

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 40

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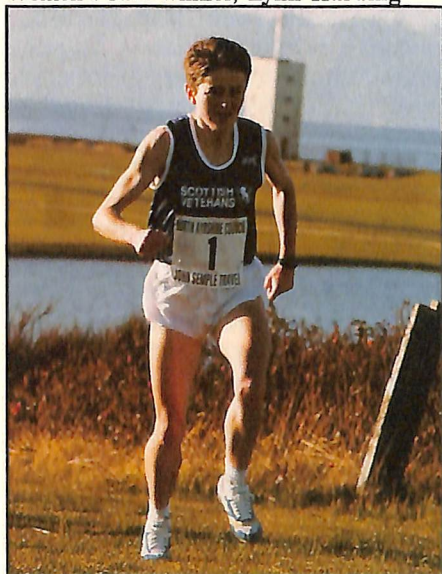
England Takes Most of the Honours Again

Bob Belmore Reports on the British and Irish Cross Country International

Arriving at the Magnum Leisure Centre in Irvine on the Friday evening, I wondered how runners and officials alike would cope with the high winds and rain that were lashing the terrain at the Beach Park venue. There was quite a transformation, however, the following morning as a cold, but sunny day greeted us. This, no doubt, had been arranged by our genial host, Danny Wilmoth, trying to match conditions at Malahide a year ago.

Unlike Malahide, however, this was not a flat course. The Scots had prepared an excellent, undulating circuit of 2.5km, four laps for men and two for the women. Early rumours that the infamous Beach Park hill would not be included were found to be false. When I first ran at this venue in 1988 we climbed up from the sandy beach. In the 1995 BVAF Championships, athletes ran straight up and over. This time, it was made slightly easier, running up at an angle to the "Dragon Sculpture" and back along the top. With the alteration to four laps, however, runners had to negotiate four climbs. Tough on the old chaps, strength sapping for some, although the climb did not deter the fittest.

Leading at the top on the first lap in a closely contested men's race was Scotland's Gerry Gaffney, followed by England's Jim Estall and eventual winner Women's race winner, Lynn Harding



Jeremy Hemming



Jeremy Hemming

Gerry Gaffney, Scotland, sets a hot pace at Irvine. Chasing are Derek Mullen [22], Martyn Rouse, [83], Jim Estall [19], Peter Yeomans, [24], and Mike Girvan, [20], all of England, Joe McNally, [8] and L.Campion, [12] both Republic of Ireland

Derek Mullen. By the end of the first lap Peter Yeomans had taken the lead from Mullen and Estall. Second time up the hill the leader was Mullen from Yeomans, Estall, Mike Girvan and England team captain Mike Hager, who was also the first M45. Alun Roper, the leading M45, was in 11th. place.

At the halfway stage there was no change in the leading trio but Hager had moved up to fourth. The leading positions remained the same until the final lap. Roper still led the M50's but was being chased hard by Dougie Gemmell of Scotland. Mullen finished confidently ahead, confirming his recent good form, while Hager, sprinting hard down the finishing straight, outkicked his younger team mate Yeomans, to record second place overall. Estall held on well for fourth, ahead of Girvan and Ken Moss, the second placed M45.

Martyn Flowers led the Welsh team home just ahead of Scotland's Gerry Gaffney and England's winner on two previous occasions, Bob Treadwell. Flowers was pleased to admit that it was the highlight of his running career. Roper held on to take the M50 title with just six seconds to spare from Gemmell and John Buckley. England's Graham Patton easily won the M55 group from team mate Phil Lancaster and George Black [Scotland]. Evan Williams, Wales, surprised a few by winning the M60 race from 1995 winner Hugh Rankin, Scotland, by a good margin. Third spot went

to Mick Ward from Harry Clayton and Dennis Hayes.

The latter three carried off the M60 team title for England. Yet again England dominated the M40 team race, scoring four in the first five, and also added [continued on page 4]

All Set for European Indoor

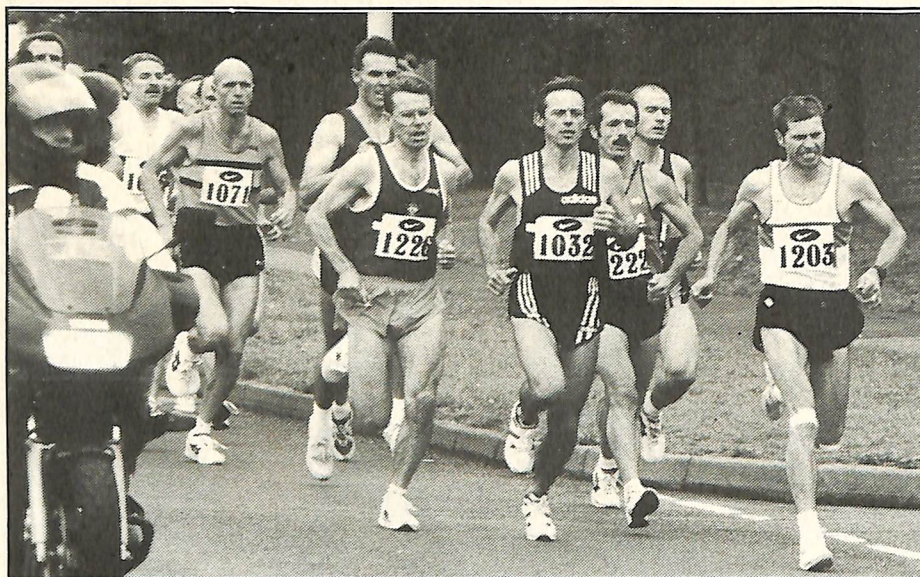
Prospects for a successful European Veterans Indoor Championships in Birmingham from Feb. 28 to March 2 are looking good. Entries and enquiries are flooding in and 1000 - 1500 entries are anticipated. Entries have already been received from a number of European countries including countries in Eastern Europe. Besides being the European Championships, the event is open to international guests worldwide and entries have been received from a number of countries outside Europe. Enquiries for block entries from USA, Japan and S.Africa have also come in.

Entries close on December 21, so post early to avoid the normal postal delays at Christmas! Entrants are reminded that proof of age, e.g copy of birth certificate or passport details, must accompany your entry, unless you have a current BVAF Startcard when only the card number needs to be given.

Full details and entry form appeared in the previous issue of this newsletter, V/A 39. Alternatively send for entry booklet to EVIC Entry Secretary, 48, Ford Close, Harrow, Middlesex, HA1 4AZ, enclosing four first class stamps.

Clear Cut Win by Gates

The BVAf 10km at Chelmsley Wood by Jeremy Hemming



Nigel Gates, 1032, bides his time at Chelmsley Wood

The early leaders were Nigel Gates, Mike Girvan and Jim Estall while in the group close behind were Mike Hager, Dave Reed, Tony McDevitt, Mick Hurd and Alun Roper. On the second lap Gates was clear and his performance of relaxed, fluent running took him right back to the top of the veteran scene.

Estall, of Belgrave H, finished 53 seconds behind and was closer to the winner than in the Great North run, where he was also listed as second veteran. He has won open road races and Vets AC events in the south. The close third was David Reed of Norfolk Gazelles, a new face in national veterans competition. Only three seconds further back Gordon Stewart finished as first M45, seven seconds clear of Mike Hager. In between were Matt Shields from North Belfast and Peter Yeomans.

Mick Hurd had a battle with Alun Roper for the M50 gold, finishing 8th on the same time as Hager. They were separated by Mike Girvan who won the BVAf 10,000m track race at Exeter in a slightly faster time. The course, if less than hilly, was undulating, and on the back side the runners felt the wind. Coventry man Graham Patton won M55 class from Phil Lancaster, who now races for Elswick, and Alan Garrett.

Like the first over 50, top over 60 Mick Ward had won his class at Lake Vyrnwy a week before. The Oswestry man has held his rank in the M60 class well since early 1995, winning the BVAf 10 Miles on his home course twice, the Half Marathon in Scotland and other placings on the road. Less familiar at the presentation desk, except as the hard working official, northerner Derek Howarth now stepped forward for the

M65 honours.

In the over 70 group a sensational time was entirely likely with Steve Charlton's supporters. His time of 37:55 was well inside the previous World Best. Complaints were definitely made about the results process by veterans who are used to a more convincing service. Although this event had big name status attached to it, alongside the BAF 10Km. Championships, the field of just over 300 was still modest, compared to the best years at Barnsley, where over 1000 ran.

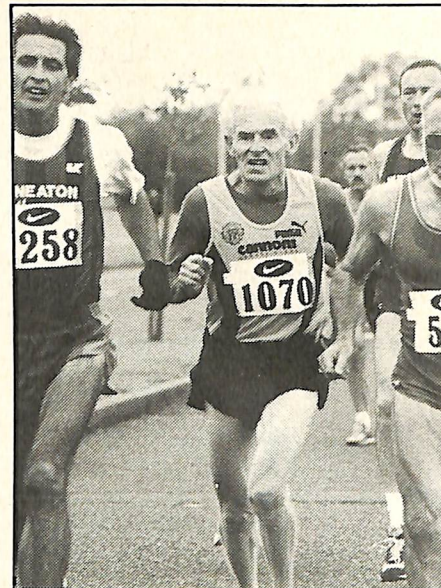
Zina Marchant, W45, was always to the fore and won the women's competition emphatically from Frances Gill and Bronwen Cardy-Wise. She led a strong team from City of Bath AC and is herself focussed on the Dublin Marathon. Gill had been first W35 at Lake Vyrnwy a year ago and looks to have improved since then. Cardy-Wise, although not back to her best, won W40 clearly from Marian Eldridge and Denise Hoogesteger. She joined the Bridgend club to be in their women's team, not to mention the Welsh one, and will be 45 in January.

In the next group Elaine Statham, who had a summer off the track after injury, won from Pauline Rich, who was top at Exeter, and new name Val Hancock.

Results p.18

EVAA T & F Champs, 1998

The venue for the 1998 European Track & Field Championships is still undecided, but will be either Germany [Berlin] or Italy. Italy appears to be the favourite at present because of financial guarantees. If Italy is chosen, it is between Bologna in August or Cesenattica in September. More details in V/A41.



Steve Charlton, 1070, a M70 10k World Best time of 37:55 at Chelmsley

RAFFLE

Because of problems we have had with the raffle, due to packaging problems in the system the printers are using, this resulted in only a small percentage of readers receiving raffle tickets in V/A issues 38 and 39. We have not been able to make any profits for the newspaper funds. The draw was held for the limited number who had received tickets (winners below).

Hopefully, the problems have been overcome and in this issue you should find a card with four tickets for the European Indoor Championships raffle. Please support this, and cut off the slips and return them to me [address p.6]. The raffle has, as usual, some very good prizes and will support the championships. To those who do not take part in raffles we apologise for sending the tickets, and ask that the tickets be discarded.

Prizewinners of summer raffle.

Accommodation in South Africa. A Newman, Herts. Other prizes: S Keen, Sussex. M James, Aylesbury. Ted Kimber, Herts. John Bray, Norfolk. Vivienne Kirkland, Leicester. A. Toomer, Southampton. M Baker, Sussex. N Smith, Ipswich. Saki Russell, Devon.

Winston Thomas

Thanks for the Offer

Ron Bell would like to thank all members and friends who have offered to assist in the organisation of the European Indoor Championships in Birmingham, Feb.28 to March 2. He will be contacting all who have offered to assist.

More help is still needed with an undertaking of this size. If you can help as an official, or as a steward, interpreter, driver with knowledge of Birmingham or clerical or reception work, please notify Ron Bell [address on page 6].

GB Vets Win Multi Events Match

Report by John Charlton

The second Multi Events International match between GB and USA was held on Oct. 26-27 1996 in Neosho, Missouri, USA, the first match having taken place in Sheffield in 1994. Twenty two athletes, together with partners and children, made up a party of 37 who travelled to Neosho.

For everyone it was as much, if not more, a cultural experience than a multi event competition. We had an idea of the extensive preparatory work the Americans had undertaken from the impressive itinerary of events made known to us before our departure. However, nothing could have prepared us for the reality of our host's welcome and overwhelming hospitality during the trip, which commenced two days before the match and ended a week later. We had to pinch ourselves and ask if it was just a wonderful dream.

"A trip of a lifetime", "the best time I have ever had", "I will remember this and the people of Neosho for the rest of my life", "this beats every vet's meeting or championship I have attended", were just some of the accolades paid to our hosts, ably led by the Rev. Tom Thorne, Meet Director and M50 competitor.

We stayed with host families in Neosho for seven nights and in a motel in Branson, the rapidly emerging capital of country and western music, for two nights. All accommodation, including every single meal, was provided free of charge by either the host families or funded from sponsorship money raised by local schools, businesses, councils or private citizens. The American Mid-West lived up to its reputation and the Neosho people were so kind and friendly and provided everything for the pleasure of giving without expecting anything in return.

The itinerary literally kicked off with the British athletes attendance at an American football game, won by the Neosho Wildcats to the delight of local supporters. Before the game all 37 USA and 22 GB athletes were escorted into the stadium, introduced individually to the crowd and both national anthems were played in stirring fashion by the High School band. God Save The Queen in such circumstances would have brought a lump to most veteran's throats.

In some ways the multi events match was incidental to the wider social and cultural interaction with the community. The whole town of over 10,000 people seemed to know of our **John Charlton presents the Mayor of Neosho with a silver plate**



John Charlton



John Charlton

A happy group: The BVA party travelling in Missouri: At front, Carol Smith, Fred Hirsamaki [USA], Hazel Barker, and Bob Stevenson

arrival and were involved in all sorts of ways. The first day of the match was relatively trouble free and saw some close individual contests and a team score that changed hands in both the women's and men's events.

Fifteen British men and five British women were paired with equal numbers of USA athletes. It was agreed before hand by team captains John Charlton and Rex Harvey that no discounting for injuries would apply. It would be a battle to the end, and so it was, but just as much against the elements as against each other. The second day produced a cloudburst and a downpour the likes of which we thought only happened in Miyasaki. It was heavy going all day, with the technical events of hurdles, discus and pole vault badly affected.

John Ross had recently been on a very wet walking trip in Scotland, which turned out to be excellent preparation for the match conditions. He registered no less than seven decathlon P.B.'s, and ended with a slightly higher score than he achieved in Sheffield in September. He was an exception. Every one else was down on previous overall scores.

Things got so bad for the older athletes in the pole vault that it had to be abandoned for safety reasons. However, the organisers had set out to stage a multi events and so they did! A pump was hired and with a little help from above, the rain eased and most athletes up to the age of 65 completed the pole vault and the rest of the events.

The women's heptathlon was similarly affected and the long jump pit was just wet. Jenny Brown, Hazel Barker, Carol Smith, Jackie Charles and Betty Steedman are all claiming world bests for jumping into quicksand! This was Carol's first heptathlon. She could have been forgiven for thinking a triathlon had been laid on for her benefit.

Jenny and Hazel headed the W35's and registered some good performances in the conditions. Jenny's 1.66m high jump and Hazel's 10.02m shot were notable at the end of a long hard season. However, both had to give way to Carol who ran a solid 800m in 2:26. Jackie and Betty toughed it out to the

end and even managed sprint finishes with dips in the 800m. Well done, ladies! You did GB proud for a well deserved team victory with 21020 points to USA's 16455.

In the decathlon, Bobby Stevenson [GB] and Jeff Watry [USA] slogged it out over the two days, with Stevenson having to settle for second despite seasons bests of 11.7 for 100m and 53.4 in the 400m. Tony Howarth backed up admirably and epitomised the fighting spirit in the team by hopping the last 120m of the 1500m after pulling a calf muscle when well in the lead and heading for a time well inside five minutes.

In the M50's, Eamon Fitzgerald and Snowy Brooks led the British charge, with Terry Roberts and Brian Harlick backing up with valuable team points. Brooks is having a quiet season by his standards after his magnificent silver medal in Buffalo, but still scored a creditable 6186 points. Fitzgerald recently moved into the M50 group and registered an impressive 100m in 12.4, a 1.72m high jump and a 3.45m pole vault, the latter in very unhelpful conditions. There was confusion among the timekeepers in the 100m, confirmed later by newspaper photos and Fitzgerald, although given second, actually won in 12.2. He is too much of a gentleman to make a fuss but the correct time and score would have given him second place overall, only 60 points adrift of Rex Harvey, winner of the M50 group.

Rex Harvey and Tom Thorne, as well as competing, held the two days together by appearing in a number of guises. Tom was not only Meet Director but head groundsman and equipment supervisor. Rex recorded every result on his lap top computer and produced a full set of scores, including teams, within 15 minutes of the final event which, as it worked out, was 11.45pm on Sunday night. Tom's wife Patty worked hard behind the scenes preparing for both evenings entertainment, while Rex's wife Joni, a trained masseur, worked almost non stop keeping tired muscles going through the whole event.

The M55's was probably the strongest age group with John Ross, Bruce Charles, Tony Mackay and John Freebairn all trying hard *[continued on page 16]*

South Africa: Waiting to be Discovered

This is part two of an article offering suggestions to members who are planning to take part in the WAVA T. & F. Championships in Durban next July, and who would like to see more of S.Africa. Part one, published in the last issue, described the sights within easy reach of Durban. Editor

Further afield - extensions to basic tour:

To the west is the fabulous Garden Route and Capetown, Africa's jewel in the crown. This area has to be seen to be appreciated. Much has already been written about Capetown's beauty so I will describe the areas outside the city. A must is the drive via Constantia and Kirstenbosch. Continue for a few more miles to Cape Point where you will be at the end of the African continent. Return via Scarborough, Chapman's Bay and Hout Bay, travelling along the unforgettable Chapman's Peak. Stunning sunsets are common and there are lots of viewing places. A visit to the winelands is essential. Stellenbosch and Paarl are both excellent but the former has superior scenery. Now for the big one - head for George on the N2, which points you towards the famous Garden Route.

From Mossel Bay, the route follows the coast passing lovely villages, lakes, mountains, forest, amber coloured rivers and

golden beaches. George is worth a stopover to visit the Cango Caves and the ostrich farms at Oudtshoorn. Motoring towards Knysna you will pass through Wilderness [the lake district]. Knysna Heads, where river meets sea, is an ideal place to sample fresh seafood. After that pass Plettenberg Bay, famous for its white sandy beaches. This is where the rich come to play - a world class resort - but the hotels are very upmarket. My choice would be to drive past to Stormsriver and stay at Tsitsikamma Coastal National Park. Here you can stay in log cabins with the Indian Ocean on your doorstep.

Like Oribi Gorge, the Park is a photographer's and walker's paradise. You can walk alone or join organised walks. The Park covers 100km of coastal beauty, offering a variety of marine life, birds and forest. It also has an excellent restaurant. After this, head for Port Elisabeth and for a flight to Durban. **East Mpumalanga [formerly East Transvaal]**

This area is one of the country's top tourist attractions. The quickest, but not the cheapest, way to see it is to fly to either Johannesburg or Pretoria and hire a car. Jo'burg is not worth a visit but Pretoria certainly is. From either city head for the N4, stopping at Nelspruit or White River. Then make for

Sabie [M37] for an overnight stay. Visit the many scenic waterfalls and also travel to Hazyview and enter the Kruger Park. I strongly suggest that you take the longer trip by joining the 532 and travel to Pilgrims' Rest. This area, where gold was first discovered, is a living museum and the town has been rebuilt as it was in its heyday. Then go north to Bourkes Luck Potholes, via God's Windows. The potholes can be viewed by way of a pleasant walk looking down onto them.

Continue to Blyde River Canyon, another walker's paradise with truly staggering scenery. You do not have to walk as there are many places to visit by car. If you have the inclination to try another log cabin stop at Blyderiviersport Nature Reserve. I guarantee that you will never forget the scenery. After this you can either head north to Phalaborwa gate for the Kruger Park or turn right to Klaserie for the Orpen gate and Satara Rest camp. My advice would be to go north and take your time travelling down the Park, coming out at Crocodile Bridge Gate, back onto the N4, to return your vehicle to either Johannesburg or Pretoria.

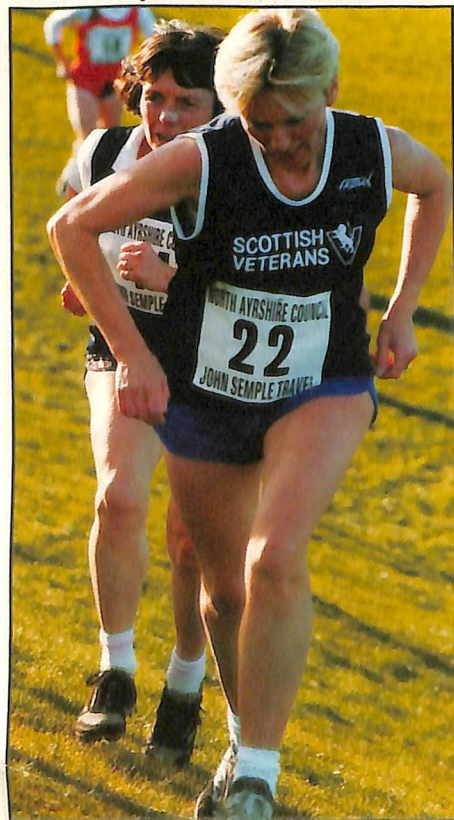
WGT, the official BVAF travel agent, is offering a range of optional tours to the popular attractions in S.Africa in addition to the complete package of flights, hotel accommodation with breakfast, airport coach transfers, daily transport to the stadiums etc. On offer is a four night trip to the Garden Route and a three night tour to the Hluhluwe and Umfolozi National Parks [described in the first part of this article in V/A 39]. There are other tours to Swaziland, Kruger National Park, Sun City, Capetown, and Zimbabwe for the Victoria Falls. Tailor made itineraries and car hire can also be arranged. Full details from WGT Travel Management, see advert on opposite page. Editor

Cross Country International [continued from page 1]

the M45 and M55 to the M60 title. The Rep. of Ireland excelled at M50 with England gaining the silver after a tie and count back with third placed Wales.

In the women's race, Scotland's Sonia Armitage was the first to enjoy the view after the hill climb, closely followed by fellow Scot Lynn Harding, much to the delight of the home supporters. Frances Gill and Barbara Boylan of Wales, Marie Hart and

Lis McGarry, Scotland, tackles the hill



Sheila Allen of England, and Mags Greenan [Rep. of Ireland] were among the chasing group. By the halfway stage Harding was comfortably ahead, with Gill moving up to second and Armitage in third. It was beginning to look as though it was all going Scotland's way for the team race, leaving England and Wales to battle it out for the minor medals. Hart, Greenan, Allen and Boylan with Lynn Marr and Trudi Thompson just behind, were all in close contention.

A closer look at the early leading runners found England's Denise Hoogesteger, W40, a former race winner, well placed in ninth and Jane Davies, the W45 winner last year close behind, with Diane Braverman also showing well. In the W50's Pat Gallagher was leading the Welsh charge, with the England team manager Elaine Statham not far away.

At the top of the second hill climb, the leading two were well clear and Greenan had moved into third, a pattern which remained at the finish, as Gill ran in strongly to secure second as in 1995, and her team mate Boylan moved into sixth. Hoogesteger, Davies and Gallagher all held on to win their age groups.

In the women's team events, Scotland gave the home fans a good start by winning the W35 event easily from England and Wales. England also won the W40 and W45 titles but were beaten by a strong Welsh trio in the W50 group. Overall it was as you were, with England winning the overall men's and women's titles and the combined teams trophy. Medals were shared around more, however, with Rep. of Ireland, Scotland and Wales winning individual medals.

