek Howarth went unclaimed.

Track & Field Championships, Blackpool 5/6/94

122 athletes entered the championships, enjoying the park setting, in sunny, windy

conditions. The age groups spanned the whole spectrum, from the nubile 35 year old ladies to the gnarled weather-beaten stalwarts in the Mens 070. There were several championship records set. Two of these came in the 070's groups with Laura Precious running 22.51 in the women's 100m; and Ted Joyson making the long journey from Gateshead to record 3:25.00 for a nifty 800m. It was a gathering from all over the North and some made it a family week-end in glitzy Blackpool. One of the best track efforts was the front-running of W40 athlete Audrey Foster from Bolton, who showed all the M60 and above runners a clean pair of heels to record 19:13.30 to win the 2nd 5000m event of the afternoon. The meeting was ably directed by Leigh's Derek Howarth who found time to compete in several events and also present the medals. We had the dulcet, halting tones of Geoff Gartrell giving an entertaining commentary on the tannoy. A good day was had by all.

Derek Walton

NORTH EASTERN

From a north east point of view, the Midland Veterans 10K Road Race Challenge on June 19 was a very enjoyable, competitive and successful venture.

It was a long and tiring day with most of us leaving home at 6.30am. In time to be picked up along the A1 road to Coventry. The North Easts first three finishers were all in the M45 category, which mirrors the particular strength there is in this group in the North East. Newcastle's premier club, Elswick Harriers, provided our first and third counters in Jimmy Bell and Harry Matthews. Peter Probin, the 1994 London Marathon M45 winner from Imperial AC in Harrogate, had an excellent run, finishing 10th overall in 32:50. 5th placed 1994 NEVAC Cross-country Champion Archie Jenkins (23rd overall) placed between Barry Jameson and Sunderland's Peter Richardson, to finish 3rd team in the M40-49 age group.

The strong North East M50 team of Les Walker, Tom Turnbull, John Collins and England International Phil Lancaster were very surprised by the powerful Welsh and Midland teams, and also had to be happy finishing 3rd in the M50-59 group.

New M60 vet Ray Laverick and the ever improving Bill Ramage were without a

third counter but performed well.

The outstanding success (from a North East point of view) was the womens individual race winner Sheila Allen, with an excellent 37:39, given the hot and humid conditions. Supported by club team-mate Maureen Dodsworth and M50 NEVAC Cross-country champion Mary Chambers, the NEVAC womens team finished a very creditable 2nd.

Our thanks go out to all those at MVAC, especially Irene Nicholls for a superbly organised, efficiently run promotion. We look forward to the 1995 challenge.

G. Routledge

EASTERN

EVAC

Though fields were small, competition was keen, not only within the various age groups, but also across the age range. None more so than in the Women's Hammer, where Pat McNab came close to her pending British W50 Record with a throw of 42.36m. In the W40 Group she lost her British record of 33.44 to Jennie Clarke of Peterborough AC who threw 36.08m. L. Knight also set a Championship Best Performance in the W40 Group with a throw of 18.66m.

Madeline Simmonds of Ryston Runners also had a good day setting new records in the Sprint Hurdles, Shot, Discus, Long Jump and Triple Jump with marks of 15.3s, 7.99m, 26.34m and 9.36m. For her efforts she was presented with the "Victor Ladorum" Trophy for the best all round athlete at Wednesdays Track & Field League meeting, Kings Lynn, 22 June. For the men, J. Still of West Suffolk AC had a good double setting new distances in the Long and Triple Jumps, with leaps of 5.88m and 12.66m in the M45 Age Group.

Two guests, Bob Brown, M60 and A. Wells of Corby AC also set new times or distances. Bob cleared 3.30m in the Pole Vault and A. Wells in the M40 group clocked 59.7s for the 400m Hurdles, and 16.4s in the Sprint Hurdles.

The facilities were excellent as was the organisation by Grantham AC. The support was good. Grantham is as far north as you can go in the Eastern area, but this did not stop athletes coming from all parts, including guests from as far south as Kent.

Peter Chaplin

BRUGES ANNUAL OUTING

A handful of Eastern Vets were amongst the massive turn-out of British runners for the annual Bruges event.

10KM We had only one medal winner, Felicity Garland was 1st W45 in 23rd overall (37:29). Husband Tony was the next EVAC runner home in 39th place overall in 38:02 for 11th M45. Other EVAC were 80th Hugh Bamfather 42:27 10th M55, 187th Hilary McConville 51:50 11th W40. There were 297 finishers. 25KM EVAC had two medal winners in this race. Tony McGuinness 16th overall and 2nd M50 in 1:34.07 and Margaret Swidenby 110th overall, 3rd W40 in 1:50.04. Other EVAC were: 44th Robbie McPherson 1:40:42 24th M40, 60th Dave Findel-Hawkins 1:42:42 31st M40, 191 Patrick McConville 1:57:32 48th M45, 302 Jennie Whelan 2:08:18 11th W45, 304 Valery Russell 2:08:31 12th W45. There were 461 finishers.

Footnote: thanks to all my "friends" who kindly pointed out that my return figure reminded them of a Buddha! I did however swap my LARGE tee-shirt with Tommy Parr so he can use it for a tent on his holidays!!! and YES!! Ron Hill "It is all paid for!!!" "T.L. BE BACK!!!"

Hugh Bamfather (Buddha)

VAC

Road races in leafy Battersea Park held up against recession, helped by Northern and overseas vets. Paul Toms was a worthy champion again, at 45, on 27:32. In the heat wave fast times were scarce but Geoff Harrold set a record, for 55 group, at 28:37, racing Stuart Littlewood the first M40. He had three firsts at track, e.g. mile 4:47, as well. Second in table was Leo Lyons with two road wins and two at track, 5K 16:11. Pre-eminent woman was Marian Eldridge, 30:19, as a dozen plus competed in the Park. At the championships a pasta party made a pleasant post race gather.

The early season track meets brought out Alasdair Ross, on 11.6, and sprinters forward in condition such as Jim McNamee, 12.7, and Jack Goody, 13.1. Jeffrey Gordon, 15.0, was a new face in the Gibson table while Over 60s Hemming, Yates and Crooke had a serious low 70s scrap for the 400m McLean Cup.

Jeremy Hemming

BRITISH VETERANS THROWERS PENTATHLON CHAMPIONSHIPS

Festival Stadium, Cannock, Sunday 2nd October 1994

PLUS

Open 100m, 200m, 300m, 600m, one mile & 5K Walk

ENTRY FORM

Surname Christian Name
Address
Tel. No DOB
Age Group Club

EVENTS (please tick)

THROWS	£4	
TRACK	£2.50 (per number)	
5K WALK	£1.50	



Please enclose 9" x 4" sae & make cheques payable to MVAC
Entries to J Mills, 3 Victoria Villas, Bath Rd., Nailsworth, Glos GL6 0JB.
Closing date 19th September 1994.

MARKET RESEARCH

To assist the BVAF in attracting sponsorship for our Championships and other Events, it is necessary to carry out very basic market research. I should be grateful if all readers would please take a few moments to answer these basic questions and return to me, as soon as possible. You are not required to give your name unless you wish to do so.

