

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 33

The Newspaper of the British Veterans Athletic Federation

Winter 1995 £2.00

Ten World Records at N.I.A

The BVAF Indoor Championships, held for the first time at the National Indoor Arena, Birmingham on Feb. 12, again produced record breaking performances. With entries received from about 450 athletes an all round feast of records was expected. It was the women, however, who excelled. All ten World Records achieved fell to women, as did twelve of the eighteen British Records to fall.

The opening event produced the first World Record, W55 Jean Hulls clocking 10.9 in the 60m Hurdles. We also saw two British Bests in this event, from Colin Shafto, M60, and Tony Rawlinson, M75. Two World Records fell in the 60m. Helen Godsell, W40, finished two metres clear in 8.1 and Una Gore ran 8.9 to clip her own W55 World record. In the 200m Hulls set her second WR of the day and reduced the existing mark by more than half a second. Godsell added a British Record for the W40 200m and Peggy Taylor, W75, collected another BR in this event to add to the 60m she achieved earlier in the day. There were no records to celebrate in the men's sprints but there were some exciting races. Wal Franklyn and Alasdair Ross almost dead heated in the M40 race, with Franklyn getting the verdict, and the M45 and M50 events had similar tight finishes.

After his recent World Record M45 800m run of 1:57.32 in Budapest all eyes were on Pete Browne, but a slow first two laps ruled out any chance of a repeat performance, winning in 2:06.8. However, Browne made amends in the 400m when he sliced over a second from the

British Best, running 52.1 and winning by two and a half seconds. We saw a thrilling M55 400m race with Wilf Morgan just failing to catch Ron Anderson on the line. Other good performances came from John Henson, M50, in 55.3 and Brenda Green with a British Record in the W65 group.

The most impressive performance in the 800m was by M40 Dave Wilcock who, after a scorching final 400m, only just failed to beat two minutes. Jimmy Todd, from N.Ireland, ran superbly in the M70 800m to clock 2:42.3

Expectations were high for the 1500m after John Potts' World Best 2:05.09 800m on the same track the previous day. Although he finished strongly over the last three laps, however, he could not overcome a relatively slow first 800m and finished four seconds adrift of the M50 1500m WR in 4:21.6. Stylish Peter Molloy displayed his finishing kick to surge away from Ray Weatherburn after a good battle in the M45 event and Dave Bedwell had to work hard to keep Dave Wilcock at bay in the M40 race.

The 3000m provided an interesting series of contests with the M40 race being one of the best. After nine laps Bill Bailey, Mike Higginbotham and Archie Jenkins were well clear, but Bailey unleashed a blistering final two laps to win by five seconds. The combined M50-M55 race saw M50 Eddie Cockayne battling with M55 Steve James over the final laps. After several changes of lead, Cockayne had no answer to James' speed over the last 200m.

Teresa Dyer ran away with the W35 3000m title in an excellent 9:45.0. A number of overseas athletes were competing in the Championships and one of them took home a World Record. Joan Ottway, from the U.S.A. ran a superb 10:43.9 to win the W50 3000m by over 20 seconds, no doubt helping Elaine Statham to produce a British Record of 11:03.4 on the way. Joan Manners also ran a BR of 11:52.5 in the W55 group. Another overseas win was that of Diny van de Ven, Netherlands, but it was a close shave. Coming off the final bend in the W40 400m she was four metres clear, but mistaking the finish line, she almost stopped, and was nearly caught on the line.

No less than six records were achieved in the 3000m Walk, including World Records by W35 Sylvia Black [13:54.2] and W55 Jill Langford [17:43.3]. Cath Reader [by over three minutes], Ann Lewis, Mary Worth and Len Creo beat the existing British Bests.



Above, Peter Browne.

Below, W50 & 55 60m. Sylvia Wood (309), Mary Axtell (303), Una Gore.



In the field events we had another double WR performer. Scotland's Sylvia Wood leapt 4.55 in the Long Jump and 9.21 in the Triple Jump beating the existing W50 World Bests by 24 cms, and 15 cms, respectively. Jean Wills took the British Record in the W45 Long Jump, and Betty Steadman, W60, clipped a fraction off her own British Best.

We have come to expect new records from Mary Wixey and she duly obliged. She leapt 5.65 in the Triple Jump to beat the W70 World Best, having already set a British Best in her age group for the High Jump. Colin Shafto and Tony Rawlinson also set British Best marks in the High Jump for M60 and M75 respectively.

Results page 11 Best Performance Awards

Track

Women U/50 P.Gallagher W45 800m

2:24.7

Women O/50 U.Gore W55 60m 8.9

Men U/50 P.Browne M45 400m 52.1

Men O/50 J.Todd M70 800m 2:42.3

Field

Women U/50 D.Herron W35 TJ 9.96

Women O/50 S.Wood W50 TJ 9.21

Men U/50 D.Wallace M40 LJ 5.93

Men O/50 R.Brown M60 PV 3.30

Geoff Ashby

Closing Date

Members are reminded that entries for the WVAA Track & Field Championships in Buffalo, USA from July 13th-23rd must be received by Barbara Dunsford (address on page 2) by April 30th.

Shelly's Design

Many appreciative comments were made about the quality and design of the new BVAF medals, presented for the first time at the Indoor Championships at Birmingham. The design was originated by 18-year-old Michelle (Shelly) Ely, of Gaywood Park High School, King's Lynn where walker Cath Reader teaches. Shelly would have been very excited that her design had been adopted and minted for the BVAF's use in 1995, but tragically she died a few days before the Championships as a result of a car accident. Her family are proud that something of her creation will be valued by so many other people.

First prize: a colour TV

Enclosed with this newspaper is a book of raffle tickets. It is vital that extra funds are raised if this publication is to be kept going, and we ask all members to try to sell the tickets. It costs at least £2,000 to produce and distribute a copy of the paper to every member of the BVAF and, although we have income from the BVAF capitation fee, advertising, donations and the prize draw, we still need extra revenue to ensure the future production of your newsletter.

Where members have in the past indicated that they do not wish to receive tickets, we apologise for sending tickets now, but it is costly to be selective on a mailing list containing thousands of names. The book contains five tickets priced at 50p each and more can be obtained from Winston Thomas on request.

There are at least twenty prizes to be won, including a colour television, video recorder, bicycle and a weekend break. The draw will take place during the BVAF Open Track and Field Championships at Exeter, August 5th/6th. On sale of tickets, please send ticket stubs and money (cheques payable to BVAF) to Winston Thomas, 67A, Waterside, Kings Langley, Herts WD4 8HE.



International Cross Country Womens Race. Leading group on the ridge, from left Jan Stevenson, Denise Hoogesteger, Sandra Branney and Teresa Tuohy.

Treadwell Regains Title

Alastair Aitken reports on the International

Heavy rain made the hard Silksworth circuit an even greater test of stamina when the North Eastern Veterans AC organised the British and Irish Veterans Cross Country Championships on November 12th. England only just failed to make it a clean sweep for the third year in a row as, although they won all the men's categories, some spirited performances by the Republic of Ireland and Scotland women's teams gave them a share of the awards. Alastair Aitken sent us the following report.

her best performance for this race.

There was a large group in the lead for more than half the race, but it was sometimes difficult to follow the action closely as the rain pelted down on my glasses. Among the group were three Republic of Ireland W35 runners. There were the North of the Thames cross country champion Teresa Tuohy, Mags Greenan and Joan Hough. England had Hoogesteger, Janice Moorkie and Marian Woodbridge in the group.

With just 700 metres to go, Scotland's Joan Stevenson and Sandra Branney tried to make a break for home with Hoogesteger close behind. Brian Edwards, her club coach had said: "If she stays with the leading group right to the end, Denise will outkick them." How right he was!

It was good to see a varied team result in the women's race, with the Republic of Ireland winning the W35 team race and Scotland the W40 group. England team manager Elaine Statham led the W50 England team to victory and finished 21st of the 52 finishers.

Results Page 11

Winner Bob Treadwell.

Men's race - 10,167 metres

Bob Treadwell turned the atrocious conditions at Silksworth to his advantage and regained the International Cross Country title. Mike Hager, who had previously defeated Treadwell this year, set a furious pace and was quickly joined by Englishmen Mike Higginbotham and Terry Osbourne together with Pat Corcoran from next year's hosts, the Republic of Ireland. At the end of the first of the three laps, Treadwell was some 40 metres down, finding it hard to match the early pace. But he found the muddy conditions to his liking as the race progressed and reduced the arrears to 10 metres by the end of the second lap.

As they approached the last long hill before the finishing straight, his raking stride opened up a gap and enabled him to add this title to his 1992 victory in Northern Ireland. Higginbotham followed up his impressive third place in the Barnsley 10K the previous week by gaining the runner-up spot, only eight seconds down on Treadwell, and Osbourne confirmed his early season form by clinching third place.

That wonderful competitor Alun Roper, despite running his third race within a week and also picking up an injury in midweek, came up trumps again. Only a few weeks before his forty-ninth birthday, he won the M45 group, finishing in sixth position overall, just behind Hager. There were so many good over 50-year-olds on view that it was impossible to choose the probable M50 group winner beforehand. The man who excelled was Phil Lancaster who has been running well in the North East. He finished 28th of the 102 finishers with Graham Patton, second in M50 group, only three seconds adrift. Maurice Morrell followed his M60 win at Barnsley by heading the age group at Silksworth.

Women's race - 5,274 metres

Denise Hoogesteger, 41, born in Newcastle and who has a Dutch husband, an English mother and a Norwegian father, has had the best season of her athletics career. She has achieved numerous personal bests at various distances during the year but she saved



FROM THE EDITOR

One of the most satisfying aspects of the recent BVAF Indoor Championships at the National Indoor Arena was the high number of entries received. Contributory factors were probably the centrally situated venue and the superb facilities available. One of the most disappointing aspects, however, was the number who, having entered the championships, did not compete in their chosen events.

Entries were received from about 450 individuals, who sent in a total of nearly 900 entries. On average only sixty per cent of male entrants took part and in some events only fifty per cent went to the start line. Injuries, illness, domestic problems, work or family commitments can all prevent an athlete from competing. We have all, at some time, had to withdraw from competition because of unforeseen problems arising, but a forty per cent no show does appear to be abnormally high. In contrast, the women's events had a much smaller withdrawal and eighty two per cent went under starter's orders.

It could be argued that once an entry fee has been paid, then only the athlete concerned is the loser if he or she decides not to compete. In major events, however, is it that simple? The M40 3000 metres event received about thirty entries. As athletes would not have relished running heats it was decided to have three seeded races and the timetable was planned accordingly. When only fifteen declared themselves as starters the decision was made to have one race. Gaps were therefore left in the programme and, at times, very little appeared to be happening, which caused some spectators to drift away.

