

Veteran Athletics

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BVAF 10 miles: Three make a break. Mike Hagar, Mike Neary and Ian Evans

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 welcome was maintained. Despite the clash with the world championships an excellent quality of competition ensued, especially in the male categories. On a hot and humid day, not conducive to fast times, three records were broken. Salford's Mike Neary (M45) sliced 44 seconds off 'Taff' Davies' 1987 course best when he clocked 52:20.

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 European 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. She took no less than 29:05 off the 1992 W65 best, in crossing the line in 85:31. The M40 team competition was extremely close, with the Salford outfit proving themselves 'top of the pops', scoring 51 to Tipton's 56 and Wirral'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

Steve Birkin M50 winner



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, Ian Evans, Andy Canon and Mike Neary passed the first mile 'around the houses' in 5:05. At the second mile mark (10:20), still 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.

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 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 down.

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 Toronto, 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 interesting 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 with Inga Sensburg of Germany and Bryan Stride of Canada, Gates found a bit of extra pace in the final kilometre to come home 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 notable performance came from Scotland's Willie Marshall, M65, recording 37:37. On the age graded scale, this corresponded to 92.2%, the second highest score in any of the three championship events.

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

25k The second day of the championships 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 Milis 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 performance was by Hugh Arnold 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 Lippett took a silver to go with her bronze from the 10k and Diane Monteith did very well to finish fourth in the W40 class.

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 ninth

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 Veterans 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 Buffalo, USA. Entry forms and full details will be published in the next Veteran Athletics.

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 the 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, gave the USA a first day 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 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 favoured one.

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 3rd. The championships were a big success and John Charlton must be complimented for his superb organisation. Regrettably, John had to retire from the competition after the high jump. Thanks to the Sheffield Schools, officials, stadium staff, Bill Taylor (presentations) and the two most important people 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 Ian Thomas SCS, MCX office Equipment and KPMG computer equipment for their aid. We hope we will be able to continue the International meeting in the future.

Full Decathlon and Heptathlon Results on page 8.

BVAF DECATHLON, GB v USA MATCH

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 Thorne	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 lack of 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

Veteran Athletics

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BRITISH VETERAN INDOOR ATHLETIC CHAMPIONSHIP

(under BAF Rules)

SUNDAY 12 FEBRUARY 1995

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

N.I.A. BIRMINGHAM

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Special rates, bed and breakfast — £18.50 per person
single or sharing twin room per person
Booking only through the organiser, Winston Thomas

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

£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.

CHAMPIONSHIP ENTRY FORM

Please use capital letters

Surname _____ Christian Names _____

Address _____

Post Code _____

*Male/Female _____ Telephone No. _____

Date of Birth _____ Age Group _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

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

EVENTS

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

Entry Fee £5.00 1st Event £7.00 Non-affiliated £3.00 each subsequent event.

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

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

Signed _____ Date _____

Entries to Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HB

* Non-affiliated athletes must supply A or B

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 are a series of "age factors" and "age standards" which can be used to 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 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 sex in that event.

Achievement Levels

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

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 events.
- 3) Set your goals for the current year and future years.
- 4) Compare your performance to people of any age.
- 5) Estimate your performance in new events.
- 6) Select the best performance in an event among all age groups.
- 7) Select outstanding athletes.
- 8) 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.

Background

The original tables were compiled in 1989 by 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. A mandate to update the tables was given by WAVA to the WAVA Age-Graded Sub-Committee, chaired by Al Sheahan. 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.

Commitment

Most of the committee members individually spent many hundreds of hours working on 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.

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-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 1994 revision. This was not done for 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.

The Book

In addition to the tables, the Age-Graded Tables Book includes copy which helps to simplify 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 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 governing body. However, they are very important to a significant portion of its constituency. Bill Taylor and his applicable sub-committees have treated the subject with the respect it deserves and have turned out the best product attainable at this time.

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 (or 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 performance.

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



Mike Higginbotham, 10k titles on both Road and Track

Tough time at Blackpool

The BVA 10k Road Race Championships 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 headwind. 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 seconds adrift in 31:59. Smith finished fourth in 32:40. Higginbotham was also

the winner of the open race which had six veterans in the first ten places.

