

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 38

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## Decisive Winners At Rugby

Report by Alastair Aitken

There were decisive winners in all three races at the BVAF Open Cross Country Championships, held at Princethorpe College, near Rugby on March 17. The weather, being mild and sunny, was perfect and the course, although a testing one with three sharp hills on each of the three laps, was firm and dry. The entry was one of the best in recent years with a

[32nd] and Peter Banks [37th].

In the over 50's race Alun Roper's class showed as he added to his previous two over 40 titles. Bill Padgett, like John Clark in the over 40 race, was a clear second.

The competition for third was always close and it was good to see Brian O'Neill on form once again, closely followed by Steve James,



The chasing pack after the first hill, M40-49 race: Steve Hewett [347], Peter Probin [182], Graham Ratcliffe [63] and Ray Stanier [2].

total of 670 names entered. In the 40-49 age group race Nigel Gates followed up his victory in his previous appearance in the Championships two years ago with another impressive win. During the first lap John Clark of Grimsby had a go at matching strides with Gates at the front but Gates started to draw away soon after the start of the second lap and finished 19 seconds clear of Clark. By initially keeping pace with Gates, however, Clark had gained a good lead on a select bunch of runners that included Mike Hager and Terry Osborne. It was in the final 800metres that Osborne burst clear from the chasing pack for a good third spot with Hager, the first over 45, finishing fourth overall.

The quality in depth was astounding as, between fifth placed Mick McDewitt and John Parker from the winning Tipton team back in fourteenth place, there was a time gap of only 44 seconds. It was good to see three top vets of the past still making the top forty, Roy Bailey in 31st, and previous winners Tony Ross

Women's event winner Sheila Allen



whose record in this over 50 event has not been matched for consistency. He won the M55 gold and was closely followed by Steve Birkin, Graham Patton and Graham Taylor.

To some it may have been a surprise to see M60 Bill Atkinson finishing as high as 44th, but the Northern farmer, who had already won the Yorkshire and North Eastern titles had been able to run 40 miles a week in training recently in preparation for his first marathon in the London. Atkinson is usually only able to train once a fortnight from June to October because he is so busy on the farm!

Sheila Allen has been one of the revelations of the veterans movement. She loves veteran racing more than anything since she started at the age of 38. Runner up last year, she went off from the gun and made light work of the very steep hills and was never headed. Cathy Boyle tried hard to get on terms but had to be content with holding off the rest. Denise Hoogesteger moved through in her usual smooth fashion to take fourth place overall and first W40. Pat Gallagher, always a game fighter, was first W50 in 13th place, following on from her recent two indoor World Bests over 1500m and 3000m. Pam Jones won the W55 by over a minute and Jocelyn Ross ran well for her W65 victory.

It was a close thing in the over 70's 5km, run in conjunction with the women's event. Ron Atherton beat Ron Lucas by only one second to take the M70 gold. Ex international Dennis Eyres won the over 75 category by a much wider margin.

Comments from the top:

Nigel Gates: I take the vet's scene seriously. This is the veteran's own Championship and it is up to others to turn up and compete if they want to be the best [continued on page 5]

## Swansea Retain Relay Title

Maurice Morrell Reports from Heaton Park

The BVAF/BAF Road Relay Championships returned to the North on May 18 and were blessed with sunny weather and a course which, whilst comparing with Sutton Park in length and rolling terrain, is superior underfoot on excellent tarmacadam paths. Although entries were down on the traditional Midlands venue, it was good to see Aberdeen, Cambuslang and Shettleston coming down from Scotland.

M40 Race:

An early burst from Redhill Road Runners saw them leading for the first three legs through Paul Warden, Bernie Ford and Stew Lublinski. Sunderland, Manchester H, Telford and Aldershot & Farnham were showing early promise, and it was good to see South London re-living former glories.

Holders Swansea, after a good opener through Alan Davies, had fallen away to trail the leaders by one and a half minutes at this stage, with Salford just ahead. At half way, Telford had taken a surprise ten seconds lead from Potteries Marathon. In hot pursuit was new vet Mike Deegan for Salford, who had made up ten places but could not catch Dave Hollins, who ran the fastest leg for the Stoke outfit.

Sunderland, through Glen Forster running 15:06, opened up a good half minute lead on lap five, and confirmed what a good all round club they are in the North East nowadays. Salford had eased into second spot from Potteries, and Swansea ominously came into fifth after a couple of hiccups and set the scene for the run in. Meanwhile, Mike Girvan had run a blinder to gain 29 places for Warrington.

Salford's Mike Higginbotham ran down Sunderland to take the lead on the sixth leg, but Martin Rees came storming through for the Swans with the fastest time of the day, to claim a close second spot. Dave Hill of Thames Hares, now 45, moved up nine places with third best time of 15:12 on this lap.

With a full head of steam, Kenny Davies stormed round leg seven to take Swansea into a clear lead from Salford and Sunderland. Tipton had steadily crept through to fourth place

from Potteries, who were still showing good balance. Graham Ratcliffe ran a good leg for Warrington, but the "Wiremen" do not have the depth for relays yet.

Swansea, with 50 years old Alun Roper on the last leg, looked home and dry. Alun had his leg heavily strapped, however, and he was given a nasty shock by Derek Mullen of Sunderland, who ran the second fastest time of the day to close Swansea down to only one hundred metres at the finish. Swansea missed Salford's course record by nine seconds, which was the only solace Salford had, as Mike Hager ran a blinder for Tipton to push the home team out of the medals.

M50

Fastest time of the day in this section took Martin Rouse and Invicta into an early lead from Hallamshire and Potteries Marathon. By leg three, [continued on page 3]



Above: M40 race: Kenny Davies gave Swansea the lead on lap 7

Below: The winning Macclesfield Harriers team: Barbara Murray, Cecilia Greasley and Sue Rowson



## A Dead Heat

Doug Morris Reports the BVAF 10miles Championship

The new two lap course used at Oswestry on May 5 proved to be an outstanding success. Joint winner Mike Hager said, "It was brilliant. The undulations went un-noticed, a fast course". Similar comments came from other competitors, who enjoyed the much quieter roads around the east of Oswestry. The weather on the day became quite warm and sunny with a cooling northerly breeze. Fast finishing times illustrated that the quality of competition was high in all age groups.

Defending champion Mike Hager made his intentions clear from the start but the Tipton M45 did not manage to pull clear of all of the field, as Warrington's Mike Girvan had also decided to make it his day. Running at almost even pace throughout the ten miles, they passed the five miles point in 25:10.

Hager did attempt to pull away at 9 miles on the slight incline into the village, but Girvan pulled him back within half a mile. With 160 metres to go Hager had managed to gain a ten metres lead as they entered the cricket field, but Girvan was by no means spent. He made a superhuman effort and they crossed the finish line together, the judges giving a dead

heat as they were unable to split them. The time was 50:24, the fastest veterans time ever at Oswestry, eclipsing the 50:28 by Dennis Fowles of Cardiff in 1991.

The rest of the race was keenly fought. Roger Brewster [Clayton] was a good M40 second, 45 seconds ahead of Graham Ratcliffe [Warrington], with the next six finishing within 35 seconds. The M45 race followed a similar pattern,

[continued on page 3]

Liz Clarke, 2nd woman to finish







BVAF 10 Miles, Oswestry: Above, W60 winner Brenda Cook; Below, Sue Ogilvie, 1st W40



## FROM THE EDITOR

A warm welcome to the five hundred veterans who have joined the BVAF in the last few months. There is, of course, always a continual stream of new members, but this year we have been inundated with applications. The reason is not hard to find, as the World Road Running and Walking Championships will be held in Bruges and it is a condition of entry to all events under the control of WAVA or EVAA that competitors must be affiliated to their national governing body. In Great Britain that means BVAF, not BAF.

Of a total of 2500 veterans who have entered for Bruges this year, over 900 are British and at least half of those British veterans were not BVAF members. We are very pleased to have them join us now, but what a pity that the only reason they are joining us is because they have to, if they wish to run at Bruges this year. Obviously we have not been as successful as we should have been in recruiting new members.

Having joined us, we hope that they will enjoy the benefits of belonging to BVAF and taking part in the full range of Championships on offer. With the European Indoor Championships at Birmingham next year and the World Track and Field Championships at Gateshead in 1999, we should be welcoming many more to our ranks in the near future. Meanwhile, we can all help to swell the numbers by publicising BVAF.

Geoff Ashby

# Veteran Athletics

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67 Goswell Road, London EC1V 7EN Telephone 0171-410-9410 Fax: 0171-410-9440

Editor: Geoff Ashby, 154 Knightlow Road, Harborne, Birmingham, B17 8QA tel 0121-429-2241

Editorial Board: Jack Fitzgerald, Sylvester Stein, Sarah Cawkwell, Les Brown, David Lord, Bob Belmonte

Fixtures: Brenda Burton, 71 Nethergreen Road, Sheffield S11 7EH

Advertising: Jack Fitzgerald tel 0171-410-9410

Production: Geoff Ashby

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Welsh VAA: Mrs Irene Lisle, 38 Llandennis Avenue, Cyncoed, Cardiff, S. Glamorgan CF2 6JH tel 01222-753563

[Membership]: Dave Walsh, 8 Hazlewood Lodge, Red Lodge Lane, West Wickham, Kent, BR3 2SP tel 0181-777-1321

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[AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION]

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## THE MAJOR 1997 BVAF CHAMPIONSHIP

### EUROPEAN VETERANS INDOOR CHAMPIONSHIPS and INTERNATIONAL GUESTS

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(under IAAF-WAVA Regulations)

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ENTRY FEE: £10. first event. £5.00 each further event. EVAA affiliation fee £2.00. Relays £12.00. Cheques and postal orders must be made payable to EVIC. Overseas competitors must pay by Sterling Bankers Draft.

ENTRIES CLOSE 21ST DECEMBER 1996.

For booklet containing entry forms and full information please write to EVIC ENTRY SECRETARY, 48, FORD CLOSE, HARROW, MIDDLEX, HA1 4AZ, enclosing four first class stamps please. Proof of birth must be provided, copy of birth certificate or passport details must be supplied by all entrants.

Note: BVAF members with Start Cards need only enclose card number as proof.



## SLOUGH MARATHON, HALF MARATHON WHEELCHAIR HALF MARATHON & FAMILY FUN RUN

Sunday 1st September 1996

UPTON COURT PARK, UPTON COURT ROAD, SLOUGH

### START TIMES

9.30am - Marathon	£7.00	- Affiliated*	£200 - First M&F in all races*
10.00am - Wheelchair Half	£7.50	- Non-Affiliated*	£100 - Second M&F in all races*
10.30am - Half Marathon	£1.00	- Family Fun Run	£50 - Third M&F in all races*
10.45am - Family Fun Run	* £2.00 - Late Entry Surcharge		*except Family Fun Run

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## A South African Experience

In March I travelled to South Africa and had my first view of this vast country, a country with so many good and bad things and so much to offer to the outside world. South Africa is staging the 1997 WAVA Championships, in Durban, under the guidance of the South African Masters A.A. With so many stories and views about South Africa in circulation, those of us who know or who have competed with South African athletes will have a different

least three weeks to be able to visit some of the sights. There are many attractions around Durban, including parks and gardens, shopping malls, museums, tennis and golf and the beaches, with the cleanest waters I have seen, just a stone's throw away from the hotels. There is plenty of scope to travel to other areas. Eating out is similar to that in our cities, but cheaper, and eating in your hotels will also take a lot of beating.

As for the competition we have

available, and quality equipment will be supplied. The accommodation will be mainly in hotels which are reasonably priced and are situated along the well known "Golden Mile" of sea front, with the beach around 100 metres away. It is 10-30 minutes walk to the competition areas, depending on where you are staying. These areas are patrolled and also have security cameras. Transport will be provided between hotels and competition areas. The main cost will obviously be the flight, but food and living costs are low eg: T Bone steak, apple pie, two orange juices and tip for £7.50, although prices may rise by 1997.

The Organising Committee have made many changes from Buffalo and will give you an experience not to be forgotten, so just go there! Durban itself is a popular holiday resort and the temperatures should be around 68-75F and fairly humid. It gets dark around 7.00pm onwards, but there is plenty to do at night. You are advised in general to go around in pairs, do not keep all your valuables on you, do not leave your bags unattended, use the hotel safes, and be aware of strangers you talk to at night. Do as you do at home and you cannot go wrong. As Durban is so popular, it is essential to book your accommodation early (Nov. 1996), so that organisers and hotels can plan the numbers they have to cater for in addition to the holiday tourists.

Competition entry books will be available from around June this year. Finally, I found the South Africans very friendly and at the local championships in Pretoria the athletes were even more friendly than in our championships. The camaraderie between athletes seems far better than in Britain, and it was good to see athletes we know from world championships competing, and seeing how much more fun they have.

I will guarantee that you will have a good time in Durban, so start saving now. I have a four page leaflet showing some of the views, hotels, tracks, cross country which I will send to anyone who is interested on receipt of £2.00.

