## INSIDE: AGE-GRADED RESULTS, REVISED... BVAF 10K AND MARATHON CHAMPIONSHIPS

Sent free to members of veteran clubs affiliated to BVAF

Number 32

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## High class 10 miles

Report by Doug Morris, Race Organiser

The 'BVAF 10' returned to its 'home' in Oswestry for the 10th time, when the usual high standard of organisation and wel-come was maintained. Despite the clash with the world championships an excellent quality of competition ensued, espe-cially in the male categories. On a hot and three records were broken. Salford's Mike Neary (M45) sliced 44 seconds off 'Taff' Davies' 1987 course best when he clocked

This, together with Mike Hagar's winning performance, were the outstanding male achievements. Unfortunately, the women's race was not so well supported, but it was not lacking in quality, with the appearance of new vet, Scotland's Euroan marathon contender Karen McLeod (Edinburgh AC). Karen and her coach, John Davies, must have been well pleased to return to base at Bath with the title, plus a bonus of the course record. McLeod placed 12th overall in 55:47 to take 1:29 off Zina Marchant's 1990 record. The other record, albeit a "soft" one was beaten by Margaret Joyce Smith. Ne took no less than 29:05 off the 1992 W65 best, in crossing the line in 85:31. The M40 team competitions are set remarked close with the to return to base at Bath with the title, plus competition was extremely close, with the Salford outfit proving themselves "top of the pops", scoring 51 to Tipton's 56 and Wirrall's 59.

The ever present Barnet squad were worthy winners of the M60 team race, splendidly led by M60 winner Ron Higgs and assisted by the evergreen double act of Derek Wood and Laurie Forster. The day



was completed by the appearance of Oswestry Borough Deputy Mayor Mrs Helen Williams, BVAF Chairman Keith Whittaker and other sponsor Mr Frank Gray of Interlink to carry out the presentation of medals.

How the race progressed

A strong group, including Mike Hagar, lan Evans, Andy Catton and Mike Neary passed the first mile 'around the houses' in 5:05. At the second mile mark (10:20), sill in the town, the rest of the group were beginning to 'string out'. As the pack began to head out for the 'country' at 3 miles (15:25), the tight group of Hagar, Evans and Neary had pressed ahead of the chasers

chasers.

Hagar kept up the pressure through 4 miles down the hill, pulling the trio to about 150m lead over the chasing contenders. The 5th mile along the flat straight was reached in 25:34, and although the Tipton man was still ahead, he had not quite stamped his authority on the race. However, on turning after the second drink station just after 5 miles to head down the narrower leafy lanes, Hagar finally made narrower leafy lanes, Hagar finally made his getaway. Reaching the 7 miles mark, he had forged an 18 sec lead. Then, still in the lanes on the traditionally slower section, he threw in an incredible 5:08 mile, dismissing any chance of Evans or Neary ever catching him. Hagar reached the finish line on the Stock Market car park 45 secs ahead of new vet Ian Evans of South Derby, with M45 Mike Neary just 4 secs Results page 11

Karen McLeod: new course record



## Gates wins world 10k

Lower than expected numbers turned out for the World Association of Veteran Athletics Road Championships in Toonto, Canada, July 30-31, Total number of finishers in the three events, 10k and 25k Running and 20k Road Walk, was just over 500. Those who stayed away missed a well organised event at an inter-

esting venue and some great competition. Temperatures were ideal for the 10k. The course was expected to be fast but times were slower than expected. The result was a triumph for Britain's Nigel Gates. After battling most of the way withIngaSensburg of Germany and Bryan Stride of Canada, Gates found a bit of extra pace in the final kilometre to come card pace in the man knownee we come to theme with 21 seconds to spare in 31:12 from Sensburg. British runners Nigel Bailey finished fourth overall and third M40 in 32:16 and Dave Gibson took second spot in the M50 group. Another propagate group from Sect. notable performance came from Scot-land's Willie Marshall, M65, recording 37.37. On the age graded scale, this cor-responded to 92.2%, the second highest score in any of the three championship

In the women's 10k the only British runner to gain a medal in the younger age groups was Ann Lippett, W35, with a groups was Ann Lappett, W35, with a third place but our competitors in the older age groups did us proud. Mollie Smith (W55), Myfanwy Loudon (W60) and Joscelyn Ross (W65) all won their respective age groups and Eileen Quinton gained a silver.

25k The second day of the champion ships was much hotter and more humid for the 25k, despite the 8am start. The course was more hilly, particularly in the later stages. A group which included Nigel Gates forged a fast early pace but by the 10k mark, Henry Bickford (Canada) and Mills Smrcka (Czech rep) had opened up a gap. Bickford went on to win in 1:24.31. Gates finished fifth overall and fourth M40 in 1:27.16. Arguably Britain's best M40 in 1:27.16. Arguably Britain's best performance was by Hugh Armold in winning the M50 group (1:28.48). Mick Ward, M60, ran a fine race (1:38.16) to gain a bronze behind the exceptional Norman Green, USA, and Ed Whitlock, Canada. Willie Marshall did it again in the M65 to double up on his gold medals.

In the women's 25k race, Myfanwy Loudon ran a superb race (2:00.20) to score her second gold in the W60 group. Ann Lippitt took a silver to go with her bronze from the 10k and Diane Monteith

bronze from the 10k and Diane Monteith did very well to finish fourth in the W40

20k Walk Ten British competitors took part in the 20k Road Walk. The race was won by M50 Don DeNoon (USA) with a marvellous 1:36.33, over three minutes in front of Russian star Aitmuhametou. First Brit home was Ed Shillabeer to gain silver medal in the M50 class and n continued on page 5

## 1995 Track & Field Championships

Please note a change of date for the BVAF 1995 Open Track & Field Championship to be organised by South Western Veter-ans AC. The event has been re-scheduled for Saturday/Sunday August 5/6 at Exeter Arena.

The change of date is necessary in order to avoid a clash with the World Veterans T & F championships in Buf-falo, USA. Entry forms and full details will be published in the next Veteran

## **BVAF Multi Events**

Report by Winston Thomas

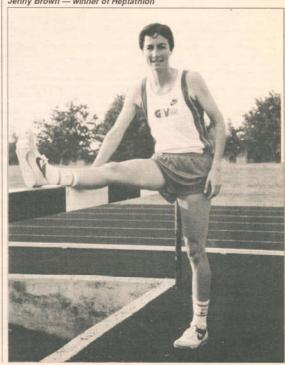
The BVAF International Multi Events, which included a team of 6 American competitors, took place at Don Valley, Sheffield, on the 24/25 September, and had a truly international flavour. It was also one of the largest entries we have had for the championship. We had some fine but very windy weather on Saturday and there were many good performances. The most outstanding was Jenny Brown in the high jump, who just missed thge British record of 1.73, recording 1.68. She finished well in the lead, with Sarah Owen and Hazel Barker fighting out 2nd place, and newcomer Linda Anderson back in 4th. Rex Harvey (USA), leading the M45s, 4th. Rex Harvey (USA), leading the M45s, gave the USA a first days lead, whilst Robert Stevenson led the M40, Snowy Brooks the M50, Tony Mackay M55, Joe Phillips M60, Denver Smith US M65, Fred Hirsimaki (USA) M70 and Ham Morningstar the M75. With rain on the Sunday the highlights were M40 Nick Philose and M55 Rev. Harvest in the Rock Phipps and M45 Rex Harvey in the pole vault, both clearing 3.90 and just missing the 4.00 mark. Both Pan Zeniou and Eamon Fitzgerald no heighted in one of their best events which put them out of contention. Pan was hoping to challenge Nick Phipps, the second day being their

Jenny Brown went on to win the W35 and overall ladies trophy, with Mike Corden (M45) winning the mens trophy, The USA (31916 points) won the match with GB 30064. There were new British records for M50 Snowy Brooks (6736), and Tony Rawlinson (4147). Rex Harvey was the top age related athlete with USA M65 Denver Smith 2nd and Mike Corden MoS Denver Smith 2nd and Mike Corden 3rd. The championships were a big success and John Charlton must be complimented for his superb organisa-tion. Regrettably, John had to retire from the competition after the high jump. Thanks to the Sheffield Schools, offi-cials, stadium staff, Bill Taylor (presentations) and the two most important peo-ple other than the athletes, Eileen Charlton and Rosemary Corden who looked after the refreshments and officials and helped make the meeting warm, friendly, and a total success. Thanks must also go to the wives of the USA team who all joined in and lent a hand and enjoyed themselves, and finally to lan Thomas SCS, MCX office Equipment and KPMG computer equipment for their aid. We hope we will be able to continue the International meet-

Full Decathlon and Heptathlon Re-

	Great Britain		United States	
Age	Name	Score	Name	Score
M45-49	Mike Corden	6639	Rex Harvey	6857
M50-54	Snowy Brooks	6736	Bill Angus	6339
M50-54	Brian Loten	6136	Tom Thome	6195
M65-69	Ian Steedman	5027	Denver Smith	6403
M70-74	Les Williams	5526	Fred Hirsimaki	6122
M75-79	Tony Rawlinson	4147	Ham Morningstar	4725
	GB best 5 score:	30064	US best 5 score:	31916

Jenny Brown - winner of Heptathlon



## ■ FROM THE EDITOR ■

As the revision of the WAVA Age Graded Tables have recently been completed (see opposite page), it is an appropriate time to try and assess the level of interest in the use of the Age Graded tables in deciding race results in the UK.

Their use has been widespread in the USA, particularly in road races, but also to a growing extent in track and field, for several years. Apart from Multi Events scoring, where their use is now regarded as essential, the growth of the use of the Age Graded tables in this country has been slow. The majority of road race organisers show a distinct lack of interest. It is interesting to note that some of our veteran clubs are now using the system. The South Western Veterans AC will be using the Age Graded Tables in their Grand Prix series of road races and the Midland Veterans AC used them in their 10k Championships and Inter Area Challenge this year.

The benefits of using Age Grading are outlined in the article on page three. In my view there are two main attractions.

Competitors, in theory, would start on more or less equal terms. At present,

even in age bands, it can be an unequal contest. A 49 year old frequently has to compete against a 40 year old. A 69 year old, at best, may have to compete against a 60 year old, but sometimes that 69 year old has to compete in an M50 or even M40 group. Is that really fair? The second main advantage is that Age Grading can give a year by year performance guide, a comparison against yourself and others.

Judging by the correspondence on this matter in the past, the interest of readers in Age Graded Tables has been very lukewarm. Do we want widespread use of Age Grading in deciding results or are we happy with the traditional first past the post, and veterans competing in five year or ten year age groups? If Age Graded results are to be extended, to what extent? It is easy to visualise the majority of road races using the system, but track and field as well? Should we be lobbying open race organisers to use the Age Graded Tables in deciding results and awards? Your contributions to this debate would be welcome. Please write and let us know.

Geoff Ashby



## BRITISH VETERAN INDOOR ATHLETIC CHAMPIONSHIP

(under BAF Rules)

## SUNDAY 12 FEBRUARY 1995

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

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## NEW NORFOLK HOTEL, HAGLEY ROAD

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Cheques made payable to Roadcraft

## **EVENTS**

60 Metres; 200 Metres; 400 Metres; 800 Metres; 1500 Metres; 3000 Metres; 3000 Metres W; 60 Metres Hurdles; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Putt; Relay 4 x 200Metres

Entry Fees: Non-affiliated £7.00

\* Non-affiliated athletes must supply A or B

£5.00 first event, £3.00 each extra event. CHEQUES AND POSTAL ORDERS MUST BE PAYABLE TO 'BVAF'. Postal stamps are NOT acceptable as payment of entry fees.

## ENTRIES CLOSE SATURDAY 14TH JANUARY

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

## Chiblies Vol 1 No 32

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Surname	Christian	Names	
Address			
		Post Code	
*Male/Female	Telephone No		
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1st Claim Club			
* Driving Licence No	(A)	or Encl	ose Birth Certificate (B
EVENTS			
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## Age-Graded Tables Revised

The 1994 revision of the Masters Age-Graded Tables has been completed. The tables have been approved by the World Association of Veteran Athletes (WAVA) and single age factors and standards have also been included. A book containing the new tables and simplified method of use is now available in the UK from Sports Systems Ltd, PO Box 234, Epsom, surrey, KT17 3YG. Price £5.00 + £1.00 p+p.

What are Age-Graded Tables?

Age-graded tables?

Age-graded tables are a series of "age factors"
and "age standards" which can be used to
compare performances at different ages in track compare performances at different ages in track and field, long distance running, and racewalking events. They show how a typical person's athletic performance improves during youth and declines during aging. The purpose of age-graded tables is twofold:

1) To correct a person's performance, no matter what his/her age, to what it would have been (or will be) in their prime years.

2) To grade each performance with a percentage value. No matter how old one gets, this performance percentage will always be judged

age value. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As your performances get slower with age, so do the world standards that the tables use to calculate your percentage, giving a true measure of your performance.

The standards correspond approximately to world-record marks for a person of that age and see in the same.

and sex in that event.

Achievement Levels

Achievement Levels 100% = Approximate World Over 90% = World Class Over 80% = National Class Over 70% = Regional Class Over 60% = Local Class e World-Record Level

## What are the Advantages of

Age-Graded Tables?
Age-graded tables can be used to:
1) Keep track of your progress over the years.
2) Compare your performance in different

3) Set your goals for the current year and future

4) Compare your performance to people of any

sge.
5) Estimate your performance in new events
6) Select the best performance in an even Select the best performance in an event among all age groups.
 Select outstanding athletes.
 Give recognition to good performances in

the older age groups.

9) Make awards more meaningful.

10) Score multi-events (decathlon, pentathlon, etc.) using IAAF scoring tables.

The original tables were compiled in 1989 by WAVA and the National Masters News. The WAVA and the National Masters News. The tables were a good first effort to evaluate performances regardless of age or sex. They have been used at the WAVA World Veterans Championships, the USA Masters T&F Championships, at local track meets, and at many road races, primarily in the USA and England. road races, primarily in the USA and England. A mandate to update the tables was given by WAVA to the WAVA Age-Graded Sub-Committee, chaired by Al Sheahen. Age-grading is the essential element of masters multi-event scoring. So the WAVA Multi-Event Sub-Committee, chaired by Rex Harvey, worked very closely with the Age-Graded Sub-Committee on the 1994 update.

Most of the committee members individually spent many hundreds of hours working on these tables. The level of commitment to turn these tables. The level of commitment to turn out an accurate project was considerable. Under the leadership of Bill Taylor, WAVA Vice-President (Stadia), much constructive debate, hundreds of telephone calls and faxes, and thousands of pages of information went back and forth all over the world between the committee members and many others who have had input into the process.

mittee memoers and many others who have had input into the process.

The 1994 tables are improved from 1989 for three primary reasons:

1) More performance data was available.

2) Every aspect of every event was examined more exhaustively than before.

3) Comparisons and cross-ever analyses were

3) Comparisons and cross-over analyses were extensively done to ensure that all elements of the tables were compatible

Comparison to 1989 Tables Compared to the 1989 Age-Graded Tables, the age 30-49 factors are generally more difficult and the 70+ age factors generally easier in the and the 70+ age factors generally easier in the 1994 revision. This was not done on purpose, but was the result of the independent and systematic approach taken to produce the 1994 tables. It is mainly due to athletes posting world-class performances well into their 30s, and the fact that the older athletes are not improving as much as some theories say they should. The 1994 Age-Graded Tables accept that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in an ever-increasing manner. For example, the loss in performance from age 50 to 55 is greater (percentage-wise) than the loss from 45 to 50.

In addition to the tables, the Age-Graded Ta-bles Book includes copy which helps to sim-plify and de-mystify the subject. There are

plify and de-mystify the subject. There are plenty of examples and personal performance charts to help you chart your own progress—or lack thereof — over the years.

To use the tables, all you need is a simple calculator, but calculations must always be made in seconds or metres.

However, a TimeMaster adds, subtracts, multiplies and divides in hours, minutes and seconds. The TimeMaster is available for \$29.95 from the National Masters News, PO Rox 2372, Van Nuys CA 91404 USA.

Box 2372, Van Nuys, CA 91404, USA.
For meeting and race directors, computer software, which includes the age-graded tables, is available.

Summary
The age-graded tables are but a small bit of the overall responsibilities of WAVA as the sport's world responsibilities of WAVA as the sport's world governing body. However, they are very important to a significant portion of its constituency. Bill Taylor and his applicable subcommittees have treated the subject with the respect it deserves and have turned out the best resolute attainable at this triangle. product attainable at this time

## How it Works

How it Works

Example 1: A woman of 53 runs 10K in 45:18.

The 10K factor for a woman, age 53, is 8545. We multiply 45:18 for 2718 seconds) by 8545 = 38:43 as her age-graded time.

The 10K standard for women, age 53, is 35:01. We divide 35:01 by 43:18 and get 77.3% as her age-graded performance.

Example 2: A man of 40 runs 100 metres in 12.07 seconds.

The 100m factor for men, age 40, is 9542. Multiply 12.07 by .9542 = 11.52 as his age-graded time.

The 100m standard for men, age 40, is 10.33. Divide 10.33 by 12.07 and get 85:6% as his age-graded time.

his age-graded performance.

Adapted from an article by Al Sheahen and Rex.
Harvey in National Masters News.



Mike Higginbottom, 10k titles on both Road and Track

## **USA Masters & North** American Championships Dave Stevens and I travelled to compete, together with our fan club (both our wives), in the North and Central Americant Caribba Park.

can and Caribbean Regional Association Championships in Edmonton, USA Masters in Eugene the following weekend. We flew to Seattle and trav-elled by car into Canada, through the Rockies via Revelstoke, Banff, the Icefield Parkway and Jasper to Edmonton. After some spectacular scenery and holidaying it was down to the athletics in Edmonton, where we met up with numerous other UK athletes and spouses.

The meeting was a big disappoint-ment, the organisation being inferior to an Area Championship in the UK and most of the top USA athletes were absent. There were some valid reasons for the organisation, but even so I think it could have been better organised without much extra effort. Having had good weather up to arriving in Edmonton there was torren-tial rain until late afternoon when the 100m was run, so I was lucky. A 2nd in the 100m, and 1st in the 200m, with Dave 2nd in both the track and road walks -

aten both times by Brian Gore.
We had to leave without our medals, but these were collected for us by Peggy Taylor and Mary Wixey, who presented them to us when we met up in Eugene. Overall in Edmonton the UK athletes picked up a large number of medals. See results p12.

After a further long drive via Calgary, Spokane, the Columbia River Gorge and

out to the coast and down Highway 101 we arrived in Eugene for the US Masters Championships and joined a smaller group of UK athletes from Edmonton. Besides Peggy and Mary there were Joss Ross, Brenda Green, Reg Checkley (with spouses). Also there, having travelled solely to the US Masters, was Alan Meddings and his wife. Having been to the World Championships in Eugene in 1989 it was a return visit and we found little had changed. The standard of competition was higher than in Edmonton. out even so several medals were won by our athletes. Alan met up again with Jim Law, with whom he had had good battles in Japan but in both the 100m and 200m Alan had to take 2nd best this time

Having had a DQ in Edmonton which was reversed when it was discovered someone had read the wrong line of cards, Dave was again DQd in the track walk in Eugene. He discovered the following day that he had been reinstated — the reasons being obscure. However, he did get a bronze medal whilst I was 4th in the 100m but I struggled in the 200m with a bad achilles problem. Among sterling British performances in Eugene was that of Mary Wixey, W70, who collected no less than five gold awards. Besides the two sprints she won all three jumps. Joscelyn Ross, W65, won three golds, John Keaton, M65, one gold and one silver and Brenda Green two silver and one bronze.

Full British results see p12

David Burton

## Road Walks

The BVAF 10k Road Walk Championship was held in comjunction with the Leicester Mercury 10k Walk on Sept 11. Thanks to the Leicester Mercury and the Leicester Race Walking Club for their help. A slight accident marred the event. George Mitchell (Birchfield), 80 in November, was knocked over by a caravan. Fortunately he was only badly bruised, apart from a cut arm. An ambulance and police following the race

were able to give first aid.