It was a well marshalled and organised event. One improvement, however, must be that age group numbers should be worn to assist both athletes and spectators. This should be standard practice. Congratulations



Matt Shields, first Northern Ireland runner, finishing in eighth place

to all at the Magnum Centre and thanks for the evenings entertainment following the presentation and excellent free meal. Well done, Irvine! **Results p.18**

Around The Regions

SOUTHERN

SCVAC

Elsewhere in this edition you will read of the success of SCVAC women middle distance runners. Conversely, the outstanding male performances came from sprinters. Topping the list is former Trinidad International Charlie Williams who, despite carrying injuries which confined him to timekeeping activities at the start of the season, recovered to post times of 25.5 for 200m and 12.7 for 100m at the Southern League finals at Hendon. The latter time could not replace Alan Meddings' 12.71 as a M65 British Record but, even adding the obligatory 0.24 for hand timing, still credited his 200m to a converted time of 25.74 and an age grading of 97.96%. This won him the best male track performance at the AGM on Nov. 15. Further outstanding sprints came from Kwadwo Ansah, whose 11.3 to win the M40 100m at Exeter was rated at 93.66%, Doug Adair whose 13.70 to win the M79 title at the same meeting, and Byron Gray whose M60 performances during the season included a 12.63 100m and a 25.82 200m.

This year's best performance awards were increased to include male and female awards in all three disciplines. Carolyn Oxtan's W50 800m World Record of 2:21.06 was adjudged to be the best women's track performance with a rating of 95.77%.

In the "Jumps" category, Jenny Brown again won the women's event with a 1.72m high jump, which again equalled her British Record, while Gary Gallagher's 13.81m triple jump earned him the male award.

Inevitably, Evaun Williams's 42.48m hammer throw [97.88%] again won her the women's "Throws" award, while Roger Bartlett's outstanding javelin throw of 51.58m to win the gold medal at Malmo was easily the best male performance, with an 86.00% age grading.

Finally the "Norman Martin Memorial Trophy" for the best over 70 performance at the SCVAC T & F Champs. went to Doug Adair for a hand timed 13.5 100m. Norman would have been pleased to see a sprinter win the award, which was donated by his friends and neighbours, when he sadly passed away in the eighties.

Jack Fitzgerald

VETS AC

A new member, in the person of Tom Ulliott of Brighton & Hove, won the opening cross country. On the playing fields he stamped his personality in an unusual way. A football came across and Tom, in the lead, far from ignoring it, judged he had enough in hand to turn and kick the ball back into the game - or so the story goes! On his next outing, he ran second overall in the Surrey League at Tilford. The winner was once again Bob Treadwell, a minute clear.

Eastway Cycle Circuit was the venue for the club's 5,000m champs for the second year. Peter Duhig, representing the BVA, attended and Eastway has been confirmed as the site for the next BVA 5k event, probably in the autumn of 1997. Dave Wilcock won the M40 race after pacing closely with Graham Hannaford. Geoff Harrold [57] did well as first over 50, setting the only CBP of the day and Ray Davidson was well in command of the over 60 race.

Pauline Rich led the women but Alison Jones, tucked in behind for shelter from the strong wind, came home first. Times were generally blown away but the facilities provided shelter right at hand.

Walkers had a strong field with the Essex League coming in. Vets AC Amos Seddon won impressively from Peter Hannell and Carl Lawton, with Colin Young the first 60. Cath Reader was first woman by four minutes.

At the second VAC cross country, ideal conditions yielded excellent competition. Welshman Hugh Morten showed the way in a useful 26:26, to two newcomers, Clive Edgington and George Meredith,

who was tuning up for Scotland. Outstanding first woman was Marilyn Clarke of Windmilers, whose 29:45 is a leading edge W40 mark. M55 Alan Howard just held Maurice Doogan, ahead of guest Dave Walsh, the first 50.

South Eastern clubs were represented in strength, such as Cambridge H, inc Keith Penny and Dave Roberts in fifth and sixth, Epsom and Ewell whose sprinters had a "different" strength training session, fellow commoners Wimbledon Windmilers, South London H, Dulwich Runners, and of course, Belgrave, whose Hall provides the veritable roof.

In Surrey League, VAC won the second match at Epsom Downs by 40 points from Haslemere. Thanks to Tom Ulliott, Roger Hill, Gareth Davis, Keith Penny - four in the first 13 - Peter Newton, Merv Owen, John Portsmouth, Clive Shrubsole, Keith Hatter and Bill Clapham. The team is now placed fourth.

Jeremy Hemming

SCOTTISH

The inaugural award of the Club's new Silver Jubilee Trophy goes to John Steede [54], whose 200m M50 21.5 at the championships earned him the highest percentage of 90.6, on a day when conditions were more favourable to track competitors. Very close behind in overall performances, however, was all rounder John Ross, who, at 58 is having one of his best ever seasons. His 2:18.6 800m [90.1%] and his 26.1 200m [89.7%] were the next two top performances on the WAVA tables. Featuring highly on the order of merit were Alan Fulton [47 years, 800m 2:08.0, 89.1%]; Robert Young [52 years, 5000m 16:35.8, 89.1%] and Mike Hemmings [46 years, 200m 24.2, 88.7%].

On the distaff side European champion Jane Low was top scorer with her W35 400m hurdles win in 61.9 [88.4%]. Next came Pat McKinnon, a comparatively new entrant to veteran ranks. She may be better known to us older "yins" as Pat Pennycook,

[continued on page 6]

Costs for World Veterans Athletic Championships

Below are revised costs for the Crowne Plaza hotel along with additional costs for a budget two star hotel in Durban.

Holiday Inn Garden Court - North Beach / Beachfront 3 star hotel

Complete package [inc. flights & 7 nights hotel]

£989 per person sharing a twin or double room

£1,089 per person in a single room

Extra nights - per night including breakfast and tax

£39 per person sharing a twin or double room

£55 per person in single accommodation

Holiday Inn Crowne Plaza / Beachfront 4 star hotel

Complete package [inc. flights & 7 nights hotel]

£1,052 per person sharing a twin or double room

£1,264 per person in a single room

Extra nights - per night including breakfast and tax

£48 per person sharing a twin or double room

£80 per person in single accommodation

Four Seasons Hotel / 2 star hotel

Complete package [inc. flights & 7 nights hotel]

£879 per person sharing a twin or double room

£899 per person in single accommodation

Extra nights - per person including breakfast and tax

£22 per person sharing a twin or double room

£25 per person in single accommodation

The Four Seasons hotel is a two star property located two blocks from the beachfront in the centre of Durban. All rooms have private bathrooms and the hotel has a restaurant and bar. Please note that we can guarantee availability at all the above hotels for bookings received by the 31st. December 1996. This has been extended from the original November date. Please call 0121 440 0442 for a brochure, or if you have any further questions

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World Veterans Championships

17th - 27th July, 1997

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Veteran Athletics

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Secretary-Road Running & Walks: Peter Duhig, 42 Wimbotsham Road, Downham Market, Norfolk, PE38 9PE

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Women's Representative: Maureen Farish, 35 Queen Anne Avenue, Bromley BR2 3RG tel 0181-289-3164

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Overseas Entries Coordinator: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex, HA2 0QU tel 0181-248-2271

Chairman of Records Committee: David Burton, 71, Nethergreen Road, Sheffield, S11 7EH

Administrative Officer: Jack Fitzgerald, 67 Goswell Road, London, EC1V 7EN

Secretaries of Affiliated Clubs and Associations

Eastern VAC [General]: Peter Chaplin, 1 Gunning Way, Cambridge, CB4 3AQ;

[Membership]: H.Barnfather, 6 St Audrey Close, St Ives, Huntingdon PE17 4NP

Isle of Man: Roger Moughtin, Briarfield, Foxdale Road, St. Johns, IOM

Midlands VAC: [General] E.C.Nichols, Rainbow Cottage, 15 Meadow Lane, Alvechurch B48 7LH

[Membership] C.Simpson, 87 Willow Road, Solihull B91 1UF tel 0121-705-5139

Northern VAC: A.Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire, SK4 3LD tel

0161-432-7586; [Membership] J.H.Linley, Riversdale Cottage, Ffordd-y-Felin, Treuddyn, Mold, CH7

4BD Tel 01352 771543

North East VAC [General]: G.Routledge, 5, St Hildas Ave, Holy Cross, Wallsend, Tyne & Wear NE28

7AB tel 0191-287-1388

Northern Ireland: J.Harris, 3 Orchard Place, Newtownards, County Down, BT23 3AE tel 01247-

816595

Scotland [General]: A.Muir, 46, Riverside Gardens, Clarkston, Glasgow G76 8EP tel 0141-644-5448;

[Membership]: W.Armour, 34, Bellahouston Drive, Glasgow G52 1HQ

Southern Counties VAC [General]: J.Coker, 8A, Heather Park Parade, Heather Park Drive, Wembley

HA0 1SL. [Membership]: J.Robinson, 63 Goldney Road, London W9 2AS tel 0171-266-325. [New

Members] V.Thompson, 18 Albany House, Boyfield St. London SE1 tel 0171-928-9577

South West VAC: D.G.Lord, 311 Bournemouth Road, Parkstone, Poole, Dorset BH14 9AL

Veterans AC [Membership]: J.McQuillin, 14 California Court, Downs Road, Sutton, Surrey SM2 5NR

tel 0181-661-9279; [General]: Dennis Williams, 82 Prince Georges Avenue., London SW20 8BH tel

0181-543-6112

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

01222-753563 [Membership] Dave Walsh, 129 Queensway, Coney Hall, West Wickham, Kent, BR4

9DT tel 0181-462-7554

VAA of England: Mrs. I. Nicholls, Rainbow Cottage, 15 Meadow Lane, Alvechurch, B48 7LH

WORLD ASSOCIATION OF VETERAN ATHLETES

[AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION]

President: Cesare Beccali, PO Box 76, 37010 Assenza di Brenzone [Vr], Italy. Executive Vice

President: Tom Jordan, PO BOX 10825, Eugene, OR 97440, USA Vice President [Stadia]: Jim Blair,

43 Emslie Road, Pinehaven, Upper Hutt, New Zealand. Vice President [Road]: Jacques Serruys, Korte

Zilverstraat 5, B8000, Brugge, Belgium. Member of the Council: Cesar Moreno Bravo, Chairman

IAAF Veterans Committee, Camino A La Piedra Del Comal 24, Col Tepepan, 16020 Xochimilco DF,

Mexico Secretary: Torsten Carlus, Smalandsгатen 25, S-25252, Helsingborg, Sweden. Treasurer: Al

Sheahan, PO Box 2372, Van Nuys, California 91404, USA. Women's Delegate: Hannelore

Guschmann, Postbox 7, B8000, Brugge, Belgium.

From The Editor

We took the plunge and changed the format, and we hope you approve of the new style. There was only a limited response to the use of colour in V/A 39 and the suggestion that we were considering changing the format, but the response was entirely in favour.

One suggestion received was that the coverage of results could be curtailed. BVAF championship results should continue to be printed in full, but, as most clubs publish their own newsletter which includes their own area results, only the top performers in the event and age groups should be published in V/A. There is obvious merit in this, as the print size of the results service could be enlarged. On the other hand, we have been accused in the past of a bias towards elite veterans in V/A, and some vets do like to see their performances recorded whatever the standard.

Comments on this issue of V/A and suggestions for the future will be very helpful and will certainly be considered by the editorial board.

Geoff Ashby

Around the Regions

[continued from page 5]

the 1970 Commonwealth games sprinter. With career best times of 10.8 [100yds] and 24.8, her sprinting pedigree is proven, as her results at Tweedbank showed, 86.0% and 85.9% for her W45 100m and 200m resp.

BT Pitreavie's indefatigable Kim Fisher had a meritorious 85.2% for her 2:21.5 800m at the age of 39, in very warm conditions. She also tackled the 1500m and 3000m before running the Dunfermline Half Marathon the next day! For her age, Sylvia Wood [52] showed a high standard in all four events she took part in, with scores of between 85 and 83%. At 62, Betty Steedman scored more than 80% in three events.

In the field disciplines, top man was 56 year old Bill Gentleman with 84.1% for his 49.72m hammer throw, while all rounder Eamon Fitzgerald scored 83.8% with his 1.65m high jump at the age of 49. The Scottish veterans Decathlon Champs took place at Ayr on July 20-21, with only three contestants [others were competing in the European Champs at Malmo.] Bob Stevenson was top scorer with 6007pts. This was a PB for Bob and moves him up to 8th spot in the all time British Veterans rankings and is a new Scottish veterans record. Eamon Fitzgerald excelled as usual in the high jump and pole vault, but failed to complete the 1500m. John Freebairn had in impressive high jump of 1.53m for 822 points [the highest event score of the day] and a very good shot putt of 10.73m

Ian Steedman

WELSH

The South Wales Track & Field League, also open to veterans from other clubs throughout Wales, have arranged the following fixtures.

Wed. May 14 Carmarthen, contact Heather Davies, 01267 290241

Wed June 11 Aberdare, contact T.Lalley 01554 832953

Tues July 8 Neath, contact A.Curry

Wed Aug 13 Cardiff [inc Walk] contact D.Williams 01222 383542

Irene Lisle



From the Chairman

The main event looming on the horizon is the European Indoor T & F at the end of February. Fortunately for me, Ron Bell is chairing the organising committee and, with strong support from Irene Nicholls and the Midlands Veterans and several other key officials, things seem to be on course. I do have one general comment and that is even if you have never competed in one of our own indoor championships before, do take the opportunity to take part in the very first European Indoor Championships. Do not think that they are just for the elite [who ever they may be]. You will find it a wonderful experience and something to be long remembered. Certainly anyone who has travelled to either a European or World event will tell you how much they enjoyed it. The atmosphere and the friendliness are, as the Americans would say, "something else". Get your entry in now!

Mention of the World Championships brings me to the problems of Durban. Our travel agents, WGT Ltd, had provisionally booked a range of suitable accommodation well in advance but it was suddenly withdrawn. The local agency, who will almost certainly have made some contribution towards the organiser's costs, had taken over all accommodation in the area. I believe that they had previously made the arrangements for supporters at the World Rugby Championships. Whereas rugby fans may be

prepared to pay whatever is necessary, rather like the Olympics in Atlanta, it is a different situation for most veterans. It is in every one's interest to keep prices as low as possible to encourage the maximum number of competitors. The leaflet distributed by WGT was the best deal that they had been able to negotiate at the time, but strong protests have been made and they can now offer some cheaper alternatives [details in advert. on page 5]

I am sorry to say that I am also having problems with the register of members. It was agreed at the 1995 AGM, with only one vote against, that we should have a computerised data base of membership [the Constitution simply requires that we have a register], and that the Executive could negotiate with commercial sponsors to cover the costs. Following that AGM we agreed with Strawberry Information Technology to use them as our computer bureau as they could also offer the benefits of their Startcard system which had been used very successfully at some of our championships. Obtaining sponsors has proved difficult, however. Several companies have expressed strong interest but have not followed it through.

Startcard themselves have been most helpful but, without an outside sponsor to cover ongoing costs, we would have to rely on generating funds from members to pay for the service we need. The register, apart from being a corrected mailing for this newsletter, is of great

benefit in organising championships. If we were to charge a one off fee of £5.00 to those wishing to enter them, so that we could issue a Startcard to cover all championships for that year, we might be able to absorb the cost of holding the membership on file, but not issue them with an entry card. To operate successfully all championship organisers would have to use the system. It would reduce some of their admin. costs but they would still need to charge an entry fee to cover the remaining costs. Some would be unhappy with this arrangement. We still need all members who have not done so to send in a registration form.

An alternative approach is to use the membership file of each of our clubs and to have a disk from each merged by a central bureau. Having checked with each club, however, I find that not all clubs have a computer system and those that have do not all hold information in the same format. Finally two clubs have said quite specifically that they would not release a disk to a third party.

Currently we have just two thirds of our members on the file which Startcard are holding for us. To use that in place of the old mailing file, we need the other third of members to complete and send in the form printed in the Winter 1996 [V/A 37] issue of Veteran Athletics. If you have not already done so, please return the form now. The file is ours and it will be of considerable help to get it as complete as possible before we consider how best to cope with the missing members.

K.M. Whitaker



Bridget Cushen

Secretary's Report

Is there a role for us within the Athlete's Association?

You will have read of the establishment of an Athlete's Association, effective from January 1, sharing equal boardroom voting rights with BAF Council members and you may have wondered if the BVAF will be directly involved.

We have not yet had an official approach from either side. The new Association will have four tiers viz: top internationals, developing athletes and outstanding juniors: all senior and junior athletes, and Association membership open to anyone. There is no reference to a separate veteran section.

Three international athletes, Geoff Parsons, Roger Black and Shaun Pickering, conveyed their concern about the future of British athletics to the BAF Council meeting on September 28. Their objectives are for the Association to con-

trol the commercial side of the sport and bring outstanding juniors through and educate them to take responsibility for the sport. It would be a non profit making wholly owned subsidiary and not a re-incarnation of the old IAC.

Geoff Parsons has already been allocated a desk within BAF and £59,000 has been provided to set up the Association. Their raison d'être is to give sponsors better value for money, eradicate the current mistrust within athletics and help develop young outstanding talent.

We have discussed these new developments at a BVAF Executive meeting and we will monitor events carefully. However, as we are the most rapidly expanding section of our beloved sport, with many of you carrying crucial club votes, we can afford to bide our time.

Found at Irvine

Found - after the British & Irish International Cross Country at Irvine - a pair of ladies almost new running shoes, size 5. Contact Danny Wilmoth on 0141 776 4941.



Dennis Williams, Vets AC Secretary, 50 consecutive races at Battersea Park

New Editor

Maurice Morrell has taken over as editor of the Northern Veterans AC newsletter. Any contributions should be sent to Maurice at 3, Nigel Road, Heswall Hills, Wirral, L60 1XU

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. Letters 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 EC1 7EN.

Indifference to Scotland

A British championship, whatever the sport or class, is a prestigious event and, on the day, the winner is the best in the country. Veterans, more aware than most, recognise performance throughout the age bands, appreciating that performance standards decrease with age but can still be outstanding, e.g. Gordon Porteous.

V/A carried an excellent advertisement concerning the 1996 BVA Half Marathon Championship, promoted by Coatbridge District Council with £800 on offer in prizes. Coatbridge is a hotbed of veteran athletics support and money could not buy such commitment and enthusiasm. I thought the response disappointing whilst appreciating the financial problems of veteran athletes travelling from afar.

The event itself was outstandingly organised. The weather was too good, with several runners succumbing to the heat. Unfortunately there were hiccups with the results, but, disastrously, there were no BVA medal awards for any category winners. They were not available and the prize giving was a disaster.

The Provost and councillors, who participated in the event, were almost hustled from the scene. It was a disaster for Monklands and Scotland. The event was on Aug. 4 and I received my medal on Sept 4 by post, a damned disgrace!

I write to express my disquiet and disgust at this lamentable performance by the English personnel responsible for this cavalier attention to a Scottish promoted British event. It is actions such as this which promote an anti English feeling in Scotland. We are of no consequence! Would it happen in England?

Hugh McGinley, Falkirk

Tribute to Ernie

What a plug for the over eighties is Ernie Warwick, the "Flying Ferret", as he is known. It was nice to see him being interviewed on American TV a few months ago, while running his relay across America. I believe that he is taking part in his last marathon this year. Some affectionately say that he will have to be put down as he will never stop running. The human spirit always hopefully stands out.

Ivan Price, Rugely, Staffs

Right, Ernie Warwick

It's That BVAF Kit Again

In common with most other athletes I feel that the official BVAF kit that was on sale at Exeter was not up to standard, and the price was outrageous. This is something that has been going on for nearly two years and we still have not sorted out exactly what we are giving to our members. The committee needs to sort out once and for all what we are doing and stop fobbing off the athletes.

If the company supplying the kit have made a cock up, they should be liable for it, and not try to sell off sub standard goods to our members. I seem to get the majority of queries about the kit, and Barbara Dunsford receives the rest. I am sure she will agree it is becoming a real pain, so come on Run GB, get your act together!

**Winston Thomas
Secretary, BVAF Track & Field**

A Fair Race for All

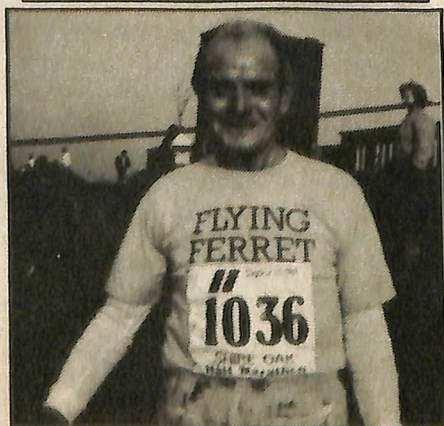
During the summer I competed in a number of championships at 5000m and 10000m, at both county and BVAF events. All exhibited a similar lack of forethought about myself and others in my position. Yes, I was lapped.

Not really such a bad thing, but the problem is very common and does need addressing. It is not the lapping that causes concern, it is the common policy of withdrawing the lap split timekeeper after the leading runner has started the last lap. This means that the later lap splits of lapped runners are deemed to be not important enough to be of interest to the runners involved. This is not so. The runner may be well on the way to a personally significant performance which would be helped by these times.

On a strict, even draconian, reading of the rules it could be argued that giving advantage to one runner in the race, the winner, and denying it to the others, could lead to the winner being disqualified for receiving assistance! Pacemakers pace the field, not only the favourite. Witness the Tom Byers win years ago.

Come on, organisers! Give us a fair race for all.

Dave Walsh, West Wickham



Having seen the Para Olympics and the return of those athletes on TV and compared them with the GB veteran athletes at the European Championships in Malmo, I am even more in despair about the new GB veterans kit. There is no comparison in what is offered.

Who took the decision to go to those suppliers for the vests? I will not wear them. I saw them at Exeter, £18 for a thin, rather poor quality vest. I could get a superior made to measure "copy" for £14 or so from Wasp. The entire range of clothing was not there, if indeed there is a range. What about T-shirts, sweatshirts, shorts, tights etc?

The Germans certainly had a good act in Sweden. Brits wore assorted vests, including club vests and the same went for track suits. Unless a good outfit, of good quality and value for money, is offered people will not want to buy it and so we will remain a motley crew. Our image presence will be about as good as our recent Olympic placing.

Margery Swinton, Stirling

Rule Unfair to Older Walkers

I won the M75 3000m Walk on the first day at Exeter, although I was outside the merit standard by 1:42.00. The next day I lined up for the 5000m Walk. A judge told us that a new international rule stated that knees should be straight. I said that old people cannot straighten their knees and he replied that he knew that, as he was old himself!

By the end of the third lap it was clear that I was again going to be outside the merit standard, which is a ridiculous standard for 75 year olds. After a judge had twice shouted at me to straighten my knee I was shown a red card on the seventh lap and escorted from the track. I thought the judges were being polite and trying to help me, but they were warnings. Jack Fitzgerald [M70] had also been pulled out. How can one win a gold medal one day and be pulled out the next. I was the only M75 in the race and at the back of the field. It seems funny that the two oldest in the race were pulled out. I was a schoolboy walking champion and I was brought up on heel and toe, no lifting and contact with the ground.

I have walked ten miles a day in training. On my travels I pick up my pension. It is a good thing the ladies in the post office do not stop my pension because I cannot straighten my knee! Now my confidence has been shattered. I have entered for other events in the near future but I doubt if I shall bother.

Arthur Keily, Derby

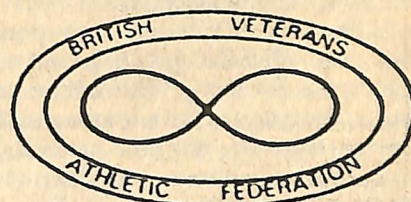
NORTH EAST VETERANS ATHLETIC CLUB

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City of
SUNDERLAND

*Education and
Community Services*
RECREATION AND CONTRACT SERVICES



(Founded 1975)

BRITISH VETERANS ATHLETIC FEDERATION OPEN CROSS COUNTRY CHAMPIONSHIPS

at

Silksworth Sports Complex, Silksworth, Sunderland, Tyne & Wear

Saturday, March 22 1997, at 1.30 p.m. [Permit No. 37]

Open to all veterans - Women over 35 years, Men over 40 years of age,
[Incorporating N.E. Veterans Athletic Club Championships]

Race One: 5km. Women [All ages] & Men over 70 1.30p.m.