- Do you work for a National, International, Multi-national Company?
- If yes, what is the name of the Company? and what is your job title?
- Do you work for a Utilities Company, eg Gas, Water, Electricity?
- If yes, which one? and what is your job title?
- Do you work for a Finance or Investment Company or Bank?
- If yes, which one? and what is your job title?
- Do you work in the Corporate Hospitality Market?
- If yes, which Company? and what is your job title?
- Do you know of any person or Company who may be willing to sponsor a BVAF either in cash, product, or kind?
- If yes, please give the: Name Address Telephone Number

Thank you for taking the time to complete the questionnaire. I should be grateful if you would please return it to: Ron Bell, 25 Llwyn Menili, RUTHIN, Clwyd, LL15 1RG

GREAT ECCLESTON CRICKET CLUB

INVITE YOU TO RUN THE 2ND

WYRE WANDER 10K

OPEN TO ALL 15 YEARS AND OVER UNDER
B.A.F. LAWS - Incorporating B.V.A.F. 10K
CHAMPIONSHIPS 1994
GREAT ECCLESTON IS SITUATED 9 MILES
WEST OF GARSTANG AND 9 MILES FROM
BLACKPOOL, LANCASHIRE
SUNDAY 11TH SEPTEMBER 1994
STARTING AT 11AM

ENTRY FEE
ATTACHED £3.00 UNATTACHED £3.50
ENTRIES ON THE DAY £1.00 ON ABOVE FEES
SEE BLACKPOOL ILLUMINATIONS AFTER THE RACE

PRIZES
1-6 MEN 1ST VET 040/045/050/055/060/065
1-6 LADIES 1ST VET 035/040/045/050/060
ONLY ONE PRIZE PER PERSON
TEAM PRIZES TO B.V.A.F. Championships only

MEDALS TO ALL FINISHERS

ENTRIES TO Dave Clarke 3 Cock Robin Lane
Catterall Garstang PR3 1YL Tel (0995) 605973.
Cheques/Postal Orders made payable to ROAD RACES (WYRE WANDER)
PLEASE ENCLOSE S.A.E. 9"x 6" for number and information
Postal entries close 4TH SEPTEMBER 1994

ENTRY FORM

WYRE WANDER 1994		Leave Blank
Name		
Surname		
Address		
Post Code		
Tel No		
B.V.A.V. Registration No.		
Club		
male	female	AGE
please delete		D.O.B.

I declare that I am an Amateur as defined by British Athletic Federation Laws. I certify that I am fit to run and understand that the organisers will in no way be held responsible for any injury or illness or my property during the event.

Signed Date

BRIDLINGTON ROAD RUNNERS PRESENT THE BRIDLINGTON HALF MARATHON

INCORPORATING THE BVAF HALF MARATHON CHAMPIONSHIPS

OCTOBER 23rd 1994
at 12.00 noon

Start and finish on seafront
Free use of Leisure World
Generous prize list in usual categories
BVAF medals in 5 year age group
Subventions in Open Race
Family Fun Run at 10.45am
Accommodation list available

Please send SAE for full details and Entry Forms to
Judy Allison
55 Harland Road
Bridlington
YO16 5RA
Telephone enquiries
(0262) 671673

NOTE Closing date for entries **Monday 10th October**



BYAF W40 5000m. From left Celia Duncan (2nd), Denise Hoogesteger (1st), Judith Meeten (3rd)

FIXTURES

NATIONAL

- 11 Sep BVAF 10K Road Champs, GREAT ECCLESTON. See ad, page 9.
24/25 Sep BVAF Decathlon/Heptathlon, Don Valley Stadium, SHEFFIELD. Details from J Charlton, 11 Wulfric Road, Ekington, Sheffield. Tel: (0246) 434903. PLEASE NOTE CHANGE OF DATE AND VENUE, cd 19/9.
2 Oct BVAF Sprints & Throws, CANNOCK. 11am. See ad, page 9.
2 Oct Flying Fox Marathon incorporating BVAF Marathon Championships, STONE. STAFFS. See advert Page 2.
23 Oct BVAF Half Marathon, BRIDLINGTON. See ad, page 9.
5 Nov BVAF Cross Country Relays, CARDIFF.

INTERNATIONAL

- 12 Nov International Vets Cross Country hosted by Sunderland Borough Council & NEVAC at SUNDERLAND
13/14 May European Vets Road Running and Walking Championships 1995 VALLADOLID, SPAIN

13-23 Jul WAVA Track and Field Championships, BUFFALO, U.S.A.

NORTH

- 28 Aug Monthly 10K Road & Paths, Irlam Town FC, Silver Street, IRLAM.
25 Sep NVAC 10K Track Champs. Stretford Track, Longford Park, STRETTFORD. Manchester. 1st Race 1pm. £2. cd 11/9. No late entries on or day. Members only. Entries to D George, 16 Addison Road, Hale, Altrincham, Cheshire WA15 9BP.
9 Oct Monthly 10K Tracks & Paths. Barlow Institute, EDGWORTH, Nr Bolton. 12 noon.
23 Oct NVAC 10 Mile road champs. Leigh Hrs HQ, Madley Park, LEIGH. 12 noon £2, cd 15/10. No late entries on or day. Entries to D George.
Paid up members only.
13 Nov Monthly run, 6 miles cross country, Mercury Street Baths, GT HARWOOD. Lancs. 12 noon
27 Nov Monthly run & AGM, Leigh Hrs HQ, Holden Road, LEIGH. 10K Roads and Paths. 12 noon. AGM after race.
11 Dec Christmas Handicap. East Cheshire Hrs HQ, Richmond Street, ASHTON-U-LYNE. 10K Road Yacht Handicap. Noon start. No entry fee, bring a prize min. value £2. Entries L. Heald, 22 Cedar Close, Bradley, Nr Wrexham, Chwynd LL11 4DL (0798) 751185

NORTH EAST

- 31 Aug NEVAC T&F League, MONKTON.
31 Aug NEVAC Pentathlon Champs, MONKTON. 11am
10 Sep NEVAC T&F Challenge Cup Match, MONKTON. 11am
14 Sep NEVAC 10K/5K Track Champs. MONKTON 7pm

MIDLAND

- 11 Sep MVAC 10 mile Champs, NUNEATON. 11am. Entries to I Nicholls
2 Oct MVAC Sprints & Throws, CANNOCK 11am, Entries to J Mills.
See ad Page 9
9 Oct MVAC Half Marathon Champs, BURTON, 11am, Entries to I Nicholls
23 Oct MVAC AGM Handicap, NEWBOLD 11am, Entries to HADACAP
18 Dec Christmas Cross Country Handicap, EVESHAM, 11.30
18 Dec Christmas Handicap, EVESHAM

EASTERN

- 18 Sep EVAC Half Marathon Road, Open, WITCHFORD, ELY, Cambs. £3/£3.50.10.30am cd 10/9 Entries to P Chaplin.

