

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVA

Number 41

The Newspaper of the British Athletics Federation

Winter 1997

## SIMPLY THE BEST

The decision was unanimous. Every one attending the European Veterans Indoor Championships, whether as athlete, official, spectator or volunteer, all agreed that this was the best indoor championships they had seen.

Throughout the three days of competition, Chief Announcer Brian Owen used the Tina Turner smash hit "Simply The Best" every time a world record was set or an outstanding performance achieved. We set out to create "The Friendly Championships" and we were successful. Every one had smiles on their faces and camaraderie developed between athletes and officials. The WAVA and EVAA officials were so impressed

that there is talk of Birmingham being made the permanent home of the championships.

It was the extreme ends of the age scales that stole the show. Who could ever forget 95 year old Everett Hosack running the 400m or the Telford children carrying out their farewell lap of honour performing cartwheels? Special thanks must go to Lord Howell, the event Patron, who enjoyed two days as a spectator, and also to the BAF personnel who made long journeys to attend, to the hard working organising committee and to the many volunteers who gave up so much of their free time.

**Ron Bell, Executive Director, EVIC 97**

## A Feast Of Athletics

**Geoff Ashby reports on the European Veterans Indoor Championships**

An entry of 1310 athletes, from 29 European countries with guest athletes from the rest of the world, competed over three long days and treated themselves and spectators to an exhilarating and exciting spectacle.

The facilities at the National Indoor Arena were, as usual, second to none. The organisation by the BVA was very well done, the competition was intense and the atmosphere was so informal and friendly. With the exception of running behind schedule on an ambitious first

days programme and some complaints of slow posting of results, it was difficult to find anything to criticise. Bearing in mind the length of the programme, with at least 150 events spread over the age groups, plus all the heats and semi finals required due to the large entry, the organisation was exceptional.

The standard of competition was remarkable and records fell like ninepins. More than 50 age group World Records were broken in addition to numerous European new marks. The women's W50

**M50 1500m Final: Part of the line up: from left, B-E Franzen [Sweden], John Potts [1st], Malcolm Martin [2nd], Neil Robson, John Wallace [3rd] & Bryan Mackay.**



**John Harris, Chelsea Pensioner and BVAF member, carries the flag.**

age group was dominated by two athletes. The amazing American athlete Phillippa Raschker, in her first year in the W50 group, competed in seven events and set seven World Records! Most of her wins were by a very wide margin. She won the 60m, 200m, 60m hurdles, high jump, long jump, pole vault and triple jump. She really is in a class of her own. Pat Gallagher won all three middle distance W50 titles, breaking two World Records. In the 3000m she powered her way to 10:24.38, a time 11 seconds faster than her existing World Record.

Northern Ireland's Jimmy Todd, set three M75 World Records for the 800m, 1500m and 3000m. His time for the 800m, an outstanding 2:42.35 was almost 11 seconds faster than the previous best. Evergreen Mary Wixey can usually be depended on to produce records and this occasion was no exception. She won four titles, including three new World Bests in the 200m, long jump and triple jump. Carina Graham made the most of her first year in the W60's by winning four titles which included World Records in the 60m hurdles and the triple jump. Rosemary Chrimes, also W60, set two World Records in the high jump and shot putt. Other British athletes to set World Records were Viv Oliver [200m], Charlie Williams [200m], Toni Borthwick [400m & 800m], Jennifer Cunnane [pole vault] and Caroline Marler [400m].

[continued on page 2.]

Jeremy Hemming



## Some of the Top Performers



Jeremy Hemming



Jeremy Hemming

Above, left Phil Raschker, set seven World Records: Centre, Rosemary Chrimes, two W.R's: Right, Pat Gallagher, [two W.R's], 221, laps M. Rosado USA: Bottom right, 95 year old Everett Hosack

[continued from page 1]

Two of the best field event contests, the M40 high jump and the W35 triple jump, were the final field events. The interest was so high that an appreciative large crowd of spectators stayed right to the end to cheer them on. The main interest in the high jump was the appearance of the Polish former Olympic medalist Jacek Wszoka, indicating a potential M40 World record of 2.07m. After a long battle Wszoka was on his own at 1.90m. He cleared 2.01m the first European vet to jump over 2.00m indoors, but narrowly failed to beat Jim Barrineau's 2.07m mark. It was an absorbing contest that captivated the spectators.

The W35 triple jump was even more nail biting. The World Record for this age group was improved an astonishing 17 times during the course of the event. Jenny Brown started it off by leaping beyond the old record with her first jump. Others improved it still further! Both Agni Georgiou [Greece] and Petra Hermann [Germany] set new records with each of their six jumps. Hermann's final jump took the record to 11.96m, with only Georgiou to jump again. Amid great tension and excitement Agniou leapt one centimetre further to win with 11.97m.

Of course, all of the top class competition was not associated with breaking World Records. Northern Veterans AC stalwart Derek Howarth M65 won all three middle distance events, but what a race he had in the 800m! He was leading with 200m to go when the pre race favourite Tom Clowry made his effort along the back straight. At first we were sure he had made it but Howarth responded, kept Clowry on the outside and inched ahead in the home straight. In the M60 800m, Leonard Tew sprinted the last 200m and showed the more fancied

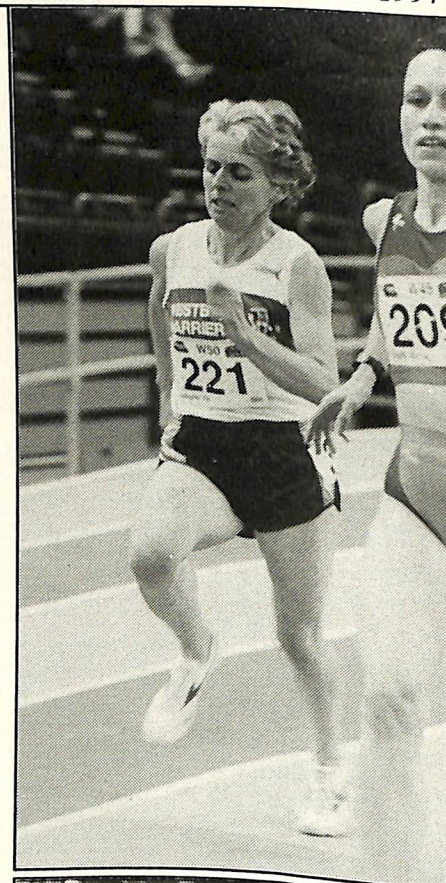
Mike Fox and Wilf Morgan a clean pair of heels to record a fast 2:22.97.

Stephen Peters, 43, the current European outdoor sprint champion, scorched round the arena to record an impressive 22.82 for a European Record. The flamboyant Ron Taylor, M60, treated us to one of his all too rare appearances to record an emphatic sprint double. The 1500m and 3000m events provided lots of excitement. Norwegian Harald Nygard impressed in both events with a particularly fast 4:12.68 in the M45 1500m. The M40 3000m saw eight men beat nine minutes for the distance, with Mike Girvan crossing the line in 8:43.62.

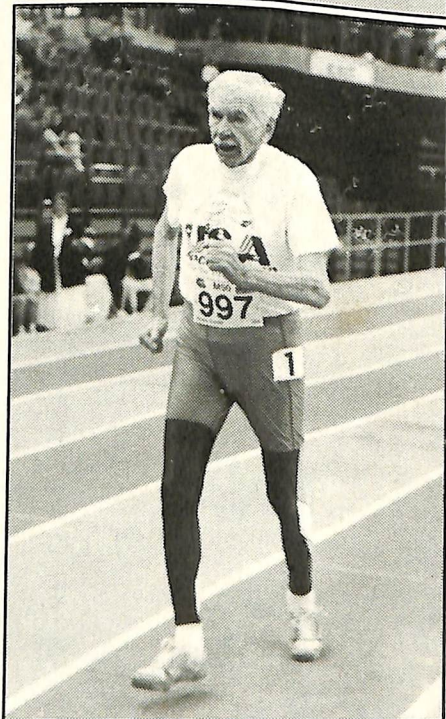
We saw quality pole vaulting from M40 Peter Pazak [Slovakia], a great M50 duel between Glyn Sutton and Vayrynen [Finland] in which Sutton had to settle for silver although on equal height, and a 7.12 long jump from Binna [Austria]. There was so much quality competition that it is only possible to cover a fraction of it in this report.

The walkers, too, tasted their share of glory with six World Records. Britain gained two of these, by Sylvia Black [W50] and James Grimwade [M80]. The best race in the Walks was undoubtedly the combined M40 - 45 event. Baeza Serrano from Spain set a hot pace throughout and was first past the post, but he had been disqualified towards the end of the race. The new leader was 49 year old Bob Care. With 30 metres to go new vet Noel Carmody surged past, although Care was still the winner of the M45 group. Peter Hannell led the M50 event from start to finish to win by well over a minute.

The oldest competitor in the arena was Everett Hosack from USA. He celebrated his 95th birthday on the first day of the championships and the crowd was



Jeremy Hemming



Jeremy Hemming

rooting for him every time he competed. He achieved five World Records, in the 60m, 400m, long jump, high jump and shot putt. When he competed together with the M80's and M75's in the 400m, virtually everyone in the arena clapped him every step of the way round the two laps of the track. It was unforgettable.

This was a most successful inaugural championships and the BVA must be proud of the achievement. One of the last to leave the arena on Sunday evening was Philippa Raschker, who set seven World Records. She said, "You have all done a wonderful job. Please do it again."



## Indoor Arena Chat by Alastair Aitken

Pericles Pinto, [Portugal], winner of M60 long jump in a World Record 5.54m, now lives in Lisbon but was born in the Cape Verde Islands, where his brother in law is now the President. It is interesting to see how his performances have declined with age. As an M40 he jumped 7.34m, at M45 7.15m, at M50 6.54m, and at M55 6.20m. This was his first ever competition on an indoor track. He is now training for the WAVA championships in Durban and believes that he can beat the outdoor record. He won silver at both long and triple jumps at Buffalo. Pinto has competed in 19 World and European championships and so far has won 23 gold, 16 silver and 6 bronze.

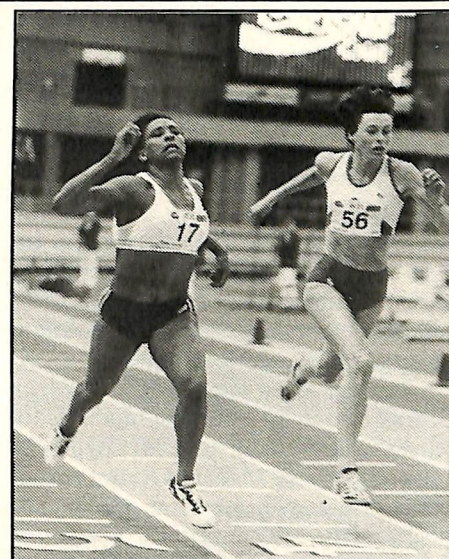
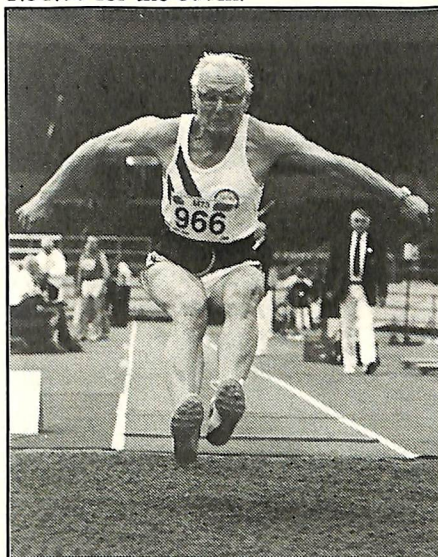
Tom Watters won the M40 60m in 7.38. Born in Edinburgh, he now lives in Jedburgh. He only took up running three years ago and is coached by John Steede. He has been running on the professional circuit in Scotland. As this is handicapped he was keen to see how well he could perform against athletes his own age and from a straight line start.

Norwegian Harald Nygard's positive tactics gave him impressive wins in the M45 1500 and 3000m. He recalls racing against Steve Ovett in Oslo. He is now a social worker on drug related problems

in Bergen. He trains 50-70km each week.

Pam Jones won three W60 titles at 800m, 1500m and 3000m. During the previous three weeks she had competed in the Essex 20 miles and the Essex Half Marathon.

Alois Egger, won the M40 1500m in 4:13.47. He lives in the Austrian Tyrol and trains 140-160 km weekly, mainly on snow. There are few other runners so he trains alone and last year ran a solo 1:58.00 for the 800m.



Above: W35 200m. Veronica Boden, 17, holds off Lynn Talbert, 56.

Left: M75 Alan Lovett jumps 4.03m to gain a bronze medal

### European Indoor Results

Illustrated booklets containing full results of every event, including heats and semi-finals, of the European Veterans Indoor Championships, are available from S.C.S, 8 Sandygate Park Road, Sheffield S10 5TY at a cost of £4.00. Cheques should be made payable to BVAf.

Please call for special rates for the Brugge Veterans Grand Prix - 29th June 1997

### 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 11th. April 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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## Hot Competition at Kelvin Hall

Bill McBrinn Reports on the BVAF Indoor Championships

The gale force winds that had been blowing all the previous week were still raging as I entered the Kelvin Hall International Arena, but I was soon warmed up by the hot competition inside. With six world records and four U.K. records, was this really the dress rehearsal for the European Championships the following week end?

Pride of place must go to the golden oldies. Former Cheltenham school teacher Mary Wixey, aged 75, three times improved the W75 World Record in the triple jump, with a best of 5.07m. She also won the high jump with 0.88m, and for good measure she won her 60m event for the fourteenth successive year. It just blows your mind!

The other golden oldie was John Emmett Farrell, who, at the age of 87, set a world record for the 1500m in running 8:41.47 to lift the M85 title.

60.67, a world women's best for the 400m. Not content with this, she lined up with the younger age groups in the 800m and duly ran away from them, clocking 2:22.26. During the outdoor season I am sure that she will make her presence felt. The 200m produced two equally good performances when Scotland's Margaret Smith set a new British time of 27.13 and Stephen Peters scorched round in a British best 22.91, both in the over age groups. Another record to fall was the M55 shot by retired Glasgow policeman John Scott.

The longer track events, the 3000m, were all won by Scots, with only Archie Jenkins in the M40's having any kind of opposition. It was not so in the women's events, however. English Cross Country International Lynne Marr, just three weeks after winning both 1500m and 3000m Scottish titles, made another raid



M40-45 1500m: Winner Allan Muir, 145. Jim McKechnie, 150, Peter Embleton, 147, Ken Bell, 149, and Jim Golder

Emmett, who is a legend in Scotland and was the Scottish Cross Country Champion in 1938 and 1948 and has also set numerous records as a veteran, was having his first ever run indoors. He was entered by his long time admirer Jimmy Munn, who was the instigator in publishing the book on Emmett's life.

At the other end of the scale Jenny Brown improved her own world mark for the pentathlon by 11 points in winning the W35 title. I am sure that the ink will hardly be dry on my writing when she sets a new record at the European Indoors. Yes, she is going that well!

Another who is flying at the moment is Caroline Marler, W45. She clocked

across the border and ran away from all the opposition to pick up the medals in the same events.

It should be noted that John Gormley interrupted his marathon training to win three golds in the M60 800m, 1500m and 3000m, and then said that he would be glad to get back on the roads the following day for a 22 miles run. Enough said!

Some of the other events could have done with a better entry. Maybe it was the expense of travelling or perhaps athletes were saving themselves for the European Championships in Birmingham. The two physios on hand were kept busy, mostly by athletes who wanted a massage between events. The medals, which



Caroline Marler, W45 World Record are now first class, had ribbons printed on them for the occasion. This is a better idea and saves the cost of engraving, as often the medals are unclaimed because of lack of entries. A nice touch from the organiser was that on noticing on the entry form that it was Andy Smith's birthday, he inserted an item in the programme wishing him a happy birthday.

Finally, with all the World, British and numerous Scottish records being broken I was beginning to wonder if this really was a veterans meeting. When the announcer reported that a bottle of pills had been found in the arena all the competitors started looking in their bags. Yes, indeed, this was the British Veterans Championships. Results page 18

### INDOOR TROPHY WINNERS

#### TRACK

U/50 Women C. Marler W45 400m 60.67  
U/50 Men S. Peters M40 200m 22.99  
O/50 Women Y. Priestman W50 60m 8.85  
O/50 Men J. Potts M50 1500m 4:22.25  
O/60 Men E. Farrell M75 1500 8:41.47

#### FIELD

U/50 Women C. Filer W40 LJ 5.15m  
U/50 Men G. Ward M40 HJ 1.70m  
O/50 Women M. Wixey W75 TJ 5.07m  
O/50 Men J. Scott M55 SP 13.41m  
O/60 Men I. Adams M75 HJ 1.16m

### Track & Field Rankings

The 1996 Track & Field Rankings booklets are now available and can be obtained by sending £2.50 together with SAE [31pence stamp] to the compilers as follows.

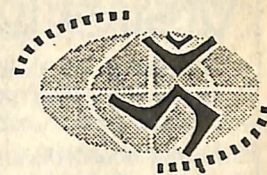
Men's rankings: Dave Burton, 22 Chandlers Way, Steyning, West Sussex, BN44 3NG

Women's rankings: Sally Gandee, 4 Westfield Road, Hertford, SG14 3DJ



# • 24th Brugge

**Veterans Grand Prix 10km & 25km  
Brugge, Belgium Sunday 29th June 1997**



Association of International Marathons and Road Races  
**AIMS**

Brugge is known as the 'little Venice' of Europe, a delightful city, full of character, history and warmth. The summer months are also busy with the thousands upon thousands of tourists that visit this beautiful quaint medieval attraction. This annual and superbly well organised Veterans 'Grand Prix' also attracts thousands of visitors for this once a year pilgrimage. We are now in our 13th year of organising a tour, more like the meeting of our regulars that have been fondly referred to as the 'family'. This year we stage two tours, a four day (three nights) and a three day (two nights) plus the chance for the self traveller to secure good central hotel hospitality

<b>10km</b>	<b>Start time 10.00hrs</b>	<b>Olympia Stadium</b>	<b>Time limit 2 hrs</b>	<b>Entry fee £15</b>
<b>25km</b>	<b>Start time 11.00hrs</b>	<b>Market Place</b>	<b>Time limit 5 hrs</b>	<b>Entry fee £15</b>

**Pasta Party on Saturday evening £8**      **Each runner receives a Running Tours 'T' Shirt**

NB Entry fee/s, Pasta Party, Insurance and initial deposit MUST be paid when initiating the original booking

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**Departing** on both Friday 27th June (**Option 1**) & Saturday 28th June (**Option 2**), **Newcastle** (21.30hrs Thurs 26th & Fri 27th), **Darlington, Leeds, Manchester** (01.00hrs), **Stoke, Birmingham, Northampton, London** (06.15hrs), **Bexley** and **Dover** for the 09.30hrs crossing to **Calais**.

**Return** journey departs at approx **12.00 noon** on Monday 30th June 1997 for both options via the **Calais / Dover** 17.45hrs crossing after an 'important' stop at the **Calais Beer & Wine Cash & Carry**

### Option 1 (4 days / 3 nights) Friday 27th to Monday 30th June 1997

For the 9th year we are based at the 4\* Aragon and 3\* Lucca, both just 400 mts walk to the main Market Sq., all rooms have private facilities\*, TV, Radio & DD telephone. Both hotels are 'family' run with a warm welcome & a sumptuous breakfast. The Aragon has that 'little extra', hairdryers, mini-bar, and complimentary Tea & Coffee

**Option 1A** Aragon Hotel 4\*    Triple share **£169**    Twin share **£179**    Single **£209**

**Option 1B** Lucca Hotel 3\*    Triple share **£139**    Twin share **£149**    Single **N/A**

*Groups of 10 and over booked into either hotel or both hotels deduct a discount of £10 per person*

### Option 2 (3 days / 2 nts) Saturday 28th to Monday 30th June 1997

The Hans Memling, a comfortable 3\* hotel opposite the Lucca and Aragon and only 400 mts from the centre. All rooms have full private facilities, DD telephone, Radio and TV. The hotel is privately owned and offers a 'homely' atmosphere. A good breakfast is served and the hotel has a warm and cosy lounge.

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# Veteran Athletics

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## FROM THE EDITOR

The BVAF took a big gamble, but it paid off. The inaugural European Indoor Championships were a great success and look set to become a permanent fixture on the vets calendar. Other European cities have already declared an interest in staging the event again in two years time.

When Ron Bell and his team started to plan the championships they had no way of knowing the level of interest that European veterans would have and an entry of over 1300 athletes must be deemed very satisfactory for a first time event. Even so it appears that the BVAF will show a substantial financial loss. It was not possible to find major sponsors. Birmingham City Council offered the facilities at the National Indoor Arena on very favourable terms but, even so, it is expected that the costs of organising the event will far exceed the income received. However, the consensus of opinion must surely be that the gamble was worth taking.

The BVAF, and in particular Ron Bell and the organising team, should be congratulated on a job well done. After the success of the European Indoor Championships the BVAF can look forward with confidence to the staging of "the big one", the World Veterans Track and Field Championships at Gateshead in the summer of 1999.

Geoff Ashby

**Below: Ron Bell, Executive Director of the Indoor Championships**



Jeremy Hemming

## 1998 EVAA Championships

The dates and venue for the 1998 European Track and Field Championships have now been settled. They will be held at Cesenatico, Italy from September 11-19 1998.

Cesenatico is on the Adriatic coast of Italy, just a few miles from the well known resort of Rimini. Details will be published in V/A as they become available.