Race Two: 10km. Men 50 - 69 2.00p.m.

Race Three: 10km. Men 40 - 49 3.00p.m.

BVAF Individual Awards to the first three in each five year age group.

BVAF Team awards to the first three teams M40-49 [4 to count]

M50-59: M60-69: W35-44: W45+ [3 to count]

BVAF Championship competitors in M60-69 and W45+ groups who wish to count for M50-59 and W35
teams instead of their own, must declare on entry form.*

ENTRY FEES: Member of veteran club affiliated to BVAF: £3.50

Member of BAF club not affiliated to BVAF: £5.50

Unattached: £5.50

Member of NEVAC: £3.50

Send completed entry form with cheque/order payable to NEVAC to:

G. ROUTLEDGE, 5 ST. HILDAS AVENUE, HOLY CROSS, WALLSEND, TYNE & WEAR NE28 7AB

Closing date March 5

Absolutely NO ENTRIES ON THE DAY!

Non affiliated athletes are required to send proof of age. Please send photocopy of Birth Certificate, Passport
or Driving Licence.

Enclose stamped addressed envelope [9x6] for confirmation. Numbers given on the day. Tick box for accom-
modation lists. Detach here

Entry form BVAF Cross Country 1997

*Younger Team Declare

M50-59

W35-44

FIRST NAME[S] _____

SURNAME _____

ADDRESS _____

MALE/FEMALE _____

AGE ON RACE DAY _____

DATE OF BIRTH _____

POSTCODE _____

TEL. _____

ATHLETIC CLUB _____

ACCOMMODATION ☐

VETERAN CLUB _____

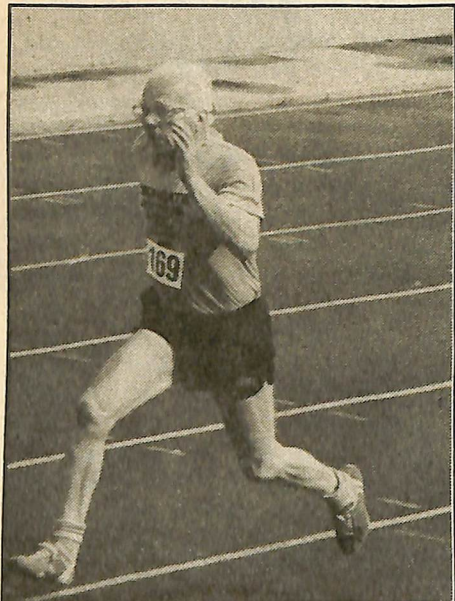
MEMB. No. _____

I agree that the organisers shall not be liable for any accident, injury, loss or damage as a conse-
quence of my participation in these events

SIGNED _____ DATE _____

Sylvester Stein: The Early Years

Long standing members of the BVAF will be aware of Sylvester Stein's qualities as an official. After all, he served as Chairman for many years before passing on the baton to the late lamented Bill Taylor, whom he has now succeeded as only the second ever President of the Federation. Many members, however, may be unaware of his outstanding veteran international record.



Jeremy Hemming

Sylvester Stein wins the 1996 Vets AC M75 100m at Kingston

Although he competed as a youngster in his native South Africa, he did not get the sprinting bug until the first ever Veterans International T & F meeting at Crystal Palace in 1972. His best effort there was a 13.3 M50 100m in the first heat. He was unable to reproduce this time in the final, but discovered that his interest in veteran athletics had been aroused and he promptly joined Veterans A.C. and became a member of their

management committee.

When Norman Ashcroft announced that he would be taking a British team to San Diego to compete in the U.S. Masters, Sylvester's name was one of the first on the list. At San Diego he improved his 100m time to 13.2 and was sixth in the 200m final with 27.3. This time was improved to 26.6 in the 1973 BVAF Championships at Cophthall, just behind Colin Fairey's 26.5. As Colin was in the M55 group, Sylvester found, to his surprise, that he had won his first M50 National gold medal. The event was held at Cophthall again in 1974 and this time he was second to Jack Pritchard in the 100m with 12.8 and he won the 200m in 28.1. It was at those championships that he made his 400m debut, but only finished fourth behind Phil Munn, Alan Huggins and Basil Nielson.

The first World Veterans Championships were held at Toronto in 1975, but prior to this the BVAF Championships were held at Leicester, where he won the M50 100m in 12.6 and the 200m in 25.8. Even more satisfying was his third placed 400m behind Munn and Nielson in an improved 61.2. Most of the British team competed in the U.S. Masters at White Plains before moving on to Toronto and here Sylvester finished third in both the 100m [12.0] and 200 [24.8]. At Toronto he won the silver behind Bob Stolpe [USA] in a 12.1 100m and was the runner up to the same great athlete in the 200m semi final [25.6], but was only fifth in the final with 26.0. His semi final time would have won the bronze.

The second World Veterans Championships were held at Gothenberg in 1977. By then he had moved up to the M55 ranks and finished third in both 100m [12.3] and 200m [25.4] behind

Hogan [USA] and Hoppstadter [Germany]. The first European T & F Championships were at Viareggio in 1978, where he achieved a fine M55 double, winning the 100m in 12.74 and the 200m 26.17, this time ahead of Hoppstadter.

At Hanover for the third World Championships in 1979 he again finished second to Hogan in 12.48, and was fourth in the 200m with 25.9. The following year it was Helsinki's turn to stage the European event and his tally was two silvers and a bronze, Linblat of Sweden beating him in the shorter sprints [12.84 and 26.28] and Lindblat and Vikman of Finland heading him in the single lap, where he clocked 60.49.

Almost certainly his most successful World Championship was in New Zealand in 1981, where he was runner up to Hogan in both the M60 100m [12.86] and 400m [60.92], but won his first World gold medal with 26.81 in the 200m. The third European Championships at Strasbourg in 1982 was one he would rather forget, as he had frustrating fourth places in both of the M60 sprints, although he ran 13.35 and 26.97.

His next World medal was at San Juan [Puerto Rico] in 1983. This time it was a bronze in the 400m behind Vikman and Singh [India]. Although 1985 was his last year in the M60 group, he still performed well enough at the Rome World Championships to win a silver. Finally in his first year as a M65 competitor, he won a bronze in the 200m [29.16] in the European Championships at Malmo in 1986.

Health problems, which necessitated major surgery in 1988, caused him to slow down on his strict training routine, so it was especially good to see him returning to something like his old form to win the M75 100m at Exeter this year.

Jack Fitzgerald

Medal Design

Ron Bell would like to thank all members who submitted designs for the medals to be awarded at the European Indoor Championships. Ron was very pleased with the response to his request for ideas. The design submitted by Peter Duhig was the one which was chosen.

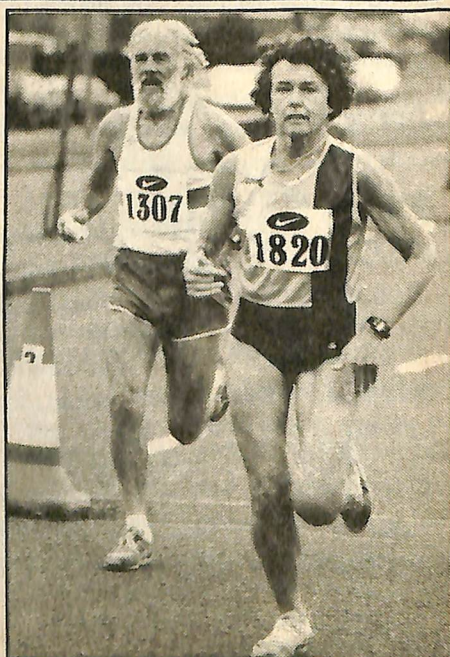
WAVA Closing Date

Members are reminded that the closing date for entries for the WAVA Track & Field Championships, at Durban, from July 17-27, is March 15. Entry booklet from Barbara Dunsford. Enclose four first class stamps, address on page 6.

BVAF 10km, Chelmsley Wood: left, Josie Heffernan [1816], 2nd. W45 and Elaine Statham, W50 champion. right, BVAF vice president George Phipps, 2nd. M70, and Linda White, 5th. W45



Jeremy Hemming



Jeremy Hemming

The BVAF Multi Events

Despite having to switch to Don Valley Stadium for the second day, due to safety problems with the pole vault stanchions at Woodbourne Rd, the events on September 7-8 finished at a respectable time, unlike other rain soaked occasions.

First of all thanks are due to the officials and to David Price from Sheffield Schools, Eileen Charlton for the catering, and a special thank you to David Burton for recording and producing results, despite not having operated the computer system before.

The women's competition, with five entrants, started first. In the W35 group Hazel Barker narrowly held off Danae Herron in the 100m hurdles, clocking 16.9. The high jump, shot and 200m saw her steadily increase her lead during the first day. On the Sunday Danae reversed the trend by winning the long jump, javelin and 800m, but could not claw back the lead. Good performances by both, Hazel winning by 4438 to 4164. The other three competitors, Maria Williams [W45], Jackie Charles [W50] and Betty Steadman [W60] stuck doggedly to their task throughout a hard two days. All recorded respectable scores with Betty missing her British record by just 80 points.

The men's decathlon started with the 100m and a wind which annoyingly fluctuated from plus to minus throughout the age groups. Bobby Stevenson [M40] ran an impressive 12.2, followed by a 5.86m long jump to stay in front of the pack. However, the lead changed hands after each of the three remaining first day events. Nick Phipps threw an impressive 12.86m shot but Tim Wall eased into first on overall score. The high jump saw Phipps clear 1.60m and take the lead for the first time only for Wall to regain the lead after the 400m, despite Stevenson running quickest with a solid 54.7. This was decathlon at its best with relatively few points separating the three leaders, a constantly changing lead and Wall, the overall leader after day one, not actually winning an individual event.

The second day progressed in similar fashion with Stevenson taking the hurdles, Wall not winning an event but remaining consistent, and Phipps coming into his own in the discus [37.66m], a magnificent pole vault of 4.00m and a solid 43.96m javelin. The final event did not disappoint and Wall and Stevenson battled it out all the way down the home straight for the latter to win by 0.2sec in 4:35.3. However, the overall winner was Phipps, who can take great satisfaction from an excellent two days competition and gaining the edge on two worthy opponents who pushed him to the end.

Most of the other age groups produced no less skill and determination, but

the results were more clear cut. Ian Steadman [M65], Len Childs [M70] and Tony Rawlinson [M80] were competing against themselves and the clock. All three completed good decathlons but Rawlinson deserves a special mention as the first and only M80 British athlete to complete a decathlon. His score of 4745 was obviously a British Record but it also put him into the top ten of the best ever world performances, an achievement of which he should be proud.

Colin Shafto and Joe Phillips in the M60's, Terry Roberts and Dai Vaughan in the M50's and Eammon Fitzgerald and Dave Cowley [both M45] contested their age groups. Shafto, Fitzgerald and Roberts kept their noses in front during the two days and were all comfortable winners. Fitzgerald was unlucky to be only a week short of his 50th birthday,

but should threaten both individual and multi event records when he moves up.

The M55 group saw a cracking competition between John Howe and John Ross, with the lead constantly changing hands up to the seventh event, after which misfortune struck and Howe no heightened in one of his best events, the pole vault. All credit to him, he continued in his first decathlon for nearly 30 years and completed the remaining events. I am sure that Ross did not want to win it in that fashion but he went on to score a PB of 6642 points.

An M55 decathlon contested by Tony Mackay who is gradually returning to full fitness, Bruce Charles and John Freebairn, who were resting before the USA match, and John Howe and John Ross would be one to savour in future.

The trophies for best overall performances were won by Hazel Barker and John Ross.

John Charlton

	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m	Pts.
M40N.Phipps	12.8	5.41	12.86	1.60	60.2	18.8	37.66	4.00	43.96	5:41.7	6103
T.Wall	12.5	5.79	10.93	1.57	55.3	18.3	30.98	2.80	35.10	4:35.5	6038
R.Stevenson	12.2	5.86	7.59	1.60	54.7	17.7	22.88	2.80	37.74	4:35.3	5889
M.Bollands	12.9	5.23	11.32	1.60	61.0	19.4	30.30	3.10	45.54	5:53.6	5378
C.Blower	13.1	5.20	8.40	1.36	64.3	22.7	21.30	2.40	24.48	6:19.1	3744
I.Reeve	13.4	4.96	7.55	1.39	58.1	20.2	19.70	RTD			3120
G.Lackie	13.1	5.37	8.91	RTD							1590
M45E.Fitzgerald	12.80	5.71	7.32	1.69	60.70	17.81	24.82	3.50	27.98	5:55.15	5961
D.Cowley	12.92	4.95	8.08	1.51	58.20	18.88	24.30	2.90	35.78	5:24.46	5668
M.Corden	13.38	5.23	10.68	1.54	61.68	20.41	34.90	2.80	42.64	9:08.90	5363
M50T.Roberts	13.17	4.51	9.56	1.45	62.03	21.44	30.94	2.40	32.78	5:56.59	5357
D.Vaughan	14.67	4.40	8.33	1.45	66.23	23.11	26.24	2.10	29.24	5:27.28	4617
B.Harlick	16.55	3.61	8.22	1.27	81.16	21.68	31.48	2.50	30.56	7:03.60	3559
M55J.Ross	13.25	4.58	8.09	1.33	58.12	19.84	27.94	2.50	41.48	4:59.69	6642
J.Howe	13.48	4.55	9.12	1.42	62.88	16.25	32.40	nhc	31.12	6:11.89	5938
T.Bilham	14.39	4.37	7.98	1.27	65.14	20.83	28.84	2.90	25.32	5:57.50	5455
M60C.Shafto	13.9	4.88	9.44	1.54	66.2	16.8	22.62	2.00	22.96	6:03.9	6406
J.Phillips	14.4	4.30	9.57	1.27	68.7	22.8	34.68	2.20	41.20	6:26.2	5864
M65I.Steedman	15.1	3.85	7.04	1.12	71.9	19.5	21.56	1.80	25.21	7:03.2	5188
M70L.Childs	18.2	3.00	9.08	1.15	90.9	21.7	21.62	1.60	19.78	7:22.2	4095
M80T.Rawlinson	18.9	3.08	5.84	1.06	91.8	24.2	18.72	1.60	20.34	8:25.9	4745
	Hurd	HJ	SP	200m	LJ	JT	800m	Pts.			
W35 H.Barker	16.9	1.55	10.33	27.6	4.63	25.82	2:40.0	4438			
D.Herron	17.9	1.46	8.02	29.1	4.94	30.92	2:38.5	4164			
W45 M.Williams	16.8	1.22	6.02	30.8	3.71	17.16	2:47.2	3645			
W50 J.Charles	16.2	1.19	7.67	34.0	3.79	nt	3:30.3	3240			
W60 B.Steedman	18.4	1.01	5.99	34.8	3.63	14.90	3:33.4	4068			

Below: Silksworth, venue for the BVAF C.C.Champs next. March. Photo shows the event when it was last held there in 1988. An entry form is on page 9.



Hungarian Rhapsody

This year the Second World Throwers Championships took place at the Olympic training camp at Tata, about 60km. west of Budapest.

This was my fifth visit to Hungary and there is always some incident to recall. On my first visit I did a little training with the hammer on arrival day and somehow managed, as a right handed thrower, to strain a tendon in my right hand. I mentioned this to a Hungarian official and immediately a doctor arrived and did his best to sort out the problem. Whilst musing on this misfortune, I realised that the only way that I could have caused the injury was by carrying the luggage, which included a 6kg. hammer and a discus. I then thought of that talented boxer Dick McTaggart, who won Olympic gold but never turned professional. I remember him saying on TV that he ensured his wife carried the baggage on their away trips.

When Joan discovered that Merrik Bousfield was coming with me she refused point blank to carry three lots of luggage. She must have known something, but, bearing in mind that she had already experienced some of our wilder Hungarian moments, from David Bayes attempting to climb from the front seat of a taxi into the back when we were very much on the move, to the potentially most serious incident involving impure penicillin, she understandably declined to accompany us.

On arriving at the most impressive portico, having employed every form of transport from aircraft to humble hitchhiking, we were dismayed to find that no trace could be found of either letters or faxes and they were not expecting us. It was eventually sorted out and we found board in clean and spacious rooms.

We had a day to recover from all this excitement and to look around the 200 year old park where the Olympic Camp was situated. There was a well appointed hotel, athletics arenas, swimming pool, weight lifting facilities, bowling alleys and squash courts. All this opulence contrasted starkly with the dusty and run down appearance of the town.

Even before the hitch hiking incident and whilst scrambling aboard a dilapidated train, Merrik had a dubious look on his face, which reappeared when the equivalent of Farmer Giles appeared, sitting on his cart which was pulled by a lone horse. We saw lots of Trabants, which looked as though they had received one undercoat and then been abandoned by their East German refugees during their exodus. The only people who seemed to be doing well were the taxi drivers, so be warned!

Most competitors arrived on the Friday evening, including a large party of South Africans, in readiness for the Shotorama the next day. Merrik won this event [68.40m] along with the Schockorama [57.23] in the M45 group. The Shotorama comprises five different weights of shot thrown from a standing position and without a glide. In the latter event, various weights of shot are thrown from the stand as one would throw a discus.

In the afternoon we had the event for the real men, the Hammer Pentathlon. This comprises five different weights of short hammer weighing from 12 to 35 lbs, thrown two handed and without restriction on technique. Merrik came sixth in this event and I won the M55 with a throw of 90.6m, well in excess of my best ever performance. This event was very well supported and took nearly four hours to complete, so the hammer throwers were on the go long after others had showered and were listening to the jazz band before the evening presentation.

There were the usual speeches, and athletes who had represented Hungary in Atlanta, including Balosz Kiss the hammer throw winner, presented the trophies before celebrations continued long into the night. The last thing I wanted to do on the Sunday morning was to take part in the Throwers Pentathlon comprising the hammer, javelin, discus, shot and heavy hammer so I am pleased to report that Merrik and I both finished second in our groups with 3034 and 3859 points respectively. We then saw demonstrations with the iron slingball and the discus, adopting both weight and technique as in the ancient Olympics. After more presentations there were the usual farewells and the promises to meet again on the first week end in August 1997 for the Third Championships.

The next day, before coming home, we visited an exhibition in Budapest which traced Hungary's performances in the Olympic games up to the present day. Most medals had been won in fencing and wrestling with athletics ranking in eighth place. We saw items, including medals, dating from 1896 to the present. There was a pair of boxing gloves worn by Laslo Papp during his successful defence of his Olympic title. You may know that he was the only boxer permitted to turn professional by any of the communist block countries and boxed out of Vienna when on professional duty. It was interesting to note that in Helsinki, GB won one gold medal, Hungary won 16.

The next time you see Merrik Bousfield, you should ask him to show you the replica competitor's medal from

the 1896 Olympics, which was available in the shop. So, whilst Merrik and I will be back in August of next year, upholding Rule 1 of the rules of the Olympic Committee approved at Vienna in 1974, the only question is, "Who will accompany us?"

Hugh Richardson

British Age Best Performances for the One Hour Track Run

		Metres	Venue	Date
M40	W.Stoddart	18900	Edinb'gh	21/8/71
M41	C.Woodward	17285	Leam'ton	31/8/88
M42	R.Franklin	18428	Hayes	19/4/70
M43	R.Franklin	18086	Uxbridge	18/4/71
M44	L.Roberts	18555	Bromley	2/10/88
M45	J.Mills	17537	Leam'ton	16/6/81
M46	C.Woodward	16439	Leam'ton	8/9/93
M47	D.Funnell	16117	Ewell*	26/4/75
M48	H.Morten	16950	Bromley	4/9/96
M49	M.Hawkins	17284	Leam'ton	12/9/90
M50	M.Hawkins	17284	Leam'ton	11/9/91
M51	G.Kay	15079	Barry*	6/3/88
M52	B.Grierson	14170	Exeter	21/6/92
M53	R.Jeans	16624	B'mouth	16/6/91
M54	G.Phipps	16306	Leam'ton	8/7/80
M55	G.Wiltshire	15748	Exeter	21/6/92
M56	P.Hampton	16687	B'mouth	16/6/91
M57	B.Bennett	15222	Exeter	21/6/92
M58	R.Emmerson	15117	Leam'ton	11/9/91
M59	N.Stuart-Thorn	14988	B'mouth	16/6/91
M60	W.Davies	14864	B'mouth	16/6/91
M61	G.Oliver	14116	Barry*	5/3/95
M62	R.Emmerson	14116	Barry*	5/3/95
M63	N.Stuart-Thorn	13916	Exeter	18/6/95
M64	G.Phipps	15089	Leam'ton	12/9/90
M65	G.Phipps	14889	Leam'ton	11/9/94
M66	J.Broughton	13580	Bromley	29/7/87
M67	B.Todd	12143	Bromley	4/9/96
M68	G.Phipps	14030	Leam'ton	14/9/94
M69	G.Phipps	14688	Leam'ton	13/9/95
M70	G.Phipps	14049	Leam'ton	4/9/96
M72	G.Oxbury	12235	Leam'ton	17/7/85
M74	J.Davis	10711	Exeter	21/6/92
W35	L.Davies	14609	Beb'gton	15/10/91
W37	Z.Marchant	16272	Tooting	30/3/88
W38	A.Franklin	14555	Barry*	4/3/90
W40	B.Cardv-Wise	16460	B'ham'	8/3/92
W41	D.Fellows	15693	Stoke	17/9/86
W42	E.Statham	15693	Stoke	17/9/86
W43	H.Johnson	13931	Barry*	6/3/88
W44	P.Dable	13071	Leam'ton	9/9/92
W45	M.Savage	13046	Barry*	6/3/94
W46	E.Robinson	13823	Barry*	6/3/94
W47	H.Johnson	14540	B'ham'	8/3/92
W48	P.Dable	11930	Leam'ton	4/9/96
W50	R.Banks	13283	Barry*	6/3/94
W51	C.Lawrence	8232	Exeter	20/6/94
W55	A.Dukes	11917	Exeter	20/6/93
W57	B.Norrish	12426	Tooting	30/3/88
W60	B.Norrish	12056	B'mouth	16/6/91
W62	J.Kelson	9208	Exeter	19/6/94
W65	B.Norrish	10941	Exeter	16/6/96
W66	B.Norrish	18893	Leam'ton	4/9/96
W71	G.Bulger	10910	B'mouth	16/6/91
W72	J.Waller	11667	Exeter	19/6/94
W75	G.Bulger	10323	Exeter	18/6/95

* indoor track: * Distances recorded during longer races eg Barry 40, Ewell 30. The performances shown in bold type are the best for each five year age group and have been submitted as the inaugural British records for the event.

The M49 and M50 distances are not a mis-print! For those ages not listed there are no known performances. Any amendments should be sent to Dave Bendy, The Patch, Pemswell Rd. Minehead, Somerset, TA24 5RS

800 Metres Madness

Amazingly no less than three 800 metres age records fell to Southern Counties Veteran A.C. women athletes during 1996.

The most predictable went to 52 year young Carolyn Oxton, who also broke the 1500m World Record with 4:48.78 for good measure, and Barbara Blurton, who broke the 800m W45 World Record with 2:14.92 in the Australian Senior Championships. These two fine athletes have, of course, a very long pedigree. The big surprise, however, was the W65 World record which was broken on three occasions by a new and exciting track runner by the name of Toni Borthwick.

It would be untrue to say that she had no background in sport. From an early age she played tennis and was also a member of two fencing clubs, as well as having an interest in sports as diverse as

canoeing, horse riding and toxophology [bows and arrows for the uninitiated]. For 20 years she swam in the same class at Arnos Pool, North London, where the female instructor happened to be a member of Trent Park Trotters. When the pool closed for a year's refurbishment the instructor suggested that Borthwick went to the club to retain fitness.

With some trepidation she joined the Trotters at the age of 55 and, since they are a distance club as the name implies, knuckled down to some marathon training. In her first marathon, aged 58, she finished third in her age group, although the time was a little over four hours. It was creditable, but not in the Josie Waller, Pat Trickett or Eileen Quinton bracket. She was subsequently advised to give up road and long distance events because of recurring back problems.

