

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 39

The Newspaper of the British Veterans Athletic Federation

Summer 1996 £2.00

High Class Performances at Exeter

Alastair Aitken Reports

Held at Exeter for a second successive year, but this time in showery weather with blustery winds, the BVAF Track and Field Championships were again well organised by the South Western Veterans AC.

It is always difficult to single out performances of note but there are some incredible stories attached to World and British Records in the older age groups and some worthy efforts by the younger groups, too.

At the sharp end, triple European individual sprint champion Dr. Stephen Peters was impressive. After finishing second behind Ghanaian born Kwadwo Ansah in the 100m, he won the 400m and brought the house down on the last day with a time of 22.40 in the 200m, ahead of Ansah's creditable 22.63.

That prolific performer, Jenny Brown, was also in good form, taking four gold medals in the W35 field events and also finishing fourth in the 400m final after winning her heat. Zina Marchant, W45, still an international class road runner, encouraged by her husband and coach Kenneth, ran 36:30.3 in the 10,000m, which is a good time for any younger club runner, male or female.

When a veteran runs under two minutes for 800 metres it can be described as class running. Thanks to 1500m champion Dave Wilcock's early pace [57.0] for the first lap it was possible, but it meant that 400m

hurdles winner Dave Anderson had to pull out all the stops to close a yawning gap to overhaul Wilcock in the finishing straight to win in 1:57.51. It was good to see Doug Lucas, on moving up to M45, take the 200/400 metres double.

The families were out in force! Mike Garvey [M55] won 100/200m and long jump while his wife Pam [W40] won silver in the high jump after recently finishing tenth in the European Championships. Paul and Pat Oakes both won their long jump events. Barbara Dunsford won the W60 hammer and her daughter Wendy was a medallist in the shot, hammer and discus. Talking of field events, Peter Gordon [M45] had a good double with 47.36 and 49.16 for the hammer and discus respectively.

We expected fireworks from Carina Graham, who had recently joined the W60 group and she did not disappoint. She won the 100m/200m triple jump, long jump and javelin, gaining British Records in the triple jump and long jump on the way. Cambridge Harrier Barry Ferguson, M45, kept his record of winning the sprint hurdles for his age group every year since he joined the veteran ranks.

The over 40 5,000m and 10,000m races involved World 25km champion Trevor Clarke, who just held off Richard Payne in the shorter event on the Saturday, but was outstripped by ex cyclist Mike Girvan in the 10,000 metres. In the shorter race Mike McGeoch was third and he has the unusual distinction of averaging 2:22 for the last 16 London marathons. Carolyn Oxtan, W50, ran World Record times of 2:22.03 / 4:52.74 for the 800/1500m, although she has achieved slightly faster unratified times earlier this season. Amazingly, W60 Toni Borthwick, according to that connoisseur of veterans athletics Jack Fitzgerald, has now run inside three minutes for the 800m on three occasions this summer. Her time at Exeter was 2:57.9 [the old record of 3:01.8 was held by Australian Shirley Brasher].

In the Walks, M45 Bob Care was first overall in both the 3,000m and 5,000m and can feel optimistic about his chances in next years European Indoor Championships at Birmingham, especially as he will be competing in a new age group as a 50 year old. Ann Lewis impressed by following up her 3,000m victory with a 5,000m British Record of 27:02.29.

Monica Shone won the W70 200m in 33.19. That could be ratified as a World Best, too. It beats Mary Wixey's record, who also had a good meeting in the W75 group. Colin Fairley, the Kettering french polisher, was nothing short of fantastic. He won the over 80 100/200m in new British Records of 15.79/35.05, beating some over 70's in the process. Amazing, when you consider that he had a heart attack 10 years ago, was diagnosed as having cancer of the prostate two years ago and has other ailments also.

Finally, the man who won the M65 800m was Eric Shirley. Many



M40 winner Kwadwo Ansah veterans will remember him as an Olympic finalist in the 3000m steeplechase in 1956 and the AAA's champion in '56, '58, and '60. After his race he commented: "Today is about vet's athletics and not individuals. People are having fun in a friendly atmosphere. I have been in situations where you can cut the air with a knife but here it is so nice. It is a really friendly get together."

Results page 6
Barbara Terry [Bromley Vets] in action in the shot putt



Raffle Postponed

The annual raffle, for which tickets were distributed in the last issue of this newspaper, has been postponed. The reason for this is that less than half of BVAF members actually received tickets due to a problem with the automatic packaging at the printers. It appears that there were some perforations in the page of tickets, which the packaging machine could not handle, and many of the tickets were chewed up by the machine.

The problem has, hopefully, been overcome and accordingly the tickets are being issued again and a sheet of tickets should be enclosed in this issue. All counterfoils which have already been returned by those who did receive tickets will, of course, go into the postponed draw. To members who received tickets last time and who are now receiving another batch, we apologise and ask them to disregard them.

As outlined in V/A 38, the prizes this year are mainly money prizes,



The finish of the BVAF W35+ 1500m: Winner Ann Turrington[668], W40: 2nd, Marian Eldridge[663], W40: 3rd, Debbie Howard[697], W35

Our Sprinters Excel in Malmo

Bob Belmore Reports

For the second time in the last ten years the EVAA Championships took place in the superb Malmo stadium. Located on the Southern coast of Sweden, and described as the city of many parks, Malmo appeared to be a very popular choice. The parks, adjacent to the sports complex, were put to good use by athletes training on the tree lined trails or having a quiet picnic by the lake.

Local attractions included many alternative sports activities, outdoor music festivals, dancing and the popular night spots. I had the impression that everyone felt safe in this environment. The stadium perimeter was a warm and welcoming sight, sporting the national flags of the 38 competing countries to a height matched only by the stadium roof and the expectations of the British contingent! As in all European and World Championships, however, a second venue was needed and this was located some 10 minutes "flying time" away at Heleneholm. This was much easier to reach than some had been led to believe, a task made easier once it was known that a free shuttle bus existed to bridge the gap for weary athletes and supporters.

Such arrangements, of course, make it impossible to watch all activities. This is a pity, since many good things are happening at the same time, so a study of the timetable, venue and transport is advisable when attending these competitions.

Following the heats for the hurdles on the first morning, the next item on a busy schedule was the opening ceremony. This was held in the main stadium, with all countries represented by only a nominal 10 to 12

due to the problems in the past with despatching bulky items to prize winners. All profits from the draw will be used to finance the publication and further development of this newspaper and we ask all members to support the draw, where possible. The draw will take place at the BVAF Delegates meeting on November 24 and a list of prizewinners will be published in V/A. Please return all ticket stubs and monies to Winston Thomas [address on page 3].

athletes. However, the warm welcome from our hosts was well received. This good, friendly atmosphere prevailed during the championships, as did the glorious weather. This suited most except, perhaps, the distance runners, who were expected to run in mid afternoon. The exception was on the final day when cool and damp conditions, together with an early start, suited the marathon runners admirably.

A glance at the well presented programme proved that Germany had by far the largest contingent with about 800 athletes. Sweden, as expected, were very strong in numbers, too. The Brits, although very strong in sprints, and well represented in hurdles, were well down in other events and non-existent in many. Perhaps we should ask ourselves why?

Fortunately, several good regulars, supported new members, performed well and kept the flag flying. Regrettably, it was done without the promised new kit, so it was difficult to identify our runners. However, they brought home a total of 92 medals and some great memories.

As always, some were unlucky not to progress - hurdles got in the way for some! Dave Stevens missed out when well placed just before the end of his gruelling 20km. walk. Injuries, as usual, were the main bad luck story, but the massage skills of Ken, working hard on the couch on most days, kept most of the wounded on track. Some of these, Vic Oliver, Vic Smith and Marian Eldridge had at least gained medals first. Marian limped off the track after making sure of a gold in the W40 5000m, after a close 2nd and a PB in the 1500m on the first day. This followed a superb run by Jan Holt who set the trend for gold in the W35 group, a great start for GB.

Selecting best performances during the week could depend on how one views the varied competitions, conditions and age categories. Overall, the standard remains high, although the depth does not show the same parallel. In the British camp, one highlight was the M40 100m, a near U.K. Championship in itself. Three Brits were racing for gold, won by a whisker

continued on page 5, columns 3 & 4



M40 1500m: Winner Dave Wilcock [71] prepares for the final sprint. Below: 3000m Walk: Women's race winner Ann Lewis, W35, leads Doug Fotheringham, M65 winner



THE MALTA 10K FOR VETERAN ATHLETES



ORGANISED BY THE MALTA AMATEUR ATHLETIC ASSOCIATION
SATURDAY 18TH JANUARY 1997 START: 2.00PM
 Sunday 19th January - Track & Field Events from 2.00pm

2nd Edition These competitions are being run under the rules and regulations of the World Association of Veteran Athletes. This event is open to all men born on or before the 18th January 1957, and all women born on or before the 18th January 1962.

Award A commemorative medal will be presented to all those who finish the 10K.

Late Entries No applications will be accepted after Friday 10th January 1997.

The Course The race will start from opposite the Jerma Palace Hotel, Marsascala. The runners will then proceed along the shoreline towards and alongside the fishponds. The participants will then proceed towards Zejtun, go round St. Gregory's Church, and then run back on the same route to finish in front of the Jerma Palace Hotel, covering a distance of 10 kilometres.

Prizes One free Air Malta ticket Gatwick/Malta/Gatwick (or Malta/Gatwick/Malta) will be presented to those male and female athletes who register the best technical performance, plus a trophy. Both tickets generously donated by Air Malta.

Cash prizes, for both male and female athletes, will be presented as follows:-

2nd best technical performance: US\$ 150;
 3rd best technical performance: US\$ 100;
 4th best technical performance: US\$ 50;

The best technical performance will be calculated by computer according to age-graded tables compiled by the World Association of Veteran Athletes.

Last year's best technical performances were:-

(W47) Merryl Driver - 40: 17.00; (M45) Francis Abela - 36: 51.00;

Trophies will also be given to the winner in each five year category, the runners up in every category where there are at least five finishers. A third prize would be given in each category having eight finishers. Refreshments after the race will be made available to all competitors, by courtesy of the Jerma Palace Hotel.

TRACK & FIELD MEETING FOR VETERAN ATHLETES

Sunday 19th January 1997, first event starting at 2.00 pm

Events: 100m; 200m; 400m; 1500m; 5000m; Shot & L. Jump (M & W- Vets only)

Special Event: held for the first time in Malta: 3000m Steeple Chase (Men only)

First Prize: Paid airline ticket Gatwick/Malta/Gatwick (or Malta/Gatwick/Malta), donated for this special occasion by Belleair Holidays of London, plus Trophy.