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

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 Garland finished 2nd and 3rd respectively. The women's race entry was disappointing although the overall BVA entry, given the short notice in arranging the event, was quite good. Newly presented trophies donated by Tony Cartwright, BVA 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 Records at Solihull

The experiment of holding the BVA 10000m track championships away from the main BVA Track & Field Championships 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 performances. 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

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 American and Caribbean Regional Association Championships in Edmonton, and the USA Masters in Eugene the following weekend. We flew to Seattle and travelled 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 disappointment, 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 torrential 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 — beaten 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, but 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 DQ'd 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. Jocelyn 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 BVA 10k Road Walk Championship was held in conjunction 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 (Graham Elliott (M40) was disqualified)

M45 1 Brian Adams, Leic RWC 47:38; 2 George Fenigsohn, 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 Tony Collins, Birchfield 56:07; 3 Bill Wright, Nuneaton AC 56:35; 5 Les Semmens, Worcester AC 58:17; 6 John Sturgess, Leicester RWC 60:09; 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 58:52; 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

M60 1 Geo Chaplin, Coventry RWC 55:29; 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, Woly/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 overall 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 Smith, Broms & Redditch 143:00

M45 1 Brian Adams, Leicester 108:56; 2 Geoff Tranter, Birchfield 115:36; 3 Stuart Marchmont, Steyning 119:45; 4 Terry Morris, 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, Verleia 118:38; 5 John Sturgess, Leicester 124:05; 6 Keith Batten, Trowbridge 125:58; 7 Bill Wright, Nuneaton 126:51; 8 Richard Deacon, Aldershot F&D 137:39; 9 Keith French, Sheffield 141:52; 10 Richard Whitham, 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 130:00; 2 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 110:22

W45 1 Ann Lewis, Aldershot F&D 128:57

2 Sheila Bull, Tamworth 145:24

W50 1 Pam Ficken, Surrey 141:17

YOUR LETTERS

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

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 reference to competitors who performed well, despite various handicaps or disabilities, it was a pity that Alistair failed to mention 77 year old Ernie Plimer from my Scottish 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, since then.

Surely a remarkable record by this indomitable character who is aware that his sight is gradually fading, and following a recent spell in hospital following a dental operation and throat trouble, he 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 Eccleston 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 cross country season with Birmingham League, Gloucester League, Area Championships, 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

10k with one of the regional veterans 10k 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.

Just one final point. I agree that a week-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.

Editor

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.

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

Medical Corner

Race Walker Charles Coleman (75) asked 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 prescribed 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 exercises 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 problem.

As I have stated on previous occasions, it does help to have some physiotherapy 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-inflammatory 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 degenerative/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.

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 harassed 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 championships.

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 unfortunate 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 Ramage
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 Bedford, which was slower, in case the Athens time would not be recognised.

As well as publishing this omission, 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 published 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.

Editor

RECOGNITION FOR OLDER VETS

I 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. I 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.

Gwyn Davies
Bridgend

A CANADIAN EXPERIENCE

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 good 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 was marvellous after the long flight. The barbecue 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 good.

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 closed 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 get second place in the M55-60 GB team. To sum up, thanks to the 2nd WAVA organisers and to Scarborough, Ontario. 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

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 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
Pontypool

Graham Bullimore finishes the WAVA 10k



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

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 challenge, 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.

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



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 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 lions are rare and the last recorded attack resulting in death in California was over 60 years ago.

(USA Masters News)

Janice Moorekete (276) at Lake Vyrnwy

Moorekete wins Lake Vyrnwy
Among outstanding performances by women veterans recently was that of Janice Moorekete, W35, of Invicta East Kent AC. Running in the Lake Vyrnwy 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.

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 enormous 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 priority.

As many of you know, I was Treasurer 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 expect. Certainly it takes far less time than that needed by a club treasurer, for there are only 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

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 competitor.

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 help.

Decathlon

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 question of BAF forming a Veteran Committee is due to be discussed at the full BAF 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 optimistic 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 meantime, 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



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 Wales 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 has 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 but in some of them the entry barely reaches 100. In one of the championships that I went to recently there were only 60 runners from the BVAF taking part and in some of the age groups there were no

runners at all! We try to move the BVAF races around the country and where possible they will be veteran only races.

There have been suggestions that we should cut back on some of the championships 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 organised 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)

Tony Cartwright

EVAA Road Championships 1995

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 find if entries 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 available 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 home a bronze in this division.

The next WAVA Road Championships 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 events.

T&F Ranking Lists

Once again it is the end of the Track and Field season and we are making the request for individuals/event organisers/club statisticians/league secretaries etc. to forward results for inclusion in the 1994 T & F ranking lists. Mens results should be sent to David Burton, 71 Nethergreen Road, Sheffield S11 7EH and female results to Sally Gandee, 4 Westfield Road, Hertford, Herts SG14 3DJ. Where possible, 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 decathlon. This is available from Ian Thomas, Sports Computer Services, 8 Sandycroft 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 decathlon.

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 contributed since the August issue. Their generosity is appreciated.

George Oxbury
Anonymous
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 via our 500 Club, or the periodic Raffle.