The Trotters team manager asked her to run a 400m in the Southern Vets League. He said it was just to get a point for the club, but from then she had found her true metier. Moving up to 1500m she improved sufficiently to take middle distance running seriously and received some coaching. Her present coach, the former distance runner Paul Ray, was able to get the best out of her. In the Southern Vets League she found herself running alongside the great Joyce Smith. Of course she did not beat Smith, but she was amazed to find that she was inside three minutes for the 800 metres.

Wondering why everybody was getting so excited, she was surprised to hear that the official W65 World Record stood at 3:01.18 by the great Australian Shirley Brasher and the British Record was held by Joselyn Ross at 3:08.1. Not knowing the procedure for claiming world records she made it her business to find out, so

that, before the next time she competed, she contacted Sally Gandee, who made sure that she had the correct forms. At the Hertfordshire Championships Borthwick ran 2:54.5, nearly six seconds inside the previous World Record.

The National Veterans T & F Championships at Exeter proved to be a formality as, on consecutive blustery days which were not conducive to breaking records, she won the 400m in 79.8 and the 800m in 2:57.97.

As she is so new to running middle distance on the track she regards the world as her oyster and is really enjoying the new experience. With the moral support of her husband Ross, who is a professional musician, and son and daughter who are both in their thirties, the WAVA Championships in Durban next July definitely appeals to her. Who knows to what further heights she could aspire, should she achieve her ambition



Above: Toni Borthwick, right, competing at Exeter in 1996

NEWSPAPER SUPPORT FUND

Newspaper Support Fund

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

P.J. Scally, Hugh Richardson, Ron Grove, Allan Sowden, Ted Cooper, F.J. Wainwright, D.C. Wallington

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.

Women's Age Group Road Records

Smiles	10k	10miles	Half Marathon	Marathon
W35	P.Fudge 32:44	P.Fudge 54:31	P.Fudge 1:11.37	P.Welch 2:28.54
W40	J.Smith 26:40	P.Welch 32:14	J.Smith 53:17	L.Irving 1:11.44
W45	J.Smith 28:39	J.Smith 33:47	J.Smith 1:13.53	P.Welch 2:26.51
W50	J.Smith 28:28	J.Smith 33:47	J.Smith 1:13.53	J.Smith 2:32.48
W55	J.Smith 37:47	M.Smith 63:51	J.Smith 1:21.02	A.Chapman 3:05.41
	J.Smith 39:25	M.Loudon 65:57	M.Loudon & M.Smith 1:27.10	L.Smal 3:14.17
W60	J.Ross 43:47	L.Smal 72:51	J.Ross 1:36.32	L.Smal 3:26.09
W65	J.Ross 45:25	P.Trickett 75:19	P.Trickett 1:38.29	J.Waller 3:35.49
W70		J.Waller 83:24	J.Waller 1:51.10	J.Waller 3:52.09
W75	G.Bulger 47:55	G.Bulger 59:53	G.Bulger 1:40.23	G.Bulger 2:10.46

If any veteran women has run better times than the above please notify Elaine Statham at 6, Farman Close, Meir Park, Blythe Bridge, Stoke on Trent, ST3 7RE. Claims should be made on the official BVAf form together with a copy of the certificate of course accuracy. The BVAf claim form was printed in V/A 30 [Spring 1994] or one can be obtained via your area secretary.

Six Titles for Jo Ogden

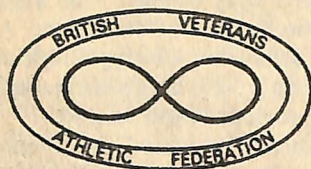
Alastair Aitken, who wrote the report on the BVAf Track and Field Championships at Exeter [V/A 39], would like to add that he omitted to mention the outstanding performance by Jo Ogden, who won no less than six W65 titles [100m, 200m, shot, discus, javelin and hammer], during the two days of competition.

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, 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:

July 96: £125 M. Moore [Renfrewshire]
£10 to D. Weatherburn, H. Craven, P. Standen, A. Martin, J. Wheway
Aug 96: £125 to R. Turney [East Sussex]
£10 to E. Palmer, G. Plater, V. Kirkland, R. C. Smith, B. Woodroffe
Sept 96: £125 to U. Duckworth [Bedford]
£10 to C. Manning, A. Robson, B. Whitehead, E. Warren, J. C. Taylor



BVAF OPEN INDOOR CHAMPIONSHIPS and PENTATHLON

KELVIN HALL, GLASGOW

SATURDAY, FEBRUARY 22 1997



FIRST EVENT 10.00am

EVENTS: 60m: 200m: 400m: 800m: 1500m: 3000m: 3000m Walk: 60m Hurdles: High Jump: Pole Vault: Long Jump: Triple Jump: Shot Putt: Pentathlon: 4 x 400m Relay

Entry Fees: Affiliated £5.00 first event, £4.00 each extra event: £7.00 Pentathlon

Non-affiliated: £7.00 first event, £4.00 each extra event: £9.00 Pentathlon

Relays: £5.00 per team

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO "Scottish Veteran Harriers Club". Postal stamps not acceptable as payment of entry fees. **ENTRIES CLOSE** on Saturday Feb. 1st. 1997 after which date no late entries will be accepted.

ENTRIES to Henry Morrison, 40 Arden Street, Edinburgh, EH9 1BW, from whom further information may be obtained. Stamped addressed envelope not necessary. Acknowledgement of entry and details of the timetable will be sent to you approx. 10 days before the championships. Note that on the entry form, "Veteran Club" and "Veteran Number" refer to your affiliated AREA association [Midlands, Scottish, Southern, North East etc.]

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CHAMPIONSHIP ENTRY FORM

Please use capital letters

Surname _____ First Names _____ Male/Female _____

Address _____

Post Code _____ Telephone No. _____

Date of Birth _____ Age Group on 22 Feb 1997 _____

Veteran Club _____ Veteran No _____ First Claim Club _____

*Driving Licence No[A] or Enclose Birth Certificate[B]

EVENT	P.B 1995/96	EVENT	P.B. 1995/96	EVENT	PB 1995/96

I enclose crossed cheque/P.O. payable to SVHC for the sum of £ _____ [Overseas entries in sterling only]

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

Signed _____ Date _____

Entries to H.Morrison, 40 Arden St, Edinburgh, EH9 1BQ

* Non-affiliated athletes must supply A or B

Track and Field Notes

Now that all 1996 T & F events are completed, I would like to express thanks to all the people, clubs and officials that have been involved in the organisation, and also thanks to the athletes who competed and helped in many ways.

In June we had the Interland in Holland, our 2nd track and field international. The meeting was well attended, well organised and full of class performers, in a single age group. Next year's event will be in Belgium on June 21, and hopefully we will have a full scoring team. The costs will be approximately £110. Any athletes who are interested in taking part can send their details to me.

The European Veterans Championships in Malmo were an overall success from the competitive perspective, with many good GB/NI performances, although from the athletes view, there were many problems with the training areas, accommodation, merchandising and the get together parties prices. The team performed well overall and a big thank you must go to Ken Nakamura, the chiropractor, who worked non stop. In future it should be part of the BVAf responsibility to make sure that we supply medical back up for our athletes. Unfortunately, it is something that, as athletes, we have to assist. For South Africa I think we will need two people and this would work out around £20 each athlete, depending on the numbers going to S.Africa. Again I will be arranging some cover so please send your remittance. It will be more expensive in S.Africa, so do it early, in order that I am able to make the necessary arrangements.

The BVAf Championships at Exeter went off very well, except for a few minor problems with numbers and the photo finish, and one major problem, which were all dealt with. The general organisation was good, and again thanks to the organisers, officials, Exeter City Council and Exeter Harriers for all the good work. Since the AGM, the standards have been looked at, and in general they are reasonable, so we have to decide how low we want the standards before we can make changes. This is being done.

T & F Championships Best Performance Trophy Winners:

Track: Women Under 50 Carol Eveleigh W35 100m 12.46

Track: Men Under 50 Steve Peters M40 200m 22.40

Track: Women Over 50 Carolyn Oxtan W50 800m 2:22.03

Track: Men Over 50 Colin Fairey M80 100m 15.79

Field: Women Under 50 Jenny Brown W35 HJ 1.66m

Field: Men Under 50 Gary Gallagher M40 TJ 13.34m

Field: Women Over 50 Carina Graham W60 TJ 8.11m

Field: Men Over 50 Glyn Sutton M50 PV 4.15m

The Pentathlon and Track Walks, once again hosted by MVAC, were reasonably well supported, but an influx of athletes will be needed in future to make these events viable. The Multi Events, together with the Sheffield schools youngsters, were again organised successfully by John Charlton, and we had two days of good competition. Again, thanks to the officials and to John's wife Eileen, who looked after the officials and athletes so well. We also had the USA v GB/NI combined events challenge in Missouri, where we won the match [see report by John Charlton].

In 1997 the BVAf Indoor Championships will be in Glasgow on Saturday, February 22. The pentathlon will again be included and the details are advertised in this edition. The 1997 Track & Field Championships will be in Blackpool, on June 28-29, organised by NVAC. Details in the next issue of V/A.

BVAf track suits are available from me [address on p. 6]. Get them now before the next price increase. Let's have a photo call in February for the European Indoors, (perhaps we can sing the national anthem). The price is £55.00 + £3.00 p.p.

Note: I am still awaiting the T-shirts from South Africa.

Winston Thomas, Secretary Track and Field



Jacques Serruys
Hannelore Guschmann

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Tel. : 050/ 34 17 81
Fax : 050/ 33 43 25

REMEMBER : 1998 - 25th ANNIVERSARY
BRUGGE JUNE 28, 1998

		100m LJ		SP	HJ	400m	Hurdles	DT	PV	JT	1500m	PTS	
M40	J.Watry USA	12.4	5.53	10.72	1.72	57.7	17.8	32.36	3.15	38.60	5:08.1	6014	
	R.Stevenson GB	11.7	6.05	7.84	1.60	53.4	17.5	22.96	2.70	33.70	4:51.1	5885	
	J.Bilderbeck USA	12.6	5.18	10.26	1.63	59.3	19.5	31.96	3.30	40.24	5:48.2	5419	
	K.Meares USA	12.6	5.19	9.56	1.57	1:02.6	20.0	28.66	3.00	30.60	5:46.6	4842	
	S.Cox USA	12.8	5.21	10.76	1.63	1:02.6	22.5	34.78	2.85	38.90	6:40.2	4767	
	T.Howarth GB	12.8	4.77	8.16	1.46	57.9	20.6	24.72	2.55	29.00	5:38.1	4444	
	R.Watson USA	13.9	4.74	10.54	1.49	1:05.9	21.4	32.68	2.55	45.36	6:01.1	4441	
M45	A.Russell USA	11.9	4.89	10.42	1.57	54.9	21.0	33.24	2.85	33.20	5:20.3	6105	
	M.Corden GB	12.5	5.55	11.66	1.63	1:02.9	DNF	35.34	3.00	37.90	6:54.6	5354	
	T.Light USA	13.6	4.85	7.68	1.51	1:04.1	20.9	21.42	3.00	28.62	5:32.1	4840	
M50	R.Harvey USA	12.7	5.35	12.14	1.60	1:02.8	16.6	38.62	3.30	38.10	6:40.2	6782	
	W.Angus USA	12.7	5.04	10.38	1.60	1:02.4	15.8	30.18	3.00	36.70	5:21.3	6702	
	E.Fitzgerald GB	12.4	5.82	8.44	1.72	1:01.8	15.9	28.64	3.45	28.08	6:17.9	6693	
	J.Johnston USA	12.2	5.50	9.78	1.63	1:03.8	17.4	26.56	3.60	27.06	6:40.9	6293	
	S.Brooks GB	12.7	5.55	11.34	1.51	1:02.9	16.8	38.94	2.70	32.02	7:21.4	6186	
	K.Winters USA	13.0	5.14	10.48	1.63	1:04.4	17.8	34.64	2.10	32.46	6:32.0	5770	
	T.Thorne USA	13.0	4.80	10.40	1.60	1:08.3	17.9	28.48	2.70	35.04	6:35.1	5644	
	T.Roberts GB	12.7	4.95	9.36	1.45	1:01.5	20.0	28.70	2.55	32.06	5:59.8	5585	
	J.White CAN	13.2	4.44	9.58	1.36	1:03.9	20.8	29.46	2.03	22.82	7:14.0	4494	
	G.Reiter USA	13.1	4.97	8.46	1.48	59.6	20.9	DNF	DNF	DNF	DNF	3554	
	B.Harlick GB	15.4	3.76	8.10	1.30	1:19.7	21.3	31.64	—	29.06	7:27.6	3224	
	J.Ewing USA	13.4	4.24	7.96	1.48	1:06.9	19.4	DNF	DNF	DNF	DNF	3129	
	M55	D.Lance USA	12.4	5.58	9.78	1.54	1:04.6	15.9	38.30	3.04	37.38	7:00.3	7374
		J.Ross GB	12.5	4.82	8.90	1.36	57.4	19.8	28.90	2.03	38.50	5:08.4	6642
		B.Charles GB	13.0	4.84	7.66	1.36	1:01.7	19.5	24.20	2.15	30.02	5:36.3	5896
T.Mckay GB		14.0	4.41	10.52	1.45	1:09.4	18.6	34.46	2.45	33.26	6:51.5	5836	
J.Freebairn GB		14.6	4.47	10.82	1.54	1:12.8	19.9	34.76	2.15	33.98	6:52.2	5595	
	B.Mills USA	13.8	3.82	7.26	1.39	1:08.2	18.7	18.16	1.22	10.98	6:49.0	4136	
	J.Ratzloff USA	14.7	4.26	10.98	1.33	1:16.8	20.0	37.44	DNF	DNF	DNF	3928	
	R.Young USA	13.7	4.25	8.26	1.48	1:23.8	23.0	25.64	DNF	DNF	DNF	3376	
M60	W.Jankevich USA	13.1	4.52	9.30	1.23	1:06.3	19.7	36.56	2.45	36.70	6:21.5	6409	
	G.Markwell USA	13.1	4.56	9.58	1.41	1:05.3	20.3	29.14	1.94	18.34	6:41.0	5680	
	J.Peterson USA	14.4	4.49	9.74	1.35	1:14.1	19.1	36.20	2.03	26.78	8:01.0	5410	
	C.Taylor GB	15.1	3.54	10.62	1.29	1:14.2	23.9	32.98	1.45	27.76	6:39.0	4669	
	T.Godwin USA	14.1	4.14	9.30	1.32	1:51.2	DNF	DNF	DNF	DNF	DNF	2569	
	D.Zimmerman US	15.5	3.26	8.18	1.17	1:19.7	DNF	DNF	DNF	DNF	DNF	2101	
M65	E.Ventura USA	13.1	4.59	11.22	1.34	1:13.5	18.9	28.42	DNF	DNF	DNF	5308	
	I.Steedman GB	14.8	3.90	7.46	1.22	1:10.9	19.7	21.28	1.70	18.38	6:51.0	5204	
	R.Scott USA	15.0	4.12	9.28	1.34	1:15.5	25.0	31.40	DNF	DNF	DNF	4186	
	W.Brobst USA	16.1	3.09	6.92	1.22	1:29.7	26.2	26.02	DNF	DNF	DNF	2799	
M70	D.Smith USA	14.6	4.00	10.90	1.34	1:21.0	14.5	23.28	DNF	DNF	DNF	5086	
	F.Hirsimaki USA	15.3	3.82	9.54	1.25	1:22.8	15.8	21.20	DNF	DNF	DNF	4398	
	L.Children GB	18.2	3.04	9.20	1.22	1:31.4	26.7	26.34	DNF	DNF	DNF	2930	
M75	R.Warwick USA	16.9	3.23	7.58	1.13	1:37.8	17.9	17.64	DNF	DNF	DNF	3674	
	T.Thorne USA	18.6	2.60	6.46	0.97	1:50.5	31.1	16.74	DNF	DNF	DNF	2080	
M80	L.Todd USA	15.9	3.13	9.44	1.16	1:45.9	18.4	25.70	DNF	DNF	DNF	4909	
		Hurdles		HJ	SP	200m	LJ	JT		800m	PTS		
W35	J.Brown GB	16.2		1.66	9.60	27.1	4.91	30.28		2:29.1	4935		
	H.Barker GB	16.6		1.50	10.02	27.3	4.63	26.14		2:53.0	4236		
	C.Smith GB	19.2		1.32	8.36	28.8	3.89	22.76		2:26.0	3565		
W50	M.Sachs USA	15.4		1.29	8.78	31.5	3.66	20.12		3:03.6	4369		
W55	J.Charles GB	15.5		1.14	7.44	32.3	3.86	16.10		3:37.4	4287		
W60	B.Steedman GB	17.5		1.08	5.90	33.7	3.18	12.32		3:37.8	3980		

BRITISH & WORLD INDOOR RECORDS

[correct at 21/10/96]

BRITISH			WORLD	
60m				
M40	K. Ansah	7.05	E Hart	6.97
M45	B Green	7.3	S Whitley	7.02
	I Foster	7.3		
M50	B Green	7.48	H Morioka	7.37
	F Taylor	7.4		
	R Taylor	7.4		
M55	R Taylor	7.6	H Hartenstein	7.53
M60	R Taylor	7.76	P Jordan	7.7
M65	C Williams	8.17	C Paul	7.8
M70	C Fairley	8.6	M. Larsen	8.45
M75	C Fairley	9.3	M Guiseppi	8.99
			M Guiseppi	8.9Pend
M80			F White	9.81
			V Colo	9.7Pend
M85	A Beckett	11.4	R Randall	11.33
M90			E Hosack	17.47
W35	J Kirby	7.80	J Kirby	7.80
W40	H Godsell	8.0	P Raschker	8.10
W45	U Gore	8.4	P Raschker	8.02
W50	U Gore	8.7	U Gore	8.7
W55	U Gore	8.91	U Gore	8.91
W60	J Ogden	9.4	I Obara	9.05
W65	J Ogden	9.40	J Ogden	9.40
W70	M Wixey	10.3	M Bowermaster	10.36
W75	M. Wixey	11.53	M Bowermaster	11.45
W80			P.Mehl	14.39
200m				
M40	V. Oliver	23.03	B. Collins	22.19
M45	J Henson	23.5	R. Pierce	23.4
	I Foster	23.5	S Whitley	22.70Pend
M50	R Taylor	23.8	H Morioka	23.76
M55	R Taylor	24.7	R Taylor	24.7
M60	R Taylor	25.25	R Taylor	25.25
M65	A Meddings	27.12	J Law	26.92
M70	C Fairley	29.6	P Jordan	28.00
M75	L Watson	33.4	J. Alexander	30.12
M80	W Baker	43.1	B. Ivers	32.9
M85			R Randall	39.79
M90			M Salonen	68.6Pend
W35	J Kirby	25.29	J Kirby	25.29
W40	H Godsell	27.1	R Hagenaars	26.91
W45	M Hocknell	27.1	P Raschker	26.18
W50	Y. Priestman	28.93	Y. Priestman	28.93
W55	J Hulls	29.8	C. Cappett	30.30
W60	J Ogden	31.6	J Ogden	31.6
W65	J Ogden	32.0	J Ogden	32.0
W70	M Wixey	35.96	M Wixey	35.96
W75	P Taylor	48.9	M Crews	44.39
W80			P.Mehl	57.61
400m				
M40	P Browne	51.51	F Sowerby	50.15
M45	P Browne	52.1	F.Sowerby	49.89
M50	J Henson	54.7	H Morioka	52.72
M55	F Taylor	57.77	J Mathis	56.17
M60	K Whitaker	60.66	J.Mathis	58.86
M65	D. Thomas	65.93	E.Fee	59.53
M70	R.Atherton	72.37	J Alexander	66.03
M75	L Watson	79.1	J Alexander	71.84
M80			A Emesaks	79.6
M85			R Randall	100.86
M90			M Salonen	167.3Pend
W35	A Brown	58.60	A.Brown	58.60
W40	B Blurton	61.8	M.Libal	60.97
W45	C.Marler	61.83	C.Marler	61.83
W50	M Hocknell	65.63	M Hocknell	65.63
W55	J Hulls	68.86	D.Palmason	67.38
W60	J Ogden	81.2	C.Cappetta	70.69
W65	B Green	97.5	P Peterson	85.57
W70	P Taylor	116.00	L Adams	93.1
W75			P Mehl	105.59
W80			P.Mehl	145.03
800m				
M40	P Browne	1-55.63	K Popejoy	1-55.5
M45	P Browne	1-57.32	P.Browne	1-57.32
M50	J.Potts	2-05.09	K Baker	2-05.8
M55	A Churchill	2-12.7	K Baker	2-08.9
M60	D Thomas	2-21.47	E Fee	2-16.64
M65	H Tempian	2-24.82	E Fee	2-16.80
M70	J Todd	2-34.2	A Newman	2-42.0
M75	D Morrison	2-53.1	D Morrison	2-53.1
M80	E. Warwick	4-04.74	A Newman	3-20.57
M85			C. Espy	5-51.29
W35	P Gallagher	2-13.6	I Silai	2-03.2
W40	P Gallagher	2-20.2	Y Podkopyayeva	2-01.59
W45	P Gallagher	2-21.7	D. Graffius	2-23.33
			P Gallagher	2-21.7Pend
W50	J Hulls	2-33.3	G Van Kooten	2-33.59
W55	J.Hulls	2-40.42	G. Van Kooten	2-37.34
W60			C. Cappetta	2-46.8
W65	J. Ross	3-11.72	J. Ross	3-11.72
W70			L Adams	3-39.55
			B.Tibbling	3-17.5Pend
W75			P Mehl	4-03.77
W80			I. Grantstrom	5-16.53
1500m				
M40	G. Grant	3-57.16	E Coghlin	3-45.3
M45	J Potts	4-03.69	J Potts	4-03.69
M50	J.Potts	4-14.73	J.Potts	4-14.73
M55	S James	4-30.35	J Sutton	4-28.9
M60	M Morrell	4-37.80	M.Morrell	4-37.80
M65	H Tempian	4-53.02	E Fee	4-47.11