## From the Chairman

The BVAF Indoor Championships in Glasgow was a most enjoyable and exciting

meeting and most of the races ended in a close finish. The spectators were regularly brought to their feet and I was pleased that the photo finish was in place to confirm positions. There were some superb performances. Perhaps I am a little biased because it was my own favourite distance, but I thought that the 400m World Record by W45 Caroline Marler took pride of place. However, veteran athletics is all about taking part and I was delighted to see many new faces, particularly in the youngest age group.

The Scottish Veteran Harriers Club did their usual excellent job in staging the event. Although our athletes are used to the first class facilities and efficient organisation, our foreign visitors who had used this meeting en route to the European Indoor Championships were impressed and unanimous in their praise for every aspect, but most of all for the friendly, yet competitive atmosphere.

I am writing this article in advance of the European Indoors at Birmingham and nerves are keyed up very much as they used to be when competing, hoping that all the months of preparation will have paid off and that we will host an event we can be proud of. An entry of over 1300, split equally between home and overseas athletes, is most encouraging for an inaugural event. With so many

world class performers taking part I am sure there will be considerable publicity for veteran athletics and for the BVAF in particular as the organising body.

This will be in contrast to the press articles involving BAF in recent months, which appear to have concentrated mainly on disputes, top executives departing and two years of financial losses. In our case veteran athletics can be seen as athletics for fun and, apart from the incredible levels of fitness [at least the general public will see them as being incredible], has much to offer to encourage more people to become involved in the sport. This can simply be jogging for personal fitness or parents seeing that athletics is a good sport for their children, taking them to the local club and joining in to help with the officiating.

Certainly, veterans can only be in the sport for enjoyment and it is up to us to create the right image that athletics is fun and a sport for life. The number of veterans taking part in competition has increased steadily in recent years so some of the message is getting through. Many senior people, however, see this as a worrying trend and have expressed concern that the growth in veteran competition must be detrimental to the sport. They believe that our participation in competition is reducing the numbers of potential officials and coaches required for the future development of young athletes.

It is difficult to persuade those who hold that view that veterans not only

compete, but also officiate and coach. When attending our T & F Championships I am impressed by the number of track suits showing a coach's badge, but I also feel that we do not give as much help as we could do to young athletes. In most clubs, veterans represent more than half of the membership of those over 20 and are in a unique position to convey their love of the sport to those who are thinking of joining, but they often feel that they do not have sufficient knowledge to pass on to others. Some may be concerned about lack of specific qualifications for coaching and do not wish to take a coaching course. Experience and enthusiasm are themselves qualifications that other lack and there are other ways of assisting, even if it is only giving some time to younger and newer members.

In the North of England I know that a development plan is in place for 1997 under "Youth Sport Trust Schemes", with athletics being introduced in schools. This starts with the under 11's with Game Cards, with some coaching for teachers, followed by Champion Coaching, with help from the National Coaching Foundation, and which is aimed at the 11 to 14 year olds. If successful and more youngsters come into the sport, clubs will need to be prepared. Veterans not involved in anything but personal training could give invaluable support to coaches by helping with basics. Another approach is to give one evening once a fortnight, so that from a rota of four people, a club coach would have one person to assist in twice weekly training sessions.

The way the sport is moving is not to everyone's taste. The British Athletics Association is the latest development but the details of what it will do are hazy. Created by international athletes, it remains to be seen what benefits club athletes will receive. Unfortunately, the general impression is of star athletes receiving substantial appearance money and at loggerheads with the BAF. This has had an effect on television and sponsors. Will those who have set it up have the same views when they pass their peak and how will they be selected or replaced? Should there be a separate organisation for professional athletes as in football or in other sports? Rugby, however, appears to be having its own problems with dealing with the new professional era!

There are many questions to be answered. One thing is certain and that is that the clubs will remain the backbone of the sport and will represent the 99% who are not internationals. Veterans are part of that club structure, so do all you can to support it. We hope that our European Indoor Championships will further our aims and bring all the right sort of publicity for athletics as a sport for life.

Keith M. Whitaker



**Bridget  
Cushen**

## Secretary's Report

Award at a lunch at the London Rugby Club last month. Nordic Track will be delivering one of their latest machines to her Cheltenham home as her prize, as well as a week end at Patshull Country Club and other goodies. Peter Gordon, NEVAC, was runner up in the male category.

### Annual General Meeting

I hereby give notice that the Annual General Meeting of the British Veterans Athletic Federation will be held immediately after the conclusion of the last competition on Saturday, June 28, 1997 at Stanley Park Arena Leisure Centre, Blackpool.

Any business and proposal which it is desired to put before the AGM, and nominations for the election of officers of the Federation, shall be received by the Honorary Secretary at least 30 days before the date of the meeting, accompanied by the signatures of at least two voting members of the Federation.

Bridget Cushen, Hon Secretary,  
156, Mitcham Road, West Croydon.

The 1st European Indoor Championships were a resounding success and were a testimony to the skill and dedication of the many people involved. A total of 1310 athletes from 33 countries contested, on average, two events each over a three day period. Another two countries missed the closing date. When Ron Bell addressed the European delegates at the World Championships in Buffalo, many were sceptical, pointing to the expense of another international competition and a possible detraction from the European outdoor championships. In fact, for many of the overseas competitors, a long week end break in the off peak period was just the incentive that they needed, whilst some of our own members had a rare opportunity to take on the best in their particular discipline.

Congratulations to Mary Wixey, outright winner of the "Vintage Times" Female Sports Personality of the Year



## 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.

### Mutilating Numbers

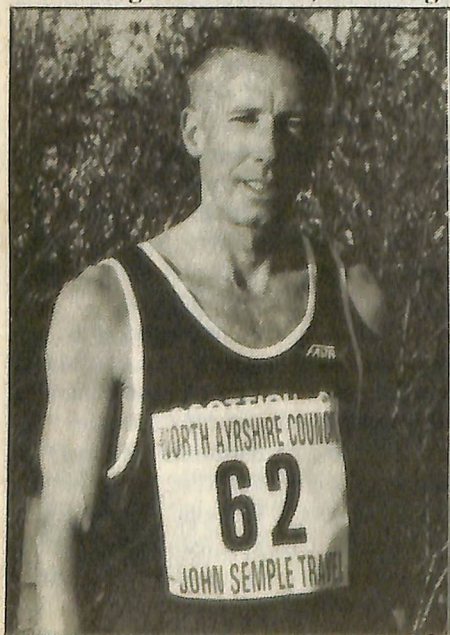
I do not like jumping to conclusions and, as I did not actually see Jane Davies at work with a pair of scissors, I will not accuse her of trimming the top and bottom off the number 54 that she wore in the Cross Country International at Irvine on November 9. However, as the photo on p. 22 of V/A 40 shows her running with the offending number and, as the convenor is not aware of any explanation [e.g. a replacement for a lost number], I feel my remarks are justified.

Any help and financial assistance that we receive from sponsors should be cherished and nurtured, not treated with the contempt that chopping their names off the competitor's number implies.

What advantage could be gained? Surely not a saving in weight from those ultra light impermeable numbers, and the full size number would not have inconvenienced an athlete of her stature. I stand nearly 5'5" in thick socks and I was proud to be given the blue vest. I was not so chuffed to see the size of the number as it covered the Scottish Veterans legend and badge. I do not like large numbers either, but I understand and appreciate the role of sponsors, in this case the North Ayrshire Council and John Semple Travel.

I can hardly believe that an experienced athlete would jeopardise herself and her team by tampering with her number - so what happened?

**Douglas F. Gemmell, Edinburgh**



Jeremy Henning

## More Correspondence On Bent Knees

I fully support Arthur Keily's letter in V/A 40 stating that Rule 191 is a farce when applied to older walkers, and I have so far boycotted all events in which this rule operates.

In some 800 races since 1935, including gaining second place in the 1994 EVAA 5km and 20km Championships, I have never been disqualified. Now, at the age of 77 and with a fractured patella and a severely damaged ankle with which I have been struggling since 1960, I would be almost certain to be disqualified for bent knees, although it was never more certain that I would be making unbroken contact with the ground.

Rule 191 is utterly inappropriate and unfair to older walkers with arthritic and other problems. I would be pleased if BVAf members who feel strongly about this will write to me and, if there is sufficient support, a motion to delete Rule 191 from all BVAf events will be moved at the next AGM.

The long standing definition of walking, as progression by steps so taken that unbroken contact with the ground is maintained, effectively distinguishes it from running. Bent knees are only one factor in determining whether contact is being maintained. Of course, all race walkers should strive for straight knees and good style. Walking is by far the best all round exercise for older people to maintain general fitness. They should be given every encouragement to compete in BVAf events, not harassed under the absurdity of Rule 191.

**Philip Malins, 11 Dorchester Court,  
Dorchester Road, Solihull, B91 1LL**

### And More On BVAf Kit

I have only been a BVAf member for a year or so and have not yet taken part in area or national events, but I have followed the ongoing saga of the BVAf kit. Was the contract put out to tender in the athletics press? In this age of more and more competition we would be better off with a company who actually want an order, the prestige and the advertising of their logo. We should then get a good quality, fairly priced kit from a company who are committed to getting it right.

Let's face it, when you go to an athletics event and go to a Run GB stall and see how costly the clothing is you only buy a bottle of lucozade or a badge. If I ever have the chance to represent my country I would like to feel proud of the achievement, be part of a team and look full of confidence in proper gear. We have to pay for the gear we need - surely it should be worthy of the price!

**Kim Blagden, Doncaster & Stainforth**

Left, Doug Gemmell wearing his large, but complete number

Re Arthur Keily's letter [V/A 40] I, too, have the problem, although I am now used to the judges' attitude towards older race walkers.

In 1983 and again in 1987 I was injured in road accidents and was hospitalised for a total of 12 weeks. In 1990 arthritis set in in both ankles and knees and I was told that I would never walk again normally as I was by then having to use a walking cane. I sold my car and have walked every where since and after four months I was walking the four kms. to work in 32 minutes. In 1990 I had another spell in hospital after a minor heart attack and a minor stroke, but a few weeks later I was walking again and in the October of that year competed in the World Masters Games in Brisbane, where I won two bronze medals in the 3k and 10k Walks.

I have had no luck with the judges in local competitions as they seem to have no compassion for older walkers, so I travelled to another state [S. Australia] where in the space of three months I won the half marathon, the 30km and took some 16 minutes off the annual Adelaide Marathon Walk time. Returning to local competition I found I was being disqualified three times out of four!

As I am not one who is easily disheartened I walked in the 1996 Centurian event and I am happy to say that I became Australia's 30th centurian by covering the 100 miles in less than 24 hours [but only just inside, 23:45]. That has been my greatest victory and I only took part because I was continually disqualified at shorter distances.

Incidentally, Arthur, I am only 65 years old - a chicken compared to you!

**Merv Lockyer, Victoria, Australia**

I think that Arthur Keily's letter [V/A 40] says just about all that is wrong with race walking today. When watching an average walking race nowadays it is obvious that quite a lot of competitors are trying to perform in a manner with which their bodies are not comfortable and seeing the performers with nice straight legs but certainly not conforming with the contact rule, it makes you wonder what the judges are doing. Anyone can see if a knee is bent but judging for lifting is something totally different.

The really bent knee walker who is cheating is a walker with two bent knees and who is not quite standing up to full height so that he or she can gain the extra stride length for the extra speed. This silly board thing is ridiculous, too. The powers that be of yesteryear would certainly not have stood for any of this nonsense!

**David McMullen, Belgrave H.**



## Swedish Blues

I would like to respond to a couple of themes that have cropped up recently in veterans athletics, namely standards and the veterans v masters issue. I shall not be sycophantic in my response as most appear to think the sport is in a wonderful state. In my view it is not!

Regarding standards, the level of ability should not matter. The first three should be awarded medals, regardless of the standard of competition. If the competition is the best that is available in that year, then so what? Team sports do not stop awarding league or cup medals because the level of ability is thought to be of a different standard to other years. At our level, athletics should encompass as many participants as possible. If we are too exclusive it will deter new members from joining. Why not have masters and veterans medals? Those who attain a certain standard deserve the master's award, others would receive a veteran's medal. The first three could receive either.

On that basis the results in the European Veterans Championships in Sweden last year covered both masters and veteran athletes and the differing abilities did not alter the camaraderie of the championships. Setting minimum standards would mean competition for the few and the rest of us who took part in Malmo would not have been able to take part in an experience that medals and competition cannot buy.

On a personal level I did not set the world alight but I did beat competitors from other countries who would not have taken part if minimum standards had been enforced. Taking part in international events and beating foreign opposition was more satisfying than winning against county opposition, regardless of what the standard is supposed to be.

The memories I brought home from Sweden were priceless. The subletting of classrooms by Latvians and Hungarians will live in my memory. Waking up at 5.30am to the smell of cabbage soup is something I will never forget. Being rescued, along with a fellow athlete, from such an abyss by two generous and warm female athletes and subsequently forming new friendships cannot be bought.

The other side of the coin is whether elitism, young or old, has a place in our sport. A poor Olympic showing has given the honest position of the true input of resources into the sport over the past few years. True investment can only come from education. Speak to any group of youngsters and see where athletics ranks. We also have to put our own house in order! The spectacle of two major events being moved illustrates my point. One was moved because of a lack of officials.

Now there is a surprise!

Why should we be surprised? As a high jumper I have been to events where a measuring tape was not used because we were told that the calibration on the uprights was O.K. Those who took part know from experience that the calibration was wrong. One event this year used a whistle because the starting gun was "dicky". If we cannot get these basic components right, how can we go into the 21st century with any confidence?

Those who pontificate about standards may be interested to know that I have not yet received my vest for competing in Sweden [price £19, if you are worthy of it]. However, I know that the Poles, Portuguese, Hungarians, etc. all had their kit supplied. You tell me the true state of our sport!

**D.Talbot, Oxford City AC**

### Praise for European Indoors

I wish to congratulate all officials, organisers, helpers, physios and any one who participated in organising and running the European Championships at Birmingham.

As a competitor, I was completely at ease, and in control of my preparations and competition because of their professional expertise. If anyone has cause to complain then I think that he or she should reflect on the whole three days.

Our friends from other countries must have gone home in awe at this professional and totally organised meeting.

**Allan Meddings, Wolverhampton**

### And Also For BVAF Indoors

It was a great pleasure to compete at the BVAF Indoor Championships at Glasgow. My grateful thanks go to every one involved in the organisation of this event, to all who contributed to it's success on the day and to those who had work to do after the event.

The officials were so efficient and so happy doing their jobs. They had a sense of humour and were helpful and encouraged the competitors. A sincere vote of thanks to them all, especially the "backroom" workers who are so often hidden away but who are so essential, and not forgetting the spectators, our valued supporters.

**Mary Wixey, Cheltenham**

I congratulate and thank all who were in any way involved in the promotion and organisation of both the recent BVAF and the Scottish Indoor Championships in the Kelvin Hall, Glasgow.

The promotion was of the highest order and everything went like clockwork. Olympic athletes could not have had a better organised meeting.

**Hugh McGinlay, Falkirk**

## Praise For Officials

As a seventy years young athlete I have competed in every road distance from 10k to the marathon, never finishing with the leaders. I have also run on the track in every distance from 800metres to ten miles and in the longer distances have sometimes been lapped several times.

I have always received assistance of the highest order from the officials, who, through expense entailed, have paid for the privilege of so doing. On one occasion I was handed a written record of my lap times in our 10,000m track championship. Times of six to eight hours have been reported for a marathon - timekeepers must have been there to so record. Dave Walsh [letters page V/A 40] has been, from my experience, exceptionally unlucky.

**Hugh McGinlay, Falkirk**

### Still Waiting for a Medal

I do not understand what Hugh McGinlay is complaining about [Indifference to Scotland, page 8 V/A 40] as he, at least, received his medal.

In 1992 I competed in what I thought was the British Vets 10k Championships at Barnsley. The category winners received prizes, but no trophies were presented and none have been forthcoming.

I do not blame the Scots for any deficiencies in this event and I find it offensive when he rants on about the English.

**Malcolm J.Stewart, Stockport**

**John Steede, M55, winner of 200m at BVAF Indoors, Kelvin Hall**



Ben Bickerton





# W I S S E ROAD RACES Y



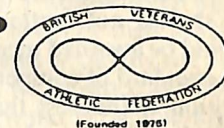
## THE BRITISH SUGAR NORFOLK MARATHON

Incorporating the 1997 NORFOLK COUNTY AAA CHAMPIONSHIP

and the **BVAF MARATHON CHAMPIONSHIP**

**SUNDAY 31st AUGUST 1997**

**Start Time 10.30 am**



**FEES:** BVAF MEMBERS £8.00, Non BVAF MEMBERS wishing to take part in BVAF Championship £10.00

**Also Open Half Marathon [part of The Runners Centre G.P. Series] start 11.30am Fees £6.00 affil, £7.00 non affil. and Fun Run start 11.45am Fee £2.00**

**Race Headquarters:- Stoke Ferry Community School, Stoke Ferry, Kings Lynn, Norfolk**

Entries with cheque/P.O. payable to Ryston Runners and S.A.E. to Mr.G.Reid, 3 Church Lane, Shouldham Thorpe, Kings Lynn, Norfolk PE33 0ED. C/D FOR POSTAL ENTRIES 16th AUGUST 1997. LATE/ENTRIES ON DAY £2.00 EXTRA

### ENTRY FORM

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ M/F \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Age on Day of Race \_\_\_\_\_ BVAF Membership No [if applicable] \_\_\_\_\_ BVAF Club \_\_\_\_\_  
Address \_\_\_\_\_

Post Code \_\_\_\_\_ Tel. \_\_\_\_\_  
Affiliated Club \_\_\_\_\_ Un-affiliated Club \_\_\_\_\_ U/A \_\_\_\_\_

Events entered: Open Marathon ☐ County Marathon ☐ BVAF Marathon ☐ Half Marathon ☐ Fun Run ☐

I understand that I enter at my own risk and that the organisers cannot be held responsible for any injury or loss however sustained as a result of competing. I am an amateur as defined by the BAF. I agree to compete under BAF rules.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## RYSTON RUNNERS 10k RACE DAY 1997, inc BVAF 10k CHAMPIONSHIP

LYNNSPORT & LEISURE PARK, KINGS LYNN, NORFOLK.

**SUNDAY, 15th JUNE 1997**



10.00am 4k FUN RUN & MAYORS SCHOOL CHALLENGE.  
10.10am OPEN 10k Race inc NORFOLK COUNTY CHAMPIONSHIPS  
11.30am BVAF NATIONAL 10k CHAMPIONSHIPS

**Fast flat two lap course in and around Lynsport  
One of the countries premier athletic facilities.**

Showers, Changing, Refreshments, Bar, close to the Station & Town centre.

**Also supported by Eastern Veterans A.C.**



**Entry fees:** BVAF 10k £6.00 Non BVAF Vets £8.00 Norfolk County Championship 10k £5.00 OPEN 10k £5.00 Unattached £6.00 FUN RUN £2.00

**Championship Entries Closing date:- 9th June 1997**

**ENTRIES ON THE DAY ARE AVAILABLE FOR FUN RUN & OPEN 10k ONLY**

Accommodation details will be sent to all National Championship entrants: To: P.Duhig, 42 Wimbotsham Rd., Downham Market, Norfolk, PE38 9PE

First Name \_\_\_\_\_ Surname \_\_\_\_\_ Veteran Club \_\_\_\_\_ Veteran No \_\_\_\_\_

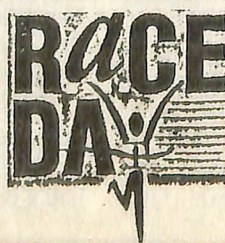
Address \_\_\_\_\_ Post Code \_\_\_\_\_

BAF Club \_\_\_\_\_ Tel No \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age on day of race \_\_\_\_\_

Race entered: BVAF 10k ☐ Norfolk 10k ☐ Open 10k ☐ FR ☐

I will participate in the race entirely at my own risk and agree that the organisers, sponsors or any person assisting with the event will not be held responsible for any injury, illness or loss of property howsoever caused at the event or as a result of having participated in the event.

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



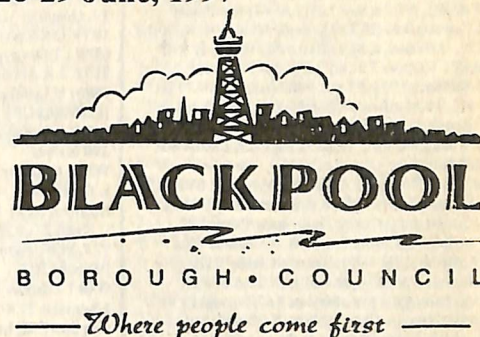
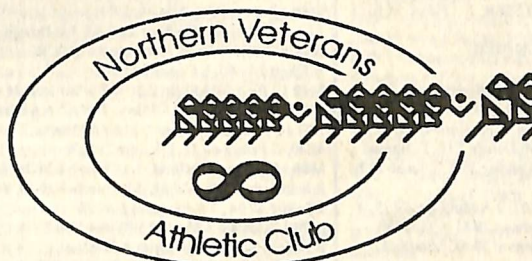
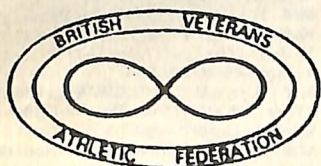


# BVAF 27TH/4TH OPEN NATIONAL TRACK & FIELD CHAMPIONSHIP

Stanley Park Arena and Sports Centre, Blackpool, 28-29 June, 1997

Organised by the Northern Veterans Athletic Club

Under BAF, WAVA & BVAF Rules



PROVISIONAL PROGRAMME  
SATURDAY 28TH JUNE

COMMENCING AT 09.30 DAILY  
SUNDAY 29TH JUNE

## TRACK

400m Hurdles [M40+, W35+] 300m Hurdles [M60+, W50+]  
100m [M&W] 400m [M&W]  
1500m [M&W] 5,000m [M&W]  
3,000m Walk [M&W]

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

## FIELD

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

Javelin [M&W] Discus [W]  
Shot [M] High Jump [M&W]  
Triple Jump [M&W]

All in 5 year age groups, but may be combined if appropriate. The BVAF AGM will take place at 17.30 on Saturday

Awards will be given as per BVAF guidelines

## CHAMPIONSHIP ENTRY FORM

Please use capital letters: Surname \_\_\_\_\_ First Names \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Male ☐ Female ☐

Telephone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age Group at 28th June 97 \_\_\_\_\_

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

### NON BVAF AFFILIATED ONLY

I enclose copy of my British driving licence ☐ or copy of birth certificate ☐ or copy of passport personal details ☐

EVENT	PB 1996/97	EVENT	PB 1996/97	EVENT	PB 1996/97
1		3		5	
2		4		6	

Please Provide Details of Any Success at National Level and Above

Entry fee: £7.00 for non BVAF affiliated £ \_\_\_\_\_

or £5.00 for BVAF affiliated £ \_\_\_\_\_

Subsequent events: £3.00 for each event £ \_\_\_\_\_

I enclose cheque/P.O. Total £ \_\_\_\_\_ [In Sterling Currency payable to NVAC]

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BVAF National Open Championships. I also hereby agree that the above information be stored on computer and may be used at the BVAF's discretion.