WINSTON THOMAS



The Durban sea front, where most competitors will stay.

view from that which is commonly portrayed. With the break up of apartheid there have been great changes. Although there are still problems, they are basically similar to the problems we have in Britain, but they appear to be working at trying to solve theirs, unlike here where we talk and do nothing. People of all colours to whom I spoke were friendly and talked about the future and not so much of the past. In Durban, I was pleasantly surprised how things seem to be between black, coloured and white people, and the friendliness and genuine will to be part of a new South Africa. Whilst there are still good and bad things, rich and poor, life seems better than in many of our run down cities.

Concerning leisure, there is so much that one can see and do that I think that you will need to have at

two stadiums within 300m of each other and three throws fields within the same distance, one at stadium 1 and two more at stadium 2. Both stadiums are of national standard with stands and various training areas. Stadium 1 has nine lanes with a ten lane home straight, two multi long/triple jump runways, as well as all the other field event areas. Stadium 2 has an eight lane track, with two vertical jump areas, and we are anticipating most of the finals taking place in the main stadium.

The cross country will take place around one km from the stadiums, with the walks and marathon starting and finishing within the stadium areas. It all makes for a compacted spectator and athlete friendly championship, with refreshment areas on site. At both stadiums, medical, franchise and reporting facilities will be

### BVAF 50K Walk

The BVAF 50Km Race Walk was held at Burrator, Plymouth on May 5. The Tony Cartwright trophy awarded for the best men's age related performance again went to Ed Shillabeer with an 83.83% score.

The Ann Cartwright trophy for the women's best age related mark was won by Jeanne Bleach, who put in a marvellous gutsy performance with 87.35%.

Results: M40 C. Bradley [Trow] 4:59.35 M50 C. Flint [London Vic] 5:40.22, K. Batten [Trow] 6:04.34 M55 E. Shillabeer [Plym] 5:06.32 M60 I. E. Turner [Plym] 5:51.46, 2 E. Horwill [Dud&St] 6:13.24 W45 J. Bleach [Steyn] 5:43.14 W50 P. Ficken [Surrey] 6:05.30

Dennis Withers

### BVAF 10k Changed

The Barry 10k, which for the last 16 years has been run in conjunction with the Barry Carnival and this year was to host the BVAF 10k Championship on Aug 31, has had to be cancelled due to the carnival organisers making a late decision to bring forward the carnival to July. There was insufficient time for the race organisers to re-arrange the race. Our commiserations and thanks go to race organiser Derek Williams, who had worked hard to finalise all the arrangements and had managed to raise sponsorship of £1000.

The 10Km Championship will be re-arranged for the Autumn and will most likely take place in the Birmingham area in October. More details in the next issue of this newspaper.

### British Record for Shillabeer

Ed Shillabeer took advantage of a nearly flat 4km lap course in Rotterdam to eclipse the British M55 Record for the 50km Walk. At half way the leading group was down to three and Shillabeer then took the lead. The effects of the cold rain then took their toll and Shillabeer's pace dropped by a couple of minutes per lap. This enabled Pedro Muntjens to pass him with just over one lap remaining. Muntjens time was 4:48.32. Shillabeer's 4:52.00 was 10 minutes faster than the previous best British M55.

### Big Entry for Malmo

There are 3680 entries for the EVAA T & F Championships at Malmo, July 19-27, one of the largest entries in recent years. Most age group sprints will require semi finals.

The men's pentathlon timetable has had to be changed. The M50, M55, M65, M75 and M80 age group competitions will be on July 22. All other men's age groups will be on July 21. There is no change to the programme for the women's event.

### Editor's New Address

Your editor can now be contacted at 154, Knightlow Road, Harborne, Birmingham, B17 8QA. New telephone number is 0121-429-2241

## Ron Taylor: An Appreciation by Alastair Aitken

I have had the pleasure of watching and talking to many veterans over the years and in my opinion one of the most outstanding in the world is our own Ron Taylor [MVAC]. He has been so prolific in achieving World Best times and titles in all age groups from M40 to M60 and has only been beaten once, by inches, in any veterans competition in all those years.

I believe Ron Taylor adds something special to the sport. His smooth running makes him the Carl Lewis of the veteran's scene. His flamboyance, with his bright track gear, brings any day's competition to life, and should be encouraged and not criticised by high minded officials.

I asked John Wilcox, a friend of Taylor for his comments: "He is unique. He has style, strength and professionalism. He is very perceptive about situations and people. He does not wear himself out and knows exactly when to stop."

Taylor has been successful as a coach and among well known athletes he has advised are former British Record holder Ainsley Bennett. On coaching Taylor maintains that some coaches consider themselves bigger than the sport, force athletes to do unnecessary things and hang on to athletes for too long. He believes that often they do not tell athletes they are trying too hard, which is just as bad as not trying at all. "If my athletes finish in the first three but run badly, I will tell them it was rubbish. You should always be honest," he states.

Although Taylor had the qualities to be a top class international in his younger days, he was handicapped by a job which entailed hard physical work, and the difficulty in obtaining time off for international competition. He also believes that he suffered from prejudice because he was not part of the establishment, which also robbed him of major honours. However, as a veteran he has set the world's athletics scene alight, and long may that continue.

"It cost me a fortune to have two weeks off for that over 60 World Record, but it was worth it," he said. Not so much of a joker is Ron



Taylor, but a world class veteran with still lots to offer to the sport.

[BVAF 10 Miles, cont. from p.1] Gordon Stewart [Leamington] being a good second and Bingley's Neil Robson third.

A good winner emerged in the M50 group when Invicta's Martin Rouse came home in 53:46, leaving Steve Birkin to once again take silver and Bill Padgett from the strong Bingley squad taking the bronze. Alan Garrett kept the flag flying for Wales by winning the M55. Oswestry's own redoubtable Mick Ward successfully retained his M60 title. The M60 category was the best supported age group with 19 finishers.

John Taylor [Liss Runners] took M65 gold in fine style. The M70 category produced another star in Ron Atherton of Devon, who set an Oswestry fastest 10 miles time of 70:50. Les Heald beat his 1995 mark by 12 minutes in winning the M75, giving credit to his change of training, as he is now concentrating on short quality runs.

As usual, the women's race was poorly supported in numbers but there were some excellent performances. Defending champion Vicki Perry retained her W35 title and again won the overall race from Liz Clarke [Les Croupiers] and Liz White [Telford]. Sue Ogilvie of Oxford and Denise Wakefield [Sale] had a keen tussle, with Ogilvie emerging as the winner by 12 seconds. Jill Holland was another Welsh winner in the W45 group.

Some fine performances came from the older age groups. Myra Garrett set a best W50 time [65:36], narrowly beating Pauline Rich by three seconds. Pam Jones, a stalwart of championship competition, stepped up to the W55 group and clocked another best time of 70:38. Brenda Cook, who always competes well, has now joined the W60 category, and this time set up another best mark of 71:20.

We hope to welcome the Championships back to Oswestry in 1997.

Below: Roger Brewster, 2nd. M40



Road Relays [cont. from page 1] however, Hallamshire were holding a three hundred metres lead, but their Yorkshire rivals and former title holders Bingley had moved into a clear second place.

On leg four Bingley's Bill Padgett, with the third fastest time of this race, turned the event on its head by easily closing down Hallamshire and then racing away into a two hundred metres lead. Mike Smith held this on lap five and the race looked as good as over. Hallamshire's "Flying Ferret" Malcolm Martin had other ideas, however, and set about Les Haynes' lead with a vengeance. Haynes kept his cool and his lead as Martin's valiant effort saw him just 13 seconds down at the end. This battle had taken both teams three minutes away from third club Potteries. The first three teams broke the course record. M60:

As active runners get older and hang on, so this age group reveals an increasing number of teams and faster times all round, although winners Barnet, in regaining their crown, were not as fast as in 1992.

An early burst by Eric Appleby on leg one of this three stage event gave him the fastest leg of the day from old rival Gerry Spink, with Maurice Morrell and Ron Higgs close behind. Barnet took the lead on lap two from Salford, as Heaton dropped back to third. On the final stage [surely we can now be think-

ing of four legs], Barnet's Bob Stewart went further away for a good victory. Behind him, however, there was drama as Wirral's Les Vaughan-Hodkinson dived past Heaton on the line to take third place behind Salford. Only 11 seconds covered teams two to five.

### Women's Race: W35

Surprise package Macclesfield H gained a good win over Trafford AC and Spenborough AC, as holders Border H failed to defend their title. Janet Holt, with a superb run of 16:42, was easily the fastest of the day by 50 seconds from Cecilia Greasley, but one wonders what happened to Trafford's Julie Asgill and Veronica Boden in their own back yard? I hope too many women were not tempted away from this event by the women's International 10k in Liverpool the next day. W45:

Bingley H added to their bucketful of National team titles by winning by over half a minute. What talent they have in Yorkshire! Another Yorkshire team, Hallamshire, were second, with Carol Wolstenholme [formerly Wild] running the fastest time of 18:10. Bolton were third from Bromley Vets.

Congratulations must be offered to NVAC, who staged this event most capably, and hopefully will continue to host the relays in rota with the Midlands and the South. Sergeant Major Walsham kept everyone in line all day, as did "Morgan the Bus" up aloft, with his usual expert commentary.



# 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.

## Problems with Claiming a Record

I would like to congratulate and thank everyone involved in organising and running the Indoor Championships. Unfortunately, I also have a moan!

I find it difficult to understand why it is necessary to claim records at National Championships. Officials and organisers are well prepared for records to be broken during such events and should not need to be alerted to the fact that a certain number of time keepers and/or judges are required.

Having said that, I noted that the programme stated that claims for records must be submitted on official BVAf application forms and that two people were listed as being available to accept such claims. An hour after my event I went, with my form duly filled in, to claim my British and World Record. I was delighted with my achievement and could not wait for official acknowledgement. Wait, I did! I spent at least one hour trying

to persuade someone to accept my form. Those listed in the programme were not prepared to be involved. I was passed from one person to another and was getting nowhere.

During this hour I also tried, unsuccessfully, to collect my medal. Finally, more than two hours after my race, I received my medal and saw on the results sheet my WR. I thought that some one would now be prepared to accept my claim form, but I was wrong! In the end, a kind member of the race walking fraternity offered to deal with it for me, while I set off on my long drive home feeling not the slightest bit elated about my performance.

I had broken a world record, but it not been announced, no one in an official capacity had acknowledged it and I had been unable to lodge my claim. The record is mine, as far as I am concerned, but will it be officially recognised and recorded?

Ann Lewis, [W45 race walker]

## Recognition For Multi-Eventers

One of the most famous Andy Capp cartoons was a picture of Flo, naked and standing on her head in the living room, uttering the immortal words to Andy: "Notice me, you b—".

Multi-eventers, men, women, seniors, veterans or whoever, rarely get the recognition that they deserve. A few points spring to mind regarding veteran multi-eventers. Firstly, when annual rankings are published, both men's and women's, they do not include decathlon, heptathlon or pentathlon [Indoor or outdoor].

Secondly, when World and British T & F Records are published, they never include multi events. Listings in V/A in V/A 37 are a case in point.

## Multi Events News

In September 1994, a team decathlon match took place, in conjunction with the BVAf Multi Events Championships, between GB and visiting US athletes. The US athletes stayed with host families who were members of Sheffield AC. All involved, from both sides of the Atlantic, had a great time and made many lasting friendships during the match and the social events which followed. The whole event typified the camaraderie which is unique to multi event competitions.

The Americans have kindly agreed to repay the compliment and have arranged a return match for both decathletes and heptathletes. The venue is Neosho, a town with a population of about 10,000 in Missouri, near to the Oklahoma, Kansas and Arkansas borders. The dates are Sat/Sun October 26/27.

John Charlton, the British organiser, believes he has contacted all those who have competed in past British Multi Events Championships. However, there may be others who are first year M40 or W35's and perhaps others who simply wish

to give multi events a try and who may wish to take part. If so, please send a S.A.E for details to John Charlton, 11, Wulfric Road, Eckington, Sheffield S31 9GE.

As is normal with multi events, the Challenge match is more than just pure competition. It is about fun, fellowship, cultural exchange and the opportunity to get to know each other and to make lasting friendships.

The following invitation was received from our American hosts and extended to all foreign athletes.

"You are invited to be guests of the Decathlon Mid-West Track Club from Thurs. [or Frid], Oct. 24-25 until Sat or Sun, Nov. 2-3.

The cost will be only your travel expenses to and from Neosho and your personal expenses [shopping, souvenirs, snacks etc.]

No entry fees.

Housing will be provided in host homes during your stay.

Meals and admission to shows and attractions will be provided.

Monday and Tuesday will be spent at world famous Branson, Missouri. Wednesday to departure date will include sightseeing in the Ozarks

## In Support of Qualifying Standards

I am an avid reader of V/A. After competing between 1976-84, getting married and having two children, I am now running again at the grand old age of 32. I am training for the 1998 British/EVAA Championships and also the 1999 WAVA Championships. In the past, at the age of 20, I was ranked in the top 10 of the Women's 400m Hurdles [as Debby Peach] and was also placed 6th in a U.K. Championships final. Now that I have given some background of my athletics career, I feel that my comments may be considered.

I totally agree with Ron Bell's comments in his article re qualifying standards in V/A 37. Would it not be far more of an achievement for veterans to actually achieve this standard for their acquired event, receive a standards certificate/badge for proof and only be allowed entry for European or World Championships on presentation of this certificate?