YOUR TRAVEL ARRANGEMENTS

For details of a special travel and accommodation package put together for participants and accompanying persons contact:-
 Belleair Holidays, London, Tel: 0181 785 3266 or 0345 581 141. Fax: 0181 780 0833.
 Please identify yourself as a Malta 10K for Veteran Athletes participant.

JERMA PALACE HOTEL INCLUSIVE PACKAGE PRICE BED & BREAKFAST			
DEPARTURE DATES ON OR BETWEEN	*3	7	10
11-17 JANUARY 1997	£183	£224	£279
SUPPLEMENTS P.P.P.			
Half Board	£4.50		
Full Board	£12.00		
Seaview room	£1.00		
Single room	NIL		
REDUCTIONS	3rd Person Share £4.75		

*3 night stays must depart from the UK on a Thursday or Friday. Prices are based on Gatwick mid-week departures.

Other flights and Airports available at a supplement

Departure Airport	Day of Operation	Departs UK	Supplement Add to holiday price
Gatwick	Fri	11.45	£29
Heathrow	Mon - Thur	11.25	£36
Heathrow	Mon - Thur	11.55	£31
Heathrow	Fri	11.25	£49
Heathrow	Fri	17.55	£49
Birmingham	Thur	12.15	£47
Glasgow	Thur	11.50	£55

All prices shown above are in pounds sterling per person.

Holiday prices include:

Flights: Price is based on flights from Gatwick on a Monday to Thursday departure.

Accommodation: In twin room with private facilities on bed and breakfast basis. FREE refreshments for competitors after the 10K race (compliments of the Jerma Palace Hotel).

Transfers: From Malta International Airport to the hotel and same on return journey. FREE return transfers on 19th January to the Track & Field event venue when travelling with Belleair Holidays.

Representative: Service of our local representative will be available to Belleair Holiday clients.

All holidays are subject to Belleair Holidays Booking Conditions shown on page No. 32 of the Winter 1996/97 brochure.



YOUR ACCOMMODATION

Jerma Palace Hotel ★★★★★



Superbly located



on picturesque Marsascala Bay with seaviews on three sides, the Jerma Palace belongs to the Corinthia Group of Hotels. Its attractive Moorish architecture is combined with high standards of comfort and an elegant ambience. There is a wide range of amenities,

particularly for health and sports enthusiasts. The village of Marsascala is two km away and there is a regular bus service to Valletta. Car hire is recommended for greater mobility.

The twin-bedded rooms all have a large balcony, satellite television, telephone, heating and private facilities. Single persons will receive a twin room for sole use. Seaview rooms are also available at a supplement. No single room supplement all season.

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Indoor freshwater pool • Spacious sun terraces
Restaurant with seaviews • Coffee-shop • Bars • Live music
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Giftshop • Salon • Gym • Sauna and massage • Lifts
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(see above for applicable supplements)



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We care



THE MALTA 10K FOR VETERAN ATHLETES

ORGANISED BY THE MALTA AMATEUR ATHLETIC ASSOCIATION
 SATURDAY 18TH JANUARY 1997 START: 2.00PM

APPLICATION FORM

Closing date for entries: 10th January 1997



Surname	
First Name	Sex
Nationality	
Address	
Post Code	
Country	
Date of Birth	
Category M/F	Telephone Number

Please enter me for the following	Entry Fees:
Malta 10K for Veteran Athletes	GB £5
3000m Steeple Chase (Men only)	GB £3
T & F Events: ()	GB £1 per event

I enclose herewith my cheque/ money order No: _____ for the amount of GB£ _____ being the amount due in respect of my entry fee (entries will not be accepted unless accompanied by entry fee). Cheques / money orders are to be made payable to MALTA AMATEUR ATHLETIC ASSOCIATION. On acceptance of this entry I declare that I abide by the eligibility and competition rules. I also declare that I am medically fit to run and that I enter at my own risk. I understand that the organizers and sponsors will in no way be held responsible for any injury or illness incurred during or as a result of the event, or of any property lost or stolen.

Date _____ Signature _____

Entries and remittances to be addressed to:- The Chairman, MAAA Veterans' Committee, "Primrose" 25, Spring Street, Qormi QRM 10, Malta.
 Enquires: Tel: (356) 22999 313, Fax: (356) 22999 134, Fax: (356) 247675.



RESERVATIONS : CONTACT BELLEAIR HOLIDAYS
ON LINKLINE 0345 581141 OR 0181 785 3266



From The Editor

Do you like the new look Veteran Athletics? Incorporating colour pages is the first step we are taking in improving the quality and appeal of the newspaper. If the result is deemed to be worthwhile we shall consider changing from the present twelve page A3 to a twenty four page A4, in other words changing from tabloid to magazine format.

Although the response from readers was very limited when we posed the question in V/A 37, the opinion was, in general, in favour of change. We believe that a change in format would make the newsletter more popular with both members and potential advertisers. The editorial committee is keen to make V/A more interesting to read and more attractive to advertisers, which of course would pay for the cost of using colour. If readers have any comments about the changes, favourable or otherwise, please let the editor know. All opinions would be very welcome.

We are grateful to Bourne Sports and to Bellair Holidays who have supported us by taking colour advertisements in this issue. Bourne Sports is, of course, a long standing supporter of veteran athletics in the U.K. and we trust that BVAF members will continue to use their services as they have done in the past. The Malta 10km Road Race featured in the Bellair Holidays advertisement

looks very interesting and could be the ideal opportunity to take a New Year break and shed some of the Christmas excesses at the same time. It is also interesting to see that there is a veterans track and field meeting on the following day, providing the chance for some outdoor track and field competition in preparation for the European Indoor Championships in Birmingham a few weeks later.

Geoff Ashby

BVAF Champs, Exeter: Stephen Thomas, [2nd M40], uses his rotational shot putt technique.



Jeremy Henning

Veteran Athletics

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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

FRIDAY FEBRUARY 28 to SUNDAY MARCH 2 1997

(under IAAF-WAVA Regulations)

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3000 Metres Walk, 60 Metres Hurdles, High Jump, Pole Vault, Long Jump, Triple
Jump, Shot Putt, Relay 4 x 200 metres.

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
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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.

European Veterans Athletics Indoor Championships and World Invitation Provisional events order

THURSDAY 27th FEBRUARY
Registration. Team leaders meeting.
FRIDAY 28th FEBRUARY

OPENING CEREMONIES

60 metres Hurdles	Men & Women	Heats and Finals
Shot Putt	Women	
200 metres	Men and Women	Heats
Long Jump	Men	
400 metres	Men and Women	Heats
3000 metres	Men and Women	Finals

SATURDAY 1st MARCH

60 metres	Men and Women	Heats and Finals
Long Jump	Men and Women	continued
800 metres	Men and Women	Heats
Shot Putt	Men and Women	
3000 metres Walk	Men and Women	Finals
High Jump	Men and Women	
200 metres	Men and Women	Semi-Finals
Triple Jump	Men	
400 metres	Men and Women	Semi-Finals
Pole Vault	Men	
1500 metres	Men and Women	Heats

SUNDAY 2nd MARCH

800 metres	Men and Women	Finals
Shot Putt	Men	continued
200 metres	Men and Women	Final
Triple Jump	Men and Women	
1500 metres	Men and Women	Finals
Pole Vault	Women	
400 metres	Men and Women	Finals
High Jump	Men	continued
4 X 200 metres Relay	Men and Women	Finals
Closing Ceremonies		

YOUR LETTERS

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

More Record Problems

I could not agree more with the letter from Ann Lewis in V/A 38 regarding world records.

In 1992 the listed world indoor records [M70] for 800m, 1500m and 3000m were 2:42, 5:27.4 and 11:27 respectively. On March 7 1992 at the SVHC Indoor Championships at Kelvin Hall, Glasgow, I bettered all three times with 2:34.2, 5:13.1 and 11:22.4, all of which were accepted as British Records. In 1993, at the same venue, I ran 2:34.61 for 800m, again well inside the old record, and also bettered my own 3000m time with 11:17.99. This latter time is listed as a world best.

At Kelvin Hall in 1994 at the BVAF Championships I broke the listed 800m World Record for the third time, but the recent WAVA list of records show the 800m and 1500m unchanged since 1992.

I would hope to see something done about this before the European Indoor Championships next year.

Jimmy Todd, Co. Antrim



BVAF Champs, Exeter: Some of the winners: above, left, Doug Adair M70 100m. above, right Carina Graham W60 javelin. Below, Vivien Bonner wins W45 200m from Maureen Lewington in new British Record



Help Wanted

The staging of the European Veterans Indoor Championships in Birmingham is going to plan, with entry booklets now available and entries being received. There are, however, many small jobs where our members may be able to assist. We need:

Interpreters: French, German or Spanish speaking, for any sessions from Wednesday 26 February to Sunday 2 March 1997.

Programme Sellers And Registration Staff: For the dates above.

Drivers: with local knowledge of Birmingham.

Typists/Admin Staff: To assist in the day to day chores of administrating such a large event - even if you can only photo copy, you may still be needed.

General Helpers: For all the little jobs that have been overlooked.

If you can help, please contact Ron Bell [at the address on page 3], giving the times available and the areas in which you can help

Support for Multi Eventers

I agree entirely with the views by John Charlton in V/A 38 about lack of recognition of multi eventers, and also the opinions expressed by other correspondents regarding qualifying standards for European and World Championships and on who should be eligible to wear BVAF logos.

In my opinion, only one thing is worse than the under recognition of multi event veterans and that is the lack of coaching available to these diehards. In my club the youth have coaching in abundance but no one, to my knowledge, coaches or even has an interest in senior or veteran multi event athletes. It is a shame!

Self taught athletes acquire ingrained bad habits if there is no one to correct them. Could we get a BVAF coaching week-end specifically for these folk?

Julian Kennedy, Bournemouth



The South African Tourist Board uses the slogan "A World in one Country", and this is a very apt description of the fast developing "New South Africa". The WAVA Track & Field Championships will be held in Durban from July 17-27, 1997 and I urge BVAF members who are thinking of making the trip to extend their stay and explore this vast, fascinating country. Having travelled extensively throughout S.Africa, I have gleaned some facts which members may be interested to know and which are not available in travel brochures.

First and foremost, South Africa is a safe country. I have seen more crime and violence in the U.K. than I have in S.Africa. However, there is a risk of trouble if you stray into certain areas such as independently controlled tribal lands. Townships should be avoided unless on escorted tours.

The currency exchange rate favours the pound as you will now get between five and six rand to the pound. On my first trip I received two!

Durban is a wonderful, clean city with a cosmopolitan ethnic mix of White, Indian, Zulu and Coloured. The beaches are of white sand, but do obey the swimming signs, particularly with regard to shark nets - we have all seen JAWS! The city is an excellent base from which to tour and the athletic stadiums are not far from the Golden Mile Promenade. I will not dwell on the merits of Durban because they are well documented in travel brochures. What I would recommend to you is the Indian Market with its own special attractions.