M40 1 Colin Smith, Broms/Redd 67:22 M40 1 Comb smin, bromsyleed 67:22 (Graham Elliott (M40) was disqualified) M45 1 Brian Adams, Leic RWC 47:38; 2 George Fenigsohm, USA 57:28; 3 Chris Bent, Southend AC 58:21 M50 1 Alan O'Rawe, Southend AC 54:44;

2 Keith Richards, Coventry RWC 54:55; 3

2 Keith Richards, Coventry RWC 54:55; 3
Tony Collins, Birchfield 56:07; 3 Bill
Wright, Nuneaton AC 56:35; 5 Les
Semvens. Worcester AC 58:17; 6 John
Sturgess, Leicester RWC 66:09; 7 Ron
Atton, Road Hogs (Leic) 68:51
M55 1 Brian Gore, Trowbridge 51:38; 2
Dave Stevens, Steyning AC 55:59; 3 Pete
Stapleford, Leicester RWC 68:52; 4 John
Marshall, Worcester AC 62:44; 5 Mal
Blythe, Leicester RWC 63:13; 6 Peter
Markham, Leicester RWC 64:29; 7 Tony
Kent, Leicester RWC 67:51
M601 Geo Chaplin, Coventry RWC 55:29;
2 Doug Fotheringham, Belgrave 57:32; 3

2 Doug Fotheringham, Belgrave 57:32; 3 Bill Rawlins, Broms/Redd 60:17 M65 1 Denis Withers, Birchfield 61:52; 2 Karl Abolins, Birchfield 62:12; 3 Jimmy James, Birchfield 73:54 (Jim stayed with Geo Mitchell after the accident)

M75 Phil Malins, Birchfield 71:23 W45 Sheila Bull, Tamworth 67:22 W55 Jill Langford, Wolv/Bilston 63:37 W60 1 Pam Horwill, Dud/Stour 67:30; 2

Margaret Hibbell, Ivanhoe 69:41
The National Vets 20k was held in
Sutton Park over a 5 lap course on July 23

in conjunction with the Birchfield Open 20k Race Walk. It was very hot and humid. Geoff Hunwicks (Weymouth) was the over-all winner (M40) and Kim Baird (Dudley & Stourbridge) (W35), 1st woman. M40 1 Geoff Hunwicks, Weymouth 108:35; 2 Graham Elliott, Telford 108:43; 3 Bill Kingston, Basingstoke 120:37; Colin Swith Bower & Becklish 143:00

3 Bill Kingston, Basingstoke 120:37; Colin Smith, Broms & Redditch 143:00 M45 1 Brian Adams, Leicester 108:56; 2 Geoff Tranter, Birchfield 115:36; 3 Stuart Marchment, Steyning 119:45; 4 Terry Mor-ris, Coventry 129:37 M50 1 John Paddick, York 112:32; 2 Tony Collins, Birchfield 116:33; 3 Peter Hannel, Surrey 118:33; 4 John Whyte, Verlea 118:38; 5 John Sturgess, Leicester 124:05; 6 Keith Batten, Trowbridge 125:58; 7 Bill 6 Keith Batten, Trowbridge 125:58; 7 Bill Wright, Nuneaton 126:51; 8 Richard Dea-con, Aldershot F&D 137:39; 9 Keith French, Sheffield 141:52; 10 Richard Whittern, Broms/Redd 144:10 M55 1 Dave Mace, Birchfield 123:05; 2

John Coulshaw, Tamworth 133:46; 3 Peter Emery, Enfield 138:16; 4 Tony Kent, Leicester 146:48 M60 1 Bill Rawlins, Broms/Redd 130:002

Eric Horwill, Dudley & Stourbridge 132:31 M65 1 Denis Withers, Birchfield 128:07 2 Karl Abolins, Birchfield 133:10 3 Edwin Grocock, Sheffield 135:27

M75 1 Phil Malins, Birchfield 150:47; 2 Geo Mitchell, Birchfield 152:34 W35 1 Kim Baird, Dudley & Stourbridge

W45 1 Ann Lewis, Aldershot F&D 128:57 2 Sheila Bull, Tamworth 145:24 W50 1 Pam Ficken, Surrey 141:17



## **Tough time at Blackpool** The BVAF 10k Road Race Champion-

hips were held in conjunction with the Wyre Wander Open 10k at Great Eccleston, near Blackpool, on Sept 11 Although the course was flat and fast, it was obvious before the race that competitors were in for a tough time. The winds were exceptionally strong and blustery, but fortunately, the heavy showers ceased in time for the start.

From early on it was evident that the winner would come from a group of four who broke away from the rest of the field. Mike Higginbotham (Salford), Dave Throup (Leeds), Mike Neary (Salford) and Ron Smith (Scottish Vets) stayed fairly close together until the 5 mile mark and the turn into the head-wind. Three of the leading group fought a hard duel until the end with new veteran Higginbotham (31:44) gaining the upperhand by six seconds over Throup, with Neary a further nine sec-onds adrift in 31:59. Smith finished fourth in 32:40. Higginbotham was also six veterans in the first ten places.

The men's team race was won by Salford, adding to their triumph in the BVAF 10 miles at Oswestry, and the M60 team award again went to Barnet

In the women's race it was always going to be one runner. W45 Eleanor Robinson (Border AC) finished strongly to record 38:21. Tipton's Dianne Payton (W40) and Redhill RR\*s Felicity Gar-land finished 2nd and 3rd respectively. The women's race entry was disap pointing although the overall BVAF entry, given the short notice in arranging the event, was quite good. Newly presented trophies donated by Tony Cartwright, BVAF Assistant Chair for Road Running & Walking for M40 and W35 categories were presented to Mike Higginbotham and Anne Cartwright (Wrexham)

Results p11 Dave Clark, Race Organiser





British Records at Solihull for Steve Charlton and Elaine Statham

## British Record s at Solihull

The experiment of holding the BVAF 10000m track championships away from the main BVAF Track & Field Champi onships was disappointing. Entries for the event at Solihull on August 14 were low in number and mainly from the Midlands, suggesting that athletes were reluctant to travel again. However there were some outstanding prformances. In the M40-M59 race, Mike Higginbotham of Salford, who reached veteran status only a few days before had an excellent run to record 32:00 and beat M45 Jim Bell (Elswick) by 17 seconds.

In the second race (M60+ and women) Maurice Morrell (Wirral) ran away from the field to record 36:12.2 but the best performances were by Steve Charlton (TVH) and Elaine Statham (Stoke). Both set new British records. Charlton ran a superb 36:46.8 to improve the M65 record and Stathan 39:18.0 to set a new W50

The 10k Track Walk Championships was held at the same meeting and resulted in a good race between Bob Care (Birchfield) and Bob Adams (Leicester). Care proved to be far stronger in the second half of the race and won by over three quarters of a minute. In the BVAF Pentathlon, both Joe Phillips and Tony Robinson improved the British Records for the Javelin. Phillips, M60, threw 45.08 and Rawlinson, M75, 24.76.

Full results p11 Inspiration for Bob Adams (51) but he was still beaten by Bob Care (85) at Solihull

## YOUR

express their views, satisfactions or dissatisfactions on any subject of iterest 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.

## TRIBUTE TO ERNIE

I read with interest the report (VA 31) by Alistair Aitken on the "First-class sport at Bedford", a meeting which I thought was one of the best BVAF Championships I have attended. However, in his referen to competitors who performed well, de-spite various handicaps or disabilities, it was a pity that Alistair failed to mention 77 year old Ernie Plimer from my Scot-tish club, AC Musselburgh.

Ernie, impressive as ever with his long-striding powerful sprinting style, won the M75 100 metres (not James Lucas, as the report stated) in 16.57 secs and the 200m in 35.14 - not bad times into the wind for a registered "partially sighted" athlete. This grand old man of

Scottish athletics, who admits he is not always confident at bend running, moved into the M75 class at Hendon in 1992, winning the sprint double, and he has been undefeated in Scottish and British age-group events, indoor and outdoor,

Surely a remarkable record by this indomitable character who is aware that his sight is gradually fading, and followrecent spell in hospital following a dental operation and throat trouble, thinks he may now have to give the World Champs in Buffalo a miss!

Ian Steedman AC Musselburgh and Scottish Veterans

## ARE CHAMPIONSHIPS WANTED?

I just had to write and state my point of view. In your editorial in VA31 you wrote about the running of the BVAF Championships at Great Ecclesion and Bridlington. Why? It is two more races we could do without in this years tight season. I know the Northern Vets will be rubbing their hands with more races on their doorstep and the BVAF probably believes the races must be run this year. But if you ask many vets if these races are wanted they would say no. My club will soon be kicking off the

ross country season with Birmingham League, Gloucester League, Area Cham-pionships, Relays and Midlands Vets races. Winter training should be cross country. We have been running on the roads all through the summer. The BVAF would have done better by running the

races or well known events such as the Redditch or Swansea. The half marathon could have been run with the Stroud, Burton or Lake Vyrnwy to name just a few. All of these are very popular with runners.

10k with one of the regional veterans 10k

Just one final point. I agree that a ek-end at Blackpool is fine — but let us have it in the summer.

Colin Smith Redditch

The important point I was making in my editorial in VA31 is that it is important to stage the championships. Members have the choice of whether they support them or not but if they were not arranged, members would have justifiable cause for complaint.

## SHOUT LOUDER

Older vets have problems with sight and hearing. Can I make a plea to our wonderful track officials. When calling out times and laps, can you raise your voices when we older runners trundle round? At Solihull in the BVAF 10K I never heard a word, a little disconcerting when hearing the bell and seeing zero on the lap board, yet in reality more laps to complete.

word of warning. When checking A word of warning. When checking Athletics Weekly for results don't always believe what you read. The reported winner of the Oswestry 10 miles was not even running. A phone call and a letter failed to elicit any response. This is a superbly organised race, none better

John Fraser Leicester

## GIVE CREDIT TO OFFICIALS

Wasn't it depressing to read two letters in the summer issue complaining about details of the organisation at championships

Having witnessed the abuse and ill temper directed at harrassed officials at Kelvin Hall, they have my full sympathy. The medal rules were not ideal but that had nothing to do with the individuals who took the brunt of the complaints. The Northern Vet who threw her medal back at the official and told him to "stick it" should be barred from future champion-

I have one of the scorned standard medals myself for finishing third and had a reasoned explanation on the day. To earn that medal I ran an extra lap in the 1500m and subsequently was involved in lengthy negotiations with a large number of busy people, all of whom tried their best to sort out an imfortunate error. The fact that I should head the indoor rankings in my age group for 1700m is some consolation.

I was also at Aldershot, travelling

considerably further than the 200 mile round trip mentioned by Mr Fennelly. My club all enjoyed the event, and again my sympathy is with the officials who spent more time in the rain than I did.

Bill Ramag Durham

## ATHENS RESULTS

I write to ask if a correction to the results published in VA Number 31 could be published in the next edition please.

I competed in Athens and gained the Silver medal in the W65 400 metres in a time of 79.02, but this was left off the results list. The time was eventually taken, on the official form by Winston Thomas, in the hope that it would be ratified as a new W65 British record for 400m. Winston took this and my time at Bed-ford, which was slower, in case the Ath-

ens time would not be recognised. As well as publishing this omis it might be appreciated if you would ask other competitors to write to you if their results, too, have been left out. We are not seeking glory, but accuracy would be appreciated and this seems to have been missing from whoever sends results to you. Could have been on the 400m runners photo too! Shucks! It was my first attempt at Europeans. Ca Va!

Thank you for all your work with the newspaper. It is greatly appreciated in keeping us all in touch.

Monica Shone, Altrincham

Sorry about the omission but we pub ed all of the results we received. If any other members who competed in Athens were not recorded in the results list please let us know

## RECOGNITION FOR OLDER VETS

write in an attempt to enlist the support of the BVAF to help resolve difficulties in open races for example Kruff Cardiff 10k. The M60 category was recognised in pre-race advertising but there were no awards or prizes and not placements in over 50 and over 60 categories in an extremely poor results service for which entrants paid an extra £1.00 + SAE. In the Swansea Bay 10K there was no mention at any stage of over 50 or over 60 categories and no results service outside local newspapers. In the Great Welsh BUPA 10k there were no results service except for a local newspaper although prizes were given in the M60 category. These are very well supported events

with significant prize money involved. They badly need enlightenment from our organisation regarding the specific bands within the broad veterans categories. have written to organisers and included results sheets from the Bruges and Redditch events as examples of what can be achieved rapidly and inexpensively in this computer age but I am not optimistic that my lone voice has registered. I would be extremely grateful for any support the association can generate in this athletic backwater.

sent entries direct to Canada but Barbara put things in order for me after a letter and

a phone call. Thank you Barbara. Graham Bullimore

Bridgend

Pontypool

## A CANADIAN EXPERIENCE running after the age of 28 or so? Finally I would like to apologise to Barbara Dunsford as I was one of the people who

Having recently returned from a holiday in Canada which included taking part in the World Veterans Road Championships in Scarborough, near Toronto, I would like to say how much I enjoyed the experience. As with any major event there are od points and bad. On the plus side, the four days spent in the Race Headquarters hotel was very nice. We had a great welcome by the organisers which marvellous after the long flight. The barbeque was good but the queues were very long. The Championships Dinner on the Saturday evening was excellent but many runners had to leave at 10pm as they were due to run the 25k at 8.30am next day. As I had already run my 10k race, I fully enjoyed the evening. The shuttle bus to the race start was on time and the event start and finish was very

On the minus side was the rain during the 10k race and the traffic on the course After the first mile we ran along a main road with one lane coned off. The traffic on the other lanes was heavy with the accompanying lots of petrol fumes. I was hoping for traffic free running.

But for all that I was over the moon to second place in the M55-60 GB team. To sum up, thanks to the 2nd WAVA rganisers and to Scarborough, Ont I hope to be taking part in two years time in the 3rd WAVA races. One question I have is where are all

those fast vets from Kenya? Do they stop





## Danger on the trail

In California earlier this year a forty year old woman was killed by a mountain lion while running alone in the Sierra Nevada while running atone in the Sterra Newada mountains. Her partly eaten body was found by a search party on a popular trail which is also used for Ultra races. Attacks on humans by mountain flors are rare and the last recorded attack resulting in death in Califomia was over 60 years ago. (USA Masters News

Janice Moorekite (276) at Lake

## Moorekite wins Lake Vyrnwy

Among outstanding performances by women veterans recently was that of Janice Moorekite, W35, of Invicta East Half Marathon she was not only first veteran but she also won the women's open race in a time of 1:17:07, finishing in 67th position in a field of over 900.



Vic Smith — winner of European Vets 800m and 1500m titles

## Medical Corner

if he should hang up his gear or carry on in a modified form. After a poor season, he took a 6 week break, started training satisfactorily, then competed in a three mile race, recording a time of 30:00. The next day he had pains in the groin. After more rest he managed several 10 miles training walks but his action was not fluid and he had stiffness in the hips. His GP suggested inflammation and pre-scribed antibiotics. After consulting a physiotherapist, he had x-rays which showed no exceptional wear to the hips, but did show deterioration to the lower spine. He had had a slipped disc in this area some years ago.

## Dr Nixon replies:

It really does help when the situation is detailed as you have done and increases my chances of giving you a relevant reply! It sounds as though the problem is arising in the hips and it is reassuring that the x-ray showed no gross osteoarthritic changes. We can assume that the problem is a soft tissue one affecting the hips, ie arising in the muscles and ligaments.

The stiffness you describe should respond to appropriate stretching exer-cises and I would hope your physiotherapist would be able to be of some assistance with this. You may be quite surprised at the amount of stretching you need to do to regain your mobility, but from what you tell me I see no reason why stretching should not resolve the prob

As I have stated on previous occa ns, it does help to have some physi otherapy help in the early stages and to get your physiotherapist to watch you do the stretching to make sure you are doing it properly.

I note you have tried some anti-in flammatory drugs and must confess I rarely find them helpful in this situation. However, taking an anti-inflammatory an hour or so before training may help you to be a little more fluid than would otherwise be the case.

The x-ray of your lower spine showed

quite marked osteoarthritic changes. This is likely to be a late consequence of the previous slipped disc. Your history is not one of back trouble and provided you and your physiotherapist are satisfied with your range of back movements, the x-ray appearances can be ignored.

I am afraid all too often I come across this situation of people being advised to give up athletics on the basis of degenera-tive/osteoarthritic changes on an x-ray After the age of 50 years we have all got some degenerative changes somewhere or other, but, it is not what is on the x-ray that is important, but where the problem seems to be on clinical examination.

I think you have a very good chance of getting back to competition level.

## WEDDING ANNIVERSARY CHALLENGE

The challenge is for a husband and wife to complete 25 laps of a 400 metre track (10,000 metres) in a total time in minutes less than their total ages on the day of a wedding anniversary. On March 27 1979, our Silver Wedding Anniversary, Sylvia and I ran the challenge at Seedhill Track. Nelson, Lancs., recording times 65.18 and 38.26 resp., a total time of 103.44, set against our added ages on the day, 45 and 49, 94 years, which was well in excess by 9 minutes. Failed!!! We tried again at the same venue on 27 March 1994, our 40th (Ruby) Wedding Anniversary, and this time we were successful. Our times were 56.18 and 63.45, giving 120.03 against 60 and 64 total 124 years. We enjoyed the remainder of the day celebrating with our family. We would be very pleased if other couples would attempt the chal-lenge, but a word of caution. If it appears to be easy it must be on a track on the anniversary day. The day of the week will change, but obviously not the date and month. It may be winter — snow, frost, gales etc. and possibly a long distance to travel to the track. Injuries and illness may intervene, together with domestic problems and work patterns, so just starting the run can involve some planning and maybe training. Finally good luck and I hope you spotted the anomaly in the details of the last attempt. I was lapped by Sylvia three times. Surely that is grounds for divorce. (Still Mr & Mrs)

Harry & Sylvia Smith Clayton-le-Moors H and NVAC

## From the Chairman



Following the AGM in July, there seemed to be only one immediate problem, to find someone willing to take over from Barbara Dunsford in

dealing with the supply and sale of the BVAF vests and other gear. I wrote about this in the last issue of Veteran Athletics. Unfortunately there has been no response and until we have a volunteer or volunteers, we will not be able to offer BVAF kit to those who need it. Again, can I ask if there is anyone prepared to take this on, otherwise our 'teams' can only revert to a motley attired group of individuals.

## New Treasurer

There is however an even more pressing problem, which is to find a replacement for David Coward as BVAF Treasurer, whose letter of resignation arrived during my holiday at the end of September. I notified all clubs on my return but as we do not have an Assistant Treasurer, I felt that as an interim measure I would have to act as both Chairman and Treasurer. In recent years, David has done an enor-mous amount of work for athletics, and especially for the veteran movement of which being our Treasurer was only part. However, after deep consideration, he has decided that though he felt he could cut down on time involved, in the end this has not worked. Therefore he has now resigned from all the various posts he held. This creates a major problem for BVAF and though our thanks are due to him for the work done in the past, appointing a new Treasurer has to be a top

As many of you know, I was Treas-urer from our formation in 1975 until I became Chairman two years ago, and though it is a key post in any organisation, for the BVAF it is far less onerous in terms of time than most people may ex-pect. Certainly it takes far less time than that needed by a club treasurer, for there eleven clubs to approach for annual affiliation fees. Checking the final accounts of the various Championships and advising on the budgets for them, where required, are important but not necessarily time consuming matters, and the rest is the routine of paying out bills and expenses. Clubs have been asked to submit nominations, but this is an opportunity for someone who would like to

Superfit Alf Woods

shot a distance of 10.64m at Altam.

Alf Woods, M65, of Epsom & Ewell H, keeps in great shape and is superbly fit. He is pictured below about to putt the

become involved in helping to shape the future of veteran athletics, and prepared to put something into the administration, other than simply taking part as a com-

If you are prepared to put your name forward, have a word with your veteran club secretary who can then submit it to Council, and be assured I will do all I can to help you, because in turn I need your

Now to lighter matters. I was delighted to learn of the success of our Multi Event Championships at Sheffield, which included an International Decathlon match with a team from the US Masters, and hope that it was the first of many similar matches. My thanks to John Charlton and his helpers for putting this on and for entertaining our guests, I am only sorry that because of holiday, I could not be there personally. I am, however, looking forward to being present at the International Cross Country at Sunderland on Nov 12 and particularly to welcoming the teams from Eire, who for the first time will be taking part in full.

## Update on BAF

Finally, I am sure members would like an update on progress in discussions with both BAF and the AAA of England. The oout BAP and the AAA of England. The question of BAP forming a Veteran Com-mittee is due to be discussed at the full BAP Council Meeting when new Terms of Reference (amended from those not accepted at the December 1992 meeting) will also be submitted. If these are approved, BVAF will form a substantial part of the proposed Committee, and now that we are promoting our Championships as open to all veterans, I am opti-mistic that this closer link between BAF and BVAF will be approved. I am scheduled, with Bill Taylor and Ron Bell, to attend the second meeting of

the AAA of England Working Party on Veteran Athletics, and will have to report the results in the next issue. In the mean time, with the principle of forming an England Veteran Association approved at the meeting in July, a proposed Constitution was circulated to all English clubs in August. With no comments or suggestions for amendment being received, I am hopeful that the new Association will be formally approved at a meeting on Nov 6. Keith M. Whitaker

## WAVA Track & Field Championships

The next World Association of Veteran Athletics Track and Field Championships will take place at Buffalo, USA, from July 13 to July 23 1995. The Championships will commence on July 13 with the cross-country (10k), decathlon and heptathlon and finish on July 23 with the relays and the marathon. Full details including timetable of events, travel and accommodation and entry forms are in the official WAVA booklet available from BVAF Overseas Entries Co-Ordinator, Barbara Dunsford (address page 2). Please

send five first class stamps.

Closing date for entries is April 30 but members are advised to send off entries early to Barbara and make reservations for accommodation. There is good value accommodation, including full board available on the University campus, but it is obviously limited and a minimum of 5-6000 competitors are expected. It is compulsory to enter the cham-pionships through the official channels, ie via Barbara Dunsford. However, mem-bers are free to make their own travel and accommodation arrangements if they so

The USA Masters will be holding their championships from July 6-9 at Michigan State University, East Lansing, Michigan and it is therefore possible to compete in both WAVA and the USA



Measuring Brian Hooper's (left) M40 record pole vault (4.87m), at Crawley July 5

## Calling all road runners and walkers

At the recent BVAF Annual General Meeting I was elected to the position of Assistant Chair, Road Running and Road Walking. By way of introduction, I am on the executive of Wrexham AC and also represent that club on Clwyd AAA. I am on the Athletics Association of Cross Country Committee and the Welsh Veterans Association. I have been involved in veteran athletics for several years because my wife, Ann, is a veteran international. Although I have only had this job for a couple of months I have already realised the amount of work that the BVAF and your area clubs are doing for you and the excellent ideas they have

for veterans athletics in the future. As you will already know, the BVAF have a full range of road championships from 5k to marathon, and we have a membership of about 7,000. You are, no doubt, aware that it takes a lot of time and money to organise these championships of them the entry barely reaches 100. In one of the championship that I went to recently there were only 60 runners from the BVAF taking part and in some of the age groups there

runners at all! We try to move the BVAF races around the country and where pos-

sible they will be veteran only races.