Also, I feel that veterans who achieve the standards for World or European Champs should be the only ones who are allowed to purchase the BVAf kit, as they would be the ones who would be representing their country. I believe that there is no pride in wearing a GB Veterans Tracksuit as anyone can be affiliated to the BVAf and so be entitled to wear it. Therefore, I believe that unless these measures are brought in, the wear-

ing of the kit and competing for your country seem quite worthless. I also believe that if qualifying standards were set, athletes would put more into their training in order to qualify and so the standard of veteran athletics would rise even higher.

One more point that I would like to make is that as we have a Home Countries Cross Country International, why is there not a similar International event for Track & Field? If we had one every two years, would the athletes selected be eligible for a national vest. I would love the opportunity to win a national vest but will any of us get the chance unless we take up cross country?

Debby Channing, Cornwall

Having just read the article by Ron Bell [V/A 37] entitled, "Should there be qualifying standards for World T & F Championships", I write to express my full agreement with his views. As the quality of performers and performances is increasing all the time, I feel that it is essential that qualifying standards for Championships should be introduced.

Changes such as the above, including a swing away from the emphasis on the word veteran to Master can only give our athletics the high profile that it justly deserves.

Ron Smith, [Scottish Vets]

## What about the Also Rans?

Peter Griggs's letter in V/A 37 voiced a long felt niggle of mine.

I took up running ten years ago when in my fifties as a means of keeping fit, making new friends and as an escape route from behind a desk. I have always been, like Peter, an also ran, which does not bother me particularly. However, every time I go out for a serious run, I still try to improve my time over my last excursion. My club is non elitist, caters for every ability and all our efforts are reported in our club newsletter.

What I would like to see, given the constraints of space, is something on similar lines in V/A. For every elite runner you report, and good luck to them, there are thirty Peters and thirty Keiths as well as the same number of Wendys and Janets doing their very best at the tail end of the field. It is people like us who make the elite look so good!

So how about it? Let us have more coverage of the also rans. Why not a short biographical portrait of some of us, to whom the majority can relate. Why not ask a runner to provide a paragraph or two on his/her run. The potential for a wider scope is enormous.

Keith D. Hanman, Surrey

Would be pleased to include more coverage of all standards but my requests for editorial produces very little and usually covers athletes who are doing well. How about it, readers? Editor.

## 1997 Cross Country Champs

The North Eastern Veterans AC will host the 1997 BVAf Open Cross Country Championships at the Silksworth Sports Complex, Sunderland, Tyne and Wear on March 22. Further details will be published in V/A later this year.

area around Neosho, participating in local activities which could include a rodeo, hayride, horse riding, trout fishing and barbeque.

COME SEE US!

N.B. The competition level is for all, not only the elite. Pairings will be made as equal as possible."

## In Favour of Change of Format

The suggestion of a possible change in format for our newsletter [V/A 37] is a good one. In its present newspaper form it is not easy to file, and a change to magazine style would, I believe, be welcome.

I suggest that it should appear in a similar format to "Athletics Weekly", or even better, as half this size, such as that of the "Race Walking Record". Both magazines provide results and photographs, so there should be no problems in using these formats. Careful consideration must be given for space for the numerous results and advertisements. I hope that the change can be made and wish V/A every success.

Although nowadays, at the age of 82, I only manage the occasional race, I am still very much interested in all that goes on. Keep up the good work with V/A and thanks to all those who work to put it together.

Percy Wright, Belgrave H [life member]

## Orkney Vet Runs For Britain

Orkney ultra distance runner William Sichel was selected to run for GB in the World 100km Championships in Moscow on May 4. Sichel earned selection after his best ever year at ultra running in 1995. His performances included a silver medal in the British 100km Champs. in Edinburgh and a PB of 7:17.0 in the World Champs. in Holland. In the latter event Sichel paid his own way and competed as an individual. It paid off, as he was fourth Briton and so helped him gain his British vest.

Sichel is no stranger to international competition, having been a Scottish international table tennis player in the 1970's and representing Scotland in Europe and took part in intensive training in China and Japan. He ran daily as part of a hard physical training programme and so easily took to road running when he retired from table tennis in 1981.

Sichel is a member of SVHC, Stromness AC and Moray RR. He and his wife run a business, breeding angora rabbits, shearing their wool and marketing angora thermal clothing by mail order.

## Co-operation Needed

With so many events in the calendar this year, time and funds are at a premium. With two major championships in 1997 as well as road championships, there is non stop pressure on athletes and administrators to come up with the goods, whether it be in competition, venues, accommodation, or travelling.

We all have problems and need to work closer together to solve these problems. BVAf officials need to work on ways of helping our members to attend these events, both at home and abroad. The BVAf committee is doing it's best but it needs the clubs and membership co-operate in helping us to help you. A part of the co-operation needed entails giving membership details so we are able to build a complete database of members.

Other parts come from the support we get from members attending championships, and what the BVAf gets from championships. We have many so called BVAf road and cross country championships. The BVAf gets nothing from most of these and the members, in many cases, do not get a full BVAf quota of medals. Many members assume that they are helping BVAf funds by taking part in championships but not necessarily so. Do we need all these championships? Should they be associated more with the club events? Could the clubs not incorporate more joint events with each other?

These and other ways of working together could, I think, help members, administrators, clubs and the BVAf. This in general is the same for track and field, where clubs should work together more. I could add more, but it would be good to get some feedback from you all out there, before the AGM please, to myself or to the editor.

Winston Thomas

## Keep Your Word, Organisers

Eileen Quinton's letter in V/A 37 regarding the refusal by some race organisers to honour their commitments raises a very serious issue.

If organisers issue race details in which they offer awards in a particular category and subsequently accept money for an entry in that race, then surely they are legally bound to make such an award. If they fail to do so then they are guilty of obtaining money under false pretences. This is a criminal offence and the case should be reported to the police.

Gordon E. Taylor, Hailsham



William Sichel trains in Orkney

## Starter Wanted

Veterans AC are having difficulty in finding a starter to officiate at three of their meetings this summer. The meetings are two Wednesday evening meetings at Battersea Park, June 19 and July 24, and their annual championships at Kingameadow Stadium at 12 noon on Sunday, August 25.

If you are able to help, please contact Rex Bale on 0171 622 4476 [evenings] or Bob Belmore on 01428 654749.



## From the Chairman



EVAA T & F Championships at Malmo. The job at Buffalo had more than it's fair share of headaches.

I look forward to visiting Malmo again after competing there in the European's in 1986. I am sure that the organisation will be first class and I expect to be needed for no more than a handful of problems, which are inevitable in an event of this size.

Going on holiday does, mean that I shall miss the Road Relay Championships. This is a special regret, as I have not missed these for many years, and this year they are being organised by my home club, NVAC. On the other hand, I am pleased to report that, for the third successive year, they will again be a joint BAF/BVAF Championship, with BAF supplying the team medals.

The relays are, in fact, the only veteran events to receive any direct support from BAF, and I regret we appear to be no closer to persuading BAF Council that there should be a BAF Veteran Committee. The last discussions finally resulted in a suggestion from BAF Council that the various Commissions should give favourable consideration to any application made by BVAF for co-opted representation. After consultation with our own Delegates Meeting, I wrote to each Commission. Although both the Road Running and Cross Country Commissions have agreed to have a BVAF Representative for a 12 month trial period, the T & F Commission felt that they had to reject our application.



## Secretary's Report

**Bridget Cushen**

The AGM will be held in the main hall, Exeter Arena, on Aug 10, immediately after the last event. All affiliated athletes are entitled to attend and vote. Arthur Walsham is not seeking re-election as Vice Chair for Cross Country, preferring instead to concentrate on the rapidly expanding NVAC. We are deeply indebted to Arthur for his loyal and valued support and I am happy to report that he will continue to attend our meetings as NVAC delegate.

The AGM of the Veterans Association of England will follow at 9.00 on Sunday morning; again you are invited to attend. The main function of the VAAE is to select athletes for international representation. Sending 44 athletes and team managers to Dublin last Nov. has left the Association's finances in a parlous state and the committee are seeking an increase from 20p to 50p in the levy.

**BVAF CC Champs [Cont. from p.1]** veteran in the country. There are lots of open races about but why not run this one?

**John Clarke:** 2nd M40: I have had a good year. I wanted to have a go at Nigel Gates. I finished 84th in the National Senior Cross Country so I was pleased with that as I hoped to be in the first 100. My previous best had been 33rd as a senior in 1988.

**Terry Osborne:** 3rd M40: I am at the top end of the age group as I shall be 45 next month, so I have got to be satisfied with today's performance. After an indifferent winter season I

I still feel most strongly that a proper Working Party should be set up to consider the whole future of veteran athletics. This could recommend the best structure to encompass all veterans, whether BVAF members or not. A case in point is the major problem created by the Road Races at Bruges, which this year are the WAVA Road Championships. In previous years the Bruges events have been open to all veterans and have been very well supported by British athletes. However, as a WAVA Championship, the rules require that all competitors are members of the affiliated body for their country, which in the case of the UK means the BVAF, not BAF. Membership of an open club does not give any qualification to compete and entries have had to be rejected unless the person also joined a BVAF club.

As you will appreciate, this situation has generated a lot of "aggro" and a lot of work for Barbara Dunsford and myself. There have been many letters to and from Bruges, to travel agents, individuals and clubs, to explain the background to some very unhappy veterans. It has resulted in a large number of new recruits to our ranks, but I would have preferred that they had joined us because of the wider benefits of membership, not because it was the only way to have their entries accepted for Bruges. Do spread the word about what a good bargain membership is especially when fees are so modest considering the benefits gained.

Stuart Matthews has been extremely busy in generating sponsorship, not only for major events such as our T & F Championships, but to create enough finance to cover a number of other activities where the fees from our members do no more

than cover basic administration. As an example the costs of our twice yearly delegates meeting amount to around £1000 each, which takes up more than half of our total income from the affiliation fees of 50p per member [the full fee of £2.00 includes £1.50 towards production of V/A].

We could not afford to set up and maintain our own central file of members [rental of equipment and space, and employing a person even part time], but with some extra income from sponsorship and, in conjunction with Startcard, we should be able to have this in operation before too long. I am hoping to issue all members with a Startcard as a benefit of membership. Following the last issue of V/A we have had a very good response from members in completing the form printed in V/A and sending it in, but we need 100% before we can create a full register.

I have had only two queries. The first was from a club who wanted a blank supply of forms for new members and also for those who wanted to keep their copy of V/A intact. The second was from a club membership secretary who was unhappy that information on members is going out to an outside body and expressed concern that it could be used for unauthorised mail shots. He felt that we should have kept everything in house. I explained that we do not have the resources. It is one thing looking after a file of 1,000 members, but a very different thing dealing with around 7,000, and around 40,000 if we could get all veterans in our fold [or is that

just a K.M.W. pipedream?]

As I explained in the last issue of V/A, who ever runs the file, whether it is ourselves or another body such as Startcard, is subject to the very strict regulations of the Data Protection Act. Until retirement, I was the Company Secretary of a large mail order company, which had files running into millions of names and addresses. It was my responsibility to register and ensure my company's compliance. I also represented two Trade Bodies on data protection matters, so I have considerable knowledge and experience of what can and cannot be done within the law.

Finally, although the AGM will not take place until August, please give some thought to nominations for office. Arthur Walsham has indicated that he would like to stand down as Asst. Chair for Cross Country. I understand that Tony Cartwright has had to go into hospital. I hope he is making good progress but cannot make enquiries directly because he is not on the telephone, which in itself has caused problems for the BVAF and for Race Promoters. However, even if he is recovering, he may well feel that it is best to hand over the position of Asst. Chair for Road. If there are volunteers for any office please have a word with your own club committee and put names forward.

**K.M. Whitaker**

P.S: Since writing the above, I have heard that Tony Cartwright is out of hospital and willing to stand for re-election as Asst. Chair for Road.

## Annual Raffle

We still need extra funds to help guarantee the future publication of Veteran Athletics. Winston Thomas is again organising a raffle and tickets, priced at £1 each, are enclosed with this newspaper. Our apologies to members who in the past have said that they do not wish to take part, but it is costly to segregate names from mailing lists and we would ask those members to disregard tickets.



**BVAF CC Champs:** above, John Clark, runner up in M40-49 race: Below, a cheerful lineup for the women's and men over 70 race

Due to problems with packaging into envelopes at the printers, we have had to attach the tickets to a sheet of paper. Please cut off the returns and return them to Winston.

In the past Winston has found it both difficult and expensive to distribute certain prizes, particularly bulky objects such as bicycles and televisions, and has therefore decided to give cash prizes instead of these items. The draw will take place on Saturday August 11 at the BVAF T & F Championships at Exeter.

Winners will be notified and a list of prize winners will be printed in V/A39. Please give us your support.

**Asst. Chair Cross Country**  
At the AGM, due to be held during the T & F Championships in August, I intend to relinquish my position as Assistant Chair, Cross Country.

The responsibilities of the job are to get somebody to stage the National Cross Country and the Cross Country Relay Championships each year and to liaise with the country whose turn it is to stage the Cross Country International.