M70	J Todd 5-13.1	A Newman 5-27.4	
M75		A Newman 6-01.6	
		A. Panna 5-42.9Pend	
M80	E. Warwick 5-19.34	A. Newman 6-35.4	
M90		M Satonen 14-28.4	
W35	J. Holt 4-33.35	I Silai 4-05.4	
W40	P Gallagher 4-44.6	Y Podkopyayeva 4-09.29	
W45	P Gallagher 4-44.0	P Gallagher 4-44.0	
W50	C. Oxtan 4-54.3	C. Oxtan 4-54.3	
W55	B Norrish 6-20.2	G Van Kooten 5-20.29	
W60	J. Ross 5-59.7	G Brown 5-58.55	
W65	J. Ross 6-14.6	J. Ross 6-14.6	
W70	J. Waller 6-50.6	J. Waller 6-50.6	
W75		P Mehl 7-43.3	
W80		P Mehl 12-37.13	
3000m			
M40	N Gates 8-20.16	N Gates 8-20.16	
M45	J Potts 8-47.79	R De Palmas 8-46.80	
M50	L Presland 8-58.8	L Presland 8-58.8	
M55	S James 9-23.43	S James 9-23.43	
M60	A Brown 9-43.88	A Brown 9-43.88	
M65	W Marshall 10-32.28	W Marshall 10-32.28	
M70	J Todd 11-17.99	J Todd 11-17.99	
M75	G Porteous 13-08.2	G Porteous 13-08.2	
M80	G Porteous 14-10.79	G Porteous 14-07.9	
W35	J Asgill 9-32.93	I Silai 8-43.49	
W40	P Gallagher 9-52.64	R Masrchisio 9-52.8	
W45	P Gallagher 10-00.5	D Fellows 10-41.0	
W50	P Gallagher 10-35.38	P Gallagher 10-35.38	
W55	J Mannors 11-52.5	M Turner 11-45.94	
		M Bruna 11-39.6Pend	
W60	J. Ross 12-33.4	J. Ross 12-33.4	
W65	J. Ross 13-09.42	J. Ross 13-09.42	
W70	J. Waller 14-13.7	J. Waller 14-13.7	
W75		P Mehl 15-53.6	
W80		I. Grantstrom 23-41.32	
60m Hurdles			
M40	P McIlfratrick 8.49	S Duckrey 8.15	
M45	J Charlton 8.9	S Duckrey 8.54	
M50	B Ferguson 9.0	W Butler 8.47	
M55	C Shaflo 9.7	E. Pawlick 8.91	
M60	C Shaflo 9.74	P Mulkey 9.14	
M65	I Steedman 10.54	B Bradbury 9.8	
M70	L Williams 10.9	M Larson 10.40	
M75	A Rawlinson 15.1	F Finger 11.20	
M80		A Pajunen 13.37	
W35	C. Court 8.20	C. Court 8.20	
W40	J Vernon 8.8	J Vernon 8.8	
W45	J Vernon 9.51	P Raschker 9.18	
W50	J Hulls 10.43	J Hulls 10.43	
W55	J Hulls 10.9	C Graham 11.0	
W60	H Farmer 12.3	H Farmer 12.3	
W65		L McDaniel 14.26	
W70		J. Valien 16.89	
Long Jump			
M40	B. Williams 7.52	B. Williams 7.52	
M45	J Charlton 6.40	T Taavitsainen 6.90	
M50	P Duckers 5.84	S Backlund 6.47	
M55	F Taylor 5.63	B Morcom 5.87	
		S Backlund 6.34	
M60	F Taylor 5.23	D. Richards 5.47	
M65	C. Adlam 4.51	M Larsen 5.31	
M70	L Watson 4.09	M Larsen 5.05	
M75	L Watson 3.72	A Koch 4.15	
M80		C. Trahan 3.58	
M85		R Randal 2.66	
M90		E. Hosack 2.06	
W35	J Pearson 5.22	W White 6.16	
W40	J Wills 5.32	P Raschker 5.61	
W45	J Wills 4.53	P Raschker 5.75	
W50	S Wood 4.55	S Wood 4.55	
W55	C. Graham 4.09	A Larsson 4.23	
W60	E Steedman 3.80	E. Gray 3.85	
		B. Vosburgh 3.85	
W65	M Wixey 3.63	L McDaniel 3.71	
W70	M Wixey 3.06	M Bowermaster 3.31	
W75	M Wixey 2.58	M Bowermaster 2.58	
		M. Wixey 2.58	
Triple Jump			
M40	S Power 14.15	R. Kimble 16.08	
M45	S Power 13.10	M. Tiff 14.82	
M50	S Power 12.38	S Backlund 13.72	
M55	D Marshall 10.50	O Neimi 12.20	
		S Backlund 13.35Pend	
M60	T. Crocker 10.22	A Compri 12.13	
M65	A Kalarai 9.43	A Compri 10.92	
M70	L Williams 9.25	E Lukens 9.97	
M75		V Colo 8.58	
M80		E. Kohlonek 7.95	
M85		K Boas 4.83	
		A Pajunen 6.54Pend	
M90		M Salonen 3.82	
W35	J. Brown 11.10	J. Brown 11.10	
W40	J Wills 10.16	P Raschker 10.78	
W45	P Oakes 9.70	P Raschker 10.82	
W50	S Wood 9.21	S Wood 9.21	
W55	R Chirnes 8.57	R Chirnes 8.57	
W60	B. Steedman 7.98	B. Steedman 7.98	
W65	M Wixey 6.66	M. Kuehne 7.64	
W70	M Wixey 6.37	J Sullivan 5.97	
W75		L Hageman 4.31	

High Jump				
M40	G Griffiths	1.83	J. Barineau	2.06
M45	S Power	1.71	M Chelnov	1.92
	E Fitzgerald	1.76Pend		
M50	J Freebairn	1.70	J C Brown	1.78
			M Newton	1.78
			R Richardson	1.78
			V Dovrandi	1.83Pend
M55	A Crocker	1.62	J C Brown	1.71
M60	A Crocker	1.58	J Gilchrist	1.65
M65	G Leete	1.45	J. Gilchrist	1.62
M70	I. Adams	1.22	E Kolhonen	1.45
M75	J Searle	1.10	E Kolhonen	1.35
	A Rawlinson	1.10	I Hume	1.37Pend
M80			E. Kolhonen	1.26
M85			A Pitcher	1.00
			V. McIntyre	1.00
			T. Hatlen	1.00
M90			E. Hosack	0.80
W35	J. Brown	1.71	J. Brown	1.71
W40	J Smallwood	1.50	D Brill	1.72
	C Drewry	1.50		
W45	J Smallwood	1.55	P Raschker	1.58
W50	R Chirnes	1.36	T Tsentsik	1.40
W55	R Chirnes	1.36	R Chirnes	1.30
			R Chirnes	1.36Pend
W60			E. Gray	1.26
W65			L. McDaniel	1.23
W70	M Wixey	0.93	M Bowermaster	1.09
W75	M. Wixey	0.85	V Nelson	0.91
W80			M Sarvana	0.80
Pole Vault				
M40	M Bull	4.40	E. Bell	5.18
M45	G Sutton	4.20	J Cash	4.63
M50	G Sutton	4.00	J Johnston	4.14
M55	R Brown	3.80	B Morcom	4.02
M60	R Brown	3.60	J Donley	3.78
M65	A Woods	3.00	J. Donley	3.42
M70	A Rawlinson	2.10	B Morcom	3.15
M75	A Rawlinson	2.00	C Johnston	2.82
M80			C Johnston	2.40
M85			A Pitcher	1.67
W35			P Raschker	2.44
W40			P Raschker	2.45
W45	P McNab	2.45	P Raschker	3.31
W50	P McNab	2.55	P McNab	2.55
W55			B. Sisley	2.19
W60			E. Gray	1.81
W65			L McDaniel	1.99
W70			J. Valien	1.41
Shot				
M40	S Clark	16.10	B Oldfield	20.07
M45	N Griffin	13.17	E Hill	15.78
			M Jouppila	17.36Pend
M50	E Barker	14.61	C Wallin	15.80
M55	A Woods	13.56	J. Keshmiri	15.74
M60	D Vanhegan	13.81	R Nokelainen	16.83
M65	K Macsimczyk	11.99	V Elo	15.28
M70	B Metcalfe	10.61	R Carter	13.23
M75	S McSweeney	8.20	V Elo	12.88
	B Metcalfe	9.46Pend		
M80	W Baker	7.33	R. Carter	11.45
M85			K. Lehtinen	7.87
			L Cicconi	8.36Pend
			V. Sirula	5.85
M90			B Carter	13.45
W35	B Carter	13.45	S Melnikova	16.76Pend
W40	J Kerr	13.75	J Kerr	13.75
W45	J Kerr	11.54	M. Thomas	11.84
W50	R Chirnes	12.48	J Grissom	12.66
W55	E. Williams	12.09	A Ivanova	12.55
W60	J Ogden	8.78	B Holland	10.09
W65	J Ogden	9.24	J Ogden	9.24
W70			M Bowermaster	7.76
W75			I Samama	7.06
W80			I. Brown	5.11
3000m Walk				
M40	R Care	13-07.9	R Care	13-07.9
			R Funkhouse	12-42.62Pen
			H Lahtinen	12-55.8Pend
M45	R Care	13-03.3	J Roos	12-58.0
M50	A Smallwood	13-06.0	J Roos	12-59.2
M55	D Stevens	14-11.2	M Sciarreta	14-27.6
M60	E Livermore	16-36.0	M Gould	16-03.8
			M Green	14-44.51Pen
M65	G. Chaplin	15-39.67	G. Chaplin	15-39.67
M70	L Creo	17-34.8	P Makinen	17-31.6
			T Franco	15-27.96Pen
M75	J Grimwade	17-41.6	C Scimone	18-35.8
M80	J Grimwade	17-41.4	A. Strang	20-35.0
			J Grimwade	17-41.4Pend
W35	S Black	13-54.2	S. Black	13-54.2
W40	C Reader	15-59.69	J Ratner	15-11.15
			V Sedlak	14-23.33Pen
W45	A Lewis	15-52.71	A. Lewis	15-52.71
W50	J Langford	17-45.4	G Migliasso	15-35.7
W55	J Langford	17-31.74	J. Langford	17-43.4
			G Migliasso	17-11.39Pen
W60	M Worth	17-27.9	M. Worth	17-27.9
W65	M Worth	17-38.4	B Tibbling	17-32.0
W70			E Yeomens	20-56.8
W75			M Crews	22-17.08
			A De Grandis	21-12.2Pend
W80			M Sarvana	27-33.0

RESULTS • RESULTS • RESULTS • RESULTS •

British & Irish Veterans C.C. Country International Champs, Irvine, 9/11/96

Men: 10km. [All competitors M40 unless stated]
1 D. Mullin [E] 34:01, 2 M. Hager M45 [E] 34:11, 3 P. Yeomans [E] 34:13, 4 J. Estall [E] 34:20, 5 M. Girvan [E] 34:27, 6 K. Moss [E] 34:31, 7 M. Flowers [W] 34:37, 8 G. Gaffney [S] 34:40, 9 R. Treadwell [E] 34:47, 10 M. Shields [NI] 34:49, 11 A. Roper M50 [W] 35:03, 12 K. Varney [S] 35:05, 13 J. McNally [RI] 35:07, 14 D. Gemmell [S] M50 35:09, 15 E. McAvoy [RI] 35:16, 16 R. Curran [NI] 35:20, 17 A. Morris [W] 35:22, 18 J. Buckley [RI] M50 35:26, 19 A. Jenkins [S] 35:28, 20 D. Jones [W] 35:30, 21 L. Campion [RI] 35:33, 22 D. Davies [W] 35:37, 23 P. O'Shea [RI] M45 35:42, 24 B. Gardiner [S] 35:44, 25 D. Evans [W] M50 35:46, 26 D. Hollins [E] 35:48, 27 K. Wilkinson [W] M45 35:50, 28 N. Maltman [S] 35:51, 29 C. Youngson [S] M45 35:51, 30 J. Rees [S] M45 35:51, 31 M. Dornolly [NI] 35:54, 32 J. Doyle [RI] 35:59, 33 C. Hughes [E] M45 36:04, 34 D. Dempsey [RI] 36:08, 35 S. Woodw [RI] 36:08, 36 H. Richards [W] 36:10, 37 P. Banks [E] M45 36:12, 38 I. Spiers [NI] M45 36:14, 39 J. Peavoy [RI] M45 36:16, 40 J. Bell [E] M45 36:18
M40 27 N. Cahoon [NI] 36:29, 28 B. McNulty [NI] 36:42, 29 G. Bell [NI] 37:15, 30 B. Ronald [S] 37:24
M45 11 A. McAlinden [S] 36:27, 12 J. Collins [W] 36:30, 13 P. Probin [E] 36:32, 14 J. Todd [RI] 36:48, 15 P. Ryan [RI] 36:55, 16 P. Walker [W] 37:01, 17 G. Milne [S] 37:02, 18 D. Clarke [NI] 37:18, 19 G. Meredith [S] 37:21, 20 P. Clerk [RI] 37:39, 21 P. Widdowson [W] 37:56, 22 B. Stewart [NI] 37:57, 23 G. Williams [W] 37:58, 24 J. White [S] 38:23, 25 R. Crowley [RI] 38:50, 26 P. Richards [W] 39:13, 27 R. McCullough [NI] 44:15

M50 5 F. Reilly [RI] 36:58, 6 M. Rouse [E] 37:04, 7 K. Bartley [E] 37:05, 8 B. Sherlock [RI] 37:09, 9 S. Birkin [E] 37:10, 10 J. Treadwell [E] 37:14, 11 R. Young [S] 37:27, 12 M. McHugh [RI] 37:32, 13 R. Elliott [W] 37:44, 14 A. Egan [W] 37:56, 15 J. Robinson [NI] 37:58, 16 E. Davies [W] 38:01, 17 D. Fairweather [S] 38:07, 18 A. Jones [RI] 38:28, 19 R. Bowen [W] 38:43, 20 M. Cunningham [E] 38:52, 21 J. Schutterlin [E] 39:02, 22 J. Hayes [NI] 39:18, 23 J. McMillen [S] 39:28, 24 J. Convey [NI] 39:31, 25 B. Edridge [S] 39:33, 26 W. McCracken [RI] 39:43, 27 J. Gourlay [S] 39:44, 28 B. Smith [NI] 41:28, 29 C. Richardson [NI] 42:31

M55 1 G. Patton [E] 36:44, 2 P. Lancaster [E] 37:38, 3 G. Black [S] 38:29, 4 D. Spencer [E] 38:57, 5 A. Garrett [W] 39:23, 6 K. Buckle [W] 39:33, 7 J. Riley [W] 40:25, 8 J. Leonard [RI] 40:36, 9 M. Hughes [RI] 40:44, 10 P. Norman [W] 40:56, 11 S. Cooney [RI] 41:03, 12 A. Gratton [E] 41:07, 13 M. Neville [RI] 41:39, 14 J. Taylor [S] 46:03, 15 S. Campbell [S] 46:38, 16 D. McKirdy [S] 46:50
M60 1 E. Williams [W] 39:39, 2 H. Rankin [S] 40:17, 3 M. Ward [E] 40:21, 4 H. Clayton [E] 40:23, 5 D. Hayes [E] 40:55, 6 J. Gornley [S] 42:15, 7 E. Appleby [E] 42:46, 8 K. Hawtin [NI] 43:05, 9 H. Morrison [S] 43:12, 10 D. Walsh [RI] 43:17, 12 B. Blanford [W] 43:39, 13 D. Rosser [W] 44:01, 14 J. Roberts [NI] 44:59, 15 R. Stewart [S] 46:22, 16 G. Ward [NI] 47:15, 17 P. Craddock [RI] 48:35, 18 T. Markey [RI] 53:41, 19 N. Corish [RI] 1:04:10

Teams: M40 1 England, 2 Scotland, 3 Rep. Ireland, M45 1 England, 2 Rep. Ireland, 3 Scotland M50 1 Rep. Ireland, 2 England, 3 Wales M55 1 England, 2 Wales, 3 Rep. Ireland M60 1 England, 2 Scotland, 3 Wales

Women: 5km. [all competitors W35 unless stated]
1 L. Harding [S] 18:48, 2 F. Gill [W] 18:54, 3 M. Greenan [RI] 19:06, 4 S. Armistage [S] 19:08, 5 M. Hart [E] 19:12, 6 B. Boylan [W] 19:16, 7 S. Allen [E] 19:18, 8 L. Marr [E] 19:27, 9 D. Hoogester [E] W40 19:29, 10 T. Thompson [S] 19:40, 11 J. Davies [E] W45 19:52, 12 J. Hough [RI] 19:57, 13 D. Braverman [E] W45 19:58, 14 V. Green [E] W40 19:19, 15 E. Turner [W] W40 20:01, 16 L. Anderson [E] 20:05, 17 P. Gallagher [W] W50 20:05, 18 B. Kavanagh [RI] 20:18, 19 H. Morton [S] 20:20, 20 T. Tuohy [RI] 20:23, 21 E. Dowling [RI] W45 20:31, 22 M. Eldridge [E] W40 20:35, 23 S. Eatham [E] W50 20:42, 24 D. McNulty [NI] 20:43, 25 A. Whitelaw [W] 20:44

W35 17 J. Scholey [W] 21:12, 18 M. Haverson [NI] 22:44, 19 E. Doherty [NI] 22:59
W40 5 M. Syrratt [E] 20:55, 6 A. Saxena [W] 20:59, 7 M. Sinclair [S] 21:12, 8 L. Holgan [RI] 21:20, 9 M. McCreedy [RI] 21:25, 10 B. Fogarty [RI] 21:29, 11 V. Musgrove [W] 21:32, 12 S. Patrick [NI] 21:37, 13 L. McGarry [S] 21:42, 14 D. Monteith [S] 21:47, 15 S. Shear [RI] 22:04, 16 K. Hancock [S] 22:29, 17 M. Oliver [NI] 23:46, 18 S. Neal [W] 23:37, 19 A. Lockwood [NI] 24:39
W45 4 F. Garland [E] 21:09, 5 S. James [E] 21:11, 6 A. James [W] 21:15, 7 S. Adkins [W] 21:45, 8 C. Feraday [W] 21:47, 9 F. Farquar [S] 22:06, 10 B. Burke [RI] 22:09, 11 P. Leroncello [S] 22:12, 12 A. McCreal [RI] 22:21, 13 M. Walsh [RI] 22:49, 14 H. Bradley [S] 22:54, 15 L. G. Harding [W] 22:55, 16 K. Todd [S] 25:14
W50 3 K. Davies [W] 21:46, 4 P. Rich 21:59, 5 M. Meredith [W] 22:26, 6 J. Byng [S] 22:41, 7 R. Banks 23:09, 8 M. Garrett [E] 23:39, 9 S. Beauchop [S] 23:42, 10 G. Walsh [RI] 24:41, 11 J. O'Neill [RI] 24:41, 12 A. Woodcock [RI] 24:49, 13 M. Robertson [S] 25:30, 14 J. Harron [RI] 25:33, 15 A. Conroy [W] 26:02, 16 M. Moore [S] 26:05, 17 N. Cross [NI] 27:07, 18 R. Fum [NI] 30:13, 19 E. Ward [NI] 36:10

Teams: W35 1 Scotland, 2 England, 3 Wales W40 1 England, 2 Wales, 3 Rep. Ireland W45 1 England, 2 Wales, 3 Rep. Ireland W50 1 Wales, 2 England, 3 Scotland

BVAF 10km. Road Champs, Chelmsley Wood, Birmingham, 6/10/96
M40 1 N. Gates 30:38, 2 J. Estall 31:31, 3 D. Reed 31:37, 4 M. Shields 31:41, 5 P. Yeomans 31:42, 6 M. Girvan 31:59, 7 N. Gray 31:05, 8 R. Brewster 32:23, 9 G. Ratcliffe 32:28, 10 G. Moxham 32:48, 11 M. Flowers 32:57, 12 K. Bright 32:58, 13 M. Strange 33:00, 14 J. Rees 33:02, 15 P. Kilgallon 33:04, 16 H. Richards 33:08, 17 A. McDevitt 33:09, 18 P. Hankinson 33:15, 19 R. Stanner 33:23, 20 J. Cooper 33:32, 21 V. Rollason 33:35, 22 H. Knowles 33:41, 23 D. Gaynor 33:41, 24 J. Crehan 33:48, 25 D. Ehrenfried 33:55, 26 C. Simpson 34:01, 27 D. Jackson 34:03, 28 A. Grice 34:14, 29

G. Davies 34:17, 30 J. Houghton 34:18, 31 M. Summers 34:30, 32 G. Webster 34:33, 33 P. Hahn 34:36, 34 H. Fowler 34:39, 35 S. Poulton 34:41, 36 G. Wilson 34:52, 37 M. Cronshaw 35:05, 38 T. White 35:12, 39 G. Cox 35:13, 40 D. Hughes 35:15, 41 H. Carpenter 35:17, 42 B. Thomas 35:42, 43 A. Deane 35:45, 44 D. Bright 35:51, 45 M. McGeoch 35:52, 46 B. Donnelly 35:59, 47 P. White 36:20, 48 D. McNamee 36:26, 49 R. McCarthy 36:26, 50 P. Morgan 36:30, 51 A. Wright 36:32, 52 B. Williams 36:56, 53 M. Harris 37:17, 54 P. White 37:25, 55 S. Balmer 37:32, 56 B. Waring 37:39, 57 S. Browne 37:41, 58 K. Fiddament-Harri 37:46, 59 P. Coventry 38:00, 60 R. Owen 38:08, 61 M. Lippitt 38:35, 62 N. Miller 38:39, 63 P. Jenkins 38:44, 64 M. Isles 38:55, 65 K. Southgate 39:44, 66 A. Murphy 40:10, 67 P. Rock 40:50, 68 J. Murphy 41:41, 69 M. Sadler 41:59, 70 R. Miles 43:29, 71 V. Early 43:45, 72 C. Potter 45:17, 73 S. White 50:55

M45 1 G. Stewart 31:40, 2 M. Hager 31:47, 3 A. Anraoui 32:24, 4 C. Hughes 32:49, 5 P. Probin 32:55, 6 G. Meredith 33:15, 7 P. Banks 33:27, 8 B. Peatfield 33:29, 9 N. Robson 33:45, 10 J. Eley 33:45, 11 R. Treadwell 33:54, 12 S. Couldwell 33:55, 13 D. Hill 33:56, 14 D. Emery 34:05, 15 R. Gay 34:16, 16 J. Smith 34:19, 17 A. Rich 34:32, 18 D. Overton 34:43, 19 G. Wakefield 34:55, 20 T. Atkins 34:57, 21 P. Cross 35:01, 22 P. Weatherhead 35:03, 23 D. Davies 35:09, 24 C. Litson 35:18, 25 J. Richards 35:24, 26 K. Brailford 35:25, 27 P. Allen 35:25, 28 C. Russell 35:26, 29 D. Weston 35:34, 30 A. Carzana 35:44, 31 G. Pollard 36:36, 32 F. Royle 37:00, 33 C. Brooks 37:26, 34 M. Endacott 37:52, 35 R. Bridgen 38:02, 36 A. Spilman 38:19, 37 B. Riley 38:23, 38 W. Valentine 38:53, 39 K. Connolly 38:54, 40 B. Cull 38:57, 41 R. Pollard 39:02, 42 J. Mayne 39:14, 43 J. Haden 39:37, 44 B. Smith 40:22, 45 P. Henley 40:37, 46 R. Andrews 40:54, 47 H. Collins 41:10, 48 C. Lees 41:15, 49 C. O'Dell 41:31, 50 D. Wardle 41:56, 51 C. Hazell 42:15, 52 J. Farrow 42:18, 53 A. Simmonds 42:41, 54 W. Phillips 43:21, 55 J. Adams 43:33, 56 M. Cliff 46:29, 57 D. Richards 47:00, 58 P. Keogan 47:30, 59 E. Hodgkiss 48:02, 60 M. Richards 48:08, 61 R. Mulgroe 49:09, 62 K. Hale 53:37

M50 M. Hurd 31:47, 2 A. Roper 32:04, 3 B. O'Neill 32:38, 4 S. Birkin 33:33, 5 L. Davis 34:01, 6 E. Davies 34:38, 7 R. Bowen 34:54, 8 R. Elliott 35:08, 9 P. Pearson 36:10, 10 D. Evans 36:51, 11 M. O'Neill 36:53, 12 J. Llewellyn 37:14, 13 A. Price 37:19, 14 N. Boyle 37:38, 15 R. Morgan 37:44, 16 B. Ekersley 37:59, 17 R. Statham 38:03, 18 R. Panter 38:14, 19 M. Duggan 38:29, 20 J. Grumbley 38:51, 21 D. Newsen 38:59, 22 P. Davies 39:12, 23 D. Bandy 39:33, 24 T. Kingham 40:24, 25 D. O'Neill 41:03, 26 J. Canning 41:07, 27 D. Perkins 41:31, 28 R. Turner 41:33, 29 G. Butcher 41:42, 30 J. Devitt 42:08, 31 D. Burns 42:28, 32 M. Statham 42:31, 33 T. Morris 43:08, 34 J. Weekes 43:52, 35 J. Bryan 44:32, 36 A. Martin 44:59, 37 J. Cox 45:46, 38 M. Stanley 46:23, 39 T. Lanes 50:44