There have been suggestions that we should cut back on some of the champi-onships but I do not agree with this and neither do the other executive committee

members.
We have some good venues for 1995-96 lined up for you but we need your support in keeping these championships alive and running. The events are organ-ised for you, the BVAF members, and to help promote veteran athletics and to encourage new members. So please come and support your championships. You have an opportunity to be involved in some great races around the country, and you may become a British champion within your age group.

Veteran athletes are in the majority in road races in Great Britain. I would be very grateful if you would send me road race results from your areas for 1994, because we would like to have a better idea of how many veterans there are running in the UK. (address p2)

## **EVAA Road** Championships

The next European Veterans Athletic Association Road Championships will take place at Valladolid, Spain on May 13th-14th 1995. Valladolid is situated about 110 miles north-west of Madrid. There are 10k road races on May 13 and a half marathon on May 14 for men and women. On May 13 there will also be a 20k Road Walk for men and a 10K Road Walk for women. Closing date for entries is Feb 15 to Barbara Dunsford, BVAF Overseas Entries Co-Ordinator, although members are advised that hotel accommodation may be difficult to fin tries are left to the last minute. Members are reminded that all entries must be sent to Barbara Dunsford although members are free to make their own travel and accommodation arrangements if they so wish. Entry forms and full details avail-able from Barbara on receipt of five first class stamps (address page 2).

## GATES WINS WORLD 10K

continued from page 1
place overall in the race but ten minutes
behind DeNoon. Brian Gore also walked
strongly to gain silver in the M55 division, five and a half minutes down on Shillabeer. Yet another silver came our way via Doug Fotheringham, M60, and Denis Withers completed the men's medal tally with a M65 bronze. Cath Reader easily won the W35 group, over five minutes in front of Gloria Granados (Spain) but had to submit to two over 40's in the overall race, Ludmila Nityavovskaya (Russia) and the USA's Sally Richards-Kerr. Anne Irving brought

ne a bronze in this division. The next WAVA Road Champion ships will take place at Bruges, Belgium in June 1996 when, combined with the popular Bruges Veterans Grand Prix, a much greater entry should be obtained.
Results page 11

## Multi-throws records

Hugh Richardson is trying to put together British records for the Multi-throws. These will include Throwers Pentathlon. Heavy Weights Throws, Shockerama and similar events. If contenders would contact Hugh at 14 High Ash Avenue, Alwoodley, Leeds, LS1 8RG, he will be pleased to compile records for these

## **T&F Ranking Lists**

Once again it is the end of the Track and Field season and we are making the re-quest for individuals/eventorganisers/club statisticians/league secretaries etc. to forward results for inclusion in the 1994 T & Franking lists. Mens results should be sent to David Burton, 71 Nethergreen Road, Sheffield \$11 7EH and female results to Sally Gandee, 4 Westfield Road, Hertford, Herts SG14 3DJ. Where possi-ble, please include date of birth.

Regarding ranking lists, Ian Thomas, who for several years has scored the BVAF Decathlon and Heptathlon, in addition to numerous track, road and cross country events, has produced a booklet of British Veteran Decathlon Rankings. All performances have been re-scored, using the 1994 age factors, and include World bests as well as a career review for each individual who has completed a decath-lon. This is available from Ian Thomas, Sports Computer Services, 8 Sandygate Park Road, Sheffield S10 5TY. Tel/Fax 0114 230 1391. The cost is £2 with extra £1.50 for career review — well worth purchasing if you have completed a de-

The request is also made for athletes both male and female, to forward results for any multi events they have completed so the book can be expanded. These can be sent either to Ian or myself. David Burton

## NEWSPAPER SUPPORT **FUND**

The supporters listed below have con-tributed since the August issue. Their generosity is appreciated.

George Oxbury Mary Wixey

John Legge Nigel Wray

If you have not made a contribution in 1994, now's your chance. Send it to: Bill Taylor, Veteran Athletics Treasurer, 17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LX.

I wish to support Veteran Athletics and enclose my donation of £
Name
Address
***************************************

This is an opportunity for those who do not wish to gamble the periodic Raffle. umble via our 500 Club, or

Track & Field notes BVAF Indoor Championship, Sunday Feb 12, National Indoor Arena, Bir-mingham. Entry Fees, non affiliated £6.00 affiliated £4.00 for 1 st events. £3.00 each extra event. Accommodation at the New Norfolk Hotel, Hagley Road, Bir-New Norfolk Hotel, Hagley Road, Birmingham, B&B £18.50 per person single or doubles, booking only through W. Thomas, cheques payable to Roadcraft. Please book as soon as possible, the number of rooms is limited.

Winners of the outdoor track and find the properties of the contract and the properties of the properties of

field trophies are as follows: O/35 Field. Jennifer Cunnane, Hammer 38.64, O/40 Field. Paul Dickenson, Hammer 54.84, O/50 Field. Scan Power, T/Jump 13.34, O/60 Field. David Williams, Hammer 44.06, O/35 Track. Veronica Boden, 2k S/chase 7:05.76, O/40 Track. Robert Care, 5k Walk 22:12.66, O/50 Track. Marjorie Hocknell, 300mH 49.28, O/60 Track

Andrew Blackman, 400m 59.16. The outdoor championships at Bedford were a great success and thanks must go to Howard Daborn, Peter Duhig and their organising committee for setting them up and making it a good weekend. Thanks also to DSD and Texas Instruments for their support, Bedford and County AC and other donators, and to all the officials, with my apologies, for the lack of communication. Thanks to all who returned the questionaire which will help with the planning of future champi-

Indoor Pentathlon: Details of the Indoor Pentathlon have not been final-ised by the time this issue goes to press. We are trying to arrange the event at the National Indoor Arena, Birmingham, in combination with another promotion, hopefully in January. Details when finalised will appear in Athletics Weekly. Due to the high costs of hiring the NIA we have had to increase entry fees. We are not trying to rip you off but until we obtain sponsorship we have to cover our Winston Thomas Assistant Chair Track & Field

## 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, up. An you have to do is send on it 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 TQ126 YB.
The sooner you do it the sooner you will

get in on the draw.

These are the recent winners:

Number 67 July 94
£125 to B. Feltham (Great Bookham)
£10 to J. Cross, E. Wixey, A. Sutton, R. Earlstone, and P. Acton-Phillips. Number 68 August 94 £125 to P. Le Coilliard (Jersey) £10 to A. Beckett, D. McMullen, P. King, C. Reader and M. Baldwin Number 69 September 94 £125 to G. Vance (Welford on Avon) £10 to F. Prosser, B. Dunsford, N. Wray, Z. Gaffen and S. Priestly.





## **BVAF CROSS COUNTRY** CHAMPIONSHIPS

PROMOTED BY THE SCOTTISH VETERAN HARRIERS CLUB

Sponsored by:
IRVINE DEVELOPMENT CORPORATION
CUNNINGHAM DISTRICT COUNCIL

# SATURDAY 18 MARCH 1995

AT THE BEACH PARK, IRVINE, AYRSHIRE

SEASIDE LINKS COURSE STAGED FROM THE MAGNUM LEISURE CENTRE AT IRVINE HARBOURSIDE

provisional time first race 1.30pm

FIRST RACE 10K M40 AND M45 SECOND RACE 5K W35, W40, W45, W50, W55, W60 AND M70+ THIRD RACE 10K M50, M55, M60, M65

TEAM AWARDS: M040 - 4 to count, M050, 060 & W3 to count

An athlete may compete in a younger age group, for team purposes, whilst still be eligible for the individual award in their

er signisosting and map for one to statium. Inle could have been present

own age group, provided that they compete in the same race.

2. No team declarations on the day.

3. Although this is an open event, entrants need to be a member of a BAF affiliated club, non-members\* of a BVAF veteran club to pay an additional fee of £2

ENTRIES CLOSE 6 MARCH 1995

## HOSPITALITY INN, IRVINE

Special rate, B&B, sharing twin room £25 per person. Quote Beach Park XC Tel No Irvine 274272 

DODRESS		ST CLAIM CLUB	TETERAN AGE GROUP
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			-
Total Indian			
	 1	1	D.O.B.
	1		

ENTRY FEE £3.50 NON AFFILIATED £5.50 +SAE (9"x4")

ENTRIES TO: D. WILMOTH, 49 WATERSIDE ROAD, KIRKINTILLOCH, GLASGOW G66 3QW

"YNON-AFFILIATED ATHLETES MUST SUPPLY DRIVING LICENCE NUMBER OR ENCLOSE BRITH CERTIFICATE

# BVAF Open Track and Field Championships 1994

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ation accommodation oney	2.2	4 23	0.4	11	11	001	11	11	11	

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Officials					
Pre Championships Info	14	14	21	14	37
Organisation of Officials at event	47	47	9	1	ļ
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Overall impression of Championships	58	26	16	Ä	1
Attitude of competiturs to officials	23	47	1	1	1
Artilotes					
Competition facilities	86	10	20	77	1
Events keeping to time	40	36	11	10	
Registration/declaration procedures	89	20	11	7	1
Standard of officiating	70	23	9		1
Attitude of officials to athletes	17	18	8	64	1
Results service on the day	900	161	161	AII.	10
Commence and the commence of					





championships: Above M40 100m 300m hurdles, Marjorle Hocknell, W50, leads Len Williams, M70

# Comments from the National Champions at Bedford



# Success begins at fifty

sased his own spikes.
or of 1993 was taken up with road racing which sumber of M50 group wirs: in the Birchfield 10k hasley 10 miles (57-42) and Tipton 10 miles among

y season brought a Midh oring for Centurian in

## Where are they now? - Jack Holden

# Walk tall, walk happy — Ed Shillabeer

British Best 20k time was achieved a Alan Smallwood has since bettered the international at Burjansourt, this time (23:14.44), a M50 British Recon-

The group of the control of the cont

in 1976, Shilabore and a few feinals founded the Dawlish in 1976, Shilabore and a few feinals founded the Dawnish City Maldor. They promoted an arman trace from Physicoth to worked, exclusion of 80h to the increase in raffic in that spiral holiday area forced as on expension on the security of the security of the course around Barrator Reservoir, north of yonou in a course around Barrator Reservoir, north of yonou in The event was associating year to suggest the 24th 55th.



Was Shakespeare a vet?

## Wilkinson retains marathon title Report by Dave Edwards

San Domenico's Kevin Wilki the character of a true champion as he beat the elements to retain his BVAF Marathon title, promoted in conjunction with the Flying Fox Marathon at Stone. Competitors faced the worst conditions for around six years, as the rain poured down throughout the race. This led to slow times and some runners called it a day on the scenic three lap course. Wilkinson finished 4th overall and first

witkinson Insished 4th overall and Irist vectoran, to end a nightmare year that had promised so much. "I had a super year last year, posting PB's at several distances and culminating in my Marathon Championship win at Stone. The Vets crown had been my aim, but sadly it did not provide a springboard I suffered a succession of illness and injury.

All my times have been slower, but I was determined to come back and win it again. My mates were burt last week in a blast furnac explosion so I decided if I won I would dedi-cate it to them".

Wilkinson made his intentions clear from

Wilkinson made his intentions clear from the start as he swept clear of the field in company with open contestents Lionel Gowland and former Potteries Marathon Champion, Brian Peacock. The trio took turns to share the pacemaking, before Peacock's challenge evaporated at 10 miles. Wilkinson and Gowland matched each other stride for a control of the property of the stride over the next six miles, before Wilkin

made his brave victory bid. He hit the front and succeeded in opening up a 50 metre gap. "I felt great at that point", said Wilkinson,

"and was fine up to 20 miles. However, after we passed the 20 mile marker I just fell apart. I walked and jogged to 23 and was ready to pack it in, but the crowd encouraged me to ecep going. Gowland went on to win in 2:34, 12. keep going. Gowland went on to win in 2:34, 12. He becomes a veteran next year and has vowed to return in a bid to take the BVAF Crown. Wilkinson crossed the line in 2:41,33. It was the slowest BVAF winning time recorded but reflected the conditions. Wilkinson's nearest BVAF challenger was O/50 winner Ken Burses, from Altinehow who elocked in the conditions.

gess from Altrincham, who clocked an im-pressive 2.47.50, to finish 9th overall.

Potteries Marathon runner Alan Austin mistukenly assumed that his club's affiliation to the BVAF would make him eligible for the O/45 Championship award. However, that honour went to Wreake Runners Dave Palmer. Palmer finished as 6th veteran overall in 2:50.19, to lead his club to a surprise Team victory

Tony Verdie of Belgrave and Stone's George Kay had a thrilling tussle in the O/55 group. Verdie eventually emerged victorious in 2:53.54, with Kay just under 3 minutes adrift. Pensby's Albert Mansley was a convincing winner of the over 60's, with a fine sub 3 hour clocking of 2:58.42. Bill McNeil was

Flying Fox Marathon — Left: Women's Champion Rita Banks Right: M50 winner Ken Burgess





## DY/A TO NA-14: TO --14

BVAF	M	ul	ti	E	vei	nt	s I	e!	su	lts	
	100m	W	SP	HJ		Hurd		PV	JT	1500m	PTS
M40											
N Phipps Woking	12.7	5.50	13.11	1.59	59.8	18.2	37.90	3.90	44.44	5:40.7	6145
R Stevenson Irvine	123.	6,21	7.29	1.59	55,1	19.2	23.18	3.10	31.62	4:46.6	5169
G Leckie Verlea	12.6	5.61	9.07	1.53	58.7	19.1	26.80	3.30	33.18	4:48.0	5506
I Marriot Oxford	13.1	5,39	9,46	1.56	59.7	17.5	29.78	3.20	34.26	5:05.7	5479
P Zeniou N London	12.7	5,39	11.11	1,53	58.6	19.8	31,56	NHC	49.11	5:12.8	5176
N King Ryston	12.9	5.18	B.10	1.59	61.0	19.6	23.32	2.60	30.46	5:06.6	4758
F Blackwell Rugby T Hall Redhill & S	12.9	5.26	7.13	1.47	59.5	18.2	18.12	2.50	29.96	5:37.6	4523
N Baker Southend	13.1	5.46	7.18	1,47	62.5	19.0	18.44	2.30	29,48	5:05.9	4476
P Dodson Cheimsford	13.0	4.67	7.54	1,41	60.3	19.2	21.56	2.00	16.26	5:09.7	4077
J Waughma SCVC	14.4	4.24	6.43	1.44	68.7 67.2	20.9	21.38	2.00	28.08	6:01.7	3392
G Ward Stoke	12.0	6.30	9.86	RETD	01.2	23.3	10.00	2.10	28.08	5:26.1	3126
M45	14.0	pratr	9.00	HEID							
R Harvey USA	12.5	5.73	10.67	1.65	58.1	18.3	34.06	3.90	42.32	5:45.1	6857
M Corden Sheffield	12.7	5.52	11.47	1.56	59.1	17.7	34.82	3.40	42.46	5:34.3	6639
D Cowley Rugby	12.4	5.55	8.80	1.62	56.7	17.0	22.14	3.10	37.68	5:17.1	6359
B Luklinski Gulidford	13.1	4.98	9.90	1.59	66.2	20.3	31.96	3.10	32.18	6:29.2	5253
J Gelder Musselburgh	12.6	5.23	B.24	1.38	58.7	19.8	23.18	2.70	35.46	6:08.2	5208
J Charlton Sheffield	12.2	5.93	9.56	1.50	RETD	1 40.44	Est. 10	E.F.W	30.40	DAGLE	0200
C Dunn Nott	13.2	4.88	6.39	1.47	61.3	RETD					
E Fitzgerald Pitreavle	12.7	5,77	7.39	1.65	61.8	17.7	23.40	NHC	RETD		
M50	-142			1.00	01.0		20.40	14110	HEID		
S Brooks Belgrave	12.5	5.69	11.87	1.52	63.3	16.0	38.40	2.60	42.40	6:40.2	6736
W Angus USA	13.3	5.32	9.77	1.49	61.8	16.5	25.64	2.90	36.06	5:16.8	8339
T Thorne USA	13.4	4.85	10.95	1.61	64.1	17.3	31.02	2.60	40.18	5:43.9	6195
B Loten Yeovil Olym	13.4	4.90	10.81	1.31	62.4	17.7	35.20	2.80	41.92	5:35.1	6136
G Long Nordolk Olyp	13.1	4.72	9.95	1.49	61.8	16.5	26.26	2.30	30.76	5.23.8	5875
R Hancock Ryston	13.4	4.88	9.91	1.49	64.4	17.5	30.56	2.40	32.08	5:34.5	5762
B Charles White Horse	13.2	4.94	8.17	1.37	61.5	19.7	22.00	2.40	30.98	525.2	5308
J Lee Verlea	12.9	4.90	9.17	1.46	70.0	20.02	24.22	2.50	26.28	7:12.6	4727
R Chanock Norfolk Olym	14.0	4.27	9.25	1.20	71.2	18.2	24.98	2.10	34.24	6:04.4	4562
T Bilham Norfolk Olym	14.5	4.13	8.08	1.31	69.6	20.8	29.70	2.70	24.18	5:57.4	4417
D Vaughan Learnington	14.9	4.03	8.25	1.43	69.2	24.6	18.62	2.20	26.36	5:38.1	3994
T Town Verlea	14.4	3.92	7.77	1.22	77.0	24.9	1756	1.50	22.66	6:54.5	2965
M55						-		1100	25.00	0.00	2000
T Mackay Bedford	14.1	4.74	10.26	1.49	66.8	18.2	31.58	3.30	35.40	Ø:13.4	6547
T Ross Edinburgh	13.4	4.85	8.45	1.37	61.1	20.7	28.44	2.60	38.90	5:15.2	5414
T Freebairn Edinburgh	14.8	4.08	11,29	1.52	75.1	20.1	33.00	2.40	34.04	7:00.6	5441
D Burton Sheffield	12.7	4,49	7.25	1.25	8.88	RETD					
M60											
J Phillips Trowbridge	14.3	4.40	9.88	1.32	70.2	20.2	35,44	2.30	43.86	7:19.3	6006
C Taylor VAC	15.4	3.75	9.70	1.23	74.1	23.6	32.92	1.80	27.68	6:22.6	4744
M65											
D Smith USA	14.7	4,31	9.13	1.38	74.7	18.7	30.94	2.60	26.74	7:23.2	6403
D Williams Loughborough	14,5	4,16	8.54	1.20	73.0	19.3	29.36	2.30	24.48	7:28.5	5846
A Woods Epsom	14.9	4.20	10.39	1.26	79.6	19.7	27.36	2.80	27.48	DNF	
I Steedman Musselburgh	15.5	3.90	6.76	1.17	73.5	19.0	23.94	1.60	17,36	8:35.4	5027
M70											
F Hirsimaki USA	15.6	3.70	9.46	1.29	84,1	15.5	28.18	2.40	22.60	7:36.7	6122
L Williams VAC	15.2	4.14	8.57	1.20	81.7	15.5	24.86	1.90	17.54	8:45.8	5526
M75											
H Morningstar USA	17.4	3.18	8.59	1.14	113.8	21.0	27.88	1.70	22.24	9:13.5	4725
T Rawlinson Verlea	17.6	3.18	6.15	1.08	99.5	23.1	16,56	1.80	19.08	8:22.4	4147
WOMEN	100ml	THI	SP	200m	W	JT	800m	PTS			
W35											
J Brown Ashford	16.4	1.63	9.75	27.3	5.35		2:28.9	5117			
S Owen Newport	17.1	1,51	10,84	29.3	5.07	23.50	2:59.1	4103			
H Barker Leeds	17.8	1.51	10.05	28.8	4.63	22.56	2:38.4	4082			
L Anderson SWVAC	18.0	1,42	8.06	29.0	4.58	30.58	2:30.7	4072			
W40	450.15K	1700	=130000	2.000	POCKED III	Les Sein	REWINS				
S Dodson Cheimsford	14.5	1,33	7.77	30,4	4.36	18,42	3:13.2	3568			
W45		1000									
T Wills SCVAC W55	14.0	1.36	7.49	28.7	4.75	19.42	3:01.8	4696			
D McLennan Hounslow	20.0	0.00	2 45	20.0							
to mulannan Pipunstow	20.6	0.95	5.45	38.8	2.88	10:20	3:45.8	1907			

dman Musselburgh 18.3 1.00 5.47 35.1 3.56 12.22 3.29.0 3342

Marathon Champion Reg Fernyhough secured

the O/70 gold. Host club runner Rita Banks completed a memorable year, by storming to the women's title. Banks, who still holds the world record for the greatest number of marathons in a year man, eclipsed her younger rivals by a woman, ecupsed her younger rivals with a typical gutsy and measured victory. Pensby's open entrant Julie Boscoe had a 400 metre lead at 16 miles, but Banks refused to be panicked. as formes, but many retused to be patticked.

She reeled in her younger rival, before leaving her trailing in her wake at 19 miles and hit the tape in 3:11.03, over 22 seconds clear of the young pretender. Her nearest contender was fellow O/50 athlete Jennifer Porter (Bath), who clocked 3:23.08.

She was delighted with her win which she achieved describes a beauty cold. "This is a new achieved describes a beauty cold."

achieved despite a heavy cold. "This is a great personal honour and goes some way to repay-ing the support I have received over the years from Stone Masters. It is also great for the other girls like Barbara to be involved in the team gold. We have fried to turn teams out in as many races as possible this year and this time it has paid dividends. It's great to bring the title back home, but I would have liked to do it in style with a quicker time. I shall come back again next year and hope to improve on

oke's Janet Hulme, making her debut over the classic distance, produced the fine time of 3:27.05, to finish as first W40. Worcester's Gen Cowling (3.25.24) was the first W45, while host club runner Monica Darlington made it a winning double for Stone Masters by taking the O/55 gold in 4:02.07. Barbara Brough improved her marathon PB by over three minutes. She was sandwiched between her team mates to ensure that the ladies team crown resides in Stone for the next

twelve months.