There was applause in the arena when it was announced that the BVAF will mount a bid to stage the inaugural European Veterans Indoor Championships in 1997. We hope the bid will be successful. It will have to be a showpiece event and we shall need both a large entry and entrants taking part to assist in ensuring success.

Geoff Ashby

Veteran Athletics

Vol 1 No 33

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Subscription Rates: £10 per annum (4 issues)

Veteran Athletics is an official publication of the British Veterans Athletic Federation and of the World Association of Veteran Athletes. The editorial policy is not, unless otherwise stated, that of the BVAF and WAVA. Unsolicited material for publication in *Veteran Athletics* is welcomed, preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped addressed envelope. *Veteran Athletics* accepts no responsibility for loss or damaged material. All correspondence will be acknowledged in the letters column at the editorial committee's discretion. This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Area Secretaries.

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BVAF 25TH/2ND NATIONAL TRACK & FIELD CHAMPIONSHIPS

Exeter Arena, Summer Lane, Whipton, Exeter

August 5/6th, 1995

Under BAF, WAVA & BVAF Rules

Organised by South West Veterans Athletic Club



SUPPORTED BY EXETER CITY COUNCIL

ENDORSED BY THE SOUTH WEST COUNTIES COMMITTEE

Commencing at 10.30am each day

SATURDAY 5TH AUGUST

SUNDAY 6TH AUGUST

TRACK

400m Hurdles (M40+, W35+)
300m Hurdles (M60+, W50+)
100m (M&W)
400m (M&W)
1500m (M&W)
5000m (M&W)
3000m Walk (M&W)

TRACK

3000mSC (M40+)
2000m SC (M60+, W)
110m Hurdles (M40+)
100m Hurdles (M60+, W35)
80m Hurdles (M70+, W40+)
200m (M&W)
800m (M&W)
10000m (M&W)
5000m Walk (M&W)

FIELD

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

FIELD

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

All in 5 year age groups, but may be combined if required.

The BVAF AGM will take place at 17:30 on Saturday.

CHAMPIONSHIP ENTRY FORM

PLEASE USE CAPITAL LETTERS

Male ☐

Female ☐

Surname _____ First Names _____

Address _____

Post Code _____

Telephone: Day _____ Evening _____

Date of Birth _____ Age Group as at 5 Aug 1995 _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

Non-BVAF affiliated only: British Driving Licence No _____

or enclose copy of birth certificate ☐ or enclose copy of passport personal details ☐

EVENT	P.B. 1994/95	EVENT	P.B. 1994/95
1		4	
2		5	
3		6	

PLEASE PROVIDE DETAILS OF PREVIOUS SUCCESS AT NATIONAL LEVEL AND ABOVE

ENTER TOTAL

Reserved spectator stand seating: £2 P.P. x ☐ Sat ☐ Sun

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

or £4.00 for BVAF affiliated

Subsequent events — £3.00 for each event

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

Social evening: Saturday — music, buffet, cash bar £5.00 each

I enclose crossed cheque/P.O. payable to SWVAC N.T.&F.

Note: all monies to be paid 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 BVAF National Open Championships.

Signed _____ Date _____

Accommodation required: Fri ☐ Sat ☐ Sun ☐ Hotel ☐ Uni ☐ Camp ☐

Entries to: Ken Ballam, 152 Spring Road, Bournemouth BH1 4PX.

Closing date: Friday 30th June 1995 — NO LATE ENTRIES ACCEPTED.

SAE for acknowledgment of events (essential)

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

Numbers to be collected on the day at least one hour before competitor's first event.

The Wind of Change

By David Lord

The 25th BVAF National T & F Championships will be a milestone in the history of the BVAF, not only because it is the 25th but also because the BVAF have moved into a higher profile mode.

The BVAF has always believed that it was predestined to be the leader of veteran athletics in the market place. Its 7,000-plus affiliated members have never doubted that this was true but the 70,000 or so non-affiliated veteran athletes are not so convinced. Apart from the occasional recruiting campaign conducted via this newspaper, the BVAF has never been unduly concerned. The Affiliated Area Clubs (AAC) have always been left to deal with this as they think fit.

When the first national T & F Championships was introduced 25 years ago, the BVAF was still completely in the hands of the AACs for staging their events with negligible assistance being given. Over the years the rotation system changed from being shared between three or four AACs to the present state of nine shareholders. Unfortunately most veteran athletes do not possess a nine year memory. During this time the AACs were continually striving to upgrade their organising expertise not just for their own satisfaction but also because the BVAF were beginning to insist on higher standards for their championships, but still with minimum assistance being given.

Eleven years ago the BVAF were granted the European Veterans T & F Championship to stage. This put the BVAF to the test and they produced a wizard show. I honestly don't know how they did it. Magic is the only suitable word. Most of the key organisers are no longer BVAF officials, so much expertise has been lost. Soon afterwards the BVAF dropped down a gear and concentrated on tuning up the existing system. Nothing radical happened until two years ago when Bill Taylor and myself convinced the BVAF to elect assistant chairpersons for all disciplines. This proved a turning point in the relations between the AAC delegates and the BVAF.

Meanwhile recruitment was still lagging behind. The AACs were more interested in the new trend called upmarketingism (new word), which in-

athletic terminology means raising the profile of an event by better media coverage, which in turn improves the financial potential to an acceptable level. The AAC delegates at their council meetings last year discussed the desirability of the BVAF setting up a technical committee to be responsible for monitoring all AACs selected to promote their national championships. Ron Bell, vice chairperson BVAF, to make recommendations.

By this time SWVAC were in the process of having an apoplectic fit at the thought of how we should organise our first national T & F Championship with an overdraftism (new word) which in athletic parlance means 'story broke'.

It didn't take SWVAC long to realise their need for a marketing consultant. Fortunately the Honorary General Secretary's little grey cells recalled issuing membership number 0790 to a certain Stuart R Matthews, who was the sport's superstar 83 and an ex-Scottish International and who seemed to have the right qualifications. It took SWVAC, spearheaded by SRM, one meeting to achieve the outline approval for the financial security that was needed. Obviously it is not in the interests of the BVAF or its members to raise the profile of one championship to the detriment of the succeeding year's events. Discussions then took place between the BVAF and SWVAC which culminated in the November delegates' meeting electing a project sub-committee under the chairmanship of Ron Bell with SRM as marketing consultant.

Meanwhile, Winston Thomas (assistant chair T & F) and SWVAC have been locked in discussions to establish the criteria for raising the profile. The first priority is to obtain maximum media coverage. Achieving this will automatically create a knock-on effect, which will enhance our chances of attracting the vital additional sponsorship, and also the chosen celebrities, and to revitalise the recruiting drive. Everyone will know that the ultimate media instrument is television. Negotiations are in progress to make a documentary, and local television may be interested in newswatches. More details on these developments will be given in VA34. All competitors will be

invited to tell us their athletics history, so that the commentators can keep their audience happy with a continuous flow of information. Everyone present will be interested to know who is in the arena. A special effort will be made to attract overseas competitors, so we will be lobbying the WAVA Championships at Buffalo in July. The BVAF rules allow separate medals to be awarded to these competitors.

The ultimate test of our 'higher profile' will be signified by the volume of non-BVAF affiliated competitors, and also the volume of spectators attending who are not immediate family of a competitor. To encourage the latter to attend, they will, if they wish, be able to sit in the reserved area at the centre of the stand behind any civic, corporate and athletic celebrities who may be in attendance, subject to the payment of a booking fee (see entry form). Any member who wishes the BVAF to succeed in its ambitions should attend their own premier championship. It is not essential to be a T & F fanatic to enjoy the atmosphere and furthermore attend the AGM and the social evening afterwards.

The final but not least consideration is the venue itself. Exeter is a city of great antiquity which is surrounded by conservation areas of national importance. Exeter City Council has arranged special accommodation terms at half the normal price, in



BVAF Half Marathon: left, Mike Neary, M45 winner; right, Audrey Foster, W40 champion

Hat Trick for Neary

The 1994 BVAF Half Marathon Championships, organised by Bridlington Road Runners in conjunction with their own well established open race on October 23, provided a stern test on the day. Blustery winds on an undulating course ensured it was hard going, particularly on the sections heading out along the cliffs towards Flamborough, and times suffered accordingly.

The BVAF entry was very disappointing. Perhaps the short time in which the event was arranged or the distance of the venue from the larger centres of population

most instances, at selected quality hotels for attendees (new word) and their families to stay up to one week. Even cheaper accommodation can be obtained at the University of Exeter halls of residence—camping will be allowed adjacent to the track for the fanatics.

Two thousand tourism brochures have already been mailed out, mostly to T & F members. Anyone who has not received but would like one, please contact the Accommodation Officer. Don't miss this golden opportunity to join the BVAF in celebration of a quarter of a century of national T & F championships. Entry limit 750 competitors. Any questions?



had an influence, but only 60 BVAF members entered the championship. Despite the weather conditions, members who stayed away missed a well organised event at a superb venue and enjoyed by the 650 runners who completed the course.

The first BVAF runner home, in seventh place overall, was Salford's Mike Neary (M45) in 1:10:19, with fellow M45 group runners Dave Wilson (NVAC) and Ron Smith (Scottish Vets) in ninth and tenth positions overall. This completed a hat trick of BVAF wins for Neary, as he had previously won the M45 groups in the 10K and 10 miles Road Championships. The M45 group dominated the veteran finishers and, together with M55 Steve James (sixth place), filled the first eight veteran places.

First M40 and ninth veteran to finish was Stuart Heap (Salford) in 1:16:25, over two minutes in front of his clubmate Pete White. Sandwiched in between were Pat Dobbs (Thurrock) in 2nd M55 spot and George Black (Valley S) and Vince Hancock, the gold and silver M50 medalist.

The M60 race was a very close affair with the first three separated by only 22 seconds. Pre-race favourite Ron Higgs took an early lead but found it hard work, as his light frame was buffeted by the strong winds. He was passed at eight miles by Geoff Ashby (West Brom), who held off the fast-finishing Gordon Booth (Longwood) to record 1:24:03. Good performances came from Max Jones (Birchfield) who took the M65 gold, John Fraser (MVAC) the M70 and the incredible M80 Gordon Porteous (Maryhill), who recorded 1:45:17. The strong Salford squad won the M40-49 team award to add to their wins in the 10K and 10 miles and the dependable Barnett trio of Ron Higgs, Derek Wood and Lawrie Forster again took the M60 team award.