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

IF INFORMATION RE ACCOMMODATION AND DIRECTIONS is required please send 9" x 6" SAE

Please Note Entries and Fee should be sent to: Ian Thomas, 8, Sandygate Park Road, Sheffield, S10 5TY

Closing Date: Friday May 23 1997: NO LATE ENTRIES ACCEPTED. Final timetables will be sent to competitors by 16th June 1997. Numbers to be collected on the day.



# EUROPEAN VETERANS ATHLETIC ASSOCIATION INDOOR

**First three individuals and all other British performances only. Complete results booklet available [see page 3]**

## 60 metres

**M40** 1 T. Watters 7.38, 2 W. Franklyn 7.42, 3 C. Moven 7.44, 4 J. Hamilton 7.46, 6 J. Browne 7.54 [7.40 Ht], 8 J. Barclay 7.61 [7.56 s-f] Semi final  
**R. Cawson** 8.00 [ht 7.91], **Heats** P. Bell 7.91, R. Davies 8.22, A. Newell 8.34, D. Hay 8.55, S. Harvey 9.03  
**M45** 1 V. Oliver 7.41 [sf 7.38], 2 A. Florit ESP 7.51, 3 R. Fraser 7.70 [sf 7.66], 5 M. Hemmings 7.77 [sf 7.61], 7 S. Matthews 7.97 [sf 7.82], Semi-finals  
**C. Keech** 7.85, L. Brown 7.94, M. Cleinew 8.01, D. Wallington 8.01, **Heats** T. Page 8.2, L. Ross 8.6, G. Pollard 9.0

**M50** 1 B. Townley 7.47ER, 2 V. Vybostok SVK 7.56, 3 P. Ahomaki FIN 7.59, 6 G. Barratt 8.01 [sf 7.84], 7 G. Sutton dnf [sf 7.63], Semi-finals T. Cox 7.88, C. Ayling 7.92, A. Stirling 7.93, A. Deleiros 7.96, I. Foster 8.13 [ht 7.90], **Heats** J. Creaby 8.23, S. Brooks 8.30, J. Topless 8.33, D. Headley 8.60, D. Jackson 8.63, R. Robertson 8.67, N. Gould 8.91  
**M55** 1 I. Babos HUN 7.78ER, 2 J. Steele 7.91, 3 R. Austin 8.08 [sf 8.06], 5 B. Shearsmith 8.27, 6 M. Garvey 8.28, Semi-finals B. Green 7.63ER, B. Ferguson 8.12, B. Shearsmith 8.24, J. Hart 8.26, A. Penwarden 8.31, J. Mills 8.50, B. Taylor 8.5, **Heats**, R. Bruck 8.5, W. Oliver 8.7, W. Gentlemen 8.8, B. Ariss 8.9, A. Elliott 10.4

**M60** 1 R. Taylor 7.91, 2 B. Gray 8.10, 3 J. Sempere FRA 8.33, 4 D. Burton 8.35, 8 A. Mellett 8.51 **Heats** T. Bowman 8.81, D. Brown 9.22  
**M65** 1 C. Williams 8.20, 2 A. Meddings 8.43, 3 C. Carlsson SWE 8.53 **Heats** C. Adlam 9.01, J. Cross 9.33, W. Morrow 10.04, C. Carter 11.10,  
**M70** 1 H. Hoffmann GER 8.88, 2 G. Herbst GER 9.02, 3 W. Dapranio USA 9.09, 4 G. Bridgeman 9.26 [ht 9.25], 6 J. Moran 10.13 **Heats** J. Quantrell 9.39, D. Adair 9.67, R. Clark 10.10, L. Lilliman 10.26, D. Keogh 11.12,  
**M75** 1 T. Murphy USA 8.95WR, 2 R. Ahrenkiel DEN 9.33, 3 B. Sobrero ITA 9.34, 5 A. Lovett 9.51  
**M80** 1 H. Liedtke SWE 9.81WR, 2 C. Fairay 9.98, 3 K. Petzold GER 10.90, 4 B. Metcalfe 11.28  
**M85** 1 E. Bergqvist SWE 12.72ER  
**M95** 1 E. Hosack USA 16.96WR

**W35** 1 C. Muller SUI 7.97, 2 J. Harwood 8.06, 3 S. Oost HOL 8.28, 6 H. Barker 8.36, 7 S. McDonald 8.42, 8 W. Harrison 8.55 [ht 8.40] **Heats** D. Timmis 8.45, R. Bigger 8.52, C. Smith 8.57, P. Dowler 9.17, K. Partridge 9.28  
**W40** 1 A. Mullinger 8.17 [ht 8.13], 2 M. Smith 8.33 [ht 8.31], 3 I. Barslev DEN 8.45, 4 G. Cunningham 8.62 [ht 8.46], 5 I. Morrison 8.85 [ht 8.79], 7 S. Keen 9.14 [ht 8.86] **Heats** C. Filer 8.45, E. Roe 8.77, C. Slemmon 9.01, L. Elliott 9.07,  
**W45** 1 D. Desmier FRA 8.40ER, 2 P. MacKinnon 8.50, 3 O. De Keyser BEL 8.65, 6 G. McMahon 8.84 [ht 8.80], 7 A. Maguire 8.95 [ht 8.84] **Heats** A. Le Plongeon 8.91, O. Codrington 8.93, L. Ridsdale 9.47  
**W50** 1 P. Raschker USA 8.05WR, 2 P. Parsons 8.52, 3 M. Nuttall 8.67, 4 S. Wood 9.05  
**W55** 1 B. Hoffmann GER 8.96, 2 E. Linaker 9.17, 3 M. Axtell 9.27, 4 B. Dullmann GER 9.45, 5 J. Hall 9.46  
**W60** 1 C. Graham 9.92, 2 B. Steedman 10.23, 3 M. Webb 10.27  
**W65** 1 A. Larsson SWE 9.69, 2 B. Green 11.06, 3 C. Wippersteg GER 11.96  
**W70** 1 P. Peterson USA 10.60  
**W75** 1 M. Wixey 11.72  
**W80** 1 N. Wedemo SWE 12.16WR, 2 M. Williams 15.67

**200 metres**  
**M40** 1 S. Peters 22.82ER, 2 K. Atkinson IRL 23.21, 3 P. Chenois BEL 23.29, 4 T. Watters 24.00, 6 J. Barclay 24.31 [ht 23.94] Semi-finals I. Broadhurst 24.80 [ht 24.46], C. Pengelly 24.95, P. Bell 25.41 [ht 24.80], **Heats** J. Hamilton 24.10, K. Lovelock 25.28, R. Cawson 25.29, T. Ward 25.45, J. Barwick 26.41, K. Hickey 26.41, S. Boardman 26.98, N. Baker 27.63  
**M45** 1 V. Oliver 23.25WR, 2 V. Feliciotti ITA 24.13, 3 R. Fraser 24.63 [sf 24.42] Semi-finals M. Hemmings 24.65, P. Felton 24.78, C. Keech 25.87 [ht 25.35], 6 B. Hendrie 26.01 [ht 25.85], **Heats** J. Caines 23.70, S. Mottershead 26.38, P. Lavin 26.43, L. Ross 27.57, R. Fraser 27.90  
**M50** 1 B. Townley 24.17ER, 2 C. Ayling 24.46, 3 T. Bassett USA 24.69, 4 J. Henson 24.77 [ht 25.25] Semi-finals G. Barratt 25.27, T. Bisset 25.75 [ht 26.25], A. Deleiros 26.04 [ht 25.79], T. Cox 26.74 [ht 25.82], **Heats** J. Rozelaar 25.91, I. Foster 25.97, L. Oldfield 26.44, V. Blanchard 26.45, N. Gould 26.55, 4 J. Topless 26.78, D. Headley 26.97, D. Whittaker 27.72, R. Robertson dnf  
**M55** 1 J. Steele 25.60, 2 R. Woodland 26.21, 3 B. Shearsmith 26.23, 4 R. Austin 26.30 [sf 26.1] Semi-finals B. Charles 27.8 [ht 27.45] **Heats** A. Carter 26.79, B. Ariss 26.92, B. Taylor 27.75, T. Ridsdale 30.13, D. Whittin 31.58, A. Elliott 32.10  
**M60** 1 R. Taylor 25.63, 2 D. Burton 26.57, 3 P. Taylor

26.75 [ht 26.59], 4 A. Mellett 27.40 [ht 27.15] **Heats** T. Bowman 28.34, C. Field 29.29, J. Phillips 29.70  
**M65** 1 C. Williams 26.41WR, 2 A. Meddings 27.03, 3 C. Carlsson SWE 28.16, 5 G. Feast 29.28 [sf 29.05] Semi-finals P. Field 30.46 **Heats** J. Cross 30.50, J. Crehan 32.43, N. Carter 38.51  
**M70** 1 G. Bridgeman 31.60, 5 G. Herbst GER 30.67, 3 J. Quantrell 31.08 **Heats** J. Moran 34.31, L. Lilliman 35.15, D. Keogh 37.68, B. Nielsen 39.57  
**M75** 1 T. Murphy USA 30.38, 2 U. Sansonetti ITA 31.11, 3 R. Ahrenkiel DEN 32.04, 4 A. Lovett 32.65  
**M80** 1 H. Liedtke SWE 33.52ER, 2 C. Fairay 34.06, 3 H. Biliouris GRE 35.52  
**M85** 1 E. Bergqvist SWE 49.04ER

## 200 metres

**W35** 1 C. Muller SUI 26.12, 2 V. Boden 26.18, 3 L. Talbert 26.27, 4 J. Harwood 26.31 [sf 26.17], 6 A. Brown 26.52 Semi-finals A. Beadnell 26.82, C. Smith 27.60, **Heats** S. McDonald 27.6, D. Timmis 27.7, W. Harrison 27.8, J. Candler 28.8, S. Banks 29.8, P. Dowler 30.1,  
**W40** 1 I. Barslev DEN 27.07, 2 A. Mullinger 27.29, 3 J. Saunders 27.47, 5 I. Morrison 28.81, 6 M. Smith dnf [ht 27.52] **Heats** C. Slemmon 30.43, J. Stafford 32.99  
**W45** 1 O. De Keyser BEL 27.99, 2 P. Immelman RSA 28.30, 3 P. MacKinnon 28.60, 5 E. McMahon 29.23 [ht 29.15] **Heats** A. Maguire 29.88, A. Le Plongeon 30.32, L. Ridsdale 31.23,  
**W50** 1 P. Raschker USA 26.52WR, 2 Y. Priestman 28.41, M. Nuttall 29.38, 4 M. Hocknell 29.35 **Heats** S. Wood 30.60, C. Scarles 31.60, P. Spence 36.38  
**W55** 1 B. Hoffmann GER 29.62WR, 2 M. Axtell 30.90, 3 B. Dullmann GER 32.67, 4 D. Fraser 33.33  
**W60** 1 M. Webb 34.54, 2 T. Leki HUN 34.85, 3 B. Steedman 35.83  
**W65** 1 A. Larsson SWE 32.41ER, 2 B. Green 38.99  
**W70** 1 P. Peterson USA 37.41  
**W75** 1 M. Wixey 41.70WR  
**W80** 1 N. Wedemo SWE 48.42WR

## 400 metres

**M40** 1 C. Wilkinson 51.93, 2 D. Anderson 52.14, 3 B. Gibber GER 52.85, 4 A. Ross dnf [sf 52.73], M. Coker [sf 53.09] dnf Semi-finals R. Daniel 53.78, J. Coe 54.33 **Heats** C. Pengelly 55.31, D. Whitehead 55.88, T. Ward 56.15, D. Cooke 56.69, K. Hickey 57.61, I. Broadhurst 58.12, J. Barwick 59.59,  
**M45** 1 E. Neyts BEL 53.13, 2 D. Lucas 53.31, 3 P. Browne 53.64, 4 R. Minting 53.88 Semi-finals P. Felton 55.41 [55.02], P. Anthony 55.60, S. Mottershead 55.78, D. Taylor 56.20 [55.73], D. Hayward 56.64 [55.45] **Heats** A. Fulton 57.52, P. Lavin 57.67, T. Wells 57.70, P. Madden 58.25, P. Lavin 58.48, S. Grettton 58.7, J. Taylor 58.36  
**M50** 1 R. Phipps 55.91, 2 G. Pope 56.26, 3 R. Barrington 57.17, 5 A. Eland 59.22 [ht 58.37] **Heats** J. Harrison 58.36, N. Gould 58.95, J. Munro 59.42, M. Miller 61.63, C. Richardson 62.56, D. Whittaker 63.83, D. Headley 66.28,  
**M55** 1 J. O'Neill IRL 56.30, 2 J. Rae 57.91, 3 M. Simmonds 60.14, **Heats** A. Carter 64.90, A. Elliott 67.27  
**M60** 1 F. Taylor 60.22, 2 F. Cornelis BEL 61.21, 3 J. Baron 63.27 **Heats** C. Field 77.65, T. Bowman 67.92  
**M65** 1 T. Clowry 65.83ER, 2 F. van Heemstedeobelt HOL 66.23, 3 R. Johansson SWE 69.46, 5 I. Steedman 72.74, K. Feast dnf  
**M70** 1 G. Herbst GER 71.57, 2 N. Baum CAN 72.67, 3 J. Quantrell 73.20, 5 D. Keogh 84.28, 6 B. Nielsen 77.51  
**M75** 1 U. Sansonetti ITA 74.70, 2 E. Pauwels BEL 79.88  
**M80** 1 H. Liedtke SWE 80.58ER, 2 E. Warwick 114.28, 3 H. Biliouris GRE 177.27  
**M95** 1 E. Hosack USA 177.28ER

**W35** 1 I. Gazzda-Sagolla GER 57.47WR, 2 Z. Peto AUT 57.51, 3 V. Boden 58.24, D. Clarke 58.61, 5 L. Talbert 58.81, 6 A. Brown 59.24 **Heats** B. Brown 61.24, A. Beadnell 61.41, S. McDonald 61.92, D. Timmis 63.26, J. Candler 64.10, T. Rashford 65.40, G. Brown 68.17, K. Partridge 69.99  
**W40** 1 M. Sanguos ESP 60.92WR, 2 C. Smith 61.92, 3 J. Saunders 61.97, 5 E. Roe 63.82, 6 B. Nielsen 64.36 **Heats** J. Stafford 72.57, S. Keen 64.88  
**W45** 1 C. Marler 59.86WR, 2 P. Immelman RSA 63.43, 3 C. Wright BEL 65.45, **Heats** B. Elliott 65.10,  
**W50** 1 Y. Priestman 65.68, 2 M. Hocknell 67.86, 3 R. Jonkers HOL 69.85, 4 C. Scarles 73.78 [ht 73.70] **Heats** P. Card 75.55,  
**W55** 1 L. Plat HOL 78.03, 2 J. Hall dnf  
**W60** 1 M. Webb 85.39  
**W65** 1 T. Borthwick 80.38WR, A. Larsson SWE 83.43, 3 B. Green 90.15  
**W70** 1 P. Peterson USA 97.57ER

## 800 metres

**M40** 1 D. Wilcock 1-59.64, D. Bedwell 2-00.86, 3 H. van Eck HOL 2-00.99, 4 A. Dunlop 2-01.71, 5 J. Owen 2-02.14, 7 R. Daniel 2-04 [ht 2:03.21] **Heats** M. McCausland 2-06.16, P. Coventry 2-12.06, S. Norman 2-13.16, S. O'Sullivan 2-24.06, B. Worthington 2-29.03  
**M45** 1 P. Browne 2-04.60, 2 S. Halton 2-05.17, 3 B. McKay 2-05.32, 4 R. Minting 2-05.46, 5 D. Spencer

2-09.00, 6 A. Matthews 2-09.16, 7 A. Peers 2-10.40  
**Heats** P. Leviston 2-07.4, W. Silto 2-12.4, P. Duhig 2-12.9, 5 R. Davies 2-14.3, A. Fulton 2-15.8, J. Baker 2-15.9, P. Madden 2-17.6, M. Perry 2-29.5  
**M50** 1 B. Franzen SWE 2-09.03, 2 R. Phipps 2-09.52, 3 J. Treadwell 2-09.60, 4 T. Alderice 2-10.58, 6 A. Eland 2-12.02 **Heats** M. Dixon 2-16.05, C. Richardson 2-17.05, M. Miller 2-19.17, T. Young 2-19.41, B. Mackay 2-21.72, J. Munro 2-23.43, 9 L. Barden 2-23.45, H. Darbon 2-27.09, K. Major 2-43.51  
**M55** 1 J. O'Neill IRL 2-14.69, 2 S. Howard 2-16.61, 3 J. Ross 2-18.07, 4 T. Faulkner 2-20.34, 5 D. Cowgill dnf [ht 2:23.84] **Heats** J. Newcombe 2-22.46, A. Elliott 2-29.85, L. Cooke 2-31.24  
**M60** 1 L. Tew 2-22.97 [ht 2:21.40], 2 M. Fox 2-24.46, 3 W. Morgan 2-24.55, 4 J. Wilson 2-29.67, 6 A. Oliver 2-33.14 **Heats** A. Kimber 2-35.31, P. Fletcher 2-42.40, G. Pells 2-46.11, E. Hamer 2-48.36  
**M65** 1 D. Howarth 2-36.96, 2 T. Clowry 2-37.28, 3 R. Schmiel GER 2-39.41, 4 L. Forster 2-40.14, 6 P. Field 2-47.94, 7 C. Simpson 2-48.78  
**M70** 1 D. Keogh 3-05.51, 2 W. White 3-10.73, 3 B. Nielsen 3-15.26, N. Neilson 3-31.62  
**M75** 1 J. Todd 2-42.35WR, 2 E. Pauwels BEL 3-00.10, 3 B. Davidson 3-05.02, 5 G. Cunningham 3-21.39  
**M80** 1 H. Liedtke SWE 3-34.57, 2 H. Biliouris GRE 3-37.47, 3 E. Warwick 3-59.65, D. Morrison 4-18.96  
**W35** 1 I. Gazzda-Sagolla GER 2-15.15, 2 J. Colebrook 2-15.75, 3 R. Hann 2-19.28, 4 J. Brown 2-21.56, 6 B. Wood 2-29.47, 7 D. Batsford 2-26.56  
**W40** 1 L. Zentner GER 2-25.22, 2 M. Layden 2-26.06, 3 C. Smith 2-26.16, 4 D. Watkins 2-31.88  
**W45** 1 C. Marler 2-23.88, N. Hitchlough 2-29.54, 3 E. Schouten HOL 2-29.83, 5 J. Heffernan 2-36.77  
**W50** 1 P. Gallagher 2-28.55WR, 2 R. Jonkers HOL 2-45.48, 3 C. Schieferdecker GER 2-48.21, 4 A. Nally 2-52.83  
**W55** 1 G. van Kooten HOL 2-39.73, 2 J. Hulls 2-41.84, 3 B. Berghaus GER 2-55.3, 4 E. Osborne 3-06.59  
**W60** 1 P. Jones 2-56.91ER  
**W65** 1 T. Borthwick 3-00.0WR, 2 V. Vitola LAT 3-03.91, 3 B. De Preter BEL 3-07.53, 4 J. Ross 3-23.22