Evergreen Pat Trickett continues to defy the advan

advancing years. She completed the dis-e in 4:08.57, to carry off the O/70 award. As usual the course was superbly mar-led by the Stone Master Marathoners members. Their efforts certainly deserve a greater response from runners, for few marathoners boast a better course, venue, facilities and hospitable welcome that awaits runners at Stone. Particularly disappointing was the BVAF membersentry, which numbered around



Above John Dawson Flying Fox Marathon Below BVAF Champion Kevin Wilkinson (36) keeps pace with



## World Throwers Cup

This year the European Throwers Cup was upgraded to the World Throwers Cup so it was with even more interest that I went to Austria at the beginning of August. I had been warned that it was extremely hot in the Burgenland and any-body who really enjoyed intense heat would have been in his element. It was not much fun, however, for Celts who hailed from northern climes and on the first day of competition the heat proved

The competition started at 9 o'clock sharp with the Throwers Pentathlon and I was in fact none too pleased to see that the hammer would be the last event. I had a fair throw in the discus though not as far as I wished and followed this with my usual appalling attempt with the shot.

After the Javelin, in which I managed nearly 42 metres, I thought that things were looking up only to be disappointed when we came to the heavy-hammer. I threw to the best of my ability (15.02) but found that three other competitors, all good shot putters, could match me. This eant that I could do little to mitigate my disastrous shot putting. I had some very reasonable throws with the hammer, bearing in mind that I had waited seven and a half hours before throwing. Again, my rivals proved themselves to be very adequate throwers. I finished fourth, hoping for better things in the Heavy throws which were to follow later. By 7 o'clock in the evening we were ready to start. For the uninitiated, I would say that we throw five different weights of hammer from 12 to 35lbs each with an overall length of 16", using both hands as with the international hammer, and the distances thrown are combined to produce the overall win-ner. It takes a fair degree of skill to be able to throw these implements at all, bearing in mind the shortened radius and the difficulty in correcting mistakes during the course of the throw. Having said that, this sort of event can favour the large man who throws off two turns only.

By this stage I had recognised the inevitable in that my three main rivals (all large) having shown themselves to be competent with the heavy-hammer in the Throwers Pentathlon, now started to pro vide further evidence of their ability During the course of the latter competi-tion I thought that I might be lucky as on two occasions the German and South African throwers each managed to have two 'no' throws with one weight of hammer. Whilst not actually down on my hands and knees I admit that one or two

unworthy thoughts did cross my mind. Probably as a result of my hidden selfishness these two gentlemen redeemed them selves with their final attempts. The inevitable did happen and when all the distances of my competitors were known, I found that even though I had broken the old World Record, I was again fourth behind my three rivals of the earlier com-

Because there were so many com-petitors in the 55-60 Group we finished throwing the 35lb hammer by moonlight and a nearby streetlight at 9.45pm. I had tackled ten events and was more than ready for my tea which most competitors had eaten some two hours earlier. I was unfortunate enough to find myself in a very strong group in that five of the com-petitors from 55-60 group figured in the overall top ten performance tables for each complete event. After all the cel-ebrations I managed somehow to get back to Pinkafeld some 10 kilometres away, and to haul myself out of bed at 7 o'clock the next morning to take part in the

In the Shotorama distances are added. rather than points awarded, to provide the winner. I found this comparatively relaxing expecially as I could stay in proper shade for most of the time without being burned for the second day running. I had already discovered that the slender foliage of poplar trees does not provide very protection from 33 degree heat.

What of my memories of Obertwart? Besides the kindness and courtesy there was the young German in the open age group (yes, this competition is not for veterans alone) who threw nearly 20 metres with the 35lb hammer using four turns. The Bavarian who said to his wife "Du werfst wie ein uralter Mann!" — (you are throwing like a real old man). Bearing in mind that we English are not supposed to be able to cavesdrop in other people's languages, I laughed, she laughed, and I was again accepted as one of the gang. Afterwards there was the usual Presentation, hands to be shaken anf farewells taken, with a firm promise to return in 1995, accompanied by a de-termination to try to do better than before

I would urge all you throwers out there not to make me travel alone as I have done over the last four years. I would like somebody to come with me to take part in the competition, where there are only throwers, and to experience the welcome and generosity of the organis-Hugh Richardson

## Exploits of a middle-aged marathon man

1. The First Marathon

"At your age! You must be crazy" was the typical reaction of family and friends when I told them, early in 1982, that I intended to run in a marathon. Perhaps not too surprising, as I was then 44 years old, and had taken no exercise since leav-ing school some 27 years earlier (apart from mowing the lawn and running for the occasional train and plane).

My decision was prompted, perhaps spired" is a better word, by watching 1981 London Marathon on TV (from a seated position) and seeing hundreds of equally unfit, middle-aged joggers ap-

parently enjoying themselves.

Four months later (important decisions in life should not be taken too quickly) I took the plunge and announced one day that "I was going out for a run". Leaving explicit details of my planned route and instructions to come and look for me if I wasn't back within an hour, set off at a steady jog. Half a mile later the downhill section ended and, completely out of breath, I broke into a brisk walk. From then on jogs and walks alternated apart from a brief speed session, when I encountered two large and ferocious-look ing dogs. They may only have been look ing for a training partner but I wasn't prepared to hang around to find out. I eventually completed my first "run" in just under 40 minutes (10 minute miles) arriving back home in time to prevent the departure of a search party. Lesson one: it's harder than it looks. Lesson two: I ded a pair of proper running shoes. More suitably equipped (in my NB

420's, Nike vest and Ron Hill shorts I certainly looked the part — when station-ery) and having read everything I could find about running, my confidence was restored and I started running regularly.

Six months later I was averaging 20 miles per week at around 8 minute mile pace. My entry for the 1982 London Marathon had been rejected so, together with my 18 year old son, we entered the Birmingham Peoples Marathon on 2nd May 1982. Our aims were, firstly, finish and, secondly, to do so in under hours if possible.

As the big day approached, my weekly mileage had increased to 45/50, so I could manage 7 1/2 minute miles over my shorter runs and I had completed one 20 mile run in about 2 3/4 hours.

Race day itself was cool and dry (good) but very windy (bad). I had in-tended to maintain an 8.00 minute pace tended to maintain an 8.00 minute pace for as long as possible but found it easy to be "pulled along" in the crowd at 7.45 pace until 15 miles when I began to slow significantly. The 20 mile mark was passed in about 2.40, by 22 miles I was walking and I finally crossed the line in 3.48 — about 5 minutes ahead of my son whose longest training run had been about

All that was 12 years ago. Since then I have completed another 40 marathons — nearly all of which were finished in under 3 hours. Current PB is 2:43.53 (London 1987) and a best over 50 time of 2:44.06.

More exploits in future issu

Midland Vet

## Commonwealth Games memories (1958-1994)

"Come on, push it Elliott!" the yells rang out in a packed stadium. Three of us crouched, hunched together following the second hand on a battered watch. We were sat on the step beside a garden gate, which led into the council estate, as a schoolboy in grey flannels sweated up the hill and collapsed exhausted beside his 'official' timekeepers. It was a sceene reminiscent of "Paddy Clarke, Ha, Ha, Ha" during the summer holidays of 1958. Such names as Australia's Dave Power, double distance winner of 10,000m and Marathon in Cardiff and the Great Herb Elliot were on every schoolboy's lips, and epic encounters from the Commonwealth Games of that year (18-26 July) were re-enacted in many such street scenes. Bubblegum and tea cards as well as cereal packets promoted sportsmen and women long before the video age. That year Anna Pazera, a Pole who had defected, broke the World Record in the women's javelin (she three 6.10m) whilst both Women's 4 x 110yds relay and men's 440ydsH (Potgieter of South Africa) saw World bests too.

rica) saw World bests too.
It is interesting to try and remember where you were and what you were doing whilst certain momentous events were happening; many can relate to such events as the assasination of President Kennedy or England's single World Cup triumph in '66. During the period Nov 22 - Dec 1 1962, whilst visitors were coming from wintry conditions in their homelands to Perth, Australia, we were endeavouring retu, Australia, we were endeavouring to pursue school studies at Redworth Secondary Modern in Totnes, Devon. The comics of the day such as "Victor", news bulletins and newspaper reports kept us in touch with our heroes. Peter Snell scooped the 880yds/I mile double and the remarkable 19 years old Bruce Kidd won the 6 miles in 103 degrees F, described by eyewitnesses as "less a race than a fight for survival". Kidd later gained a bronze at 3 miles, won by the incredible Murray Halberg, the New Zealander with the withered arm. As we shivered in the school playground under leaden skies, it seemed incredible that the Marathon could cause misgivings of heat exposure; fortunately Perth had rain and England's Brian Kilby gained the gold, later also gaining the European title to emulate Jack Holden's achievement. However, the most prolific medal winner in athletics was England's sprinter Dorothy Hyman, gaining two golds and a silver. By August 966 I was en route to sixth form and 'A' Levels and that summer holiday was spent high on the hills of Mortoe at a Youth Camp. My diary records little but rain, games and meetings. The same week, in Kingston, Jamaica, Games '66 spectators saw the real emergence of Kenyan talent as that African state swept the winner's from 880yds upwards. The wonderful Kip Keino took the 1 mile/3 miles double and in the longer distance had an epic duel with Australia's ace, Ron Clarke. Drama came in the Marathon when Scot land's Jim Alder entered the stadium leading by 50 yards from England's Bill Adcocks but he was misdirected and lost the lead. Fortunately, justice was done,

he regained his lead and went on to win.
By 1970 I was 'into athletics' having been part of \$1 Lukes College Track and Field Team, running 1,500m and 5,000m and during the vacation was able to follow the Edinburgh Games at Meadowbank with great interest. Lachie

and during the vacation was able to follow the Edinburgh Games at Meadowbank with great interest. Lachie Stewart (10,000m), David Hemery (110m on his birthday), John and Sheila Sherwood (400mH/Women's Long Jump) all had heart-warming successes, but arguably, one of the greatest 5,000m distance runs was Ian Stewart's effort in front of a patriotic crowd. Ron Hill's Marathon win was achieved at a breathtaking tempo (5m in 23:31, 10m in 47:45, 15m in 72:18,20m in 1 hour 37:32) to run 2:09:28 for the distance. For weeks afterwards I

images of the run keeping me going! It was 16 years before the Games

It was 16 years before the Games returned to Scotland. I had moved to teaching jobs in Woodbury and Exeter and joined Exeter Harriers. 1974 saw the venue move to Christchurch, New Zealand and after training we sat in the clubhouse watching a flickering black and white TV replay of Filbert Bayi's sensational 1500m gold medal run in a World Record of 3:32.16 from home runner John Walker. Mary Peters continued her gold medal trail by taking the Pentathlon.

1978 (Edmonton, Canada) saw Daley Thompson start his amazing collection of major championship medals and the East African dominance of distance events whilst the next Games (1982) moved to continued on page 12



Southern Vets League B Final Above, Wal Franklyn wins 100m Below M50 100m Charlie Williams leads Andrew Blackman



## The Ultra Scene

The 100km Association organises the annual Open and Closed Ultra Cup Competition. Results are based on competitor's three best performances within the list of selected races. This competition is therefore open to all runners and, to date, entry is free.

The present ranking in this competition, as on 28.9.94, is quite remarkable in that the competition is dominated by veteran runners. The celebrated world beater, Eleanor Robinson (W45) (Border H), is first woman and first overall. Eleanor won the women's race at the Barry 40 miles (a world track record for W45 of 45.0.11 with records en route for 30 miles and 50k); first in the Hereford John Tarrant 50 Miles in 6:38.30 (new W45 record) and first at the Dunfermline 50k, also in a new record time of 3:59.12.

It is even more remarkable that Geoff Oliver (100km Assoc M60) is the present leader in the men's table with overall 1sts at the Doncaster 24m: (138 miles 690yds, a new British M60 record) and the March Fenland 50 miles (6:53.00), and overall 6th places in the Edinburgh 100k Scottish

Championships (8:57.28) and the BAF 100k Championships at Greenwich in a new British M60 record time of 8:39.07

new British M60 record time of 8:39.07.
Third is the very experienced new M40 veteran, Paul Taylor (Woodstock H), As well as winning the BAF 100k title at Greenwich, Paul has had great runs in many other ultra races. Such a good regular, reliable runner like Paul has been ignored by the BAF team selectors for too long.

Fourth is Nick Sercombe (100 Assoc), who, at the age of 48, won the Doncaster Doddle in 6:10.58 in addition to gaining good times in the S. Downs 80 and the 33 miles Nottingham to Grantham canal run. Two runners from the Arbroath Footers, namely Isobel Clark (W45) and Alan Young (M40), fill positions 7 and 8.

Paul Bream (Wallsend H) now over

Paul Bream (Wallsend H) now over 50 on the day of the London to Brighton race, is 9th, followed by two M45's Paschal Moran (Gainsborough), and Mike Aris (100k Assoc).

I do have the results of the first 38 positions but, of course, there is plenty of time for dramatic changes in the male rankings. William Sichel (M40) for example, from Orkney, won the Edinburgh 100k and on Oct 2 gained a very good eighth in the 55 miles London to Brighton run (6:37.58), with Paul Taylor, suffering from a cold, 9th in 6:49.46; and Geoff Oliver 1st M60, but 26th overall in "36.08. This race was dominated by the "young" South African Collegian team in places 1, 2, 4 and 13. Thus the running of the first two Over 50 runners was all the more remarkable in that D Lacey (Colchester J) gained a brilliant fifth place in 6:30.21 followed by Paul Bream, also in a fast time of 6:32.04.

Further greatruns are anticipated from other top runners such as Stephen Moore (M45) who won the "Fat Ass" 54m 7.06.00 as well as the Barry 40 in an M45 world record track time (4:01.28). Other important races still await the ultra runners. There is the Darlington 40 miles Dash on 20th November and there is a 48 miles Round Rotherham Cross Country run on 18th December.

Information on the inter-national scene is not yet available but this can wait till the next issue when I can also include the selected races for the 1995 Ultra Cup Competition.

Geoff Ollver

## A one year training plan for middle distance athletes by Keith G. Redpath — BAF Senior Coach Below is published the third and final part of an article by Keith Redpath. The

Below is published the third and final part of an article by Keith Redpath. The article should be read in conjunction with the first two parts and if any reader has missed or mislaid the first two instalments and would like photocopies, please send a SAE to the Editor's home address on page 2.

MON	TUE	WED	THU	SAT	SUN
Aerobic	Anaerobic	Aerobic	Aerobic	Aerobic	Anaerobic
Condition	Condition	Condition	Capacity	Condition	Capacity
(1.2 ACP)	(1.1 ACP)	(1.2 ACP)	(ACP)	(1.15ACP)	
Maintenance		Maintenance		Development	
		The state of the s	<ul> <li>Foundation</li> </ul>		
1. Medium	2. Easy	3. Medium	4. Easy	6. Hard	7. Easy
20-60 mins	5x1m 2:1	20-60mins	10x1000 SF	20-40mins	2x800/800
Maintenance		Maintenance		Development	2x400/400
8.	9."Hard	10.	11. Hard	12.	14. Hard
	4m T.T.		2m T.T.		1600 T.T.
					800 T.T.
15.	16. Medium	17.	18. Medium	20.	21. Medium
	5x1m 2:1		10x1000 SF		2x800/400
	No. 5 100%		No.5 100%		2x400/200
			e Competition	Phase 1	
1.	2. Easy	3.	4. Easy	6.	7. Hard
	2x1600/1600	N	2x800/800		8x300 1:6
	2x200/200		2x400/400		Tolerance
В.	9. Hard	10.	11, Hard	13.	14. Hard
	3200 T.T.		1600 T.T.		3x300 1:20
	400 T.T.		800 T.T.		Production
15.	16. Medium	17.	18. Medium	20.	21. Hard
76103	2x1600/800		2x800/400		2x4x200 1:1
	2x200/100		2x400/200		Buffering
	September	to Mid Nove	mber — Found	dation Phase 2	
1.	2. Easy	3.	4. Easy	6.	7. Easy
	6x1200 2:1	Ra January	12x800 SF		2x1600/160
	-				2x200/200
3.	9. Hard	10.	11, Hard	13.	14. Hard
	4m T.T.		2m T.T.	3	3200 T.T.
					400 T.T.
15.	16. Medium	17.	18. Medium	20	21. Medium
	6x1200 2.1	3110	12x800 SF	200	2x1600/800
	No. 6 100%		No 6 100%		2x200/100
	Mid Novembe	r to Decemb	er — Pre Com	petition Phase	2
	2. Easy	3,	4. Easy	6.	7. Hard
	2x800/800		2x800/800		1600 T.T.
	2x400/400		2x400/400		8x200 Alt.
1.	9. Hard	10.	11. Hard	13.	14. Hard
	3x300 1:20		2x4x200 1:1	The state of the s	800 T.T.
	Production		Buffering		8x200 Alt.
15.	16. Medium	17.	18. Medium	20.	21. Hard
1000	2x800/400	10000	2x800/400		3200 T.T.
	2x400/200		2x400/200		400 T.T.
the base of the state of		nal, SF = Stru			400 1.1.

## Notes on the one year skeleton Training Plan

The most important feature is the structure of the weekly cycles i.e.

Week 1 is an EASY week with EASY training on Tuesday and Thursday

Week 2 is a HARD week with HARD training on Tuesday and Thursday

Week 3 is a MEDIUM week with MEDIUM training on Tuesday and Thursday

The objective of the EASY WEEKS is to CONSOLIDATE previous work loads. The objective of the HARD WEEKS is to SHOCK the bodys adaptive processes.

The objective of the MEDIUM WEEKS is to MAINTAIN existing fitness levels.

The training during the COMPETITION PHASES has to be extremely flexible depending on which days the competitions are perceived to be important to each athlete. The main objective of any training during these periods has to be MAINTENANCE.

e.g.					
MON	TUE	WED	THU	SAT	SUN
Aerobic	Aerobic	Aerobic	Anaerobic	Race	Race
Condition	Condition	Condition	Capacity		
Recovery	Maintenance	Maintenance	Maintenance		
20-40 Mins	20x200	40-60mins	2x5x50		
Recovery run	GERSCHLER	Maintenance	Wind Sprints		
on Grass	intervals	Run on grass	150 Jog recov	ery	
1.4 x ACP	1600 Pace	1.2 x ACP	100% Speed	COTO .	
	OR		OR		
	Aerobic		Anaerobic		
	Capacity		Capacity		
	Maintenance		Maintenance		
	6x800 1:1		4x100 Relays		
	3200 Pace		Full Recovery		



A championship record (1:65) for Jenny Brown at the BVAF Open Championships, Bedford

## **FIXTURES**

12 Feb 95	BVAF National Open Indoors T&F Championships, National
	Indoor Arena, BIRMINGHAM. See ad Page 2
18 Mar	BVAF National Cross Country Championships, IRVINE,

	Scouling See Au Page 0
23 Apr	BVAF Open 10 miles Road Championships, OSWESTRY
8 May	BVAF Marathon Championships, BELFAST (part of Belfast
man deem	Open Marathon)

29 May	BVAF Open 5K Road Championships, WELLS, Somerset
18 Jun	BVAF 10K Road Championships, COVENTRY
5/6 Aug	BVAF National Open T&F Championships, EXETER. Entry
	forms in next issue)
24 Sep	BVAF Half-Marathon Champs, LAKE VYRNWY, North Wales

## INTERNATIONAL

	13/14 May	May European Vets F	Road Running	and Walking	Championship
73 TALLADOLID GLALIT					

25 Jun	Veterans Grand Prix 10K/25K, BRUGES	
13-23 Jul	WAVA Track and Field Championships, BUFFALO, U.S.	A.

	HORIN
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, Clwynd LL11 4DL (0798) 751185
8 Jan 95	Monthly run, 10k Cross Country, Leverhulme Park, BOLTON.

Monthly run, 10k Road. Sports Centre, STOCKTON HEATH,

Warrington, Noon start, NVAC Cross Country Championships, HOPWOOD HALL, MIDDLETON, Manchester. 1pm, £2 to Don George, 16 Addison Road, Hale, Altrincham, Cheshire, WA15 9BQ, ed 30/1. No entries on day Monthly run, TATTON PARK, Knutsford, Cheshire, Monthly run, Wallasey RUFC, Cross Lane, WALLASEY. Noon

Monthly run, 6 miles Road & Paths, Hood Lane, WARRINGTON. Noon start 21 May

## NORTH EAST

N.E. Cross Country Champsionships, ALNWICK SALTWELL 10K MORPETH - NEWCASTLE Harrier League No. 3 WALLSEND Harrier League No. 4, PETERLEE MORPETH 11K, MORPETH 1 Jan 95

14 Jan

5 Feb

12 Feb

26 Mar

DURHAM Relays Northern Cross Country Championships, HEATON PARK, 28 Jan MANCHESTER 4 Feb

NEVAC XC, ROSEHILL, WALLSEND (NEVAC members only £1 to G Routledge CHESTER LE STREET 10K11 Feb Harrier League No. 5 5 Feb

SOUTH SHIELDS Lightfoot Winter Track Meeting 12 Feb 18 Feb

Signals Relays
Womens Cross Country League, ASHINGTON
Sherman Cup Cross Country, CROOK
NE Womens Cross Country League, BLAYDON

## MIDLAND

Christmas Handicap Cross Country, BIRCHFIELD MVAC Champs, ROWHEATH. Ladies 5K, Men 10K COFTON 15 Jan 95

PARK Cross Country Handicap, Entries John Walker, Chelmsley Wood Road Relay, TAMWORTH 7 May

## SOUTH Blackheath H. Vets 10K CC and Self Handicap, WEST WICKHAM, Kent, all vets invited 2.30 start VAC Cross Country, 4.8 miles WIMBLEDON COMMON, 11am Kent County Vets CC Champs VAC Cross Country Championships, 4.8 miles, WIMBLEDON COMMON, 2.30pm. Members only. Mitcham 25k Road Race including BVAF Gr 2 awards. SUTTON ARENA. 10am, Entry forms from J Fitzgerald, 6 Tyers House, Aldrington Rd. London SW16 171 (SAE) SCVAC Cross Country Championships, PORTSMOUTH, 12 noon. Team and individual entries 23 to Jeanne Coker. ed 26/1/95 VAC Cross Country, 4.8 miles, WIMBLEDON COMMON, 3pm 3 Dec 18 Dec

14 Jan 22 Jan

4 Eab

25 Feb 12 Mar 18 Mar 9 Apr

The foremost nine men were packed in a group well inside of one minute which made a needle contest under the floodlights. However it was agreed that the field of 34, counting guests and Belgrave Harriers, running their champs as well, was too great for conflident recording.