Track & Field notes

BVAF Indoor Championships, Sunday Feb 12, National Indoor Arena, Birmingham. Entry Fees, non affiliated £6.00 affiliated £4.00 for 1st events. £3.00 each extra event. Accommodation at the 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 field trophies are as follows: O/35 Field. Jennifer Cummane, Hammer 38.64, O/40 Field. Paul Dickenson, Hammer 54.84, O/50 Field. Sean 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 donors, and to all the officials, with my apologies, for the lack of communication. Thanks to all who returned the questionnaire which will help with the planning of future championships.

Indoor Pentathlon: Details of the Indoor Pentathlon have not been finalised 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 costs.

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, made payable to Veteran Athletics, for £12, or multiples thereof — to increase your chances of a win — to the Hon Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot, Devon TQ12 6YB. The sooner you do it the sooner you will get in on the draw.

These are the recent winners:

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 Collard (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.

Superfit Alf Woods

Alf Woods, M65, of Epsom & Ewell H, keeps in great shape and is superbly fit. He is pictured below about to put the shot a distance of 10.64m at Altam.

At the BVAF Championships at Bedford in July Alf achieved 10.86 for the shot, and also pole vaulted 2.91m for a British Record.



WAVA Track & Field Championships 1995

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 championships through the official channels, ie via Barbara Dunsford. However, members are free to make their own travel and accommodation arrangements if they so wish.

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 Masters.

Wilkinson retains marathon title

Report by Dave Edwards

San Domenico's Kevin Wilkinson displayed the character of a true champion as he beat the elements to retain his BVAFA 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 veteran, 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 to better things. In fact my form went down as 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 hurt last week in a blast furnace explosion so I decided if I won I would dedicate it to them".

Wilkinson made his intentions clear from the start as he swept clear of the field in company with open contestants 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 stride over the next six miles, before Wilkinson

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 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 BVAFA Crown. Wilkinson crossed the line in 2:41.33. It was the slowest BVAFA winning time recorded but reflected the conditions. Wilkinson's nearest BVAFA challenger was O/50 winner Ken Burgess from Altrincham, who clocked an impressive 2:47.50, to finish 9th overall.

Potteries Marathon runner Alan Austin mistakenly assumed that his club's affiliation to the BVAFA 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 the O/65 champion, while former World O/60