Where, therefore, can you go? Using Durban as a base, you can take the easterly direction.

Umhlanga Rocks is a lovely seaside resort which is in total contrast to Durban. Keep on the N2 and head for Hluhluwe Game Reserve. This is smaller than the famous Kruger Park, but much more private. Accommodation is in Rondovels and the camp boasts a brand new cafeteria. Check it is open, otherwise you will have to take your own food. Most camps close their accommodation gates at dusk and if you are not in by then, you will be locked out! You may be lucky and have security allow admission but only after you pay a hefty fine. The accommodation is within a fenced area which is unlocked at dawn, at which time you can set off on your game viewing. Later than 10.00am you will see very little big

Thoughts on the BVAF Marathon

I am writing to Stacy, the "number people" to suggest that they print orders for age group numbers with a style that can more easily distinguish between certain numbers, e.g. numbers 5 & 6. I suggest Bordeaux medium [who had a new computer for Christmas?] Last year I partly resurrected my home screen printing kit for Doug Morris's BVAF Half Marathon. I also tried out a colour coding which could supplement and perhaps replace these, e.g. red, orange, yellow, blue etc for various age groups. The colours could be worn front and back for the benefit of both supporters and runners. I know there might be some resistance from the trade but it is progress that counts. Goodbye to numbers scrawled on corn flake packets, I say! Then, if we all took responsibility for bringing our own coloured patches it would take a bit of pressure off organisers, too.

My argument is even stronger since the Potteries BVAF Marathon. Alec Dunn may have a good case for not recognising "Pasha" Oliver [large white neck covering] to explain the close finish in the M60 group and there were no age group numbers.

On the subject of supporting the Potteries Marathon, judging by the moans it was not just the hot weather that was the problem. It appears that the biggest headaches were keeping us off the dual carriageway as long

as possible because of the threat of closure due to ambulance delays in previous years. This caused a bottleneck start. Could there not be a filter, a pen or even an earlier start for championship runners? Another complaint concerned signs which were seldom satisfactory anywhere. Motorists had to be placated in advance, making collecting your number from Race Control, which turned out to be the caravan for lost children, quite funny.

No time or venue for the BVAF Marathon will suit us all, but I hope that others are not alienated by their experience. For their sake, and the 130 BVAF contenders who made up 10% of the finishers [more than 50% were vets], I hope this event continues. Could the press help to make this a tourist attraction? I did hear some French voices. Could a lead car, cycling style, be informing the enormous, friendly crowd?

Having run the "forgotten" BVAF Marathon in Belfast last year I found there were many parallels there [without the hills], so I am sending a copy of this letter to Mary Peters CBE, with best wishes in her new job as President BAF, hoping that us oldies, many of whom know that the future of athletics is with youngsters and are out there helping them as well as doing our own thing, will get a better deal in future.

Mick Ward, Oswestry

South Africa: Waiting To Be Discovered

By Ron Bell

game, although you will probably still see giraffe, impala, rhino and elephant.

Hluhluwe has plenty of game and is famous for its rhino, which luckily is very short sighted. You can drive on any dirt road in the park, but there is no guarantee what animals you will see. It is purely pot luck. Drive slowly, and look into the bush. You will be surprised at what is in there.

Whist the lion is accepted as "King of the jungle", they seldom cause harm. However, have the utmost respect for elephants and buffalo. Elephants are normally peaceful but take care. If they have young with them they will be very protective and can charge. If this happens, slip the car into reverse and gently move away, do not panic the animals. Buffalo are very unpredictable. If you meet them just sit tight and they will soon leave you alone.

Do not be misled by the word park. It is a place where the animals kill to survive. When you see zebra, impala and wildebeeste, remember that they could be a lion's or cheetah's next meal. You will be very fortunate to see a kill, as mostly they happen at night. You will be either fascinated or sick, depending on how close you are.

Kruger Park is a game reserve that is the size of Wales. It has a variety of accommodation and miles of roads [mostly dirt]. It is South Africa's top tourist attraction and a must for every visitor. The memories of the game reserves will not only be the sighting of big game but also the flora and fauna. You will experience the poignant and evocative sounds of the jungle and the scent of the African bush. Finally if you undertake a do it yourself trip to Kruger or Hluhluwe, do not be afraid to stop and buy from the road side traders. You will be surprised at what a few rand can buy.

Travelling in a westerly direction out of Durban you will pass a variety of seaside resorts. However on this trip you are heading for Orbi Gorge. This reserve is a photographer's paradise with rivers, rapids, ravines, baboons, flowers, prolific bird life and, if you are very lucky, leopard. It can be a day trip or longer as accommodation is available.

Wild Coast Sun is a casino and restaurant complex just inside the former area of Transkei and is a gambling paradise, with the "Wild One" jackpot never paying less than R1.5 million. If you venture through Transkei, take care, as there have been problems in the area, but the scenery is spectacular.

Heading north from Durban there is the Valley of a Thousand Hills. Here you

A Postal Marathon

For a number of years EVAC have found that the entries for our marathon have been very low. In the past we have nominated a specific marathon in which members should compete for our championship. For various reasons we have only averaged some half dozen, or less, entries. No doubt this was due to members wishing to run in their favourite race. In 1995 we decided to try a postal event and have performances sent in. The number of entries was 23, which we thought was worth the effort.

The idea of a postal marathon is not new, but it would be interesting to know if any other area has tried it. Have any other ideas been tried? EVAC is trying out the postal event again in 1996.

Tony Challis, EVAC

Two Minute Barrier Beaten

Ron Mercelina [Holland] became the first veteran over 50 years of age to run a sub two minute 800 metres when he clocked 1:59.45 in the Dutch Veterans T & F Championships at Barentrecht on June 15. The breaking of the two minute barrier by a 50 year old has been one of the most elusive goals of middle distance runners. Mercelina turned 50 earlier this year and still holds the World M45 Record of 1:56.16, set five years ago. The previous best for M50 was 2:00.40 by Alan Bradford of Australia, set at the 1989 WAVA Championships.

will find Zulu crafts and dancers, together with more outstanding scenery, but by far the best scenery is in the Drakensberg mountain range. The mountains offer some of the finest walking in Southern Africa, with some of the cleanest air and most exceptional views you will ever experience. The most famous areas are Mont Aux Sources, Giants Castle and Golden Gate. Plan your visit carefully as the area is vast, but do try and take in a short walk to view the Bushman cave painting.

Should you be a history lover, head for Greytown-Dundee. On the way pass Rorke's Drift battlefield [Zulu movie], where a handful of British soldiers held off thousands of Zulus. On the subject of Zulus, do not miss the chance to study their culture, especially their dancing. You may see this at the Championships opening ceremony. In my opinion, the best place to see this is at Shalaland, on the way to Hluhluwe. Here are authentic Zulu kraals and you can knead bread, try your hand at spear throwing and have the layout of the kraals explained. If you stay overnight the tariff includes accommodation in a rondavel, evening meal [unlimited food] with wine, Zulu dancing and afternoon cultural experiences.

The second part of this article, highlighting the Garden Route, Capetown, the wine producing areas and the Transvaal will appear in the next issue of V/A. The BVAF travel agents, WGT Travel will be putting together packages and more details will appear in V/A Editor

Remember the Running Seventies?

In V/A 34, we reported the Lejog Relay [Lands End to John O'Groats] achieved by 12 members of the club with an average age of 73, who covered the distance in 6 days, one hour and 45 minutes and raised over £10,000 for charity.

In recognition of this feat the team have won an award, a highly polished chromium tray engraved: Pharmaton-Vintage Times Senior Sports Awards 1996

Commendation for Team Achievement: The Running Seventies

A team of eminent personalities in the sporting world in judging the awards adopted the following criteria:

Performance level as compared with age, Endurance, Triumph over hardship handicaps Service to others

From the Chairman



The last few weeks have been quite hectic, commencing with the trip to Malmö for the European T & F Championships. Then I had just ten days to catch up on social commitments, deal with the backlog of mail and attack a garden which had flourished mightily in my absence, before setting off for the AGM in Exeter. It is a good thing that I am no longer competing, as I would have no time to train.

The European Championships were very heartening as, although a number of our top athletes were not competing, we still won 82 individual medals [28 gold, 29 silver and 25 bronze], in addition to 10 in the relays [2 golds, 7 silver and 1 bronze]. There was also a doubtful disqualification which robbed us of another silver. This involved myself [as team manager] lodging an official protest. Unfortunately our video evidence was not clear enough and the Jury of Appeal backed the line judges. This was only one of the traumas of the Team Manager's job. I used to find it more restful when racing. I did miss competing, but medical advice is that I should not risk taking part. For the time being, therefore, I can only be concerned with the more mundane matters of administration.

I presented the following report to the AGM at Exeter. It has been an extremely busy year, but I have been fortunate in being able to delegate a lot of work to my officers and I wish to thank all of them for their efforts. With the exception of Arthur Walsham, all the BVA officers are standing for re-election. To replace Arthur as Assistant Chair Cross Country we have two nominations and there will also be a contest for the position of Assistant Chair Road.

I cannot progress further, however, without welcoming Sylvester Stein to this meeting. Following the sad loss of Bill Taylor it seemed appropriate to leave vacant the position of President for the past year. I am delighted therefore that later in the meeting I shall be proposing Sylvester to succeed Bill as our President for 1996-97. He and Bill have done more for the benefit of veteran athletics in this country than most members will ever know, and they have been instrumental in putting BVA on the map.

Sylvester and Bill were very much involved in the early discussions when the BAF was being formed and in particular the role that veteran athletics should have in the new structure. Unfortunately, assurances given at that time did not materialise and the people concerned are no longer with us. Progress on this front continues slowly. BAF Council do not wish to be involved and apart from voicing the hoary old view that veteran athletics reduces the number of potential officials and coaches, their major concern is that we would divert finance from the development of younger athletes.

A suggestion had been made at BAF Council that perhaps the BVA could have representation on the BAF Commissions. After discussion at our own Delegates Meeting, we agreed to make an approach, with the result that for a one year trial period we would have a co-opted member [expenses paid by BVA] on both the Road and Cross Country Commissions. The T & F Commission turned us down. I am not sure what the benefits may be, besides creating formal lines of communication, but it can be a step in the right direction and could lead to something further.

The BAF Officers and staff have, however, been most helpful in various other ways, particularly with advice on the European Veterans Indoor Championships. No doubt Ron Bell will give more details of these championships in his report, but I would like to pay tribute to him, Winston Thomas, Stuart Matthews and all the other people involved for the enormous amount of work put in so far.