**1500 metres**  
**M40** A. Egger AUT 4-06.01, 2 S. Lea IRL 4-06.03, 3 B. Moss 4-10.59, 5 D. Wilcock 4-15.11, 6 P. Embleton 4-16.27, 7 K. Archer 4-17.69, 8 D. Jones 4-18.33, 11 R. O'Hara 4-20.43 [ht 4:18.37] **Heats** J. Crehan 4-22.91, M. McCausland 4-26.03, B. Smith 4-28.60, R. Dunn 4-41.60, D. Bell 4-42.64, B. Worthington 4-49.12, D. Adams 4-54.31  
**M45** 1 H. Nygaard NOR 4-12.68, 2 F. Schmidt GER 4-18.76, 3 K. Vagstol NOR 4-19.15, 4 P. Leviston 4-21.88, 6 K. Daniel 4-23.22, 10 P. Duhig 4-35.99 **Heats** P. Leviston 4-34.51, P. Duhig 4-37.57, R. Green 4-48.38  
**M50** 1 J. Potts 4-19.66, 2 M. Martin 4-21.57, 3 J. Wallace 4-22.42, 4 F. Homer 4-26.50, 5 N. Robson 4-28.20, M. Dixon 4-37.00, 9 C. Richardson 4-44.17, 11 B. Mackay 4-49.42 **Heats** R. Phipps 4-43.2, K. Temperton 4-55.0, P. Newton 4-54.5, H. Darbon 5-08.7, L. Hislop 5-15.9  
**M55** 1 J. Kurz GER 4-37.13, 2 G. Gaulen NOR 4-37.45, 3 S. James 4-40.83, 7 A. Elliott 5-02.29, 8 D. Cowgill 5-10  
**M60** 1 I. Barnes 4-50.36, 2 F. Vicente POR 4-52.94, 3 R. Kjeldsen DEN 5-06.15, 4 A. Oliver 5-08.28, 5 G. Ashby 5-16.07, 6 A. Kimber 5-22.44  
**M65** 1 D. Howarth 5-25.47, 2 L. Forster 5-27.09, 3 T. Wyer 5-30.05, 6 C. Simpson 5-36.51  
**M70** 1 J. Cupanek TCH 6-07.46, 2 D. Keogh 6-08.32  
**M75** 1 J. Todd 5-42.26WR, 2 E. Pauwels BEL 6-08.06, 3 B. Davidson 6-25.27, 5 G. Cunningham 7-05.8  
**M80** 1 E. Warwick 8-23.77, 2 T. Rawlinson 8-49.30  
**W35** 1 J. Colebrook 4-54.61, 2 R. Hann 4-55.08, 3 J. Lasenby 4-56.17, 4 D. Howard 39.4-56.65, 6 A. Brewster 5-25.98, 7 D. Batsford 5-31.29  
**W40** 1 J. Holt 4-37.05, 2 L. Zentner GER 4-50.63, 3 J. Meeten 4-51.52, 5 M. Layden 5-04.61, 6 I. Peaty 5-19.14  
**W45** 1 N. Hitchlough 5-07.75, 2 J. Heffernan 5-11.10, 3 M. Rosado USA 5-43.55  
**W50** 1 P. Gallagher 4-58.23, C. Schieferdecker GER 5-48.10, 3 S. Pegan ITA 5-55.68  
**W55** 1 G. van Kooten HOL 5-35.08, 2 B. Berghaus GER 5-51.55, 3 E. Osborne 6-20.04, 5 B. Tracey 6-31.95, 7 B. Cushman 6-55.03  
**W60** 1 P. Jones 6-06.90, 2 E. Kulnert AUT 6-17.80, 3 A. Poutanen FIN 7-51.18  
**W65** 1 B. De Preter BEL 6-54.10, 2 J. Ross 6-56.20, 3 B. Norrish 7-48.61  
**M40** 1 M. Girvan 8-43.62, 2 K. McLellan 8-44.52, 3 A. Jenkins 8-49.01, 4 G. Dalton 8-53.51, 5 Peter Embleton 8-54.39, 6 H. Roberts 8-54.72, 7 B. Moss 8-55.27, 8 E. Williams 9-00.05, 9 A. Makepeace 9-05.93, 10 M. Flowers 9-06.79, 12 D. Jones 9-08.12, 15 R. O'Hara 9-11.56, 17 J. Crehan 9-19.61, 18 T. McCarthy 9-20.27, 19 S. Littlewood 9-23.81, 20 M. Thwaites 9-30.52, 21 P. Williams 9-32.58, 22 P. Muddeman 9-53.89, 23 D. White 9-58, 24 C. Harris 10-07.45, 27 B. Worthington 10-39.16, 29 K. Dillon

11-18.18  
**M45** 1 H. Nygaard NOR 9-03.19, 2 F. Schmidt GER 10.69, 3 F. Costa POR 9-13.28, 6 J. Fidler 9-21.2  
**J. Baker** 9-52.09, P. Duhig 9-52.62, 13 S. Littlefair 10-33.46, 14 B. Smith 11-15.90, 15 R. MacDonald 11-22.52  
**M50** 1 R. Elliot 9-27.77, 2 N. Robson 9-31.85, 3 R. Young 9-33.39, F. Homer 9-35.02, 5 M. Dixon 9-42.09, 7 K. Temperton 10-19.69, 9 R. Asquith 10-42.84, 10 L. Hislop 10-54.06  
**M55** 1 G. Gaulen NOR 9-45.65, 2 J. Kurz GER 9-45.80, 3 S. James 9-46.98, 4 L. Presland 9-49.60, 6 W. Grunig 10-34.95, 7 J. Collins 10-43.40, 8 A. Elliott 10-51.36, 10 M. Dyer 11-22.54  
**M60** 1 F. Vicente POR 10-15.00, 2 H. Thieme GER 10-38.06, 3 P. Morris 10-41.27, 4 M. Morrell 10-48.88, 5 P. House 11-04.73, 6 G. Ashby 11-19.20, 7 R. Pitcaim-Knowles 11-33.05  
**P65** 1 D. Howarth 11-38.01, 2 W. Davies 12-01.97, 3 T. Wyer 12-08.43, 4 N. Stuart-Thorn 12-13.19, 7 R. Franklin 13-40.97  
**M70** 1 J. Cupanek TCH 12-56.01, 2 D. Keogh 12-57.75  
**M75** 1 J. Todd 12-12.72WR, E. Pauwels BEL 13-04.60, 3 B. Davidson 13-23.61, 5 R. Creece 14-11.82, 6 G. Cunningham 15-07.51  
**W35** 1 L. Marr 10-14.18, 2 A. Fletcher 10-18.17, 3 K. Davison 10-26.67, J. Lasenby 10-35.22,  
**W40** 1 L. Zentner GER 10-16.62, 2 D. Hoogesteger 10-25.30, 3 J. Meeten 10-26.31, 4 J. Crehan 11-43.50,  
**W45** 1 J. Heffernan 10-55.82, 2 M. Rosado USA 11-31.88, 3 L. Macaskill 11-56.18, 4 A. Foster 11-59.80  
**W50** 1 P. Gallagher 10-24.38WR, 2 E. Statham 10-00.80, 3 P. Rich 11-20.48  
**W55** 1 G. van Kooten HOL 11-42.96WR, B. Berghaus GER 12-19.92, 3 L. Verbeeck BEL 13-18.37, 4 E. Osborne 13-24.28, 5 B. Tracey 13-29.48, 6 V. Sager 13-43.99, 8 B. Cushman 14-13.40  
**W60** 1 P. Jones 12-48.37, 2 E. Kulnert AUT 13-52.19, 3 A. Poutanen FIN 16-43.90  
**W65** 1 B. De Preter BEL 13-54.17, 2 J. Ross 13-54.83, 3 V. Vitola LAT 14-00.93, 4 B. Norrish 16-20.82

**60m Hurdles**  
**M40** 1 H. Kreiner AUT 8.45 [ht 8.41]ER, 2 H. Napierala GER 8.60, 3 P. McIlfratrick 8.63, 4 M. Coker 8.73 [ht 8.67], 6 R. Honey 8.95 [ht 8.90] **Heats** C. Pengelly 9.67, T. Hall 10.17, J. Barwick 10.58, N. Baker 10.77, I. Chamberlain 10.96, D. Talbot 10.99, R. Bear 11.03  
**M45** 1 E. Longauer SVK 8.96, 2 A. Florit ESP 8.98, 3 T. Wells 9.04  
**M50** 1 M. Malatidis GRE 9.03 [ht 8.92ER], 2 M. Kacar TUR 9.28, 3 R. Harvey USA 9.39, 4 E. Fitzgerald 9.62, 6 B. Brooks 9.91 [ht 9.74] **Heats** M. Strange 11.1  
**M55** 1 C. Miller USA 9.19ER, 2 B. Ferguson 9.23, 3 M. Simmonds 11.43  
**M60** 1 I. Bellos GRE 9.86, 2 C. Shafto 10.13, 3 H. Kandydy TUR 10.55, 6 J. Day 12.19 [ht 11.34] **Heats** G. Daborn 12.09, J. Phillips 12.10, C. Sheppard 12.37  
**M65** 1 O. Niemi FIN 10.55, 2 E. Azzoni ITA 11.47, 3 M. Spadon HOL 11.69, 8 P. Field 13.96  
**M70** 1 H. Hoffmann GER 11.55, 2 W. Dapranio U 12.52, 3 H. Albrecht GER 12.65  
**M75** 1 B. Sobrero ITA 12.46, 2 A. Magnusson SWE 12.79, 3 U. Sansonetti ITA 12.95  
**M80** 1 T. Rawlinson 16.41  
**W35** 1 J. Harwood 8.92, 2 C. Muller SUI 9.06, 3 A. Moritz GER 9.30, 5 H. Barker 9.54, 6 J. Brown 9.91, 7 C. Smith 10  
**W40** 1 C. Filer 9.66 [ht 9.57], 2 H. Dyble 9.89, 3 S. Owen 9.89 [ht 9.76], 4 G. Hevingham 10.44 [ht 10.15], 5 L. Elliott 10.66 [ht 10.55], 7 S. Dodson 11.01 [ht 10.59], 8 C. Peerless 11.67 [ht 11.54]  
**W45** 1 D. Desmier FRA 9.50ER, 2 J. Fail 9.89, 3 M. Dahler SUI 10.21, E. McMahon 10.53  
**W50** 1 P. Raschker USA 9.60WR, 2 H. Lamp EST 9.83, 3 M. Simmonds 11.06  
**W55** 1 H. Kuppe NAM 11.10ER, 2 J. Charles 11.90, 3 N. Tomilova RUS



# CHAMPIONSHIPS, BIRMINGHAM, FEB. 29 - MARCH 2, 1997

B. Neuman TCH 18-45.27, 4 E. Grocock 18-46.87  
1 C. Colman 18-56.49, 2 A. Gaujers LAT 21-

M80 1 J. Grimwade 19-50.57WR, 2 T. Laine FIN 26-10.11

W35 1 S. Black 13-52.12WR, 2 E. Worth 17-01.34, A. Brewster 17-48.16, 4 E. Callinan disq

W40 1 C. Reader 16-37.02, 2 M. Schwantzer AUT 17-14.88, 3 E. Tust GER 19-38.92

W45 1 A. Lewis 16-16.47, 2 L. Newton 16-52.09, 3 S. Bull 19-17.92, S. Brunt disq

W50 1 M. Steiner SUI 16-44.57, 2 J. York 20-13.08, 3 V. Mountford 21-09.50

W55 1 W. Seiler GER 15-58.47WR, 2 J. Langford 18-10.47, 3 R. Tuiniemi FIN 19-29.63

W60 1 J. Sommer FRA 17-22.44WR, 2 P. Horwill 18-51.38

W65 1 B. Randle 18-13.26, 2 M. Worth 19-16.42

W80 1 N. Wedemo SWE 24-28.00WR

**High Jump**  
M40 1 J. Wszoka POL 2.01ER, 2 J. Lesniewicz POL 1.85, 3 J. Rybczynski POL 1.85, 5 R. Smith 1.70, 6 G. Ward 1.70, 7 N. Bishop 1.65, 8 D. Talbot 1.60, 9 D. Blunt 1.55

M45 1 J. Hawkins CAN 1.82, 2 J. Huijbers HOL 1.80, 3 S. Faulkner 1.70, 5 J. Reece 1.55, 5 R. Minton 1.55

M50 1 T. Zacharias GER 2.00WR, 2 F. Vivod SLO 1.70, equal 3rd J. Fanning IRL & E. Fitzgerald 1.65, 7 C. Green 1.55, 10 D. Vaughan 1.40

M55 1 K. Milleck GER 1.58, 2 R. Bleijert HOL 1.55, 3 J. Bartoschik GER 1.55

M60 1 A. Bateman 1.58, L. Van de Bosch BEL 1.55, 3rd T. Crocker & P. Pinto POR 1.50

M65 1 O. Niemi FIN 1.42, 2 A. Koet HOL 1.39, 3 C. Carlsson SWE 1.39, 4 J. Hanus 1.25, 5 J. Cross 1.25

M70 1 N. Nevruo SWE 1.45WR, 2 G. Dobriban HUN 1.42, 3 J. Adams 1.18

M75 1 E. Zensch AUT 1.35WR, A. Magnusson SWE 1.17, 3 O. Pietila FIN 1.14

M80 1 R. Taskinen FIN 1.13, 2 T. Rawlinson 1.04

M95 1 E. Hosack USA 0.86WR

W35 1 J. Brown 1.71, 2 L. Lapajnu SLO 1.68, 3 C. Saunders 1.60, 4 H. Barker 1.50

W40 1 M. Pahapill EST 1.50ER, 2 H. Dyble 1.50, 3 S. Owen 1.45

W45 1 E. Kulvand EST 1.40, 2 M. Dahler SUI 1.40, 3 P. Garvey 1.35

W50 1 P. Raschker USA 1.50WR, 2 E. Springmann GER 1.35, 3 J. Smallwood 1.30, 4 M. Jones 1.15

W55 1 H. Kuppe NAM 1.31WR, 2 I. Holder 1.16

W60 1 R. Chimes 1.30WR

W65 1 C. Happ GER 1.10, 2 C. Wippersterg GER 1.07, 3 R. Hanssens BEL 1.04

W70 1 P. Peterson USA 1.00

W75 1 K. Smildyina LAT 0.94WR, 2 M. Wixey 0.85

**Pole Vault**  
M40 1 P. Pazak SVK 4.50, 2 R. Nuckies GER 4.30, 3 N. Kapatasos GRE 3.80, 5 N. Phipps 3.70, 7 G. Ward 3.60, 8 K. Hatton 3.40, 9 G. Leckie 3.30

M45 1 H. Brunner SUI 3.90, 2 K. Pavlou GRE 3.20, equal 3rd Bruce Hendrie, T. Ojasoo & J. Hawkins CAN 2.80

E. Vayrynen FIN 3.60, 2 G. Sutton 3.60, 3 Gerald 3.50, 7 J. Bradley 3.20, 8 B. Harlick 2.80

M55 1 G. Benson 3.40, 2 A. Mackay 3.30, 3 J. Howe 3.20, 4 B. Chillery 2.90

M60 1 R. Brown 3.40, 2 N. Kostenko RUS 3.20, 3 J. Day 2.80, 7 J. Phillips 2.20

M65 1 R. Efstatidis GRE 2.90, 2 A. Woods 2.80, 3 M. Konopka GER 2.40, 4 B. Thomas 2.40

M70 1 A. Compri ITA 2.50, 2 G. Lindgren SWE 1.60

M75 1 E. Zensch AUT 2.00

M80 1 T. Rawlinson 1.50

W35 1 S. Franke GER 2.00

W40 1 J. Cunnane 2.60WR, equal 2nd M. Sanguos ESP & G. Hevingham 2.40, 4 J. Stafford 2.10

W45 1 C. Eames 2.10

W50 1 P. Raschker USA 3.05WR, 2 D. Nix GER 2.10, 3 D. Widmann GER 1.80, 4 M. Jones 1.7

W60 1 D. McLennan IRL 2.00WR, 2 S. Champion IRL 1.80

**Long Jump**  
M40 1 T. Birna AUT 7.12, 2 K. Atkinson IRL 6.68, 3 R. Redfern 6.51, 5 Wade 6.39, 6 S. Pegler 6.18, 11 K. Martin 6.03, 16 P. Bell 5.30, 18 T. Hall 5.17, 21 M. Ross 4.85, 23 I. Chamberlain 4.54, 24 S. Harvey 4.37

M45 1 B. Lejeune FRA 6.17, 2 P. Koivisto FIN 6.10, 3 A. Bobrov RUS 5.92, 4 P. Pinnington 5.90, 6 D. Folgate 5.67, 7 D. Wallington 5.35, 9 M. Clerihew 5.10, 10 J. Rayner 4.95

M50 1 P. Ahomaki FIN 6.42, 2 C. Kreft GER 5.81, 3 P. Gybas TCH 5.70, 4 P. Duckers 5.61, 6 C. Green 5.53, 10 S. Brooks 5.14, 12 R. Cutler 5.01, 15 J. Topless 4.85

M55 1 S. Backlund FIN 6.08WR, 2 E. Kallio FIN 5.70, 3 W. Salberg GER 5.44, 5 M. Garvey 5.18, 7 J. For 4.71, 8 B. Charles 4.53, 10 R. Bruck 4.4, 11 D. Whitten 3.87

M60 1 P. Pinto POR 5.54WR, 2 A. Bateman 5.35, 3 I. Bellos GRE 5.15, 6 F. Taylor 5.01, 12 C. Field 4.42,

14 J. Phillips 4.29, 15 C. Sheppard 4.16

M65 1 J. Necek TCH, 2 O. Niemi FIN 4.64, 3 C. Carlsson SWE 4.62, 5 C. Adlam 4.32, 6 J. Cross 4.18, 7 J. Crehan 4.13, 8 A. Kalirai 3.93, 12 J. Christie 2.86

M70 1 G. Dobriban HUN 4.53, 2 H. Hoffmann GER 4.32, 3 H. Stolz GER 4.16, 5 G. Bridgeman 4.01

M75 1 R. Ahrenkel DEN 4.14, 2 B. Sobrero ITA 4.14, 3 A. Lovett 4.03

M80 1 R. Taskinen FIN 3.33, 2 K. Petzold GER 3.28

M95 1 E. Hosack USA 2.00ER

W35 1 P. Hermann GER 5.40ER, 2 A. Georgiou GRE 5.28, 3 D. Herron 4.91, 4 P. Dowler 4.89, 6 C. Smith 4.76

W40 1 C. Filer 5.02, 2 H. Dyble 4.80, 3 S. Owen 4.75, 6 S. Dodson 4.58, 9 G. Cunningham 4.32, 10 C. Peerless 4.06

W45 1 D. Desmier FRA 5.10, 2 J. Fail 4.80, 3 M. Dahler SUI 4.78, 4 E. McMahon 4.38

W50 1 P. Raschker USA 5.00WR, 2 H. Lamp EST 4.64, 3 S. Wood 4.62, 5 M. Simmonds 4.35, 7 A. Green 4.08, 9 J. Smallwood 3.72

W55 1 B. Hoffmann GER 4.31WR, 2 H. Kuppe NAM 4.10, 3 I. Holder 3.94, 5 J. Charles 3.78, 6 D. Fraser 3.12, 7 Y. Miles 3.03

W60 1 C. Graham 3.68, 2 B. Steedman 3.45, 3 I. Nieminen FIN 2.84

W65 1 A. Larsson SWE 3.90WR, 2 C. Happ GER 3.01, 3 C. Wippersterg GER 2.73

W75 1 M. Wixey 2.71WR, 2 K. Smildyina LAT 2.34

**Triple Jump**  
M40 1 Walther GER 14.11, 2 D. Laigre FRA 14.10, 3 E. Poudounikov RUS 13.79, 12 G. Gallagher 12.29, 13 I. Thomson 11.92, 14 P. McIlfratrick 11.37

M45 1 B. Lejeune FRA 13.32, 2 A. Vitols LAT 13.16, 3 D. Folgate 12.74, 5 P. Pinnington 11.36, 9 M. Clerihew 10.28, 11 B. Hendrie 9.52

M50 1 P. Ahomaki FIN 13.17, 2 C. Kreft GER 12.78, 3 S. Power 12.74, 5 J. Vernon 12.08, 9 A. Cheers 10.79, 12 G. Jephcott 10.64, 13 R. Cutler 10.60, 14 C. Green 10.43

M55 1 S. Backlund FIN 13.23WR, 2 E. Kallio FIN 11.18, 3 E. Akkel EST 11.09, 5 B. Taylor 10.30, 7 T. Driver 9.77, 9 E. Chambers 9.25

M60 1 P. Pinto POR 11.90, 2 J. Perez ESP 11.45, 3 T. Crocker 10.24, 5 J. Phillips 9.67, 6 J. Darlington 9.46

M65 1 O. Niemi FIN 10.59, 2 H. Reidma EST 10.05, 3 J. Crehan 9.46, 6 C. Adlam 8.62, 7 A. Kalirai 8.56, 9 B. Thomas 8.11

M70 1 G. Dobriban HUN 9.37, 2 W. Daprano USA 8.09, 3 H. Albrecht GER 8.04

M75 1 E. Zensch AUT 8.31, 2 B. Sobrero ITA 8.03, 3 O. Pietila FIN 7.65

W35 1 A. Georgiou GRE 11.97WR, 2 P. Hermann GER 11.96, 3 J. Brown 11.49, 8 D. Herron 9.73

W40 1 G. Cunningham 9.85, 2 G. Hevingham 9.61, 3 S. Dodson 9.21, 5 J. Stafford 7.72

W45 1 D. Desmier FRA 11.02WR, 2 J. Fail 9.64, 3 M. Dahler SUI 9.51

W50 1 P. Raschker USA 10.14WR, M. Simmonds 9.52, 3 E. Springmann GER 9.44, 4 S. Wood 8.60

W55 1 H. Kuppe NAM 9.34WR, 2 J. Charles 8.28

W60 1 C. Graham 8.35WR, 2 B. Steedman 7.19, 3 I. Nieminen FIN 5.55

W75 1 M. Wixey 5.02WR

**Shot Put**  
M40 1 M. Leskoviansky SVK 14.64, V. Maganas GRE 14.50, 3 B. Zankel GER 14.39, 4 I. Lindley 13.66, 7 S. Archer 12.03, 8 R. Steventon 11.87, 11 M. Carr 10.37, 12 C. Murphy 10.33