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



BVAFA Multi Events Results

	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m	PTS
M40											
N Phillips 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	12.3	6.21	7.29	1.59	55.1	19.2	23.18	3.10	31.62	4:46.6	5169
G Luckie Verles	12.6	5.81	9.07	1.53	58.7	18.1	25.90	3.30	33.18	4:48.0	5056
I Mannist Oxford	13.1	5.39	9.46	1.56	59.7	17.5	29.78	3.20	34.26	5:05.7	5478
P Zeniou N London	12.7	5.39	11.11	1.53	58.6	19.8	31.56	NHC	48.11	5:12.3	5176
N King Rylston	12.9	5.18	8.10	1.59	61.9	19.6	23.32	2.60	30.46	5:06.8	4758
F Blackwell Rugby	12.9	5.26	7.13	1.47	59.5	18.2	18.12	2.50	29.96	5:37.6	4523
T Hall Redhill & S	13.1	5.46	7.18	1.47	62.5	19.0	18.44	2.30	29.48	5:05.9	4476
N Baker Southend	13.0	4.57	7.54	1.41	60.3	19.2	21.56	2.00	16.26	5:09.7	4077
P Dodson Chelmsford	14.0	4.73	6.43	1.44	68.7	20.9	21.38	2.00	26.80	6:01.7	3992
J Waughma SCVC	14.4	4.24	6.23	1.32	67.2	23.3	16.66	2.10	28.08	5:26.1	3126
G Ward Stoke	12.0	6.30	9.86	RET							
M45											
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 Lukinski Guildford	13.1	4.98	9.90	1.59	66.2	20.3	31.96	3.10	32.18	6:29.2	5263
J Gekler Musselburgh	12.6	5.23	8.24	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	RET						
C Dunn Nott	13.2	4.56	8.39	1.47	61.3	RET					
E Fitzgerald Plevare	12.7	5.77	7.39	1.65	61.8	17.7	23.40	NHC	RET		
M50											
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	6:16.8	6399
T Thorne USA	13.4	4.85	10.95	1.61	64.1	17.3	31.02	2.60	40.18	5:43.3	6195
B Loten Yeovil Olym	13.4	4.90	10.81	1.31	62.4	17.7	25.20	2.80	41.92	5:55.1	6136
G Long Norfolk Olym	13.1	4.72	9.95	1.49	61.8	16.5	28.26	2.30	30.76	5:23.8	5875
R Hancock Rylston	13.4	4.88	9.91	1.49	64.4	17.5	30.56	2.40	32.06	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	5:25.2	5308
J Lee Verles	12.9	4.90	9.17	1.46	70.0	20.02	24.22	2.50	28.28	7:12.6	4727
R Charnock Norfolk Olym	14.0	4.27	9.25	1.20	71.2	18.2	24.98	2.10	34.24	6:04.4	4662
T Bigham 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 Leamington	14.9	4.03	8.25	1.43	69.2	24.8	18.62	2.20	26.36	5:38.1	3994
T Town Verles	14.4	3.92	7.77	1.22	77.0	24.9	17.56	1.50	22.66	6:54.5	2965
M55											
T Mackay Bedford	14.1	4.74	10.26	1.49	66.8	18.2	31.58	3.20	35.55	6:13.4	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	6414
T Freebairn Edinburgh	14.8	4.08	11.29	1.52	75.1	20.1	33.00	2.40	34.04	7:30.6	5441
D Burton Sheffield	12.7	4.49	7.25	1.25	66.8	RET					
M60											
J Phillips Knowbridge	14.3	4.40	9.88	1.32	70.2	20.2	35.44	2.30	43.86	7:19.3	6006
C Taylor KVC	15.4	3.75	9.70	1.23	74.1	23.6	32.92	1.80	27.68	6:22.9	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 Epston	14.9	4.20	10.39	1.26	79.8	19.7	27.36	2.80	27.48	DNF	
I Steadman Musselburgh	15.5	3.90	6.76	1.17	73.5	19.0	23.94	1.60	17.36	6:35.4	5027
M70											
F Hirsimaki USA	15.6	3.70	9.46	1.29	84.1	15.5	28.16	2.40	22.60	7:36.7	6122
L Williams LVC	15.2	4.14	8.57	1.20	81.7	15.5	26.88	1.90	17.54	8:58.8	5526
M75											
H Morningstar USA	17.4	3.18	8.59	1.14	113.8	21.0	27.86	1.70	22.24	9:13.5	4725
T Rawlinson Verles	17.6	3.18	6.15	1.06	98.5	23.1	16.56	1.80	19.08	8:22.4	4147
WOMEN											
100mHJ											
SP											
200m											
LJ											
JT											
1500m											
PTS											
W35											
J Brown Ashford	16.4	1.63	9.75	27.3	5.35	31.94	2:28.9	5:17			
S Owen Newport	17.1	1.51	10.84	29.3	5.07	23.50	2:59.1	4:03			
H Barker Leeds	17.8	1.51	10.05	28.8	4.83	22.56	2:38.4	4:02			
L Anderson SWAC	18.0	1.42	8.06	29.0	4.58	30.58	2:30.7	4:02			
W40											
S Dodson Chelmsford	14.5	1.33	7.77	30.4	4.36	18.42	1:13.2	3:58			
W45											
T Wells SCVC	14.0	1.36	7.49	28.7	4.75	19.42	1:01.8	4:06			
W55											
D McLennan Hounslow	20.8	0.95	5.45	38.8	2.88	10.20	3:45.8	19:07			
W60											
B Steadman Musselburgh	18.3	1.00	5.47	35.1	3.56	12.22	3:29.0	32:42			

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 by a woman, eclipsed 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. 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 despite a heavy cold. "This is a great personal honour and goes some way to repaying 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 goal. We have tried 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 my time".

Stoke'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 Gert 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 advancing years. She completed the distance in 4:08.57, to carry off the O/70 award.

As usual the course was superbly marshalled by the Stone Master Marathoners members. Their efforts certainly deserve a greater response from runners, for few marathons can boast a better course, venue, facilities and the hospitable welcome that awaits runners at Stone. Particularly disappointing was the BVAFA members entry, which numbered around sixty.



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



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 anybody 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 exhausting.

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 meant 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 winner. 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 provide further evidence of their ability. During the course of the latter competition 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 themselves 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 competition.

Because there were so many competitors 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 competitors from 55-60 group figured in the overall top ten performance tables for each complete event. After all the celebrations 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 Shotarama.

In the Shotarama distances are added, rather than points awarded, to provide the winner. I found this comparatively relaxing especially 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 much protection from 33 degree heat.

What of my memories of Obertwarg? 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 werst 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 eavesdrop on 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 and farewells taken, with a firm promise to return in 1995, accompanied by a determination 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 organisers.

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 leaving school some 27 years earlier (apart from mowing the lawn and running for the occasional train and plane).

My decision was prompted, perhaps "inspired" is a better word, by watching the 1981 London Marathon on TV (from a seated position) and seeing hundreds of equally unfit, middle-aged joggers apparently 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, I 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-looking dogs. They may only have been looking 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 needed 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 stationary) 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, to finish and, secondly, to do so in under 4 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 intended 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 3 miles.