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The World T & F Championships in Gateshead in 1999 are yet to come and meetings are already taking place!

My greatest regret this year is that we have not been able to tie up our central register of members. There is a cost involved in setting up and maintaining a national register and although we have had two companies expressing a keen interest in helping with sponsorship, we have not been able to make the progress that I anticipated and we may need to change our approach. I have had a long discussion with Colin Rogers of StartCard who has already given us great support. We are now looking at the possibility of direct feed between club membership secretaries and a central file. There are a number of technical problems, but I hope we can solve them without the need to make drastic changes to our administration.

It is interesting to see that BAF have issued a discussion paper on the need for a membership scheme,

setting out how important this is for future funding etc. It will have to get support from the clubs and the regions before it can go any further, and, not surprisingly, covers much of the ground that we have already covered. Their problems of promoting and getting agreement to implement are far greater than ours. Perhaps they should come to the grandparents to be told how to suck eggs!

The only other problem was that arising from the WAVA Road Championships at Bruges, which I mentioned in this column in the last issue of V/A. I had the opportunity of discussing it with Jacques Serruys at Malmö recently. It is only the U.K., where the national governing body has no involvement with veteran athletics, that he has this difficulty. It did result in an increase in BVA membership, and Jacques has been elected as President of the E.V.A.A.

In closing may I thank members for their support and for the compliments scattered among the brickbats.

Keith M. Whitaker



BVA Champs, Exeter: Jenny Brown leads Danae Herron [633], W35 100mH

Sprinters Excel in Malmö

[Continued from page 1]

by Steven Peters from Eric Smart, with Vic Oliver 3rd. Peters went on to take gold in the 200m, 400m and the 4 x 400m relay, but usually in different company.

Another very busy and successful athlete was Jenny Brown, breaking the women's World Record in the W35 Pentathlon with 3590 points and equalling her own British high jump record of 1.72m en route. Even her pentathlon 800m of 2:22.8 would have made the 800m final. The 1.72m would have given her gold in the W35 high jump, too, had she repeated this but her 1.65m resulted in silver. She had a 4th in the triple jump with another British Record of 11.43m, 7th in the long jump and a gold in the 4 x 100m relay. Does this lady ever sleep or put her feet up? A worthy champ.

A gold, too, in the W35 weight pentathlon for Claire Cameron, scoring 2806 pts. and beating a good field. It topped a good week for her, after a discus silver and a hammer bronze. This latter event turned into a great duel. Wendy Dunsford set new PB's along the way to finish up with gold ahead of Jenny Earle, who herself was throwing better with each throw and almost caught the leader with a final heave.

Other good performances to note were Jane Low, gold in W35 400m Hurdles and bronze in 400m, and Caroline Marler, almost a double W45, winning gold in 800m and 2nd in 400m. Val Parsons, new to W50, made it with season's best, gold in 100m and silver in 200m, while regulars Yvonne Priestman and Evaun Williams both struck gold and bronze. In the older groups, Monica Shone and Mary Wixey both brought home gold medals.

Dave Anderson took the M40

400mH in a fine 55.77. Tony Wells continued his winning way in the 400mH M45 and silver in 110mH, beating Ty Lewis by a stride. Les Duffy, back in form, won the 800m M50 in a fast 2:06.9 and Pete Molloy won gold in M45 [2:02.45] with his usual sharp finish, outkicking his Belgian and Israeli rivals.

The javelin was won by Roger Bartlett, and Colin Shafto was ahead yet again in M60 100mH, but he slipped to 5th in the 300mH. Mike Fox was rewarded by gold in the M60 800m after a useful 2:21.63, while a vault of 3.40 gave M60 Bob Brown the same. Peter Field joined the gold rush with a double in the M65 100 and 300m, Ian Steadman backing up with a 2nd and 3rd.

Not many Brits ventured abroad for the distance events. John Duffy, one of our winners at Bruges, was the sole survivor in the marathon, just missing gold by a few strides. Dependable Steve James [M55] won silver and bronze in 5000/10000m.

Only a few British walkers were present, so soon after Bruges. Terry Simons won M70 5k track and 20k Road golds. Dave Stevens, M60, was 3rd. In 5k and Doug Fotheringham took the bronze in the 20k. Jill Langford, the only British women in the walks won a silver at 5k.

It was a championship to remember for the fine hospitality and competition. Although we should learn something from each major event, we appear not to. After paying high entry fees, our athletes should at least have confirmation of event timing, accommodation arrangements, bus passes and management details as a standard procedure well before the event. I hope that, in future, our technical manager will not continue his policy of banning competitors aged 85 and over from the chance of winning their own age group awards.

NEWSPAPER SUPPORT FUND

Newspaper Support Fund

The supporters listed below have contributed since the last issue. We are grateful for their generosity.

Joe Gibson, E.A. Richardson, P.J. Heffernan, A.R. Barrington, P.A. Elliott, Jo Ogden, John Vernon, Bill Cameron, Mick Abell. We still need donations to augment income and assist the continued publication of this newspaper. Please send cheques, payable to Veteran Athletics, to Mr L. Brown, 55 Middle Lane, London, N8 8PE.

Donations received after press date will be acknowledged in the next issue.

Track and Field Notes

Now that the National T & F Championships are over we look forward to the 1st European Indoor Championships, which is also open to World guests. All WAVA affiliated athletes are invited and will receive any due medals won in their events. This event will be the pilot for the possible future of European or World Indoor competition, and we want to show the powers that be that there is a future for indoor championships. The event will be over 3 days with heats and semi finals in some track events and finals in all field events.

As usual, after entries have been received, the time table will be sent to participants, together with all relevant information. Please be warned, take notice of the information and guide lines. Since the announcement of these championships, athletes have been asking for a pentathlon to be included. This has been discussed, but a pentathlon would have required a four day championships. As this is an inaugural championships with a low budget it was not feasible, but could be considered in the future.

Our own BVA Indoor Championships will be in Glasgow, hopefully in time for a warm up before the European event. Details of these will be in the next Veteran Athletics. It is important that we give the support to our own championships, as well as to the Europeans, and I do appreciate that 1997 will be an expensive year with the World Championships in South Africa following these events.

As some of you may know we took part in an invitation international in the Netherlands, and are hopeful that in 1997 we will be invited as a competing team. This will give some incentive to members to be selected and compete in a team competition. Finally, well done to all those who competed in Malmö, and congratulations to Steve Peters as possibly the most outstanding British track athlete, and to Len Creo in the walks. Len promised me a gold medal and got two.

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:
April 96: £125 D. Birch [Haywards Heath]
£10 to J. Ross, P. King, C. McCall, L. Venholme, D. Towers
May 96: £125 Wendy Dunsford [C. Palace]
£10 to J. MacSloane, J. Brett, C. Wherry, K. Scarff, R. Buckley
June 96: £125 to J. Williams [Blackburn]
£10 to B. Dunsford, N. Stuart-Thorn, A. J. Brooks, J. Leak, C. Simpson



Bridget Cushen

Secretary's Report

test with Bob Belmore, was elected as Secretary Cross Country. Peter Duhig, Eastern VAC, replaces Tony Cartwright as Secretary for Road Running and Road Walking. All other officers were elected unopposed.

In another change to the constitution, the BVA has to form itself into a limited company to facilitate the organising of the 1st European Indoor Championships in Birmingham next year.

The new committee are now facing a demanding year with expanding membership, the European Indoors and the World track and Field Championships in Gateshead in 1999 looming.

Reading T & F Cancelled

The good news is that the track at Reading is being re-furnished, but the bad news is that the annual veterans meeting on Oct 6, organised by Reading AC has had to be cancelled.

Reading Borough Council have announced that National Lottery funds have been granted towards the project but the work had to commence in August, making it impossible to hold the annual open veterans event.

The announcement came too late to cancel an advert. In the last issue of V/A and all entries received are being returned. Reading AC apologise for the disappointment but look forward to welcoming veterans to the improved facilities next year.

First BVAF Title for Clyne

When your reporter was going round the course placing the mile markers at 6 a.m. on August 4 the sun was shining. Yes, it was going to be a scorcher on the undulating Monklands course. With a trip to the New York Marathon up for grabs for the first Scottish man and woman, it was going to be a battle at the front.

When SAF President Peter Carton fired the gun to start the race, 1995 Scottish champion Brian Kirkwood went straight into the lead and started to force the pace. He was not only wanting the BVAF title but the trip to New York as well. This proved to be his undoing, as both his club-mate David Ross and Allan Adams went past him, with the outcome only settled in Ross's favour in the last two miles. At this stage Kirkwood was over a minute ahead of the next veteran, former Commonwealth marathoner Fraser Clyne,

who was sixth at 10 miles. It looked all over, with Kirkwood proving he was the number one veteran in Scotland once again. Someone forgot to tell Clyne this, however, and he came through strongly over the last three miles to beat Kirkwood by 13 seconds in the good time of 69.19, to claim his first British Veterans title.

Third vet home was Keith Varney (72.03), and with two in the first three home, things were looking good for Metro Aberdeen for the M40 team title. In the race for M45 gold, Charlie McDougall (72.52) proved he was back to his best, holding off first English vet, A. McDevitt, Wirral AC (M40). Second was Cammy Spence (73.35), with Dougie Gemmell third M45. Archie Duncan proved too strong for all in the M50's and won easily in 9th position. T. Baxter, Cumberland AC, completely ran away with the M55 race, BVAF Half Marathon:

Left, M55 champion T. Baxter.
Below, Doug Gemmell, 3rd. M45



Bill McBrinn Reports on the BVAF Half Marathon, Coatbridge.

and, not to be outdone, Mick Ward of Oswestry, had an outstanding run (82.48) to annihilate all the M60's. Bill Stoddart (83.27) continued his march through the age groups, lifting the M65 title. Hugh McGinlay (98.07) won the M70's and Gordon Porteous at the age of 82 ran 1.47.47 to lift the M80 gold and also beat much younger men. Gordon will have to be put down or else he will go on for ever.

What can be said about the women's winner, Eleanor Robinson, that has not been said before. Just a fortnight after winning the British 100Km championships, she ran 83.12 to not only lift the BVAF title but, in doing so, she won the race outright. Eleanor, at the age of 48 was about 50 yards behind race leader Elaine McBrinn with 5 miles to go, but non-vet McBrinn, the course record-holder (1:18.0) started to suffer in the heat, and Eleanor soon passed her and won by 67 seconds. McBrinn collapsed after crossing the line, but made a miraculous recovery when she was told that Eleanor was English, and did not qualify for the trip to USA, so the trip went to Elaine.