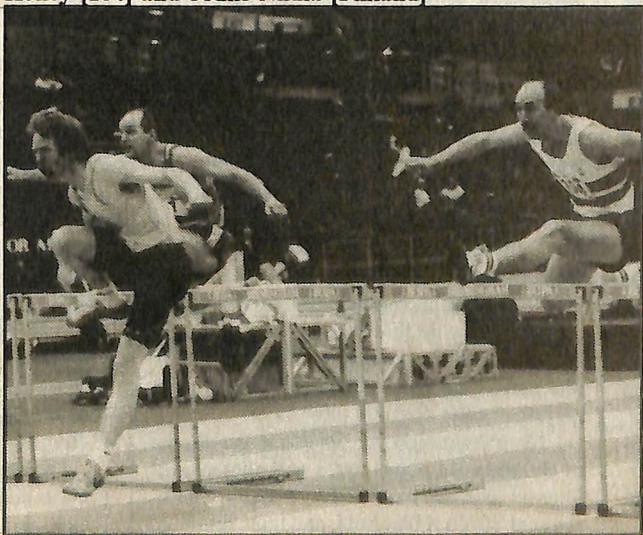
M45 1 V. Koca TCH 13.90, 2 K. Trunum EST 13.84, 3 N. Griffin 13.60, 5 J. Edwards 12.33, 6 M. Bousfield 12.15, 7 B. Holden 12.06, 8 W. Renshaw 11.27, 9 M. Corden 10.87

M50 1 A. Hermann GER 14.48, 2 D. Myerscough 13.79, 3 M. Devetak SLO 12.83, 5 J. Conboy 12.52, 6 S. Brooks 11.54

**Below: Pole vaulters: From left, Sheila Champion, Maureen Jones, Carol Eames, Gill Hevingham, Jenny Cunnane & Dorothy McLennan**



Below: 60m Hurdles Heat: Phil McIlfratrick, leads Roger Honey [104] and Jouko Nilula [Finland]



M55 1 J. Scott 13.36, 2 J. Walters 11.18, 3 P. Fahnholtz GER 11.04, W. Gentleman 11.03

M60 1 R. Laine FIN 15.06, 2 P. Speckens GER 15.02, 3 B. Sumner 10.49, D. Duchemin 10.44, 8 C. Taylor 9.68, 9 J. Phillips 9.53, J. Dunsford 7.93

M65 1 T. von Wachenfeldt SWE 12.90, 2 J. Watson 10.78, 3 J. Hanus 10.23

M70 1 T. Suomela FIN 12.63, 2 N. Nevruo SWE 11.86, 3 H. Stolz GER 10.89, 4 J. Geres 10.34

M75 1 J. Dooley 7.49

M80 1 O. Hiekkanen FIN 8.14, 2 B. Metcalfe 7.02

M95 1 E. Hosack USA 4.07ER

W35 1 L. Vahter EST 13.01, 2 C. Cameron 11.54, 3 W. Dunsford 10.61, 5 S. Hall 9.36, 6 J. Earle 8.91

W40 1 T. Schenkels HOL 13.38, 2 S. Owen 10.64, 3 J. Cunnane 10.16

W45 1 N. Zoubekkhina RUS 13.02WR, 2 B. Carter 11.15, 3 V. Thompson 9.75, 4 A. Maguire 7.21

W50 1 M. Jakobsone LAT 11.77, 2 B. Terry 11.46, 3 A. Tucker USA 10.0, 4 A. Green 9.51, 5 E. Sissons 8.88, 7 P. Spence 7.13, 8 C. Rafferty 6.90

W55 1 K. Ilgen GER 12.57WR, 2 E. Williams 11.24, 3 H. Erikson EST 10.30, 6 C. Derrien 7.32, 8 Y. Miles 5.83

W60 1 R. Chrimes 11.66WR, 2 A. Williams 8.62, 3 A. Martin 7.90, 4 M. Grant-Stevens 7.22

W65 1 R. Hanssens BEL 8.70, 2 R. Baumann GER 8.27, 3 C. Wippersterg GER 8.10

W75 1 K. Smildyina LAT 7.10WR

W80 1 M. Williams 4.36

**4x200m Relay**  
M40 1 GBR 1-32.60, 2 BEL 1-36.15, 3 USA 1-38.41

M50 1 GBR 1-40.50, 2 GER 1-43.16, 3 HOL 1-44.9

M60 1 GBR 1-51.22, 2 FIN 1-56.64, 3 GER 1-58.72

W35 1 GBR 1-45.80, 2 GER 1-48.60

W40 1 GBR 1-54.52, 2 IRL 2-14.14, 3 USA 2-14.38

W50 1 GBR 2-00.79, 2 GER 2-07.58

W60 1 GBR 2-25.73

## Newspaper Support Fund

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

L. Bowcott, C.R. Ball, D. Channing, Sid Hood, Stan Erlam, Peter Simpson, N. Skelton, Dorothy McLennan

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.

## 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. Recent winners are:

Oct 96: £125 to A. Lovett [Moreton in Marsh]  
£10 to G. Feast, A. Beckett, J. Fowles, D. Smythe, and M. Hart  
Nov 96: £125 to J. Bryan [Stafford]  
£10 to M. Waddell, N.S. Thorn, A. Shepherd, J. Ross, D. Withers  
Dec 96: £125 to A. Roden [Whyteleafe]  
£10 to P. Wixey, M. Smith, C. Harbord, R. Robinson, R. Steinholtz



## Throwers Do It Again at Mulheim

We have, so far, been extremely lucky with the weather for the annual throwing events in Germany and I am told that it has not rained on the last Sunday in September for the last ten years. Last September the weather was again kind to us. Bearing in mind that we are all expected to complete ten events within the hours of daylight you can see that the weather is of considerable importance. Can you imagine ten throwing events in the pouring rain?

Last year, Great Britain provided the second largest team and the support has certainly pleased our hosts during the seven years in which we have competed. Unfortunately, the Baltic States were not there in the strength seen in previous years but there were competitors from Denmark, Poland and Czechoslovakia, and the former East Germany.

As the competition started at 9am most of us had finished by 4pm, and so we watched the youngsters [the under 35's] throwing the club and the javelin. Both implements were regularly thrown over 70m and the number four ranked German hammer thrower threw 74m. This is on a par with the World Multi Throws Championships in Hungary, which were well supported in the open age group.

The M55 group started with the kugelschocken [a 3kg. shot thrown from the standing position like a discus], followed by the slingball. One kind soul offered me some resin for my fingers and, as throwers will know, this is something which you either cannot get out of the jar or you find that you have so much that fingers stick together!

This happened to me in the slingball and my second attempt whistled over some one's head at right angles to the direction of throw. Even so, I was unable to match Jenny Earle's attempt which, I am told, almost took off Wendy Dunsford's head. The rivalry between these two was intense. Each won the same number of events but matters were, of course, settled on points difference.

Merrik Bousfield was happy to see significant improvement in all the hammer disciplines and finished with a total equal to that of last year. So was Barbara Dunsford, who improved by three metres in the discus and beat her previous best in other disciplines as well. This was the first time that Jenny Earle and Barbara Terry had taken part. Barbara not only surprised herself with her personal score but with several of the implements she increased the distance with each throw. This is the sort of thing needed to strengthen your determination to return the following year.

We were pleased to see another member of the British Throwers Club, Helmuth Duholm from Denmark. He competed in the M70's, which he won with a points total only slightly outside the world record. John Caton-Mason came along to act as team manager with Val Bousfield and he cheered us on despite problems with hip and knee. It was not easy for him to watch us enjoying ourselves, bearing in mind that he had competed successfully on two occasions before injury intervened. I am told, however, that he was seen having a surreptitious throw with the club!

We had a most enjoyable weekend and

were pleased with our overall performances. I was especially pleased with my efforts in the hammer and heavy hammer. As a result, I was invited to take part in the German Championships in the latter event later in the year. Participation is by invitation only and, bearing in mind the number of throwers in the multi throw events, I feel that invitation, based on past performance or a qualification distance, will become inevitable.

These events at Mulheim will celebrate their tenth anniversary in 1997 and I am sure that they will be well supported. Normally, in these columns, I am advertising for others to keep me company. This year, however, I know that the British team will exceed the numbers of 1996 and I am confident that everyone will, as usual, have a super weekend. **British results:** Wendy Dunsford 1st W35, Jenny Earle 2nd W35, Merrik Bousfield 1st

M45, Barbara Terry 1st W50, Hugh Richardson 3rd M55, Barbara Dunsford 2nd W60 **Hugh Richardson**

### British Throwers Pentathlon Age Group Records

British Throwers Pentathlon Event - now part of World and European Championships.

M40	M.Fenton	N&E	3728	1996
M45	T.Lally	Swansea	3254	1996
M50	H.Richardson	Cop'land	3968	1991
M55	H.Richardson	Cop'land	4098	1992
M60	J.Watson	NVAC	3506	1994
M65	J.Hanus	SCVAC	3470	1996
M70	J.Gercs	Rugby	3045	1995
M75	R.Spikes	SWVAC	2163	1994
W35	W.Dunsford	SCVAC	2439	1996
W40	L.Hallam	Notts	2237	1994
W45	C.Morris	MVAC	2497	1993
W50	M.Swinton	Moray	2931	1996
W55	E.Williams	Essex L	4671	1993
W60	A.Williams	Newport	2951	1996
W65	J.Ogden	Thurrock	4550	1994

### TRACK AND FIELD NOTES

Now that the European Indoor Championships are over, I would like to thank the organising committee for all their hard work, the officials who spent so many hours in the arena, and all the athletes who took part. This brings me to some of the problems that were encountered in the run up to the championships, mainly with regard to filling in entry details. This is particularly for the benefit of newcomers to our ranks, but also to those who will not bother and for those who really do not understand.

Please remember the following before sending your forms for the World T & F Champs in South Africa and for the European Road Champs at The Hague.

1. Barbara Dunsford is BVAf Co-ordinator, and is the only person authorised by the BVAf to sanction entries.
2. All entries must go through Barbara.
3. There is an admin. fee of £4.00.
4. All athletes must be a member of a BVAf club (note a BVAf, not BAF club), of which there are 11.
5. The forms must be signed, proof of birth must be enclosed, with the correct entry fees which includes the WAVA/EVAA fees. These MUST BE PAID. The BVAf administration fee covers the postage of the entries to the organisers, currency exchanges, acknowledgement to the athletes, plus the many telephone calls that usually have to be made, so please help us to help you. All of these requirements are the official WAVA/IAAF guidelines and not just for the British athletes. All the best for South Africa, although your forms should already be with Barbara as you are reading this.

Our next competition will be the BVAf Championships at Stanley Park, Blackpool, 28-29 June. What a good warm up for South Africa! I am sure that the Northern Veterans committee will organise a very good championship, with good weather and many competitors, (entry form on page 11).

No information yet for the International in Belgium (21 June), but I will contact athletes as soon as I have it. The BVAf Pentathlon is at Solihull [August], and the Combined Events in Sheffield [Sept]. In the last V/A I

wrote about sending £20.00 for medical back-up in South Africa. I received only two replies but will hold it open until April 20. If we do not have enough funds by then I will cancel the scheme and return the funds received. It costs £20, payable to "ROADCRAFT" please.

The BVAf Indoor Championships at Kelvin Hall Glasgow, were very successful, with some wonderful performances. Having the championships so near to the Europeans had the overall effect of a low entry, which was generally expected, so thanks to SVHC and all the officials for a great day of competition. I will mention just one set of performances in my column, and that is those by the, one and only Mary Wixey. She set a World Record in the triple jump [5.07m], British Records in the high jump [0.88m] and the 200m [44.41], and was only 3/100s outside breaking her 60m record. In the triple jump, having set a record 4.70m. she went on to 4.96m. Then, when she was tired, she reduced her run up and jumped 5.07m. That is a lesson for many of us. Well done, Mary! Finally, the next European Championships will be in Cesenatico, Italy, Sept 11-20, 1998.

The problems with BVAf vests are not yet resolved. A few XL and XXL track suits are still available and I also have some shorts, either Ron Hill RWB or Viga BWR.

**Winston Thomas**

### BVAf Raffle

The raffle held recently and drawn at the European Indoors at Birmingham resulted in a disappointingly low ticket return ratio and a corresponding low income. With the help of raffles we have been able to keep the costs of producing this newsletter to a minimum. We hope that members will do their utmost to support future raffles.

Prizewinners are as follows:

A.R.B., M.Darlington, J.W.A.Roberts, E.K.Livermore, B.Gouldthorpe, G.Pollard, C.Roe, G.Booth, A.Martin, V.Manley.

Thanks to the following who sent donations to assist the raffle. M.James, A.Johnson, P.Cooper, W.Banks, B.Crook, J.T.Driver, A.Newman



# 10<sup>TH</sup> BAF/BVAF NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

SATURDAY, MAY 17, 1997 AT SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all clubs affiliated to BAF

Championships will be held over a traffic-free three-mile course

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

BAF medals to first three teams and fastest individual in each championship

BVAF medals to second and third fastest individuals in each championship

**ENTRIES CLOSE ON APRIL 20.** Entries from B teams will **not** be accepted.

Entry form and other details from: DENIS WITHERS, 33 BARKER ROAD,  
SUTTON COLDFIELD, B74 2NZ (PLEASE INCLUDE 9" x 4" S.A.E.)

## BRITISH VETERANS ATHLETICS FEDERATION 1997 OPEN 10 MILE ROAD RACE CHAMPIONSHIPS

13th YEAR IN OSWESTRY: OPEN TO ALL AA CLUB VETERANS

HELD UNDER BAF & BVAF LAWS: A.I.M.S. COURSE

SUPPORTED BY: OSWESTRY SPORTS COUNCIL OSWESTRY BOROUGH COUNCIL ATHLETES FEET

**SUNDAY MAY 11th 1997 - START 1p.m.**

**VENUE: WHITTINGTON CRICKET CLUB, 2 MILES FROM OSWESTRY**

**CLOSING DATE: MAY 8th - NO ENTRIES ON DAY**

**ENTRY FEE: - £4.00 IF AFFILIATED TO BVAF - £6.00 IF NOT MEMBER OF BVAF**

[EXTRA £2.00 FOR NON-AFFILIATED IS LEVY TO BVAF] Cheques/Postal Orders payable to "BVAF 10"

[AFFILIATED MEANS PAID UP MEMBER OF NORTHERN VETERANS/SOUTHERN VETERANS/WELSH VETERANS, ETC.]

**THIS IS A VETERANS ONLY EVENT**

### CHAMPIONSHIP AWARDS

**MEN:** 1, 2, 3 all age groups [5 years] to over 75 **LADIES:** 1, 2, 3, all groups [5 years] to over 75.

**CLUB TEAMS: MEN:** 1, 2, 3: 40-49, four to count. Over 50, three to count. Over 60, three to count. **Ladies:** All ages, three to count. Note: Older age group runners **ONLY** may represent a younger age group club team, provided that their club has not fielded a team in his relevant age category, **BUT** organisers **MUST** be notified on day of race - Club vests must be worn. Age category cards must also be worn on back.

9" x 6" S.A.E. FOR FURTHER DETAILS, CONFIRMATION AND RACE NUMBER TO:

DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY, SHROPSHIRE, SY11 1JD. TEL: [01691]653338

Please accept my entry for the 1997 BVAF Open 10 Mile Championship

NAME \_\_\_\_\_ AGE ON DAY \_\_\_\_\_ D.O.B. \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ VET REG NO. \_\_\_\_\_

1ST CLAIM CLUB \_\_\_\_\_ AREA AFFILIATION eg NORTHERN \_\_\_\_\_ NON AFFILIATED TICK ☐

Non affiliated means not a paid up member of an Area Veterans Association.

THE ORGANISERS OF THIS RACE WILL NOT BE RESPONSIBLE FOR ANY LOSS OR INJURY TO MYSELF.

I AGREE TO ABIDE BY BAF LAWS. I AM MEDICALLY FIT TO RUN.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_



## Around The Regions

### NORTHERN

Members kept the spirit of running going during the arctic conditions of mid winter. On the social side, 20 or so members enjoyed an hour's run around the Rivington area before retiring to the bar and restaurant of the Gladmar Hotel. Thanks to Alan Fearnley for arranging the excellent Xmas lunch, thoroughly enjoyed by the record turnout for this function.

Early in December there was a good entry for the annual Leigh run, which is always followed by the AGM. In the race 74 finished out of 78 starters. Alas, the leading duo were sent off course but the result was allowed to stand, with the in form Stephen Williams always likely to be the winner. The M50 group is particularly strong at present and four finished in the first nine. Consistent Ken Burgess led them home in 3rd and can count himself unlucky not to be declared the winner, as he was the first to complete the full course. Afterwards the official business of the AGM was dealt with, one of the main points being the increase in the monthly run entry fees to a mere £1.50. This is still very good value, considering the prizes and facilities at most venues.

The usual 50 or so turned out for the annual Xmas yacht handicap at Ashton-U-Lyne on December 15. Merseyside "postie" Joe McAloon, a NVAC stalwart over the years, made the most of a generous handicap to take the title for the first time by a massive four minutes plus. The run of the day, however, came from Altrincham newcomer "fast" Eddie Parker, of whom handicapper Peter Dibb was very wary. Eddie, a rabid Wolves fan, carved his way through the field from his backmarker start, à la Steve Bull, to record 36:39 for the accurate 10k road course in good conditions.

On the first Sunday in the New Year, Alan Fielding and Kenny Mayor forfeited good runs to lay the new and more interesting course at Leverhulme Park. Conditions were cold with frozen ground, and some parts resembled an ice rink. Steve Williams repeated his wins at Leigh and Clayton-Le-Moors, but this time he was pushed all the way by a determined and agile Jim Crehan, one of the few runners at home in the conditions. Tony Hesketh made one of his rare appearances and easily took the M45 award ahead of Brian Gore, whilst Mr. and Mrs. Meredith, John and Mary, each took a deserved prize after making the lengthy trek from North Wales.

Derek Walton

### EASTERN

The club cross country championships were held at Grantham on Jan. 12. Newcomer Keith McLellan of Luton was a clear winner, as were Peter Sterry and Roger Wadely in the M45 and M50 age groups. It was the smallest field for many years. Either the cold weather put off some members or they knew all about the course and did not fancy running up the hills.

Diane Braverman found the hills were not a problem in winning the women's race, despite having competed the previous day in the Inter Counties at Luton. She is having an excellent season, having also won a silver in the W45 Home International and third overall position in the County Championships.

Peter Chaplin

### WELSH

The WVAA C.C. Championships were again held in conjunction with the Welsh Inter Counties event on Dec. 15, helping to ensure that both clubs and counties fielded their strongest teams. The course was flat fast grassland, totally different from the semi fell race at Pontypool last year. Both champions, Martin Rees and Frances Gill, comfortably retained their titles. In the latter's case her task was eased by both Barbara Boylan and new vet Angharad Mair opting to run in their counties senior team.

In the men's race Alun Roper finished third overall to take the M50 title, whilst Pat Gallagher went one place better to retain the equivalent women's ti-

tle. The women's inter club contest was disappointing, with only three teams closing in, but all credit to Amman Valley who took the opportunity to collect bronze medals behind Les Croupiers and Cardiff.

The men's team event was a West Glamorgan benefit, with the County retaining the title, despite not including Roper. Swansea and Neath took gold and silver in the Club Championship with Les Croupiers third. In the over 50's Swansea, Neath and Cardiff all failed to complete teams, allowing Wrexham to edge out Les Croupiers. To complete tiny Amman Valley's day of success, Kay Davies took second in the W50 class and Dave Rosser won the M60 title.

The first WVAA Championship of 1997 was the annual Old Father Time 5, organised by Les Croupiers over two laps of the mainly flat Pontcama fields course on the banks of the River Taff in Cardiff. Conditions were good, although there was a cold headwind on parts of the course.

Martin Rees and Frances Gill both contested the event for the first time and were rewarded with convincing wins, setting new men's and women's course records in the process. Host club Les Croupiers totally dominated the team events, taking first place medals in the M40 and both of the women's age groups and bronze in the M50. Neath H again demonstrated their current strength by gaining silver medals in both of the men's sections.

Down the field a little Alan Jefferies edged out his great rival Alan Garrett, although both won their respective age groups. Edwina Turner continued her recent run of outstanding performances by finishing second in the women's race, nearly a minute clear of team mate Julie Scholey. Behind them Brian Blandford took the M60 award, a minute or so ahead of Tim Gunning.

John Collins

### ISLE OF MAN

The final club race of 1996 was the second round of the Skillicorn Trophy held over 6 miles at the NSC, Douglas. As the race had been called off the week before due to icy conditions we were all pleased to turn up on a balmy Saturday morning in late November. The race was handicapped with runners starting in age bands, with the M40's starting last.

Dave Corrin ran a fine race to hold his M50 advantage over M45 runner Alan Postlethwaite with only 6 seconds separating them at the finish. Dave's valiant efforts were of no avail, however, as Alan's previous position in the first round made him overall winner and Dave had to settle for second. Pete Cooper put together two consistent runs to finish third, and our esteemed chairman Colin Watterson [M50] was a very creditable fourth.

The Island's Cross Country Championship was held on Sunday January 19 over the big hills of the "killer" Kevauig course and it again proved to be a stern test of athletic prowess. Whilst the seniors were having a battle royal up front, the more senior competitors were having their own tussles as they fought their way round the four lap course covering nearly seven miles.

On a very sunny day and with ideal conditions underfoot, it was that "just veteran" Murray Lambden [Manx H] who put in a fine performance to finish 6th overall and take the M40 title in a time of 44:27. This pace was too hot for the rest of the field and the second veteran home was Phil Cain [Northern AC] in 46:53. The third vet to finish was Pete Cooper, who put his recent fell running experience to good use by taking the M45 title in a time of 48:55. It was good to see Robbie Callister [IOMVAC] also back from the fells to win the M50 section in 55:24.

The ladies had two laps of the course to negotiate, mixing it with the men in the early stages. Rose Hooten [Manx H] proved to be the better on the day, coming in over three minutes in front of Anne Cain [IOMVAC] in 29:21. With over 100 competitors taking part in the various age groups the Island's athletics future looks to be guaranteed for many years to come and thanks are due to the IOMAA for its continued organisation and support for such events.