First 45 Liam O'Hare had a cracking run with 33:56, inching Stuart Littlewood, who has been consistent in track races all summer, for club third.

But Liam had last month won the all

23 Apr

4 Dec

DEVON

But Liam had last month won the all year Liam had last month won the all year round competition at distance events, VAC's Snow Cup, by running 19 times on all surfaces for 34 points, well clear in the end of fellow Irishman Leo Lyons who had his glory in the spring. He was second in

M45 group here. Chris Fairbrass held off first year yet Terry O'Neill for the M40 bronze in the meat of the race. Here road pecking order held up except that Dennis Williams, since the club's new Secretary, re-asserted himself

the club's new Secretary, re-asserted himself above Geoff Harrold, Journalist Geoff wrote 55 class in above the 50s with Ray Davidson, 57, next.

The inevitable first 60, Laurie O'Hara, set a new club record of 36:21, over Bob Belmore's 37:02 since '88. This could top the GB lists of '94 and added to his 45 and 50 group best times in the event he has seldom missed.

seldom missed.
The Vet Leagues captain of Croydon
Harriers, Robin Dickson, took the 50 gold.
Anne Lippitt missed a sub 40 timing but was
first woman, ahead of Anne Nally.
But older men were pleased with sub 45 as
Jim Leith beat 42 mins, Jim 'Membership'
McQuillin won the 65 gold and Ken Crooke,
66, gained his group PB with 44:14. after
44:48 at Canada.
In the opening cross course.

In the opening cross country Chris Fairbrass(Invicta) was a confident winner with 26:16, smart for the first of season.

25 Feb VAC Cross Country. 4.8 miles, WIMBLEDON COMMON,

3pm First South of England AA Mens & Womens Vets Champs. Further information from SEAA Office 071-247-2963, Entry forms to all clubs 25 Mar

Office of the Country, 4.8 miles, WIMBLEDONE COMMON, 3pm with Vets Inter Club Toosing Runners Open 10K Road Race, incorporating SCVAC Champs, TOOTING COMMON, 10am. Entry forms from J Fitzgerald

SOUTH WEST
SWVAC SWRR 10K, EXETER
SWVAC Cross Country Grand Prix, Wessex League
SWVAC Cross Country Grand Prix, CHELTENHAM
SWVAC Cross Country Grand Prix, SWINDON
SWVAC Cross Country Grand Prix, Gloucester Leage
SWVAC RR Grand Prix, 10K, STUBBINGTON GREEN
SWVAC Cross Country Grand Prix, Wessex League
SWVAC Cross Country Grand Prix, Wissomer Norton
-SWVAC Cross Country Grand Prix, Wessex League
SWVAC Cross Country Grand Prix, AVERDARE COUNTRY
PARK
SWVAC RR Championships and Grand Prix, ELIT ECOLD 11 Dec 17 Dec 18 Dec 7 Jan 95 7 Jan 8 Jan 15 Jan 4 Feb

SWVAC RR Championships and Grand Prix, FULFORD. 5M 26 Feb 5 Mar 12 Mar

SWVAC Rises Country Grand Prix, SALISBURY
SWVAC Cross Country Grand Prix, SALISBURY
SWVAC R Grand Prix, IBM PORTSMOUTH HALF
SWVAC Cross Country Grand Prix, Wessex League
SWVAC Cross Grounty Grand Prix, HARTBURY
SWVAC RR Grand Prix, Half Marathon, FLEET 12 Mai SWVAC RR Grand Prix, 20 miles, LISKEARD SWVAC RR Championships and Grand Prix, 10K, NORTH 26 Mar

ISLE OF MAN

## IOM Vets Cross Country League, Round 3, in conjunction with Western AC, QEII School, PEEL, 2pm, £1 on the line

SCOTLAND

5 miles Rolls Race, Savings Bank Social Club, Boyston Road, off Barrhead Road, at traffic lights, next to Pollok Golf

Christmas Handicap, Lochinch. SVHC CC Championships to be arranged. 5 miles CC Race Bent Park, Hamilton. 23 Jan 25 Jan

James CC, Race Bent Park, Hamilton.

10K Spanish RR Championships Torremolinos

5K Spanish RR Championships Torremolinos

SAF Veterans CC Championships Hawick

SVHC 6 stage Relay, Torrance

BVAF Veterans CC Championships Irvine

SAF Indoor Track & Field Champs Kelvin Hall, Glasgow.

## **Around the Regions**

## NORTH EAST

The 17th NEVAC Track and Field The 17th NEVAC Track and Field Championships were staged at Monckton Stadium, Jarrow on July 9. The blustery conditions on a day, warm day were not donducive to quick times, yet we saw some excellent performances. New vet Steve Todner took three golds in the 100, 200 and 400m (12.9/25.5/53.8) followed on each occasion by M.O'Donovan. D Tate, M45, also took three sprint golds in 13.0/26.2 and 58.6, runner up in each race K Gibson (Carscube AC).

Richard Jurowski, new to the M50

Richard Jurowski, new to the M50 up, also took three sprint golds (13.6/ 7 and 60.6) to add to his golds in the shot 51) and Javelin (25.42) and 800m Bronze

(£220.8).
In possibly the best race of the day, K
Archer of Crook outsprinted Archie Jenkins
in the M40 1500m (4:18.6). However Archie
ran an excellent 5000m, pulling away from
Alan Catley who, for the second year, had to settle for silver

settle for silver.

Peter Kelly, now with Elswick,
successfully defended his M45 5000m title
with a fine 16:20.9.

Bill Ramage, after a slight hic-up at the
Midland Vets 10k Area Challenge returned
to top form to win the M60 5000m from his
great rival Eric Appleby, who is finding it
difficult to return from injury.

New vet J. Short produced
chamoionship bests in the M40 lone jump.

championship bests in the M40 lone jump (5.65) and triple jump (11.88) to compensa for his disappointment in missing the Bedford BVAF closing date. Not to be outdone, K Gibson added the M45 gold in

outdone, K. Citson added the M42 gold in the long jump with a championship record of 5.29 to his three sprint silver medals. Undoubtedly the best of event organiser Denis Fields' six field golds were his record breakline M60 throws in the Javelin (40.40) Discus (39.56) and Hammer (21,94).

Denis' great rival and Sunderland clubmate Bob Laidler, now M65, also produced an excellent haul of six gold medals, with a record in the discus (32.32).

It was good to see Jimmy Lucas retu

to competition from injury, winning the M75 100m and 200m.
One hundred members took part, representing 25% of our membership, proving we're not all road and cross-country runners, as more and more turn to track and field and reap the benefits of competing on equal terms in five year age groups. George Routledge, NEVAC Secretary

## NORTHERN

Track conditions were less than perfect for the NVAC 10k Championships at Stretford

on September 25. A stiff breeze had to be or september 23. Antil riverse has to be overcome, but this did not stop good performances in the two races. Evergreen Maurice Morrell was streets ahead in the first race — (M60+ and the ladies) — and was lapping runners after only a mile. He proceeded to crack 36 minutes, beating runner-up Gordon Booth by over 2 minutes. However, the gutsiest runner must have been Valenie Buttye of Longwood, who needlessly ran herself to exhaustion in finishing 3rd overall, having nearly two minutes advantage over W40 winner Denise Wakefield (Sale). Chas Betts of Salford narrowly beat Malcolun Stewart in the M65 group and Alan Feamley won the M70 despite being told to run 2 extra laps by confused lang counters. Another excellent run proceeded to crack 36 minutes, beating confused lap counters. Another excellent ran came from Sale's Harold Wilson, recording

a sub-48:00 in the M75 class.

In the "youngsters" 2nd race — (M40 to M55) — there were some class acts. Guest Les Presland of Aldershot had travelled North on his 55th birthday to have a crack at the official world track record standing at 33m 0.5secs; and in good company only failed by 11 seconds. Dave Throup of Leeds made a rare sortie across the Pennines and stamped his authority on the field, going clear after about two miles to beat Chorley's Kenny Moss by nearly half a minute. Kenny had only just made the start, having to jog from his traffic-bound car whilst his wife took the wheel! Local YMCA Harrier Ami Bradshaw was a clear winner in the M45's, and the eventual winner, Dave Voyle, was a full three minutes quicker than his 1993
effort. However he only broke away from a
gallant Mick Flynn of Liverpool Pembroke
in the last mile.

Derek Walton

## SCOTTISH

At the AGM held at Coatbridge on Sunday, 16th October, 1994, Neilson Hare, (Law & District) succeeded Danny Wilmoth as President - Eileen McMillan (Kilbarchan), succeeded Gordon Porteous as Treasurer Jim McMillan (Kilbarchan) became the new Vice-president, while Alex Muir and Bill Armour were re-elected General and Membership Secretaries respectively.

Membership Secretains respectively.
The annual SVHC versus North-east
Vets match was held at Coatbridge Stadium
on 13th August in glorious weather
conditions and as usual, was friendly but
competitive. This year for the first time, a trophy for the women's competition was donated by the SVHC. There were excellent performances in all age groups - Mike Hemmings M40 sprints double, John Rae

M50 sprints double plus 400, Alan Clinton M60 sprints double, 400 and shot putt. Bill Ramage, a former SVHC member, now residing in England, won the M60 800, but Andy Brown was the the stronger man in the 1500 and 5000. John Freebairn was the 1300 and 3000. John Freedam was the maximum points scorer in the M50 discus, shot, javelin and long jump, and Bill Gentleman won the M50 Hammer with a massive throw of 48.20. In the women's events Margaret Smith W35 took both events Margaret Smith W35 took both sprints, Jackie Byng W45 1500 and 3000, Joyce Rammell W50 Shot, Hammer, Javelin, Discus. Christine Love W35 Long and Triple Jumps, Sylvia Wood W45 Long and Triple Jumps and Claire Cameron W35 Shot and Hammer. The match score was as follows: Men - SVHC - 305 points, NEV - 205 points, Women - SVHC - 131 points - NEV - 79 points. One of our new members, Alastair Dunlop, made the trip from Stomoway and was pleased to win the from Stornoway and was pleased to win the M40 800 metres in 2:02.8., while two of the North-East vets left home at 5 a.m., making it a long day for most of the NE vets, which shows the keen-ness and the spirit of the athletes who took part in the match. We look forward to travelling to the North-east next year, where we are assured of a "thrashing" by the NE vets, as stated by the y the NE vets, as stated by the president at ur after-dinner speeches. Keep on reaming, George! Our thanks must go to Monklands District Council for sponsoring this event. Danny Wilmoth

## SOUTHERN

The 1994 best perfo varded at the AGM on Friday November

Best Track Performance. Peter Molloy for his new 1500m M45 British record of 4:02.4

at Cheltenham.

Beat Throws Performance. Evaun Williams for her WS5 European Championship Hammer throw of 45.02 at Athens, yet another WS5 World record.

Best Jumpp Performance. Jenny Brown for her W35 European Championship High Jump of 1.72 at Athens. This again broke the British record previously held by 1936 & 1948 Olympic Silver medallist Dorothy Odams/Tyler, which at the time was a world record.

The "Norman Martin Trophy" awarded annually for the best over 70 performance at the SCVAC Track and Field championships will be awarded to Gerald Cunning, a late starter in the sport, who has made rapid strides in the last few years, for his winning 5000m performance at Swindon.

Jack FitzGerald

10,000m track winner Kieron Fennelly of Shaftesbury Barnet made a conclusive double with the earlier VAC 5,000m at West London and was only 3 secs off the event best time, by Michael Ellsmore. from Liam O'Hare, again, on 26:43. Eight were under 28 mins on a dry Wimbledon Common. The 60 pack, O'Hara, Higgs and Everitt were tuning up for their Home Countries international bids with a close pod in places 10, 11 and 12.

Windmiler Lesley Bowcott, 50, ran a sparkling 34:00, her best time after six yer running these races, ahead of Caroline running these races, ahe Bamford and four other

Jeremy Hemming

WELSH
The second WVAA Road Championships of the year was the Half Marathon held in conjunction with the annual event around conjunction with the annual event around Lake Wyrnwy on Sept 25, in ideal damp, mild conditions. The majority of the race was on good quality traffic free roads winding through the woodlands which skirt the Lake. Despite its relatively remote location the race has a high reputation, and this year's competition attracted a field of nearly 900 starters.

First veteran home in twelfth place

First veteran home in twelfth place overall was newly eligible Paul Smith (Les Croupiers). Kevin Brown (ex. RAF but now with Eryri H) was second vet in 17th place abd former Juvenile World Age record holder Frank Thomas (Aberystwth) close behind in 20th place was third. In the Women's competition Janice Moorkite (Invicta) was an excellent 67th home and took both Open and Open Veterans tiles. Susan Martin-Clarke (Medway) was sixth weman home and took the Welsh Veteran's tille with Liz Clarke (Les Croupiers) coming right through the

(Les Croupiers) coming right through the field to be third Welsh Veteran despite mising the start! The other noteworthy female performance was that of Frances Glasson (Deeside) who easily took the 'Over 55° title, and in doing so beat all but ten of J H Collins

Southern Vets League B Final - Nanette Cross wins hurdles



## RESULTS · RESULTS · RESULTS

## BVAF Open 10 Miles Road Championships, Oswestry, 31/7/94

R632, M651 S. Hardicker 67:33, 2 E.Naisby 73:24, 3 J.Day 78:18, 4 J.Coulthard 78:59, 5 E.Lloyd 84:39, 6T.Bowler 91:04 M70 1 J.Fraser 71:30, 2 A.Fearning 85:03 W35 1 K.McLodd 55:47, 2 L.Calrike 67:35, 3 V.Musgrovs 70:08, 4 E.White 70:37, 5 N.Jackson 76:30

V,Musjrove 7039, 4 s.,Vinite 7037, 5 N,Jackson 75: 128, 2 B, Pullen 74:00, 3 J.Neeve 77:41, 4 K,Grogan 82:10 W45 1 G,Hough 74:02, 2 P, Hindley 89:29, 3 D,Chaltoner 99:25 W50 1 M, Garrette9:59, 2 B,Jones 88:29, 3 P,Rowberry 104:08 W50 1 M.Garrett69:59, 2 B.Jones BB:29, 3 P.Rowberry 104:08 W55 1 F.Classon 72:43, 2 P.Jones 73:05, 3

J.Powel 82:17 W60 1 B.Atkinson 98:05 W65 1 J.Smith 85:31 Teems M40 1 Salford 2 Tipton 3 Wirral net 2 Tinton

## BVAF 10K Road Championships, Great Eccleston, Lancs. 11/9/94

M40 1 M.Higginbottom 31:44, 2 D.Throup 31:50, 3 B.Beecroft 33:32, 4 E.Wisson 34:38, 5 P.White 35:24, 6 S.Graham 35:39,

31:50, 3 B. Beaccint 30:32, 4 E. Wilson 34:36, 5 P. Wilson 36:34, 6 S. Giraham 35:39, 7 S. Kastling 40:36 Mbt 36:34, 6 S. Giraham 35:39, 7 S. Kastling 40:36 Mbt 31:Mounty 31:59, 2 R. Smith [SV-HAC] 22:40, 3 S. Curran 34:17, 4 R. Smith [Wig] 36:21, 5 P. Willison 37:57, 5 J. J. Golden 49:25, 7 A. Stafford 39:45, 8 A. Garland 40:25, 9 C. Bowler 49:26 MS0 1 L. Haynes 35:09, 2 J. Smipley 37:10, 3 J. Doyley 37:41, 4 O. Walker 37:51, 5 P. Sharp 38:37, 6 R. Blackburn 40:10, 7 J. Rhodens-012, 8 M. Lauthis 41:32, 9 V. Heavrey 41:43, 10 M. Larch 42:44 Mbt 41:32, 9 V. Heavrey 41:43, 10 M. Larch 42:44 Mc. Sharp 39:50, 5 M. Calvart 39:55, 6 J. Winters 40:27, 7 C. Hope 43:40, 8 C. Morath 46:52, 9 R. Standfing 50:02 M60 1 R. Higgs 37:59, 2 G. Ashby 38:22, 3 D. Wood 39:11, 4 B. Rogers 39:24, 5 L. Forster 39:42, 6 F. Pritcarin-Knowles 99:56, 7 P. Sprand 40:16, 8 O. Morins 42:41, 9 W. Loughlin 45:36, 10 R. Packer 48:34, 11 J. Later 44:94, 5 I. 2 C. Aldred 50:29, 13 J. Munn 50:34 Mbt 51: S. Hardicker 45:10, 2 B. Heeler 46:23, 3 R. Beimone 46:25, 4 C. Betts 46:31, 7 N. Neillon 50:34 WSS A. Cammytight 41:41

N.Nelison 50:44 W35 A.Carwright 41:41 W40 1 D.Payton 39:31, 2 A.Foster 41:48, 3 J.Adams 44:18, 4 G.Freeman 46:10, 5

JAdams 44:18, 4 (3,Freeman 49:18, 9)
W45 1 E.Robinson 38:21, 2 F.Garland
40:09, 3 A.Walker 42:11, 4 M.Dobbs 52:20
W50 1 H.Moreh 47:42, 2 B.Cushen 49:29
W50 1 J.Elliott 49:48
Teame M40 Salford M60 1 Barnet 2 NVAC

## BVAF Marathon Championships,Stone, Oct. 2 1994

M40 1 K.Wilkinson 2:41,33, 2 J.Currie 2:51,39, 3 J.Gibert 3:41,24, 4 N.Hartmond 4:07,28 M45 1 D.Palmer 2:50,19, 2 P.Kilbey 2:54,52, 3 R.Lawrence 3:01,21, 4 P.Coleman 3:14,51, 5 C.Heap 3:40,23 M50

1 K.Burgess 2:47:50, 2 D.Wakon 3:06:19, 3 Chiarrison 3:20.38, 4 M.Larris 4:05.37 MS5 1 A.Vordie 2:53.34, 2 G.Kay 2:55.54, 3 I.A.Vordie 2:53.34, 2 G.Kay 2:55.54, 3 A.Braddock 3:52.44, 4 J.Dawson 3:03.34 5 A.Cotton 3:24.34, 6 L.Smith 4:23.44 M86 1 A.Cotton 3:24.34, 6 L.Smith 4:23.44 M86 1 A.Manslay 2:64.2, 2 P.Kristy 3:12.18 3 A.Braddock 3:30.31, 4 R.Thornson 4:Vol. 3:40.51 W.Braddock 3:30.31, 4 R.Thornson 4:Vol. 3:40.52 M76 3:30.51 M.P. H. Furney 3:13.51, 3 E.L.Byd 3:57.39, 4 H. Furney 4:00.25 M76 1 R.Fenneyhough 3:48.59, 2 J.Johnstone 4:06.39, 3 T.Wheeldon 4:25.52 W60 1 R.Bansus 2:11.03, 2 J.Porter 3:23.03, 3 B.Brough 3:41.04 W55 1 M.Darlington 4:20.57, 2 G.Galdwell 4:26.52 W76 1 P.Tricket 4:40.5.7

## World Veterans Road Race Championships, Toronto, July 30/31 1994

10k
M40 N.Gates [GB] 31:12. 3 N.Bailey 32:16,
8 C.Spence 33:47, 8 R.Curran 34:05, 13
R.Marsh 34:05, 16 W.Dohenty 35:33, 18
S.Ottaway 36:19, 25 M.Lippit 37:32,
10 A.Gartland 39:36, 19 C.Johnson 37:26, 10 A.Gartland 39:36, 19 C.Johnson 37:26, 10 A.Gartland 39:36, 19 C.Johnson 34:37, 4 P.Carreirght 56:05, 11 F. Walsh 36:1, 17 D.Carreirght 56:05, 11 F. Walsh 36:1, 17 D.Carreirght 56:05, 11 F. Walsh 36:1, 12 D.Carreirght 56:05, 11 F. Walsh 36:1, 12 D.Carreirght 56:05, 11 F. Walsh 36:1, 12 D.Carreirght 56:05, 12 F. Walsh 36:1, 12 D.Carreirght 56:05, 12 F. Walsh 36:1, 12 D.Carreirght 56:05, 12 R. Markey 46:15, 23 J.Topping 46:45, 27 I.Riddell 52:16
M.Grobertson 43:33, 8 A.Byers 44:14, 10 D.Weston 45:27, 11 A.Walsham 45:33, 16 P.Earnes 50:55, 22 R. Thornson 55:08, 24 J.Mariden 10:32 B. Marsden 10:32 B. G. Marsden 10:32 B. Marsden 10:32 B. G. Marsden 10:32 B. M. Frootte 44:48, 6 A.Johnston 48:27, 11 A. Walsham 45:33, 16 C. Marsden 10:32 B. M. Frootte 44:48, 6 A.Johnston 48:27, 11 A. Walsham 45:33, 16 C. Marsden 10:35, 6 G. Ounning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:37 M. Th. 1 A. Donning 47:42, 9 J.Johnston 49:36, 3 A. Juppit 39:39