There were only a handful of BVAF women entrants but Barnsley's Sue Endersby, W35, showed all the women veterans in the open race a clean pair of heels and finished 2nd overall, in recording 1:19:20. Marie Hart and Ann Cartwright took the silver and bronze W35 spots. Bolton's Audrey Foster (W40) won her age group, as did Bridget Cusken (W50) and Betty Forster (W60). Geoff Ashby

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ECHO '95 NYNEX POOLE MARATHON

Organised by POOLE ATHLETIC CLUB under BAF Rules/SEAA Course Measurement
Incorporating 1995 RRC Marathon Championships

**SUNDAY, 4th JUNE 1995
at 10 am**

- EXTENSIVE SPOT PRIZES
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POOLE, DORSET. BH15 2RU



British
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of Road
Races
Grade 1

South of England Athletic Association
Course Measurement
Permit No. 3052



22nd Brugge Vets Races 25km & 10km

Sunday 25th June 1995-Belgium

A full member of AIMS

A superb weekend in which to meet up with old acquaintances. The 10km starts first at 10.00 am outside the Olympia Stadium and finishes in the Stadium.

Meanwhile back in the centre of town at 11.00 am the 25km starts, also finishing in the Stadium.

We provide the transport for the 10km runners and the spectators to go to the Stadium for the 10.00 start. The coach then returns to the centre to collect all the 25km runners' luggage and the non-runners after the start of the final race. Runners on arrival at the finish receive a lovely medal, lunch vouchers are given whilst you 'chat' away with friends and a cool beer, enjoying the atmosphere of this superb weekend.

THE TOUR

Executive coach travel starting on Friday 23rd June with 'pick-ups' at Newcastle, Darlington, Leeds, Manchester, Stoke, Birmingham, Northampton, London, Bexley and Dover. Taking the 08.45am P & O sailing, arriving in Brugge at around 13.30 pm in time for a very relaxing afternoon and evening.

Saturday is free for you to visit Brugge or join our optional excursion (£10) to the capital of Brussels. While you are all enjoying yourselves, Ron and Pat, your very well known couriers, have collected your running numbers for you and will have them back at your hotels.

Sunday is 'race day' with full transport whenever required, even to the prize giving where many 'Brits' feature in the extensive prize list.

Monday morning is reserved exclusively for the women to exercise their 'plastic card' hand but no prizes here as too many would win. At about 12.00 noon, after a last minute coffee in the beautiful Market square, we set off for Calais and the Hypermarket for those French wines and Cheeses, later to catch the 17.15 pm return ferry to England arriving back at all 'pick-up' points for 'set-downs' in reverse order. London approx; 20.00, Birmingham 22.30, Leeds 01.00 and so on to Newcastle.

HOTELS

We will be again using our established Lucca 2* and Aragon 3* Deluxe, just 250 mts from the town centre. Both Hotels are 'family' run, with all the essential facilities. The Aragon is for that very 'special' weekend with those little extra's like Hairdryer, Mini-bar and a fantastic breakfast.

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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.

REPLY TO BILL RAMAGE

We read your letter with great interest and, of course, we agree with a great deal that you said. It was indeed depressing that you got the wrong end of the baton when reading our letter in VA31. I draw your attention to the first paragraph where we stated that 'we thought the procedure left something to be desired'.

We would not like to have given the impression that we were criticising the officials. We know they were only working to the guidelines given to them and, having 'done a bit' ourselves, we are aware of the trials and tribulations that do arise at meetings.

Unfortunately in this imperfect world if is the complainers that tend to get things done, not the sit-back-and-hope-it-will-be-better-next-time people.

Having had their attention drawn to the situation regarding the medal procedure, the chairman and officers at the AGM gave an assurance that the matter would be looked into.

D Rafferty and
C P Morris, MYAC.

SATURDAY CHAMPIONSHIPS

Permit me to write a little plea on behalf of Christian athletes for Veteran Athletics, addressed to administrators and organisers in the BVAF.

As 1995 progresses both the BVAF indoor championships and pentathlon have been scheduled for Sundays. I want to ask that every few years these be held on a Saturday, because some of us put our duty to God above our love of athletics.

Remember the Sabbath day. To keep it holy is actually a command for all of us to cease wherever possible from work and doing our own pleasure to take time to rest, worship God and be with our families. I could quote scriptures to back up my particular stance but I just want organisers to consider having some BVAF championships on a Saturday so that I, and perhaps some others, could compete. One day, however good we've been at athletics, we shall have to give an account of our lives and how we used our Sundays, better called the Lord's Day when Jesus rose from the dead.

Julian Kennedy, Bournemouth



Indoor Championships W35 200m Heat 2 from left: Carol Eveleigh, Sonya Kulpers-Oost, Carol Filer, Lynn Talbert and Margaret Smith.

Sexual equality for vets

By Gareth Webb

The following article appeared in the November edition of *The Runner* and is reproduced by kind permission of its editor, Chris White, c/o Gateshead Post, 191 High Street, Gateshead NE8 1AS. The article raises a controversial issue. What opinions do our members have?

Why do women runners become veterans at thirty five whilst men have to wait a further five years. Is this fair? Is the logic here that a lower qualifying age for women attracts older women to the sport or helps to retain women runners who would otherwise drift from athletics once their performances decline? Surely that isn't the case — certainly not for distance runners. Women are still more able to produce high level performances in their mid-thirties than are men who quite often do experience a slight decline in performance upon reaching that magical landmark.

Study the result sheet of any large road race in your area and I think you'll agree. In an earlier issue I highlighted the high percentage of veteran runners who make up a typical race field (road and cross country) and noted that this was quite often in the region of 50% — or even greater. The figures are even higher for women. This often leads to the thorny problem regarding prize allocation at races — a point raised in this and other magazines of late: when does a veteran lady qualify for a prize in the open race as opposed to a vet's prize? Because quite often the winners of many women's races are vets!

Let's face it, 35 is no 'veteran' age by

any stretch of the imagination, is it? Many women of this age have only just got married or are still bringing up young children, so 35 can hardly be considered 'old'. If you don't agree with me, just try telling one of them and see what response you get!

Many women claim that reaching veteran status has 'kept them in the sport'. But in most cases, I very much doubt this.

To claim that winning a few clocks and duvets is attractive enough to keep up the tough training in order to compete at a high level is surely ridiculous. OK, the chance to win a title on the road, track or country is increased by virtue of becoming a vet. But, as I said earlier, a 35-year-old woman (or man) is always likely to be performing at a high level at that age anyway, and so to create a championship purely for the benefit of 35-year-olds is hardly fair, is it?

For proof of what can be achieved at 35, let's look at a few examples. Birchfield's Sally Ellis is a current case in point. She has just turned 35 and represented England in the Commonwealth Games in Canada over the marathon. Despite reaching veteran status, her performances haven't declined that much — if at all — otherwise she wouldn't still be able to compete at a major championship.

Likewise Alison Rose of Edinburgh Woollen Mill represented Britain in the European Marathon at the age of 36. Rose was an eleven-hour replacement for City of Bath's Zina Marchant, the 43-year-old who ran a stunning 2.40.09 in London last April.

And the men? Carlos Lopes won Ol-

Further to your editorial in VA32, I do not believe that the interest of readers in Age Graded Tables has been lukewarm. My experience as the Road Running correspondent for South West Veterans AC is that interest is increasing as athletes, or road runners certainly, become more and more aware of age grading. You correctly state that SWVAC use Age Graded Tables in Grand Prix events; the 1994 Grand Prix race series has recently been completed on that basis with the top performer, a male 60-64, averaging 84.9% from the best four performances.

More than that, every road race result published in our club magazine from March 1994 onwards has included runners' performance level percentages based on the 1989 WAVA five year group tables. With effect from 1st January 1995, performance level percentages are based on the 1994 WAVA single age tables. This has increased the workload which has fallen on my shoulders and that of our road-running chairman but it is in the best interests of our members so we get on with it, satisfied that it is in this direction that the future of veteran road running lies. Judging by the correspondence which I receive from SWVAC members, interest in this aspect is considerable.

Concerning your reference to road race organisers, it is my opinion that their enthusiasm will be increasingly awakened as the benefit of performance level percentages begin to emerge. Medals and recognition need only go to the best performances, regardless of sex or age with, for example, first place possibly being awarded to a 72-year-old female and second place to a 47-year-old. If the road race organisers still feel strongly about it, traditional five-year scoring may still be retained with modest awards but with the top prizes awarded to the top age graded percentage performances. Too many cheap-looking medals are currently awarded and this may be a way out.

To further increase the interest of our SWVAC members in their road running, our club magazine publishes a 'Top 20' table listing the best twenty percentage performances. This is currently headed by a 44-year-old female with 92.3% and, in twentieth place, a 59-year-old male with 84.6%. Positions within the table change according to improved performances, together with displacements taking place at the bottom end to accommodate new entrants. The next 'Top 20', to be published in April, for example, will include the names of four new entrants to the chagrin, I expect, of the four who have been squeezed out. No Sir! Far from being lukewarm, I find interest increasing as the knowledge of age grading spreads and becomes better understood by the everyday veteran club runner.

Bernard McCarthy, Devizes

1994 T & F Ranking Lists

The 1994 Track & Field Ranking Lists are now available, price £2.00 plus SAE. Male lists can be obtained from Dave Burton, 71 Nethergreen Road, Sheffield S11 7EH.

Female lists from Sally Gander, 4 Westfield Road, Hertford, Herts SG14 3DJ.

ympic gold in LA in 1984 at the age of 37 and Steve Jones, at the age of 38 has still got many world class runs in his legs. What about Aouita, the phenomenal Moroccan who will be 36 in November? OK, his best days are obviously behind him, but what could he still achieve at 35? So why are women deemed to be veterans at 35?

In the age of 'sexual equality', why have women been allowed to get away with this for so long? I'm not complaining because of a personal grievance. Equality is what interests me as well as righting what many see to be a wrong.

OK, I'm over 35 but not yet 40. But I'm not likely to benefit from vets' prizes were the age for men to be lowered to 35 (except, perhaps, in team competition). When I'm 40, I'll enjoy competing against my peers. But this won't 'keep me in the sport'. By then I would accept a degree of tapering off of performance and would therefore welcome the opportunity to be insulated against the young 'uns' by vets' races and vets' prizes. But not at 35 — and neither should women. A runner who turns 35 won't expect too drastic a decline in performance. So why should they be accorded different and preferential status to any other runner?

In Favour of Age Graded Tables

I started running and racing three years ago. My husband, Brian, now 61, had two heart by-pass operations in December 1976 and November 1972. They both failed and he was set on the road to recovery by taking up jogging and completing the first New Forest Marathon in 1983.

When we joined the New Forest Runners, we met the amazing Grace Bulger who was training for her first London Marathon and she introduced us to the age-graded tables. Subsequently, Brian gave a shield to the club for 'Runner of the Year', based on the tables and using the club's 10K, 10 Miles and Half Marathon Championship races for results. I have had a very successful season, achieving first woman over 60 in lots of events, but on several occasions I have done a better time than a 50/55-year-old.