SOUTH

- 28 Aug VAC T & F, WEST LONDON STADIUM, 1pm
29 Aug Reebok Sisters 5K for women, CRYSTAL PALACE
31 Aug Corby Northants Ladies 5M
4 Sep SCVAC T & F League Finals, Metropolitan Police Track, HENDON. 9am
4 Sep SCVAC Marathon championship only, not Half Marathon as advertised.
7 Sep VAC T & F BATTERSEA TRACK 6.30
11 Sep Womens London Run 10K, 9.30 Surrey Quays, ROTHERHITHE, cd 1/9, £8.40
2 Oct READING AC 8th Veterans' Track & Field Open Meeting, Palmer Park, 12.00 noon. See ad, page 8.
23 Oct SCVAC Half Marathon Championships, BARNES GREEN, 11am. £6 to Maggie Geal, 22 Wood Field, Southwater, Horsham W, Sussex RH13 7EN, cd 8/10
12 Nov Home Counties Vets International, SUNDERLAND.
20 Nov Epitoni 10 with VAC 10M Championships, EPSOM DOWNS. Advance entry to qualify for awards

SOUTH WEST

- 11 Sep SWVAC Half Marathon Champs, New Forest, NEW MILTON, Grand Prix
2 Oct SWVAC Totton 10K, SOUTHAMPTON. Grand Prix
9 Oct SWVAC Half Marathon Champs, TRURO, Grand Prix
30 Oct SWVAC Gay Fawkes 10 mile, PLYMOUTH
6 Nov SWVAC SALISBURY PLAIN 15, Grand Prix
27 Nov SWVAC BOURNEMOUTH 10, Grand Prix
11 Dec SWVAC SWRR 10K, EXETER

WALES

- 28 Aug Welsh Vets T & F Champs, Jenner Park, BARRY. Also 10000m Open and Pole Vault Open. 12.00 start.

ISLE OF MAN

- 12 Sep Vets Mile, Western AC Open Meeting, 7pm, £2 to IOMVAC, or enter on the line. Venue National Sports Centre
29 Sep Vets 10 mile walk. 6.30pm. £3 to Martin Bell, 30 Seafeld Cres. Onchan.IOM. Venue NSC. cd 24/9
19 Nov Masters & Mistresses 6 mile Half Marathon, 10.30am £2 to Martin Bell. cd 12/11, Venue NSC

European Veterans Championships — Athens 1994

- MA40
1000m 1 S Brodie GBR 11.36 2 W Franklin GBR 11.40 3 A Ross GBR 11.41 4 S Peters GBR 11.43 5 B Parsons 11.98
2000m 1 S Peters GBR 22.87 2 A Ross GBR 22.99 3 S Brodie GBR 23.14 4 W Franklin GBR 23.19 6 D Lucas GBR 23.58
4000m 1 S Peters GBR 50.91 2 D Lucas GBR 51.08 3 A Ross GBR 51.09 6 D Cocker GBR 54.12
8000m 1 C Cabral POR 1:55.14 Ht G Fairley 2:08.7 D Cocker 2:09.4 R Fleming 2:11.1
15000m 1 C Cabral POR 3:57.41 4 G Fairley GBR 4:04.14 9 R Fleming 4:18.11
30k RW C Karagiorgos GRE 1:32.31
1100m 1 P McIlrick GBR 15.52
4000m 1 A Meier SWI 56.35 6 R Lawson GBR 62.21
3000m SC Aillard FRA 9.33.10 5 S Nicos GBR 10.17.36
Marathon 1 F Pechak TCH 2:32.54 4 Sk TW 1 R Atmuhammoun RUS 2:02.68
30k RW C Karagiorgos GRE 1:32.31
High Jump 1 M Savkin BLS 1.96m
Pole Vault 1 B Hooper GBR 4.80m
Long Jump 1 A Babrov RUS 6.64m 16 D Wallington GBR 5.68m
Shot 1 V Maganas GRE 16.34m
Discus 1 G Valent TCH 52.94m 16 A Richard GBR 31.68m
Hammer 1 V Maganas GRE 61.44m 2 P Zenuou GBR 51.67 6 P McIlrick GBR 28.25
Wei/Pentathlon 1 V Maganas GRE 4062
4x100m Relay 1 GBR 44.81 Peters, Franklin, Ross and Brodie
4x400m Relay 1 GBR 3:28.86 Lucas, Cocker, Ross and Stephens

- MA45
1000m 1 A Baskinop SWI 11.72 Ht D Campbell 12.88 T Ward 12.27
2000m 1 V Felicitati ITA 23.87 J Charlton GBR 24.32 Ht D Campbell 26.93
4000m 1 E Neivts BEL 51.22
8000m 1 E Neivts BEL 2:00.72 2 P Molloy GBR 2:01.26
1500m 1 P Molloy GBR 4:09.37 2 B Franzén SWE 4:14.08 3 R Bell GBR 4:17.82
5000m 1 O Van Notten BEL 15:22.5 6 A Bradshaw GBR 16:14.7
10000m 1 O Van Notten BEL 31:54.29 6 A Bradshaw GBR 34:22.52
1100m 1 T Wells GBR 15.71
4000m 1 T Wells GBR 59.06
3000m SC 1 S Kynne HOL 9.50.91
Marathon 1 N Hansen DEN 2:32.09 5 43 L Lyons GBR 3:34.00
Sk TW 1 J P SMartin FRA 2:08.10
20k RW 1 J P SMartin FRA 1:40.15
High Jump 1 D Prazel SWI 1.90m
Pole Vault 1 F Johansen DEN 4.20m
Long Jump 1 S Salkin RUS 6.67m 3 J Charlton GBR 6.30m
Triple Jump 1 B Lejune FRA 13.74m 6 B Camp GBR 12.41m (RTH)
Shot 1 V Koca TCH 14.90m 14 M Bouksid GBR 10.59m
Discus 1 G Valent TCH 52.94m 16 A Richards GBR 31.68m
Ht 1 R Schneider SWI 55.32m 8 K Prior GBR 40.78m
Javelin 1 J Brandt GBR 59.00
Pentathlon 1 J Charlton 2745 LU 975, Jan 64, 200M 882, Die 508 and 1500M 740
Wei/Pentathlon 1 J Pink AUT 3678 11 M Bouksid GBR 2616 17 K Prior GBR 1680 (RTH)
4x100m Relay 1 GBR 44.81 Brody, Franklin, Stephens and Ross
4x400m Relay 1 GBR 3:28.86 Lucas, Cocker, Ross and Peters

- MA50
1000m 1 E Gustafsson FIN 11.80 41 Foster GBR 12.20 Ht 12.12
Ht W Thomas 12.83 (RTH) T Bisset 12.39
2000m 1 S Boleinger GBR 24.14 6 T Bisset GBR 25.07 7 W Thomas GBR 25.19