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 issues

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 scene 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 threw 6.10m) whilst both Women's 4 x 110yds relay and men's 440ydsH (Potgieter of South Africa) 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 assassination 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 to pursue school studies at Redworth Secondary Modern in Toines, 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/1 mile double and the remarkable 19 years old Bruce Kidd won the 6 miles in 103 degrees F, described by eyewitnesses as "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 1966 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 Scotland's Jim Alder entered the stadium leading by 50 yards from England's Bill Adcock 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 St 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 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 ran in the fields opposite our home with

images of the run keeping me going!

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, Wai 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 4:50.11 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 1st at the Doncaster 24hr (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.

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 Diddle 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 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 7:36.08. 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 great runs 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 Oliver

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 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 Condition (1.2 ACP)	Anaerobic Condition (1.1 ACP)	Aerobic Condition (1.2 ACP)	Aerobic Capacity (ACP)	Aerobic Condition (1.15 ACP)	Anaerobic Capacity
Maintenance	Maintenance	Maintenance	Maintenance	Development	Development
January to March — Foundation Phase 1					
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	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
April to May — Pre Competition Phase 1					
1.	2. Easy	3.	4. Easy	6.	7. Hard
	2x1600/1600		2x800/800		8x300 1:6
	2x200/200		2x400/400		Tolerance
8.	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
	2x1600/800		2x800/400		2x4x200 1:1
	2x200/100		2x400/200		Buffering
September to Mid November — Foundation Phase 2					
1.	2. Easy	3.	4. Easy	6.	7. Easy
	6x1200 2:1		12x800 SF		2x1600/1600
					2x200/200
8.	9. Hard	10.	11. Hard	13.	14. Hard
	4m T.T.		2m T.T.		3200 T.T.
					400 T.T.
15.	16. Medium	17.	18. Medium	20.	21. Medium
	6x1200 2:1		12x800 SF		2x1600/800
	No. 6 100%		No. 6 100%		2x200/100
Mid November to December — Pre Competition Phase 2					
1.	2. Easy	3.	4. Easy	6.	7. Hard
	2x800/800		2x800/800		1600 T.T.
	2x400/400		2x400/400		8x200 Alt.
8.	9. Hard	10.	11. Hard	13.	14. Hard
	3x300 1:20		2x4x200 1:1		800 T.T.
	Production		Buffering		8x200 Alt.
15.	16. Medium	17.	18. Medium	20.	21. Hard
	2x800/400		2x800/400		3200 T.T.
	2x400/200		2x400/200		400 T.T.

Abbreviations: TT = Time trial, SF = Structured fartlek

Notes on the one year skeleton Training Plan

1. 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 body's adaptive processes.

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

2. 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 Condition	Aerobic Condition	Aerobic Condition	Anaerobic Capacity	Race	Race
Recovery	Maintenance	Maintenance	Maintenance		
20-40 Mins	20x200	40-60mins	2x5x50		
Recovery run on Grass	GERSCHLER intervals	Maintenance Run on grass	Wind Sprints		
1.4 x ACP	1600 Pace	1.2 x ACP	150 Jog recovery		
			100% Speed		
	OR		OR		
	Aerobic Capacity		Anaerobic Capacity		
	Maintenance		Maintenance		
	6x800 1:1		4x100 Relays		
	3200 Pace		Full Recovery		



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

FIXTURES

NATIONAL

- 12 Feb 95 BVA National Open Indoors T&F Championships, National Indoor Arena, BIRMINGHAM. See ad Page 2
18 Mar BVA National Cross Country Championships, IRVINE, Scotland See Ad Page 6
23 Apr BVA Open 10 miles Road Championships, OSWESTRY
8 May BVA Marathon Championships, BELFAST (part of Belfast Open Marathon)
29 May BVA Open 5K Road Championships, WELLS, Somerset
18 Jun BVA 10K Road Championships, COVENTRY
5/6 Aug BVA National Open T&F Championships, EXETER. Entry forms in next issue
24 Sep BVA Half-Marathon Champs, LAKE YVRNRY, North Wales

INTERNATIONAL

- 13/14 May European Vets Road Running and Walking Championships VALLADOLID SPAIN
25 Jun Veterans Grand Prix 10K/25K, BRUGES
13-23 Jul WAVA Track and Field Championships, BUFFALO, U.S.A.

NORTH

- 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, Clwyd LL11 4DL (0798) 751185
8 Jan 95 Monthly run, 10K Cross Country, Leverhulme Park, BOLTON. Noon start.