Third across the line was Erica Christie, W35. Erica went home with £75 and an SAF medal, but as a non-member of the vets, the BVAF W35 Championships was won by the next W35, Helen Morton. I have spoken to Erica about joining the vets - after all she has run for years as an unattached runner, picking up prizes all over the country. The W40 was won by Dianne Monteith and the W50 title went to Jacqueline Byng, who, with Liz McGarry and Helen Morton won the BVAF team award.

In the men's team race, Metro arrived thinking it was 3 to count in the BVAF Championships (the open

team race was). Wirral, however, did not make the long journey for nothing and they knew it was 4 to count, and with A. McDevitt 5th, P. Kilgallon 8th, P. Weatherhead 11th and S. Balmer 20th, they proved worthy winners. The M50 team awards went to Shettleston with Bill Scally, Hugh Watson, and Peter Cowan. It was no surprise when Barnet won the M60+. After all, Derek Wood makes sure his team competes by entering them and then driving them all over the country. Their winning team this time, (yes, they change the team quite a lot) was Ron Higgs, Tom Horn, and Derek Wood. The age-graded prize went to Bill Stoddart with 90.47%.

The organisers thought that the vets outside Scotland may have supported this event better, but as only a few from Scotland travel to other parts, so why should they come here? Well, maybe for the £800 cash that went to the vets who ran at Coatbridge. The organisers wish to apologise for not having the BVAF medals for the presentation. Your reporter spent a lot of time and money, with little or no guidance from the BVAF, and now, 14 days after the event, we still do not have medals.

Results

M40 1 F.Clyne 69:19.88, 2 B.Kirkwood 69:32.89, 3 K.Varney 72:03.84, 4 A.McDevitt 72:59.86, 5 P.Lilgallon 74:51.81, 6 A.Russell 79:30.77, 7 S.Balmer 80:48.77, 8 C.Barnford 90:44.67, 9 P.Jennings 94:17.64, 10 G.Kennedy 97:12.63, 11 A.Reid 97:39.63 M45 1 C.McDougall 72:52.88, 2 C.Spence 73:35.86, 3 D.Gemmell 74:46.87, 4 C.Youngson 75:52.85, 5 P.Weatherhead 76:30.82, 6 N.Robson 77:14.84, 7 I.Cuthbert 80:02.80, 8 R.Price 81:03.80, 9 R.Hillebrandt 86:59.74, 10 J.Harkness 90:17.71, 11 W.Gallacher 92:32.68, 12 P.Rudzinski 93:12.68, 13 P.McGregor 93:31.68, 14 P.Dilley 98:50.64, 15 P.Longworth 100:32.63, 16 F.Burns 106:09.60 M50 1 A.Duncan 75:32.68, 68, 2 M.Walker 78:26.84, 3 W.Scally 79:39.85, 4 J.Gourlay 81:08.81, 5 T.Davies 83:09.79, 6 A.Hughes 83:22.79, 7 P.Cowan 84:10.80, 8 B.Edridge 84:14.61, 8 D.MacDonald 92:17.73, 9 V.Daly 95:09.70, 10

J.McIvor 96:02.53, 11 R.Jones 98:32.52, 12 M55 1 T.Baxter 80:18.45, 2 J.Gormley 83:41.85, 3 A.Shaw 86:08.82, 4 G.Inglis 96:08.72, 5 D.Campbell 96:23.72, 6 W.Spark 98:26.72, 7 P.Burns 101:05.69, 8 R.Campbell 104:44.66, 9 H.Turner 113:40.61, 10 W.Ewing 119:44.58 M60 1 M.Ward 82:48.88, 2 D.Hayes 83:32.85, 3 R.Higgs 85:20.86, 4 A.Oliver 89:18.80, 5 P.Keenan 90:48.80, 6 S.McLean 93:04.77, 7 B.Kettles 93:12.77, 8 J.Finlayson 93:19.80, 9 R.Stewart 97:57.74, 10 T.O'Reilly 100:51.73, 11 W.Drysdale 108:15.66 M65 1 W.Stoddart 83:27.90, 2 T.Horn 91:17.81, 3 D.Wood 93:35.80, 4 H.Turner 109:55.71, M70 1 H.McGinlay 98:07.81, 2 J.Fraser 101:21.81, 3 H.Turner 109:55.71, 4 D.Anderson 122:07.68, 5 R.Dempster 126:13.65 M80 G.Porteous 107:47.88 W35 H.Morton 88.09 76 W40 1 D.Monteith 95:59.59, E.McGarry 101:35.68, W45 1 E.Robinson 83:12.87 W50 J.Byng 98:48.76, 2 S.Bauchop 106:18.69

Teams:

M40-49 Wirral AC M50-59 Shettleston H, M60+ Barnet & Dist AC W35+ Irvine AC

No Pentathlon at European Indoor Championships.

In the advert, on page two in the last issue of this newspaper [V/A38] it was stated that the programme of events would include a pentathlon. This was an error and a pentathlon is not part of the programme.

Below Dennis Hayes: M60 winner in the BVAF 5km at Wells



CENTURION ROAD RUNNERS

PEGASUS ENTERPRISES



Assisted by
British Association
of Road Races



BVAF 10K



MEN'S & WOMEN'S ROAD CHAMPIONSHIPS
on
SUNDAY 6th OCTOBER 1996
at
NORTH SOLIHULL - WEST MIDLANDS

ALL 5 YEAR AGE GROUPS - MEN 40yrs & ABOVE - WOMEN 35yrs & ABOVE - PLUS THE FOLLOWING TEAM CATEGORIES:-

MEN 40 to 49 (4 to Score) - 50 to 59 (3 to Score) - 60 & OVER (3 to Score)

WOMEN 35 to 44 (3 to Score) - 45 & OVER (3 to Score)

Teams will be automatic from entries if any age changes please notify in writing.
(No later than 11am on Sunday 6th October 1996)

BVAF MEDALS for all age categories and Teams - £2000 of Prizes - First 3 in each age group providing there is a minimum entry of at least 7 with Subventions for first 3 MEN & WOMEN in OVERALL RACE.

Fast course - Car park - Changing & Showers for all - Free Crèche for runners Children
Special Commemorative Award for all finishers

ALSO

BAF Junior 5K & BAF & CAU (UK) 10K ROAD CHAMPIONSHIPS

Plus

1K & 2K FUN RUN For all

For further details / entry forms please send SAE to JOHN F WALKER - BVAF Road Race
111, Cooks Lane - Kingshurst - Solihull B37 6NU. 0121 603 2795 Fax 0121 603 2795

4th NATIONAL OPEN VETERANS CROSS-COUNTRY RELAY CHAMPIONSHIPS

SUNDAY, 20 OCTOBER, 1996
SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all clubs affiliated to BAF.
Medals to first three teams and
fastest three individuals in each championship.
Championships will be held over an undulating
three and a half mile course.

START TIME 11.00 am

CHAMPIONSHIP	STAGES
Women, over 35	3
Women, over 45	3
Men, over 40	4
Men, over 45	4
Men, over 50	4
Men, over 60	3

ENTRIES CLOSE ON 1 OCTOBER

Clubs may enter more than one team in each age category championship.
Refreshments will be available close to the start.

Entry form and other details from:
JOHN WALKER, 111 COOKS LANE, KINGSHURST,
SOLIHULL, B37 6NU
(PLEASE INCLUDE 9" x 4" S.A.E.)

RESULTS

IVFA Open 5 Km Road Champs.

Wells, 27/5/96

M40 1 Maken 14:49, 2 Nissen 15:53, 3 Seward 15:58, 4 M. Curran 15:58, 5 A. Taiton 15:57, 6 O. Lewis 15:58, 7 D. Servino 15:59, 8 M. McGuire 15:59, 9 D. Dalton 15:59, 10 R. Morgan 15:59, 11 J. Collins 15:59, 12 P. Kenney 15:59, 13 K. Bradstone 15:59, 14 A. Williams 15:59, 15 A. Davies 15:59, 16 R. Roth 16:05, 17 B. Gardner 16:06, 18 D. White 16:09, 19 S. Brown 16:10, 20 R. Richards 16:16, 21 D. Coates 16:27, 22 N. Hutton 16:19, 23 R. Meadows 16:22, 24 R. Wally 16:27, 25 R. Meadows 16:22, 26 J. Kenney 16:32, 27 P. O'Neil 16:36, 28 R. Suttler 16:37, 29 B. Thompson 16:39, 30 G. M. Sparks 16:40, 31 W. 17:07, 32 T. Clegg 17:15, 33 M. Spinks 17:15, 34 G. Potts 17:15, 35 R. Carpenter 17:34, 36 C. Brooks 17:49, 37 D. McNamee 17:52, 38 G. Roberts 18:08, 39 A. Newman 18:20, 40 J. Jenkins 18:30, 41 R. Henning 18:36, 42 R. Kenney 18:57, 43 W. Noller 18:58, 44 M. Harris 19:06, 45 S. Connolly 19:11, 46 J. Hirtford 19:40, 47 P. Lavin 20:06, 48 W. Wainford 20:14, 49 J. Mackenzie 20:20, 50 R. Sales 21:45, 51 S. Poulton 28:28

M50 1 M. Hays 15:10, 2 D. Hall 15:19, 3 A. Anurova 15:36, 4 R. Selby 15:46, 5 E. Cooke 16:21, 6 R. Chapman 16:25, 7 J. Barnes 16:27, 8 E. Emery 16:40, 9 A. Rich 17:00, 10 S. Marsh 17:05, 11 T. O'Connell 17:06, 12 P. Wright 17:23, 13 J. Richards 17:26, 14 A. Matthews 17:40, 15 R. Thomas 18:05, 16 T. Wainwright 18:10, 17 R. Connolly 18:15, 18 A. McDonald 18:19, 19 S. Evans 18:34, 20 L. Greenhall 18:44, 21 A. Davidson 18:51, 22 K. Hart 18:53, 23 C. Rees 19:19, 24 M. Roberts 19:25, 25 D. Anglo 19:33, 26 J. Evans 19:38, 27 W. Nissen 19:33, 28 W. Phillips 20:04, 29 R. Kenney 21:11

M50 1 A. Roper 15:27, 2 R. O'Neill 16:52, 3 M. Roper 16:49, 4 J. Jones 16:21, 5 S. Birkin 16:38, 6 G. Taylor 16:49, 7 D. Lewis 16:58, 8 G. Scott 17:11, 9 E. Davies 17:12, 10 R. Brumfield 17:43, 11 D. Boodridge 17:45, 12 D. Oak 17:47, 13 J. Bolton 17:51, 14 C. Woodman 17:54, 15 K. Bucker 17:56, 16 M. Budd 18:12, 17 A. Rushton 18:15, 18 T. White 18:45, 19 G. Lake 18:46, 20 D. Hume 18:51, 21 M. Pary 18:57, 22 E. Tully 19:02, 23 M. Channon 19:44, 24 M. Hales 19:45, 25 M. Wainwright 19:56, 26 J. Wicks 20:07, 27 P. Perry 20:36, 28 D. Perkins 21:09, 29 J. Bowley 21:38, 30 R. Jackson 23:15