- 4000m 1 W Thomas GBR 54.57 2 T Bisset GBR 55.07 3 V Peltzmeier GBR 55.19
1500m 1 V Smith GBR 2:05.52 2 W Worst GBR 2:07.85 3 M Smith GBR 2:07.85
1500m 1 V Smith GBR 4:21.01 2 M Smith GBR 4:23.98 3 J Hrach TCH 4:23.54
5000m 1 L Overskov DEN 16:26.54 6 S Crawshaw GBR 16:39.72
10000m 1 L Overskov DEN 33:44.78 11 S Crawshaw GBR 36:01.00
1100m 1 M Maliside GBR 14.05 2 B Ferguson GBR 14.56 5 J Howe GBR 16.45
4000m 1 W Bauer GER 61.86
3000m SC 1 V Smith GBR 10.31 90
Marathon 1 A Adomel GBR 2:38.24 22 T Dutton GBR 3:23.30
Sk TW 1 J Fairlie TCH 2:03.51 95
30k RW 1 N Shparaga BLS 1:41.41
High Jump 1 M Zhaimov UKR 1.89m (NWR)
Pole Vault 1 H Lagerqvist SWE 4.20m 5 P Gabbits GBR 3.60m
Long Jump 1 J Bessant GBR 6.14m
Triple Jump 1 J Lamp EST 13.39m
Shot 1 K Liedtke GBR 17.42m
Discus 1 K Liedtke GBR 57.78m 13 P Gabbits GBR 40.48m
Hammer 1 H Venturau AUS 59.90m 6 Ht GER 47.18m
Javelin 1 J Kolar TCH 59.68
Pentathlon 1 R Giese GBR 4492
10000m 1 H Sucknank GBR 34.06.22
19 J Scott GBR 1518(RTH)
4x100m Relay 1 GER 46.45 3 GBR 49.14 Bisset, Ferguson, Baron and Goody
4x400m Relay 1 GER 3:42.50 2 GBR 3:42.67 Bisset, Woodland, Goody and Thomas

- MA55
1000m 1 H J Gasper GER 12.45 Ht A Treacher 13.26
1500m 1 J Gasper GER 25.09 2 R Woodland GBR 25.32 4 J Goody GBR 25.72 Ht A Treacher 26.47
4000m 1 J Muller GER 54.36 2 R Woodland GBR 55.65 Ht A Treacher 59.78 J Baron 60.90
8000m 1 A Spjuejens HOL 2:15.02
1500m 1 J Kurz GER 4:28.58
5000m 1 J Kurz GER 18:05.26 2 S James GBR 18:05.64
Pentathlon 1 S James GBR 34.06.22
1000m 1 W Holder GER 15.85
3000m SC 1 M Hirschfeld GER 11.14.16
Marathon 1 M Rosales ESP 2:51.03
Sk TW 1 R Pelliccia ITA 2:04.35 19 J Marshall GBR 30.02.18
20k RW 1 R Pelliccia ITA 1:41.05.0 15 J Marshall GBR 12.13.50
High Jump 1 J Volken GER 1.65m
Pole Vault 1 P Alajuma FIN 3.40m
Long Jump 1 P Pinto POR 5.97m 14 A Treacher GBR 5.62m
Triple Jump 1 P Pinto POR 12.70m 11 J Phillips GBR 9.84m
Shot 1 P Spickens GBR 15.10m
Discus 1 P Spickens GBR 48.52m
Hammer 1 G Dedes GRE 49.12m 16 J Caion-Mason GBR 33.12m
Javelin 1 J Luska LAT 55.18m 12 J Phillips GBR 41.94
Pentathlon 1 V Schallau GER 4000 12 A Macey GBR 3008 19 J Phillips GBR 2976
Wei/Pentathlon 1 P Spickens GBR 4287 13 Phillips GBR 2669

- MA60
1000m 1 R Taylor GBR 11.92 (Ht 11.70) NWR 8 A Miellet 12.08
2000m 1 R Taylor GBR 24.00 (NWR)
4000m 1 B Naumann GER 56.90 4 M Fox GBR 60.62
8000m 1 B Naumann GER 2:15.62 2 M Fox GBR 22.17.75
1500m 1 A Ida GER 4:51.24
5000m 1 G Van Nuffelen BEL 17.19.64
14 J Byers GBR 20.56.11
10000m 1 G Van Nuffelen BEL 35.06.48
14 J Day GBR 42.58.78
1000m 1 J Sapanen FIN 16.45 4 P Field GBR 17.39
3000m 1 P Cornelle BEL 46.40 2 P Field GBR 48.50
2000m SC 1 P Blanchou FRA 7.44.07
Marathon 1 G Van Nuffelen BEL 2:48.42 24 R Smith GBR 3:54.45.0 31

- W Bates GBR 4:32.30
Sk TW 1 V Lykov UKR 2:46.53 19 J Dunstond GBR 32.13.10
20k RW 1 V Lykov UKR 1:52.40.0 3 D Forthringham GBR 2:01.56.0
High Jump 1 H Andersen DEN 1.51m
Pole Vault 1 I Spapanen FIN 3.50m 2 B Brown GBR 3.50m 6 J Day GBR 2.60m
Long Jump 1 V Popov RUS 5.32m
Triple Jump 1 O Niemi FIN 11.09m
Shot 1 A Sather NOR 13.72m
Discus 1 H Brandt GER 49.00m 23 T McNeab GBR 29.24
Hammer
G Hussan FRA 55.26m 4 D Bayes GBR 48.34m 16 T McNabb GBR 33.60
Javelin 1 K Andersen FIN 54.78m
Pentathlon 1 J Kaitis TCH 3763 14 C Taylor GBR 2610
Wei/Pentathlon 1 R Rzehak GER 4653 13 C Taylor GBR 2761

- MA65
1000m 1 P Mirks GER 12.99 2 A Meddings GBR 13.17
2000m 1 P Mirks GER 26.38 2 A Meddings GBR 27.03
4000m 1 W Selzer GER 60.41
8000m 1 H Hurling GER 2:27.05
1500m 1 H Hurling GER 5:03.20
5000m 1 H Backhaus GER 18:25.60
10000m 1 U Benken TCH 38:57.26 1 R Blos GBR 45.25.18
6500m 1 H Sucknank GBR 18.34 5 A Woods GBR 19.91 (Ht 19.16)
3000m 1 H Sucknank GBR 11.50.28
Pentathlon 1 K Matzner TCH 8.41.00 6 R Blos GBR 38.59
Marathon 1 J Tauska SVK 3:48.35.0 2 R Blos GBR 3:52.33.0
Sk TW 1 T Simons GBR 29.05.71 2 D Withers GBR 29.16.68
20k RW 1 D Withers GBR 2:04.34.0 2 T Simons GBR 2:07.00
High Jump 1 N Nevip SWE 1.52m
Pole Vault 1 A Wood GBR 2.60m
Long Jump 1 M Jarvinen FRA 4.89m
Triple Jump 1 M Jarvinen FIN 10.55m
Shot 1 T Von Wachterfeld SWE 12.77m 8 Woods GBR 10.64m
Discus 1 U Lammern FIN 50.30m
Hammer 1 H Vieweg GER 35.22m
Javelin 1 N Nonsborn SWE 51.10m
Pentathlon 1 M Kamia FIN 3567
10000m 1 J Sucknank GBR 38.41
4x100m Relay 1 GBR 49.55 2 GBR 51.80 Woods, Field, Mallet and Taylor
4x400m Relay 1 GBR 3:58.08 2 GBR 4.03.10 Fox, Mallet Field and Taylor