Anyone interested in taking over this post should contact either Bridget Cushen, Secretary of the BVAF, or myself. I will be pleased to explain the work involved to any interested individual.

**Arthur Walsham**



## NEWSPAPER SUPPORT FUND

### Newspaper Support Fund

The supporters listed below have contributed since the last issue. We are grateful for their generosity. Nigel Wray, Colin Fairey, Ted Cooper, Michael Caudwell, Mrs D. McClellan, D.U. Duckworth, D.R. Barrington

We still need donations to augment income and ensure continued publication of this newspaper. Please send cheques, payable to Veteran Athletics, to L. Brown, 55 Middle Lane, London, N8 8PE.

Donations received after press date will be acknowledged in V/A 39

### TRACK AND FIELD NOTES

The EVAA Championships in Malmo were scheduled to be the first major track event of 1996, followed by the BVAF T & F at Exeter. In between we are invited to compete in the Netherlands on July 6. A British team has been selected, although a small one because of costs. We hope that in future we can become a regular part of this triangular meeting.

The championships in Malmo are well subscribed and the facilities look good for the competition. Hopefully we will have some good weather. There will not be any medical backup, (physio/chiropractic) as the BVAF has not the funds. With well over 200 British athletes attending, Jenny Brown and I are trying to put something together. This would require a £10.00 fee from all who wish to be involved. The monies received would pay the costs of a person to look after the contributors. Those who are interested please send a cheque payable to Roadcraft. A card will be sent as a receipt and for use for treatment.

The BVAF Track and Field arrangements are going well, although we need more officials. I am aware that some readers are officials, so should you be available please contact the organisers, via David Lord (tel 01202-722753) We have a similar problem to last year as some Clubs have not sent athlete's details, so the City Council have not been able to send advance details to many of you.

Sept. 7-8 sees the multi events at Sheffield, entry form page 9, followed by the 2nd USA v GB Multi Events in Missouri, USA, 26-27 Oct, details from John Charlton. We are trying to take as large a team as possible, and hopefully win the match. Next comes the Indoor scene, but more about that later. As the European Indoor Championships is the pilot for the future, as well as a home event, I will be looking for support, so please note the dates.

**Winston Thomas**

### 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:  
Jan. 96: £125 M.Foschi (Warrington)  
£10 to J.Swannell, J.Norman, J.Costard, S.James, R.Condon  
Feb 96: £125 T.Rowley (Woking)  
£10 to R.Gomez, B.Burton, L.Williams, P.Rowe, T.Pashley  
Mar 96: £125 D.Smythe (Folkestone)  
£10 to L.Parrott, D.Birch, J.Braughton, D.McMullen, J.Scott



# BVAF 26TH/3RD OPEN NATIONAL TRACK & FIELD CHAMPIONSHIPS

Exeter Arena, Summer Lane, Whipton, Exeter

August 10/11th, 1996

Organised by South West Veterans Athletic Club  
Under BAF, WAVA & BVAF Rules



One Community, One Voice

## PROVISIONAL PROGRAMME

## COMMENCING AT 09.30 DAILY

SATURDAY 10TH AUGUST

SUNDAY 11TH AUGUST

### TRACK

400m Hurdles [M40+, W35+]  
300m Hurdles [M60+, W50+]  
100m [M&W]  
400m [M&W]  
1,500m [M&W]  
5,000m [M&W]  
3,000m Walk [M&W]

3,000m SC [M40+]  
2,000m SC [M60+W]  
110m Hurdles [M40+]  
100m Hurdles [M60+, W35]  
80m Hurdles [M70+, W40+]  
200m [M&W]  
800m [M&W]  
10,000m [M&W]  
5,000m Walk [M&W]

### FIELD

Hammer [M&W]  
Discus [M]  
Shot [W]  
Long Jump [M&W]  
Pole Vault [M&W]

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 appropriate

The BVAF AGM will take place at 17.30 on Saturday

Awards will be given as per BVAF guidelines

Also Supported by Ironbridge Runner of Exeter

## 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 10th August 96 \_\_\_\_\_

BVAF Area Club \_\_\_\_\_ Membership No. \_\_\_\_\_

1st Claim Club \_\_\_\_\_ Start Card No. \_\_\_\_\_

### NON BVAF AFFILIATED ONLY

I enclose copy of my British driving licence no. ☐

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

EVENT	PB 1995/96	EVENT	PB 1995/96
1		4	
2		5	
3		6	

Please Provide Details of Any Success at National Level and Above

Entry fee: £7.00 for non BVAF affiliated

or £5.00 for BVAF affiliated

Subsequent events: £3.00 for each event

Reserved Spectator Stand Seating: £2.00 P.P. x SAT SUN

Commemorative T shirts: £5.00 each S M L XL

Social Evening Sat. Music, Buffet, Cash Bar £5.00

I enclose cheque/P.O.

Total

In Sterling Currency payable to SWVAC. NT&F

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. I also hereby agree that the above information be stored on computer and may be used at the BVAF's discretion.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please send 9" x 6" SAE for accommodation information.

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

Closing Date: Friday July 5 1996: NO LATE ENTRIES ACCEPTED. Final timetables will be sent to competitors by 23rd. July 1996. No SAE required.

Numbers to be collected on the day.

## Welcome to



The City of Exeter takes great pleasure in hosting the 26th British Veteran's Open Track and Field Championships at its recently built Exeter Arena.

The South West Veterans Athletic Club is proud to be organising this major event in the area for the second year in succession, and is looking forward to welcoming many athletes from all parts of the country to Exeter and its environs.

As our guests, we hope that you will not only compete, but will also take the opportunity to explore and enjoy the historic charm and beauty of the city and the region.

One of the oldest cities in England, Exeter was founded by the Romans almost two thousand years ago. It offers a wealth of superb historic buildings and hidden treasures for the visitor to discover. The central area is still enclosed by massive walls constructed by the year 200AD. It is possible to see traces of every major period of English history in its architecture. In pride of place, and dominating the skyline, is the medieval Cathedral Church of St. Peter, noted for its unbroken run of gothic tierceron vaulting which is the longest in the country.

Fascinating displays of the past are provided by Exeter's museums, the most extensive of which is the Royal Albert Memorial Museum and Art Gallery. The Royal Albert, with exhibits of national and international importance, has earned the status of a major regional museum.

The finest collection of working boats in the world is housed in the Exeter Maritime Museum, with many of the vessels afloat in the Canal Basin. The Guildhall, in the High Street, is reputed to be the oldest municipal building still in full civic use in England. The existing building dates from 1330.

An administrative centre for Devon, Exeter today is a Cathedral and University City with a flourishing commercial centre, a busy High Street, attractive parks and gardens and numerous modern leisure amenities. The City is a cultural centre for the South West and has its own professional theatre, the Northcott, situated on the University campus.

The Exeter Festival, held in July, has grown into a major and extremely popular event which attracts leading British composers, musicians and artists. A long established cultural tradition is the International Folk Festival at Sidmouth, which is held during the first week in August and is well worth a visit.

This is one reason why Exeter is a perfect centre for touring the region. The city is surrounded by some of the most beautiful countryside in England and historic houses, castles, working museums and delightful tearooms are all within easy reach of the city. The breathtaking scenery of both Dartmoor and Exmoor National Parks is just a short distance away, as are the glorious sands of South Devon's beaches which contrast with the rugged cliffs and coves of the coast of North Devon.

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NORTHBROOK	ST. JAMES	ST. PETERS	CLIFTON HILL
Golf Course Tootham Road, Exeter (01392) 57436	Sports Centre Summer Lane, Exeter (01392) 460769	Sports Centre Cultery Lane, Exeter (01392) 265877	Golf Driving Range Barnmore Road, Exeter (01392) 493198

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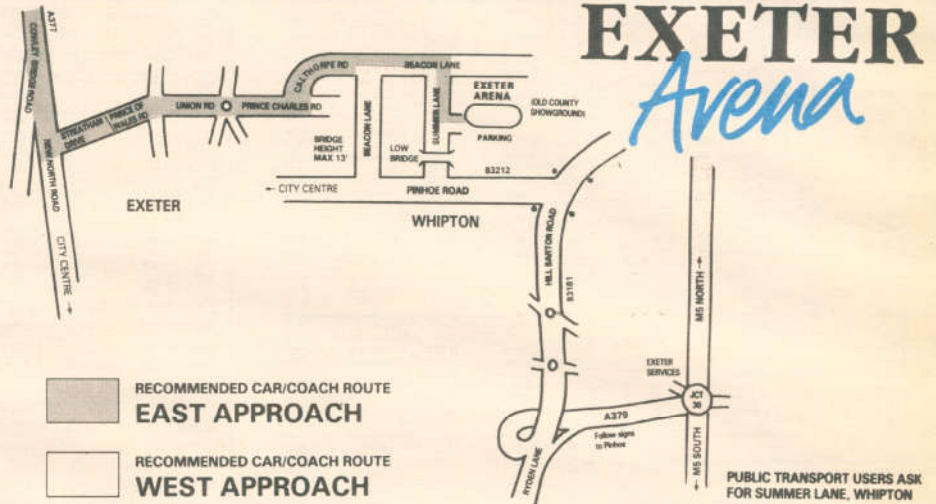


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RECOMMENDED CAR/COACH ROUTE  
**WEST APPROACH**

PUBLIC TRANSPORT USERS ASK  
FOR SUMMER LANE, WHIPTON

- 1 QUAY HOUSE INTERPRETATION CENTRE**  
The Quay. Tel: 01392 265212  
Open: Easter - Oct daily 10 a.m. - 5 p.m.  
FREE admission

- 2 MARITIME MUSEUM**  
The Haven. Tel: 01392 58075  
Open: Apr - Sep daily 10 a.m. - 5 p.m.  
Oct - Mar daily 10 a.m. - 4 p.m.  
Admission charge

- 3 RIVERSIDE LEISURE CENTRE**  
Covick Street. Tel: 01392 221777  
Wave Pool & Flume: Health & Fitness.  
Roller Skating: Refreshments.

- 4 GX SUPERBOWL** - Tenpin Bowling  
Water Lane. Tel: 01392 439090

- 5 SPACEX GALLERY**  
45 Preston Street. Tel: 01392 431786  
Open: Tue - Sat 10 a.m. - 5 p.m.  
FREE admission

- 6 ST GEORGES HALL**  
Market Street. Tel: 01392 265866  
Concerts: Dances: Fairs

- 7 ST NICHOLAS PRIORY**  
off Fore Street. Tel: 01392 263858  
Open: Easter - Oct Mon - Sat 1-5 p.m.  
Admission charge

- 8 TUCKERS HALL**  
Fore Street. Tel: 01392 436244  
Open: Jun - Sep Tue - Fri 10.30 a.m. - 12.30 p.m.  
Oct - May Fri 10.30 a.m. - 12.30 p.m.

- 9 THE CATHEDRAL CHURCH OF ST PETER**  
Tel: 01392 214219  
Open daily: Guided Tours Apr - Oct  
(Donation requested)

- 10 GUILDHALL**  
High Street. Tel: 01392 265300  
Open subject to Civic requirements -  
confirmation prior to visit is recommended  
FREE admission

## EXETER WHERE TO GO, WHAT TO DO

MEETING POINTS FOR FREE GUIDED WALKING TOURS  
■ The Royal Clarence Hotel  
▲ Quay House  
● Streatham Drive

- 11 ROYAL ALBERT MEMORIAL MUSEUM & ART GALLERY**  
Queen Street. Tel: 01392 265858  
Open: Mon - Sat 10 a.m. - 5 p.m.  
FREE admission. Shop: Refreshments.

- 12 EXETER & DEVON ARTS CENTRE**  
Gandy Street. Tel: 01392 421111  
Open: Mon - Sat 9 a.m. - 11 p.m.  
Entertainment: Exhibitions:  
Shop: Refreshments.