I would praise the organisers of the Alton 10, May 8 1994, who published a double set of results including age-graded percentages, in one booklet. So it can be done! Grace, Brian and I will go on lobbying for age-graded results.

Janet Davey, Lymington.

CLASH OF LOYALTIES

Regarding your concern about low numbers of entries in BVAF Championship races, this also occurs at area level.

Maybe, as happens with me, it is due to clash of loyalties. I belong to a running club, my first claim club, a triathlon club and a cycling club.

I try to support my first claim running club when they need me, but mainly it is triathlon which prevents me taking part in more Vet races as they always seem to clash. This year particularly I have had to really concentrate on triathlon as I was part of the British Veteran Squad for the World Championships in New Zealand. (I am pleased to say I was 4th over 45 in a very tough race).

There are maybe other reasons such as more injuries as we get older, time and money for travelling to distant races.

But for all that I try to support my club MYAC and pay my subs and just hope I can get to one race a year. The BVAF is very important and I appreciate all the work by the dedicated few.

Lesley P Cliff, Radcliffe on Trent



Maxine Joyce in Form

Maxine Joyce (Orion) pictured above, is an athlete in form. On November 12 she made her England International Veterans Cross country debut at Silksworth and two weeks later she won the women's veterans section of the Greater London Cross-Country Championships at Paliament Hill Fields. In the latter event, she held off the challenge of Rosemary Hann (Highgate) to be first veteran home over the tough 5K course and finish in ninth place overall in the senior race, regaining the title she last won in 1992.

I was pleased to read the articles on Age Graded Tables in VA32, since it was the first I had heard of them. I am a middle-distance runner aged 43, but I didn't run at all between the ages 18-38. With good training now I am thus still improving, but I very much like the idea of tracking my performance using the tables. I will encourage my club to switch over to Vets' rankings based on the tables, and it would be good to see them used in your results' pages as well as actual times etc. Besides their use in rankings, I would not object to road races being judged on an age-related basis, but I am not sure I would want it on the track/field where I find it is the head-to-head competition which is important to me. Maybe my views will change when I reach 49, 59, etc.

P W Kenneddy, Slough

Would be pleased to publish some age-graded results where appropriate.

Editor

WHO SET THE BVAF STANDARD?

In 1994 I reached the over 80 age group and I am amazed at the variation in the official standards for the 5K Walk for the M80 group, e.g. the BVAF standard is 36:00 (revised 1990), the European standard is 41:00 and the World standard is 45:00. What a difference! Who fixed the BVAF standard? There are not many walking in the M80 group — only three of us, I believe, although there could be more soon. I have set my sights on Buffalo where I hope to beat 40:00.

Bernard Osborn, Solihull

Bionic Bernard

Bernard Osborn, 80 years old in 1994, is amazed that he is still competing after having two replacement knees fitted in 1991-92. He started training again in 1993 and by July 1993 had beaten the European age group standard for the 5K walk. He had entered the European Vets Championships in 1994, but his wife's illness prevented him going. Now his sights are set on the World Championships in Buffalo in July where he hopes to beat 40:00, and also the European Road Championships at Valladolid, Spain in May, where he will compete in the 30K Walk.

Osborn joined Birchfield H in 1929 and has never stopped training although 12 years in the Royal Navy and 16 years living and working in Spain curtailed his competition to some extent. He has been a versatile athlete in his time, as shown by his winning the English Junior title for the 120 yards hurdles in 1932 and the Royal Navy 400 and 800 metres titles. In 1962 he finished sixth in the Leicester-Skegness 100 miles Walk in a time of 20 hours 16 minutes. He is a life member of the British Olympic Association and has attended Olympiads in London, Tokyo, Moscow and Barcelona.



Bernard Osborn in Leicester-Skegness 100 miles 1968.

Run Down Events Diary

The 1995 edition of this comprehensive guide to over 600 athletic events in the South West of England and Wales is now available. The book also covers a wide range of articles and information on athletics in its 260 pages. Available from 22, Harrington Lane, Pinhoe, Exeter, Devon EX4 8PG. Price £5.00 + P & P.

From the Chairman



I am delighted to have received a response to my appeal for a volunteer to fill the position of Treasurer. Danny Herman has offered his services. I have known Danny for many years, both as a friend and as a rival on the track. He has been a regular competitor in our own T&F Championships and in several European and World meetings. Danny, a member of Northern Veterans A.C., is a qualified accountant and can be relied upon to keep a close grip on our finances. I have circulated all clubs and have proposed that, with the authorisation of the next Delegates meeting, Danny acts as temporary Treasurer until the A.G.M. in August.

Our other vacancy, arising from Barbara Dunsford's decision to step down from being in charge of the BVAF kit, is still a problem. We have had two separate offers, from people involved in the supply side, who may be able to arrange for a mail order service for some of the major items, but no one who would be able to handle a complete service with sales at the various championships in the way that Barbara has done. Meanwhile Barbara is continuing to supply items still in stock. If we can come to a satisfactory agreement with one of the suppliers to cover the bulk of demand by mail order, she may be persuaded to carry on with the rest. With that in mind it would be particularly helpful if we could get a few

volunteers prepared to assist with on the spot sales at championship meetings. Have we any volunteers, even just for one or two specific meetings, who might then provide a pool of people who could assist when required?

Recently, the Championship scene has been fairly quiet, the main events being the Cross Country Relays on Nov 5 and the Cross Country International on Nov 12. The Relays were again incorporated in the Micky Morris Memorial event at Cardiff, an excellent course and well organised by Graham Finlayson and Cardiff A.C. Even a crisp and sunny day was laid on. It was disappointing to see the small number of English clubs prepared to cross the border to take in such an enjoyable event. The weather for the International at Sunderland the following weekend was in stark contrast, with sleet and rain throughout and I take my hat off to all those who took part, not least the officials.

What a welcome to the team from the Republic of Ireland on their first time as official participants, but congratulations to them on performing so well. Next year's event is in Dublin.

On the administrative front, the English clubs have now formed a Veteran A.A. of England. The Chairman is Irene Nicholls, Secretary is Bridget Cushen, and Treasurer is Les Brown. The new body will certainly help in organising teams and will have an important role in future discussions with the AAA of England. The Working Party set up by the

AAA, to consider the position of veteran athletics, has been attended by myself and Bill Taylor. It has been a useful forum for an exchange of views, but could not come up with any firm recommendations for close involvement, nor setting up of Championships for English Veterans.

The role of the AAA of Eng., apart from selecting the English team for Internationals, is to arrange Championships. Traditionally these are not restricted to English competitors only, and if any veteran event followed the same policy it would duplicate our own BVAF Championships. We will however remain in contact, and they will try to be sympathetic to any requests for assistance.

The position with BAF has however not progressed. After long discussions, Terms of Reference for a BAF Veteran Committee had been drawn up, with the stated objects "....to advise the BAF Council, and the appropriate Commissions and Committees, on the control, promotion and development of Veteran Athletics". Membership would be seven representatives from BAF, seven from BVAF, plus the officers of BAF ex officio, with provision for co-opted members. This was cleared by the BAF Management Board, but then had to be put to the BAF Council (the controlling authority of BAF), which met in January. I was invited to this meeting where several members expressed unease at the degree of BVAF involvement, and eventually the matter was deferred to a working party to be set up by BAF for further consideration. I will keep you informed.

Keith M. Whitaker

WORLD RECORD FOR BROWNE

Southern Vet Pete Browne bounced back to top form at the Samsung-Kupe Invitation Indoor Meeting at the Nip Stadion, Budapest on 29 January, with a sparkling run which beat the existing M45 800m record set by Ken Sparks, US, in 1990.

Pete was provided with a pacemaker who took him through the first three laps in 29.1, 57.5 and 86.5. Out on his own after 600 metres, and urged on by a fine supporting crowd, he finished in 1:57.32 to take 0.49 off Sparks' time.

The invitation had been arranged by Robin Woodland, a British vet living in Budapest, silver medalist in the M55 200m and 400m in Athens last June. Robin won the 200m at this indoor meeting, in 25.41, running in lane 5.

Browne, WAVA M40 800m Champion in 1989 and 1991, and still M40 outdoor record holder with 1:51.25, surely has his sights on the M45 outdoor record of 1:56.16 set by Holland's Ron Mercelina in 1991.

Bill Taylor

BVAF Marathon in Belfast

The first veteran to finish in this year's BVAF Open Marathon Championship will win a prize of £400. There is an extensive prize list offered by the organisers of the 14th Belfast City Marathon, which this year will also incorporate the BVAF Marathon Championships on Bank Holiday Monday, May 8th. Substantially increased sponsorship means that the overall winner of the race will win £1,600 and the first prize for the first woman will be £600.

The second and third placed male veterans will receive £200 and £100 respectively and there are valuable prizes for age group winners up to M60 and W40. The marathon course starts and finishes near the city centre and follows one lap through the suburbs.

A marathon relay (teams of five, any ages) will also be held on the same course. There is a total of £2,000 worth of prizes to be won by the first three all male, first two female and first two mixed relay teams. Further details of both events from the address in the entry form on page 9.

Buffalo Budget

The XI WAVA Championships in Buffalo are expected to bring an economic benefit to the region of 25 million dollars. Six thousand athletes and an equal number of spectators are expected to attend. The championships are operating on a budget of 1.6 million dollars. One third of this amount will come from entry fees and accommodation. Another third will be funded through sales of books, programmes, vendor and parking fees, merchandising, tour and travel. The final third will be funded from private contributions, corporate sponsorships and public funds, although public funds represent only 7 per cent of the total budget.



International Cross Country, Sunderland. John Davies, 5005, leads a group through the brook.

Welsh Veterans AA

At the AGM of the Athletics Association of Wales, held in Aberdare on October 30, delegates voted in a motion approving a commission to look after the interests of older age group athletes. The voting, which required the approval of two thirds of those present and eligible to vote, was preceded by a lively debate.

Although the actual ways in which the commission will function have yet to be fully defined, it has been agreed that a number of those persons currently serving as members of the WVAA committee will be part of the commission in its first year. This should ensure that a smooth run-in period is achieved. The new commission will not cut across the purpose of WVAA, and it is expected that there will be close co-operation between the two.

The formation of this commission is seen as a vitally important way of integrating veteran athletics into the mainstream, whilst at the same time maintaining the integrity of veterans clubs. Welsh Veterans acknowledges that it represents a small number of the competing veteran athletes in Wales, and hopes that full cognisance will now be given to the large percentage of veterans active within the sport.