- MA70
1000m 1 R Ahrenkiel DEN 14.12
2000m 1 G Lindblad SWE 28.51
4000m 1 G Lindblad SWE 65.48
8000m 1 D Tamalioz ROM 2:39.45 2 J Todd GBR 2:40.36 7 B Davidson GBR 2:53.27
10 B Nielsen GBR 3:04.82
1500m 1 F Muskhovits ROM 5:28.33 4 J Todd GBR 5:34.52 6 B Davidson GBR 5:47.11
5000m 1 R Rothenberg BEL 20:09.49 3 J Todd GBR 20:51.29 5 B Davidson GBR 21.53.58 1 J Kennedy GBR 25.29.34
8000m 1 H Heinenen FIN 15.24 2 L Williams GBR 15.59
10000m 1 L Williams GBR 59.43
2000m SC 1 E Reas GBR 11.11.16
Marathon 1 K Skarsvag NOR 3:35.49.0 10 B Davidson GBR 3:52.21.0
Sk TW 1 C Bonba ITA 3:10.54 2 L Croo GBR 3:10.57
20k RW 1 C Bonba ITA 2:04.44 2 L Croo GBR 2:08.30
High Jump 1 J Windolf GER 1.43m
Pole Vault 1 P Penttila FIN 2.50m
Long Jump 1 K H Hoyer GER 4.81m
Triple Jump 1 J Lehmuskoski FIN 9.19m
Shot 1 E Eriksson GBR 13.32m
Discus 1 J Joensuu FIN 46.14
22.72 Ht A Lepponen GBR 26.82
Javelin 1 E Eriksson FIN 45.58m
Pentathlon 1 P Penttila FIN 3721
Wei/Pentathlon 1 A Dreher GER 4033

- MA75
1000m 1 W Reinisch GBR 14.37
2000m 1 U Sannonen GBR 30.10
4000m 1 C Bilsours GER 79.22 6 B Taylor GBR 1:44.23
8000m 1 H Josefsson SWE 2:51.88 8 B Taylor GBR 2:44.26

- 1500m 1 J Josefsson SWE 5:09.09
5000m 1 E Pauwels BEL 21.47.35
10000m 1 P Nasin ITA 49.39.95
8000m 1 R Tassin FRA 14.84
3000m 1 F Fancia POR 64.65
Marathon 1 A Ousselier BEL 4:07.48
Sk TW 1 R Jordell NOR 32.50.71 2 P Mains GBR 33.40.51
10k RW 1 R Jordell NOR 2:19.39 2 P Mains GBR 2:25.23
High Jump 1 R Gustavsson SWE 1.24m
Pole Vault 1 V Finnanger NOR 2.20m
Long Jump 1 G Maraboni ITA 4.30m
Triple Jump 1 E Nurminen FIN 8.64m
Shot 1 F Meier SWI 11.52m
Discus 1 E Svennersten GBR 31.84m
Hammer 1 K Andersen FIN 34.44m
Javelin 1 W Reinisch GBR 33.36m
Pentathlon 1 A Kautto FIN 3287
Wei/Pentathlon 1 E Svennersten GBR 4311
4x100m Relay 1 GBR 55.40 6 GBR 67.28 Williams, Todd, Nielsen and Davidson

- MA80
1000m 1 V Cole ITA 16.11
2000m 1 H Gehm GBR 34.18
4000m 1 F Mahler GBR 65.45
8000m 1 P Mascher FRA 3:39.52
1500m 1 L Aellen SUI 5:03.20
5000m 1 L Aellen SUI 25.44.02
Marathon 1 L Aellen SUI 4:42.43
Sk TW 1 M Brivio ITA 37.46.35
20k RW 1 M Brivio ITA 2:45.40
High Jump 1 E Kolthoffen FIN 1.27m
Long Jump 1 E Kolthoffen FIN 50.28
Shot 1 J Scheppe GBR 10.31m
Discus 1 M Riebel GBR 32.08m
Hammer 1 A Feinschauer GBR 30.96m
Javelin 1 J Scheppe GBR 32.58m
Pentathlon 1 F Mahler GBR 2650
Wei/Pentathlon 1 T Brandholz NOR 3504

- W35
1000m 1 S Kuipers-Oost HOL 12.93 4 D Middelburg GBR 13.30 8 A Mullinger GBR 17.29 (RTH)
2000m 1 A Brown GBR 26.12 5 D Montgomery GBR 27.10
4000m 1 A Brown GBR 57.56 2 D Colebrook GBR 57.67 7 S Smith GBR 61.41
1500m 1 T Colebrook GBR 2:11.55 4 S Smith GBR 2:17.50
5000m 1 T Colebrook GBR 4:44.60 7 S Smith GBR 4:52.69
10000m 1 H Hantelien NOR 17.51.66
1000m 1 M Orensen IRL 39.20.73
1000m 1 V Knipping BEL 15.21.4 4 J Brown GBR 18.49
4000m 1 M Sangues ESP 63.02 2 A Brown GBR 64.66
Marathon 1 E Gebauer GER 3:16.09
Sk TW 1 A Kuukkanen FIN 24.41.73
10k RW 1 A Kuukkanen FIN 50.35.1
High Jump 1 J Brown GBR 1.72m (RTH) 6 P Stander GBR 1.40m
Long Jump 1 D John SUI 5.63m 3 J Brown GBR 5.30m
Triple Jump 1 L Tcheterova RUS 12.81m 4 J Brown GBR 10.92m 7 P Stander GBR 9.10m
Shot 1 K Nitzsche GER 13.05m
Discus 1 V Karsak UKR 46.68m
Hammer 1 M Emmert GBR 40.40m 3 E Le-Claire GBR 35.50m
Javelin 1 M Kalviste EST 52.18m
Pentathlon 1 J Brown GBR 9782 HU 781, S 495, HU 994, L 767, 800.745
Wei/Pentathlon 1 M Kalviste EST 3662
4x100m Relay 1 RUS 51.26 2 GBR 51.51 Montgomery, Brown, Stander, Brown

- W40
1000m 1 D Fuhrmann GER 12.95 4 J Saunders GBR 13.13 8 B Elliot GBR 13.30 4 Lepponen GBR 14.40
2000m 1 D Fuhrmann GER 26.85 4 J Saunders GBR 26.72 5 B Elliot GBR 27.22 Ht A Lepponen GBR 26.82
4000m 1 D Fuhrmann GER 58.79 2 J Hoogesteger GBR 60.01 Ht B Elliot GBR 63.88
8000m 1 M Eldridge GBR 2:18.72 2 C Maller GBR 2:19.72
1500m 1 M Eldridge GBR 4:46.58 3 D Hoogesteger GBR 4:48.88
5000m 1 E Tsukhilo IRL 17.01.65 2 M Eldridge GBR 17.32 40 D Hoogesteger GBR 17.56.82
10000m 1 N Medvedeva RUS 40.22.99