- 13 SIGHTSEEING BUS TOURS**  
Central Railway Station, Queen Street.  
Tel: 01395 233010  
29 May - 30 Sep Mon/Tue/Thur/Sat 11 a.m. & 2 p.m.  
Pay on bus - no booking necessary

- 14 UNDERGROUND PASSAGES**  
off High Street. Tel: 01392 265887/265858  
Open: Oct - Jan Tue - Fri 2 - 4.45 p.m.  
Sat 10 a.m. - 4.45 p.m.  
Jul/Aug/Sep Mon - Sat 10 a.m. - 4.45 p.m.  
Admission charge

- 15 ODEON CINEMA (4 SCREENS)**  
Sidwell Street. Tel: 01426 972458

- 16 NORTHCOIT THEATRE**  
Stocker Road. Tel: 01392 54853  
Professional Regional Theatre

- 17 BARNFIELD THEATRE**  
Barnfield Road. Tel: 01392 71808

- 18 THE PYRAMIDS SWIMMING & LEISURE CENTRE**  
Heavitree Road. Tel: 01392 265898

- 19 CLIFTON HILL SPORTS CENTRE**  
Belmont Road. Tel: 01392 265888  
also GOLF DRIVING RANGE Tel: 01392 493196  
SKI SLOPE Tel: 01392 211422

### SPORT & LEISURE FACILITIES AROUND EXETER

- 19a WONFORD SPORTS CENTRE**  
Riford Road. Tel: 01392 265766

- 19b ST JAMES SPORTS CENTRE**  
Summer Lane. Tel: 01392 460789

- EXETER ARENA ATHLETIC STADIUM**  
Summer Lane. Tel: 01392 263849

- ISCA BOWLS & BRIDGE CENTRE**  
Summer Lane. Tel: 01392 462833

- ST PETER'S SPORTS CENTRE**  
Quarry Lane. Tel: 01392 265877

- NORTHBROOK GOLF COURSE**  
Topham Road. Tel: 01392 57436

### EXHIBITIONS & EVENTS

- WESTPOINT**  
On A3052 Sidmouth Road (off 30 M5).  
Tel: 01392 444777

- 20 THE MATFORD CENTRE**  
Matford Park Road. Tel: 01392 56847

### SHOPPING MARKETS

- GUILDHALL SHOPPING CENTRE  
HARLEQUINS SHOPPING CENTRE Paul Street  
ST GEORGE'S MARKET Fore Street  
SIDWELL STREET OPEN AIR STREET MARKET  
THE QUAY for antiques, crafts & specialist shops  
20 LIVESTOCK CENTRE Matford. Fri & Sun

## QUAY HOUSE

### VISITOR CENTRE

An exciting audio-visual  
presentation describing  
2000 years of Exeter's history

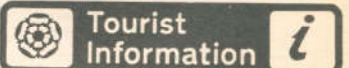
"A celebration of Exeter"

Admission Free

Open daily 10am-5pm



EXETER MUSEUMS  
UNDERGROUND PASSAGES



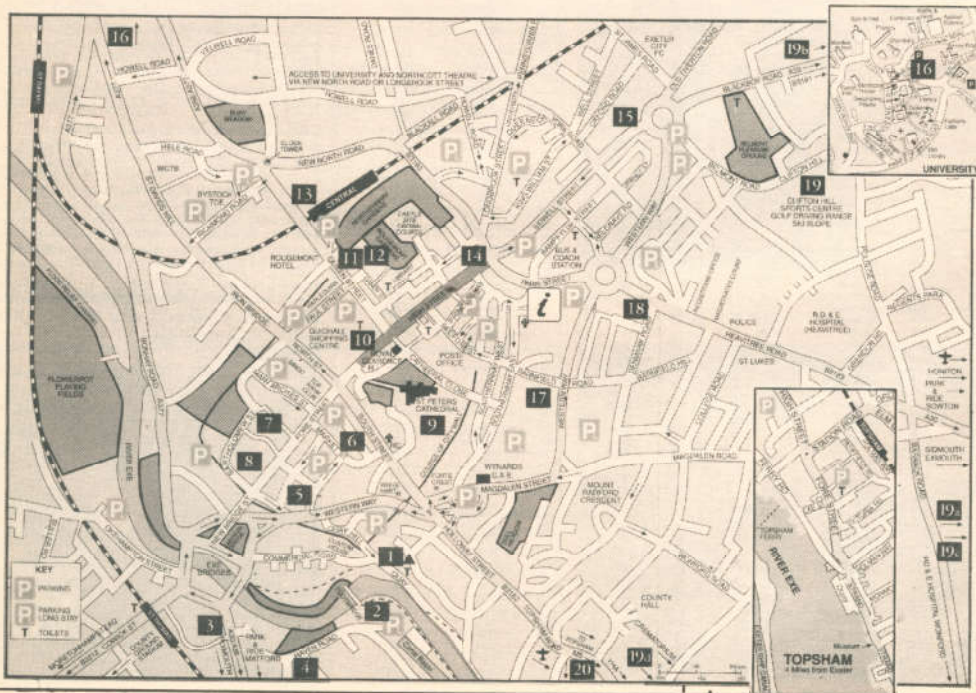
WE'RE  
HERE TO HELP  
EXETER CITY TOURIST  
INFORMATION CENTRE  
CIVIC CENTRE

(opposite bus & coach station)  
Telephone (0392) 265700



EXETER CATHEDRAL

- Places to visit
- What's on
- Where to eat, drink & shop
- Where to stay





# BRITISH AND WORLD TRACK AND FIELD RECORDS

Records ratified up to 31/5/95. It has not been possible to update up to date records from the Chairman of the World Records Committee and they will not be available until later this year. **David Burton**