Dave Walsh

Secretary's Report



Bridget Cushen

Recruitment

We are still without a mandate from BAF and until we have confirmation of their intentions, planning ahead is difficult. We are all aware that there are thousands of "unattached" athletes competing in road races. Their ambitions may not extend beyond local races and keeping in trim. There are also many established club runners who just do not bother, who may not be interested in our movement, or more likely are totally unaware of our existence. Most of us retain our original club membership, but do we all encourage other veterans to join BVAF clubs?

If we were totally autonomous and, even with a limited budget, it would not be too difficult to reach our target audience - hand out recruitment literature at road races, take a stand at major meetings etc. Meanwhile, we are keeping a steady membership of close to 7,000. If each of us were to recruit just one more member our lobbying power would be that much more effective. We have, after all, successfully campaigned for separate prizes for veteran categories in the London marathon, county championships for veterans and special invitation races at a few international events.

Appointment of a Marketing Officer

The demographic charts show that "Grey Power" is a growing movement which no government can afford to ignore. With-out an experienced marketing officer however the BVAF committee have neither the time nor facilities to exploit the opportunity.

We have now found the ideal person, ex-Bristol AC sprinter, Stuart Mathews, who joins the Executive Council on a commission basis. He has already got sponsorship for our Track & Field Championships at Exeter and is now commissioned to find sponsors for the European Indoor as well as marketing the whole of the BVAF. We welcome him aboard and wish him success.



International Cross Country, Sunderland — the finish. 1 Denise Hoogesteger 2 Teresa Tuohy 3 Jan Stevenson.

NEWSPAPER SUPPORT FUND

The supporters listed below have contributed since the November issue. We are glad to see that the Christmas spirit has led to a slightly longer list this time:

Sid Hood	Anonymous
J.A. Watson	Ted Cooper
Henry Emmerton	Stan Erlam
P.K. Jordan	Allan Sowden
REric Pendleton	Ken Prior
Fred Wainwright	Dave Blyth
C.J. Palmer	

Those who want to see a list extending to the bottom of the page next time should send their donations 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.....

Countdown to Buffalo

I am closely in touch with the Organising Committee for the XI WAVA Track and Field Championships at Buffalo in July this year, and preparations are going well. I am now giving guidance on such things as the numbers of throwing implements ideally required in each weight, as well as the numbers in the varying diameters for each weight. The provision of an adequate range of vaulting poles in appropriate weights and lengths is something of an organisational headache, but we are doing our best.

Similarly, it is virtually impossible to provide longjump/triple jump take-off boards complete with plasticine no-jump indicator at all the distances that might be required at all pits. Modifying the runways is an expensive business. Also, because we do not impose entry standards, there is a great variation in ability within each age-group, and hence in the distances from board to pit required to accommodate them. Therefore it is almost impossible to overcome the problem purely by the allocation of age-groups to pits. The budget for Buffalo is nothing like as large as it was for Miyazaki, so we shall do what we can within certain financial constraints.

I hope to visit Buffalo for final checks in May. A similar visit a couple of months before the 1993 Championships was very worthwhile, and I am trying to persuade the rest of WAVA Council that, although WAVA is never particularly flush with funds, such a visit is essential.

I have been nominated by WAVA Council to stand for re-election as Vice President Stadia. If I am elected again, I shall make it my last term. By the time the 1997 elections come round, I shall be nearly 80, and I shall be trying to find time for training!

Bill Taylor, VP (Stadia), WAVA

Prize Draw

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

The sooner you do it the sooner you will get in on the draw.

These are the recent winners:

October 94
£125 to A. Shepard (Bromley)
£10 to B. Tyndal, J. Curton, E. Saberton, E. Shillabeer, D. Smythe.
November 94
£125 to W. Morgan (Birmingham)
£10 to Val Bradley, A. Sutton, P. King, V. Lowley, S. James.
December 94
£125 to M. Warby (Aylesbury)
£10 to P. Hamilton, A. Brindle, A. Dunbar, G. Jardine, Jocelyne Kirby.



Below: Mud-covered Alan Garrett, but he obviously enjoyed it.

An Explosive Situation at Frankfurt

Over the years, the English contingent competing at Mülheim have consistently increased in numbers. This year seven competitors and Mary Scott, who helped to shepherd us all through the weekend, set off from Heathrow.

On arrival at Frankfurt, a bomb scare immediately plunged us into a crisis with disruption and delays. The threat was more apparent than real and we were soon in our hotel, quite close to the athletic complex. Here again we have a small town, admittedly on the outskirts of a large city, which has the facilities to accommodate at least 12 groups at the same time with up to twenty throwers in each. The officials are flexible enough to alter the programme so that most competitors finished earlier rather than later.

Weatherwise, Sunday dawned damp but it was clear that we were to be blessed with sunshine, and for most of the day the temperature hovered around 25 degrees.

I was joined in the 50-60 group by a powerful ex-Glasgow policeman John Sott and an expert linguist Enrico Figueredo from London, and then we met our fellow competitors from Germany and Austria, though unusually this year there was no competition from the Baltic States or Hungary.

We started with the shot where John put in a very useful performance and then we moved to the hammer where I made up for my usual abysmal effort with the shot.

Thereafter we discovered the versatility of the officials who altered the throwing order, so that we might move to unoccupied throwing stations. We competed all day without a break, and finished by throwing a very passable imitation of a German hand grenade at 4.30 in the afternoon.

There were the usual disasters: injuries, three no throws and varying disappointments. We were, however, all pleased with our performances, having

competed in what a German competitor described as "most prestigious throwing competition in the world". The English competitors who had not been before were impressed by the competition itself, the variety of techniques required and by the unobtrusive helpfulness of the officials. In many respects, the greatest compliment that we could pay them was to say that we didn't notice them.

The ladies all did well. Evaun Williams almost won the prize for the best lady competitor. Vilma Thompson and Wendy Dunsford won their events and Barbara Dunsford came fifth, improving on seven of last year's throws. John finished fifth, Enrico fourth in the M50 and I was third in the M55, scoring more points than last year when I won it! I expect to be pushed further down the pecking order when a very large German joins us next year. Mary

Scott was very kind to us all, pandering to our needs throughout the long competition and she thoroughly enjoyed the experience, although not competing.

We went back to Frankfurt early the next morning for some sightseeing. I wished to purchase some hammer shoes, thinking that would be simple in the large sports shoe shops in the city centre. It must be a sign of the times in that when I asked about hammer shoes they had no idea what I meant. Clearly not so many people are throwing the hammer in Germany these days. Whilst there were some problems with the less common and lighter weight implements at Mülheim, I believe that we shall all return, hopefully with reinforcements on the last Saturday of September in 1995 where we shall again be made most welcome. Believe it or not, they actually like us! **Hugh Richardson**



BVAF Indoor Championships. Left: Teresa Dyer, W35, 800m and 3,000m winner. Centre: Neil Griffin, M45, Shot Put Champion. Right: David Wilcock, M40, 800m winner.

Good Win for Pape

By Alastair Aitken

Phil Pape, for the second year running, led Cambridge Harriers to individual and team victories in the Kent Veterans Cross Country Championships over a sticky Tunbridge Wells course on January 7th.

This event was possibly the most exciting veterans cross-country race for a long time in the South of England. After 300 metres, John Huntingford led former Commonwealth medallist and London Marathon winner Mike Gratton, Glen Grant and Phil Pape. At the one mile mark, Grant was breaking clear from the 85-strong field with Gratton in hot pursuit and Pape some 30 metres adrift. Lieutenant Colonel Grant had run 3:57:16 for a British M40 1,500 metres Indoor Record the previous weekend and now looked untouchable in the middle stages of this race. Gratton was not enjoying the mud at all and Pape went past him. Pape grew in confidence and just before the

start of the third and final lap, he overtook Grant. Despite a late rally, Grant could not catch Pape.

George Meredith, of Pape's club, remarked, "That must be the best race of his career". That was a great compliment considering that Pape was a class youth and junior in his younger days.

For the first time in the history of the race, the over-50s had a separate race. Mike Cronin, who led all the way to win for the second time, and Pete Jenner, who finished a good second, were both quality amateur footballers in their prime. Jenner, at 57 years old, was the first over-55. Geoff Fee, on very little training, ran amazingly well. He came through from the back of the field to take third place. Derek Pettit, who has retired from his job in the UK and is now a skiing instructor in Switzerland, won the M60 group and finished in 15th place overall.

Dope Information

Some easily understood information for the athletic and sports world on what you can take for a cold or flu, or as analgesic, and what you cannot take according to the IOC's banned list of ingredients is available. The lists of YES and NO products are in plain, over-the-counter names. The information is on a wall chart which includes advice to help athletes to stay drug-free. The chart is encapsulated, to withstand wear and tear in the club room or changing area. The poster costs £5.00 and is available from Safety Point, 6 Sandfield Gardens, Thornton Heath, Surrey CR7 8AR. Tel. 0181 653 4648.

New York Marathon

On November 6th, 29,628 runners finished the 25th anniversary New York Marathon. First veteran was Britain's Nick Rose in 41st position overall in 2:26:39. He took home 3,000 dollars prize money. Other leading British veterans in age groups were Dennis McAra 2:48:45 (48th, M40), Geoff Jones 2:58:17 (16th, M50), Mick Burrows 3:02:17 (26th, M50), Laurie Forster 3:25:54 (15th, M60), Allan Smith 3:26:15 (16th, M60) and Tom Shilling 4:00:11 (5th, M70).

Britannia International ISLE OF MAN

MARATHON/HALF MARATHON & ROAD RUNNING GRAND PRIX 1995
Supported by the I.O.M. Department of Tourism

- | | |
|--------------------------|---|
| I Sunday August 13th | MARATHON & HALF MARATHON
Staged by the I.O.M.V.A.C. under B.A.F. Rules. Prizes in all categories. Awards & Certificates to all finishers. Buffet at Finish. T Shirts available. |
| II Monday August 14th | PEEL HILL RACE
Four miles with testing Cross Country climbs. |
| III Tuesday August 15th | REST DAY |
| IV Wednesday August 16th | BALLASALLA TEN
Fast Flat Ten Mile Course. |
| V Thursday August 17th | A.M. CUTILLO MEMORIAL SIX
Tough six miles Country Road Race. |
| VI Friday August 18th | PEEL FOUR ROAD RACE
Four miles round the houses. |

Entries open to Senior Men, Ladies, Vets (Men & Women), Junior Races in II, V & VI Grand Prix calculated on 5 race total, with additional points for Marathon entries. Each race has its own prize list with the Grand Prix Presentations after the Final Race. For those not wishing to compete in the full programme - II, IV, V & VI can be entered individually on the day.

Entry £6.00 - Marathon or Half Marathon £15.00 - whole week

For further details please contact:
Don Higgins, Curlew Cottage, Scarlett, Castleown, Isle of Man, IM9 1TB.
Telephone (01624) 822857.