- 800m 1 M Ocamica FRA 12.20 4 J Wills GBR 12.65
4000m 1 J Wills GBR 68.37 5 A Lepponen GBR 79.51
Marathon 1 A Sturm GER 2:21.57.0
Sk TW 1 L Nivagovskaya RUS 24.50.90
10k RW 1 L Nivagovskaya RUS 50.26.1
High Jump 1 V Novoselova RUS 1.61m
Long Jump 1 M Ocamica FRA 5.63m 6 J Wills GBR 4.99m
Triple Jump 1 K Lotova RUS 11.37m
Shot 1 T Boudouva RUS 13.77m
Discus 1 J Hocherova GBR 41.15.2m
Hammer 1 F Falsger DEN 41.46m 5 R Alexander GBR 26.28m
Javelin 1 R Stange GBR 46.50m 4 V Thompson GBR 37.50m
Pentathlon 1 T Potopova RUS 3994
Wei/Pentathlon 1 T Boudouva RUS 3620

- W45
1000m 1 V Parsons GBR 13.12 4 M Lewington GBR 13.50 7 V Priestman GBR 13.54
4000m 1 A Knipping BEL 26.13 3 V Parsons GBR 27.07 (RTH) 4 M Lewington GBR 27.54 6 V Priestman GBR 28.05
4000m 1 A Knipping BEL 60.33 Ht Y Priestman GBR 71.53
1500m 1 M Kotelesberger BEL 2:28.92
1500m 1 R Windbreake GBR 4:53.62
1500m 1 M Kotelesberger BEL 18.15.24 6 B Bradshaw GBR 19.56.59
10000m 1 M Kotelesberger BEL 39.03.96 5 B Bradshaw GBR 43.36.35
800m 1 M Daehler SUI 11.30m
4000m 1 J Sundal NOR 70.99
Pentathlon 1 G Wettstein SUI 3:17.45.0
Sk TW 1 J Bonnet FRA 25.48.38 6 C Eames GBR 25.53.76 7 P Kent GBR 26.41.62
10k RW 1 J Bonnet FRA 59.00.8 4 R Alexander GBR 67.10.3
High Jump 1 A Pilchuck AUS 1.56m
Long Jump 1 M Daehler SUI 4.89m
Triple Jump 1 M Daehler SUI 9.77m
Shot 1 S Palay HUN 13.09m
Discus 1 S Palay HUN 48.08m
Hammer 1 F Falsger DEN 41.46m 5 R Alexander GBR 26.28m
Javelin 1 H Haehler GBR 39.20
Pentathlon 1 M Daehler SUI 4124
Wei/Pentathlon 1 P Falsger DEN 4124
4x100m Relay 1 GER 49.30 2 GBR 52.27
Wei/Pentathlon 1 S Priestman, Parsons
4x400m Relay (W35-W49) GBR 3:57.59 Brown, Marler, Smith, Brown

- W50
1000m 1 M Behrendt GER 13.13
2000m 1 M Behrendt GER 27.63 2 M Hocknell GBR 28.63
4000m 1 M Hocknell GBR 65.55
8000m 1 R Osterlund DEN 2:32.29
1500m 1 R Osterlund DEN 5:06.63 6 A Nally GBR 5:36.52
5000m 1 R Osterlund DEN 19.15.48 7 A Nally GBR 20.40.14 9 B Cusken GBR 23.46.60 10 E Miles GBR 23.56.95
10000m 1 R Osterlund DEN 41.13.30 5 B Cusken GBR 42.57.30
800m 1 F Kuernerle-Valk GER 13.68 2 M Hocknell GBR 13.94 (RTH)
3000m 1 M Hocknell GBR 48.43
1000m 1 R Kulicova TCH 3:29.32
10k RW 1 J G Migliso ITA 27.34.30
10k RW 1 V Siler GER 54.33
High Jump 1 E Springmann GER 1.40m
Long Jump 1 S Matellon GER 5.10m
Triple Jump 1 E Springmann GER 9.83m
Shot 1 J Miller GBR 13.61m
Discus 1 Miller GBR 41.46m
Hammer 1 J Kinnichols GBR 37.76m
Javelin 1 E Orolia LAT 43.30m
Pentathlon 1 F Kuernerle-Valk GER 4192
Wei/Pentathlon 1 K Ilgen GER 3726

- W55
1000m 1 G Reichert GER 14.08
2000m 1 G Reichert GER 28.49
4000m 1 J Pohl GBR 41.25.44
8000m 1 G Van Kooten HOL 2:33.81 4 J Hulls GBR 2:39.89
1500m 1 W Kloekers GER 5:11.72
5000m 1 E Pohl GBR 19.06.10
10000m 1 E Pohl GBR 41.25.44
800m 1 C Roovers HOL 13.94
3000m 1 C Roovers HOL 53.28
Marathon 1 R Chopin FRA 3:21.44
Sk TW 1 G Migliso ITA 27.34.30

- 10k TW 1 G Migliso ITA 57.04.7
High Jump 1 C Schmalbruch GER 1.37m
Long Jump 1 C Schmalbruch GER 4.81m
Triple Jump 1 C Schmalbruch GER 9.93m
Shot 1 E Williams GBR 12.45m
Discus 1 A Broemel GBR 32.36
Hammer 1 E Williams GBR 45.02m(WR)
Javelin 1 E Williams GBR 37.78m(R)
Pentathlon 1 L Kase EST 3879
Wei/Pentathlon 1 E Williams GBR 5160
H1079 S991 D690 11052 W1348
4x100m Relay 1 GER 53.74 2 GBR 56.34 Cross, Williams, Hulls and Hocknell

- W60
1000m 1 A Larsson SWE 15.31 8 B Green 17.67
2000m 1 A Larsson NOR 31.01 7 B Green GBR 37.88
4000m 1 A Nyland NOR 72

RESULTS RESULTS RESULTS

BVAF Open 5,000m Road Championships, Dunsfold Airfield, Surrey, 24/4/94

M40-1 D.Hill 15:31, 2 C. Canton 15:42, 3 C. Lewis 15:44, 4 P. Pappas 15:50, 5 C. Hall 15:51, 6 K. Penny 15:52, 7 R. Davies 15:53, 8 D. Dromney 16:06, 9 R. Coates 16:18, 10 P. Witcomb 16:22, 11 K. Kennedy 16:26, 12 S. Littlewood 16:26, 13 P. Adams 16:29, 14 C. Fairman 16:30, 15 A. Hannford 16:32, 16 G. Muroch 16:39, 18 P. Crowthorn 16:48, 19 R.Hill 16:55, 20 P. Marsh 16:57, 21 S. Crawford 16:59, 22 A. Gibbons 17:00, 23 G. Davis 17:07, 24 B. Clark 17:09, 25 M. Baker 17:15, 26 S. Valentine 17:19, 27 S. Rice 17:21, 28 K. Dunn 17:22, 29 D. Watts 17:46, 30 A. Cooper 17:48, 31 P. Dames 17:52, 32 J. Brown 17:54, 33 A. Clarke 18:04, 34 G. Bennett 18:10, 35 P. Haynes 18:39, 36 W. Winter 18:44, 37 S. Connolly 19:04, 38 A. McBrayne 19:08.