M55 1 M. Wren 17:08, 2 A. Garrett 17:09, 3 G. Whitmore 18:10, 4 D. Sures 18:29, 5 D. White 18:40, 6 A. Vince 18:49, 7 J. Reeves 19:23, 8 M. Hancock 19:28, 9 D. Moorehead 19:32, 10 M. Dorman 21:37

M60 1 D. Hays 17:49, 2 H. Clayton 17:58, 3 R. Gould 18:32, 4 M. Morris 18:40, 5 R. Higgs 18:46, 6 R. Stewart 19:19, 7 P. Pitskin 19:20, 8 J. Davies 19:34, 9 S. Nissen 19:38, 10 R. Shaw 20:15, 11 A. Hirt 21:17, 12 L. O'Connell 21:18, 13 A. Hirt 21:17, 14 R. Smart 22:37, 15 H. Moore 29:09

M65 1 Taylor 19:31, 2 D. Davies 20:20, 3 D. Wood 19:49, 4 D. Thomas 20:41, 5 K. Jones 21:00, 6 M. McDonald 24:28, 7 D. Jones 26:18, 8 R. H. Robertson 29:46, 9 H. Hale 22:52

W85 1 Thompson 16:42, 2 J. Hale 16:56, 3 J. Shildes 17:11, 4 J. Moorehead 17:40, 5 F. Gill 17:41, 6 B. Boylan 17:47, 7 B. Boyle 18:05, 8 K. Davidson 18:41, 9 J. Brice 18:46, 10 L. Anderson 18:49, 11 J. Jones 19:10, 12 E. Rees 19:32, 13 R. Connolly 19:44, 14 S. McDonald 20:21, 15 L. Kenney 20:29, 16 A. Hirtford 20:27, 17 F. Williams 20:51, 18 D. Miles 21:02, 19 S. North 21:51, 20 J. Davies 21:21, 21 D. Stevens 23:01, 22 S. Nissen 23:29, 23 J. Smith 23:34

W90 1 A. Edmonds 17:40, 2 J. Hoggart 18:27, 3 J. Durham 18:43, 4 J. Taylor 18:51, 5 P. Potts 20:25, 6 A. White 20:31, 7 H. Evans 20:35, 8 R. Lee 20:41, 9 M. Cohen 20:46, 10 J. Brighton 21:58, 11 F. Davies 22:19, 12 J. Hoggart 22:48, 13 S. Levent 24:09

W95 1 D. Marshall 17:33, 2 J. Hoggart 17:39, 3 M. H. H. 19:14, 4 S. Hays 19:25, 5 A. Jones 19:35, 6 A. Kinsley 19:57, 7 R. Taylor 20:02, 8 T. Trevena 20:57, 9 P. Latham 22:27, 10 M. Baker 23:26

W50 1 P. Gallagher 18:35, 2 P. Rish 18:27, 3 M. Garrett 20:17, 4 J. Lee 20:26, 5 J. Steele 22:49, 6 J. P. 22:54, 7 R. Armstrong 23:12, 8 J. Field 23:14, 9 J. York 23:59, 10 A. Blackburn 24:33

W55 1 P. Gallagher 21:17, 2 J. Hoggart 21:38, 3 A. Wainwright 21:47

IVFA 10 Km Road Champs.

Lattinall, 7/7/96

M40 1 M. Jones 32:46, 2 J. Glynn 33:40, 3 G. Woodman 33:55, 4 D. Dehler 34:07, 5 J. Davies 34:13, 6 R. Fox 34:22, 7 A. Hirt 34:30, 8 J. Gregory 34:39, 9 P. White 34:40, 10 J. Wood 34:41, 11 S. Riding 37:17, 12 T. Connolly 37:42, 13 S. Cox 38:14, 14 P. Morgan 38:18, 15 A. Chapman 38:34, 16 J. Dorn 38:42, 17 B. Green 40:00, 18 J. C. 38:40, 19 A. B. 38:40, 20 A. Hirt 38:40, 21 J. Davies 38:40, 22 A. Hirt 38:40, 23 J. Davies 38:40, 24 J. Davies 38:40, 25 J. Davies 38:40, 26 J. Davies 38:40, 27 J. Davies 38:40, 28 J. Davies 38:40, 29 J. Davies 38:40, 30 J. Davies 38:40, 31 J. Davies 38:40, 32 J. Davies 38:40, 33 J. Davies 38:40, 34 J. Davies 38:40, 35 J. Davies 38:40, 36 J. Davies 38:40, 37 J. Davies 38:40, 38 J. Davies 38:40, 39 J. Davies 38:40, 40 J. Davies 38:40, 41 J. Davies 38:40, 42 J. Davies 38:40, 43 J. Davies 38:40, 44 J. Davies 38:40, 45 J. Davies 38:40, 46 J. Davies 38:40, 47 J. Davies 38:40, 48 J. Davies 38:40, 49 J. Davies 38:40, 50 J. Davies 38:40, 51 J. Davies 38:40, 52 J. 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BVAF Exeter: M40 100m: Kwadwo Ansah wins in 11.03 from Stephen Peters, John Browne [not in picture] and Alasdair Ross

FIXTURES

INTERNATIONAL

- 9 Nov. BVAF & Irish Cross Country International, Irvine
28 Feb. BVAF 1st European Vets Indoor Champs and International guests, Birmingham see ad p. 2.
May European Road Champs, Holland. Date to be confirmed

NATIONAL

- 15 Sept BVAF 10k Road Walks, with Leicester Mercury, Leicester.
6 Oct BVAF 10k Road Race Champs, Kingshurst, see ad p.8
20 Oct BVAF Cross Country Relays, Sutton Park. see ad p.8
22 Mar BVAF Open Cross Country Champs, Sunderland details next issue of V/A
17-27 World Veterans A.A.Champs, Durban, South Africa, details next issue

Around the Regions

NORTH EASTERN

With entries 20% up from the previous year, the 19th NEVAC T & F Championships, held at Jarrow on June 22, were another resounding success. On a sunny day, with a rare finishing straight tail wind, conditions were ideal.

Brenda Elliott, W45, the area's top veteran sprinter, re-wrote the North East record book in the 100m, 200m, 400m and long jump with 13.3, 27.9, 66.0 and 4.63m.

M40 John Angus won deserved gold in both sprints and added a bronze in the 400m. Heaton's Trevor Hopkins narrowly took silver in the 100m from Steve Todner, both clocked at 12.3. Todner, however, had the consolation of silver and gold in the 200m and 400m respectively. Kevin Archer confirmed his fine early season form by winning the M40 800m and 1500m. Sunderland's Derek Mullen lapped the whole M40 5000m field, going on to smash the club record with 14:50.4.

Former Haringay International discus thrower Peter Gordon [now with Gateshead] produced an excellent 50.40m as a certain raiser to the EVAA Championships at Malm. The M40 hammer title again went to Peter Doddsforth, with a fine 37.16m. Terry Hudson threw 37.08m and M55 Scottish guest Bill Gentlemen hurled a massive 48.96m.

Cumbria's Albert Eland repeated his recent SVHC successes in the M50 400m, 800m and long jump. Fellow Cumbrian Keith Gibson dominated the M45 group 100m, 200m and 400m and then won a fourth gold in the long jump. Top NEVAC M55 sprinter Bill Pye won three golds [100m, discus and shot].

Durham's M80 Lennie Watson set a new BVAF long jump mark of 3.50m but disaster struck when he tripped on the runway, fracturing his collar bone and damaging his shoulder, resulting in a few days in hospital. Let's hope he gets well soon!

Our guest competitors from over the border produced some of the day's best performances. W35 A.Brown from Edinburgh clocked 13.2 [100m], 27.1 [200m] and 60.1 [400m]. There were good runs from W50 P.Spence in both sprints and W50 M.Swinton produced superb entries in the discus, shot and javelin and set a new Scottish veteran record in the hammer. All in all it was an excellent meeting, with 29 Championship Best Performances and 12 NEVAC Club Records. We look forward to next year's 20th year celebrations.

George Routledge

MIDLANDS

The T & F Championships were held at the fine completely re-furnished stadium at Tamworth and the athletes responded well, with 13 record performances on the track as well as 10 in the field.

In the first event, the 5000m Walk, George Chaplin set a new M65 record in finishing second to Bob Care [M45]. Colin Fairry was in excellent form when beating the British M80 Record in both the 100m and 200m, whilst Yvonne Priestman lowered the Midlands times in the 100m, 200m and 400m. Also, at the latter distance, previous records were broken by Derek Taylor [M45], Wilf Morgan [M60] and Sandra McDonald [W35].

In the 800m, Stuart Hallion and Les Duffy both set new times, as did Mike Wrenn with a strong run in the M55 1500m. Over the hurdles Tony Wells [M45] and W50 Marjorie Hocknell showed fine technique to again lower the best

performances for their events.

In the field events pride of place must go to Tony Crocker [M60], who beat the existing British Record in the High Jump as well as the Midland Best in the Triple Jump, whilst Barrie Taylor beat the M55 Long Jump Record. The throwers were not to be outdone as Jim Edwards [M45] set new MVAC distances in both the shot and discus, as did Brian Sumner [M60] in the shot and the hammer. Janis Gercs was in excellent form to break M70 records in Discus and Hammer, as well as equalling that in the Shot.

Thanks are due to Phil Owen and his Tamworth club members and to all those who helped with judging as, owing to clashes with other meetings, we were sorely short of officials.

John Quantrell

EASTERN

A total of 43 records were set at our T & F Championships, held at the new University facility at Cambridge on June 9. Three members set British Records in their age groups.

C.Fairry of Kettering set new times in the M80 100m [15.8] and 200m [36.0], both hand timings and within the required wind limit. He also set a new discus mark with 17.80m.

J.Gercs [Rugby] broke his own M70 Hammer Record with a throw of 28.78m, an improvement of 10cm, on his previous best. T.Rawlinson of Verica set a new height of 1.70 for the M80 Pole Vault, no previous height having been recorded for this age group.

M.Fenton, although failing to set a new British record, smashed the existing Championship Record in the M40 Hammer by a margin of more than 15 metres, with a throw of 54.58m. Other lesser mortals had to be satisfied with mere seconds or centimetres. In the discus he had to be satisfied with a mere five metre improvement on the previous record.

Peter Chaplin

NORTHERN

At the WAVA Road Championships in Bruges pride of the NVAC in the near 1400 strong 10km field were Mike Girvan and Roger Brewster, both right up there with the cream of the crop. Mike was only two seconds behind the Belgian winner and Roger was not too far adrift in 9th place in very illustrious company.