- 5 Feb Monthly run, 10K Road. Sports Centre, STOCKTON HEATH, Warrington, Noon start.
12 Feb NVAC Cross Country Championships, HOPWOOD HALL, MIDDLETON, Manchester. 1pm, £2 to Don George, 16 Addison Road, Hale, Altrincham, Cheshire, WA15 9BQ, cd 30/1. No entries on day
26 Mar Monthly run, TATTON PARK, Knutsford, Cheshire.
19 Apr Monthly run, Wallasey RUFC, Cross Lane, WALLASEY. Noon start
21 May Monthly run, 6 miles Road & Paths, Hood Lane, WARRINGTON. Noon start

NORTH EAST

- 10 Dec N.E. Cross Country Championships, ALNWICK
18 Dec SALTWELL 10K
1 Jan 95 MORPETH - NEWCASTLE
7 Jan Harrier League No. 3 WALLSEND
14 Jan Harrier League No. 4, PETERLEE
21 Jan MORPETH 11K, MORPETH
22 Jan DURHAM Relays
28 Jan Northern Cross Country Championships, HEATON PARK, MANCHESTER
4 Feb NEVAC XC, ROSEHILL, WALLSEND (NEVAC members only)
5 Feb £1 to G Roulledge
5 Feb CHESTER LE STREET 10K11 Feb Harrier League No. 5
12 Feb SOUTH SHIELDS
18 Feb Lightfoot Winter Track Meeting
19 Feb Signals Relays
25 Feb Womens Cross Country League, ASHINGTON
26 Feb Sherman Cup Cross Country, CROOK
NE Womens Cross Country League, BLAYDON

MIDLAND

- 18 Dec Christmas Handicap Cross Country, BIRCHFIELD
15 Jan 95 MVAC Champs, ROWHEATH. Ladies 5K, Men 10K COFTON PARK
5 Feb Cross Country Handicap, Entries John Walker, Chelmsley Wood
7 May Road Relay, TAMWORTH

SOUTH

- 3 Dec Blackheath H. Vets 10K CC and Self Handicap, WEST WICKHAM, Kent; all vets invited 2.30 start
18 Dec VAC Cross Country, 4.8 miles WIMBLEDON COMMON, 11am
7 Jan 95 Kent County Vets CC Champs
14 Jan VAC Cross Country Championships, 4.8 miles, WIMBLEDON COMMON, 2.30pm. Members only.
22 Jan Mitcham 25K Road Race including BVA Gr 2 awards. SUTTON ARENA. 10am, Entry forms from J Fitzgerald, 6 Tyers House, Aldington Rd. London SW16 1TJ (SAE)
4 Feb SCVAC Cross Country Championships, PORTSMOUTH, 12 noon. Team and individual entries £3 to Jeanne Coker. cd 26/1/95
4 Feb VAC Cross Country, 4.8 miles, WIMBLEDON COMMON, 3pm

- 25 Feb VAC Cross Country. 4.8 miles, WIMBLEDON COMMON, 3pm
4 Mar First South of England AA Mens & Womens Vets Champs. Further information from SEAA Office 071-247-2963. Entry forms to all clubs
25 Mar VAC Cross Country, 4.8 miles, WIMBLEDON COMMON, 3pm with Vets Inter Club
23 Apr Tooting Runners Open 10K Road Race, incorporating SCVAC Champs. TOOTING COMMON, 10am. Entry forms from J Fitzgerald

SOUTH WEST

- 11 Dec SWVAC SWRR 10K, EXETER
11 Dec SWVAC Cross Country Grand Prix, Wessex League
17 Dec SWVAC Cross Country Grand Prix, CHELTENHAM
18 Dec SWVAC Cross Country Grand Prix, SWINDON
7 Jan 95 SWVAC Cross Country Grand Prix, Gloucester League
7 Jan SWVAC RR Grand Prix, 10K, STUBBINGTON GREEN
8 Jan SWVAC Cross Country Grand Prix, Wessex League
15 Jan SWVAC Cross Country Grand Prix, Midsomer Norton
4 Feb SWVAC Cross Country Grand Prix, FOREST OF DEAN
12 Feb SWVAC Cross Country Grand Prix, Wessex League
19 Feb SWVAC Cross Country Grand Prix, BRISTOL
25 Feb SWVAC Cross Country Grand Prix, AVERDARE COUNTRY PARK
26 Feb SWVAC RR Championships and Grand Prix, FULFORD. 5M
5 Mar SWVAC Cross Country Grand Prix, SALISBURY
12 Mar SWVAC RR Grand Prix, IBM PORTSMOUTH HALF
12 Mar SWVAC Cross Country Grand Prix, Wessex League
18 Mar SWVAC Cross Country Grand Prix, HARTBURY
20 Mar SWVAC RR Grand Prix, Half Marathon, FLEET
26 Mar SWVAC RR Grand Prix, 20 miles, LISKEARD
23 Apr SWVAC RR Championships and Grand Prix, 10K, NORTH DEVON

ISLE OF MAN

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

SCOTLAND

- 27 Nov 5 miles Rolls Race, Savings Bank Social Club, Boyston Road, off Barnhead Road, at traffic lights, next to Pollok Golf Course.
11 Dec Christmas Handicap, Lochinch.
15 Jan 95 SVHC CC Championships to be arranged.
21 Jan 5 miles CC Race Bent Park, Hamilton.
23 Jan 10K Spanish RR Championships Torremolinos
25 Jan 5K Spanish RR Championships Torremolinos
25 Feb SAF Veterans CC Championships Hawick
12 Mar SVHC 6 stage Relay, Torrance
18 Mar BVA Veterans CC Championships Irvine
9 Apr SAF Indoor Track & Field Champs Kelvin Hall, Glasgow.