Terry Bates

### SOUTHERN

#### SCVAC

The annual Indoor Track and Field Championships at Crystal Palace on Feb. 9 were marred by the non arrival of the officially appointed starter, which meant that a hastily recruited substitute had to perform the duties with a whistle. This prevented Charlie Williams [M65 60m in 8.1], Doug Adair [M70 60m in 8.5], Val Parsons [W50 60m in 8.5] and Carina Graham [W60 60m hurdles in 11.7] from claiming British records. Authentic British Records were broken by Neil Griffin [M45 Shot in 13.74], Jean Fial [W45 Long Jump of 4.56] and Mavis Williams [W80 Shot of 4.46] and, inevitably, a new World Pole Vault Record of 2.00m by Dorothy McLennan.

The SCVAC distance runners are to be given extra encouragement from their committee in 1997. Aware that awards inevitably go to track and field performers, they have agreed to inaugurate a Grand Prix over the four classic road racing events. It commences with the 10k championships, which will again be held in conjunction with the Ted Pepper Memorial Race at Langley Park, Beckenham in May. In addition to the usual medals in each five year age group, competitors will be awarded bonus points according to their age graded time.

The second championship will be the marathon, held once again in conjunction with the Slough Marathon on Sept. 3. The third event will be the 10 miles champs held with the Cabbage Patch 10 three weeks later. The final championship will be the half marathon, again to be held with the Barns Green in October, provided that their date does not clash with a BVAf championship, in which case an alternative half marathon will be selected.

After the final event, points from the four events will be totalled and the leading man and woman will be awarded a worthwhile prize. Only members whose current subs are paid up by the date of the opening race will qualify, so check now to see if you are in arrears. The dates and venues of the first three races are listed on the fixtures page.

Jack Fitzgerald

#### Vets AC

New vet Mike Waine of Woking AC is the club cross country champion. Waine, on his maiden run, clocked 25:54 in a close race, the best time to date this year. Grenville Tuck made much of the pace and was again the first over 45 in 25:57, from Hugh Morten, who won here last November.

Consistent Steve Birkin, one of a strong Cambridge H. contingent, took the 50's again from John Treadwell of the home club, but Geoff Harrold [Enfield] was challenged by another Woking member, Maurice Doogan, for the 55 title. Tom Everitt won the 60 class. In the 65 group there was great interest in Chris Chattaway who stripped fit, but it was the favourite on recent form, Belgrave's Pat Newell, who won as Chattaway came home third. Outstanding against the clock was Steve Charlton who won the 70's in a new record, nearly two minutes faster than Dennis Eyer's mark. Next time out he improved it to 31:24.

The women's champs were held in the February race and were won convincingly by Marilyn Clarke, a new name from the Windmilers. The New Zealand born marathon runner, with good form in Surrey events, won by half a minute from Jane Davies, who was first 45 in a record 29:54, and Josey Heffernan. More records followed, after a rainless January had left the course dry and firm, to Pauline Rich, who was first 50 in 31:59, and Helena Fotherby, who took the 65 class with her 38:13. Twenty women made strong competition all through and super vets Alice Smith and Alice Billson duly completed the course in 70 and 80 classes.

In the division 4 of the Surrey League the VAC men's team mustered 16 strong last time, won two matches and took the lead from Redhill. For that club Bob Treadwell was first individual in the third match in 25:30, which is the best time on the Camp Rd. course this season. Hugh Morten was the club first, in match second place, as veterans filled no less than



8 out of the first 13.

The VAC ladies, led by W45 Josey Heffernan in fourth place, won with the excellent low score of 52 points in the final match. This moved them up to 4th in Div. 2. Alison Jones, Marian Eldridge and Lynn Newton completed the scorers with three more to come.

Jeremy Hemming

### NORTH EASTERN

North East Veterans AC staged a novel mixed age group cross country relay on Sat. 11 Jan. at their Rosehill course. Although this new event was popular with those who took part, the overall number of entries was disappointing. However, it was good to see members collecting prizes who were not usually accustomed to doing so.

Ideally, teams had to consist of two M40 runners, one M50 and either one female or one M60, but in the friendly informal atmosphere associated with all NEVAC events many members formed composite age and club teams. On the first 3400m lap Crook's Kevin Archer swiftly secured a healthy lead from Blaydon's Bill Robinson. Pre race favourites Morpeth were still in contention in 6th place thanks to an excellent 12:34 from M55 Bill Ryder.

On the second leg Heaton's M50 Albert Gallon raced from 7th to 1st with Morpeth's M60 Alan Oliver 2nd ahead of Alan Purdham of Crook. Leg three saw M50 Roger Higham [Tynedale] record the fastest M50 time to bring his team into 3rd with Heaton's Walter Whitwell just pipped at the final hand over by Tom Watson [Morpeth].

There was no doubting the final outcome, as Morpeth's Scottish International Archie Jenkins clocked the days fastest time of 11:02 to finish well clear of Tynedale's Neil Cassidy [11:43], with M60 Reg Checkley [Heaton] bravely holding on to a creditable 3rd. Elswick were a further minute behind in

4th, with Gosforth's over 50 squad of Albert Prouse [fastest M60], Alan Craft, Bill Campbell and R.Nelson a deserved 5th.

Houghton & Peterlee competitor Maureen Dodsworth ran the women's fastest [13:57] with club mate and new member Kath Maw second in 14:22. With a little more support this novel event could become a regular feature of our winter programme.

NEVAC joined forces with Heaton H to continue their Winter Track Standards meeting, held outdoors at Monkton on Feb.23. After the blustery winds had subsided half way through the meeting we were blessed with warm, sunny conditions.

Less than 24 hours earlier, organiser Eric Smart had won M40 gold at the BVAf Indoor in Glasgow. At Monkton he set a new 60m standard of 7.6, followed by P.Davey in 8.2, Terry Page M45 8.3, Bob Smoult M55 8.5, and Rich Jurowski M50 8.8. In the B race Ray Dudley M65 and R.McClymont M45 both clocked 8.8. In the women's race Pam Gardiner clocked 9.5 and K.Partridge 9.7, both W35.

Smart ran 18.3 in the 150m from Davey's 19.4, Page 20.3, Smoult 20.4. New W35 figures were set by Alison Beadnell with 21.0, with Gardiner 2nd in 23.8. She also set new figures in the 300m, too, with 43.9 from Partridge at 52.0. M45 J.Wyllie comfortably won the 600m in 1:43.1 from M60 Ian Barnes [1:44.2]. Barnes [10:51.6] easily outran M60 Eric Appleby [11:10.6] in the 3000m with Ray Dudley timed at 14:16.2, obviously feeling the effects of the previous days cross country.

It was disappointing to see only four veterans competing in the shot, but fine performances were achieved by Pam Gardiner [6.94m], Terry Hudson M50 11.00m, R.Jurowski 9.24m and also by NEVAC Chairman Dennis Field [M65 8.73m].

North East veteran's needs are well catered for, particularly at track and field with a full twelve date fixture list arranged at Jarrow this summer.

George Routledge

### Road Champs in Norfolk

For the first time in several years BVAf road championships will be taking place in East Anglia. The Marathon is in conjunction with the Wissey Road Races at Stoke Ferry on August 31. There will also be an open half marathon and a fun run for other members of the family. A £50 subvention is on offer for a new marathon course record [men 2:33.42, women 3:17.00]. Details page 10.

The BVAf10k Championship will be held as a separate race in a programme of open events, which also includes a fun run for the family, at Kings Lynn on June 15. Details page 10.

### Brugges Awards

Are there any members who competed in the WAVA Road Championships at Brugges in 1996 and who are still waiting for awards that they won? If so please advise BVAf secretary Bridget Cushen [address on page 6]

### New Address

Maurice Morrell, editor of the Northern Veterans AC newsletter, has changed his address. Maurice can now be contacted at 28, Seabank Road, Heswall, Wirral, L60 4SW. The telephone number is unchanged [0151-342-3246].



## Slough

Borough Council

PRESENTS

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10.00am - Wheelchair Half  
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# RESULTS • RESULTS • RESULTS •

## BVAF Indoor Championships, Kelvin Hall, Glasgow, 22/2/97

**60m**

**M40** 1 E.Smart 7.29, 2 T.Watters 7.35, 3 A.Ross 7.38, 4 J.Hamilton 7.38, 5 W.Franklyn 7.39, 6 R.McInnes 7.54 [Heat 7.53], 7 J.Shearer 7.64 also Heats P.McClintock 7.73, D.Bullers 7.82, B.Matthews 8.06, R.Lawson 8.11, D.Hay 8.48 **M45** 1 M.Hennings 7.64, 2 M.Clenhew 7.92, 3 D.Wallington 7.98, 4 T.Page 8.15, 5 L.Ross 8.31, 6 J.Ellis 8.33, 7 M.Fraser 8.70 **M50** 1 B.Townley 7.46, 2 A.Stirling 7.86, 3 A.Deleiros 7.97, 4 S.Entwhistle 7.98, 5 N.Gould 8.66 **M55** 1 J.Steede 7.98, 2 R.Austin 7.99, 3 B.Ariss 8.26, 4 B.Shearsmith 8.33, 5 J.Mills 8.67, 6 W.Gentleman 8.80, 7 D.Driver 9.08 **M60** 1 D.Burton 8.37, 2 B.Pamaby 8.59, 3 T.Bowman 8.63, 4 R.Sykes 11.12 **M65** 1 A.Meddings 8.51, 2 J.Bryce 8.66, 3 J.Cross 9.21 **M70** 1 D.Aidar 8.70, 2 T.Henderson 10.12, 3 R.Clark 10.13 **M75** 1 T.Murphy 9.05 [USA], 2 E.Plimer 10.42, 3 A.Coogan 10.93 **M80** 1 C.Fairy 10.40, 2 L.Watson 14.58

**W35** 1 B.Barker 8.35, 2 D.Tinnis 8.46, 3 C.Carey 8.64, 4 A.Martin 8.88 **W40** 1 M.Smith 8.25, 2 C.Fler 8.49, 3 I.Morrison 8.78, 4 B.Evans 9.02, 5 G.McFarlane 9.77 **W45** 1 P.Kinnion 8.56, 2 A.Polett [RSA] 8.89, 3 T.Bell 9.85 **W50** 1 Y.Priestman 8.85, 2 S.Wood 9.03, 3 M.Swinton 10.95 **W55** 1 M.Axtell 9.27, 2 E.Linaker 9.33 **W60** 1 B.Steedman 10.23, 2 M.Webb 10.45 **W65** 1 B.Green 11.19 **W70** 1 P.Peterson [USA] 11.18 **W75** 1 M.Wixey 11.59

**200m**  
**M40** 1 S.Peters 22.99 [BR], 2 E.Smart 23.47, 3 A.Ross 23.53, 4 J.Hamilton 23.69, 5 W.Franklyn 24.53 [Heat 23.95] also Heats T.Watters 24.18, J.Shearer 24.44, K.Carey [IRE] 25.07, A.Readman 25.33, R.Cawson 25.80, D.Hay 28.11 **M45** 1 M.Hennings 24.88, 2 R.Minting 25.41, 3 P.Anthony 26.06 [Heat 26.02], 4 P.Lavin 26.34, 5 J.McGarry 26.62 [Heat 26.32] also Heats T.Page 26.94, J.Ellis 27.19, L.Ross 28.44 **M50** 1 B.Townley 24.50, 2 J.Henson 25.11, 3 A.Deleiros 26.07, 4 T.Bisset 26.13 also Heats A.Stirling 27.00, N.Gould 27.43 R.Hazell 34.22 **M55** 1 J.Steede 25.79, 2 R.Austin 26.56, 3 B.Shearsmith 26.71, 4 B.Ariss 27.79, 5 R.Smolult dnf [Heat 27.24] also Heats C.Miller [USA] 26.03, R.Sheridan 27.94 **M60** 1 D.Burton 26.89, 2 B.Pamaby 28.57, 3 T.Bowman 28.66, T.McManus dnf **M65** 1 A.Meddings 28.18, 2 W.Russell 31.45, 3 J.Cross 31.71 **M75** 1 T.Murphy [USA] 31.14, 2 A.Coogan 40.53 **M80** 1 L.Watson 47.19

**W35** 1 A.Brown 27.27, 2 S.Smith 27.36, 3 D.Tinnis 27.94, 4 C.Carey [IRE] 28.41 **W40** 1 M.Smith 27.13, 2 S.Smith 28.07, 3 I.Morrison 29.72 **W45** 1 P.Kinnion 29.12, 2 A.Polett [RSA] 30.68, 3 T.Bell 36.09 **W50** 1 Y.Priestman 29.27, 2 M.Hocknell 30.79, 3 C.Scares 31.97 **W55** 1 M.Axtell 31.62, 2 E.Linaker 33.71 **W60** 1 M.Webb 35.83, 2 B.Steedman 36.87 **W65** 1 B.Green 39.68 **W70** P.Peterson [USA] 40.40 **W75** 1 M.Wixey 44.41 [BR]

**400m**  
**M40** 1 A.Ross 53.33, 2 D.Anderson 53.67, 3 K.Carey [IRE] 58.04, 4 R.Cawson 58.75, 5 P.Trickett 59.05 **M45** 1 R.Minting 55.21, 2 B.McKay 55.32, 3 P.Anthony 57.10, 4 P.Lavin 58.80 also Heats D.Spencer 58.52, J.McGarry 64.10 **M50** 1 R.Phipps 56.98, 2 A.Eland 58.55, 3 J.Henson 60.37 **M55** 1 J.Rae 58.75, 2 F.Hearn [IRE] 60.25, 3 R.Smolult 61.54, 4 B.Ariss 66.97 **M60** 1 B.Pamaby 67.48, 2 T.Bowman 70.37 **M65** 1 W.Russell 71.00, 2 J.Farrar 74.63 **W35** 1 A.Brown 60.06, 2 A.Martin 66.65 **W45** 1 C.Marler [60.67 [WR]] **W50** 1 Y.Priestman 68.71, 2 M.Hocknell 70.84, 3 C.Scares 74.46 **W60** 1 M.Webb 95.15 **W65** 1 B.Green 96.02 [BR] **W70** 1 P.Peterson [USA] 1:46.19

**800m**  
**M40** 1 D.Anderson 2:00.88, 2 A.Dunlop 2:01.51, 3 J.Owen 2:02.22, 4 P.Coventry 2:14.16 **M45** 1 B.McKay 2:05.28, 2 R.Minting 2:05.31, 3 D.Spencer 2:09.55, 4 R.Davies 2:17.32, A.Fulton dnf **M50** 1 R.Phipps 2:10.69, 2 J.Wallace 2:11.29, 3 A.Eland 2:15.28, 4 J.Stark 2:15.84, 5 S.McCrae 2:16.92, 6 B.McKay 2:25.34 **M55** 1 F.Hearn [IRE] 2:18.52 **M60** 1 J.Gornley 2:32.37, 2 A.Oliver 2:33.12, 3 R.Cheekley 2:33.34, 4 P.Fletcher 2:45.70 **M65** 1 D.Howarth 2:42.50, 2 W.Russell 2:44.78, 3 L.Forster 2:50.05, 4 T.Wyer 2:51.62, 5 A.Smith 2:54.49 **M70** 1 H.McGinlay 2:53.55, 2 T.Nelson 3:19.12

**W35** 1 J.Thomson 2:26.81, 2 D.Batsford 2:44.07 **W45** 1 C.Marler 2:22.26

**1500m**  
**M40** 1 A.Muir [USA] 4:18.60, 2 P.Ebleton 4:21.43, 3 J.Golder 5:02.89 **M45** 1 K.Bell 4:25.51, 2 J.McKeenue 4:33.18 **M50** 1 J.Potts 4:22.25, 2 M.Martin 4:25.44, 3 J.Wallace 4:26.67, 4 S.McCrae 4:38.18, 5 R.Young 4:45.66, B.McKay dnf **M60** 1 J.Gornley 5:06.32, 2 A.Oliver 5:08.10, 3 R.Cheekley 5:11.17, 4 J.Parker 5:17.64 **M65** 1 W.McBrinn 5:34.70, 2 D.Howarth 5:35.00, 3 L.Forster 5:41.57, 4 T.Wyer 5:41.59 **M70** 1 H.McGinlay 5:54.42 **M85** 1 E.Farrell 8:41.47 [WR]

**W35** 1 L.Marr 4:52.42, 2 J.Thomson 5:05.57 **W45** 1 E.Garland 5:28.6 **W55** 1 B.Cushen 7:07.45 **W65** 1 B.Norrish 7:51.97

**3000m**  
**M40** 1 A.Jenkins 8:49.42, 2 K.McLellan 8:50.27, 3 H.Roberts 8:54.51, 4 E.Williams 8:57.25, 5 D.Jones 9:08.34 **M45** 1 J.Fiddler 9:28.07, 2 E.Frizzell 9:46.81, 3 K.Bell 9:54.81 **M50** 1 D.Gennell 9:27.16, 2 S.McCrae 9:42.40, 3 R.Young 9:47.92 **M55** 1 D.Voyle 11:01.67 **M60** 1 J.Gornley 10:53.74 **M65** 1 W.Marshall 11:21.98, 2 W.McBrinn 11:39.39, 3 A.Walsham 12:16.80, 4 R.Franklin 13:57.31 **M70** 1 H.McGinlay 12:19.89

**W35** 1 L.Marr 10:22.50 **W45** 1 F.Garland 11:30.87 **W55** 1 B.Cushen 15:07.48 **W65** 1 B.Norrish 16:08.35

**3000m Walk**  
**M40** 1 W.Kingston 16:59.16 **M45** 1 R.Care 13:30.73 **M50** 1 B.O'Callaghan [IRE] 16:15.68 **M55** 1 J.Whyte 16:08.21 **M60** 1 C.Stapleford 16:41.86, 2 J.Munn 18:31.88 **M75** 1 C.Cohlan 18:41.59

**60m Hurdles**  
**M40** 1 P.McClintock 8.86, 2 R.Stevenson 9.24, 3 T.Hall 10.37, 4

R.Douglas 11.77, 5 L.Percival 12.03 **M50** 1 E.Fitzgerald 9.43 **M55** 1 C.Miller [USA] 9.17, 2 J.Howe 10.05, 3 A.McKay 11.24, 4 J.Freebairn 11.28 **M60** 1 J.Day 11.24 **W35** 1 H.Barker 9.76, 2 C.Smith 10.06, 3 A.Martin 11.27 **W40** 1 C.Filer 9.58, 2 C.Peerless 11.48

**High Jump**  
**M40** 1 G.Ward 1.70 **M45** 1 R.Minting 1.58, 2 J.Reece 1.58 **M50** 1 E.Fitzgerald 1.61 **M55** 1 J.Freebairn 1.50, 2 T.Driver 1.40, 3 J.Howe 1.37, 4 A.McKay 1.37 **M60** 1 J.Day 1.31 **M65** 1 J.Cross 1.19 **M70** 1 T.Murphy [USA] 1.19 **M75** 1 A.Adams 1.16 **W35** 1 H.Barker 1.53 **W40** 1 C.Filer 1.44 **W70** 1 P.Peterson [USA] 0.95 **W75** 1 M.Wixey 0.88

**Pole Vault**  
**M40** 1 G.Ward 3.60, 2 G.Lackie 3.10 **M50** 1 E.Fitzgerald 3.50 **M55** 1 J.Howe 3.20, 2 A.Mackay 3.00 **M60** 1 J.Day 2.80 **W40** 1 J.Stafford 2.10 [BR]

**Long Jump**  
**M40** 1 S.Pegler 6.21 **M45** 1 P.Pinnington 5.73, 2 D.Wallington 5.38, 3 M.Clenhew 5.18, 4 J.Blair 4.01 **M50** 1 P.Duckers 5.49 **M55** 1 T.Driver 4.29 **M65** 1 J.Cross 4.17, 2 J.Christie 2.97 **W35** 1 H.Barker 4.61, 2 D.Tinnis 4.51 **W40** 1 C.Filer 5.16, 2 C.Peerless 4.37, 3 B.Evans 4.23 **W50** 1 S.Wood 4.36 **W60** 1 B.Steedman 3.32 **W75** 1 M.Wixey 2.48

**Triple Jump**  
**M40** 1 S.Pegler 12.82, 2 P.McClintock 11.40, 3 R.Douglas 10.55 **M45** 1 P.Pinnington 11.38, 2 M.Clenhew 10.43 **M50** 1 J.Gelder 9.78 **M55** 1 T.Driver 9.72, 2 W.Gentleman 9.26, 3 E.Chambers 8.78

**W35** 1 C.Smith 9.65 **W40** 1 C.Filer 9.65, 2 B.Evans 9.01, 3 J.Stafford 7.75 **W45** 1 J.Rammell 7.83 **W50** 1 S.Wood 8.68 **W60** 1 B.Steedman 6.88 **W75** 1 M.Wixey 5.07 [WR]

**Shot Put**  
**M40** 1 H.Davidson 14.25, 2 G.Loney 11.94, 3 C.Murphy 9.81, 4 W.Kington 9.21 **M45** 1 J.Edwards 11.80, 2 J.Blair 5.84 **M50** 1 W.Weir 13.12, 2 J.McBeath 11.85 **M55** 1 J.Scott 13.41, 2 J.Freebairn 11.56, 3 W.Gentleman 11.08, 4 A.Mackay 10.16 **M60** 1 R.Sykes 11.11, 2 B.Webb 9.56, 3 J.Dunsford 7.90 **M65** 1 J.Hanus 9.52, 2 J.Christie 5.72 **M70** 1 T.Henderson 8.56 **M75** 1 J.Dooley 7.31

**W35** 1 C.Cameron 11.01, 2 H.Barker 10.63, 3 W.Dunsford 10.27, 4 J.Earle 8.14 **W40** 1 G.McFarlane 9.10, 2 B.Evans 8.00 **W45** 1 J.Rammell 8.39 **W50** 1 M.Swinton 8.65, 2 P.Spence 7.31