At the other end of the age spectrum, Les Heald was surprisingly making his first trip to Bruges and had one of his best ever runs as a vet to secure last counter in the winning GB M75 team. Unlucky Steve James lost out in the congested start and had to be content with silver yet again whilst Carol Wolstenholme struck gold in the W50 class despite feeling unwell.

In the 25km the following day Peter Kilgallon had appeared to be in top form after recent fast times and was up with leaders early in the race. However he had to submit to the class of previous winners such as Dave Hill and Mike Hurd as the race unfolded. Nevertheless, 19th place of 1409 finishers is a good advert for Northern vets. Wirral team mates Peter Weatherhead and Steve Balmer gave good support.

Some hardy souls ran in both races and 60 year old Peter Brennan was rewarded in the 25k with a well earned gold team award after missing out on a bronze by one place in the 10k the previous day.

The NVAC 10km took place at Tattenhall on July 7. The recent fell races that Kenny Moss has taken part in appear to have done him some

NORTH

- 29 Sept NVAC 10k Track Champs, Nelson see newsletter
13 Oct VAC 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
10 Nov NVAC Monthly Run, 6 miles Cross Country.
15 Dec NVAC Christmas H'cap, 10K road, East Cheshire H. HQ, Richmond Street, Ashton U Lyme. noon. Entries to Les Heald, 'Alyn View', Wilderness Mill House Farm, Pont-y-cape Lane, Gresford, Wrexham, LL12 8RU

NORTH EAST

- 21 Sept NE Harrier League Cross Country (Prov)
28 Sept Sunderland Cross Country Relays
29 Sept Derwentside 10
6 Oct Norham 10K
12 Oct Houghton 10K
13 Oct Blaydon Cross Country Relays
19 Oct NE Harrier League Cross Country
20 Oct Keilder 10K
27 Oct Gateshead 5K
10 Nov Heaton 10K (separate vets 10K)

MIDLAND

- 15 Oct MVAC Christmas Handicap, Sparkhill
12 Jan MVAC Cross Country Champs, Budge Common

EASTERN

- 22 Sept EVAC 10 mile Road Champs incorp in Holbeach AC 10

SOUTHERN

- 21/22 Kent Vets Track and Field, Deansgate Entries to Nanette Cross, 8 Hazelwood Lodge, Red Lodge Road, West Wickham, Kent BR4 0EN £2.50 per event
28 Sept SCVAC 4 x 6K Road Relays, Rushmore, Aldershot

good. After competing in the Winter Hill and Great Hill events he found the Tattenhall course easy meat. After coasting the easier first parts, he burst away from Dave Gaynor on the many tasting climbs and finished 70 seconds clear of Dave and George Woodburn. Chris Britt and Frank Davies were clear winners of the M45 and M50 categories, as was new M60 vet Dennis Hayes from Keswick. Former County runner Ken Hall made a welcome return to racing to finish 2nd in the M70's.

The best women's performance came from Daphne Barclay who only failed to break 40 minutes by two seconds, a great time on this severe course. Karen Howe also ran an excellent race only 63 seconds down. Ninety runners entered, 68 turned out and once again Tattenhall Runners gave excellent support.

Derek Walton.

SOUTHERN

SCVAC

The SCVAC T & F Champs, at Sutton Arena on June 9, again proved that although there will always be strong support from the field events specialists and to a lesser degree the sprinters and middle distance runners, the long distance runners, on the whole, continue to be apathetic. Ample evidence was produced on this occasion when a mere nine runners competed in the 5000m, two in the steeplechase and only four walkers turned out for their 3000m. Whether the popular Southern Vets League has an effect is problematical. Perhaps the long distance people are getting enough competition in the league and in the many road races. There was a time when it was necessary to run three separate races because of the entry, but we are now approaching the time when one race will suffice.

The British Records inevitably came from field events. Carina Graham, having moved up to W60 a few days earlier, wasted little time in taking advantage of her new status with a British Record Triple Jump of 8.30m. Earlier, she had achieved 8.48m but the wind gauge on that occasion had shown +5.6 compared with the +0.8 on her valid jump. Pat Oakes also exceeded the W50 British Record with 9.29m, but unfortunately the wind gauge had read +3.7.

New member Beatrice Simpson also beat the W40 Hammer Record with 36.96m. There were many other CBP's in the field events, too numerous to mention them all. Arguably, the best was John Vernon's M50 triple jump [11.93] and the best of the throws, Neil Griffin's discus [45.08].

We saw some good sprinting. Jon Browne equalled the M40 100m CBP [11.5]. Byron Gray's M60 12.5 and Doug Adair's M70 13.5. The outstanding women sprinters were Viv Bonner and Val Parsons. Viv equalling the W45 100m CBP [13.1], then breaking the 200m with 26.5, whilst Val's W50 times were 13.7 and 28.8.

The most exciting middle distance race was the 800m, where Pete Brown was pushed all the way by Chris O'Neill and Jon Owen. Later Pete was narrowly beaten by M40 Alasdair Ross in the 400m, but Pete's time was a new M45 CBP of 33.5. The women's 800m was also close with Caroline Wickham from Jersey beating guest Leslie Felton 2:27.3 to 2:28.1.

On a hot and windy day that was not conducive to fast times in the distance events, two outstanding doubles were Mike Burnsted's 1500m and steeplechase and Sue Ogilvie's 1500m and 5000m. Ann Lewis easily won the overall 3000m Walk the day after she had competed successfully in the 20km BVAF Champs at Sutton Park.

The one sad note of the day was Mike

Burrell's serious accident in the High Jump, which necessitated emergency surgery and may well have written off an outstanding career at this event.

Jack Fitzgerald

VAC

The trend of fast times at Battersea went on as Jim Estall came again and ran 26:56, against the wind, for the long standing 5.2 mile circuit. With the right conditions he could readily cut Mike Harley's 26:50 from 1987.

A record of a different kind was made when club secretary Dennis Williams ran his 50th consecutive Battersea 5. These include eight wins, a score of minor placings and a top level best time of 27:00. Besides a race a week regimen, the secret of his longevity is obscure. His performances in overseas marathons and four events refute any suggestion of obsession with the River Thames, venue and stamping a local heat.

In the champs Grenville Truck kept his grip on M45 class. Bournemouth's Simon Crawshaw came to town for the M50 gold, as well as a culture visit. Geoff Harold re-appeared for a solid M55 win from Ray Davidson, and old hand Ron Higgs had a change of luck in M60, on 31.17. Another with end of group figures, Steve Charlton, 70 in Oct, won 65% in a smart 32:22. The M70 slot was well filled by George Meach who travelled down from Welwyn four times.

Consistent Jo Quantrell [SLH] found the path clear for her to take the women's 5M road trophy. A remarkable win was when Sandra Brown won the Walk race outright in July. The long distance specialist strove happily with Dave Sharpe [Belgrave] and husband Richard before going well clear.

At track a possible meeting best 11.5 by John Browne headed good sprinting, where Byron Gray, 12.5 at 60, Dina Francis, 13.7, and Graham Pope, 36.4, attested good form. Graham's 100% turn out at Battersea also helped him to be a comfortable winner of the Gibson cup, at sprints, with 32.5 points from former winners Chuck Islets, 22.5, and Al Snowden, 21.5. Byron Gray, of Herne Hill, who coaches a small sprint group, has been helping Graham this year.

The new name to be inscribed on the Noel Noble M40 cup for one mile will be that of Martin Miller, who beat all comers with 5:07. He had good form in the Southern League for Hercules with a 21.5 800m. Robin Dickson and Anne Nally took the M50 and women's cups here. A distance runner to most, Anne has been going through the card by freely mixing sprints with distance at the VAC mid weeks, and in the process encouraging novice women members to try their first ever veteran sprint. Meanwhile partner and super vet Bernard Metcalfe has kept up excellent form adjacently.

Belgrave's Charlie Dickinson was first vet in their 5,000, champs, with VAC, in third place for 16:10. A club best 1.65m High Jump was recorded by Paul Oakes, competing with Dave Blunt at 1.60m.

Jeremy Hemming

Isle Of Man

The annual veteran's mile was held on July 1. A disappointing turn out of ten veterans took the line at the breezy NSC track and right from the gun it was a three way battle. Dave Anderson finally showed his strength and sprinting ability to finish first in 4:52.2. Coming into the last bend Rob Lambie held a slight advantage over Richard Radcliffe but Richard just squeezed past to finish second in 5:00.1. Pete Cooper was 1st M45 in 5:21.6 and Martin Bell 1st 50.

The Isle of Man Marathon, organised by

IOMVAC, turned out to be a veteran's benefit, with eight vets in the first ten. Starting in rain on Ramsey promenade, the sun broke through before the 5 mile mark. By then, two races were developing with senior runner Carl Barker leading local M40 veteran Kevin Albion.

This pair were chased by the veteran pack some three minutes behind and at 10 miles the gap had increased to 7 minutes. As the temperature rose so did the race tempo. By 17 miles M45 Terry Bates, IOMVAC, was third but this was short lived as Alan Bagley [M40] from Stockport and David Young [M45] of Manx Fell Runners were running a well paced race and breezed past him on the road into Andros. At 20 miles the leader was 5 minutes in front of Albion who had a 14 minute advantage over Bagley. Young and Bates began to take as Bagley's strength and marathon experience showed and at 23 miles Tony Richmond overhauled a struggling Bates to take 5th.

The finish at Ramsey Stadium saw Barker ease home in 2:43.01 with Albion second in 2:52.26. Third man Bagley clocked 3:05.55 and in his first marathon Dr. David Young was fourth in a creditable 3:11.30. Richmond 5th and Bates 6th. Other prizes were awarded as follows: M45, Brian Goldsmith, Manx H. 3:26.09; M50 Ray Tauhan, Manx H. 3:26.09; M60, Leon Moss, 100 Marathon Club, 3:37.51. 1st lady [and also W50] Irene Corlett, Manx H. A special mention must go to Ed. Goodfriend from Risca RR who finished in 4:58.47 and acted as guide to one of our regular competitors Paul Watts, who is blind. Of the 47 starters, 45 finished as the heat caught out two of the competitors. The team award, based on aggregate time went to IOMVAC.