Around the Regions

NORTH EAST

NEVAC
The 17th NEVAC Track and Field Championships were staged at Monckton Stadium, Jarrow on July 9. The blustery conditions on a dry, warm day were not conducive 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 (Garscube AC).

Richard Jurowski, new to the M50 group, also took three sprint golds (13.6/27.7 and 60.6) to add to his golds in the shot (9.61) and Javelin (25.42) and 800m Bronze (2:26.8).

In possibly the best race of the day, K Archer of Crook outspun 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.

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 championship bests in the M40 lone jump (5.65) and triple jump (11.88) to compensate for his disappointment in missing the Bedford BVA closing date. Not to be outdone, K Gibson added the M45 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 breaking 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 return 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 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 guttiest runner must have been Valerie 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 Malcolm Stewart in the M65 group and Alan Feamley won the M70 despite being told to run 2 extra laps by confused lap counters. Another excellent run 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 Prestland 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 Choley'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 Arnie Bradshaw was a clear winner in the M45's, but there was a titanic struggle for honours in the M50's. The winning time of 34:10 was over 2 1/2 minutes faster than last year 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.

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 stronger man in the 1500 and 5000. John Freebairn 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 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 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 keenness 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 president at our after-dinner speeches. Keep on dreaming, Georgel! Our thanks must go to Monklands District Council for sponsoring this event.

Danny Wilmoth

SOUTHERN

SCVAC
The 1994 best performance trophies will be awarded at the AGM on Friday November 25 to the following:

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

Best Throws Performance. Evaun Williams for her W55 European Championship Hammer throw of 45.02 at Athens, yet another W55 World record.

Best Jumps 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 medalist 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 Cuning, 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
VAC
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.

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 confident 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 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 vet 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-assured 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 be the GB lists of '94 and added to his 45 and 50 group best times in the event he has 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 country Chris Fairbrass (Invicta) was a confident winner with 26:16, smart for the first of season,

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 Counties international bids with a close pod in places 10, 11 and 12.

Windmiller Lesley Bowcott, 50, ran a sparkling 34:00, her best time after six years running these races, ahead of Caroline Bamford and four other women.

Jeremy Hemming

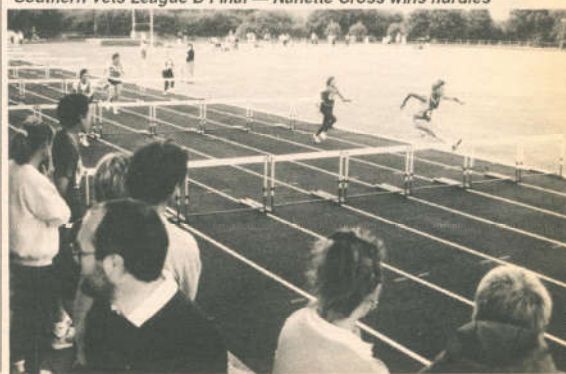
WELSH

The second WVA Half Marathon of the year was the Half Marathon held in conjunction with the annual event around Lake Ymwy 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 overall was newly eligible Paul Smith (Les Croupiers). Kevin Brown (ex RAF but now with Eryri II) was second vet in 17th place and former Juvenile World Age record holder Frank Thomas (Aberystwyth) 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 titles. Susan Martin-Clarke (Medway) was sixth woman home and took the Welsh Veteran's title with Liz Clarke (Les Croupiers) coming right through the field to be third Welsh Veteran despite missing 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 her younger rival compatriots. J H Collins

Southern Vets League B Final — Nanette Cross wins hurdles



August 4-7, 1994

British competitors (competing as guests):
100m M52 2 D.Burton 12.69 W55 1 U.G.
14.20 W60 2 B.Green 18.20 W70 1
M.Wisey 17.4B, 3 P.Taylor 20.70
200m M55 1 D.Burton 25.87 W55 1 U.G.
30.25 W60 1 B.Green 37.62 W70 1
M.Wisey 36.17, 3 P.Taylor 44.75
400m M52 2 J.Ross 60.10 W60 2 B.Green
94.01
800m M40 2 W.Doherty 2:13.06, 3 P.Du
2:17.47 M65 2 K.Cooke 4:24.03 W65 1
J.Ross 3:10.57
1500m M40 2 W.Doherty 4:34.90, 3

1500m M40 2 W.Doherty 4:34.90, 3 R.Curran 4:34.90 M65 2 K.Crooke 5:56.