ORGANISED BY: THE ISLE OF MAN VETERAN ATHLETES' CLUB

8th NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

SATURDAY, MAY 20, 1995
SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all clubs affiliated to BAF.
Medals to first three teams and fastest three individuals in each championship.
Championships will be held over a revised traffic-free three-mile course.

CHAMPIONSHIP	STAGES	START
Women, over 45	3	11.00 am
Women, over 35	3	11.00 am
Men, over 60	3	11.00 am
Men, over 50	6	11.00 am
Men, over 40	8	1.30 pm

ENTRIES CLOSE ON APRIL 22
Entries from B teams will not be accepted.
Teams must be declared 30 minutes before the start.
All competitors must wear club colours.

Entry form and other details from:
DENIS WITHERS, 14 COTTAGE LANE,
MARLBROOK, BROMSGROVE, B60 1DW
(PLEASE INCLUDE 9" x 4" S.A.E.)



**1995 BRITISH VETERANS ATHLETICS FEDERATION
OPEN 10 MILE ROAD RACE CHAMPIONSHIPS
11th YEAR IN OSWESTRY
HELD UNDER B.A.F. & B.V.A.F. LAWS
OPEN TO ALL VETERANS**



SUPPORTED BY:
INTERLINK COURIER PARCELS OSWESTRY SPORTS COUNCIL
OSWESTRY BOROUGH COUNCIL ATHLETES FEET

SUNDAY APRIL 23rd 1995 - START 1 p.m.

VENUE: NORTH SHROPSHIRE COLLEGE (ADJOINING OSWESTRY LEISURE CENTRE),
COLLEGE ROAD, OSWESTRY.

A.L.M.S. COURSE

CLOSING DATE: APRIL 20th - NO ENTRIES ON DAY

ENTRY FEE: £4.50 IF AFFILIATED TO B.V.A.F. - £6.50 IF NOT A MEMBER

EXTRA £2.00 FOR NON-AFFILIATED IS LEVY TO B.V.A.F.

(AFFILIATED MEANS PAID UP MEMBER OF NORTHERN VETERANS/SOUTHERN VETERANS/WELSH VETERANS, ETC)
CHEQUES PAYABLE TO B.V.A.F. 10

THIS IS A VETERANS ONLY EVENT



CHAMPIONSHIP AWARDS

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

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

CLUB TEAMS

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

LADIES: ALL ages, three to count.

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

9" x 6" S.A.E FOR FURTHER DETAILS, CONFIRMATION AND RACE NUMBER TO:
DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY, SHROPSHIRE, SY11 1JD. TEL: (01691) 653338.

Please accept my entry for the 1995 B.V.A.F. Open 10 Mile Championship

NAME AGE ON DAY D.O.B.

ADDRESS TEL. NO.

1st CLAIM CLUB VET REG. NO.

AREA AFFILIATION (E.G. NORTHERN) NON AFFILIATED* TICK ☐

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

SIGNED

DATE

Wells City Harriers

Present

The Gerry Murray Memorial Races

Incorporating the B.V.A.F. Open Veterans 5km Championship
Wells City Centre, Monday May 29 1995

Programme

2.00pm	Boys and Girls under 12	1.15km
2.15pm	Boys and Girls under 17	2.40km
2.30pm	Senior men	8.00km
3.15pm	Senior/Veteran Women	5.00km
3.45pm	Veteran Men	5.00km

Flat 1.3km circuit of Wells City. Extensive prize list

Entry Fees: Veterans events: B.V.A.F. affiliated £3.00, un-affiliated £5.00

Other races: B.V.A.F. affiliated £3.00, un-affiliated £3.50

Payable to [enclose SAE]: Wells City Harriers, c/o Paul Chadwick, Wychcraig,
Portway Hill, Lamyatt, Shepton Mallet BA4 6NJ

Prize Structure: Prizes/Medals to first three in the following categories:

M40, M45, M50, M55, M60, M65, M70

W35, W40, W45, W50, W55, W60, W65

Teams [3 to score]: First three M40, M50, W35, W45.

Overall Prizes: Men: 1st £300: 2nd £150: 3rd £100

Women: 1st £300: 2nd £150: 3rd £100

Bonuses: Course Record Men [14:38] £200 plus £100 for sub 14:20

Course Record Women [16:18] £200 plus £100 for sub 16:00

Entries close on May 20 1995. Late entries [£1 surcharge] accepted only if entry is below police limit.

Surname Christian Name sex M/F

Address

Post Code

Tel. No. D.O.B. Age on Race Day

First Claim Club

Veteran Club B.V.A.F. Veteran No.



B.V.A.F. 10K CHAMPIONSHIPS

Sun 18th June 1995 11.00am

promoted by MVAC & Massey Ferguson
incorporates MVAC Championships

Medals to first 3 individuals in all 5yr Male & Female Vets Age Groups

Teams:

W35-44, W45+, M50-59, M60+ (x 3)

M40-49 (x 4)

Athletes may declare for a younger age group but cannot then be included in the team for the older age group.

Entry Fee £3 for B.V.A.F. Affiliates

Non members of B.V.A.F. Affiliated Clubs will be charged an extra £2 administration fee and will be asked to provide proof of age (Photocopy of Driving Licence or Birth Certificate).

B.V.A.F. 10K ENTRY FORM

SURNAME FORENAME

DATE OF BIRTH CLUB

TEAM: W35/W45/M40/M50/M60 please circle

B.V.A.F. CLUB No

ADDRESS TEL No

FEE ENCL

Please enclose 9x4 SAE for Information & Number

B.V.A.F. 10K, 15 Meadow Lane, Alvechurch, Worcs, B48 7LH

OFFICIAL ENTRY FORM

BELFAST CITY COUNCIL



OFFICE USE ONLY

.....

GUINNESS

THE BELFAST MARATHON

Surname Christian Name 2nd Initial

Address

Town County

Country Postal Code

Phone (Business) Phone (Home)

Sex M/F (please circle) Date of Birth Age on Day of Race

Best Completed Marathon Hours Minutes

Predicted Time on 8.5.95 Hours Minutes

The competitor, who will be over 18 years of age on 8th May 1995, acknowledges that he/she will be running entirely at his/her own risk and that (to the extent permitted by the Unfair Contract Terms Act, 1977) The Belfast Marathon committee will not be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of the Committee, its members, employees or agents or from any other cause including an act of God or the physical condition of the competitor.

Signature Date

Fee (Please Tick) £10 Sterling ☐ IRE £10.00 ☐

CHEQUES AND POSTAL ORDERS ONLY.

MADE PAYABLE TO: "THE BELFAST MARATHON COMMITTEE"

Please note that because of limited Administrative Staff no refunds will be entertained.

Post Entry to: THE BELFAST MARATHON P.O. BOX 39 BELFAST BT2 8BL

CLOSING DATE FOR INDIVIDUAL ENTRIES, 31st MARCH, 1995.

BRITISH VETERANS ATHLETICS FEDERATION

OPEN MARATHON CHAMPIONSHIPS

Monday 8th May 1995 • 12 noon at Maysfield Leisure Centre

Registration Form

Please include my Belfast Marathon Race Entry in the British Veterans Athletic Federation Marathon Championships, which is incorporated in the 1995 Belfast Marathon Race.

Name: Belfast Marathon Race Number:

*Please delete as appropriate

*I am a B.V.A.F. Registered Athlete.

B.V.A.F. Registration Number: Club/Association:

*I am not a B.V.A.F. Registered Athlete.

Please state your age on the 8th May 1995: years months



NEVAC Cross Country Championships. Sheila Allen, W35, 309, overall winner, Kath Musson, 316, W40, second, and third W45 Eleanor Robinson, 323.

FIXTURES

NATIONAL

- 23 April BVA Open 10 miles Road Championships, OSWESTRY (See ad, p9)
 8 May BVA Open Marathon Champs BELFAST (See ad, p9)
 20 May BVA Road Relays, SUTTON PARK, BIRMINGHAM. 11am (See ad, p8)
 May 29 BVA Open 5K Road Champs WELLS (See ad, p9)
 10 June BVA 20Kms Race Walk Championships in conjunction with Birchfield Harriers Open 20Kms at SUTTON PARK. 12 noon BVA/MVAC 10K Championships Massey Ferguson, COVENTRY. 11am. (See ad, p9)
 5/6 Aug BVA National Open Track & Field Championships, EXETER. Entry form p2
 13 Aug BVA Track Walks and BV Pentathlon, SOLIHULL. Details from John Quantrell
 24 Sep BVA Open Half Marathon Champs LAKE YRNNY

INTERNATIONAL

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

NORTH

- 26 Mar Monthly run, TATTON PARK, Knutsford, Cheshire.
 16 Apr Monthly run, Wallasey RUFC, Cross Lane, WALLASEY. Noon
 21 May Monthly run, 6 miles Road & Paths, Hood Lane, WARRINGTON. Noon start
 28 May NVAC Track & Field Championships, Details in newsletter. cd

- 15/5 No entries on day, Entries to Alan Fearnley, 12 Hazelwood Road, Smithills, Bolton, BL1 6EB
 28 May NVAC Half Marathon Championships in open race. Eash Cheshire Hrs. HQ, Richmond Street, ASHTON-u-Lyne.
 9 July NVAC 10K Road Championships, MATLOCK, Derbyshire. Details in newsletter

NORTH EAST

- 1 April Harrier League No. 6 TYNEDEALE (PRUDOE)
 9 April Wallsend Harriers 10K
 14 April Elwick Relays, NEWCASTLE
 15 April South Shields 10K
 23 April Blyth Valley 10, CRAMLINGTON CONCORDIA
 30 April Sunderland Strollers 6, REDHOUSE, SUNDERLAND 31 May
 NEVAC Track Leave, MONKTON, Jarro (Prov.)
 8 July NEVAC Track & Field Championships, MONKTON STADIUM, (Prov)

MIDLAND

- 23 April MVAC Warm-up Track & Field Meeting, BURTON ON TRENT. Information from Phil Owen, White Fox Cottage, 2 The Green, Mancetter, Warks CB9 1NJ
 30 April MVAC Road Relay, TAMWORTH, 11am, information from Phil Owen
 4 June MVAC Track & Field Championships, SOLIHULL. Entries to John Quantrell 5 Highfield Road, Evesham, Wors., WR11 6PU
 18 June 10K Road Champs COVENTRY
 13 Aug Solihull Masters Track & Field, also Track Walks and Pentathlon. Information from John Quantrell
 3 Sept Throws Meeting, SOLIHULL. Information from John Quantrell