**BRITISH**

**100 metres**

M40 R Taylor 10.9 E Hart 10.6

M45 C Williams 10.9 T Baker 11.0

M50 R Taylor 11.5 K Davis 11.2

M55 R Taylor 11.57 R Taylor 11.57

M60 R Taylor 11.70 P Jordan 11.8

M65 A Meddings 12.71 B Hogan 12.5

M70 C Pacey 13.53 P Jordan 12.91

M75 C Pacey 15.16 P Jordan 13.4

M80 N Martin 17.1 B Evans 15.3

M85 D McLean 16.3 D McLean 15.3

M90 D McLean 19.9 P Singh 39.0

M95 J Singh 20.82Pend A Ashford 11.07

W35 M Kyle 12.2 M Kyle 12.0

W40 M Kyle 12.2 M Kyle 12.5

W45 M Kyle 12.5 M Kyle 12.5

W50 U Gore 13.43 J O'Brien 12.9

W55 R Charnes 14.42 S Paterson 13.6

W60 J Ogden 14.83 S Paterson 13.9

W65 J Ogden 14.84 S Paterson 14.7

W70 M Jones 16.39 P Schenderhan 15.42

W75 M Williams 20.92 P Clarke 16.87

W80 W85 S Packham 48.40 J Gethrich 18.42

W90 M Ames 34.7Pend

**200 metres**

M40 R Taylor 22.2 W Collins 21.8

M45 C Williams 22.8 R Austin 21.9

M50 R Taylor 22.91 R Taylor 22.91

M55 R Taylor 23.37 K Dennis 22.0

M60 R Taylor 24.00 P Jordan 24.00Pend

M65 A Meddings 26.18 B Hogan 25.6

M70 C Pacey 26.18 P Jordan 26.8

M75 S Busby 31.8 P Jordan 28.14

M80 N Martin 37.5 J Packard 32.1

M85 J Gethrich 35.99 C Wheeler 48.6

M90 C Speedley 76.8 B Crane 45.75Pend

M95 M Narayana 44.78Pend

W35 J Kirby 24.5 J Singh 22.5

W40 M Kyle 25.00 P Raskler 24.84

W45 B Burton 26.72 P Raskler 26.39

W50 U Gore 27.80 J Hyman 26.84

W55 B Cogwell 30.3 J O'Brien 28.8

W60 J Ogden 30.62 J O'Brien 29.67

W65 J Ogden 31.8 S Paterson 31.8

W70 M Jones 35.03 P Schenderhan 33.26

W75 P Taylor 49.6 P Clarke 35.93

W80 W85 A Ward 58.4Pend

**400 metres**

M40 J Dixon 49.7 J King 48.4

M45 J Dixon 50.20 F Sowerby 48.4

M50 R Taylor 51.8 R Taylor 51.8

M55 C Williams 53.98 R Roman 51.6

M60 S Brooks 58.31 R Roman 53.9

M65 A Meddings 64.85 J Alexander 58.79

M70 T Cleary 63.41Pend J Law 62.2

M75 S Busby 72.2 J Packard 68.5

M80 G Oxbury 93.26 H Chapman 75.4

M85 M85 P Pacey 91.54 S Paterson 120.2

M90 M Narayana 119.76Pend

W35 G Bird 54.02 A Penson 50.56

W40 M Kyle 53.68 S Paterson 53.68

W45 B Burton 57.91 J Hyman 57.91

W50 J Hills 64.06 M Allison 60.02

W55 J Hills 66.6 C Capetta 66.0

W60 J Ogden 76.1 A Cooper 69.00

W65 M85 79.37 A Mangler 73.71

W70 J Walker 96.55 P Clarke 89.62

W75 P Clarke 100.45

W80 M Ames 170.3Pend

**800 metres**

M40 P Browne 1:51.25 P Browne 1:51.25

M45 D Duffy 1:57.2 R Macdonald 1:56.16

M50 S Egan 2:01.0 A Bradford 2:00.40

M55 C Churchill 2:07.2 T Roberts 2:07.07

M60 H Tempan 2:15.2 D Turnbull 2:12.62

M65 H Tempan 2:21.0 E Fee 2:15.23

M70 J Todd 2:34.35 J Lyman 2:28.84

M75 D Morrison 2:54.1 H Chapman 2:27.57Pend

M80 G Porteous 3:26.1 H Chapman 2:53.5

M85 M85 L Prenz 3:29.42

M90 P Spangler 3:39.59

M95 H Kirk 6:02.94Pend

W35 C Marler 2:49.2 L O'Brien 1:57.10

W40 P Callagher 2:13.02 S Mosestons 2:05.46

W45 B Burton 2:14.92 J Blunden 2:17.06

W50 C Oton 2:22.6 M Allison 2:22.03

W55 J Smith 2:45.4 G Van Kooten 2:31.0

W60 J Ross 2:57.2 J Hyman 2:47.33

W65 J Ross 3:40.1 S Busby 3:41.18

W70 J Walker 3:36.14 B Tibbling 3:14.90

W75 G Bulger 4:12.06 J Luther 3:32.98

W80 J Luther 3:54.81

W90 M Nishiyama 5:14.43

**1500 metres**

M40 R Bell 3:53.8 W Wagners 3:49.47

M45 P McIlroy 3:58.3 K Sparks 4:00.53

M50 S Egan 4:09.0 R Roberts 4:05.25

M55 H Tempan 4:23.3 D Turnbull 4:17.4

M60 H Tempan 4:36.04 D Turnbull 4:28.66

M65 H Tempan 4:44.0 D Turnbull 4:39.9

M70 J Todd 5:12.51 J O'Brien 4:59.73

M75 J Farrall 5:52.8 S Carter 5:28.5

M80 G Porteous 6:39.4 B Benham 6:04.28

M85 R White 13:36.9 L Prenz 7:03.38

M90 P Spangler 9:25.2

M95 H Kirk 9:53.8 M Loran 3:57.73

W35 J Smith 4:12.0 M Pica 4:02.01

W40 J Walker 4:40.97 P Callagher 4:36.38

W45 C Oton 4:54.3 A McKenzie 4:54.5

W50 J Smith 5:12.1 G Van Kooten 5:07.3

W55 J Smith 5:51.16 S Busby 5:44.81

W60 J Ross 6:07.13 B Tibbling 6:09.04

W70 J Walker 7:09.72 J Luther 7:06.13Pend

W75 J Luther 7:32.22

W80 A Ward 11:45.2Pend

**5000 metres**

M40 M McLeod 14:15.9 L Rauli 13:45.6

M45 J Balaban 14:57.3 L Rauli 14:23.6

M50 B Tulloch 15:27.43 A Villanueva 14:55.60

M55 S James 15:44.1 S James 15:51.8

M60 A Brown 16:48.40 J Omlund 16:33.3

M65 W Marshall 18:02.12 D Turnbull 16:38.8

M70 J Farrall 19:33.0 W Utes 18:43.61

M75 D Morrison 20:36.0 K Kanamori 20:21.62

M80 G Porteous 23:39.1 E Hurland 21:57.88

M85 M85 Y Ueda 25:50.97

M90 P Spangler 37:39.38

M95 H Kirk 50:23.53

W35 S Beunay 15:13.38

W40 P Walsh 16:13.8 E Palm 16:02.88

W45 E Robinson 17:25.88 E Palm 16:17.0

W50 E Statham 18:34.5 S Matton 17:25.6

W55 M London 18:40.07 J Allroy 18:49.0

W60 J Ross 21:02.3 M Irvine 19:14.8

W65 J Ross 21:37.8 J Ross 21:37.8

W70 J Walker 23:21.1 J Walker 23:21.1

W75 G Bulger 28:30.9 J Luther 25:43.39

W80 J Luther 28:32.67

W85 M Nishiyama 37:02.30

**10000 metres**

M40 N Gates 29:43.54 L Rauli 28:33.4

M45 M Freary 31:11.4 A Villanueva 28:30.88P

M50 L Pennell 31:59.6 R Robertson 30:02.50

M55 L Pennell 33:10.69 N Green 33:00.66

M60 P Morris 35:14.26 L Aquasone 34:14.08

M65 W Stoddart 36:48.9 D Turnbull 34:42.2

M70 D Morrison 41:07.0 W Utes 38:23.69

M75 D Morrison 42:03.4 D Morrison 42:03.4

M80 G Porteous 46:06.0 E Benham 44:29.4

M85 J O'Brien 54:23.0

M90 P Spangler 71:40.78

M95 J O'Brien 81:20.28

W35 P Walsh 33:34.7 J O'Brien 33:34.7

W40 J Smith 34:26.4 E Palm 33:00.78

W45 E Robinson 35:36.30 E Statham 37:34.45

W50 E Statham 38:51.71 U Odenmatt 35:51.28

W55 P Fletcher 42:12.8 J Allroy 36:38.6

W60 J Ross 43:01.1 J Ross 43:01.1Pend

W65 J Ross 46:34.8 M Irvine 42:17.7Pend

W70 J Walker 48:10.98 J Walker 48:10.98

W75 J Luther 53:13.63

W80 G Bulger 58:48.8 J Luther 58:40.03

**3000m Steeplechase**

M40 T Davies 9:03.5 G Roelants 8:41.5

M45 T Davies 9:29.5 R Robertson 9:25.28

M50 M Morrill 9:58.2 G Roelants 9:50.48

M55 M Morrill 10:52.83 A Bradford 10:14.0

**2000m Steeplechase**

M40 M Morrill 7:03.8 M Morrill 7:03.8

M45 G Brindley 8:18.49 J Eccles 7:53.00

M50 D Buckley 8:38.17 D Buckley 8:38.17

M55 D Buckley 9:28.78 D Buckley 9:28.78

M60 T Tait 11:51.48

M65 V Boken 7:05.76 R Taylor 7:19.88

M70 D Holmes 7:57.65 A Shaw 7:48.3

M75 J O'Brien 7:45.96

M80 M O'Brien 7:38.08Pend

M85 M O'Brien 7:43.90

M90 S Stradford 9:25.88

M95 S Stradford 9:25.25

W40 N Little 10:29.91

W45 T Sini 12:44.98

**800m Hurdles**

M70 L Williams 14.73 A Van Zyl 13.2

M75 R Evans 19.8 P Fingers 15.1

M80 M Morris 16.98

M85 K Tri 16.98

M90 J Vernon 11.78 J Vernon 11.78

M95 E Hindle 11.48

W35 P McElab 12.64 D Sweeney 11.78Pend

W40 M Hockell 13.93 C Roovers 12.22

W45 R Charnes 14.87 C Roovers 13.69

W50 H Fanner 16.9 A Loran 14.68

W55 J Knight 18.25

W60 J Knight 20.89

W65 J Sarnum 33.66

W70 R Sarnum 37.89Pend

**1600m Hurdles**

M40 B Ferguson 14.58 W Butler 13.57

M45 B Hickman 15.28

M50 J Greenwood 14.98

M55 A Van Zyl 16.22Pend

M60 J Greenwood 16.30Pend

W35 J Vernon 13.95 Y Chernysheva 13.13

**1100m Hurdles**

M40 S Dackey 14.24

M45 V Thordarson 14.7

**3600m Hurdles**

M40 J Greenwood 43.49

M45 J Arnold 46.11Pend

M50 A Petterson 47.82

M55 J Greenwood 45.20Pend

M60 A Van Zyl 50.4

M65 D Buckley 55.33

M70 C Hills 71.9

M75 K Tri 68.00Pend

M80 B Packman 92.78

M85 C Roovers 52.96

M90 C Roovers 52.11Pend

M95 W Vobough 56.80



## Strong British Entry For Malmo

The following 177 British veterans, 120 men and 57 women, have entered for the European Veterans Track & Field Championships in Malmo, Sweden, to be held from July 19-26.

W35 H.Barker 100H, HJ, LJ, Pent: J.Brown 400, HJ, LJ, JT, Pent: C.Boyle 800, 1500, 5000: C.Cameron SP, DT, LJ, TJ, JT, Wt.Pent: T.Colebrook 800, 1500, 2000SC: W.Dunsford SP, DT, HT, Wt.Pent: J.Earle DT, HT, Wt.Pent: J.Ellacott 200, 400: J.Gjelseth Marathon: J.Hall 100, 200: J.Holt 1500: L.Hopkins 100, 200, 400: A.Jones 5000 10000: D.Kearney 100H, 400H: J.Low 400, 400H: D.Singleton PV, TJ, DT, HT: C.Smith 400, 800, 400H: K.Weaving HT, Wt.Pent

W40 J.Agill 800: T.Doyle 800: M.Eldridge 800 1500, 5000: L.Elliott 80H, 400H: C.Filer 100, 200, 80H, 400H, LJ, TJ: P.Garvey HJ: E.Hallmond 100 200: J.Piercy HJ: J.Stafford PV, TJ: V.Thompson JT, Pent, Wt.Pent

W45 R.Alexander 100, 200, HT: O.Codrington 100, 200, LJ: H.Connor 100, 200: M.Lewington 100, 200: A.Le Plongeon 100, 200: C.Marler 400, 800: L.Shroobee HT

W50: M.Hocknell 200, 400, 80H, 300H: P.Oakes HJ, TJ: V.Parsons 100, 200: Y.Priestman 100, 200, 400: P.Spence 100, 200: P.Stanley 400, 800, DT: M.Swinton SP, HT, Wt.Pent

W55 B.Cushen 1500, 5000, 10000: C.Derrien DT, HT, Wt.Pent: J.Langford 5KW, 10KW: J.Manners 5000, 10000: M.Mills 100, 200, 400: E.Osborne 800, 1500, 5000, 10000

W60 B.Dunsford SP, HT, Wt.Pent: B.Steedman 200, 400, LJ, TJ, Pent

W65 B.Green 100, 200, 400: A.Ward 1500, 5000

W70 M.Shone 400

W75 P.Taylor 100, 200: M.Wixey 100, 200, HJ, LJ, TJ

M40 D.Anderson 400, 800, 400H: S.Archer SP, DT, Wt.Pent: J.Barcly 100, 200: S.Brodie 100, 200: J.Caines 100, 200, 400: R.Cawson 100, 200, 400: D.Cooke 400: K.Dillon 5000, 10000: J.Duffy 5000, 10000, Mara: A.Dunlop 800: W.Franklyn 100, 200: G.Gallagher LJ, TJ: D.Harris 800: S.Harvey 100, 400, 800: J.Ireland 400, 800, 400H: A.Laird 400H: K.Lovelock 200, 400: S.Nice 1500, 3000SC: V.Oliver 100, 200, 400: D.Owen 400H: C.Pengelly 200, 400, 400H: S.Peters 100, 200, 400: J.Rutherford 400, 800, 400H: E.Smart 100, 200: B.Smith 1500: D.Talbot 400H, HJ, Pent: J.Webb 5000: S.Wright 100, JT

M45 P.Anthony 400: J.Atkinson 5000, 10000, JT: M.Bousfield Wt.Pent: C.Dickinson 5000,

10000: P.Gordon DT: S.Halion 800, 1500: M.James LJ, TJ: P.Lavin 400: T.Lewis 110H Pent: P.Molloy 800, 1500: D.Taylor 200, 400: D.Wallington 200, LJ: R.Weatherburn 800, 1500: T.Wells 400, 110H, 400H: A.Woods HT M50 R.Austin 100, 200, 400: W.Banks SP: T.Bissett 100H, LJ: S.Brooks 100H, LJ: R.Bush 200, 400: M.Dixon 1500, 3000SC: L.Duffy 400, 800: A.Eland 800: R.Ferguson 100, 100H: J.Garber 400, 800: R.Hancock 100H, HJ, LJ, TJ: D.Jackson 100, 400: C.Melluish HT: R.Phipps 800, 1500: J.Potts 1500: K.Prior DT, HT: V.Smith 800, 1500 3000SC: J.Topliss 100, 200, 400, LJ

M55 R.Bartlett JT: C.Derrett 100: M.Doogan 800, 1500, 3000SC: E.Figueroa SP, DT, HT, Wt.Pent: M.Garvey 100, LJ: W.Gentleman DT, HT, Wt.Pent: J.Howe 100H, PV: S.James 1500, 5000, 10000: A.Roberts 100, 200, 400: J.Ross 800, Pent: A.Treacher 100, 200, 400, LJ: J.Wilson 800

M60 J.Baron 400, 300H: D.Bayes HT: T.Bowman 100, 200, 100H, 300H: R.Brown PV: T.Crocker 100, HJ: J.Day 100H, HJ, PV, TJ: J.Dunsford SP: G.Feast 400, 300H: M.Fox 400, 800: B.Gray 100, 200: D.Herman 100,

Below: BVAF/BAF Road Relays: Left, Bernie Ford (Redhill) leads on lap 2. Right, Dave Hollins gained 12 places to put Potteries Marathon in 2nd. place on lap 5. Photos P.Goodyear



200, 400: M.McCarthy 800: J.Marshall 5KW, 20KW: A.Mellet 100, 200, 400: W.Morgan 200, 400: J.Phillips PV, TJ, JT, Pent: J.Seymour 400, 800: C.Shallo 100H, 300H, HJ: D.Stevens 5KW, 20KW: C.Taylor Wt.Pent

M65 R.Belmore 5000: J.Bryce 100, 200, 400: K.Crooke 400, 1500, 5000, 10000: P.Field: 800, 100H, 300H, 2000SC: D.Fotheringham 5KW, 20KW: R.Franklin 5000, 10000: A.Goodwin 5KW, 20KW: P.Green 10000: J.Hanus HJ, SP, DT, HT, Wt.Pent: D.Howarth 800, 5000, 10000: E.Shirley 800: L.Steedman 100H, 300H: D.Thomas 800, 1500: A.Walsham 1500, 5000, 10000: S.Ward 1500, 5000: K.Whitaker 100, 300H: C.Williams 100, 200: D.Withers 5KW, 20KW: A.Woods PV: T.Wyer 1500, 5000

M70 J.Kennedy 5000, 10000: T.Simons 5KW, 20KW: L.Williams 80H, 300H, LJ

M75 G.Cunning 800, 1500, 5000, 10000

Barbara Dunsford

### BVAF Cross Country Relays

This year's event, to be promoted by MVAC will take place on Sunday, October 20 1996 in Sutton Park, Sutton Coldfield. Full details will appear in the next edition of Veteran Athletics.



Where is our runner? Anxious moments in the take-over pen in the men over 50 and women's race, BVAF/BAF National Road Relay Championships, Heaton Park, Stockport.

British Veterans Athletics Federation

## Decathlon and Heptathlon Championships

Woodbourne Road Athletics Stadium, Sheffield

Saturday 7th and Sunday 8th September 1996

First Events 10.00am Each Day

### Championship Entry Form

Please use capital letters: Male ☐ Female ☐

Surname \_\_\_\_\_ First Names \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age Group on 7th September 1996 \_\_\_\_\_

1st Claim Club \_\_\_\_\_ BVAF Area Club \_\_\_\_\_ Membership No. \_\_\_\_\_

Entry Fee BVAF Affiliated £9.00: Non BVAF Affiliated £11.00

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 Decathlon and Heptathlon Championships.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please send 9" X 6" SAE for confirmation of entry and for details of accommodation

Cheques and entries to John Charlton, 11, Wulfric Road, Eckington, Sheffield, S31 9GE

Closing Date Friday, 30th August 1996

## SOLIHULL CHAMPIONSHIPS

Norman Green Stadium, Sunday 18th August 1996

BVAF & MVAC PENTATHLON CHAMPS	£6
BVAF 10K TRACK WALK	£4
MVAC 10,000m CHAMPS	£2.50
OPEN 100m, 200m, 1 MILE	£1 per event

### ENTRY FORM:

Surname \_\_\_\_\_ First names \_\_\_\_\_

Address \_\_\_\_\_

Date of birth \_\_\_\_\_ Age group (eg W40) \_\_\_\_\_

Club \_\_\_\_\_ \* Veteran club number \_\_\_\_\_

Tel no \_\_\_\_\_

Please enter me for the following events:

I enclose entry fee of £ \_\_\_\_\_ payable to MVAC and 9" by 4" SAE

Entries to J. Quantrell, 5 Highfield Rd, Evesham, Worcs, WR11 6PU.

Closing date 3rd. August 1996.

## BRITISH VETERANS THROWERS PENTATHLON CHAMPIONSHIPS

Norman Green Stadium, Solihull,  
Sunday, 8th. September 1996

PLUS: Open 100m, 200m, 300m, 600m, 1 mile and 5K Walk

### ENTRY FORM:

Surname \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

Date of birth \_\_\_\_\_ Age group \_\_\_\_\_

Tel no \_\_\_\_\_ Club \_\_\_\_\_

Please enter me for the following events:

I enclose entry fee\* of £ \_\_\_\_\_ payable to MVAC and 9" by 4" SAE

\* Throws Pentathlon £5. Running events £2.50 for any number. Walk £1.50.

Entries to: J. Quantrell, 5 Highfield Rd, Evesham, Worcs, WR11 6PU.

Closing date: 24th. August 19956

## READING ATHLETIC CLUB

SPONSORED BY READING CHRONICLE

PRESENT

### 10TH VETERANS TRACK & FIELD OPEN MEETING

SUNDAY 6th OCTOBER 1996 at PALMER PARK STADIUM, READING

Winner Medal each Age Group • First Class Stadium • Easy Access/Parking

Events [Tick Box] [New Programme]:

#### FIELD 4 Trials only

11:00	HT	M	14:30	DT	M40-59
11:00	SP	W	14:30	JT	M60+
12:00	PV	M+W	14:00	JT	W
12:00	LJ	W	15:00	TJ	W
13:00	HJ	M,W	16:00	TJ	M
13:00	HT	W	17:00	DT	M60+
13:00	JT	M40-59	17:00	DT	W
13:15	SP	M5Kg	17:00	SP	M7.62Kg
13:15	SP	M4Kg	17:00	SP	M6Kg
14:00	LJ	M			

#### TRACK

13:15	100m	W,M	15:20	400m	W,M
14:00	800m	W,M	15:45	1500m	W+M
14:30	5000m	W+M	16:10	200m	W,M
14:55	SprHdl	W,M			

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code \_\_\_\_\_

Tel.No \_\_\_\_\_

Signature: \_\_\_\_\_

Categories (please tick):

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

Entries: Mr D.Bradfield, 36 Blewbury Drive, Tilehurst, Reading, Berks RG31 5HL

Entry Fees: £2 for each event (£2 on day, subject to availability)

Cheques or Postal Orders: Reading Athletic Club

Closing date for postal entries: 23rd September 1996





Officials at the Road Relays: from left, Derek Howarth, Jack Betney [with grandson Darren] and Arthur Walsham.