M55 1 G. Patton 33:56, 2 P. Lancaster 34:24, 3 A. Garrett 35:14, 4 T. Baxter 35:25, 5 K. Buckle 36:07, 6 D. Spencer 36:37, 7 D. Boulstridge 36:52, 8 F. Gibbs 37:32, 9 J. Middleton 38:26, 10 R. Cashmore 38:38, 11 M. Butterley 39:00, 12 R. Suddens 39:14, 13 N. Dimmock 40:16, 14 G. Kidman 41:32, 15 P. Ferguson 42:02, 16 F. Parry 43:54, 17 R. Manders 44:59, 18 F. Robinson 46:14, 19 P. Gorham 46:38, 20 M. Lavercombe 47:04, 21 R. Kersey 47:06, 22 D. Lea 47:10, 23 L. Kyd 48:50, 24 C. Brennan 49:31, 25 P. Pay 50:33
M60 1 M. Ward 36:21, 2 H. Clayton 36:44, 3 D. Hayes 36:57, 4 G. Thomas 37:06, 5 T. Everitt 37:38, 6 R. Higgs 38:05, 7 P. Morris 38:54, 8 J. Roberts 39:43, 9 R. Pitcairn-Knowles 39:48, 10 J. Addison 39:49, 11 G. Ashby 39:57, 12 G. Davies 41:09, 13 L. Walshe 41:33, 14 R. Stewart 41:56, 15 S. Sloan 42:58, 16 D. Kent 43:12, 17 R. Blastland 44:11, 18 J. Cox 44:27, 19 R. Froggatt 45:27, 20 J. Jones 45:43, 21 H. Denning 45:52, 22 W. Rawlins 46:48, 23 G. Chapman 47:37, 24 H. Piper 48:20

M65 1 D. Howarth 41:22, 2 L. Foster 42:12, 3 M. Huggins 42:21, 4 D. Wood 42:37, 5 A. Walsham 43:30, 6 R. Blackwell 43:31, 7 E. Warren 46:15, 8 W. Jones 47:32, 9 B. Emmerson 47:41, 10 K. Parry 48:10, 11 J. Stephenson 48:53, 12 T. Hoy 49:31, 13 R. Franklin 50:56, 14 E. Denning 50:06
M70 1 S. Charlton 37:55, 2 G. Phillips 41:33, 3 R. Hale 44:47, 4 A. Hitchman 47:23, 5 W. Robinson 1:04:09
M75 1 B. Davidson 48:32
W35 1 G. Gill 35:48, 2 K. Davison 38:36, 3 S. Milosorov 39:06, 4 Y. Crawley 39:13, 5 K. Scarff 39:32, 6 N. Adkins 39:36, 7 A. Jones 40:31, 8 S. Holman 41:34, 9 A. Haywood 42:23, 10 L. Keepen 43:03, 11 K. Boyes 44:12, 12 M. Wooliscroft 44:28, 13 D. Stevens 47:12, 14 R. Lowry 49:55, 15 M. Crotty 57:56, 16 G. Murray 58:32
W40 1 B. Cardy-Wise 36:39, 2 M. Eldridge 37:31, 3 D. Hoogester 39:04, 4 J. Jackson 39:23, 5 S. Weatherburn 39:36, 6 D. Wakefield 39:53, 7 C. McCarthy 40:42, 8 J. Walker 41:52, 9 H. Fiddament-Harri 42:08, 10 R. Spears 42:30, 11 A. Lippitt 44:50, 12 S. Hales 46:15, 13 C. Gray 48:24, 14 L. Pym 48:44, 15 G. Clough 51:07
W45 1 Z. Marchant 35:21, 2 J. Heffernan 39:20, 3 S. Garland 40:03, 4 M. Hill 40:44, 5 L. White 41:29, 6 J. Foster 42:52, 7 M. Haynes 43:28, 8 M. Savage 45:10, 9 M. Perry 45:58, 10 P. Davis 52:32
W50 1 E. Statham 39:18, 2 P. Rich 40:20, 3 S. Carey 42:01, 4 V. Hancock 42:32, 5 J. Bryan 44:23, 6 L. Foulger 51:29
W55 1 G. Thompson 45:00, 2 B. Cusken 52:04, 3 Y. Miles 53:25, 4 S. Stevin 53:33, 5 M. Sloan 54:18
W60 1 P. Jones 43:53, 2 B. Cook 44:07, 3 B. Hoy 1:01:22, 4 B. Chapman 1:05:06

Teams: M40-49 1 Tipton 88, 2 Wirral 151, 3 Salford 201 M50-59 1 Cardiff 22, 2 Birchfield 3, 3 Westbury 118 M60+ 1 Barnet 42, 2 Solihull & S. Heath, 3 V. Of Aylesbury W35-W44 1 C. of Bath 23, 2 Derby 42, 3 Birchfield 72 W45+ 1 R. Sutton Coldfield 57

BVAF 10km Walk Champs, Abbey Park, Leicester, 15/9/96
Men: B. Gore M55 51:28, 2 D. Henley M45 52:03, 3 A. O'Rawe M55 55:36, 4 J. White M55 56:26, 5 J. Gordon M40 57:16, 6 R. Jackson 57:30, 7 M. Hague M55 57:38, 8 D. Fotheringham 57:45, 9 W. Wright M55 58:29, 10 P. Stapleford M60 58:39, 11 G. Toon

M45 59:39, 12 K. Worth M40 59:58, 13 D. Withers M65 62:00, 14 W. Rawlins M60 62:03, 15 K. Abolins M65 64:48, 16 E. Grocock M70 64:56, 17 J. Culshaw M55 65:19, 18 M. Blythe M55 67:13, 19 C. Smith M40 67:16, 20 T. Kent M55 67:35, 21 P. Markham M60 67:54, 22 A. Scholier M45 68:32, 23 R. Williams M45 69:19, 24 R. Atyon M50 73:46, 25 A. Keily M75, 26 H. Woodhall M65
Teams: 1 Broms & Redd, 28, 2 Sheffield 29, 3 Leicester 41, 4 Road Hogs 65
Women: 1 A. Lewis W45 57:14, 2 J. Mobbs W40 63:00, 3 J. Langford W55 63:09, 4 M. Wallen W40 64:10, 5 S. Bull W45 65:31, 6 P. Grant W40 68:52, 7 S. Haynes W50 72:49 **Team:** Aldershot

SVHC v NEVAC, Coatbridge, 7/9/96
100m: M40 1 E. Smart[N] 11.5, 2 A. Laird[S] 11.8, 3 G. Eland[N] 12.5, 4 M. Page[N] 12.8, 5 I. Hislop[S] 13.3, 6 D. Hay[S] 13.3 M50 1 J. Rae[S] 12.4, 2 B. Fenton[N] 12.9, 3 S. Walton[N] 13.2, 4 J. Scott[S] 13.4, 5 J. Sloan[S] 14.3, 6 R. Jurowski[N] 15.2 M60 1 B. Pamaby[N] 13.6, 2 G. Bridgeman[S] 14.2, 3 W. Russell[S] 15.0, 4 J. Parker[S] 15.4 W35 1 K. Partridge[N] 14.8, 2 A. Page[N] 16.6 W45 1 P. McKinnon[S] 13.8, 2 S. Wood[S] 13.9, 3 P. Spence[S] 16.1, 4 C. Attey[N] 17.2 W55 E. Linaker[S] 15.5

200m: M40 1 E. Smart[S] 24.3, 2 A. Laird[S] 24.3, 3 M. Page[N] 27.1, 4 D. Hay[S] 27.9, 5 M. McDonald[S] 31.6 M50 1 S. Walton[N] 25.6, 2 B. Fenton[N] 25.6, 3 J. Rae[S] 26.7, 4 J. Scott[S] 26.7, 5 J. Sloan[S] 23.3, 6 R. Jurowski[N] 29.6 M60 1 B. Pamaby[N] 29.4, 2 G. Bridgeman[S] 30.3, 3 W. Russell[S] 31.3, 4 J. Parker[S] 33.3, 5 A. Pliner[S] 39.4 W35 1 J. Thompson[S] 31.1, 2 K. Partridge[N] 32.1, 3 C. Courtney[N] 34.6 W45 1 P. McKinnon[S] 28.8, 2 S. Wood[S] 30.2, 3 P. Spence[S] 35.7 W55 E. Linaker[S] 32.8

400m: M40 1 A. Laird[S] 53.7, 2 G. Eland[N] 56.4, 3 E. Smart[N] 57.7, 4 B. Forbes[N] 58.8, 5 A. McAlinden[S] 59.9, 6 R. Price[S] 72.1 M50 1 J. Rae[S] 57.7, 2 S. Walton[N] 60.9, 3 R. Harrison[N] 62.3, 4 J. Sloan[S] 64.8, 5 R. Jurowski[N] 68.5, 6 J. Freebairn[S] 72.2 M60 1 B. Pamaby[N] 67.1, 2 W. Russell[S] 68.5, 3 J. Parker[S] 74.5 W35 1 J. Thompson[S] 66.9, 2 K. Partridge[N] 70.8 W45 1 S. Wood[S] 73.3, 2 J. Ramnall[S] 78.8, 3 C. Scaries[S] 85.0

800m: M40 1 K. Archer[N] 2:05.0, 2 J. Duffy[S] 2:06.2, 3 A. McAlinden[S] 2:12.0, 4 G. Eland[N] 2:17.2, 5 J. Doyle[S] 2:17.2, 6 J. Whyllie[N] 2:18.9 M50 1 J. Douglas[N] 2:17.0, 2 B. Mackay[N] 2:20.0, 3 D. Fairweather[S] 2:24.0, 4 T. Attey[N] 2:28.0, 5 D. McKirdy[S] 2:48.1, 6 A. Edgar[S] 2:50.0 M60 1 A. Oliver[N] 2:34.6, 2 S. McLean[S] 2:40.4, 3 J. Parker[S] 2:53.5, 4 W. Russell[S] 3:33.0 W35 1 J. Thompson[S] 2:32.2, 2 K. Partridge[N] 2:49.1, 3 D. Monteith[S] 2:52.2 W45 1 J. Ramnall[S] 3:06.8, 2 J. Forbes[N] 3:29.5

1500m: M40 1 J. Duffy[S] 4:16.2, 2 K. Archer[N] 4:16.2, 3 A. Makepeace[N] 4:17.6, 4 A. Jenkins[S] 4:27.4, 5 A. McAlinden[S] 4:27.7, 6 W. Robinson[N] 4:45.5 M50 1 K. Bartley[N] 4:33.9, 2 R. Young[S] 4:42.5, 3 D. Fairweather[S] 4:43.8, 4 J. Linaker[S] 4:47.8, 5 B. Mackay[N] 4:50.6, 6 T. Attey[N] 5:01.7 M60 1 A. Oliver[N] 5:15.2, 2 W. McBrinn[S] 5:24.4, 3 S. McLean[S] 5:25.1, 4 J. Parker[S] 5:28.6 W35 1 L. Marr[N] 4:50.8, 2 J. Thompson[S] 4:58.5, 3 F. Florence[S] 5:23.7, 4 D. Monteith[S] 5:42.4 W55 M. Moore[S] 6:44.1

3000m: W35 1 L. Marr[N] 10:09.0, 2 F. Florence[S] 11:25.0, 3 D. Monteith[S] 12:17.0, 4 C. Courtney[N] 13:06.0 W45 E. Livingstone[N] 13:56.0 W55 M. Moore[S] 14:08.0
5000m: M40 1 J. Duffy[S] 16:31.0, 2 A. Jenkins[S] 16:33.0, 3 A. Makepeace[N] 16:36.0, 4 D. Gillespie[S] 16:43.0, 5 B. Forbes[N] 17:08.0, 6 G. Routledge[N] 24:08.0 M50 1 D. Fairweather[S] 16:54.0, 2 K. Bartley[N] 17:02.0, 3 R. Young[S] 17:22.0, 4 J. Linaker[S] 17:27.0, B. Mackay[N] 19:04.0 M60 1 E. Appleby[N] 18:58.0, 2 A. Prouse[N] 19:13.0, 3 A. Oliver[N] 20:12.0, 4 S. McLean[S] 20:15.0, 5 T. O'Reilly[S] 20:39.0, 6 W. Campbell[S] 20:44.0
TJ: M40 1 G. Eland[N] 10.06, 2 M. Page[N] 7.65 M50 1 J. Freebairn[S] 8.80, 2 J. Sloan[S] 7.91, 3 A. Edgar[S] 7.89 M60 F. Field[N] 7.78 W45 1 S. Wood[S] 8.60, 2 J. Ramnall[S] 8.32
LJ: M40 1 G. Eland[N] 4.98, 2 E. Smart[N] 4.19, 3 I. Hislop[S] 4.15, 4 M. Page[N] 3.88 M50 1 J. Freebairn[S] 4.29, 2 J. Sloan[S] 3.74, 3 B. Mackay[N] 3.46, 4 F. Smith[S] 3.23 M60 B. Pamaby[N] 3.98, 2 G. Bridgeman[S] 3.72, 3 D. Field[N] 3.52, 4 T. O'Reilly[S] 3.51, 5 M. Parker[S] 3.04 W35 1 J. Thompson[S] 3.75, 2 C. Courtney[N] 2.93, 3 D. Monteith[S] 1.13 W45 1 S. Wood[S] 4.45, 2 P. Spence[S] 3.11, 3 C. Attey[N] 2.31, W55 1 E. Linaker[S] 3.54, 2 M. Moore[S] 2.88

SP M40 1 J. Freebairn[S] 10.13, 2 J. Wild[N] 9.32, 3 J. Jack[S] 8.39, 4 A. Rodmell[N] 7.70, 5 I. Hislop[S] 6.94, 6 G. Routledge[N] 6.70 M50 1 J. Scott[S] 13.30, 2 W. Gentleman[S] 10.23, 3 J. Sloan[S] 10.09, 4 R. Jurowski[N] 9.38, 5 R. Harrison[N] 8.89, 6 J. Charlton[N] 8.82
M60 1 D. Field[N] 8.53, 2 B. Pamaby[N] 8.42, 3 G. Bridgeman[S] 7.39, 4 W. Main[S] 6.95, 5 J. Christie[S] 5.97 W35 1 C. Cameron[S] 10.83, 2 J. Ramnall[S] 8.06, 3 C. Courtney[N] 6.31, 4 A. Page[N] 5.52 W45 1 M. Swinton[S] 7.93, 2 P. Spence[S] 6.27, 3 C. Scaries[S] 5.71, 4 A. Lillie[N] 5.26, 5 J. Forbes[N] 5.17 W55 E. Linaker[S] 5.08
DT M40

RESULTS • RESULTS • RESULTS •

HT M40 1 J.Wild[N] 24.42, 2 J.Jack[S] 21.52, 3 A.Makepeace[N] 20.12, 4 A.Rodmell[N] 19.98 **M50** 1 W.Gentleman[S] 49.32, 2 J.Freebairn[S] 32.92, 3 J.Sloan[S] 24.32, 4 J.Charlton[N] 20.72, 5 R.Checkley[N] 14.02 **M60** 1 D.Field[N] 25.48, 2 W.Laing[S] 23.30 **W35** 1 C.Cameron[S] 33.52, 2 C.Courtney[N] 23.94, 3 A.Page[N] 16.12

Medley Relays: **M40** 1 NE 3:54.5, 2 SV 4:03.4 **M50** 1 NE 4:14.5, 2 SV 4:22.1 **M60** 1 NE 5:02.3, SV disq **W35** 1 NE 4:56.5, 2 SV 5:05.8 **Match Result:** Men: NEVAC 281, SVHC 277 Women: SVHC 132, NEVAC 58

SVHC 10 Miles Champs, Carlisle, 1/9/96

1 N.Mallman M40 56:25, 2 D.Gemmell M45 57:08, 3 A.MacDonald M40 59:50, 4 D.Fairweather M50 60:32, 5 J.Gourlay M50 60:42, 6 J.Doyle M40 60:49, 7 B.Rosborough M40 61:19, 8 B.Edridge M50 62:31, 9 R.Price M45 61:54, 10 T.Davies M50 62:31, 11 A.McKie M50 63:19, 12 S.Irvine M45 66:54, 13 P.McMahon M50 67:01, 14 J.McLvor M50 67:33, 15 P.Rudzinski M45 67:55, 16 I.Dunn M40 68:20, 17 J.Bourhill M55 68:25, 18 B.Kettles M40 68:29, 19 S.McLean M60 69:06, 20 D.Campbell M55 70:52, 21 J.Taylor M50 71:32, 22 D.Monteith W40 72:06, 23 W.Annour M65 73:35, 24 D.Tumbull M50 74:34, 25 W.Drysdale M60 76:05, 26 W.Ewing M55 81:19, 27 A.Duncan M70 102:03

Vets AC T & F Champs, Kingston-on-Thames, 25/8/96

100m: **M40** 1 A.Ross 11.9, 2 P.Lavender 12.0, 3 R.Sear 12.7, 4 P.Morgan 12.9, 5 I.Chamberlain 13.4, 6 A.Perry 13.9 **M45** 1 R.Fraser 12.1, 2 P.Pinnington 12.2, 3 D.Lucas 12.4, 4 A.Deleiros 13.4 **M50** 1 T.Bissett 12.9, 2 D.Whittaker 13.2, 3 T.Ryan 13.5, 4 C.Isetts 13.6 **M55** 1 J.McNamee 13.3, 2 J.Howe 13.7, 3 R.Bruck 14.1, 4 K.Burnett 14.9 **M60** 1 B.Gray 13.2, 2 A.Blackman 13.9 **M65** 1 C.Williams 13.5 [CBP], 2 C.Manning 18.4 **M70** 1 P.Munn 16.6 **M75** 1 S.Stein 16.5, 2 B.Metcalf 18.1 **W35** 1 D.Francis 13.9 [CBP], 2 J.McConaghy 14.1, 3 A.Bardell 14.2 **W45** 1 E.McMahon 14.3, 2 H.Saw 16.4 **W50** 1 R.Champion 16.1, 2 J.Eldridge 17.7 **W65** 1 J.Ogden 15.9, 2 B.Green 19.4

200m: **M40** 1 A.Ross 23.2, 2 P.Lavender 23.7, 3 M.Jackson 24.4, 4 P.Morgan 25.2, 5 R.Sear 25.9, 6 A.Perry 28.6 **M45** 1 R.Fraser 24.1 [CBP], 2 D.Lucas 24.7, 3 P.Pinnington 24.9, 4 A.Deleiros 25.7 **M50** 1 T.Bissett 25.6, 2 D.Whittaker 26.8, 3 T.Ryan 27.6, 4 C.Isetts 27.6 **M55** 1 J.McNamee 27.3, 2 J.Howe 28.0, 3 R.Bruck 29.3, 4 K.Burnett 30.8 **M60** 1 B.Gray 27.5, 2 A.Blackman 27.7, 3 G.Feast 29.1, 4 C.Taylor 32.4 **M65** 1 C.Williams 27.4 [CBP], **M70** 1 P.Munn 34.9 **M75** 1 B.Metcalf 39.0 **W35** 1 D.Francis 28.1 [CBP], 2 A.Bardell 28.4 **W45** 1 H.Saw 33.6 **W50** 1 R.Champion 33.3, 2 A.Nally 36.7, 3 J.Eldridge 37.7 **W65** 1 J.Ogden 34.0, 2 B.Green 39.3

110m Hurdles: **M40** 1 I.Chamberlain 16.9, 2 R.Sear 17.4, 3 Y.Ballard 19.7

100m Hurdles: **M50** 1 B.Ferguson 17.3, 2 J.Howe 17.7 **M60** J.Day 18.7

400m: **M40** 1 D.Wilcock 53.1, 2 M.Jackson 53.7, 3 J.Owen 55.1, 4 M.Chuter 55.6, 5 I.Chamberlain 56.5, 6 J.Ratcliff 56.7, 7 H.Featherstone 56.6, 8 R.Sear 65.1 **M45** M.Miller 60.2 **M50** 1 D.Whittaker 61.9, 2 D.Moir 64.2 **M55** 1 J.McNamee 60.6, 2 D.Barrington 65.1, 3 K.Burnett 71.0 **M60** J.Henning 75.1 **M65** G.Feast 66.4 [CBP], **W35** D.Francis 62.9 [CBP], **W45** H.Saw 77.4 **W50** M.O'Leary 82.8 **W65** B.Green 96.1 [CBP]

800m: **M40** 1 D.Wilcock 2:00.1 [CBP], 2 J.Owen 2:02.0, 3 M.Chuter 2:07.8, 4 J.Rutherford 2:11.7 **M45** 1 E.Connolly 2:08.1, 2 M.Miller 2:13.2, 3 D.Hayward 2:18.6, 4 C.Riordan 2:26.7, 5 G.Smith 2:29.1 **M50** 1 T.Mainwaring 2:24.5, 2 R.Somers 2:25.9, 3 P.Newton 2:26.9, 4 M.Legg 2:28.1 **M55** 1 D.Barrington 2:24.0, 2 A.Kimber 2:25.4, 3 E.Kimber 2:26.5, 4 G.Harold 2:33.9 **M65** 1 D.Thomas 2:32.5 [CBP], 2 M.Browne 2:53.6 **M70** B.Nielson 3:29.4 **M75** D.Eyers 3:19.5 **W35** J.Searle 2:32.5 [CBP], 2 A.Jones 2:39.1 **W45** J.Davies 2:34.9 [CBP], **W50** A.Nally 2:56.2 **W60** P.Jones 2:57.7 [CBP]

1500m: **M40** 1 D.Wilcock 4:23.0, 2 S.Outram 4:26.2, 3 S.Littlewood 4:27.1 **M45** 1 M.Miller 4:45.6, 1 G.Smith 5:03.6 **M50** M.Sawyer 4:54.9, 2 P.Newton 4:56.9, 3 R.Somers 5:04.4 **M55** 1 G.Harold 4:56.3, 2 M.Miller 4:59.0, 3 A.Kimber 5:06.5, 4 E.Kimber 5:08.0 **M60** R.Pitcairn-Knowles 5:18.8 **M65** 1 M.Browne 5:52.8, 2 R.Belmore 6:08.9, 3 C.Manning 8:25.6 **M75** 1 D.Eyers 7:04.5, 2 D.McMullen 9:34.0 **W45** 1 J.Davies 5:08.6 [CBP], 2 J.Heffernan 5:13.5, 3 L.Newton 5:49.0 **W50** M.O'Leary 5:55.5 **W60** P.Jones 5:59.6 [CBP]

5000m: **M40** 1 M.Lippitt 18:33.3, 2 G.Hatter 18:59.7 **M45** 1 A.Rich 17:25.3, 2 M.Owen 17:49.3, 3 R.Solomons 18:06.3, 4 G.Smith 19:10.1 **M50** 1 P.Newton 18:22.2, 2 G.Brady 18:44.9 **M55** 1 G.Harold 17:32.5, 2 M.Sawyer 18:08.9, 3 M.Miller 18:39.9, 4 M.Doogan 18:58.0 **M60** 1 R.Davidson 17:40.9 [CBP], 2 J.Portsmouth 18:26.0, 3 R.Pitcairn-Knowles 19:01.5 **M65** 1 S.Charlton 18:41.5, 1 K.Powley 20:33.9, 3 J.McQuillan 20:51.2, 4 A.Ferguson 21:50.3 **W40** A.Lippitt 20:29.6 **W45** 1 J.Davies 18:30.1 [CBP], 2 J.Heffernan 18:42.5 **W50** P.Rich 19:33.1 [CBP], 2 J.Kimber 22:42.9

3000m Walk: **M40** 1 D.Sharpe 16:01.2 **M45** C.Lawton 15:19.6, 2 C.Mitchell 17:48.5 **M50** P.Hannell 16:21.8 **M55** P.Cassidy 16:27.1 **M60** 1 D.Stevens 15:45.9, 2 R.Powell 16:37.4, 3 J.Godbeer 17:24.7, 4 K.Livernore 17:33.9 **M65** 1 M.Worth 18:26.2, 2 J.May 19:24.9 **M70** S.Bennett 19:43.3 **W40** R.Steinholz 21:43.8 **W45** L.Newton 17:01.7

HJ: **M40** 1 P.Oakes 1.60 [CBP], 2 D.Blunt 1.60 [CBP], 3 Y.Ballard 1.50, 4 P.Chapman 1.40 **M60** 1 J.Day 1.28, 2 C.Taylor 1.25 **W35** 1 J.McConaghy 1.45, 2 A.Bardell 1.30 **W40** J.Piercy 1.28 [CBP]