G.Bridgeman [S] 25.26; 3.F.Gallagher [S]
20.10 W35 1.C.Lambert [NE]16.82; 2.
C.Low [S] 16.26; 3.A.Stevenson [S] 16.04
W45 1.J.Rammler [S] 26.64; 2.C.Scarles
[S] 16.02; 3.A.Briggs [NE] 18.00
JT M40 1.J.Gilder [S]38.04; 2.J.Charlton
[NE] 36.44; 3.R.Stevenson [S] 36.30 M50
1.F.Freeman [S] 36.44; 2.J.J.Scott [S] 30.10
3.A.Bridgeman [S] 24.06 M60 1.L.Laxator [NE]
29.30; 2.G.Gilder [S] 23.96; 3.
A.Citrone [NE] 17.22 W95 1.H.Storey [NE]
18.50; 2.E.Lambert [NE] 17.18; 3.
A.Pontoux [S] 15.64 W45 1.J.Rammler [S]
16.50; 2.C.Scarles [S] 12.00; 3.A.Briggs

SP M40 1 J.Freiborn (5) 12:02.0,
R.Jurowski (NE) 8.00, J.Gelder (SE) 8.63
M50 1 J.L.Scott (S) 13:79, 2.W.Gentleman
(S) 10.30, 3.J.L.Scott (S) 8.96 M60 1
A.Clinton (NE) 9.93, 1.R.Jurowski (NE) 9.24,
2.J.L.Scott (S) 8.96, 3.W.Gentleman (S) 8.63
(S) 11.08, 2.D.Frazier (NE) 7.91
A.Stevenson (S) 8.45 W45 1 J.Hammell (S)
8.73, 2.C.Scaries (S) 8.45, 1.A.Briggs (NE)
8.62
J.L.Scott 1 R.Stevenson (S) 6.10, 2.J.Gelder
(S) 5.26, 3.J.Bjork (S) 4.12 M50 1
J.Freiborn (S) 4.35, 2.J.L.Scott (S) 4.23, 3.
A.Edgar (S) 3.79 M60 1 G.Brigden (S) 4.35,
2.H.Laidler (NE) 3.59, 3.F.Chaven
(NE) 3.29 W45 1 C.Lowe (S) 5.41, 2.
J.L.Scott (NE) 4.03, 3.A.Porteous (S) 3.81
W45 1 J.Hammell (S) 3.96 M60 1
A.Stevenson (S) 3.96
TJ M40 1 R.Stevenson (S) 12:07, 2.
J.Gelder (S) 10.53, 3.A.Dunlop (S) 10.50
M50 1 J.L.Scott (S) 13:86, 2.J.Freiborn (S)
10.30, 3.W.Gentleman (S) 10.30
(S) 8.93, 2.F.Gallagher (S) 6.75 W45 1
C.Lowe (S) 8.50, 2.A.Porteous 6.80 W45 1
S.Wood (S) 8.82, 2.M.Armstrong (NE) 8.17,
3.J.Hammell (S) 8.52
Medley Relay M40 1 S.349.7, 2.NE
5:49.6, 3.NE 5:42.9, 4.NE 5:42.9 M50
1 S.448.1, 2.NE 5:21.7, W35 1 S.446.5, 2.
NE 5:15.6, 3.NE 5:07.0, 2.NE 5:04.5

	SVHC 305.2	NEVAC 205	SVHC 131	NEVAC 79
Discus	11.33	11.52	3042	
31.46	11.78	9.06	2574	
24.00	10.76	7.85	2051	
26.96	8.95	5.90	1767	
Retired				
37.66	11.32	8.29	2706	
26.50	10.60	8.78	2657	
25.10	8.69	8.44	2424	
22.82	8.73	5.87	1861	
34.58	11.73	14.26	3369	
26.98	7.62	8.39	2242	
35.54	9.01	13.39	3764	
29.82	9.29	11.49	3001	
22.10	8.50	8.01	2274	
40.30	10.84	12.81	3506	

35.04	9.23	9.84	3109
17.10	Retired		
30.78	8.58	10.70	3174
23.78	6.44	6.91	1979
25.18	9.66	8.41	2885
19.88	7.14	6.71	2163
27.52	8.78	10.75	2368
25.26	9.17	6.82	1764
24.56	8.99	8.09	2237
19.90	6.95	7.21	2497
11.72	6.91	7.05	2095
16.48	7.54	8.19	2163
16.88	7.73	7.37	3415

RITE TO:
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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 England in the 200m and 1-2 in the Women's 800m. Liz McColgan

Gunnell and the highlight for me of Rob Denmark taking the 5000m, I looked out of the window into the fast gathering gloom onto the same road where 36 years before I had first caught the running bug and reflected on the passing years.