EASTERN

- 26 Mar EVAC Road Running Championship STOKE FERRY, Norfolk. 11am. £3 to EVAC, 42 Wimbostham Road, Downham Mark Norfolk. PE38 9PE. Encl SAE 9x4 for details. cd 20/3
 30 April EVAC Road Relays, Hemmingford Grey, ST IVES, Huntingdon. 11am. (40-50) 4 x 2 mile, (50+) 3 x 2 mile, (Women) 3 x 2 mile. Entry £4 & £3 resp. cd 28/4. Entries to Peter Chaplin, 1 Gunning Way, Cambridge, CB4 3SQ + 9x4 SAE for details
 11 June EVAC Track & Field Champs BRAINTREE, Essex. 11am. £2.50 1st event, £1 each additional to Peter Chaplin. cd 6/6. All events open to EVAC Members - Guest runners welcome at all events

SOUTH

- 25 Mar VAC Cross Country, 4.8 miles, WIMBLEDON COMMON, 3pm
 24 April Southern T&F League various venues
 25 April VAC Battersea 5 mile Road, 7pm
 29 April LTE Relays, GUNNERSBURY, 2pm
 30 April Tooting Runners 10K Open Road Race incorporating SCVAC Club Championships. 10am, TOOTING COMMON. Entry forms from J Fitzgerald, 6 Tyers House, Aldington Road, London SW16 1TJ + SAE
 3 May VAC & Counties Championships, 10,000m walk, 6.45pm
 10 May VAC Track, BATTERSEA, 7pm

- 15 May Southern T&F League various venues
 27 May Surrey Vets Championships Track & Field, (Prov) TOOTING BEC
 4 June SCVAC Track & Field Championships, THURROCK. cd 15/5, £3 per event to J Duford, 71 Hillside Cresc. South Harrow, Middlesex, HA2 0QU OPEN MEETING WITH SPECIAL MEDALS FOR NON SCVAC MEMBERS
 7 June VAC Track, BATTERSEA, 7pm
 10 June Chigwell 10 mile Road Race, incorporating SCVAC Club Championships. Entry form from J Fitzgerald
 12 June Southern T&F League various venues
 21 June VAC and Belgrave Track, BATTERSEA 7pm
 26 June Southern T&F League various venues
 27 June VAC 5 Mile Championships, BATTERSEA ROAD, 7pm
 11 July VAC BATTERSEA 5 Mile road, 7pm
 26 July VAC Track, BATTERSEA, 7pm
 9 Aug VAC Track, BATTERSEA, 7pm
 15 Aug VAC BATTERSEA, 5 mile Road, 7pm
 27 Aug VAC Track & Field Championships, W London Stadium, W12. 1pm
 4 July Inter County Vets Track & Field, CRAWLEY, 6.30pm

SOUTH WEST

- 26 Mar SWVAC RR Grand Prix, 20 miles, LISKEARD
 23 Apr SWVAC RR Championships and Grand Prix, 10K, NORTH DEVON

WALES

- 15 April AAW/WVAA 10 Miles Road NEWPORT
 10 May Vets T&F League 1 lb.a.
 6 June Vets T&F League 2 lb.a.
 17 June AAW/WVAA Vets T&F Champs NEWPORT
 8 July 10K Area Challenge and WVAA Champs WREXHAM
 18 July Vets T&F League 3 lb.a.
 16 Aug Vets T&F League 4 CARMARTHEN

ISLE OF MAN

- 13 Aug IOMVAC Marathon & Half Marathon, RAMSEY FOOTBALL CLUB. 9am. Undulating 13 mile lap course. Prizes all categories. Buffet at finish. 'T' Shirts available
 13 Aug IOMVAC Half Marathon Walk, 9am RAMSEY FC
 14 Aug IOMVAC PEEL HILL RACE, 4 miles, PEEL PROM. 7pm
 14 Aug IOMVAC Peel Round Houses Walk, Greg Main Hotel, PEEL, 7pm
 16 Aug IOMVAC BALLASALLA 10 miles, BALLASALLA SCHOOL, 7pm
 17 Aug IOMVAC Anna Marie Cuttill Memorial Six Country Road Race and Walks, FOXDALE SCHOOL, 7pm
 18 Aug IOMVAC PEEL 4, Creek Inn, PEEL. 7pm
 Dates from 13-18 August is the Grand Prix. Entry £6 for half and full marathon, £15 whole week, rest can be entered individually on the day. Details from Don Higgins, Curlew Cottage, Scarlett, Castletown, IOM IM9 1TB
 11 Sept IOMVAC Open Track & Field Meeting and Vets Mile, 7pm, NSC DOUGLAS

Around the Regions

EASTERN

The EVAC Cross Country Championships were held at Cambridge on January 15th. Entries were down on last year, due to a confusion over dates, but the number of runners competing was almost identical to 1994. Runaway winner was Peter Warden from Redhill Road Runners from the Nottingham area, not to be confused with Redhill in Surrey.

One point of interest was the 45-50 age group far outnumbered the 40-45 age group. Perhaps the younger age group feel they are still able to compete on equal terms in open competition?

The 55-60 group provided a close competition. Chris Canton, sometime of Ealing and Southall AC, now living locally, held off Terry Laybourne from Milton Keynes, who in turn bested Mike Turner of Liverpool H, who as far as I can remember has never lived anywhere else other than Camberidge! Reg Brett of Vauxhall AC somehow managed to get mixed up with this trio to win the 50-55 age group.

Malcolm Ball from North Norfolk was an easy winner of the 60-plus runners, but only five seconds separated the next three, Peter Chaplin and George Ginn, both from the local club taking the minor medals.

In the women's race, it was a clean sweep for the local club, Cambridge and Coleridge AC. The only 'title' that escaped them was the W45 age group which went to Felicity Garland of Redhill RR.

Peter Chaplin

MIDLANDS

The MVAC Cross Country Championships were held at Cofton Park on Jan 15 over a testing course, well marked and marshalled by Harry Fowler's Rowheath Harriers.

Mike Hager set off with every intention of retaining his title and after one lap had a lead of 10 seconds over Steve Hewitt, with Keith Holt a further 10 seconds behind in third. Duncan Overton held the lead in the M45 race, 4th overall. John Cooper, David Jones and Bob Young were well up. Graham Patton, the leading M50 runner, was 13th at this stage. In the M60 race Geoff Ashby led ultra-distance man Geoff Oliver, but it looked as though a race was on.

After two laps, Hager had increased his lead, Hewlett and Holt still following, with Overton consolidating his M45 lead; Patton had moved up to seventh overall, which position he held until the finish. Oliver had passed Ashby and opened up a 30 metre gap.

There was little change in major

placings at the end of the race, and Hager was a convincing winner. Many finishes were fought out spiritedly, in attempts to snatch a vital place for the team races. Ashby used his finishing speed to edge out Oliver. Mike Butterly ran steadily throughout to win M55, albeit behind the first two M60. Colin Simpson, in winning the M65, showed something of the form which had taken him to a WAVA team medal, and England selection as an M60 a few years ago.

It was sad that the women's race had only nine competitors, three fewer than last year. Lyn Bates, W35, won by over two minutes from her nearest rival in her age-group, Karen Scarff. In between were Linda White and Lesley Cliff, W45, and Dot Fellowes, W50. Those who competed, all ran with determination, but how the organisers wished there had been a larger women's field.

Bill Taylor

VAC

In good conditions, 121 competed the club champs at Camp Road. Paul Toms took the lead after the first lap and gained his third major VAC title, as well as two road titles comfortably. His consistent form over two years includes notably the Masters 10K title, all ages, at World Airlines champs in America.

Race second, stylish Ken Daniel, reversed the order with Fairbrass and Morten which had prevailed at the Kent vet champs the previous week. Grenville Tuck, who has not run a lot recently, due to knee trouble, at least got into the medals.

The fourth, Chris Fairbrass was only 11 secs off his fast ground time in October. Rob Roath who lead up the hill first time was finally 5th, before second 45 Hugh Morten. Roger Hill, who was 7th, is again bidding for first vet in Surrey league Div III. While Fleet clubmate Gareth Davis, next, has also run into good form. Andy Howlett improved to 3rd 45.

Coming through on lap two, Keith Spacie, 59, was first 55 and indeed first over 50 as he outstripped Peter Newton, the first M50, on 28:30. But the general from Thames Hare had long advantage over the City of Portsmouth man in course knowledge on the Common.

Despite the absence of Laurie O'Hara, injured with achilles and spur, M60 threw up a tussle between Ron Higgs and Tom Everitt who came out best on 29:26 to 29:53.

65 had spirit too as Charlie Walker, a 'name' athlete still competing from the Roger Bannister era, made his one race here

this year, by just eight secs from Jim McQuillin and Jim Charman.

25 years earlier Chas had won the VAC Champs outright at age 40, from Bob Belmont and Steve Charlton, and it would be interesting to hear if other veteran clubs had any similar feat in their history.

In 70 class second season member Ted Rose, from the south coast, was well in front at 35:25.

Then in 75 Dennis Evers, who maintains his running form in exemplary way, re-set his enviable record to 36:57.

Splendid numbers were a welcome feature of the women's competition with easily a record 26 finishers. First was Marian Eldridge who is Buffalo bound. But fastest time in the club table by a woman stays with Maxine Joyce's 30:31 before Christmas.

Only eight seconds behind was Surrey county champion of CC Jane Davies of Epsom and Ewell, top in a strong 45 class. Then Ann Lippitt, the race third, had a good run on 31:25, bettering her times of last year. Fourth woman was Hazel Ileson, of Tadworth, the 1st 35.

Lesley Bowcott and Doreen Offredi made a Windmills double in 50 and 65 classes while another double was that of seniors Alice Smith and Alice Billson who supported one another to the end.

Jeremy Hemming

SCOTTISH

On Sunday, 11th December, 1994 most of Glasgow and the west of Scotland suffered from the worst storms and flooding in recent memory. Fortunately Glasgow's Pollok Park remained relatively dry underfoot, and proved to be a suitable venue for the club's 5 miles Christmas Handicap. This is one of the most popular events in the club calendar, with members travelling from 'A' the airts the wind doth blow. The result of the race is secondary to the camaraderie and goodwill which pervades this event. Frank Gallacher was first to finish. First lady was Dorothy Moore. Both received a turkey, but everyone went home with a prize.

The club's 5 miles C.C. Championships were held on 15th January, 1995, at the ancient and historic town of Bannockburn. It was there that King Robert the Bruce sent the English "Hame the think again". However, on a cold and wintry day on fields not far from the famous battlefield, it was Anglo-Scott Archie Jenkins who "came and saw and conquered". Archie was a worthy winner in 29:48, and second was Frank Connor in 30:15. First lady was Eileen Reid in 35:16, with Jan Thomson second in 37:04.

The following Saturday at Bent Park, Hamilton, in wind, rain and sleet, Andy McLinden, 30:23, just managed to stay in front of Frank Connor, 30:29. First lady was

Eileen Reid, 36:19, and second was Sheila Porteous in 43:34.