LJ: **M40** 1 I.Chamberlain 5.85, 2 P.Oakes 5.73, 3 A.Ross 5.49, 4 J.Ratcliff 5.07, 5 Y.Ballard 4.93, 6 D.Blunt 4.84 **M45** P.Pinnington 6.00 [CBP], **M50** C.Isetts 4.08 **M55** 1 J.McNamee 4.58, 2 D.Barrington 4.41, 3 R.Bruck 4.25 **M60** C.Taylor 3.76 **W35** A.Bardell 4.54 **W45** E.McMahon 4.49

JT M40 1 P.Oakes 48.16, 2 M.Small 40.18, 3 Y.Ballard 27.40, 4 P.Morgan 26.46 **M50** P.Cramp 42.00 **M55** 1 J.McNamee 30.30, K.Hall 30.12, 3 K.Burnett 19.90 **M60** C.Taylor 26.98 **W35** 1 J.Earle 19.20, 2 W.Dunsford 16.28 **W45** 1 M.Jones 15.56, 2 H.Saw 14.00 **W65** J.Ogden 28.58

SP: **M40** M.Small 12.25 [CBP], **M45** A.Richards 10.38 **M50** 1 P.Cramp 11.32, 2 J.Curtin 9.69 **M55** 1 P.Shevline 8.84, 2 R.Bruck 8.47, 3 K.Hall 7.30, 4 K.Burnett 6.19 **M60** 1 C.Taylor 10.18, 2 P.Tomney 8.19 **M75** 1 B.Metcalf 7.27, 2 A.Parsons 4.68 **W35** 1 W.Dunsford 10.55 [CBP], 2 J.Earle 8.83 **W50** 1 J.Spurr 6.94, 2 J.Eldridge 6.85, 3 R.Champion 6.59 **W60** 1 M.Grant-Stevens 6.34 **W65** J.Ogden 8.73

HT: **M40** M.Small 44.76 [CBP], **M50** J.Curtin 35.34 **M55** 1 P.Shevline 31.30, 2 K.Hall 28.10, 3 K.Burnett 14.16 **W35** 1 J.Earle 35.10 [CBP], 2 D.Singleton 32.76, 3 W.Dunsford 32.74 **W45** 1 M.Jones 23.82, 2 H.Saw 14.26 **W50** J.Eldridge 21.20 **W65** J.Ogden 24.74

DT: **M40** M.Small 39.88 [CBP], **M45** A.Richards 34.26 [CBP], **M50** 1 P.Cramp 37.26 [CBP], 2 J.Curtin 33.24 **M55** 1 J.Howe 32.88 [CBP], 2 J.McNamee 30.16, 3 P.Shevline 29.22, 4 K.Hall 28.26, 5 K.Burnett 20.72 **M60** 1 P.Tomney 33.82 [CBP], 2 C.Taylor 30.54 **M75** 1 B.Metcalf 18.98, 2 A.Parsons 13.08 **W35** 1 D.Singleton 30.86 [CBP], 2 W.Dunsford 30.76, 3 J.Earle 28.16 **W45** H.Saw 15.36 **W50** 1 R.Champion 21.38 [CBP], 2 J.Eldridge 19.14 **W60** M.Grant-Stevens 13.10 **W65** J.Ogden 18.60 [CBP]

PV: **M55** 1 J.Howe 3.20 [CBP], 2 K.Hall 2.10 **M60** J.Day 2.90 [CBP], **M65** A.Woods 2.90 [CBP], **W35** D.Singleton 2.30 [CBP], **W40** J.Piercy 1.80 [CBP], **W45** 1 M.Jones 1.80 [CBP], 2 L.Newton 1.60

Vets AC 5km Road Champs, Eastway, London, 27/10/96

Men 40-59: 1 D.Wilcock M40 16:51, 2 G.Hannaford M40 16:59, 3 S.Littlewood M40 17:20, 4 A.Rich M45 17:50, 5 G.Harold M55 18:00 [CBP], 6 D.Williams M50 18:13, 7 J.Shirley M45 18:24, 8 M.Sawyer M55 19:04, 9 L.Bard 19:07, 10 J.Isherwood M40 20:05, 11 R.Bale M50 20:14, 12 E.Kimber M55 20:24, 13 R.Turney M55 24:13, 14 J.Loosemore 24:28, 15 K.Burnett M55 25:59

Men over 60 and Women: 1 R.Davidson M60 19:02, 2 T.Everitt M60 19:41, 3 R.Pitcairn-Knowles M60 20:33, 4 P.Kearsey M60 22:05, 5 A.Jones W35 20:50, 6 P.Rich W50 21:21, 6 P.Kearsey M60 22:05, 7 P.Jones W60 22:43, 8 J.Hayward M65 22:51, 9 R.Curtis M60 23:24, 10 A.Ferguson M65 23:29, 11 G.Smith M65 23:49, 12 J.Kimber W50 24:16, 13 N.Cross W55 24:42, 14 J.Hay M70 24:53, 15 D.Eyers M75 26:09, 16 G.Eastwood M70 28:29, 17 B.Nielson M70 29:03

SVAC T & F Champs, Ashton-U-Tyne, 2/6/96

100m: **M40** E.Smart [G] 11.1, 1 C.Briggs 11.9, 2 R.Buckley 11.9, 3 M.Bullock 12.1, 4 G.White 12.4, 5 M.Moorhouse 15.9 **M45** 1 K.Gibson 12.1, 2 S.Entwhistle 12.3, 3 J.Buckingham 12.5, 4 P.Bellis 12.6, 5 J.Ellis 12.8, 6 A.McLeod 13.4 **M50** 1 G.Barratt 12.2, 2 V.Blanchard 13.3, 3 T.Ridsdale 14.3 **M55** 1 R.Anderson 13.2, 2 J.Newcombe 13.3, 3 P.Smoult 13.3, 4 J.Scott 13.3, 5 S.Shearsmith 13.7, 6 J.Mills 13.9 **M60** 1 T.Bowman 14.1, 2 J.Moran 15.1 **M65** J.Crehan 15.4 **M70** R.Clark 16.8 **W35** A.Brown 13.1 [CBP], 2 H.Barker 13.4 **W40** C.Slemon 13.5 **W45** 1 C.Marler 13.9 [CBP], 2 L.Ridsdale 15.4

200m: **M40** E.Smart [G] 22.9, 1 C.Briggs 24.4, 2 M.Bullock 24.4, 3 G.White 25.9, 4 P.Trickett 26.3 **M45** 1 M.Koorhouse 25.3, 2 S.Entwhistle 26.2, 3 J.Buckingham 26.5, 4 J.Ellis 26.7 **M50** 1 G.Barratt 25.3, 2 V.Blanchard 25.8, 3 R.Smoult 26.8, 4 R.Scholes 27.6, 5 T.Ridsdale 29.9 **M55** 1 R.Anderson 26.8, 2 J.Newcombe 26.9, 3 J.Scott 27.6, 4 B.Shearsmith 28.4, 5 J.Mills 28.7, 6 J.Wilson 28.9 **M65** 1 J.Moran 31.1, 2 J.Crehan 32.2, 3 J.Beswick 33.8 **M70** R.Clark 38.6 **W35** A.Brown 27.0 [CBP], **W40** C.Slemon 28.8 **W45** 1 C.Marler 28.1 [CBP], 2 M.Williams 30.2, 3 L.Ridsdale 31.4

400m: **M40** 1 D.Anderson 52.9, 2 R.Buckley 54.4, 3 M.Bullock 56.1, 4 P.Trickett 57.7 **M45** 1 P.Lavin 57.9, 2 S.Entwhistle 59.3, 3 S.Rees 60.5, 4 B.Gard 62.0, 5 J.Wheeler 68.2 **M50** 1 A.Eland 57.2, 2 V.Blanchard 57.5, 3 R.Scholes 60.0 **M55** 1 R.Anderson 60.8, 2 R.Smoult 61.4, 3 J.Wilson 64.7 **M60** J.Baron 62.1 [CBP], **M65** J.Crehan 77.6 **M70** K.Blanksby 84.3 [CBP], **W45** C.Marler 61.5 [CBP], **W70** M.Shone 80.5 [CBP]

800m: **M40** 1 D.Anderson 2:08.2, 2 D.Milling 2:09.6, 3 D.Ashcroft 2:20.7, 4 P.Trickett 2:27.0 **M45** 1 T.Peers 2:17.0, 2 L.Knox 2:28.6, 3 J.Wheeler 2:49.8 **M50** 1 A.Eland 2:12.0, 2 M.Martin 2:12.4, 3 R.Scholes 2:25.9 **M55** 1 J.Newcombe 2:18.9, 2 D.Voyle 2:32.0, 3 R.Smoult 2:33.2 **M60** P.Spratt 2:57.5 **M65** D.Howarth 2:46.8 **W35** S.Brown 2:35.8 **W45** J.Adams 3:11.8

1500m: **M40** 1 P.Milligan 4:18.3, 2 J.Crehan 4:23.5, 3 D.Bird 4:26.9, 4 P.Kenyon 4:34.8, 5 C.Cope 4:37.4, 6 D.Gaynor 4:38.7 **M45** 1 T.Peers 4:44.3, 2 L.Knox 4:48.9, 3 M.McGann 4:52.9, 4 A.Barlow 5:01.5 **M50** 1 M.Martin 4:28.9, 2 K.Bartley 4:37.6, 3 M.Cunningham 4:44.1, 4 R.Scholes 4:54.4, 5 D.Walton 5:12.1 **M55** 1 B.Swindells 4:47.8, 2 D.Voyle 5:04.8, 3 S.Sacks 5:05.6 **M60** 1 M.Morrell 5:08.4, 2 P.Brennan 5:10.6, 3 B.Rogers 5:25.3 **M65** 1 D.Howarth 5:31.6, 2 A.Singh 5:57.9, 3 B.Chatterton 7:44.2 **W45** 1 D.Barclay 5:21.8, 2 J.Adams 6:12.8

5000m: **M40** 1 J.Hardman 16:46.0, 2 D.Mellor 17:11.6, 3 D.Ashcroft 17:18.3, 4 R.Aspinal 17:28.1 **M45** 1 G.Caton 16:44.6, 2 T.Peers 17:04.4, 3 L.Knox 18:12.8, 4 M.McGann 18:39.2, 5 N.Shuttleworth 18:39.5 **M50** 1 M.Martin 16:29.4, 2 K.Bartley 17:01.5, 3 M.Cunningham 17:08.9, 4 K.Temperton 17:53.2, 5 D.Walton 18:19.0 **M55** 1 S.James 16:32.0 [CBP], 2 M.Howe 19:08.4 **M60** 1 P.Brennan 19:19.9, 2 B.Rogers 20:09.9, 3 J.Betney 21:24.0 **M65** 1 A.Singh 21:41, 2 J.Lawton 22:32.4, 3 P.Burns 25:59.5, 4 B.Chatterton 28:38 **W45** D.Barclay 19:24.4

110m Hurdles: **M45** A.McLeod 27.9 **M50** B.Chapman 23.4

100m Hurdles: **M60** 1 C.Shafto 16.2 [CBP], 2 T.Bowman 18.3

300m Hurdles: **M40** 1 C.Shafto 46.9 [CBP], 2 J.Baron 47.4, 3 T.Bowman 52.6

400m Hurdles: **M40** 1 D.Anderson 58.8, 2 R.Morley 62.0 **M50** 1 A.Eland 68.0, 2 B.Chapman 79.1 **W35** A.Brown 68.5 [CBP], **W45** M.Williams 90.9

3000m Walk: **M40** C.Senior 19:03.1 **M55** F.Pearce 19:14.4 **M60** F.Dawson 17:22.7 **M65** P.Burns 18:21.7, 2 V.Murray 20:51.1 **W60** G.Burns 21:33.3

HJ: **M40** D.Abernethy 1.71 [CBP], **M50** B.Chapman 1.35 **M55** J.Driver 1.30 **M60** C.Shafto 1.51 [CBP], **W35** H.Barker 1.54 [CBP], **W45** M.Williams 1.25

TJ: **M40** 1 C.Briggs 11.58, 2 R.Morley 11.18 **M50** B.Chapman 9.63 **M55** J.Driver 9.47

LJ: **M40** 1 R.Buckley 5.70, 2 C.Briggs 5.31, 3 J.Hardman 4.35, 4 D.Hale 3.43 **M45** 1 K.Gibson 5.16, 2 B.Gardy 4.95, 3 J.Ellis 4.79, 4 A.McLeod 4.52 **M50** 1 A.Eland 4.97, 2 B.Chapman 4.93 **M65** J.Crehan 3.87 [CBP], **M70** R.Clark 2.82 [CBP], **W35** H.Barker 4.69 [CBP], **W40** 1 B.Evans 4.55 [CBP], 2 C.Slemon 3.07

HT: **M40** P.Thomas 42.22 **M45** 1 B.Lockley 43.74, 2 T.Lalley 43.46, 3 M.Bousfield 36.78, 4 W.Renshaw 32.30 **M50** 1 J.How 35.14, 2 J.Smith 23.30 **M55** 1 W.Gentleman 49.18 [CBP], 2 G.Smith 26.66 **M65** 1 J.Watson 37.60, 2 A.Vovak 20.48, 3 Ant.Novak 17.08 **W35** 1 D.Smith 41.40, 2 K.Sharp 25.02 **W40** A.Foster 14.98 **W45** M.Cowap 21.10

DT: **M40** 1 D.Abernethy 42.12, 2 P.Thomas 35.86, 2 D.Gardt 30.70, 4 C.Senior 24.86 **M45** 1 W.Renshaw 39.54 [CBP], 2 T.Lalley 37.04, 3 M.Bousfield 33.96, 4 B.Lockley 30.44 **M50** 1 D.Myerscough 38.22, 2 J.Smith 31.06, 3 B.Chapman 30.10 **M55** 1 W.Gentleman 38.88, 2 G.Smith 31.78 **M60** 1 W.Mann 30.58, 2 M.Morrell 26.28, 3 J.Betney 20.16 **M65** 1 J.Watson 36.78, 2 J.Beswick 24.06, 3 A.Novak 20.58, 4 Ant.Novak 15.28 **M75** J.Dooley 16.49 **W35** K.Sharp 33.72 [CBP], **W40** 1 B.Evans 23.40 [CBP], 2 A.Foster 15.12

SP: **M40** 1 P.Thomas 13.69, 2 D.Gardt 10.06, 3 C.Senior 8.30 **M45** 1 M.Bousfield 11.88, 2 B.Lockley 11.34, 3 W.Renshaw 11.32, 4 T.Lalley 11.10 **M50** 1 D.Myerscough 12.62, 2 J.How 10.40, 3 J.Smith 10.06, 4 B.Chapman 9.03 **M55** 1 W.Gentleman 10.15, 2 J.Driver 8.54 **M60** W.Mann 9.90 **M65** 1 J.Watson 10.23, 2 A.Novak 7.16, 3 J.Beswick 6.91, 4 Ant.Novak 5.58 **M75** J.Dooley 7.70 **W35** 1 H.Barker 10.34, 2 K.Sharp 9.62 **W45** C.Marler 9.39

JT M40 1 D.Abernethy 51.90, 2 D.Gardt 34.24, 3 C.Briggs 32.86 **M45** 1 M.Bousfield 35.98, 2 T.Lalley 33.52, 3 W.Renshaw 25.98 **M50** 1 D.Myerscough 33.76, 2 B.Chapman 20.88 **M55** 1 G.Smith 36.32, 2 J.Driver 29.65, 3 W.Gentleman 27.98 **M60** 1 M.Morrell 38.30, 2 W.Mann 30.62, 3 J.Betney 21.74 **M65** 1 J.Watson 23.92 [CBP], 2 J.Beswick 23.00, 3 A.Novak 16.04, 4 Ant.Novak 10.58 **M75** J.Dooley 18.98 **W35** D.Smith 38.16 [CBP], **W40** 1 B.Evans 26.24 [CBP], 2 A.Foster 16.84 **W45** C.Marler 19.24

SVAC 10 Miles Champs, Warrington, 27/10/96

M40 1 M.Girvan 51:40, 2 A.Deane 52:03, 3 P.Kilgallon 52:38, 4 D.Carrington 54:10, 5 D.Gaynor 55:24, 6 J.Mason 56:12, 7 P.Sinnott 59:34, 8 P.White 59:54, 9 P.Morgan 60:08, 10 G.Schofield 60:20, 11 B.Green 62:10, 12 J.Ryan 62:47, 13 S.Cox 63:17, 14 S.Riding 63:48, 15 A.Boyack 63:48, 16 P.Garritty 66:2

FIXTURES

INTERNATIONAL

- 28 Feb 1st European Vets Indoor Champs and International guests, Birmingham cd 21/12, see ad. V/A 39
 31 May European Veterans Road Champs, The Hague, Holland,
 -1 Jun 10k & Half Marathon Runs and 30k/20k Walks
 29 Jun Veterans Grand Prix, Brugges. 10k & 25k see ad. page 15
 July World Vets Track and Field Champs, Durban, South Africa
 17-27 closing date March 15

NATIONAL

- 22 Feb BVAF Indoor Championships inc Pentathlon, Kelvin Hall, Glasgow see ad. page 14
 22 Mar BVAF Open Cross Country Championships, Silksworth, Sunderland see ad. p.9
 11 May BVAF 10 Miles Road Champs, Oswestry, [Provisional]
 18 May Veterans National Road Relays, Sutton Park
 28-29 BVAF Open Track & Field Champs, Blackpool. Details in June next issue of V/A

NORTH

- 15 Dec NVAC Christmas Handicap. 10K Road, East Cheshire H HQ, Richmond St, Ashton-u-Lyne. noon.
 5 Jan Monthly Run 10k C.C., Leverhulme Park, Bolton. Noon.
 2 Feb Monthly run 10K Road, Stockton Heath, Warrington. Noon.
 23 Mar Monthly run 10K Road, Ormskirk, Lancs. Noon.
 20 Apr Monthly run 10K Road, Wallasey, Cheshire, Noon.

NORTH EAST

- 4 Jan Sherman Cup Cross Country (Men), Sunderland
 11 Jan Mixed age group C.C. Relays, Wallsend, con. G.Routledge
 15 Jan Lunchtime 5K Road Race, Gateshead Stadium
 25 Jan North of England AA C.C Champs, Durham, Meadowfield (Contact G Routledge for forms for above events)
 8 Feb NE Harriers League CC, South Shields
 15 Feb Signals Road Relays 2.2 Miles, Gateshead
 19 Feb Lunchtime 5K Road Race, Gateshead
 22 Feb NE Harriers League C.C., Prudhoe
 23 Feb Winter Standards Meeting, Monkton Stadium, Jarrow
 16 Mar Winter Standards Meeting, Monkton Stadium, Jarrow

MIDLAND

- 15 Dec MVAC H'dicap C.C., Fox Hollies Leisure Centre, Sparkhill
 12 Jan MVAC C.C. Champs, Burbage Common, Nuneaton

EASTERN

- 12 Jan EVAC C.C.Champs, Grantham, Lines
 30 Mar EVAC 10K Road Race Championships, Biggleswade, Beds. Followed by AGM
 20 Apr EVAC Road Relays, 40-49 4 x 2 miles 50+ & women 3 x 2, Hemmingford Grey, Cambs. Guests Welcome.

SOUTH

- 21 Dec VAC 4.8m CC, Camp Road, SW 19, 3pm
 4 Jan Surrey Mens League, Div 4,
 11 Jan VAC 4.8m CC Mens Champs, 2.30pm Camp Road, SW19
 18 Jan Surrey Ladies League, Lightwater C. Park, Woking 3pm
 19 Jan The 46th Mitcham 25K Road Race (inc Grade 2 Vet awards) Entries £4 to 6 Tyers House, Aldington Road, London, SW16 1TJ by 7.1.97
 8 Feb VAC Womens C.C. Champs, Wimbledon, 2pm
 15 Feb Croydon H invitation 7.5 mile C.C., Lloyds Park, 3pm
 22 Feb Surrey Men's League, Div 4
 1 Mar South of England Vets C.C.Champs, Luton. Entry forms from SEAA Office, City of London Fruit Exchange, Brushfield Street, London E1 6EU. Prov SCVAC Champs
 15 Mar VAC 4.8 miles C.C., Wimbledon Common. 3pm

SOUTH WEST

- 16 Feb SWVAC Plymouth Hoe, 10M, 10.00am
 23 Feb SWVAC Winchester 10K, 11am
 2 Mar SWVAC Bideford 13.1m Champs, 10.30am
 16 Mar SWVAC Launceston 13.1m, 11am
 Above events open to correction

SCOTTISH

- 15 Dec Rolls Race, Bent Park, 2pm
 2 Feb SAF Indoor Championships, Kelvin Hall [provisional date] contact SAF
 22 Feb BVAF Indoor Champs, inc pentathlon, Kelvin Hall
 15-16 SAF Combined Events [Hept/Pent] Indoor Champs [inc. Feb veterans], Kelvin Hall, contact SAF

WALES

- 15 Dec Welsh Vets C.C. Champs, Michael Sobell Sports Centre, Aberdare, Entry forms A.A.W. Office, Merfai Stadium, Landore, Swansea SA1 7DF
 5 Jan Welsh Veterans 5M Road Race Champs, Llandaff Rugby Club, Cardiff. Contact K Bray 01222 214688

Solihull Championships, 18/8/96

The outstanding feature of the BVAF Pentathlon was the repeat of last year's struggle between Maurice Morrell and Joe Phillips in the M60 event, which was again won by Phillips but only by 12 points. Both scored much higher points than last year. Carole Filer exceeded the existing British Record in the W40 group and Tony Rawlinson set an inaugural M80 record.

In the BVAF 10,000m Track Walk Championship the walkers found the heat oppressive and times were slower. Even Bob Care looked exhausted at the finish. **John Quantrell**

BVAF 10000m Track Walk Champs

- 1 R.Care [Birch] M45 49:35.2, 2 B.Adams [Leic] M45 50:24.9, 3 J.Whyte [VAC] 57:26.7, 4 G.Chaplin [Cov] M65 57:53.3, 5 J.Steven [MVAC] 58:35.0, 6 D.Fotheringham [Bel] M65 59:22.0, 7 G.Jones [Cov] M50 60:28.0, 8 R.Powell [Enfield] M60 62:42.5, 9 W.Rawlins [B&Redd] M60 62:28.1, 10 R.Purkis [Steyn] M60 63:17.3, 11 K.Worth [B&Redd] M40 64:08.4, 12 E.Worth [B&Redd] W35 64:32.3, 13 E.Horwill [D&Stour] M60 64:39.0, 14 D.Withers [Birch] M65 64:47.7, 15 S.Bull [Tam] W45 69:57.3, 16 P.Emery [Enfield] M55 70:00.0, 17 P.Horwill [D&Stour] W60 73:16.5, 18 S.Haines [Wore] W50 75:04.6, 19 A.Keily [Derby] M75 85:33.8

BVAF PENTATHLON

		LJ	JT	200m	DT	1500m	Pts.
M40	T.Wall	6.04	31.12	25.8	27.98	4:39.3	2998
M45	B.Gardt	4.88	34.8	27.3	31.72	5:36.6	2742
	R.Stinchcombe	5.24	31.42	26.8	19.82	5:33.4	2572
	M.Robertson	4.67	35.12	28.7	21.74	6:48.0	2074
M50	B.Loten	4.82	38.4	30.4	33.3	6:05.0	2762
	D.Vaughan	4.62	28.64	29.4	25.16	5:20.8	2616
	J.Creaby	4.5	25.54	25.8	17.56	5:40.1	2537
M55	B.Charles	4.75	30.44	27.6	20.28	5:45.3	2947
	R.Farndon	3.7	20.2	29.7	18.44	5:30.9	2287
M60	J.Phillips	4.4	41.74	29.5	30.12	6:20.6	3239
	M.Morrell	4.11	38.86	31.4	25.38	5:10.6	3227
M65	D.Williams	4.04	27.34	31.3	28.54	7:59.8	2647
	N.Carter	3.31	19.98	37.4	23.76	6:58.9	1964
M80	T.Rawlinson	3.08	22.12	43	18.8	8:25.6	2490
		Hurdles	HJ	SP	LJ	800m	Pts
W40	C.Filer	12.6	1.43	6.71	5.28	2:49.0	3516
	G.Cunningham	14.1	1.43	7.42	4.72	2:54.7	3094
W50	J.Charles	16.3	1.17	7.23	4.08	3:27.1	2757

MVAC 10000m Track Champs, Solihull, 18/8/96

- 1 M.Flowers [Burt] M40 32:47.5, 2 I.Evans [Burt] M40 33:28.0, 3 D.Jones [W.Brom] M40 34:52.4, 4 T.Akiens [Rug] M45 35:01.8, 5 R.Stanier [Tip] M40 35:51.2, 6 S.Loundes [Chase] M40 36:38.2, 7 J.Heywood [Huncote] M50 36:55.0, 8 G.Oliver [100k] M60 38:54.3, 9 P.Morris [Sol'hull] 39:53.3, 10 T.Marchi [Sphinx] M55 43:17.5, 11 G.Phipps [Leam] M70 43:37.7, 12 J.Fraser [Owls] M70 46:20.5

The British Veterans Throwers Pentathlon

I am always amazed to hear various sporting organisation leaders boasting that they represent the fastest growing sport in the country, but I am delighted to say that, although the multi throwers may not be the countries largest sporting group, our numbers have grown to such an extent that it is almost impossible to conduct the Throwers Pentathlon Championships, except at a venue with two or more caged areas.