W35 1 A Forces [AUS] 36:36, 3 A Lippit 39:33 39:33 W40 1 J.Danin [FRA] 35:01, 6 D.Monteith 42:27 W45 1 E.Rasp [HOL] 37:39 W50 1 J.Ottaway [USA] 37:56, 7 W.Bot 141, 07:41, 9 B. Cushen 49:50, 10 7 J.Miles 50:34, 16 D.Johnson 59:59 W55 1 M. Smith [CR] 43:14, 7 V. Wasten 11:17:05

1:17:05 W60 1 M.Louden [GB] 43:04 2 E.Quinton 47:12, 5 B.Norrish 54:17 W65 1 J.Ross [GB] 48:13, W70 1 E.Moody [USA] 55:12, 4 H.Wicks 57:37 W80 1 J.Luther [GER] 1:04:14

25K M40 1 H.Bicklord [CAN] 124:31, 4 N.Gates 1:27:16. 6 C.Fairbrans 1:30:16, 7 A.Rich 1:31:43, 8 R.Curran 1:32:48, 13 J.Doyle 1:39:21, 17 M.Joph 1:46:56 M45 1 O.Yan Notes [BEL] 1:27:06, 9 M45 1 O.Yan Notes [BEL] 1:27:06, 3 G.Johnson 2:31:59 M50 1 H.Arnold [GB] 1:28:48, 27 O.Torráliscon 2:17:25, 28 G.Cumborbatch 2:24:23

2:24:23 M55 1 M.Rosales [ESP] 1:33:06, 10 M.Caudwell 1:54:03,12 M.Kirkwood 1:58:25, 14 S.Bourne 2:06:08, 16 J.Tipping

15825, 14 S.Bourne 256508, 16 J.Tipping 210509 M80 1 N.Green (USA) 12636, 3 M.Ward 138-16, 6 A.Byen 15745, 9 A.Wisisham 208:11, 14 P.Eames 231:19, 15 R.Thomson 238:58 M65 1 W.Marshall (GB) 147:23, 8 A.Jones 2:14:12, 10 J.Harra 229:26 M70 1 Y.Mishimar (JPA) 155:23, 5 J.Johnston 2:1346 M75 1 A.Chasher (JEL) 2:14:23 W35 1 M.Griffin (CAN) 141:32, 2 A.Lippit 150:14

W40 1 J.Danin [FRA] 1:34:25, 4 D.Monteith 1:59:54 W45 1 E.Raap [HOL] 1:47:59, 6 S.Pache

2/18/2 W50 1 B.Berghaus [GER] 1:53:39, 5 B.Cushen 2:23:10, 6 Y.Miles 2:26:13, 7 D.Johnson 2:56:52 W55 1 E.Doran [CAN] 1:58:10, 2 M.Smith

2:01:52 W66 1 M.Loudon [GB] 2:00:20, 3 E.Quinton 2:10:36, 5 B.Norrish 2:38:12 W65 1 M.De Preter [Bel] 2:13:42 W70 1 M.Hanakova [CZECH] 2:44:51

20K Walk M40 1 N,Attmuhametev (RUSS) M45 1 A.Oleinik (RUSS) 1:39:54, 6 J.Steven

2:04:22 M50 1 D.DeNoon [USA] 1:36:33, 2 E.Shillabeer 1:46:33, 8 G.Jones 2:02:33 M55 1 R.Pelliodia [ITAL] 1:48:13, 2 B.Gore

MS5 1 R. Pellicola [ITAL] 1:46:13, 2 B. Gore 1:52:14
M80 1 M. Sciarretta [ITAL] 1:54:36, 2 D. Fotheringham 1:59:33
M65 R. Mimm [USA] 2:04:36, 3 D. Withers 2:09:42, 7 J. Haney 2:21:53
M70 1 C. Berrian [ITAL] 2:14:19, M75 1 B. I alimodge [USA] 2:24:41
M80 1 J. Luther (GER] 3:08:05
W33 1 C. Reader [GB] 1:54:53
W35 1 C. Reader [GB] 1:54:53
A. Inving 2:05:23
A. Inving 2:05:23
W50 1 V. Slowe [USA] 2:09:54, 3 B. Cushen 2:32:15

2:32:15 W55 1 B.LaVeck [USA] 2:05:25, 4 H.Nyman 2:21:53

2:21:53 W60 1 JM.Provost [CAN]2:05:58 W65 1 P.Nesley [USA] 2:26:05

## Solihull Championships, Aug 14 1994

BVAF 1000m Track Championships Race 1 M40-49 1 M.Higpinbotham M40 32:007. 2 J.Beil M45 32:17.6, 3 M.Strange M40 32:26.6, 14 Matthews M45 32:30.1, 5 P. Asis M49 32:21.3, 6 A.Bradshaw M45 32:22.8, 7 D.Dors 33:26.9, 8 G.Jones 33:30.0, 10 S.Busby M40 34:56.1, 11 M.Duff M50 34:56, 12 G.Hando M45 35:13.5, 13 R.Davies 36:27.3, 14 G.Smith

M40 37:53.5, 15 JButler 41:15.5 Race 2 M60+ & Women 1 M Morrell M60 36;16.2, 2 S.Charlton M65 36:48.8, 3 E.Statham W50 39:18.0, A Foster W40 41:42.2, 5 JFraser M70 41:53.2, 6 JManners W52 42:06.6, 7 B.Braddhaw W45 42:17.9, 8 C.Simpson M55 44:20.0, 9 V.Dudworth W55 46:20.6, 10 E.Joynson M70 46:41.5

M 70 459-1.5

FVAF 10000m Track Walk

I R. Care M45 47:20:0, 2 B. Adoms M45
48:12.4, 3 G.Eliol M40 51:09.7, 4

S. Maidment M45 52:41.5, 5 A. Lowis W45
58:56.4, 6 M. Statham M50 59:02.9,
778. Rawlins M60 59:59.1, 7 K. Abolins M65
60:04.7 9 E. Honwill M60 62:21.5, 10

P. Emery M55 62:46.1, 1 I R. Deacon M50
64:17:0, 12 S. Dull W46 67:20.4, 13

P. Mailns M75 68:00.4, 14 G. Mitchell M75
69:02.9, 15 D. James M65 71:24.3, 16

M. Redman M60 73:15.0

BVAF Pentathion Championships M40 1 R. Silnchoombe 2452 Ps., 2 B. Gardt 2386 M45 1 M. Ricoutson 2562 Ps., 2 B. Gardt 2386 M45 1 M. Ricoutson 2563, 2 B. Handris 2613 M50 1 B. Loten 3053, 2 D. Vaughan 2444 M60 1 J. Philips 3148, 2 T. Clowy 2611 M65 1 D. Williams 2918, 2 J. Quarteriol 2168, 3 N. Canter 2043 M75 T. Rawinson 2226 W35 1 J. Brown 3676, 2 L. Sauker 3048.

## NVAC 10000m Track Championships, Stretford, Sept. 25 1994

Race 1, M60 - & Women

1 M. Morrel Me0 35:54, 2 G.Booth M60
38:00, 3 V.Battye W53 58:32, 4 L.VHodkinson M60 38:48, 5 P. Deb M60 39:23,
6 B.Rogers M60 39:35, 7 D.Howarth M60
40:00, 8 D.Waskelled W60 40:18, 9
R.Francis M60 41:20, 10 B.McGuigan M60
41:31, 11 B.Bradshaw W45 41:48, 12
A. Walker W45 42:02, 13 C.Betts M65
45:04, 14 M. Shewart M65 45:11, 15
C.Adred M60 48:43, 16 D.Gill M60 47:39, 17
R.Lister M60 47:39, 16 H.Wilson M75
47:47, 19 A.Fearnley M70 51:58 [2 laps
over?], 20 J.Lubus M65 54:59, 21 L.Heald
M70 59:12
Race 2, MM0-59

over?], 20 J.Loftus M65 54:59, 21 L.Heald M70 59:12 Race 2, M40-59 12 Race 2, M40-59 10 J. Through M40 32:00, 2 K. Moss M40 32:25, 3 L.Presiand M55 33:10 [guest 13:124 Perisian M65 33:10 [guest 13:124 Perisian M40 33:57, 6 J.Crehan M40 35:16, 6 J.Crehan M40 35:18, 7 L. Voyley M50 34:10, 8 K.Plynn M50 34:34, 9 J.Mitchell M40 35:16, 10 C. Rigby M45 38:16, 11 D. Walton M50 36:23, 12 A.Greenough M45 38:59, 13 P. Xilbey M45 37:50, D.Walton M50 37:25, 15 B. Gane M55 37:28, 16 P.Sharp M50 37:25, 17 P. Clandy M40 38:34

## SWVAC Track & Field Championships, Exeter, 19/6/94.

100m M40 1 D.Wooley 12-3, 2 B.Minting 12-3, 3 S.Mottenthaad 12-7, 4 R.Ingram 12-8, 5 B.Woboter 13-2, 6 S.Faulkner 13-2 M45 T.Lewis 12-4 M60 1 R.Shardan 13-0, 2 LGann 13-1 M85 G.Willshire 14-0 M60 1 F.Prica 14-5, 2 G.Giagini 12-7 M70 L.Williams 14-5 W40 1 A.Darby 14-0, 2 S.Osiver 15-0 W45 1 H.Connor 14-5, 2 A.Sturridge 18-4 W90 1 E.Stagg 14-2 (CR) 2-5 Aboto 18-5 W90 M.Smith 22-1 W70 M.Wixey 17-5 200m

M.Simin 22.1 Wrv M.Yinkey 1.7.3 200m M40 1 B.Ningam 24.5, 2 D. Woolley 24.7, 3 M40 1 B.Ningam 25.9, 4 R.Ingram 26.0, 5 T.Buckley 26.3 M45 P.Doran 26.4 M50 R.Shoridan 26.4 B.Can 27.2 M55 G.Willshine 28.4 M60 F.Price 30.4 W55 C.Smith 28.4 [equals CR] W40 1 A.Darty 28.1, 2 S.Oliver 30.9 W45 H.Connor 29.6 W50 E.Stagg 29.1 [CR] 400m

400m M40 1B.Minting 55.3, 2 D.Woolley 58.3, 3 T.Buckley 59.4, 4 J.Birchley 64.5 M50 1 R.Sheridan 60.6, 2 M.Hindle 63.4, 3 G.Saltron 68.8, 4 P.Clarke 74.8 M55 F.Coles 59.4 [CR], 2 G.Wiltshire 79.2 M60

Fino 71.3 W35 C.Smith 63.9 W40 1 J.Walpole 62.9 (CR), 2 A.Darby 69.5, 3 S.Oliver 74.2 W50 E.Stagg 71.2 (CR), 2 S.Abbott 93.0 W70 G.Bulger 101.5 (CR/8R)

G.Bulger 101.5 [CRVBR] 800m M40 1 A.Matthews 2:09.0, 2 S.Mottershead 2:09.3, 3 J.Binchley 2:33.6 M45 1 J.Buller 2:07.7 [CR]; 2 A.Armaoul 2:08.2 M50 M.Hindle 2:18.2 J.J.Horino 2:23.4, 3 P.Clarke 2:53.5 M55 1 F.Coles 2:14.8 [CR]; 2.G.Wilbalhe 2:24.9 [CR] W50 A.Nally 24.6 3.W70 1 J.Waller 3:43.4 [CRJBR]; 2 G.Bulger 4:00.3 J.Waller 3:43.4 [CRJBR]; 2 G.Bulger 4:00.3

1500m M40 1 M. Eveleigh 4:14.5, 2 P. Sturftidge 4:24.2, 3 A. Matthews 4:37.1, 4 S. Molteshead 4:37.1 M45 1 A.Amraoui 4:16.1 [CR], 2 M. Derbridge 4:56.5, 3 P. Saywood 5:01, 1 M50 J. Jiorion 4:57.0 M55 G. Wilshire 5:07.2 [CR] W40 D. Hoogesteger 5:01.8 [CR] W40 D. Hoogesteger 5:01.8 [CR] W70 J.Waller 7:12.6 [CR] W70 J.Waller 7:12.6 [CR]

3000m M40 1 P.Sturnidge 9:10.5, 2 J.Weedon 9:56.7, 3 J.Birchley 11:07.0 M45 P.Sawbridge 9:54.2, 2 A.Regan 10:49.5 M55 R.Gould 11:19.0 [CR] M60 N.Thorn

11:36.8 W35 1 L Gould 11:03.0, 2 H.Collins 11:10.4 W40 1 D.Hoogesteger 10:44.8 [CR], 2 C.Amstrong 11:11.9, 3 S.Urro 11:22.1 W45 A.Sturridge 11:55.4 [CR] W50 J.York 13:28.2 [CR]

13282 (DH)
5000m
M40 1 G.Seward 15:53.3, 2 P.Sturhidge
15:57.9, 3 D.White 16:23.0, 4 H.Stone
16:58.2, 5 M.Connor 17:09.0 M45
P.Saywood 18:45.8 M50 J.Horton 18:27.4
M55 R.Gould 18:34.9 M60 B.Robinson

19:09.3 W35 1 M.Wooldridge 17:53.1, 2 H.Collins 20:17.7 W45 A.Sturtridge 21:03.7 [CR]

Norn H M70 L.Williams 15.3 100m H M50 I.Cann 18.0 [CR] 110m H M40 B.Webster 21.5 M45 T.Lewis

110m H M60 B. Velosier 21.5 MM5 1.Lewis 18.0 [CR] 400m H M40 B.Minting 65.2 M45 T.Lewis 64.7 [CR] M50 1 LCann 68.2 [CR]; 2 P.Clarke 87.9 W35 C.Smith 68.9 [CR] 3000 m Steeplechase M40 M.Evelejich 10.08.2, 2 D.White 10:34.6 M50 P.Clarke 12:35.6 [CR]

3000 m Walk M40 8.Maidment 14:34.1 M50 M.Waddick M40 8.Maidment 14:34.1 M50 M.Waddick 17:24.4, 2 W.Lawrence 18:19.5 M60 1 J.Short 15:27.5 [CR], 2 F.Turner 18:10.2 W50 1 J.York 20:24.8 [CR], 2 C.Lawrence

W50 1 J.York 20:24.b [pmp. 21:362]
21:362
21:362
3000 m Walk
M40 S.Maidment 25:14.4 M50 W.Lawrence 30:54.5 M60 1 J.Shon 26:15.7 [CFI], 2
F. Turner 30:47.3 W50 1 J.York 35:49.4 [CFI], 2 C.Berney 40:05:15.6 [CFI] H60 B.Wiesster 2.85 M45 T.Lewis 3.40 [CFI] M50 B.Chillery 3.20 [CFI] High Jump M40 1 S.Faulther 1.56 [CFI] 2 C.Berney M40 T.S.Faulther 1.56 [CFI] 2 C.Berney M50 E.Chambers 1.50 M55 J.Phillips 1.25 W70 M.Wiezy 0.30 [CFI] H71 [CFI] H72 [CFI] H73 [CFI] H73 [CFI] H73 [CFI] H74 [

M. Wisey 0.30 (CR/GR]
Long Jump
M40 1. R. Ingram 5.4.4, 2 C. Bebbey 5.00, 3
S. Faulknor 4.94 M45 T. Lewis 5.25 M50 1
E. Charrbors 4.50, 2 M. Hindle 3.96 M55
G. Willhahrie 3.97 W40 1 A. Darby 4.57, 2
S. Oliver 3.36 W50 S. Abbott 3.07 W70
M. Wixey 3.05 [CR]
Triple Jump
M40 1 C. Benney 10.85, 2 R. Ingram 10.18
M50 M. Hindle 8.57 2 E. Chambers 8.90 M55
J. Phillippe 8.72 E. Chambers 8.90 M55
J. Phillippe 8.72 W40 A. Darby 9.21 W70
M. Wixey 5.49
Discus

Hammer M40 1 C.Benney 23.26, 2 B.Webster 20.34 M45 A.Faulkner 22.74 M50 P.Clarke 19.62 M75 1 B.Metcaffe 23.38, 2 R. Spikes 18,64 W35 S.Moulton 18.32 [Cr] W45 G.York

MSO M.Turner 48.14 [CR] MS5 J.Philippe 39.82 W35 S.Moulton 21.86 W45 G.York 9.56 W30 J.York 14.36 W60 M.Smith 19.8 W70 M.Wixey 12.26 Shot

Shot M40 1 C.Benney 11.05, 2 J.Lynes 10.96, 3 B.Webster B.29 M50 P.Clarke B.63 M75 1 R.Spikes B.14, 2 B.Metcalfe 7.91 W35 1 C.Smith 8.91, 2 S.Moulton 7.99 W45 1 G. York 4.37 W60 M.Smith 8.56 [CH] W70

G York 4.37 W80 M. Smith 6.55 [CR] W70 M. Wixoy 4.52 [CR] W70 M. Wixoy 4.52 [CR] W90 Fentathlon M40 B. Websiter 1977 M45 T. Lowis 3115 [CR] M30 P. Clarke 1970 M55 J.Phillipps 2860 Cone Hour Track Run M40 D. Eveleigh 16.212 M35 M. Lawrence 9.746 M54 M. Waddior 12.012 M55 T.Edwards 14.328 M. Waddior 12.012 M55 T.Edwards 14.328 M. Waddior 12.012 M55 T.Edwards 14.328 C. Lawrence 9.232 [CR/RR] W52 J. Kelson 9.206 [CR/RR] W52 J. Waller 11.667 [CR/RR] W72 J. Waller 11.667 [CR/RR]

## WVAA Haif Marathon Championships, Lake Vyrnwy, Sept. 25 1994

Vyrnwy, Sept. 25 1994

Math 1 P. Smith 1 177 37, 2 G Brown
193.63, 9 T-homas 193.93 6M5 1

P. Allen 115.43, 2 C. Jorean 117.46, 3
Llooch 1182.25 M50 1 K Busic 119. 51, 2
A Pears 120.21, 3 J Morris 120.58 M55

J. Collins 122.45 M50 1 K Busic 119. 51, 2
A Pears 120.21, 3 J Morris 120.58 M55

J. Collins 123.45, 2 P Norman 125.44, 3
D. Parsons 126.24 M50 1 D Mends
125.52 N Boons 120.24 M50 1 D Mends
125.52 N Boons 120.24 M50 1 D Mends
125.52 N Boons 120.24 M50 1 D Mends
125.52 N Boons 120.25 N Boons 125.45 N Boons

## Isle Of Man Veterans

One Mile Track race NSC, Douglas 11/9/94

11/8/94 MMO 1 R.Lambie 44/8.5, 2 R. Radcilife 4:51.1, 3 D. Anderson 4:56.0, 4 S.Kelly 4:54.9, 5 K. Abisson 4:58.6, 6 D. Newton 4:59.4, 7 P. Mothey 5:50.8, 8 M. Gelling 5:03.7, 9 G. Gilman 5:07.1, 10 P. Cooper 5:15.2, 11 R. Moughile 5:34.0, 12 J. Marchment 5:37.6, 19 S.Con 5:48.5, MS 1 A. Poelfeltiwalte 5:05.8, 2 M. Bell 5:22.6, 3 A. Pilling 5:48.5, MSO C. Cuirk 6:27.4, W40 M. Cox 7:23.1

Western 10K Fell Race 11/9/94 M40 1 S.Keily 36:13, 2 M.Gellion 36:57, 3 P.Cooper 40:09, 4 R.Moughtin 42:02 M45 1 A.Postiethwaite 36:14

Western A.C. Cross Country, 2/10/94 MP.Cooper 22/7, 4 F.Moughtin 22/31, 5 T.Battes 24/49 M45 1 D.Corkill 21/36, 2 S.Hall 23/06, 3 M.Bell 24/40 M60 1 B.Hook 27/27

## Vets AC Track & Field Championships

100m M40 1 A Ross, 2 D Hay, M40 and M45 no times recorded . M45 1 C Monks, 2 F Thomason . M50 1 J McNamee 13.2, 2 T Ryan 13.2, 3 A Cheers 13.6, 4 DCF

200m Across 15.5, 2 D Hay 32.1, M45.1 C Monis 20.5, 2 P Hay 32.1, M45.1 A Monis 20.5, 2 P Thomason 54.8, M60.1 J Monis 20.5, 2 P Thomason 54.8, M60.1 J Minster 27.2, 2 A Monis 20.5, M60.1 C Williams 27.2, 2 A Monis 20.5, M60.1 C Williams 27.2, 2 A McDowell 40.4, M70.1 P Munn 30.6, 2 J MicDowell 40.4, M70.1 P Munn 30.6, 2 J MicDowell 40.4, M70.1 P Munn 30.6, 2 J Minster 36.8, M60.2 Minster 31.8, M60.1 Vivinn Hazifetin 30.0, 2 J Warren 35.2 W50 M Archill 32.6, W55.3 J Hullic(G) 32.0, W60 B Green 40.0

Green 40.0.
400m
400m
400m
15 Littaur 58.2, 2 Y Ballard 62.8, 3 J
Fonkles 23.7, M45.1 C Morks 53.2, 2 E
Commoly 38.4, 33.R Somes 62.0, 4 F
Thomason 69.9, M55.0 1 J MoNames 59.3, 2
DCF Williams 69.5, M55.1 1 A Carter 66.5, 2
Millier 69.9, M55.0 1 A Blackman
59.9(CBP), 2 J Hemming 76.8, M65.1 K
Crooks 73.2, 2 M McDowell 97.1, W55.1 E
Roe 67.5, 2 J Seatrle 69.7, W40.1 J Warren
74.5, 2 V Hazleton 79.9,

74.3, c y Pacidion 153. 900m M40 1 G Littaur 2:07.1, 2 K Daniel 2:11.7, 3 K Fennelly 2:15.9, 4 R Hill 2:22.5, 5 M Lippit 2:27.6, M45 1 0 Spencer 2:10.9, 2 E Connoily 2:12.1, 3 J Quaintance 2:17.7, 4 D Mitchell 2:18.5, 5 M Chapilir 2:18.6, 6 F 1 M Logg 2:18.3, 2 J McNamee 2:19.9, 3 DCF Williams 2:23.8, M50 1 D Thomas 2:20.5, 2 M Miller 2:22.8, M50 1 D Thomas 2:26.6, 2 J Potramore 2:32.8, 3 J Aodison 2.28.6, 2.3 Portamore 2.26.8, Med 10 Fromas 2.28.6, 2.3 Portamore 2.57.8, Me6.5 1 K Crooke 2.52.7, 2 M McDowel 3.38.2, M70 B Nielsen 3.21.3, W35 A Lippitt 2.36.2, W40 J Warren 2.54.8,

Warna (254.8.)
1500m
1M0 1 G Hannaford 4 22.9, 2 K Daniel
428.5, 3 F Hill 4:508, 4 G Smth 4:57.4, 5 J
Fowlos 4:58.2, 6 F Thomason 5:52.8, M45
Chaplin 4:50. M50 1 F Newton 4:45.7. M55
G Harrold 4:40, 2 F Davidson 4:52.8, 3 M
Miller 4:55.3, M60 1 F Addison 5:11.6, 2
J Portsmore 5:112. M56 1 K Grooks 5:58.9, 2 M
Miller 4:55.3, M60 1 F Addison 5:11.6, 2
Z M McDowell 6:22.4, M70 D Eyers 6:27.3, 2 A Parsons 13:02.4, M60 A Southwell
8:43.7(GBP) W35 H Fenton 5:55.0
5,000m

843 7(GZP), W35 H Fenton 5:55.0 5:000m M9 1 K Fennelly 16:22.5, 2 G L Litaur 18:14, 3 M Lppth 18:08, 4 N Borgers 18:17, 6 G Smith 18:25, M65 1 L Lyons 17:15, 6 G Smith 18:25, M65 1 L Lyons 17:15, 8, 4 F Thomson 18:23.0, M50 1 S 17:15, 8, 4 F Thomson 18:23.0, M50 1 S 17:15, 8, 4 F Thomson 18:23.0, M50 1 S 18:16:164, 7 P Newton 18:23, M50 1 S 18:16:164, 2 D Case(G) 19:29, 4 G Richardson 19:56, M60 1 L O'Hara 19:01,1(CSP), 2 C Case(G) 19:26, 3 D Sudbury 20:56, 2 M McDww(G) 12:55, 2 M W35 1 M Joyce 18:56,5(GSP), 2 A Lippth 19:21-2, W40 1 P Borgers 19:48, 9, 2 S Cawlword 21:35,6, W45 L Newton 20:34, 3,000m Walk

1921 2 Web I F Jongsen 1974-9 2 S Cawlevel 2 135.6. W45 I. Newton 2024. 3.000m Welk 2,000m Welk 2,000m Welk 2,000m Welk 2,000m Welk 2,000m Welk 1,000m No. 1,000m No.