With all this miserable weather, it was with great anticipation that a party of Scottish Veterans, families and friends, flew out to Spain's Costa del Sol on 22nd January. There in the sunshine of Torremolinos, batteries were recharged, warm weather training enjoyed, and hair let down with several social events. The highlight of the week was the Burns' night, when the Vets, many in full Highland dress, were piped in procession from their hotel to a local hostelry where the Immortal Memory of our national bard was celebrated in song and verse. The locals may have pondered the question "Quien es ese caballero?"

Neilson Hare

WELSH

Old Father Tyme 5, Cardiff

Due to problems over facilities, the annual veterans only race, hosted by Les Croupiers Running Club, had to be delayed until January 2nd. As matters turned out, the delay meant conditions for the race were good, albeit cold. This year the race incorporated the final Welsh Veterans Championship (of 1994), but entries were a little disappointing, except in the M50/M55 groups.

The race consists of two laps starting and finishing near the HTV Studios at Pontcanna. From the gun, P Owen (Bridgend) took an early lead and was never headed, eventually winning by 40 seconds. Behind him Jeff Rees of Neath and D Hart (Bristol) had a titanic struggle for the minor placings. With Hart ineligible, Bernie Plain in fifth place took the 'Over-45' title, whilst his team mate, Elwyn Davies, was only 5 seconds back to be first 'Over-50'.

Barbara Boglan dominated the women's race as completely as her male counterpart and, in finishing 18th, gained victory by nearly 1.5 minutes. Watched by husband Steve, Jacqui Brace was second woman around the first lap, but on the second circuit was passed by Wendy Huggins (Sospn), confirming her excellent form.

J. H. Collins

NORTH EAST

NEVAC staged their Cross Country Championships for the third consecutive year at Roschill, Wallsend. The event was blessed with very mild but breezy conditions on a bright sunny day on February 4th.

The first race over 6K saw the region's best veteran women quickly headed by Sheila Allen (Houghton), while Kathy Musson (W40) and ultra-specialist Eleanor Robinson (W45) battled it out for second and third. Supported by Maureen Dodsword and Jean Applegarth (3rd, W35), Houghton were clear winners of the team event with 11

points. Second W40 was Roz Layton, with L Armstrong third. Heather Scott (South Shields) finished a deserved second in the W45 groups with new member Linda Truman third. Former BVAF W50 Marathon winner Kath Hope returned to competition to win the W55 group from Mary Avery.

Roger Highnam literally ran away with the M50 title in the M50-64 10.2K event. Gradually stretching his lead to finish almost 2.5 minutes clear of his nearest rival. During the first two laps, the race for second place seemed to be between ultra-distance record breaker Paul Bream, Colin Bolton, and Brian Purvis, but Walter Ryder (M55) surprised everyone by coming from about eleventh position to pip them all for second overall. K Lowther in eighth place was second M55, making the journey from Cumbria worthwhile. Bill Atkinson had a great run beating his 1994 time by two minutes to take third M55 from Cyril Dunn. Ian Barnes returned to form to take first M60 from this great friend and rival Eric Appleby. Albert Prouse gaining third M60. Blaydon Harriers first two counters Les Walker and Elsdon Watson were pleased to see Tony Livingstone finish strongly to secure the team event.

For only the second year, the over-65 men ran the shorter 6K distance. Bill McNeil continued his fine 1994 track form by clearly winning the gold from Ray Dudley and Gordon Freeman. John Johnston won the M70 event from London Marathon TV personality 'Jarro Jim' Purcell.

It was a case of *déjà vu* in the M40-49 race when defending M40 champion Archie Jenkins and defending M45 champion Harry Matthews decided to stage a repeat of the 1994 race. The pair were locked together for all but 30 metres of the 10,330 metre course. Harry had the consolation of reducing the 1995 Scottish Veterans champion's winning margin to just three seconds, and of leading his Elswick club to the team award. It fell to the chasing pack of K Archer, Phil Rees, John Stebbing and new veteran Tom McPhail to create a fascinating battle for the minor places. John Stebbing proved to be the stronger to finish third (2nd M40), followed by K Archer (3rd M40) who had an excellent run. Curiously, 1994 M50 winner Phil Lancaster chose to run the M40 event, yet finished 13th ahead of many runners ten years his junior. Club and race secretary George Routledge, course marker and general do-gooder finished one place higher than last year and for some reason his muddy wellies are fast becoming a cult-fashionable footwear-talking-point at this annual event. I can't think why.

G. Routledge

SPRING SUPER SALE

Asics GT 2000 Stability Trainer, sizes UK 6-10 inc 1/2 sizes, usual £59.99, sale **£49.95**



Avia 3030 Stability Trainer, sizes UK 6-10, and 12, usual £44.95, sale **£29.95**



Reebok Graphite Road HXL, sizes UK 6, 7, 8, 9, 10, 11, usual £79.95, sale **£49.95**



Etonic Stable Air Pro II Stability Trainer, sizes UK 7, 7 1/2, usual £59.99, sale **£35**



Brooks Eldorado Stability Performance Trainer, sizes UK 6, 7, 7 1/2, 8, 8 1/2, 9, 10, 11, 12, usual £59.95, sale **£39.95**



Reebok Pump Graphite HXL Lightweight Stability Trainer, sizes UK 7 1/2, 8, 8 1/2, 9, 10, 10 1/2, usual £59.99, sale **£39.95**



Reebok Inferno HXL Racer Trainer, sizes UK 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 10, usual £49.99, sale **£29.99**



Etonic Stable Air OS Anti Supination Trainer, sizes UK 5 1/2, 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 10, 10 1/2, 11, 12, usual £69.95, sale **£35**



Brooks King Conquest Racing Flat, sizes UK 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 10, 10 1/2, 11, 12, usual £44.95, sale **£29.95**



Brooks Lady Sonic Training Shoe, sizes UK 3-8 inc 1/2 sizes, usual £39.99, sale **£29.99**



Converse Tamarau Cushion Trainer, sizes UK 6, 7, 8, 9, 10, 11, usual £39.95, sale **£30**



Avia 3040 Ladies Cushion Trainer, sizes UK 3-8 inc 1/2 sizes, usual £49.95, sale **£34.95**



Reebok Racer HXL, sizes UK 7, 7 1/2, 8, 8 1/2, 9, usual £49.95, sale **£29.95**



PUMA TECHSPEC Tech 41 Unitard, size medium only, usual £31.95, **SALE £20**
Pressure Vest - fabric: Coolmax trikot and Coolmax mesh. Coolmax fabric wicks moisture away from the body, athletes approved fit, mesh panels down each side and back panel, colour: damson, sizes M, L, usual £19.95, **SALE £9.95**
Ergo Short - fabric: Coolmax trikot and Coolmax mesh, colour: damson, sizes S, M, L, usual £19.95, **SALE £9.95**

Kinetic Unitard - Coolmax Lycra and Coolmax mesh, colour: white, sizes S, M, usual £31.95, **SALE £15**
Momentum Brief - fabric: Coolmax Lycra, colour: white, sizes S, M, usual £17.95, **SALE £8**
Accelerate Triunit - fabric: Coolmax Lycra and Coolmax mesh, colour: damson, sizes S, M, usual £36.95, **SALE £18**
Chyro Short - fabric: Coolmax Lycra and Coolmax mesh, colour: damson, sizes XS, S, M, L, usual £26.50, **SALE £10**
Digit Tracksuit - fabric: 95% polyester, 5% cotton, microlight reflective tape, zip pocket, raised rib neck, colour: damson, sizes M only, usual £79.95, **SALE £45**



Etonic Lady Stable Air Glide Trainer, UK sizes 4, 5, 6, 7, usual £59.99, sale **£30.00**



Reebok Lady Ventilator Supreme Stability Trainer, sizes UK 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, usual £69.95, sale **£39.95**



Etonic Stable Air Glide Trainer, UK sizes 5, 6, 7, 8, 9, 10, 11, 12, usual price £59.99, sale **£30**



Etonic Stable Air Strata, UK sizes 6-12 inc 1/2 sizes and 13, 14, usual £69.95, sale **£39.95**



ETA Challenger Fall Racing Shoe, UK sizes 5, 6, 7, 8, 9, 10, 11, 12, usual £50.99, sale **£35.99**



Saucony Grid Courageous Stability Trainer, sizes UK 6, 6 1/2, 7, 8, 9, 10, 11, 12, usual £79.99, sale **£59.99**



Asics Gel Exult Racer Trainer, sizes UK 6-12 inc half sizes, usual price £79.99, sale **£59.99**



Avia 3030 Ladies Stability Trainer, sizes UK 3, 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 8, usual £44.95, sale **£29.95**



Converse Intrepid Cushion Trainer, sizes UK 6, 7, 8, 9, 10, 11, usual £49.95, sale **£34.95**



Bourne Sports
Bourne Sports, Church Street,
Stoke on Trent, ST4 1DJ.
Tel 0782 410411, Fax 0782 411072

ASICS SHOE BARGAINS

The Racer (Wakihur), specially designed for fast pace road racing and training, sizes 6-12 including half sizes, usual £49.99, **OFFER £39.99**

Gel GT 2000, designed for the serious high mileage runner, seeking overall shock absorption and stability, sizes 6-11 including half sizes plus size 12, usual £69.99, **OFFER £49.95**

Lady Gel Saga, lightweight combination lasted trainer with rearfoot Asics Gel cushioning system, sizes 3-9 including half sizes, usual £44.95, **OFFER £34.99**

Lady Gel 67, rearfoot Gel cushioning system, sizes 3-9 including half sizes, usual £49.99, **OFFER £39.99**

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Gel Tri-lete, performance running and triathlon shoe, rearfoot Asics Gel cushioning system, speedy welc, located in rearfoot for shock absorption, sizes 6-12 including half sizes, usual £59.99, **OFFER £49.99**

Gel 67, zip lasted trainer with rearfoot Asics Gel cushioning system, sizes 6-11, including half sizes plus sizes 12, 13, 14, usual £49.99, **OFFER £39.99**

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Gel Racer, designed for races of all distances up to marathon, lightweight, only 215 gms, Asics Gel System located in rearfoot for shock absorption, sizes 6-12 including half sizes, usual £59.99, **OFFER £49.99**

Gel Saga, proven performance shoe for low to mid mileage runners, rearfoot Asics Gel cushioning system, sizes 6-12, including half sizes, usual £44.95, **OFFER £34.99**

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Advance Cross, colour grey/blue/black, rubber covered flexi spike plate with studded heel, good EVA heel wedge, super comfort mono tongue, specially designed for cross country, sizes 6-11, **OFFER £33.99, OFFER £29.99**

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