We are the victims of our own success, and, although it is pleasing for those involved to see this, it is not so gratifying for officials or competitors to find that it has taken over seven hours to complete a championship. Even more so when one considers that there were four times as many competitors in Mulheim, each taking part in ten events and the throwing was completed quicker than the five events at Solihull.

Having said that, all the competitors would like to pay tribute to MVAC for it's sterling efforts over many years and at a time when others did not want to know. As a result of the success and popularity of this event other organisations are showing interest and wish to take over. However, apart from the fact that the Midlands area is the most convenient, we wish to repay the loyalty shown to us!

Those who have thrown in Hungary or Switzerland will be aware that throws are marked, in that a numbered marker is inserted at the appropriate place after the first valid throw, and remains in position until final measurements are taken at the end of the event. In other words, one throws three times and measures once, which is a far more sensible arrangement, as the competition proceeds on an expeditious basis without constant interruptions for measuring. The competition is finished in half the time and interest is held at a high level for both athletes and spectators. I can think of little more soul destroying than watching a barren arena, waiting for some sort of implement to land.

Turning to the competition itself, Malcolm Fenton lived up to his reputation and threw the hammer nearly 60 metres. Despite his muttered remark about whether to wear a belt or a truss, his other throws were pretty useful as well. The M55 group provided some close competition with Bill Gentleman retaining his title. Jack Kee admitted to having enjoyed an excellent lunch and he had supplemented it with something which should not be mentioned in these columns!

John Conboy was in excellent form with the heavy hammer. Having made the obligatory complaint about the size of the hammer handle, he then proceeded

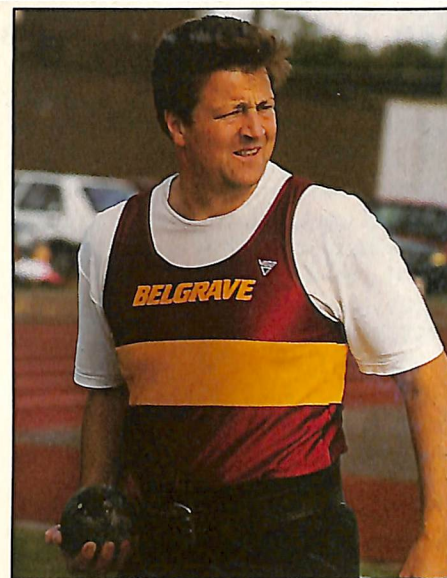
to get the implement caught up in the cage. I have seen many accomplished performances with the heavy hammer, but never one to match that. When he looked at me I knew that I was entirely to blame for his misfortune, so the good news for all those with large hands is that I have made the handle considerably bigger.

Finally, on behalf of all the other throwers I should like to thank Norman Carter for the trophies which he was kind enough to provide. There was one each for the highest male and female points scorer. Norman said that these were presented in memory of his late wife, Pamela. Bill Gentleman and Avril Williams were the deserving recipients.

Hugh Richardson

		Hammer	Shot	Discus	Javelin	Heavy Hammer	Pts
M40	M.Fenton	59.24	14.04	40.24	37.96	14.91	3728*
	J.Little	43.24	11.85	41.14	43.83	12.48	3258
	M.Small	42.80	12.74	38.80	40.98	12.04	3181
	D.Brown	24.92	12.24	29.56	29.92	7.21	2149
	C.Murphy	24.68	8.96	28.02	27.48	6.97	1848
M45	T.Lalley	43.52	10.68	38.10	32.26	12.09	3254*
	M.Bousfield	37.26	10.92	32.86	41.10	8.35	2941
M50	J.Conboy	41.98	11.71	37.66	34.80	15.78	3569
	P.Duckers	28.42	10.21	28.66	31.44	12.91	2737
	B.Loten	22.78	10.39	34.94	38.54	9.84	2731
	P.Owen	19.84	7.93	29.42	40.48	8.21	2316
M55	W.Gentleman	49.44	10.72	38.10	28.36	15.77	3963
	J.Kee	47.64	10.11	36.52	27.46	15.53	3796
	H.Richardson	41.88	9.67	36.10	37.40	14.65	3789
	E.Figueroa	34.96	10.23	35.58	34.58	12.56	3453
M60	B.Sumner	38.08	10.90	35.68	29.30	12.21	3381
	C.Brand	27.78	10.68	39.22	38.08	10.84	3325
M65	D.Williams	27.82	7.86	29.64	25.30	10.98	2900
	N.Carter	17.40	6.69	27.16	25.40	7.34	2238
	G.Roberts	23.98	5.73	19.30	9.30	7.67	1752
M70	J.Gercs	24.16	9.53	30.60	22.18	10.27	2957
W35	W.Dunsford	32.00	10.23	29.60	16.70	9.35	2439*
	J.Earle	32.44	8.73	27.60	18.56	10.10	2413
W40	S.Creasey	25.10	6.77	20.14	19.12	8.58	2098
	C.Smith	22.14	6.54	21.50	13.94	6.48	1729
W45	C.Dawson	18.52	6.95	23.72	19.46	8.23	2299
	M.Cowap	19.68	5.12	15.50	9.52	3.53	1299
W50	M.Swinton	33.28	8.53	22.58	19.70	11.12	2928
W60	A.Williams	20.22	7.94	18.26	26.68	7.30	2951*
	B.Dunsford	22.62	6.20	12.06	9.88	5.05	1880
W65	J.Ogden	26.40	8.91	19.78	30.40	7.55	3955

*denotes British Record



Jeremy Hemming

Mike Small, third in M50 group

Below: A 1-2-3 for British W35 hammer throwers in the European champs. Wendy Dunsford [1st], Jenny Earle [2nd.] and Claire Cameron [3rd], with the other finalists.



Barbara Dunsford

Ten Trivia for Veteran Athletes by Veronica Manley

1 The % loss of World Record [WR] running time is approximately 1% each year, corresponding to the 1% decline per year in maximum heart rate [MHR]. It is in the 100m sprint, however, that the decline is least apparent. Veteran sprinters maintain over 50% of their ability until the 80-84 age group! Even more remarkable, the 85+ WR for 100m is 60%WR!

2 The WR for the M85 one mile run is an amazing 8.07 minutes. Most people, even those under the age of 40, cannot jog one mile without stopping, let alone run the distance at that pace.

3 The term $VO_2\text{max}$ describes the maximum oxygen uptake of an athlete to complete a task before fatigue forces cessation. Research has shown that veteran athletes experience less decline in $VO_2\text{max}$ with aging compared to the sedentary population. However, it declines more rapidly in those athletes who decrease the frequency and intensity of their training programme compared to those who continue competing. Train hard, therefore, and compete often in order to forestall $VO_2\text{max}$ decline.

4 Age in itself does not appear to be a deterrent to endurance training. However veteran athletes do not achieve the same absolute gains as a younger athlete with an identical training programme, although the relative gains are similar. Take note, therefore, carry on with fartlek and interval training, but include longer recovery sessions and perhaps fewer reps.

5 The cardiovascular benefits of exercise - increased blood flow, improved oxygen uptake and a stronger heart - are only effective as long as exercise intensity is maintained. In fact some measures of fitness decline by 50% within three weeks of cessation of training and all benefits previously gained would then reduce the status of a veteran athlete to that of a moderate exerciser within a few months! Carry on running - hard!

6 Blood lactate threshold, the level at which the accumulation of lactic acid forces the athlete to slow down or stop, not only occurs earlier in a veteran, but, due to a high rate of intramuscular blood flow, the high lactic condition remains longer and continues to rise for between three to seven minutes after exercise has stopped. All veterans should end their race or hard session with a cool down jog or, better still, a massage.

7 After the age of 25, the average adult loses 1lb. of muscle every two years, primarily due to non use! Experiments have shown that lower body muscles waste faster than upper body muscles, and that eccentric work [eg. running downhill] declines faster than concentric work. Carry on running to maintain

lower body musculature and practice running downhill fast to maintain strength and balance.

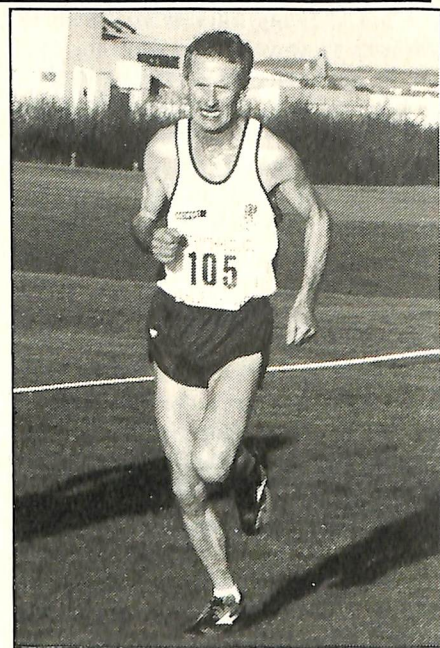
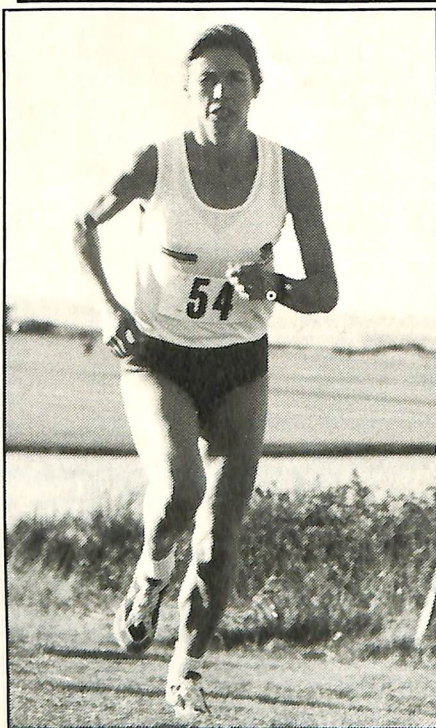
8 Running [and all exercise] slows down the rate of bone loss in both males and females. When a bone is stressed, as in athletics, it converts mechanical energy to electrical energy, a process that activates the bone forming cells in the area of the stress. This increases calcium levels. It is far better to increase bone strength this way than to rely on the use of calcium supplements and, for women, HRT which in itself only contributes towards altering the rate of bone loss, without the associated bone re building component.

9 Residual volume [air left in the lungs after full expiration] of a 20 year old is approximately 20% of total lung capacity. By the time he is 60 this residual volume increases to about 60%. However research has shown that trained veterans [40-45 years] have lung capacities that have not changed since their 20's. The process of respiration is much harder as a person ages, partly due to the

increased rigidity of the rib cage and loss of contractile strength in the intercostal muscles. Work that upper body occasionally and practice emptying your lungs occasionally.

10 Thermo-regulatory control is maintained better in runners than in sedentary controls, due to increased blood supply and a more responsive heart regulatory mechanism. Trained runners dissipate heat faster and cool the body more effectively. This means that the heat generated causes less physiological strain and thus prolongs exercise tolerance. Get out and acclimatise the body to summer heat and you will be able to cope better with summer mid-day races.

Veronica Manley has offered to answer member's questions, give training tips or advice on injury prevention/treatment and nutrition through these columns. She has many years experience as a graduate sports teacher [teaching adults], runs her own fitness consultancy business and is a practising private physiotherapist. She is an enthusiastic member of the Eastern Veterans AC. Please send any queries to the editor, address on page 6. Editor.



International Cross Country, Irvine:
Left: Jane Davies, W45 winner.
Above: Graham Patton, M55 winner.

Track and Field Rankings

It is not too late to submit men's and women's 1996 performances to the relevant compiler. Men's performances should be sent to David Burton, 71 Nethergreen Road, Sheffield S11 7EG, women's to Sally Gandee, 4 Westfield Road, Hertford SG14 3 DJ. The rankings will be available early in 1997. This year the men's rankings will incorporate an all time top ten. The rankings will cost £2.50 +sac.

David [Chairman, BVAF Records Committee] and Brenda [V/A Fixtures

Secretary] Burton will be moving early in January [exact date not yet known] to 22 Chandlers Way, Steyning, West Sussex BN44 3NG tel 01903 812 716. Post will be re-directed, but record applications, fixtures, men's performances and requests for rankings should be sent to the new address after early January.

BVAF Track & Field 1997

The 1997 Championships, to be organised by NVAC, will take place at Blackpool, June 28-29. More details will be published in the next issue of V/A

Frank Evans: An Appreciation

In Australia earlier this year the death occurred of 71 year old Frank Evans, former British middle distance international and World Veteran Champion par excellence. Born on April 7 1925, Lancastrian Evans' younger days as an athlete were as a half miler with Manchester A & CC.

One of his earliest championship victories was in the 1949 Northern Area 880yd. in 1:58.8, followed by a fifth placing in the AAA final, a position he repeated in the same event a year later, but with the much improved time of 1:54.1. Ever the determined and reliable competitor, he came into greater prominence in 1951 with another Northern 880yd. victory [1:54.7], and a well deserved second place [1:53.2] in the AAA final behind the tall Jamaican Arthur Wint won him his first International selection.

Third place in GB v Yugoslavia match [1:52.6] was followed by a place in the quartet which attacked the world record for the 4 x 880yd. relay in a late season match against Sweden. Evans' 1:53.6 on the third leg followed Bill Nankeville's 1:53.4 and Albert Webster's 1:52.8 while anchor man Harold Parlett's 1:50.8 clinched the British victory in 7:30.6, 1.2 sec. inside the old record.

In Olympic year 1952 Evans ran into his best form, with a win for Lancs. in the Counties AU championship and a third place in the AAA final assured his selection for the Helsinki Olympics along with Webster and Tom White. After a relaxed opening heat, a far too ambitious opening 400m in his semi final made him fade to a disappointing 8th. in 1:56.8. However, in what was probably his last race in the UK, he made amends with a personal best 1:52.4 for second place in the GB v France later in the season.

After emigrating to New Zealand little was heard of Frank Evans for many years. New Zealand was awarded the fourth World Veterans Championships and it seemed as if all eligible veteran athletes in that sport mad country had gone into training for the events to be held at Christchurch in January 1981. While training at Auckland's Mount Smart Stadium prior to those games I was much impressed by the fitness of a certain sprightly looking man who was doing sets of repetition runs. When I spoke to him I recognised Evans, still looking the part with the same style, strength and deceptive turn of speed. These qualities were to make this new "flying kiwi" a prolific winner of world veteran honours.

At the Christchurch meeting he was in superb form, winning the M55 400m in 56.70 and the 800m in 2:08.66, the

latter time well inside the world record of 2:10.11.

Two years later in Puerto Rico he retained the 800m title in 2:10.4. In Rome in 1985 two M60 world records fell to Evans' flying feet. These were the 400m in 58.11 and the 800m in 2:14.02 in his heat en route to his second gold in 2:14.79. Across the Tasman sea at the Melbourne games of 1987, he suffered a rare, but narrow, defeat in the 800m to fellow New Zealander Derek Turnbull in an amazing neck and neck sprint finish, their respective times being 2:14.42 and 2:14.44.

Having in the interim moved to Australia, Evans' only [and last] world championship appearance in the green and gold was arguably his greatest ever. The scene was the University Stadium at Buffalo in July 1995. He won the M70 400m in 63.76 and the 800m in 2:37.14, both victories by a huge margin. He was also a member of the winning Australian teams in both the 4 x 100m and the 4 x 400m relays.

Four gold medals to a most unassuming athlete and sportsman who, alas, never fulfilled his planned return to the UK.

Ian Steadman

Trackside Chat

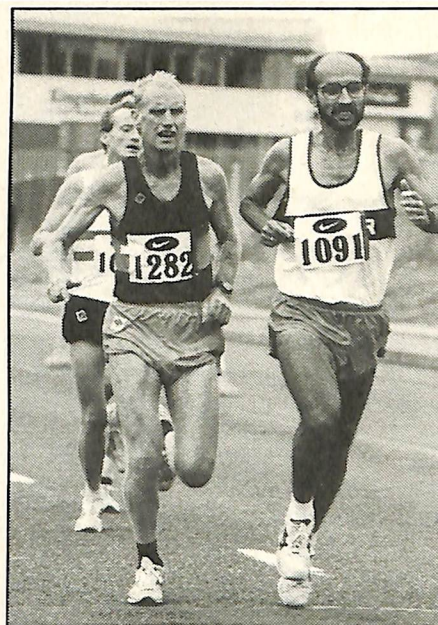
Extracts from interviews by Alastair Aitken with BVAF winners at Exeter

Steve Peters, winner of M40 200m in 22.40: "I did not train hard until I became a veteran three years ago. I really worked hard at it last winter and it is has paid off as I broke the European Record with 22.23. My main training is repetition 300m efforts. I intended to concentrate on the 400m with that type of training but surprisingly it has brought down my 200m times".

Bob Care, overall 3000m and 5000m Walk Champion: "I am aiming for the European Indoors and still hope to get a medal, even though I am 49 and the wrong end of my age group. I do two track walk interval training sessions each week and the remainder of my training is running, including a long run on Sundays".

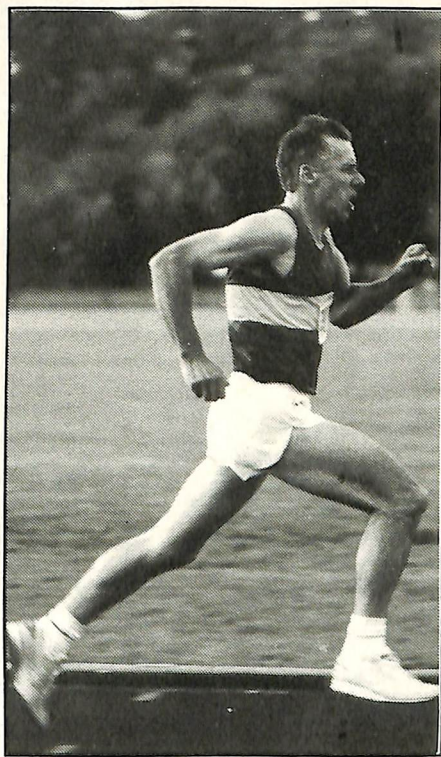
Colin Fairey, M80 British Records in both 100m [15.79] and 200m [35.05]: "I had a heart attack 10 years ago and was told that it was only my fitness that saved me. Since then I have become a walking disaster as I have cancer of the prostate and a hernia, but I am running faster this year than I was last year".

Doug Adair, M70 Championship Best Performances in both 100m [13.70] and 200m [28.43]: "I was a Kent County Champion in my youth but stopped run-



BVAF 10km. Chelmsley Wood: Ahmed Amraoui, 1091, and Brian O'Neill, 1282,

Below: Charlie Dickinson, VAC M45 10000m Track winner



ning in 1954. I started again in 1970 but an achilles tendon snapped and I did not run again for 20 years. I only started again four years ago. I am now using a much lower knee lift which gives me faster leg speed".

Monica Shone, ran a W70 200m World Record of 33.19: "I had been a PE teacher all my life as well as a mountaineer and skier and played lacrosse for Wales for 10 years. I started running with the marathon boom but had gone off road running and wanted to try the track. I won the 400m in Malmo in 79.45 a British Record and just outside the World Record, but I am not really a 200m runner, no power or explosion".

Are Runners Getting Older and Slower, or Just Older?

When the results of this year's Rainow "5" Hill Race are compared with the 1992 results, there appears to be a definite shift in the age profile of the male runners taking part. Even a brief look at the results suggests that the average age of the runners in this race is increasing.

This is clear from the age profile illustrated here. Whereas in 1992 the largest group of runners was the senior men, this year the largest group was the M40. A comparison of the times profile shows a similar pattern. Although the highest percentage time band was the same in both years [40-44 min] the percentage in this band increased from 36% in 1992 to 44% in 1996. This was accompanied by a reduced percentage in the 35-39 and 50-54 minute bands in 1996, suggesting that there were more runners bunched in the middle of the pack.

No statistical tests have been applied to these observations and there are probably lots of reasons for these changes from 92 to 96. However, they are consistent with other evidence of more vets and fewer senior runners in many races. The implications of this trend, if it is a trend, are obvious, ie, a steadily aging band of veteran runners and a dwindling number of senior runners. However, one practical implication, at least in the

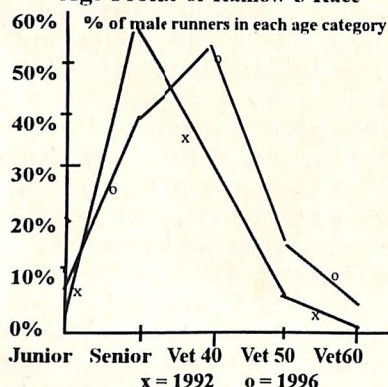
Rainow race is the queuing, which increasingly occurs at stiles and gates along the route as more runners bunch in the middle of the field.

These observations, if confirmed by experiences in other hill, road, cross country and track races, suggests that we may have to look more closely at what attracts people, particularly juniors, to take part in races. Is there perhaps a case for providing more attractive racing

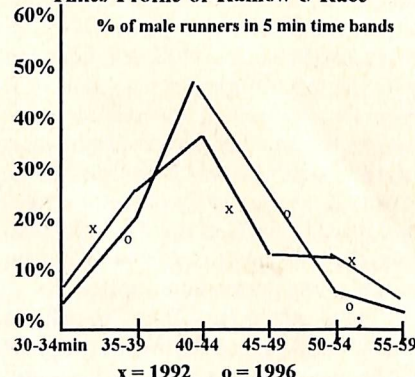
opportunities for younger runners to encourage them to take part and to continue racing? Are schools doing enough to encourage participation in sport? Are clubs, particularly the more senior club members, doing their bit to provide a welcoming and enjoyable sport with good coaching, training, competitive and social opportunities? I would be interested to hear the experience and views of race organisers and other runners of all ages.

Ralph Murray, Macclesfield H.

Age Profile of Rainow 5 Race



Times Profile of Rainow 5 Race



1997 BVAF 10 Miles

The first BVAF Road Championships of 1997 will probably be the 10 miles, staged at Oswestry again. The provisional date is May 11. Confirmation is expected soon.

Hat Trick for Gates

Nigel Gates won the Les Jones memorial Trophy for the third successive year at the Safeway Cross Country at the Gateshead Bowl on November 23. Second was Scotland's Brian Kirkwood, and Matt Shields, from Belfast, was third.

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