**Pentathlon**  
**Men** [60mH, HJ, LJ, SP, 1000m]  
**M40** 1 R.Stevenson 3376 [9.24, 1.62, 5.88, 7.90, 2:59.19], 2 T.Hall 2560 [10.37, 1.44, 5.09, 7.63, 3:20.81], 3 R.Douglas 2248 [11.77, 1.44, 4.81, 8.39, 3:28.22], 4 L.Percival 2194 [12.03, 1.29, 4.97, 8.16, 3:17.77] **M55** 1 R.Ross 3516 [11.08, 1.41, 4.61, 8.82, 3:09.31], 2 J.Freebairn 3370 [-1.53, 4.51, 11.30, 4:00.95], 3 J.Charies 3192 [11.51, 1.32, 4.67, 8.08, 3:22.95], 4 E.Chambers 2444 [12.20, 1.29, 4.20, 6.08, 3:59.27]  
**Women** [60mH, HJ, LJ, SP, 800m]  
**W35** 1 J.Brown 3844 [WR], [9.77, 1.68, 5.08, 9.68, 2:26.01] **W45** 1 M.Williams 2708 [12.55, 1.26, 3.63, 6.66, 2:48.24] **W55** 1 J.Charies 3270 [11.80, 1.20, 3.72, 7.53, 3:39.57]

## MVAC Cross-Country Championships, Burbage Common, Hinckley, 12/1/97

**M40** 1 T.Bishop 31:18, 2 P.Warden 31:21, 3 D.Jones 31:27, 4 M.Flowers 31:40, 5 V.New 31:51, 6 J.Cooper 31:54, 7 M.Evans 32:03, 8 P.Buckley 32:11, 9 P.Yeomans 32:13, 10 R.Stanier 32:24, 11 P.Kenny 32:26, 12 P.Garbutt 32:33, 13 I.Redford 32:33, 14 A.Grice 32:47, 15 M.Strange 33:00, 16 P.Didierstie 33:11, 17 O.Dell 33:15, 18 S.Clews 33:41, 19 T.Meechan 33:45, 20 M.McGready 34:45, 21 B.Waring 35:08, 22 H.Fowler 36:16, 23 M.Ellard-Elliott 36:21, 24 J.Stephen 36:23, 25 S.Walton 36:57, 26 T.Cunn 39:13, 27 P.Coventry 39:32, 28 C.Smith 39:52 **M45** 1 M.Hager 30:55, 2 B.Lloyd 32:18, 3 P.Banks 32:20, 4 D.Overson 32:22, 5 G.Farmer 33:10, 6 M.Edwards 33:56, 7 J.Smith 34:05, 8 J.Millard 34:15, 9 D.Blockley 34:55, 10 M.Smedley 35:00, 11 J.Pavoy 35:04, 12 J.Taylor 36:11, 13 P.Hawcroft 36:47, 14 W.Waine 37:19, 15 P.Croxford 37:26, 16 J.Haden 37:34, 17 M.White 38:02, 18 P.Watts 40:48 **M50** 1 D.Wilde 33:04, 2 C.Rutland 33:48, 3 M.Parker 34:10, 4 C.Kirkham 34:11, 5 J.Hassall 34:26, 6 J.Heywood 34:30, 7 P.Allen 35:23, 8 J.Allen 35:25, 9 E.Cockayne 35:41, 10 M.O'Neill 36:18, 11 P.Davies 36:30, 12 T.Woodward 36:35, 13 J.Grimbley 37:11, 14 T.Williams 37:15, 15 C.Turner 37:39, 16 R.Limes 38:46, 17 J.Matthews 39:05, 18 G.Jones 39:14, 19 T.Morris 39:15, 20 T.Harvey 39:52, 21 G.Smith 40:51, 22 D.Burns 41:23, 23 J.Padbury 41:36, 24 J.Grady 43:21, 25 D.Phillips 48:11 **M55** 1 G.Patton 33:17, 2 C.Elson 33:48, 3 M.Hawkins 35:49, 4 M.Wrenn 36:25, 5 K.Buckle 36:27, 6 R.Suddens 38:15, 7 M.Butterley 38:20, 8 D.Cowley 39:18, 9 M.Knight 39:43, 10 R.Beacham 40:37, 11 L.Bailey 41:23, 12 T.Preston 41:40, 13 R.Bunn 42:12, 14 C.Brennan 45:04, 15 B.Nelson 46:10, 16 J.Powell 46:51 **M60** 1 P.Morris 36:06, 2 G.Thomas 37:05, 3 G.Oliver 38:23, 4 R.Froggatt 42:31, 5 R.Smith 42:43, 6 W.Morgan 43:16, 7 B.Webster 43:38, 8 G.Barnard 44:05, 9 W.Stapleford 44:26, 10 G.Chapman 49:15 **M70** 1 A.Hitchman 22:26, 2 J.Quantrell **W35** 1 S.Lappage 17:58, 2 S.Bentley 18:03, 3 K.Searf 19:28, 4 K.Haley 20:52, 5 D.Batsford 20:55 **W40** 1 J.Meeten 17:48, 2 C.Kilkenny 18:13, 3 M.Layden 18:35, 4 J.Simpson 18:59, 5 V.Akroll 19:10, 6 J.Walker 20:01, 7 S.Creasey 20:30, 8 L.Green 23:14 **W45** 1 L.White 19:40, 2 L.Cliff 19:57, 3 A.Kirkham 20:40, 4 A.Roberts 20:59, 5 E.Parsons 21:22, 6 M.Savage 21:33, 7 M.Perry 22:24 **W50** 1 D.Fellows 19:42, 2 J.Bryan 21:12, 3 L.Foulger 22:42 **W60** 1 B.Smith 25:17, 2 B.Chapman 31:11 **W65** 1 R.Suddens 30:20

**Teams: M40-49** 1 Redhill RR 22, 2 Telford AC 24, 3 Tipton 33, 4 Derby & C 73 **M50-59** 1 B & R 34, 2 Massey F 44, 3 Birchfield 51 **M60** 1 S & SH 224 **W35+** 1 Northon P 25, 2 Caun & Staff 32, 3 Centurian 33 **W45+** RSC

## EVAC Cross Country Champs, Grantham, 12.1.97

**M40** 1 K.McLellan 37:31, 2 M.Banisdale 38:16, 3 P.Hall 40:54, 4 S.Wallace 40:57, 5 S.Bunn 41:45, 6 G.Thomas 43:42, 7 J.Ellerby 45:08, 8 G.Campbell 45:20, 9 M.Dean 45:51, 10 R.Williamson 46:02, 11 K.Measures 48:52, 12 C.Akehurst 49:35 **M45** 1 P.Sterry 39:29, 2 P.Duhig 40:35, 3 C.Russell 41:14, 4 M.Bromford 42:44, 5 C.Stebbing 43:08, 6 D.Hanwell 43:46, 7 G.Shrimpton 43:58, 8 M.Ennis 44:53, 9 D.Eldridge 47:03, 10 D.Steam 47:05, 11 S.Littlefair 47:09, 12 M.Stokes 47:27, 13 T.Woolard 51:47 **M50** 1 R.Wadely 40:42, 2 D.Lacy 41:39, 3 I.Fisher 42:38, 4 J.Bradley 44:53, 5 M.Smith 45:32, 6 M.Taylor 45:56, 7 M.Armstrong 46:08, 8 T.Harker 47:01, 9 H.Darbo 47:55, 10 T.Braverman 52:15, 11 M.Parkin 52:50 **M55** 1 M.Turner 47:07, 2 B.Read 49:59, 3 A.Trism 50:45, 4 H.Bamfather 54:35 **M60** 1 K.Overy 46:11, 2 C.Weight 49:52, 3 J.Powell 50:24, 4 M.Callow 60:08 **M65** C.Robinson 56:05, 2 P.Chaplin 56:15 **W35** 1 L.Gaine 22:44, 2 F.Norris 23:07, 3 G.Plant 25:04, 4 L.Gamham 31:43, 5 J.Bell 35:29 **W40** 1 F.Cooke 22:18, 2 P.Brightman 38:37 **W45** 1 D.Braverman 22:09, 2 E.Cudmore 24:46, 3 S.Woolard 33:24 **W50** 1 S.Gandee 25:44, 2 J.Hieatt-Smith 27:40 **W55** 1 J.Cooper 44:51 **W60** 1 J.Powell 28:06

**Teams: M40-49** 1 Luton 31, 2 Grantham 60, 3 Colchester 72 **M50+** 1 Grantham 53, 2 C & C AC 114 **W35+** 1 Colchester 12, 2 Grantham 29

## SCVAC Indoor Championships, Crystal Palace, 9/2/97

**60metres: M40** 1 W.Franklyn 7.3 & 7.4, 2 A.Ross 7.4 & 7.4 **M45** 1 R.Fraser 7.7, 2 D.Wallington 7.8 & 7.9 **M50** 1 G.Pope 7.8 & 7.9, 2 S.Brookes 8.0 & 8.2, 3 V.Novell 8.2 & 8.2, 4 M.Martineau 9.3 **M55** 1 J.Hart 8.1 & 8.2, 2 B.Charies 8.5 & 8.6 **M60** 1 B.Gray 8.0 & 8.0, 2 C.Field 9.2, 3 C.Taylor 9.4 & 9.5 **M65** 1 C.Williams 8.1 & 8.4, 2 C.Adlam 8.8, 3 P.Field 9.0 **M70** 1 D.Aidar 8.5 & 8.6 **W40** 1 A.Mullinger 8.1 & 8.1, 2 H.Dyble 9.0 & 9.2 **W45** 1 E.McMahon 8.6 & 8.6 **W50** 1 V.Parsons 8.5 & 8.7, 2 P.Oakes 9.3 & 9.4, 3 R.Champion 9.8 & 10.0 **W55** 1 J.Charies 8.5 & 8.7, 2 Y.Miles 10.1 & 10.7 **W60** 1 C.Graham 9.6 **W65** 1 B.Green 11.1 & 11.1 **W80** 1 M.Williams 15.6

**60m Hurdles: M40** 1 T.Hall 10.2 & 10.5, 2 L.Percival 11.3 & 11.8 **M50** 1 S.Brooks 9.6 **M55** 1 B.Charies 11.2 & 11.2 **M60** 1 J.Day 11.1 **M65** 1 P.Field 10.9 & 11.1 **W35** 1 J.Brown 9.8 **W45** 1 J.Fail 10.1 **W50** 1 P.Oakes 11.0 & 11.1 **W55** 1 J.Charies 11.9 & 12.0 **W60** 1 C.Graham 11.7 & 11.9

**High Jump: M40** 1 R.Smith 1.65 **M50** 1 J.Robinson 1.38, 2 B.Hartick 1.35 **M55** 1 B.Charies 1.25 **M60** 1 J.Day 1.30 **W35** 1 J.Brown 1.63 **W40** 1 H.Dyble 1.45 **W55** 1 J.Charies 1.15, 2 I.Holder 1.10 **W60** 1 D.McLennan 1.01

**Pole Vault: M50** 1 B.Hartick 2.80 **M60** 1 J.Day 2.91 **M65** 1 A.Woods 2.80 **W45** 1 C.Eames 1.90 **W60** 1 D.McLennan [WR]

**Long Jump: M40** 1 L.Thompson 5.24, 2 A.Ross 5.04, 3 L.Percival 4.67 **M45** 1 D.Wallington 5.22 **M50** 1 S.Brooks 5.10, 2 M.Martineau 4.24 **M55** 1 B.Charies 4.57 **M60** 1 C.Field 4.16 **M65** 1 C.Adlam 4.32 **W40** 1 A.Mullinger 4.51, 2 H.Dyble 4.35 **W45** 1 J.Fail 4.56 [BR], 2 E.McMahon 4.33 **W55** 1 I.Holder [g] 3.87, 1 J.Charies 3.80, 2 B.Keepek 2.99, 3 Y.Miles 2.98 **W60** 1 D.McLennan 2.71

**Triple Jump: M40** 1 L.Thompson 11.91, 2 R.Smith 11.46 **M50** 1 A.Cheers 10.51, 2 M.Martineau 7.97 **M60** 1 J.Day 7.83 **M65** 1 C.Adlam 8.47, 2 B.Thomas 8.42 **W35** 1 J.Brown 10.72 **W45** 1 J.Fail 9.26 **W50** 1 P.Oakes 9.04 **W55** 1 J.Charies 7.90 **W60** 1 C.Graham 7.77

**Shot: M40** 1 S.Acher 12.50, 2 M.Small 11.72, 3 C.Murphy 9.94, 4 L.Percival 9.05 **M45** 1 N.Griffin 13.74 [BR] **M50** 1 S.Brooks 11.05, 2 B.Hartick 7.31 **M60** 1 G.H



# RESULTS • RESULTS •

40:01, 75 D.Barker 64:50:03

**Women 8/2/97 4.8 Miles**

8 M.Clark W42 1:29:18, 21 J.Davies W49 1:29:54, 24 J.J.Heffernan W45 2:30:16, 35 P.Rich W50 1:31:59, 36 J.Quantrill W41 2:32:04, 43 H.Fenton W40 3:33:17, 45 L.Macaskill W46 3:33:31, 48 L.Billington W52 2:33:45, 51 H.Emery W44 3:40:02, 55 M.Moody W45 3:55:44, 56 L.Bowcott W52 3:34:55, 61 B.Cole W41 3:37:13, 64 A.Nally W54 3:37:38, 65 H.Fotherby W65 1:38:13, 66 N.Pinkerton W45 3:38:39, 73 M.Lawrence W49 4:25:54, 75 G.San Miguel W56 1:58:26, 76 A.Smith W73 1:68:00, 77 A.Billon W84 72:48, 78 L.Willis W56 72:48

**SVHC Xmas Handicap [Age Graded]**

1 P.Kelly M53 51:40 [76.96], 2 P.Bryers M52 52:05 [63.47], 3 N.Hare M57 [69.65], 4 B.Gallagher M45 52:24 [67.49], 5 J.McMillan M53 52:25 [80.12], 6 D.Fairweather M52 52:31 [79.20], 7 A.Shaw M60 52:32 [79.68], 8 T.O'Reilly M64 52:38 [81.42], 9 E.Crocket W43 52:41 [63.88], 10 D.McKirdy M56 52:50 [70.76], 11 A.MacDonald M60 52:57 [54.06], 12 J.Irvine M61 53:03 [79.21], 13 E.Burns M61 53:08 [65.23], 14 W.Drysdale M61 53:11 [70.40], 15 D.MacIntosh M55 53:13 [72.43], 16 H.Ross M60 53:15 [61.36], 17 J.Berry M40 53:24 [67.06], 18 D.MacDonald M54 53:31 [73.32], 19 P.Ogden M46 53:31 [74.29], 20 B.Dodson M51 53:34 [67.40], 21 P.McGregor M46 53:25 [74.17], 22 D.Monteith W44 53:36 [71.82], 23 G.Inglis M56 53:37 [68.28], 24 D.Campbell M57 53:40 [65.24], 25 W.McGregor M51 53:44 [71.06], 26 E.McMillan W52 53:44 [67.45], 27 J.Peachey M49 53:48 [67.80], 28 W.McHugh M67 53:56 [71.57], 29 J.Parker M62 53:58 [73.51], 30 A.Muir M51 54:01 [71.52], 31 R.Jones M51 54:12 [66.22], 32 R.Zanotti M65 54:14 [67.74], 33 W.Hamill M64 54:15 [74.42], 34 J.Harkness M49 54:17 [65.03], 35 A.Rennie M47 54:18 [74.22], 36 K.Dodson W49 54:23 [64.56], 37 B.Kirkwood M42 54:23 [64.48], 38 A.Galbraith M63 54:31 [64.32], 39 W.Dale M46 54:32 [73.11], 40 J.Gourlay M51 54:38 [77.00], 41 R.McInstry M71 54:42 [57.61], 42 P.Tonner M66 54:42 [66.89], 43 J.Turcan M68 54:46 [69.99], 44 H.Morton W38 54:48 [73.06], 45 N.Neilson M72 54:58 [67.29], 46 J.Robson M56 54:59 [64.13], 47 J.Gomley M60 55:02 [79.68], 48 R.Dempster M73 55:14 [67.01], 49 I.Kerr M50 55:17 [68.36], 50 S.Eaglesham M43 55:21 [73.08], 51 J.Harper M49 55:29 [76.15], 52 M.McLethie M45 55:33 [74.89], 53 R.McCreedy M60 55:38 [60.81], 54 W.McBrien M66 55:59 [77.66], 55 J.Gibson M63 56:03 [62.03], 56 P.Longworth M45 56:07 [58.49], 57 R.Fulton M43 56:12 [61.43], 58 J.Munn M62 56:14 [61.87], 59 B.Collie M48 56:41 [54.84], 60 J.Bryng W52 56:54 [73.46], 61 G.Clarkson M59 56:55 [58.49], 62 I.McManus M54 57:08 [62.79], 63 M.Moore W62 57:10 [69.84], 64 C.Murray W36 57:34 [60.52], 65 W.Annour M66 57:55 [65.74], 66 D.Hay M43 59:11 [49.35], 67 J.Farrell M87 60:12 [63.83], 68 D.Morrison M82 60:12 [57.33], 69 A.Tumbull M54 62:00 [55.85]

**Rolls Race, Hamilton, 1997.**

6 J.Quinn M41 30:38, 72.54, 4 A.McDonald M42 30:35, 73.18, 9 S.Eaglesham M43 31:42, 71.12, 35 D.Hay M43 45:04, 50.03, 25 I.Campbell M44 37:42, 60.24, 1 B.Kirkwood M44 27:35, 82.34, 7 D.Mewse M44 30:51, 73.62, 2 A.Jenkins M44 28:55, 78.54, 13 P.Ogden M46 32:55, 70.04, 12 P.McGregor M46 32:17, 71.41, 14 B.Gallagher M46 34:17, 67.24, 17 J.Gomley M50 34:54, 68.13, 16 I.Donnolly M50 34:47, 68.36, 11 J.Gourlay M51 32:04, 74.76, 18 B.Dodson M51 35:47, 66.99, 5 D.Fairweather M52 30:36, 78.99, 10 B.Eddridge M52 31:57, 75.65, 3 R.Young M53 30:28, 79.99, 8 J.McMillan M53 31:02, 78.53, 26 I.McManus M54 37:51, 64.92, 15 V.Daly M54 34:31, 71.19, 22 D.McKirdy M55 36:29, 67.93, 28 G.Inglis M56 38:35, 64.80, 21 N.Hare M57 36:21, 69.40, 20 R.Kettles M60 36:14, 71.55, 27 D.Kerr M61 38:06, 68.71, 23 W.Drysdale M61 36:37, 71.49, 33 J.Newbigging M62 44:05, 59.98, 79 T.O'Reilly M64 36:09, 74.62, 24 W.Hamill M64 37:19, 72.29, 30 W.Annour M66 41:07, 67.02, 31 E.Crocket W43 42:15, 60.00, 32 K.Dodson W49 43:25, 61.45, 29 S.Bauchop W50 39:14, 68.72, 37 C.Searles W51 49:16, 55.24, 34 E.McMillan W52 44:29, 61.76, 36 M.Moore W62 46:36, 65.45

**NVAC Cross Country Championships, Middleton, Greater Manchester 23/2/97**

M40 1 M.Girvan 35:04, 2 M.McDevitt 35:41, 3 G.Ratcliffe 36:08, 4 J.Crehan 36:18, 5 G.Davies 36:48, 6 D.Rawlings 36:54, 7 S.Williams 37:02, 8 D.Carrington 37:59, 9 M.Nolan 38:28, 10 W.Fox 38:51, 11 A.Harris 38:57, 12 D.Gaynor 38:12, 13 P.Sinnott 39:16, 14 J.Hardman 39:19, 15 C.Henry 39:21, 16 R.Winnard 39:58, 17 M.Jones 39:48, 18 R.Carruthers 40:46, 19 D.Helps 41:04, 20 S.Lougden 42:10, 21 M.Nolan 42:14, 22 T.Lynch 42:25, 23 E.Parker 42:39, 24 S.Cox 44:06, 25 K.Dillon 50:02  
M45 1 T.Hesketh 35:14, 2 E.Ranica 37:44, 3 B.Peatfield 37:47, 4 A.Fielding 38:54, 5 A.Bradshaw 39:41, 6 R.McGill 39:51, 7 K.Culshaw 41:09, 8 F.McCormack 41:27, 9 S.Edmunds 41:45, 10 E.Hitchen 41:48, 11 C.Davies 42:30, 12 J.Linley 43:00, 13 M.Pope 43:02, 14 A.Nuttall 43:26, 15 D.George 43:53, 16 J.Golder 45:01, 17 P.Doherty 46:35, 18 S.Rose 51:16  
M50 1 N.Robson 36:48, 2 F.Reilly 37:27, 3 H.Gott 38:28, 4 B.Gore 39:09, 5 K.Burgess 39:18, 6 R.Dover 40:06, 7 L.Haynes 40:40, 8 R.Bradley 40:59, 9 M.McGann 41:19, 10 S.Grace 41:24, 11 R.Jackson 41:33, 12 A.Barlow 41:40, 13 D.Walton 41:46, 14 T.Lythe 41:59, 15 M.Smith 42:17, 16 N.Berry 42:51, 17 S.Almond 42:59, 18 R.Ashby 43:19, 19 K.Mayor 43:24, 20 P.Baxter 45:15, 21 D.Cullen 47:17, 22 K.Black 47:19, 23 P.Riley 47:20, 24 D.Todd 47:33, 25 N.Pratten 50:16  
M55 1 S.James 38:12, 2 D.Spencer 39:33, 3 M.Barnes 40:10, 4 B.Little 42:28, 5 W.Wade 42:43, 6 N.Thompson 43:13, 7 S.Sacks 43:20, 8 T.Cook 44:13, 9 R.Jones 44:37, 10 F.Gibbs 44:47, 11 G.Lawson 46:18, 12 M.Schofield 47:52, 13 G.Harrison 48:34, 14 J.Scott 49:48, 15 C.Fairfield 50:11  
M60 1 D.Pickering 41:06, 2 L.V.Hodkinson 41:30, 3 D.Hayes 41:36, 4 P.Brennan 43:04, 5 B.Rogers 44:45, 6 P.Dibb 45:48, 7