M45 1 A. Roper 15:22 [champ. record], 2 B. O'Neill 15:36, 3 P. Toms 16:17, 4 J. Poston 16:25, 5 J. Jones 16:31, 6 S. Birkin 16:33, 7 L. Wood 16:35, 8 J. Prewell 16:35, 9 C. Haselden 16:41, 10 J. Taylor 16:43, 11 C. Cooke 16:45, 12 P. Rockwood 17:06, 13 K. Payne 17:13, 14 A. Matthews 17:14, 15 S. Collie 17:16, 16 B. Fletcher 17:45, 17 L. Sawkins 17:48, 18 R. Marsh 18:02, 19 A. Hewitt 18:06, 20 B. Pearce 18:09, 21 T. Brown 18:34, 22 J. Barber 18:42, 23 D. Clither 18:43, 24 J. Robinson 18:48, 25 K. Spiers 18:54, 26 J. Stratford 19:15, 27 A. Weller 21:16, 28 J. Bennett 22:07.

M50 1 M. Duff 16:26, 2 J. Davis 16:30, 3 J. Smith 16:31, 4 D. Rogers 16:38, 5 J. Jeffries 16:39, 6 J. Haynes 16:50, 7 R. Dover 17:11, 8 B. A. Green 17:12, 9 C. New 17:22, 10 E. Broad 17:30, 11 B. Bell 17:36, 12 M. Cronin 17:41, 13 M. F. H. 17:48, 14 A. Spence 17:49, 15 M. Woodcock 17:51, 16 K. Pardy 17:53, 17 M. Doogan 17:54, 18 R. Williams 17:55, 19 R. Dickson 17:55, 20 J. Coffey 18:12, 21 G. Taylor 18:20, 22 E. Tibbitt 18:21, 23 J. Harris 18:25, 24 M. Elmore 18:35, 25 B. Ansell 18:48, 26 P. Barry 18:48, 27 A. Ling 19:01, 28 M. Legg 19:02, 29 P. Harris 19:07, 30 J. Taylor 19:24, 31 J. Hoare 19:31, 32 D. Sheard 19:32, 33 P. Shephard 20:05, 34 N. Pugh 20:25, 35 L. Hurry 21:08, 36 K. Burnett 23:57.

M55 1 R. Davidson 17:17, 2 P. Roe 17:25, 3 J. Taylor 17:26, 4 J. Taylor 17:50, 5 J. B. B. 17:51, 6 J. B. B. 17:51, 7 R. Steward 18:02, 8 G. Hewitt 19:34, 9 D. Coward 19:41, 10 M. Caudwell 19:49, 10 C. W. 19:57, 11 S. Ebrahim 20:16, 12 M. Stafford 20:25, 13 J. F. 20:26, 14 L. Whymann 20:29, 15 J. Brown 21:16, 16 J. Haynes 21:45, 17 T. Crowthorn 22:38, 18 R. Robinson 23:29.

M60 1 L. O'Hara 17:41 [champ. record], 2 J. Postmore 18:44, 3 R. Higgs 18:49, 4 G. Ashby 18:54, 5 J. Chandler 19:07, 6 K. Harland 19:14, 7 M. Barnett 19:17, 8 J. Conner 19:36, 9 P. Taylor 19:42, 10 D. Wood 20:06, 11 R. P. 20:06, 12 D. Wood 20:06, 13 D. Walker 20:26, 13 D. Thomas 20:26, 14 E. Black 21:12, 15 R. Drew 21:55, 16 J. S. 21:56, 17 J. P. 21:56, 18 J. P. 21:56, 19 J. P. 21:56, 20 J. P. 21:56, 21 J. P. 21:56, 22 J. P. 21:56, 23 J. P. 21:56, 24 J. P. 21:56, 25 J. P. 21:56, 26 J. P. 21:56, 27 J. P. 21:56, 28 J. P. 21:56, 29 J. P. 21:56, 30 J. P. 21:56, 31 J. P. 21:56, 32 J. P. 21:56, 33 J. P. 21:56, 34 J. P. 21:56, 35 J. P. 21:56, 36 J. P. 21:56, 37 J. P. 21:56, 38 J. P. 21:56, 39 J. P. 21:56, 40 J. P. 21:56, 41 J. P. 21:56, 42 J. P. 21:56, 43 J. P. 21:56, 44 J. P. 21:56, 45 J. P. 21:56, 46 J. P. 21:56, 47 J. P. 21:56, 48 J. P. 21:56, 49 J. P. 21:56, 50 J. P. 21:56, 51 J. P. 21:56, 52 J. P. 21:56, 53 J. P. 21:56, 54 J. P. 21:56, 55 J. P. 21:56, 56 J. P. 21:56, 57 J. 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Bourne Sports 5th Anniversary Sale

Reebok Infamo HXL - lightweight cushioned shoe for racing and road running which is extremely durable, sizes 6, 7, 7.5, 8, 8.5, 9, 9.5, 10, 11, 11.5, offer **£39.99**.

Reebok Pump Graphite HXL Training Shoe - a lightweight cushioning shoe, offers stability, custom fit and support, sizes UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 11, 11.5, offer **£39.99**.

Isocar - the official sports drink for the NutraSweet London Marathon 1994. 400gm powder tub, lemon or fresh flavour, **£5.29** or **2 for £9.95**.

400gm powder sachet, 75p
1 litre drinking flask, **£1.95**
1 litre drinking flask, **£2.50**

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Runners Training Log, £6.95

Converse Tamarac - ideal for mid to high mileage runner looking for a well cushioned soft road shoe, colour white/teal, sizes 6-12 inc 1/2 sizes, usual **£35.95**, offer **£20**.

Converse Intrepid - ideal for mid to high mileage runner looking for excellent cushioning colour white/yellow, sizes 6-12 inc 1/2 sizes, usual **£45.95**, sale **£34.95**.

Converse Intrepid - features and sizes as above, colour white/blue, usual **£49.95**, sale **£34.95**.

Converse Tamarac - features as above, white/blue, 6-12 inc 1/2 sizes, usual **£39.95**, sale **£20**.

Converse Ellipse Ox - compression moulded EVA, outside solid rubber, flexible for outstanding wear, internal lyna tongue system, upper synthetic leather and suede trim with nylon, colour black/purple, sizes 6-12 inc 1/2 sizes, usual **£39.95**, sale **£29.95**.

Mooflands Reversible Jacket - pullover style with zipped double storm front, zipped tunnel pockets, inside and out, concealed zip front map pocket, lyna cuffs and drawcord waist, colours teal or cherry, sizes S, M, L, XL, usual **£59.95**, sale **£39.95**.

No Compromise Tracker - S, M, L, XL, black only, usual **£19.95**, offer **£14.95**.

No Compromise T-Shirts - grey, white or black, sizes S, M, L, XL, usual **£16.95**, offer **£9.95**.

Reebok Lady Pump Graphite HXL - colour white/purple, sizes 6-12 inc 1/2 sizes, usual **£39.95**, offer **£29.95**.

Brooks Addition - Aqua Tread model, full size range, UK 6-12 inc 1/2 sizes, **£34.95**, offer **£29.95**.

Brooks Conquest - Original cushioning, full size range, UK 6-12 inc 1/2 sizes, **£49.95**, offer **£39.95**.