## FIXTURES

### INTERNATIONAL

- 19/27 European Track and Field Champs, MALMO [entries now closed]  
 July  
 1997  
 28 Feb European Indoors Champs, NIA, Birmingham, ad. page 2

### NATIONAL

- 4 Aug BVA Half Mara Champs, Coatbridge, entry form V/A 37  
 10-11 BVA National Track & Fields Champs, Exeter, entry form p.6  
 18 Aug BVA 10K Track Walk & Pentathlon, Solihull see ad p9  
 31 Aug BVA 10K, Barry, CANCELLED [to be re-arranged]  
 7-8 Sept BVA Decathlon/Heptathlon, Sheffield entry form p9  
 15 Sept BVA 10K Road Walks in conj. Leicester Mercury 10K  
 20 Oct BVA Cross Country Relays, Sutton Park [ad. next issue]

### NORTH

- 3 July NVAC T and F League, Belle Vue, Manchester 7pm  
 7 July NVAC Monthly run, 10k road, Recreation Centre, Tattenhall, Cheshire, noon  
 21 July Yorkshire Vets T and F Champs, Becketts Park, Leeds  
 25 Aug NVAC Monthly run, 10K Road, Irlam Steel Rec & Social Club, Liverpool Road, Irlam. 12 noon.

- 29 Sept NVAC 10k Track Champs, Nelson. See newsletter  
 13 Oct NVAC Monthly run. 10K Tracks and paths, Barlow Institute, Edgeworth, Nr Bolton. 12 noon  
 27 Oct NVAC 10 Mile Road Champs, Padgate College, Crabb Lane, Padgate, Warrington, noon. See newsletter

### NORTH EAST

- 22 June NEVAC T & F Champs. (open 3000m Track race),  
 30 June Peterlee 10 mile Race (inc NEVAC Champs)  
 8 July NEVAC Tand F League No. 3, Monkton Stadium  
 14 July Morpeth 10  
 15 July Jesmond Dene Womens Run  
 21 July Northumberland Coastal Run  
 22 July Jesmond Dene Handicap  
 24 July NEVAC T and F League No. 4. (Open 3000m) Monkton  
 5 Aug NEVAC T & F League No. 5 (Open 1500m), Monkton  
 14 Aug Venmore Mile Races (inc NEVAC T & F Events), Monkton  
 18 Aug Jarrold Open Track and Field  
 24 Aug NEVAC T and F Cup Match (Open 3K)  
 31 Aug Gateshead Games Track and Field Open  
 7 Sept NEVAC Four Throws Match, Monkton Stadium  
 24 Sept NEVAC Pentathlon Champs, Monkton Stadium

### MIDLAND

- 18 Aug MVAC T and F Masters Champs, Solihull [entry form p9]  
 8 Sept MVAC Throws Meeting, Solihull [entry form p9]  
 15 Sept MVAC 10 Mile Champs, Nuneaton

### EASTERN

- 14 July EVAC 5 mile Road Champs inc in March Braza AC 5  
 22 Sept EVAC 10 mile Road Race Champs inc in Holbeach AC 10

### SOUTH

- 17 June SCVAC T & F League (West Division), 6.30pm, Barnes  
 19 June VAC Track & Field. Battersea Park, 7pm  
 24 June SCVAC T & F League at Kingston, Guildford, Harrow, Eastbourne, Norman Park, Hemel Hempstead 6.30pm  
 25 June VAC Road Runs & Walks, 5 miles, 7pm, VAC Champs, Battersea Park  
 2 July SCVAC Inter Counties T & F, Men 0/40 & 50, Women 0/35, Crawley Contact R Belmore  
 6 July S of England A.A. Vets Champs, Hayes, [Middlesex]  
 8 July SCVAC T & F (Southern Div), Sutton Arena, 6.30pm  
 12 July SCVAC T and F League (Kent Div), Dartford. 6.30pm  
 15 July SCVAC T & F, Reading, Portsmouth, Brighton, Dartford  
 16 July VAC 5.2M Road Runs and 5 miles Walk, Battersea, 7pm

- 22 July SCVAC T and F League (Mid Lond Div), Colindale, 6.30  
 24 July VAC Track & Field, 6.30pm, Battersea  
 28 July Middlesex, Hertfordshire and open Vets Champs, Hemel Hempstead, 10.30pm, Middlesex £1.50 per event to Jeanne Coker, Herts £1 per event to Sally Gande, Open £1.50 per event to Winston Thomas  
 14 Aug VAC 100m, Mile Noble, Battersea Park, 6.30pm  
 20 Aug VAC Road Runs and Walks, 5 miles, Battersea Park, 7pm  
 25 Aug VAC T & F Champs, inc PV. Kingsmeadow, Norbiton rd 12/8, £2 first+ £1. Vets AC. R. Belmore, Torbay, Prestwick Lane, Grayswood, Haslemere GU27 2DU  
 1 Sept SCVAC League Finals, Hendon  
 1 Sept Slough Marathon inc SCVAC Mara Champs see ad p.2  
 4 Sept VAC 10,000 Track Champs 6.15. Battersea Park, (2 races)  
 8 Sept Richmond & Twickenham vets open meeting, Barn Elms  
 21-22 Kent Vets Champs, Deangate. entries Nanette Cross, 8  
 Sept Hazelwood Lodge, Red Lodge Rd, W. Wickham BR4 0EN £2.50 per event by 30/8/96  
 6 Oct Open Vets T & F Meeting, Palmer Park, Reading ad. p.9  
 7 Oct VAC 5K Vamps Walk & Run, Eastway, Lea Valley

### SCOTTISH

- 19 June SVHC 5K Road Race Champs, Lochinch, 7.30pm  
 6 July Walter Ross 10K Road Race, Lochinch, 2pm  
 4 Aug BVA Half Marathon Champs, Coatbridge, 10.30am see ad V/A37  
 11 Aug Glasgow 800, 10K Road Race, Lochinch, 2pm  
 21 Aug 1314, 7 miles Road Race, Bannockburn, 7.15pm  
 1 Sept SVHC 10 Miles Road Race Champs, Carluke 2pm

### ISLE OF MAN

- 2 July IOMVAC & Western Open Track Meeting, NSC Douglas 6.30pm, inc Vets track mile race 7pm  
 5 Aug IOMVAC & Western Open Track NSC Douglas, 6.30pm  
 11 Aug IOM Marathon/Half Marathon Ramsey AFC, 9am, inc 13 mile lap course see ad V/A37  
 17 Oct Open 10 mile walk NSC Douglas, 6.30pm

### SOUTH WEST

- 14 July Portland 10 Miles  
 28 July Cornwall [Newquay] 10K  
 4 Aug Indian Queens Half Marathon  
 1 Sept Bitton RR 10K  
 7 Sept Overton Festival of Running 5M [Champs]  
 20 Oct Warminster Carnival 10K  
 27 Oct Cheddar Valley 10 M [Champs]

## Around the Regions

### NORTH-EASTERN

Just six days after his fortieth birthday, Eric Smart made his mark at the NEVAC Track and Field Standards meeting at Monkton Stadium on May 13. He claimed both NEVAC sprint records with 11.3 for the 100m and 22.9 for the 200m. With the full track season ahead, Eric is sure to make a big impact at both the forthcoming British and the European Championships. Elswick's Terry Hudson, new to the over 50's age group, broke the NEVAC Hammer Record with a throw of 37.66m. With 50 competitors for an early season fixture, the N.E. Veterans League will continue to thrive.

### George Routledge

### EASTERN

EVAC Road Relays, Hemingford Grey, 28/4/96. At the start of the last leg, Bedford & County AC must have thought that they would win. D. Laynes ran an excellent opening leg in 10:10, 16 clear, came of D. Thorpe of Chelmsford AC, with Glyn Potts half a minute adrift in third. They lost the lead to Chelmsford's Peter Maddison on the second leg, but regained it on the third. They reckoned without Nene Valley Harrier's Michael Barnsdale, who stormed round the last leg to bring Nene Valley home the winners by 24 secs. Barnsdale failed by one second to match the fastest time of the day from Laynes. Both were outside the course record of 9:59 set by E. Tennant at the first relays in 1994.

The host club, Cambridge and Coleridge, maintained a steady four throughout. Roger Wadley [Biggleswade] brought his club up from 11th to 7th on the last leg, along with B. Drabner. NVH "B" were the only runners outside the first three teams to break 11 minutes.

Unfortunately, Chelmsford were the only women's team to enter, L. Branch finishing 15th of the 25 runners on the first leg. Each year there has only been one women's team entered and each year it has been a different one. Perhaps next year they could all turn up on the same day! Traffic on the course was much heavier than usual, apparently there was an antiques fair in the vicinity. Perhaps that was appropriate! Vauxhall were never challenged in the over 50's race. Last year's winners St. Edmunds Pacers could only finish second this year.

### Peter Chaplin

### SCOTTISH

Alastair McInnes Mem. Race, 8.5.96.

This race never ceases to amaze your reporter with its good entry, good competition, and always good weather. This year's event brought a large crowd to Drumpellier Country Park which is part of the course. I hasten to add not to watch the race but feed the swans and watch the fishing, nevertheless I heard some comments on the age of the runners as they ran past.

Maybe our enthusiasm will rub off on them.

When they lined up for the start, a 4.8 miles loop course, part of which will be used for the BVA Half Marathon Championships on August 4, M40 Brian Kirkwood, Scotland's top vet, was wearing No. 1 on his vest. Just to prove it, he blasted away from the start and was never headed. Maybe he just wanted his 3rd bottle of whisky in 3 years for being first past the 1 mile marker. Brian finished in 24.00 for his third win in succession. The real battle was for second place between John Duffy M40 and Cammy Spence M45. It was felt that John might be tired after his racing programme over the previous 10 days when he not only won the Lochaber Marathon, but ran 2nd (1st Vet) in the Lochgilphead Half Marathon just 3 days before the McInnes Race. Any doubts proved unfounded, as both Greenock rivals had a battle all the way. It was only resolved by Duffy in the finishing straight by 2 seconds - 24.36 to 24.38. Great stuff.

Fourth in the race was Charlie McDougall M45. Charlie has never been worse than 2nd in this race. Could it be that he took too much out of himself trying to get back from the 1 mile point, when I pointed out to him that the race started in 10 minutes? I think he was annoyed with himself for he firmly stated he would be back next year. The race by this time had developed into small groups having their private battles, but in the struggle for 5th it was a M50, Bob Young who came off best when he beat the two M40s Campbell Jones and Jimmy Quinn, only 2 seconds separating Young from Jones.

The first-ever winner of this race, Bernie McMonagle came through the field after a slow start and finished second M50 in 9th place. I think McMonagle and the other runners round about him were running scared in case the first woman, Sandra Branney would catch them. Sandra was out for a fast run after her 2.46 in the London where she picked up the W40 award, and also to test herself before she ran for the Scottish team in the Glasgow 10K the following week. True, but after she picked up her prize she was heard to say: "This will pay for my shopping for the rest of the week". Maggie Sinclair, another W40, was second woman home and also picked up a few "bobs" - maybe the two of them can go shopping together!

In the other age groups Alastair Shaw was an easy M55 winner and Hugh Gibson, after a long spell out through injury just held off his team mate Willie Hamill. What can be said about the M65 winner that has not been said before. Just a few days after turning 65, Bill Stoddart, former multi World Veterans Champion, not only won his age group, but had a faster time than the M60 winner. This proves that Bill did not waste his time when he spent five months in Benidorm during the winter.

Eileen McMillan won the W50 award and,

together with her husband Jim, also won the Husband and Wife award. Jimmy Smith, running over his own course won the M70s.

There are a number of "Bandits", that is, non vets who run in this race. They just want a run and, unlike other bandits they offer to pay the entry fee, which the organiser can't accept in a vets only race. They are given the drinks and all the hand-outs except prizes at the end of the race, and they are the first to shake your hand and thank you for a great night, and wish they were vets. One of them said if his mother and father had met sooner he might be a vet by now. As always Mrs Ray McInnes graciously presented the prizes.

### Bill McBrimm

### SOUTHERN

#### SCVAC

The SCVAC 10k Road Championships held in conjunction with Blackheath Harrier's Ted Pepper Memorial Race was another triumph for Andy Canton, who finished fourth overall in a very good field, two and a half minutes in front of his Ilford team mate Brian Meadows. The organising club's Mike Cronin returned to form to take the M50 title ahead of Vic Hancock of Hercules. Sixty nine year young Steve Charlton continues to amaze by once again beating 40 minutes, while the outstanding female performances came from Denise Farnham and the ever young duo of Pam Jones and Eileen Quinton.