The IOM Half Marathon started 15 minutes after the marathon. A group of five seniors tried to dominate the race but by 10 miles they had been caught by local veteran Richard Radcliffe. On the run back to Ramsey Richard eased off the pace as the others battled it out, and finished 5th in 1:20.42. Mike Gellion [IOMVAC] was next vet in 7th place just ahead of Alan Postlethwaite of NVAC. First M50 was Vincent Daly of Troon Toritoires and first M55 was Peter Craigie of Britannia AC. A remarkable run by John McKeag, M70, of Ballydrain IL saw him come home in 2:03.24. The women's race was lead home by Christine Bathgate who clocked 1:47.08 to take the W50 prize. Other winners were: W55 Leslie Trehan [Newquay], W40 Carol Bates and W35 went to Laura Bury. Both events were well organised by our own Peter Cooper and backed by sponsorship from Britannia International, whose marketing manager, Wendy Hartnell, presented the prizes.

In more distant parts Liz Corran became a World Champion when she won the W40 group in the WAVA 20 Road Walk in Bruges. She commented: "Not knowing anyone was a help, as I just walked my own race, and did not worry about who to beat or who to stay with." The strategy worked as she not only came second overall but took over a minute off the existing W40 record. Liz now has record times at 3k and 10k, and in August she completed the set by taking the 5k track record at Barnsley. Liz is coached by Allan Callow who also triumphed in Bruges, finishing 2nd M50 in the 30k walk and first Briton home.

On the track we can also boast a European champion as Dave Anderson took gold at Malm. Dave won the hurdles in 55.77, a new Manx record and also broke the Manx 400m record when he finished 4th in 51.16. He followed this by becoming I/O champion when he won the 800m at Exeter. His time of 1:57.51 was the first time a Manx veteran had run under two minutes for 800m. He also won a silver in the 400m and reigning M50 400m champion Alan Connor only just failed to defend his title when he had to settle for bronze.

Terry Bates

Rees Wins Last Lap Thriller

Report by Alastair Aitken

The BVAF 5km Road Championships returned to Wells on Spring Bank Holiday Monday and were run in conjunction with the annual Gerry Murray Memorial events around the twisting city centre streets.

Martin Rees, who had recorded the fastest time in the BAF/BVAF Road Relay Championships nine days earlier, went away from Nigel Gates, one of the most consistent runners in veteran history, in the last 600 metres of the M40-49 race.

At the start Mike Girvan had a fractional lead but by the end of the first lap Rees, Gates, Girvan and over 45 winner Mike Hager were all together, with Gordon Seward and Andy Catton close at hand. Dave Hill and Ahmed Amraoui were already establishing themselves in the top three over 45's. As Nick Rose and Steve Jones were absent through injury, Gates must have felt confident as he flowed by in the lead at the end of the third lap, but Rees was only a few yards down. During the fourth lap Rees injected such pace on the final run for home that even Gates was left wanting. Mike Hager, training 70 to 80 miles a week and going for all the over 45 championships this year, was an impressive M45 winner in fifth place overall.

In the separate race for the over 50 age groups Martin Rouse set a furious pace. Alun Roper and Barry

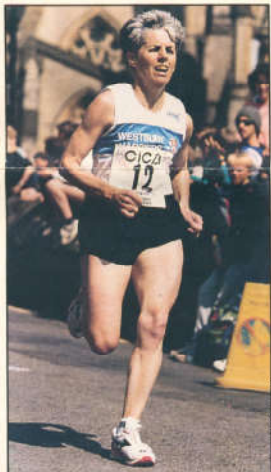
O'Neill found it a bit too fast and settled in 20-30 metres behind, with Gareth Jones, Steve Birkin and Graham Taylor just behind. Roper gradually cut back Rouse's lead and proved himself the master over the last mile with O'Neill coming through for second place.

New over 60 runner Denis Hayes, a Keswick postman, was a good winner in his category. Maurice Morrell and Harry Clayton battled out the early stages for second place medal in this group until Clayton went clear, and Richard Gould moved into third.

Jo Thompson, a 37 year old mother of three who trains 70 miles a week, was an outstanding winner of the W35 title. She finished fifth overall in the separate women's open event, only 36 seconds behind the winner. The Bath runner was followed in by Janice Holt 14 seconds behind. Zina Marchant [W45] beat all the over 40's and has run 35:30 for the 10km this year, according to her husband and coach Dennis.

The only real worry in the women's event was a foot injury sustained by that brave battler Pat Gallagher. Despite the setback, which may affect her summer season, she won the W50 category. The oldest person in the race was 76 years old Grace Bulger from the South West Vets. She only took up running when she was 69!

Results page 9



BVAF 5km, Wells:
Above, W50 winner Pat Gallagher
Left, the battle for M55: Mike Wrenn holds off Alan Garrett

You Are Never Too Old

Grace Bulger, aged 76 and the oldest competitor in the BVAF 5km at Wells, only started running when she was 69. After losing her husband, suffering from arthritis and generally feeling ill, she felt she was walking round like a corpse. So, she thought that she would try running.

She had previously led an active life with plenty of dancing, but she was amazed how quickly fitness came back. She was running with "youngsters" who were younger than her own children and really enjoying it. "I regularly run with a couple of young men who are only in their thirties. I may not be as fast as they are, but they do not run any faster," she says. Her active life style had given her the stamina, she believes.

Last year she took part in the Lands End to John O'Groats relay for charity with the Running Seventies, and was proud of the fact that she finished without even suffering a blister. Running can promote good health provided that you do not overdo it, she believes.

Grace Bulger is a member of the New Forest Runners and SWVAC. She regularly competes in championship events and this year was the winner of the over 75 age group gold medal in the World Road Championships in Brugge.

Alastair Aitken

Triangular International Match

On July 5 a group of 25 BVAF athletes travelled to Roosendaal in Holland to compete as guests in the triangular International Veterans Match. As this was the 1st BVAF track and field international abroad, my selected team were enthusiastic and looking forward to the competition, even though we were only competing in selected events.

We travelled via Calais and Belgium and arrived late Friday evening, still feeling good and looking forward to a meal and a good night's sleep. We met our host Rob van Mechelen, who looked after us very well. We were being escorted to a local cafe when we were told that the French coach had broken down and we could have the meal that had been arranged for them at the guest house. We thought we were on to a good thing. Well, it nearly was. The meal was good but we had to pay. And so to bed. "What, in a monastery?" Yes, so much for the hotel, but we managed.

My only problem was the fact that all the team had been using a swear word (kit) at me all the way to Roosendaal, and when Saturday

morning arrived I could see why. We arrived for breakfast, [oh sorry I was not going to mention breakfast, just use your imagination] and saw the gulf between the BVAF veterans, the French vets and later the Belgians and Dutch. French kit consisted of a full regalia: track suit, vest, shorts, knickers, cycling shorts, as did the other two teams, and now all I could say was stop swearing, as all we had were vests, many of which were of the wrong size.

The competition was good and although we were restricted to certain events we had a good time. The French team won the mens, womens and overall team. Taking the results of the events we competed in, our men would have been 2nd and the women 4th.

GB & NI results:
100m. 4 A. Ross 11.52, 7 D. Anderson 11.94, 3 Carol Eveleigh 12.82, 4 Lyn Talbert 12.87, 800m 1 D. Wilcox 2:00.73, 3 D. Harris 2:02.39, 7 Susan Smith 2:30.70. 1500m 2 D. Wilcox 4:03.68, 3 P. Molloy 4:06.23. 5000m 9 A. Amraoui 15:14.29, 11 G. Seward 15:27.42, 7 Barbara Boylan 17:49.6.

13 Sharon Honey 20:06.00 (thanks for standing in), 110mH 1 R. Honey 15.66, 5 T. Lewis 17.88. 100mH 2 Jenny Brown 16.16, 4x100m 2 [Ross, Redfern, Honey, Anderson]. Women 3 [Filer, Talbert, Smith, Eveleigh]. 4x400m 2 [Ross, Wilcox, Harris, Anderson]. Women 4 [Boylan, Smith, Eveleigh, Talbert]. LJ 2 W. Redfern 6.20, 3 Jenny Brown 5.14, 4 Carole Filer 5.12. TJ 2 G. Gallagher 13.51, 3 Jenny Brown. PV 4 T. Lewis 3.80. SP 5 N. Griffin. 12.21, 5 Claire Cameron 10.64, 8 Evaun Williams 9.30. DT 5 N. Griffin 44.00, 4 Claire Cameron 40.18. JT 3 Evaun Williams 33.24. HT 5 W. Gentleman 44.50, 8 N. Griffin 36.84, 3 Jennifer Cunnane, 5 Evaun Williams 34.44. Team scores Men: 1 France 219, Belgium 156, Netherlands 113. Women France 178.5, Belgium 121, Netherlands 118.5.

The presentations were also a major thing, with prizes for all the teams and two nice trophies for us as the guest team. We hope that next year in June we can compete as a team in our own right, and hopefully all in full kit. Well done team.

Winston Thomas

WAVA Track and Field Championships, Gateshead, 1999 Update

The first full meeting of the Organising Committee will be held in September. To date, names and positions have been considered by Gateshead MBC and BVAF.

The structure will be headed by an Executive Committee, consisting of the Director and the Deputy Director of Leisure Services of Gateshead MBC, two BVAF members, Northumbria Tourist Board, BAF, The Sports Council, media heads and the Title Sponsor. Gateshead and BVAF both have two members but the decision making position will be held by Gateshead. It is their money that will be spent and it would be unfair for others to commit Gateshead to finances beyond their means.

There will be two Event Co-ordinators, one from Gateshead and one from BVAF. Below them will be a co-ordinating committee consisting of BVAF membership and below the Co-ordinating Committee will be Divisional Managers with teams in specific areas, eg. admin, operations hospitality and technical services.

Gateshead MBC have every intention of making this a world class event and have already written to Buckingham Palace to request that a member of royalty attends the opening ceremony. More details in the next issue

Ron Bell



Above: The Vets AC team who set a new Veterans British Record for the 4 x 800m relay at Watford on July 17. The team, who clocked 8:07.1, were taking part in the BMC relays. From left to right Paul Toms [2:04.8], David Harries [2:03.7], Dave Wilcock [1:57.8] and Jon Owen [2:00.8]

Veterans Athletic Association of England

The International Cross Country fixture between England, Scotland, Wales, Northern Ireland and Eire will take place at Irvine in Scotland on Saturday, November 9 1996.

The Veteran Athletic Association of England invites any athlete who is interested in competing for England to apply for selection. Runners who wish to be considered for selection should send a SAE to their area representative for details and a selection form. All applications should be returned by October 6 in order to be in hand before the selection committee meeting on October 13 1996.

Runners who wish to be considered should note that there is at present no financial assistance available from VAAE to help them compete and there may be none in the future.

Philip Lee
VAAE Cross Country Secretary

Below: NEVAC T & F Championships: Left, Derek Mullen lapped the field and set a new NEVAC 5000m M40 Record of 14:50.4. Right, Heading for a photo finish in the Women's 800m: C. Bowman [1:59] just wins from B. Wood with J. Ross third



Dennis Withers