Brooks Conquest DS Spike - ideal cross country and track spike ultra lightweight, only sizes UK 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, offer **£29.95**.

Brooks Banahoe - ideal on or off road, UK sizes men 6, 6.5, 7, 7.5, 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, offer **£29.95**.

Asics Gel Lyte V - lightweight high mileage, distance shoe, suitable for racing and training, full size range, UK 6-12 inc 1/2 sizes, **£59.95**, offer **£39.95**.

Asics Syntar - lightweight responsive distance training shoe, men 6-12 inc 1/2 sizes, ladies 3-8 inc 1/2 sizes, **£39.95**, offer **£29.95**.

Asics Gel 121 - off road shoes with Gel cushioning, full size range 6-12 inc 1/2 sizes, **£64.95**, offer **£49.95**.

Asics Gel 66 - neutral shoe with added cushioning provided by the Gel pack at heel, full size range 6-12 inc 1/2 sizes, **£49.95**, offer **£39.95**.

Asics Gel 121 - for the runner demanding all round support and cushioning with stability, full size range 6-12 inc 1/2 sizes, ladies 3-9 inc 1/2 sizes, **£59.95**, offer **£49.95**.

Asics Gel 66 Ladies - neutral shoe with Gel cushioning, sizes 3-9 inc 1/2 sizes, **£49.95**, offer **£39.95**.

Seacomp International Control - flexible, well cushioned high mileage shoe, men 6-13 inc 1/2 sizes, ladies 3-8 inc 1/2 sizes, **£49.95**, offer **£39.95**.

Asics Lady Gel Lyte V - high mileage runner seeking a lightweight, responsive shoe for racing and training, sizes 3-9 inc 1/2 sizes, **£59.95**, offer **£49.95**.

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

Brooks Beat - semi-straight laced training shoe for runners who need unsurpassed stability and motion control with excellent cushioning and performance technology. Old colourway, only UK sizes 8, 9, 10, 11, usual **£74.95**, offer **£49.95**.

1000 Mile Range

SPECIAL OFFERS
1000 Mile Ski Hike - navy/ret or black/ret, double layer, usual **£5.95**, sale **£3.95**.

1000 Mile Trainers - lightweight, flexible, navy training trousers, colour navy/ret or navy/ret, sizes S, M, L, XL, usual **£15.95**, offer **£9.95**.

1000 Mile Walking Socks - double layer, similar to the famous running sock, navy, sizes 2-4 small, 5-7 medium, 8-10 large, 11-13 extra large, usual **£7.95**, sale **£6.95**.

1000 Mile Thermal Gloves - red or navy, medium or large, usual **£3.95**, offer **£2.95**.

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1000 Mile Double Layer Blister Free Socks - black or white, sizes S, M, L, XL, offer **£5.95**.

Mileat Blizzard Waterproof and Breathable Cycles - unique micro-porous PU coating permits perspiration vapour to escape, whilst preventing raindrops from penetrating, features include full machine taped seams, concealed hood in collar, jersey lining for wickability, storm flap behind zip, trousers with extra long gusseted zip to the knee, pockets on jacket have zips and storm flaps, Scotchgard high visibility safety trim. Sizes and colours available: amber/gold, S, M, L, XL, usual **£19.95**, offer **£14.95**.

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POLAR HEART RATE MONITORS

Clockwise from left:
Polar Beat
Polar Trainer
Polar Monitor
Polar Trainer
Polar Monitor
Polar Trainer
Polar Monitor

Whether you are a serious competitive triathlete or a casual participant for fun, success matters. A Polar Heart Rate Monitor will keep you in the optimum Target Heart Rate Zone and promote peak performance. Listen to your body and maximise your training by Get Polar.

Polar Beat - **£79.99**
Polar Trainer - **£39.99**
Polar Monitor - **£119.99**

Brooks Elite Ladies Jog Suit - 65% polyester/35% cotton, colour purple, legs on top and trousers, drawstring waist, cuffed trouser bottoms, size ladies L(14/16) only, usual **£39.95**, offer **£20**.

Brooks Endurance Race Training Shoes - only sizes 9, 10, 11, 12, usual **£54.99**, offer **£39.99**.

Brooks Ladies Ventilator Supreme HXL - full size range, sizes 4-7 including 1/2 sizes, usual **£99.95**, offer **£39.95**.

Reebok Mens Ventilator Supreme HXL - full size range 6-12 inc 1/2 sizes, usual **£59.99**, offer **£45.00**.

Asics Gel 66 - full size range 6-12 including 1/2 sizes, usual **£49.95**, offer **£39.95**.

Nike Mens Racing Shorts - usual **£13.95**, offer **£6.00**.

Nike Ladies Racing Shorts - usual **£13.95**, offer **£6.00**.

Ladies Lycra Running Briefs - sizes 24", 26", 28", 30", colours black, royal, cerise, red, offer **£7.95**, offer **£3.95**.

Run Hill Classic Trackers - colour red, usual **£17.99**, offer **£11.99**.

Ladies Vibe Vest and Shorts Set - usual **£21.00**, offer **£10.00**.

View From Ripstop Jacket and Trousers available in NEW colourways

Run Hill Lycra Tights - usual **£24.99**, offer **£10.00**.

Run Hill Comfort Trackers - colours black/white, usual **£19.95**, offer **£11.95**.

Run Hill Lycra Shorts - colours black/zante, usual **£19.99**, offer **£9.99**.

View From Stuttgart T-Shirts - usual **£14.95**, offer **£6.95**.

View From Ripstop Rain Jacket - colours sky/black, black/ret, navy/black, navy/ret, offer **£29.95**.

View From Mens Running Vests - white with navy/yellow trim, usual **£14.95**, offer **£5.00**.

Isostar Feed Bottle - £2.00 for 2 for £3.

Brooks Holdalls - 7 pockets, usual **£19.99**, offer **£10.00**.

HIND QUALITY TRAINING GEAR

Mens Vision Short - black, sizes S, M, L and XL, usual **£29.95**, offer **£17.95**.

Mens Vision Short - citrus, sizes S, M, L and XL, usual **£29.95**, offer **£17.95**.

Mens Vision Lycra Short - black, sizes S, M, L and XL, usual **£34.95**, offer **£19.95**.

Mens Vision Lycra Short - black/sapphire, sizes S, M, L and XL, usual **£34.95**, offer **£19.95**.

Mens Micro Vision Shell Jackets - showpro - windproof, reflective tape, elasticated waist and cuffs, zipped pockets on lower back, mesh nylon/nylon panels on sides and sleeves, colour black, sizes M and L, colour citrus, sizes M and L, colour imperial, sizes M, L and XL, colour red, sizes M and L, usual **£19.95**, offer **£17.95**.

Destiny Singlet and Shorts Set - The one vest matches all three short colourways, the vest white with green/yellow/sapphire trim, sizes S, M, L and XL, usual **£17.95**, offer **£13.95**.

Brooks National Felt Spike

Brooks Beat

Brooks Beat

Brooks Beat

Brooks Beat

Brooks Beat

Brooks Beat

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