17.3, 30m W40 V Hazieton 15.9, High Jump M40 1 Y Ballard 1.55(=CBP), 2 G Page 1.45, M45 F Thomason 1.20, M60 1 J Day 1.30, 2 C Taylor 1.30, M70 J Swinton 1.00, M75 A Rawlinson 1.05, W35 J Brown

1-39, 26 - Taylor 1, 30 - Mor J SWinton 1, 100, M75 A Ravillesis 1, 50, W35 J Briton 1, 155(BP), Long Jump M40 1 (Page 5.11, 2 Y Ballard 4.89, 3 A Rose 4.83, M45 F Thornason 3.54, M50 A Cheors 4.89, M55 F R Bruck 4.59, 2 A Carter 4.44, 3 F Hail 3.75, M60 J A Rose 4.83, M45 F Thornason 3.54, M50 A Rose 4.83, M45 F Thornason 3.54, M50 A Rose 4.89, M50 F R Bruck 4.59, 2 A Swinton 3.22, 3 Mason 3.08, W35 J Brown 5.06, GBP), 2 M Joyce 3.02, 5 Not Put M50 F P Cramp 11.23(CBP), 2 J Curtin 9.99, 3 P Sheriatine 8.99, M55 T D Goode 8.56, 2 K Hail 7.83, M60 T C Taylor 8.02, 2 J Duy 9.06, M75 T B Metcate 7.57, W35 I M Joyce 5.99(CBP), W45 J Einding 5.48, W55 E Williams 11.56(CBP), 2 Hails(G) 3.24, Juvelin 8.09, J Elvand 5.80, Juvelin 6.30, Juveli

Juvetin Man 1, 200 March 1, 200 March 1, 200 March 1, 200 March 2, 30, 2 S Crosse 33.70, 3 F Thomason 16.68, MS5 1 P Cramp 45.38 (CBP), MS5 1 KH at 33.98 (CBP), 2 K Burnet 17.12, MMO 1 C Taylor 28.28, 2 J Day 21.18, MYO J Winton 15.30, 4 MYS B Metcaler 17.08, MS5 1.1 Brown 12.64 (CBP), 2 M Joyce 15.98, 1 J Brown 12.64 (CBP), 2 M Joyce 15.98, Cross (O) 23.68, WS5 E Williams 33.26, WS6 E Williams 33.26, WS6 E Williams 33.26, Capter 26.30, MS5 E Williams 33.26, WS6 E Williams 24, WS6

Hammer
M85 1 R Warren 29.36, 2 F Thomason
13.86, M80 1 J Gurtin 30,72, 2 P Shevline
29.90, M85 1 K Hall 28.24(cB)P, 2 D
Goode 25.84, 3 K Burnett 14.00, M80 1 C
Goode 25.84, 3 K Burnett 14.00, M80 1 C
Taylor 28.20, M70 J Swinton 1796, M75 B
Motcalle 21.64, W45 1 R Alexander
25.52(CBP), 2 L Edindige 16.86, W50 V
Miles 21,72, W35 E Williams 37.10, W65 J
Cgdint 23.62,

Ogoen 2006 Discus M40 G Page 27.42. M45 F Thomason 15.22. M50 1 P Cramp 37.08(CBP), 2 J Curlin 30.80, 3 J McNamee 30.52, 4 P Shevlane 25.46, 5 R Sly(G) 21.10. M55 1 K

Hall 27.14(CBP), 2 K Burnett 21.90, 3 D Goode 21.16. M60 1 C Taylor 26.74. M70 J Swinton 18.34. M75 B Mercalle 21.76. W45 J Eldridge 18.56. W55 E Williams 24.88(CBP).

## Veterans AC 10,000m Championships Battersea Track 7 Sept

shows place in race — Belgrave H and guests have been taken out M40 1 K Fennelly(Shaf B) 40 33:54.3, 3 S Littlewood;HV) 42 33:57.0, 5 C Fairbrass(Invicta) 42 34:15.7, 6 T O'Nell(VPH) 41 34:32.0, 12 S Knight(SLH) (G) 44 36:18.0

O'Nail(VPP) 4.1 34:32.0, 12 8 Kright(SLH) (5) 44 36:18.0
M45 2 L O'Hare(Bar) 45 33:56.0, 7 L L Cyton(Bill) 45 34:38.3, 80 SWilliams(HW) 46 34:45.0, 21 J David (Vertea) 45 39:43, 22 A Davidson(HBB 3) 46 39:51.5
M50 14 7 Dickson(Cro) 51 37:29.2, 17 W Mornis(MVAC) 53 36:00.5, 19 T Locker(Shaff B) 51 30:14.5, 20 W Legg(ESM) 51 39:37.3, 23 M Morphy(Strm) 50 39:3.8
M55 9 G Harrold(End) 55 34:47.8, 10 R Davidson(Carm) 56 35:29.7, 25 G Richardson(Lock) 58 4:05.97, 78 M50 13 L O'Hara(Bel) 62 36:21.4(rec), 27 J Lesht(HB 6) 64 15.7
M55 28 J McQuillin(ESC) 65 42:25.8, 29 K Crooks(Cro) 65 44:14.1
Women 34 A Lippin(NLAC) W39 40:33.1, 26 A Naily(All) W51 41:25.6.

## SVHC 5K Road Champs, Lochinch, 25.9.9

SVHC 5K Hoad Champs, Lochinch, 25.9.9 1. John Harrison Md0 15.97, 2 Frank Connor Md0 16.11, 3 Jim White Md0 16.17, 4 Berrie McMonagle Md0 16.17, 4 De Merie Md0 16.11, 3 Jim White Md0 16.17, 4 Md Fairwanther M50 16.31, 6 Jim Doyle Md0 16.33, 7 Bruce McGragor 16.38, 9 Murray McDonaid Md0 17.03, 11 Peter Ogden Md0 17.06, 12 John Morrison Md0 17.04, 13 Jim McMillan Mb0 17.14, 14 John Christie Md5 17.16, 15 Bill Scally M50 17.24, 18 Farang Silose Md0 17.56, 17 Janut McCall Md1 77.13, 19 Jackle Byng W60 18.00, 20 Ken McVey Md0 19.07, 21 Maggle Sinclaie Wd0 19.07, 22 Stuart Lawson M65 19.20, 22 Sterly Olden M50 19.27, 24 Jack Harkness Wd3 19.00, 22 Stuart Lawson M65 19.00, 20 Ken McVey Md0 19.07, 21 Maggle Sinclaie Wd0 19.07, 25 Stuart Lawson M65 19.00, 20 Stuart M65 19.00, 20 Stuar

## SVHC 10 miles Champs, Carluke, 4.9.94.

Galf Like 9, 4,9,194.

Charlie McDougall M45 54,36, 3 John Hanratty M40 56,24, 4 Hugh Watson M45 56,41, 5 Bob Young M50 57,40, 7 William Stroton M40 58,24, 11 R. Wood M45 61,41, 12 Brian Eddiga M45 82,24, 11 R. Wood M45 61,41, 12 Brian Eddiga M45 82,24, 14 James Rowley M45 62,51,18 Tom Ramsga M5 52 65,12,19 George Armstrong M50 65,52,19 George Armstrong M50 65,52,20 July Children M50 68,56,70,30 July Children M50 76,50,46,70 July Webb M50 76,50,48 Willie Drysdale M55 81,22,57 Sandy Duncan M70 103,20.

## SVHC 10Km Track Champs., Greenock, 17.9.94.

1 B. Kirkwood M40 31.30.05, 2 A. Jenkins M40 33.16.12, 3 J. Hanratty M40 33.17.13, 4 C. Youngson M45 33.21.00, 5 F. Connor M40 33.59.02, 6 D. Fairweather M50 M40 33.56.02, 6 D. Fairweather M50 34.13.07, 7 J. White M40 34.25.01, 8 B. McMonagie M50 34.13.07, 7 J. White M40 34.25.01, 8 B. McMonagie M50 34.51.00, 9 R. Cheyne M45 35.54.02, 10 J. Shieleis 35.56.00, 110 Ediridge 37.17.00, 12 R. Brennam M50 37.17.00, 12 R. W. Stoddam M60 39.20.22, 14 S. Lawson M65 40.04.40, 15 J. Pring W50 40.32.09, 16 W. Spark M56 42.37.07, 17 M. CGGarry 43.20.27, 18 J. Parker M60 44.30.00, 19 J. Sloss M55 47.11.02, 20 G. Porteous M80 48.06.00, 21 L. Riddel M55 48.39.02.

North and Central American and Caribbean Regional Association of WAVA Championships, Edmonton, Canada, August 4-7, 1994

British competitors (competing as guests) 100m MSS 2.0 Burton 12.69 WSS 1.0 Green 14.20 WS 2.0 Burton 12.69 WSS 1.0 Green 14.20 WS 2.0 Burton 12.69 WSS 1.0 Green 15.00 WSS 2.0 Green 15.00 WSS 2.00 WSS 2.0 Green 15.00 WSS 2.00 WSS

## RESULTS · RESULTS · RESULTS · RESULTS ·

6:56.70, 3 Y.Miles 7:08:50 W60 3 B.Norrish 9:19:00 W65 1 J.Ross 6:30.00 5000m M55 2 L7beping 22:51:02 M60 2 A.Byers 22:07.21 M65 1 K.Grooke 21:93.22 A.Byers 22:07.21 M65 1 K.Grooke 21:93.25 A.Byers 22:07.21 M65 1 K.Grooke 21:93.25 B.Cushen 25:35.39 W60 3 B.Morrish 27:08:08 W65 1 J.Ross 22:59.14 B.Cushen 25:35.39 W60 3 B.Morrish 27:08:08 W65 1 J.Ross 22:59.14 B.Cushen 25:35.30 W60 3 R.Currina 77:37.80 M60 A.Byers 36:00.10 M66 1 K.Grooke 50:03.60 W65 1 A.Lippiti 3:61.80 W65 1 F.Garland 33:50.10 W50 1 B.Cushen 41:52:09, 2 W.Millios 44:38:60 W65 1 F.Garland 33:50.10 W50 1 B.Cushen 41:52:09, 2 W.Millios 44:38:60 W65 1 F.Garland 33:50.10 W50 1 B.Cushen 50:00.00 B.K. Flood 18:00 W65 1 B.Cushen 11:24:30 W65 2 A.Lippiti 3:05:26 W45 2 P.Rich 10:50 W50 E.Cushen 11:9:47 W70 1 E.Cushen 11:26:32 B.Norish 12:51.10 W70 1 H.Wicks 12:50 M65 1 C.Poshen 11:9:47 W70 1 E.Cushen 11:26:32 B.Norish 12:51.10 W70 1 H.Wicks 12:50 M65 1 C.Poshen 11:9:47 W70 1 E.Cushen 11:26:32 B.Norish 13:51.10 W70 1 H.Wicks 14:50.10 W70 1 H.Wicks 14:50.10 W70 1 H.Wicks 15:50.00 W70 6:58.70, 3 Y.Miles 7:08.50 W60 3 B.Norrish

C.Reader 16:12:00 W89 1 h-repneur 15:11:70 10K Road Walk MS5 1 B.Gore 51:27.00, 2 O.Stevens 55:40.00 M65 2 D.Withers 1:00.59 W35 1 C.Reader 56:52:00 W85 1 H.Nyman 10:55:40 400m Hardles M50 3 B.Charles 71:55 400m Hardles M50 3 B.Charles 71:55 LJ M50 B.Charles 4,50 W50 1 J.Charles 3:36 W70 1 K.Maye 3.15 71 W50 1 J.Charles 6,17 W70 1 M.Wixey 6,11

6.11
Shot MSO 3 W.Gentleman 10,62 W30
W.Dunsford 10,50
DT MSO 3 W.Gentleman 39,06
HT MSO 3 W.Gentleman 49,22 W30
W.Dunsford 34,11 W5O 2 Y Miles 20,92
WSS 3 E.Dunsford 22,60
Pentathlon MSO 2 B.Charles 2803 M55 1
JROS 3879

ntathlon M50 2 W.Gentleman

## U.S.A. Masters National Championships, Eugene, Aug 11-14

British Performances [as guests] 100m M50 4 D,Burton 12.52 M85 2 AMeddings 13.18 [heat 12.98] W80 2 B,Green 17.65 W70 1 M,Wisny 17.29 200m M50 7 D,Burton 25.50 [Heat 25.29] M65 2 A,Weddings 26.76 W60 2 B,Green 37.40 W70 1 M,Wisny 36.39 800m M55 8 R,Checkley 2:26.87 W65 1 14cs-2:4718 [14cs-2:4718]

J-Ross 3:08.25 1500m MS5 7 R.Checkley 4:59.81 M65 1 1560th M55 7 R.Checkley 4:59.81 M65 1 156sto 5:11 04 W85 1 J.Ross 6:14.21 5000m M65 2 J.Keston 19:07.25, 5 M. Johne 20:12:04 W65 1 J.Ross 22:23.63 10:000m M65 1 J.Ross 10:212:23 HJ W70 1 M.Wixey 0.09 TJ W70 I.M.Wixey 0.01 5000m Walls M65 0 20:000

00m Walk M55 3 D.Stevens 25:45.48 Inter Area Match, Solihull, July 31 Midlands v South v East v West

M40
100 M A 1 S.Peters [M] 11.5, 2 W.Franklyn
[5] 1/2.0, 3 J.Keech [E] 1/2.4, 4 S.Mottishead
[M] 13.1, B 1 G.Cassidy [M] 1/2.0, 2
S.Brockes [S] 13.5, 3 B.Hardwock [E] 14.7,
200 M A 1 S.Peters [M] 2/3.5, 2 J.Koech [E]
25.4, 3 S.Mottishead [W] 27.5, 2 D.Folguite [E] 27.1, 3
S.Brockes [W] 27.5
400 M A 1 D.Bullers [M] 5.37, 2 D.Talbot [S]
57.2, 3 S.Mottishead [W] 57.7, 4 G.Daniel
[E] 56.4, B 1 P.Anthony [M] 55.2, 2 J.Buller

[W] 58.1, 3 A.Gibson [E] 59.2 800m A.1 P.Molloy [S] 2:07.3 2 S.Hallon [M] 2:08.0, 3 J.Buller [W] 2:09.7, 4 P.Madleon [E] 2:10.0 B.1 A.Gibson [E] 2:10.7, 2 1.05ment [S] 2:11.6, 3 S.Mottisheed [W] 2:12.1, 4 B.Hendrie [M]

3.McCambeo [V] 2-12-1, 4 S.-Hendrin [M] 218.7 1500m A 1 P.Molloy [S] 4:12.5, 2 T.Guy [M] 4:15.7, 3 J.Jenkins [E] 4:24.9, 4 P.Sturtridgo [W] 5:36.8 B 1 P.Smith [M] 4:28.2, 2 P.Sajwood [W] 5:19.4, 3 B.Hardwick [E]

5:28:2 3000m A 1 P.Molloy [S] 9:12.1, 2 M.St [M] 9:15.5, 3 P.Sturtridge [M] 9:44.1, 4 P.Maddison [E] 9:49.0 B 1 R.Hunt [M] 9:18.3, 2 A.Gibson [E] 10:32.4, 3 P.Saywood [M] 11:23.7 110mH A 1 I.Wifaughby [M] 16.1, equi

r-Saywood [M] 11,23.7 110mH A 1 | Willoughby [M] 18.1, equal 2 | Thompson [S] & C.Daniel [E] 17.7 B | P.Goulding [M] 21.1 2000m Walk A B.Care [M] 8:28.9, 2 | B.Hardwick [E] 10:22.2 B 8.Adams [M] 8:44.0

B.Hardwick [E] 10/22/2 B B.Adams [e] 84/4.0
Shot A I R.Steventon [M] 11.50, 2
P.Greenat [E] 10/9.7 3 J.Lynes (W1.06. 4)
Litamint [S] 8.65 B 1 R.Lambourn [E] 9.43, 2
LWKington [M] 8.77, 2 D.Folgate [E] 5.53, 3 S.Brooks [S] 5.28 B T.Cox [M] 5.30, 2 S.Brooks [S] 5.20 B T.Cox [M] 5.30, 2 S.Brooks [M] 5.30, 2 S.Br

2:80, 3 (A.m.ngm ist 1: 12.26) 2:80 P.Dickenson [S] 52.78, 2 HT A 1 P.Dickenson [S] 52.78, 2 HLambourn [E] 97.18, 3 M.Taylor [M] 91.14, 4 J.Lyres [W] 24.34 B F.Greenall [E] 3:00, 2 R.Sirventon [M] 3:06, 9 P.Oaken [S] 28.66, 4 A.Fautkner [W] 22.94 B 17.4 A 1 L. homeson [S] 11.28, 2 D.Peigate [E] 11.01, 3 P.Goolding [M] 10.98 B T.Cox [M]

3.73 JT A 1 P.Oakes [5] 42.96, 2 R.Steventon [M] 36.02, 3 L.Lynes [W] 30.50, 4 R.Lämbourn [E] 25.14 8 1 M.Taylor [M] 31.56, 2 D.Talbot [S] 29.56, 3 D.Folgate [E]

M50
100m A 1 W.Thomas [E] 12.6, 2 L.Oidfield [M] 12.6, 3 B.Strange [S] 13.0 B 1 M Garrey [E] 13.1 2 P.Dean [M] 13.1, 3 B.Charles [S] 13.6
200m A 1 W.Thomas [E] 25.3, 2 L.Didfield [M] 25.5, 3 B.Charles [S] 27.9, 4 J.Philips

[M] 31.6 400m A 1 W.Thomas [E] 57.3, 2 P.Owen [M] 58.1, 3 F.Coles [W] 59.6, 4 D.Williams [S] 68.3 B 1 A.Orr [M] 59.1, 2 M.Garvey [E] 65.4, 3 J.Robinson [S] 70.6, 4 P.Clarke [W]

69.4, 3.1 Alcohison [S] 70.6, 4.P. Clarke [W] 71.7
7.7
7.7
7.7
7.7
7.7
7.7
800m A 1 R.Phipps [M] 2:12.0, 2.F. Coles [W] 2:18.5, 3.D.Williams [S] 2:28.2, 4
8.Tristams [E] 2:46.3 B 1 T.Falconer [M] 2:18.0, 2.P. Clarke [W] 2:13.3, 3.1 Alcohison [S] 2:54.7, 4.P. Chaplin [E] 2:56.4
1900m A 1.R. Phipps [M] 4:28.9, 2.P. Clarke [W] 5:13.6, 3.D.Williams [S] 5:14.9, 4
1.3, 3.D.Williams [S] 5:14.9, 4
2.J. Robinison [S] 5:54.3, 3.P. Chaplin [E] 5:56.3
100mrl A 1 B. Ferguson [S] 16.4, 2.C. Shatho [E] 16.7, 2.B. Hordrig [M] 18.9, 4.P. Clarke [W] 2:3.B 1.J. Howe [S] 16.4, 2.W. Strange [M] 18.4, 3.B. Harock [E] 18.8, 4.J. Phillips [W] 2:15
1000m A 1 E. Cockayne [M] 9:44.9, 2