### Jack Fitzgerald

#### VAC

At Battersea, Rob Roath's time of 27:06 for the standard 5.2 miles road race inside the park was the fastest for eight years! The previous mark was Peter Hamilton's 27:05 in 1988, which followed hard on the heels of the vintage year of Mike Hartley. In 1987 the latter ran 26:30 and 26:55, the only sub 27 minute times since Laurie O'Hara was a new vet in the 70's.

In the recent event Roath [Woking], was clear of his asthma and led all the way. Behind him Keith Penny and Steve Dirkin of Cambridge H fought hard for second place until Keith drew clear on the last lap and was first 45 in 27:30. Steve's time of 27:52 set a new 50 class record, reversing the long standing 27:56 held by Tom Ryan. To confirm it, at the May race he equalled his record when winning overall.

Melanie Jones was the first woman, in 33:07, from Maggie Statham, in a well completed field of 54. This was the fastest time by a woman in a year, until Leslie Leggett won the next race in 31:19.

On the track the summer started well when 20 competed in the 1500m. New vet Dafydd Owen passed pace making Ken Daniel to win in 4:21. The handicap went to middle distance specialist Stuart Littlewood, clocking 4:24.9. First woman was Marian Eldridge in 4:54.

A Mexican, J. Samore [M45], won the 5000m in 16:57.8, clear of Ron Valls with Alan Davidson third in the race with 18:39.8. At 100m UK Champ John Browne, who has been train-

ing locally, clocked 11.7, close to a meeting best and 38.8 for the 300m.

New members H. Featherstone and M. Jackson were prominent and there was intense competition in the 12 to 13 seconds sector. Graham Pope, now 50 and working under Byron Gray, won the 300m second race, beating younger men in 40.1. Life member Bernard Metcalfe, 80 this year, improved with a 17.6.

### Jeremy Henning

### ISLE OF MAN

The Manx Airlines sponsored women's open 10km walk on Feb. 24 saw Liz Curran confirm her form in clocking 52:01. She currently set a British W40 Record of 51:37 on March 11. In the same race, Maureen Cox [W45] clocked 57:39 in her comeback race, after achieving "Centurian" status when she finished in 23:36.43 during the Battersea 100km last August. A tremendous achievement!

A chilly morning saw 20 local athletes start the I.O.M. 20 Miles Road Race at Douglas on March 17. M40 winner Richard Radcliffe's strength and pace judgement brought him home in 2:02.13, a creditable 3rd overall. Alan Postlethwaite was 1st M45 [2:06.05] and the M50 honours went to Ray Shooter, but the real hero of the day was Christine Bathgate, who ran the course in 2:49.24 to establish a Manx W50 record. Our thanks go to the timekeepers and lap recorders, who had to stand around in such very cold conditions.

The first club event of the year was the

### Renee Scott

Renee Scott collapsed whilst taking part in an open race walk at Chesterfield on Sat. April 13 and later died from a massive brain haemorrhage. She was 67.

I was privileged to enjoy Renee's friendship and competitive rivalry for more than 40 years. Renee was a first class administrator across a wide spectrum of athletics at local, regional and national levels and she also coached.

At the time of her death, and for as long as I can remember, she was secretary of Greater Manchester A.A. She was a past president of her club, Bolton H, of the Womens Cross Country Association and of the Northern Area Race Walking Association. Her death leaves many gaps.

Renee had been an athlete all her life and with the growth of Veterans athletics had enjoyed a resurgence in her race walking. She travelled the world, enjoying the camaraderie of the vets movement and was a frequent medal winner in her age category. Her greatest achievement was to become a Centurian [walking 100 miles within 24 hours] at the age of 62.

Renee had no immediate family but

Spring Handicap 6 mile road race, run on the perimeter road of the National Sports Centre, Douglas. With last year's winner, Jane Mooney, banking in the Spanish sunshine, the 21 veterans shivered and bemoaned the fact that they could not be there as well. The start was handicapped based on recent 10k form, which for many was times from last November, so early season fitness was tested.

First away was Ann Cain, but she was soon caught by Ray Shooter who continued at a cracking pace to finish 1st. in a race time of 46:25, an actual time of 40:15. Chairman Colin Watterson was 2nd, with a race time of 47:38 [43:38], and 3rd went to Mike Gellion with 47:49 [35:19]. Fastest on the night was Alan Postlethwaite, with an actual time of 34:31 for the 6 miles. The other race in the series takes place in Nov. with an age handicapped start, with the aggregate placing over the two events deciding the overall winner.

Allan Callow [M50], 1:43.09 in 13th place, helped Manx H to 1st place in the 20K event at the BAF & RWA National Walking Champs at Cardiff. The women's 10k time was 2nd, with fine performances from W40 Liz Corran [9th], W45 Maureen Cox [13th] and W35 Jackie Bainton [15th].

In the London Marathon, Richard Radcliffe [M40] was our fastest in 2:50.58, in an incredible 48th place. This was 10 minutes slower than last year, but still an exceptional run given the hot conditions. Hope to see some of you in August when we are organising the Isle of Man Marathon and Half Marathon. Terry Bates

she was a very special lady to many. Bolton H. and Greater Manchester A.A. are to set up Trust Funds to help young athletes. Donations will be welcome. She enjoyed a full life and we should be grateful that she died doing what she loved most - race walking. Pam Horwill

Renee Scott winning the W65 European 20Km Road Walk, Spain, 1995



Carol Ashby



**Lastair Melhies Memorial Race.**  
Southbridge, 8.5.96.  
B. Kirkwood, M40, 24.00, 2 J. Duffy, M40,

136, 3 C. Spence, M45, 24.38, 4 C. McDougall, 45, 24.54, 5 R. Young, M50, 26.13, 6 C. Joss,

26, 26.15, 17.9 Quinn, M40, 26.19, 8.  
McDonald, M40, 26.43, 9.9 McMoraghe, M50  
06, 10 C Martin, M45, 27.16, 11 J McMillan,  
50, 27.18, 12 S Bruneau, W40, 27.22, 13  
Harper, M45, 27.29, 14 D Fairweather, M50,  
43, 15 B Renuus, M40, 27.47, 17  
MacGregor, M45, 27.52, 17 J Buggan, M40,  
08, 18 J McMoravian, M45, 28.18, 19  
Cooney, M45, 28.23, 20 J Morrison, M40,  
25.51 A Huggan, M40, 28.36, 22  
M55, 21 J McEneaney, M40, 28.37, 23  
24 J Clark, M45, 29.42, 25 W Stoddard,  
68, 29.56, 26 C Duffy, M40, 30.54, 27  
Radzinski, M45, 31.03, 28 M Sinclair, W40,  
10, 29 J McGugan, M45, 31.13, 30  
Gallagher, M45, 31.20, 31 D McKirby, M50,  
32, 32 D Dodson, M50, 31.32, 33 S Gibson,  
00, 34 J W Hamill, M40, 31.45, 35 D Gre  
50, 31.55, 36 F Burns, M45, 32.06, 37  
Ramage, M55, 32.09, 38 G Inglis, M55, 32.15,  
39 G Kennedy, M40, 32.45, 40 D Turnbull, M50,  
41, 41 J Finlayson, M40, 32.55, 42 H Hears,  
55, 32.09, 43 R Zanotti, M65, 34.43, 44

33 Dyalda, M60, 35,507, 45 W Spark, M55,  
 34 6, 46 Mofria, M40, 35,537, 47 E McMillan,  
 35 35, 48 T O'Neil, M60, 36,57, 49  
 36 Dodson, W45, 37,12, 50 P Buma, M55, 37,27,  
 37 W Ewing, M55, 37,59, 52 M Charate, W45,  
 38 53 J Smith, M70, 43,15, 54 S. Deane, M40,  
 39 40, 26, 55 R Lamine, M70, 47,16

**SVAC Monthly Run, Sandiway,**  
**Lushire, 24.3.96**

1000m Paths & Tracks

1 D Gagner, 34.40, 2 D Mellor 35.25, 3,  
 4 Fairclough 37.07, 4 C Desaut, 38.25, 5 R Gane,  
 6 R C. Chambers 41.21, 7 P Gurrity 41.42,  
 8 Dillon 40.49, 9 P Jajak 51.05 M45 1 C Britt  
 10 2, 12 D Tunkins 36.27, 3 M Charnson 37.09,  
 11 Filding 37.35, 3 S Ripley 38.29, 6 M McCune  
 12 47.09, 12 D George 40.17, 1 J Hanley 42.01,  
 13 Sinsnot 41.09, 10 T Mannon 44.00 M50 1  
 14 Rethley 34.54, 21 Tyle 37.44, 33 Mayer 38.17  
 15 R Ashby 41.24, 5 T Dodd 43.25 M55 1 R Jones  
 16 2, 27 P Parr 41.35, 3 M Kirkwood 42.20, 4  
 17 Kneill 43.43, 5 W Wilcock 46.42, 6 R K.


**M30** 1 L V-Hodkinson 39:17, 2 G.Bloor  
3, 3 B.Rogers 40:23, 4 M.Morrell 41:18, 5  
Sparrt 42:20, 6 P.Dobb 42:36, 7 G.Gartrell 44:2  
1 J.Kent 45:1, 9 J.Betney 45:37, 10 A.Lerson  
33, 11 A.Swath 46:13, 12 W.Farrow 49:14 M  
D.Hughes 43:42, 13 D.McCingam 44:51, 3  
W. Walsham 46:14, 4 Lofthus 53:48, 5  
Chatterton 46:57 M78 1 A.Fourley 53:9, 2, 3  
Hills 57:3, 3 L.Sandil 60:49, 4 R.Horn 67:30  
77 1 J. Heald 52, 2 M90 1 W.Sinnott 66:44  
10, 3 Brown 67:27 W40 1 D.Denst 46:54, 2  
P.Dobb 42:36, 3 P.Dobb 42:36, 4  
Pickard 46:8, 5 P.Gordon 50:33 M56  
1 P.Gordon 49: W55 1 M.Gartrell 51:17, 2 P.Pear  
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**AVAC 10 Km Road and Paths.**  
**Avonmouth 12.5-9.6**  
440 1 P.Faughan 35:28, 2 T.Wright 36:05  
350 1 P.Faughan 35:28, 2 T.Wright 36:05  
509, 2 D.Tomlin 35:55, 3 S.Edmonds 37:21  
E.Welchard 37:31, 4 L.Knox 37:33, 6  
F.ielding 37:48, 7 H.Heflich 38:01, 8 D.George  
41:14, 1 Linsley 41:01, 10 G.Gibler 41:07, 11

Jones 4138, 21 D. Harrison 4310 M50 1  
 Mayes 4199, 21 D. Todd 4038 21 D. Mainwaring  
 5302, 4 D. Dickinson 4842 M55 1 Smith  
 19, 21 T. Parr 4233, 3 D. Baren 4533, 4  
 Hiney 4414 21 M. Kirkwood 4832, 6  
 Ogle 5219 M60 1 L. V. Hodgkinson 3923, 3  
 Morrill 403 33, 3 S. Pratt 413 31, 41 Park 42  
 C. Hallam 4336, 6 P. Racker 437 37, 71 Newby  
 41 8 B. Lister 5418 M65 D. Howarth 41 46, 6  
 McCaughey 4534 3, A. Wadhwa 4506 4  
 Hardicker 46 48, 5 J. Hughes 5524, 6  
 Chatterton 4037 M70 1 A. Feenley 529  
 21 L. Head 5732, 2 B. Matheson 6708 W4  
 G. Dener 46 14, 2 C. Freeman 50 44 W45  
 Adams 4399, 2 C. Pickett 407 3, 3 F. Golder  
 402 W55, 1 D. Pickett 70 W55 1 P. W. 41  
 55 10 Kni Road Camps, Inc.  
 In Vol Paper Memorial Race.  
 Beckham, 6 5396  
 440 1 A. Cotton 523, 2 B. Meadows 3438, 3  
 W. Swingle 3577 W45 1 E. M. M. 55  
 C. Conner 3539, 21 V. Hancock 3564, 2 B. 389

30-50 M55 1. G. Williams 35-5R, 2. J. Taylor 39-56  
M60 1. L. Parrott 38-57, 2. D. Porter 48-56 M65 1.  
Charlton 39-42, 2. D. Thomas 41-45, 3.  
A. Ferguson 44-09 M70 1. G. Cusimusi 51-17 W44  
D. Farnham 38-55 W45 1. A. Cross 45-45 W55  
D. Jones 43-22 W60 B. Crowley 45-46 W65 1.  
Quinton 47-41

**3VAF Cross Country Champions**  
Below: M60 winner Bill  
Atkinson. Left M65 champion  
John Taylor.

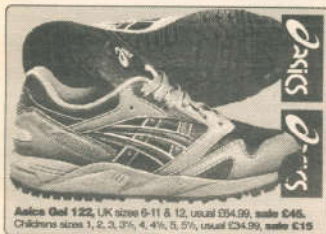


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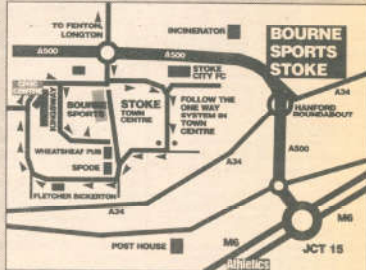
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