11:16.8 B H.Billings (M) 9:53.4, 2 B.Tristram [E] 1222.9
2000m Walk A 1 M. Statham [M] 10:32.7, 2 York [M] 1237.4, 3 J.Richinson [S] 14:38.4 B 1 D.Nace [M] 10:55.0, 2 P.Clarke [M] 10:55.0, 2 P.Clarke [M] 13:43.2 Shot A 1 "Contopy [M] 17:174, 2 P.Halliett [S] 17:27, 9 P.Crarm [S] 10:62, 4 P.Clarke [W] 8:17,8 B 1 M.Jones [M] 11:07, 2 B.Strange [S] 98.0, 3 J.Phillips [W] 8:12, 4 J.Gandoe [E] 7:47

LJ A 1 P.Duckers [M] 5.49, 2 B.Hancock [E] 4.60, B.Charles [S] 4.51, 4 E.Chambers [W] 4.35 B 1 S.Power [M] 5.39, 2 A.Cheers [S] 4.86, 3 J.Gandee [E] 4.31, 4 J.Phillips [W]

4.28 PV A 1 B.Brown [M] 3.60, 2 T.Howe [S] 3.20, 3 A.Wood [E] 3.00, 4 B.Chillery [W] 3.00 B 1 T.McKay 3.40, 2 J.Phillipps [W]

38.0 HT A1 C.Melluth [S] 48.68, 2 J.Conboy MT A1 C.Melluth [S] 48.68, 2 J.Conboy MT A1 A1 S. P.Jetfries [W] 30.52, 4 P.Hallett [E] 24.14 B 1 B.Sumnor [M] 32.24, 2 B.Strange [S] 38.62, 3 P.Clarke [W] 19.00, 4 G.Kiophi [E] 13.68 T.A. A1 S. P.Ower [M] 11.94, 2 A.Cheers [S] 10.63, 3 J.Phillips [W] 9.20, 4 A.Woods [E] 8.30 B 1 E.Chambers [W] 9.14, 2 J.Howe [S] 18.15

SS 8.15 E. Constitution (Ny 9 n.) 2. P. Champ (S) JT A 1 M. Turner (W) 45.76, 2 P. Champ (S) J1.46 B 1 J. Phillipps (W) 39.16, 2 P. Owen (M) 34.72, 9 B. Hancock (E) 30.00, 4 B. Strange (S) 21.08 4.100m Relay 1 Mid, 2 East, 3 South 4.400m Relay 1 Mid, 2 East, 3 South 4.400m Relay 1 Mid, 2 East, 3 South

4-400m Retey 1 Mid, 2 East W35 100m A 1 O.Codrington [M] 14.2, 2 A-Harwey [E] 14.5, 3 B.Simpson [S] 15.2 B 1 P.Garvey [E] 14.8, 2 J.Osbourne [M] 15.1 200m A 1 L. Tabot [S] 27.4, 2 A. Harwey [E] 31.2, 3 J.Cobourne [M] 31.7 B O.Codrington [M] 31.7 B 400m A 1 L. Tabot [S] 60.5, 2 S.Smith [M] 62.0, A. Harwey [E] 73.5 600m A 1 S.Smith [M] 220.8, 2 A.Lewis [S] 22.1, 8 P.Garvey [E] 73.5

221.5 150m [M] 220.8, 2 A.Lewis [S] 221.5 150m A 1 L. Slaney [M] 4:50.0, 2 L. Gould [M] 5:59.4, 3 A.Lewis [S] 5:55.7, 4 G.Underwood [E] 6:43.6 B 1 C. Groy [M] 5:56.1, 2 S.Ssater [M] 7:17.6 3000m A 1 L. Gould 11:19.8, 2 L. Bright [M] 12:13.5, 3 G.Underwood [E] 14:22.9 B 1 C. Groon [M] 12:21.7, 2 S. Sather [M] 15:31.2 2000m Walk A 1 K. Baird [M] 9:26.7, 2 A.Lewis [S] 10:33.5, 3 C. Morris [E] 17:06.2 B 1 S. Creasey [M] 12:53.0, 2 R. Aluxander [S] 10:32.5, 3 C. Morris [E] 17:06.2

[S] 12-56.1 190m H A 1 S.Dodson [E] 18.7, 2 L.Talbot [S] 20.4 B 1 P.Ganvey [E] 22.8 LJ A 1 S.Dodson [E] 4.35, 2 O.Codrington [M] 3.67 B 1 C.Morris [E] 4.01, 2 J.Osbourn

[M] 3.87 B 1 C.Morris [E] 4.01, 2 J.Osbourn M] 3.80 DT A 1 L.Hallam [M] 27.02, 2 B.Simpson (S) 21.30, 3 J.Clark [E] 19.74 B 1 6.Crassey [M] 18.22, 2 C.Morris [E] 15.0, 3 R.Aixsander [S] 15.76 H.A. 1 P.Garvey [E] 1.43, 2 B.Simpson [S] 1.20, 3 L.Hallam [M] 1.10 B S.Dodson [E] 1.30

1.30
JT A C.Morris [E] 30.08, 2 L-Hallarn [M]
24.20, 3 B.Sirropson [S] 17.06 B 1
24.20, 3 B.Sirropson [S] 17.06 B 1
11.20, 3 P.Garrey [E] 6.28
Shot A L-Hallan [M] 6.40, 2 C.Morris[E]
7.36, 3 B.Sirropson [S] 6.95 B 1 J.Clark [E]
6.88 2 E.Crosate 9, 5 1
TJ A 1 S.Dodson [E] 8.44, 2 B.Sirropson [S]

4+100m Relay Midland 4+100m Relay 1 Mid, 2 East, 3 South

W45 100m A 1 M.Lewington [M] 13.1, 2 100m A 1 M.Lewington [M] 13.1, 2 100m A 1 M.Lewington [M] 13.5, 3 M.Waters [E] 14.8, 4 H.Connor [W] 14.7 B 1 Y.Priestman [M] 13.7, 2 M.Axtell [S] 14.6, 3 S.Gandee [E] 16.2

137, 2 m. Oson (S) 18.6, 3 S. Gandoe (E) 200m A 1 V. Parsons (S) 28.6, 2 V. Priestman (M) 28.9, 3 H. Comor (W) 28.9, 4 M. Witters (E) 32.6 B 1 V. Kriskland (M) 30.7, 2 M. Azall (S) 31.6 G. V. Kriskland (M) 30.7, 2 M. Azall (S) 31.6 G. V. Waters (E) 79.3 B 1 R. Brownie (M) 70.6, M. Holmes (E) 82.4 G. Somon A 1 M. Hocknell (M) 2.41.8, 2 S. Gandoe (E) 303.2 3 A. Lewis (S) 221.6 B 1 R. Brownie (M) 243.7, 2 M. Holmes (E) 311.4, 3 A. Baldwin (S) 350.6 S. 3100m A 1 E. Statharri(M) 5.03.7, 2 A. Sturridge (W) 6:00.3, 3 S. Gandoe (E)

8:12.8, 4 A.Baldwin [5] 7:57.0 B 1 J.York [W] 6:23.1, 2 M.Moore [M] 7:05.6 3000m A 1 E.Statham [M] 11:02.9, 2 A.Sturnkige [W] 12:39.7, 3 S.Gandee [E] 10:21.6, 4 A.Daldwin [5] 16:45.6 B 1 J.York [W] 13:26.7, 2 M.Moore [M]

14:51.8 2000m Walk A J.Langford [M] 11:31.9, 2 A.Baldwin [S] 13:20.2, 3 L.Knight [F] 15:05.5 B 1 S.Bull [M] 12:17.8, 2

1.00
TA 1 P.Oakos [S] 9.00, 2 J.Charles
[M] 7.74, 3 M.Holmes 5.77 B 1
R.Brownie Mil, 8.09, 2 B.Terry [S] 5.20, 3
L.Knight [E] 4.81
Shet A 1 B.Terry [S] 8.88, 2 M.Moore [M]
6.24, 3.J.Smith [E] 6.21, 4.G.York [W]
4.47 B 1 N.Cross [S] 6.46, 2 C.Morris [M]
6.19, 3 M.Holmes [E] 5.76, 4 J.York [W]

3.19
JT & 1 C.Morris [M] 27.46, 2 M.Holmes
[E] 17.64, 3 M.Cross [S] 16.00, 4 J.York
[M] 11.22 B J.Charles 16.36, 2
P.Onkes [S] 15.66, 3 J.Smith [E] 15.64, 4
G.York (M) 9.56
Match Result 1 Midlands 407, 2 East
259, 3 South 250, 4 West 119

100m M40 1 M.Hammings [S] 12.1, 2 S.Todnor [NE] 12.6, 3 E.Stewart [S] 12.9, M50 1 J.Pas [S] 12.9, 2 J.Scott [S] 13.3, K.Jordes [B] 13.4, M60 1 A.Clinton (NE] 13.9, 2 G.Bridgerran [S] 14.4, 3 H.Fletcher 15.3 [S] W38 1 M.Smith [S] 13.3, 2 J.Morrison [S] 13.9, 3 H.Stotey (NE] 15.4 W45 1 S.Wood [S] 14.4, 2 M.Armstrong [NE] 14.6, 3 P.Spence [S] 15.7,

15.7.
200m Mil 1 M. Herrmings [5] 24.1, 2
S. Todner [NE] 25.0, 3 A. Davilog [5]
S. Todner [NE] 25.0, 3 A. Davilog [5]
S. Zolly [37.0 Mil 1, 1, km [5] 25.8, 2
F. Juliary 27.0 Mil 1, km [5] 25.8, 2
F. Juliary 27.5, 3 C. Juliary 27.8, 3 C. Juliary 27.8
Mil 27.5, 3 C. Juliary 27.5, 3 C. Juliary 27.8
Mil 27.5, 3 C. Juliary 27.5, 3 C. Juliary 27.8
M. Smith [5] 26.8, 2 M. Wa's 1M. Arrestrong (NE) 28.8, 2 S. Wood [5] 30.4, 3 P. Spence [6] 32.8, 2 S. Wood [5] 30.4, 3 P. Spence [6] 33.2

[NE] 28.8, 28. Wood [S] 30.4, 3 P. Speince [S] 33.2
400m M6 1 S. Todoine/[PE] 53.2, 2
400m M6 1 S. Todoine/[PE] 53.2, 2
400m M6 1 S. Todoine/[PE] 53.2, 2
50. M60 1 J. Rae [S] 9.7, 2 P. Lutroweki
NF[6.50, 3 McMillan [S] 70.5 M60 1
A. Clinton [NE] 64.0, 2 H. Fletcher [S] 67.4
A. McMantas [S] 7.1 9 M63 1 Morrison
[S] 68.0, 2 A. Sandeston [NE] 68.9, 3
Millior [S] 70.0 W49 P. Spence [S] 82.0, 2 H. Simpson [NE] 91.7, 3 J. Stark [NE]
92.2
800m M40 1 A. Dunlop [S] 2.02.8, 2

K.Sanderson [NE] 2:11.2, 3 L9tewart [S] 2:12.2 M50 1 B.McKay [NE] 2:19.0, 2 R.Young [S] 2:20.6, 3 R.Jurowski [NE] 2:21.3 M60 1 W.Barrago [NE] 2:90.9, 2 R.Sheraton [NE] 2:45.5, 3 T.McManus [S] 2:47.5 W35 1 H.Monton [S] 2:32.7, 2 A.Sanderson [NE] 2:40.1, 3 K.Todd [S] 2:41.6 W45 1 H.Silmpson [NE] 2:30.1, 3 K.Todd [S] 2:41.6 W45 1 H.Silmpson [NE] 2:30.1, 2 M.Avery [NE] 3:12.1, 3 J.Oliver [NE] 3:13.2

H. Simpson (NE):5:54., 3 A. Calvert (NE):6:24.9
5000m M40 1 A. Stirling (S) 16:37.2. 2
A. McLinders (S):1847.7., 3 J. Myryng (S)
17:09.0 4 M50 1 R. Young (S) 16:58.7. 2
B. McGonagle (S):17:01.9, 3 D. Cariovesther (S):17:12.5 M60 1 A. Brown (S):18:14.5, 2
W. Ramage (NE):18:57.1, 8 R. Sheraton (NE):19:29.8
93000m W35:17.Thomson (S):10:49.5, 2
A. Douglas (S):11:07.6, 3 M. Frazer (NE):12:15. W45:13. J. Myrg (S):11:10.8, 2
M. Simpson (NE):12:14.8, 3 M. Moore (Ne):1343.3

M.Sirripaon [NE] 12:14.8, 3 M.Moore [Ne] 13:43.3
HT Mad 1 P.Dodeworth [NE] 96.00, 2
J.Freebain IS [28.84, 3 D.Henderson [NE] 96.00, 2
J.Freebain IS [28.84, 3 D.Henderson [NE] 22.56, M90 1 W.Gentleman [S] 48.20, 2
A.Edgar [S] 14.65 3 D.Wilmoth [S] 5.28
M90 1 W.Laing [S] 26.04, 2 R.Laichler [NE] 22.56, 3 G.Brigoman [S] 19.04 W35 1
C.Carneron [S] 27.50, 2 C.Larribott [NE] 17.36, 3 A.Portoous [S] 12.04 M95 1
J.Ramrell [S] 25.92, 2 C.Scarles [S] 10.64

10,84 DT M40 1 J.Freebairn [S] 26,94, 2 P.Dodsworth [NE] 26,82, 3 D.Henderson [NE] 26,80 M50 1 W.Gentleman [S] 37,80, 2 J.Scott [S] 30,06, 3 J.L.Scott [S] 27,00 M60 1 R.Laidler (NE] 32,06, 2

G.Bridgerran [S] 26.26; 3 F.Gallagher [S]; 20.10 W35 1 C.Larrbort [NE] 16.32; 2 C.Love [S] 16.26; 3 A.Sirventson [S] 16.04 W45 1 J.Harmen [S] 26.64; 2 C.Scarles [S] 16.02; 3 A.Briggs [Ne] 16.00 J.H. Advis [He] 17 M40 1 J.Galler [S] 36.04; 2 J.L. Scorl [S] 30.00 M50 1 Freebavin [S] 36.44; 2 J.B. Scorl [S] 30.10 M50 1 A.B. Advis [We] 29.00; 2 G.Bridgerran [S] 23.06; 3 [S] 0.10 M50 1 F.Lastior; [We] 29.00; 2 G.Bridgerran [S] 23.06; 3 A.Criston [NE] 17.22 W35 1 H. Storey [NE] 15.00; 2 E.Larren [We] 17.14; 3 B.Briggs [NE] 10.58 PM40 1 J.Freebarin [S] 10.20, 2 R.Briggs [NE] 10.58 PM40 1 J.Freebarin [S] 10.20, 2 R.Briggs [S] 1.200, 3 J.Lostic [S] 3.25 G.Britter [S] 3.25 G.Brit

A Stevenson ISI 6.4° W45 1.1 Hammel ISI 6.73. C 25.ceries [St. u - 1 A Briggs IN E 1.6 B C 1.6

## British Veterans Pentathion Throws Championships, Cannock, 2/10/1994

					-	2000 AUG	
						Heavy	
	A MANAGEMENT AND AND AND	Hammer	Javelin	Discus	Shirt	Hammer	Points
M40	J.Little [Border]	42.50	37,60	37.18	11,33	11.52	3042
	R.Steventon [Telford]	33.44	36.13	31.46	11.78	9.06	2574
	JLynes [SWVAC]	25.00	27.32	24.00	10.76	7.85	2051
	D.Roe [MVAC]	16,66	34.54	26.96	8.95	5.90	1767
	R.Lambourn [N'thants]	37.00	22.44	Retired			-
M45	B.Renshaw [Roth harn]	32.24	24.84	37.66	11.32	8.29	2706
	M.Bousfield [Setton]	33,46	34.B4	26.50	10.60	8.78	2657
	M.Taylor [Banbury]	32.68	33.42	25.10	8.69	8.44	2424
	G.Felion [RSC]	19.62	29.54	22.82	8.70	5.87	1861
M50	J.Conboy [Birchfield]	38.58	33.08	34.58	11.73	14.26	3369
	P.Owen [Tamworth]	19.32	39.20	26.38	7.62	8.39	2242
M55	H.Richardson [Copel'd]	44.32	37.60	35,54	9.01	13.39	3764
	B.Sumner [Tarnwth]	35.00	24.44	29.82	9.39	11,49	3001
	D.Rafferty [Birchfield]	23.76	26,82	22,10	8.30	8.01	2274
M60	J.Watson [NVAC]	39.80	26.04	40.30	10.84	12.81	3506
	J.Phillips [Trowbrige]	24.42	42.02	35.04	9.23	9.84	3109
	K.Oldfield [MVAC]		-	17,10	Retired		
M65	D.Williams [MVAC]	33.22	27.04	30.78	8.58	10.70	3174
	N.Carter [Burton]	19:04	18.98	23.78	6.44	6.94	1979
M70	J.Gercs [Rugby]	24.20	22.50	29.18	9.66	8.41	2885
M75	R.Spikes (SWVAC)	18.00	13.70	19.88	7.74	6.71	2163
W35	J.Cunnane [Wakefield]	34,72	22.34	27.52	8.18	10.75	2388
	S.Hall [Telford]	21.16	17.72	25.26	9.17	6.82	1764
W40	L.Hallan (Notts)	19.42	22.74	24.56	8.79	8.09	2237
W50	M.Swinton [Moray]	29.86	19.72	19.90	8.95	7.21	2497
	C.Morris [Birchfield]	22.54	25.84	11.72	6.91	7,05	2095
W60	A.Moore [MVAC]	17.48	10.28	16.48	7.54	8.19	2163
W65	J.Ogden [Thurrock]	21.40	26.32	16.88	7.73	7.37	3415

## Commonwealth Games memories (1958-1994) continued from page 9

Brisbane. The 100m tie between the defending champion, Scot-land's Allan

Wells England's McFarlane was memorable as was Rob de Castella's through the city in the final stages of the Marathon win Christina Boxer ran superbly to win the 1500m in 4:8.28. We waited with anticipation

for the trip to Meadowbank Opening Cer-emony having bought tickets for all the events of 1986 Commonwealth Games. Sadly, the Af-

decimated

leaving it almost as a home cham pionships with support from such great names as Australia's defending Marathon champion, De Castella, who won again. To see Steve Ovett win the 5,000m, Liz. Lynch the 10,000m starting a well chartered career and Steve Cram the 1500m/800m double gave us the inspiration to spend each morning training through Edinburgh's main streets or plough the environs and heights of Arthur's seat! I even made it to Fort William to Run the Ben Nevis Half and back by midnight before joining the crowds the following day on the shuttle service to the stadium. By 1990 I was pursuing my

teaching career in the remote vil-lage of East Allington, jogging "Devon's Green Lanes" and competing for Dartmouth AC. That January saw the opening of the Auckland Games. On Jan 27, I rose on a wintry morning at 6.10 to see Eammon Martin unleash his devastating kick on the last lap whilst Gary Staines was just 'pipped' for the bronze. The next week I lay in bed with a fever, to hazy recollections of Matt Yates break into major championships with an excellent if unexpected 800m bronze, the Australian Andy Lloyd's amazing chase to catch the runaway John Ngugi in the 5,000m, a 1-2-3 scoop for Eng-land in the 200m and 1-2 in the Women's 800m. Liz McColgan

14) continued from page 9
10,000m whilst Steve Backley took the Javelin title ahead of '86 champ Mick Hill. To cap it all Peter Elliot produced the 'crowning' effort, revealing that he could win the "big one", when he took the 1500m gold. The haunting strains of "Danny Boy" sung by Bob Gibson, when the tape recording of the Northern Ireland anthern failed, remained as another indelible memory.

other indelible memory.

Aug 27 1994 was the
Dartmouth Regatta Road Races when the shows 150th Anniver-sary saw massive crowds gather-ing at the finish as Bristol's Wayne Buxton came home to win the 5.1 miles hilly challenge. I was pleased with my 4th O/45 placing in the field of 130 runners. Coming home, and winding back the video to watch the day's performances in the Games, it was good to note Yvonne Dawson's third in the marathon, a position repeated by England's Mark Hudspothnext day as he ran behind the metronome motion of Aussie Steve Monaghetti, As I record the English clean sweep in the hurdles, more golds for Christie and Gunnell and the highlight for me of Rob Denmark taking the 5000m, I looked out of the win-dow into the fast gathering gloom onto the same road where 36 years before I had first caught the run-ning bug and reflected on the pass-

John W. Legge



Road: 10 -25 Km Walk: 20 Km Women 30 Km Men

Entry forms, information and accommodation:

Jacques Serruys

Korte Zilverstraat 5 8000 Brugge - Belgium Tel. 00 32 50 341 781 Fax: 00 32 50 334 325

10 & 25 KM SUNDAY 25th JUNE 1995



BRUGGE -BELGIUM

MEN AND WOMEN

AIMS CERTIFIED

22nd **EDITION** 

AGE GROUPS MEN: 40-45-50-55-60-65-70-75-80 WOMEN: 35-40-45-50-55-60-65-70-75

COURSE: FLAT AND FAST ENTRIES: TILL 15 MAY 1995 NO ENTRIES THE DAY OF THE RACE

ENTRY FORMS AND INFORMATION WRITE TO: JACQUES SERRUYS

KORTE ZILVERSTRAAT 5 - 8000 BRUGGE -BELGIUM

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