W.Atkinson 46:51, 8 J.Smith 48:05, 9 B.Crowther 49:38, 10 R.Packer 49:59, 11 R.Francis 55:00, 12 R.Chadwick 55:52, 13 B.Lister 56:50, 14 R.Burden 58:55, 15 F.Arnott 69:50

M65 1 G.Spink 41:21, 2 R.Silver 48:10, 3 B.McGuigan 49:52, 4 A.Walshaw 50:22, 5 P.Burns 55:30

**M70 2laps 1 B.Crook 30:02**

M75 1 D.Kitchen 30:44, 2 H.Wilson 32:16, 3 L.Heald 37:05

W35 M.Davies 49:13, 2 B.Brown 52:52

W40 1 V.Battye 43:43, 2 S.Crehan 48:35, 3 K.Maycock 50:10, 4 G.Demet 51:35

W45 1 A.Foster 45:56, 2 J.Adams 50:35, 3 C.Pickard 52:41, 4

B.Bradshaw 55:16, 5 P.Golder 59:09

W50 1 M.Trickey 52:31, 2 D.Padget 69:50

W55 1 M.Fox 53:02, 2 P.Parr 60:16

**W60 2laps**

G.Burns 33:19

Teams: M40 1 Warrington 13, 2 Salford 42 M45 1 Sale 123, 2

Altrincham 133 M50 1 Bingley 41, 2 Altrincham 60, 3 Bolton 88

M55 1 Wirral M60 1 Bingley 113, 2 Salford 121 Women Sale 15

**Welsh Veterans Cross Country Champs, Aberdare, 15/12/97**

M40 1 M.Rees 31:57, 2 M.McGeoch 33:21, 3 D.Davies 33:41, 4

K.Davies [Swan] 33:55, 5 M.Richards, J.Rees 34:22, 9 A.Davies

35:03, 10 T.White 35:19, 11 S.Brown 35:23, 12 K.Ellis 35:26, 13

E.Davies 35:28, 14 G.Protheroe 35:24, 15 K.Davies [Griff'town],

16 R.Bamsey 35:54, 17 P.Price 36:06, 18 N.Horsley 36:08, 19

B.Brown 36:09, 20 H.Carpenter, 21 K.Sullivan 36:24, 22 D.Jessett

36:25, 23 A.Badham, 24 C.Bradley 36:36, 25 P.Meyler 36:43, 26

T.Screen 36:46, 27 P.Walters, 28 D.Powell 36:57, 29 P.Ellis, 30

M.Williams 37:10, 31 M.Rimmer, 32 B.Parham, 33 P.Bamsey, 34

J.Hunter 39:52, 35 P.Dursley, 36 S.Lockwood, 37 G.Williams

41:06, 38 G.Hunt, 39 P.Osborne, M45 1 K.Wilkinson 33:56, 2

J.Collins 34:26, 3 H.Morten, 4 J.Russell?, 5 D.Davies [Neath], 6

D.Weston, 7 J.Richards, 8 K.Quinn, 9 A.Perkins 37:43, 10 J.Plain,

11 C.Coombs 38:20, 12 R.Carr 38:28, 13 E.Amblin 38:38, 14

V.Clissold, 15 No 477, 16 J.Hill, 17 S.Lawless, M50 1 A.Roper,

A.Jeffries 35:57, 3 R.Bowen, 4 J.Llewellyn 36:18, 5 A.Egan

36:33, 6 P.Allen, 7 R.Morgan, 8 P.Morris, 9 R.Frost 39:42, 10

C.Pineda 39:49, 11 C.Anthony, 12 W.Turner, 13 G.Pugh, 14

M.James, 15 P.Cooksey, 16 D.Rees 42:42 M55 1 A.Garrett 36:40,

2 J.Reilly 37:35, 3 K.Buckle, 4 J.Collins, 5 G.Chapman, 6 C.Jones,

M60 1 D.Rosser, 2 B.Blandford, 3 D.Morris, 4 R.Harris, 5

G.Baldwin M65 1 R.Jones

W35 1 F.Gill 19:06, 2 W.Edwards 19:55, 3 P.Morris 20:57, 4

L.Clark 21:07, 5 F.Williams 22:04, 6 F.Davies 22:07, 7 J.Scholey

22:19, 8 L.Mizan 24:35, 9 A.Parry 25:34, 10 A.James W40 1

D.Kenwright 21:34, 2 A.Neal, 3 G.Quinn 25:17 W45 1 A.James

21:10, 2 S.Adkins 21:25, 3 C.Fereday 21:56, 4 S.Neal 22:15, 5

D.Walford 23:57, 6 F.Williams 25:05, 7 S.Hill, 8 R.Fitzgerald W50

1 P.Gallagher 19:44, 2 K.Davies 21:37, 3 E.Harding 22:22, 4

A.Conroy 25:26, 5 P.Thomas 26:21 W55 1 B.Jones 24:59

Teams: M40 1 Swansea 16, 2 Neath 71, 3 Les Croupiers 82, 4

Griffithstown 96, 5 Wrexham 112, 6 Beddau 208 M50 1 Wrexham,

2 Les Croupiers Women Les Croupiers 35, 2 Cardiff 56, 3

Amman V 91

**Old Father Time 5, Cardiff, 5.1.97**

M40 1 M.Rees 25:06, 2 M.McGeoch 26:19, 3 J.Rees 26:49, 4

M.Tabor 27:44 5 N.Horsley 28:00, 6 K.Davies 28:24, 7

H.Carpenter 28:25, 8 K.Sullivan 28:50, 9 P.Ellis 28:57, 10 D.Jessett

29:24, 11 S.Davidson 29:47, 12 M.Williams 30:22, 13 P.Jenkins

30:57, 14 K.Fulthorpe 31:01, 15 D.Thomas 31:07, 16 P.Tandy

31:16, 17 R.Brewer 31:49, 18 G.Smith 32:09, 19 J.Farmer 33:48, 20

R.Silver 33:51, 21 D.Carpenter 37:59, 22 K.Protheroe 38:51 M45 1

K.Wilkinson 27:18, 2 S.Johnston 27:35, 3 K.McGeoch 27:47, 4

D.Davies 28:05, 5 J.Russell 28:16, 6 D.Weston 28:34, 7 J.Crutchner

29:31, 8 J.Aston 29:42, 9 D.Waters 29:49, 10 C.Brooks 30:27, 11

L.Evans 31:34, 12 J.Ayoub 31:36, 13 N.Derbyshire 35:02, 14

E.Worgan 35:12 M50 1 A.Jeffries 28:13, 2 E.Davies 28:32, 3

P.Allen 29:15, 4 R.Williams 29:22, 5 P.Morris 30:15, 6 D.Rees

30:18, 7 C.Anthony 31:03, 8 D.Oak 31:55, 9 W.Turner 32:14, 10

T.Kavanagh 33:16, 11 K.Treharne 34:24, 12 P.Morgan 39:17 M55 1

A.Garrett 28:17, 2 J.Riley 29:59, 3 J.Collins 31:11, 4 G.Chapman

32:33, 5 M.Fanham 34:07 M60 1 B.Blandford 31:59, 2 T.Gunning

33:07, 3 D.Mends 33:54, 4 A.Thomas 39:07 W35 1 F.Gill 28:40, 2

J.Scholey 31:20, 3 L.Clark 31:31, 4 R.Naish 33:25 W40 1

E.Turner 30:29, 2 J.Black 43:17, 3 J.Huggins 44:28 W45 1 S.Neal

36:04, 2 L.Morrison 39:03, 3 M.Rowson 39:53, 4 V.Aston 43:54

W50 1 C.Llewellyn 43:50

**NEVAC Mixed Age Cross Country Relay, Rosehill, 11/1/97**

1 Morpeth 49:13, 2 Tynedale 51:13, 3 Heaton 52:21, 4 Elswick

53:18, 5 Gosforth 54:25, 6 Crook 54:33, 7 Blaydon 55:00, 8

Heaton 57:52 [comp team], 9 Blaydon 57:57, 10 Gosforth 59:18,

11 Heaton 59:53 [comp team], 12 NEVAC 60:35 [comp team], 13

Elswick 70:00

Fastest Laps: M40+ 1 A.Jenkins 11:02, [Morpeth] 2 K.Archer

11:18 [Crook], 3 N.Cassidy 11:43 [Tynedale] M50+ 1 R.Higham

[Tynedale] 12:06, 2 W.Ryder [Morpeth] 12:34, 3 A.Gallon

[Heaton] 12:42 M60 1 A.Prouse [Gosforth] 13:20, 2 A.Oliver

[Morpeth] 13:45, 3 E.Appleby [Heaton] 13:54 Women

M.Dodsworth [H & P] 13:57, 2 K.Maw [H & P] 4:22, 3

Y.Swinhoe [Elswick] 14:31

**Photos Right: BVAF Indoor Champs.**

Below, Triple title winner Yvonne

Priestman wins W50 200m. Upper,

double champion Lynne Marr easily

wins the W35 1500m.

**A Newcomer's Tale**

When I was a cyclist I had such lovely feet  
And to all who saw them they were quite a treat.  
With silk soft skin and toes so cutey,  
They were quite two things of beauty.

But now I am a runner they are a sorry sight  
With lumps and bumps and scratches seen in any light.  
There are healed over blisters that catch on socks  
And bent, twisted nails that break the mightiest rocks.

Now every week I pore over running shoes,  
Reebok and Saucony and even Dunlop twos.  
I scan the shelves and floors in every shop  
Looking for the perfect shoes until I nearly drop.

There are pretty shoes, and ugly shoes and ones that  
cost a bomb,  
But I can't find any that fit with aplomb.  
They are always too tight, too loose or too small,  
I just can't find good ones any where at all.

Now you may wonder why I continue my search,  
Leaving friends and family a little in the lurch.  
Well the truth I have to tell is something I rather like,  
My placings are much higher than racing my bike.

Frank Levy



Ben Bickerton



Ben Bickerton



## FIXTURES

### INTERNATIONAL

- 31 May- European Veterans Road Champs, The Hague, Holland  
 1 June 10k and Half Marathon Runs and 30k/20k Walks.  
 Closing date April 15 details p.21  
 29 June Veterans Grand Prix, Brugges, 10k & 25k see ad. V/A 40  
 17-27 World Vets Track and Field Champs, Durban, South  
 July Africa Closing date March 30 see p.22

### NATIONAL

- 5 April BVAf 50km Walk, D.Ainsworth, 18 Angmering Hse.  
 Barnstable Rd. Romford, Essex RM3 7SZ 01708 377382  
 11 May BVAf 10 miles Road Champs, Oswestry, see ad p.15  
 17 May Veterans National Road Relays, Sutton Park, see ad p.15  
 14 June BVAf 20k Walk, with Birchfield 20K. Sutton Park, noon  
 D.Withers, 33 Barkers Rd, Sutton Coldfield, B74 2 NZ  
 15 June BVAf 10km. road Champs, Kings Lynn, see ad p. 10  
 June BVAf Open Track & Field Champs, Stanley Park  
 28-29 Leisure Centre, Blackpool, see ad p. 11  
 10 Aug BVAf Pentathlon, Solihull, details V/A 42  
 31 Aug BVAf Marathon, Stoke Ferry, see ad p. 10  
 14 Sep Throwers Pentathlon Champs, Tamworth, details V/A42  
 14 Sep BVAf 10km Walk, [Leicester Mercury Walk] see V/A 42  
 10 Oct BVAf Half Marathon, with Solent H.M. details V/A 42  
 27 Oct BVAf 5km Road Champ, Eastway, London, see V/A 42

### NORTH

- 20 Apr Monthly run 10k Road, Wallasey, Cheshire, Noon  
 23 Apr NVAC T & F League, Levershulme Park, Bolton. 7pm  
 4 May NVAC Monthly race, 10k Road and Paths, Hood Lane  
 Sports Club, Warrington, Noon  
 25 May NVAC T and F Championships, Wavertree, Liverpool  
 25 May NVAC Half Marathon Champs, East Cheshire Hrs HQ,  
 Richmond St. Ashton-under Lyne. Noon.  
 4 June NVAC T and F League, Belle Vue, Manchester. 7pm  
 2 July NVAC T and F League, Belle Vue, Manchester. 7pm  
 6 July NVAC Monthly Race, 10k Road, Clitheroe, Lanes  
 6 Aug NVAC Track and Field League, Bury. 7pm

### NORTH EAST

- 7 May NEVAC Standards, Monkton Stadium, Jarrow  
 14 May NEVAC 10k/5K Track Champs, Monkton, Jarrow  
 19 May NEVAC League No.1, Monkton Stadium, Jarrow, (Prov)  
 21 May Tyneside Athletic League Track and Field  
 4 June NEVAC League No.2, Monkton Stadium, Jarrow  
 23 June NEVAC League No.3, Monkton Stadium, Jarrow  
 7 July NEVAC League No.4, Monkton Stadium, Jarrow  
 12 July NEVAC T and F Champs, Monkton Stadium, Jarrow  
 23 July NEVAC League No.5, Monkton Stadium, Jarrow, (Prov)  
 9 Aug NEVAC Track and Field Cup, Monkton Stadium, Jarrow  
 13 Aug NEVAC Venmore Mile Races, Monkton Stadium, Jarrow  
 20 Aug NEVAC Four Throws Match, Monkton Stadium, Jarrow  
 6 Sept NEVAC Versus SVHC Track and Field, Jarrow  
 13 Sept NEVAC Pentathlon Championships, Jarrow

### MIDLAND

- 13 Apr MVAC T & F Warm up meeting, inc. Open Vets H'cap  
 Races, Tamworth. 2pm. Entries P. Owen, "White Fox  
 Cottage" Mancetter, Warks CV9 1NJ (01827-718830)  
 20 Apr MVAC Road Relays and AGM. Tamworth. 11am. Entries  
 to Sec: 15 Meadow Lane, Alvechurch, Wores B48 7LH  
 25 May MVAC 10K Road Race, Kingshurst  
 8 June MVAC Track & Field Champs, Solihull  
 10 Aug MVAC T & F Masters, Solihull (inc 10K & Pent)  
 14 Sept Throwers Pentathlon Throws Meeting, Tamworth

### SOUTH

- 16 Apr VAC Track, Battersea 7.00pm inc 1500m T.Knight Trophy  
 22 Apr VAC 5.2mile Race and Walk, Battersea Park 7.00pm  
 30 Apr VAC, Belgrave & Cos 10000m Walk, Battersea Park, 6.30  
 5 May SCVAC Ted Pepper Memorial 10K, Langley Park,  
 Beckenham inc. SCVAC 10K Road Champs and  
 Grand Prix. 11am Entries 3.50 + large sac 1.00 extra for  
 SCVAC members entering champs and Grand Prix to M  
 Martineau, 59 Sutherland Ave, Biggin Hill., Kent TN16

3HQ c/d 30/4

- 5 May SE Inter Cos Women's T & F, Portsmouth  
 13 May VAC 5.2M Road Race & Walk, Battersea, 7.00pm  
 14 May VAC Track, Kingsmeadow, Kingston-O-T, 6.45pm  
 19 May Southern Vets League, Various venues. 6.30pm  
 24 May Surrey Co Vets T & F Tooting  
 8 June SCVAC Track and Field Championships, Julie Rose  
 Stadium, Ashford, Kent Entries 3.00 per event, 4.00 non  
 members to Sec. 8A Heather Park Parade Heather Park  
 Drive, Wembley, Middx HA0 1SL+ large sac  
 11 June VAC Track inc Belgrave 5000m, Battersea, 6.45pm  
 16 June Southern Vets League, Various venues, 6.30pm  
 17 June VAC 5.2M Road Race & Walk Champs, Battersea, 7pm  
 tba SE Inter Cos T & F Crawley  
 7 July Southern Vets League, Various venues. 6.30pm  
 15 July VAC 5.2M Road Race & Walk, Battersea Park, 7pm  
 23 July VAC Track Battersea Track 7pm  
 13 Aug VAC Track inc N.Noble Trophies, Battersea 7pm  
 19 Aug VAC 1Mile 7 5.2M Road & 5M Walk, Battersea 7pm  
 24 Aug VAC T & F Champs, Kingston-O-T, Noon, enter on form  
 7 Sept Southern Vets League Final, Hendon  
 7 Sept Slough Marathon, incl SCVAC Mara Champs & G. Prix  
 10 Sept VAC 10000m Track Champs, two races. No sprints  
 28 Sept Stragglers Cabbage Patch 10, Twickenham, inc SCVAC  
 10 mile Champs & Grand Prix. Entries 40 Northfield Rd,  
 West Ealing, London W13 9SY. £6.00 + £1.00 for  
 SCVAC champs entrants with large sac. c/d 16/9

### EASTERN

- 20 Apr Road Relays, Hemingford Grey, contact P.Chaplin  
 8 June Track & Field Champs, Kings Lynn, start 10am, P.Duhig  
 29 Jun 10Miles Road Champs, Colchester, [new date]  
 17 Aug 5Miles Road Champs, Thorney  
 28 Sept Half Marathon Champs, Bedford

### SOUTH WEST

- 4 May SWVAC City of Bristol (World Champs) 13.1m, 11am  
 14 May SWVAC Purbeck 10K, 7.30pm  
 26 May SWVAC "G.M.M.R." (Wells) 5K, 2pm  
 1 Jun SWVAC Poole 10K, 2pm  
 15 Jun SWVAC Track and Field Championships, Exeter, 10am  
 22 Jun SWVAC Tarrant Valley 10, 10.30am  
 29 Jun SWVAC Bridgewater College 5K, 11am  
 24 Aug SWVAC Langport 10K Championships, 11am  
 6 Sep SWVAC Overton Festival 5M Championships, 2pm  
 28 Sept SWVAC Marlborough Charity 10K, 10.30am

### SCOTTISH

- 7 May SVHC A McInnes Race, Coatbridge  
 8 June SVHC & SAF Track and Field Championships,  
 6 Sept SVHC v NEVAC Match, Jarrow

### WALES

- 14 May WVAC League Carmarthen  
 11 Jun WVAC League Aberdare Michael Sobell Sports Centre  
 8 July WVAC League, Neath  
 13 Aug WVAC League, Cardiff Athletic Stadium

### ISLE OF MAN

- 21 Sep IOMVAC Open 10 mile walk, 10am

## 1997 Road Rankings

Road race rankings for 1997 can be obtained from the various  
 compilers for £1.50 + 9x6" SAE as follows:

5Km: Martin Duff, Ramatuelle, Spronketts Lane, Warringlid, West  
 Sussex, RH17 5SA.

5 Miles: John Powell, 23 Vicarage Lane, Grasby, Barnetby, South  
 Humberside, DN38 6AU

10Km: Colin Wright, 17 Victory Way, Grimsby, South Humberside,  
 DN34 5UY

10 Miles: Dave Sanderson, 37 Reforme, Easton, Portland, Dorset,  
 DT5 2AW

Half Marathon: Martin Duff, Ramatuelle, Spronketts Lane,  
 Warringlid, West Sussex, RH17 5SA

20 Miles: Roger Gibbons, Zeando, Swannington, Norfolk, NR9 5NW  
 Marathon: Max Jones, 14 Montague Drive, Leeds, LS8 2 PD



## Malta Veterans Weekend

Readers may recall a full page advertisement which appeared in our first colour Veteran Athletics [V/A39] and which advertised the Malta Veterans 10k road race and a track and field meeting on the following day. The events were held on the 18-19 January and were by all accounts a great success.

The weather was warm and sunny, at a time when we had been suffering from a very cold period. The organisers were pleased to see about 50 veterans from the U.K take part. Tony Chircop, the Chairman of the Malta Veterans Committee is enthusiastic about promoting the events again next year.

The 20k was won by M40 Peter Johnson in 33:58 with an age graded performance of 82.04%. Steve Outram finished 2nd in 35:25 [78.6%]. The winner of the overall trophy, however, was 59 year old Tony Pritchard who ran 37:11 to score 84.19% on the age graded scale. Best overall women's performance was by W50 Sue James 41:28 for a 78.49% score.

The track and field events also used age grading. Top British score was by W60 Rosemary Chrimes who cleared 1.24m in the high jump for a 87.32%.



Betty Norrish [1st W65], Bridget Cushen [2nd W55] and Mike McDowell [3rd M65] pass the race headquarters in the Malta Veterans 10k.

Other British athletes to achieve good marks were W35 Jenny Brown [HJ 1.69 87.11%], Peter Johnson [5000m 16:24.3 82.17%], M50 Robin Roach [200m 26.6

83.12%], M75 Alan Lovett, [100m 15.9 83.71%], W60 Carina Graham [100m 15.8 82.79% and M40 Rodney Dunn [1500m 4:31.2 80.80%].



European Indoor Champs: M45 400m finalists: from left, Rob Minting [4th], Doug Lucas [2nd], Pete Browne [3rd], Eddy Neyts [Belgium 1st], and V.Felicetti [Italy 5th]

## Marathon Mania

Three years ago we reported that David Phillips [Massey Ferguson] had become the first runner in the U.K to achieve a double hundred - a hundred marathons and a hundred half marathons. We can now report that he completed his two hundredth marathon when finishing the Nottingham event last September, becoming the 13th runner in this country to achieve this feat.

Fifty three year old Phillips' next objective is to complete 150 half marathons. His tally stood at 142 by the end of January this year. He is now behind schedule as his entry forms had recently been re-

turned from two events due to being full

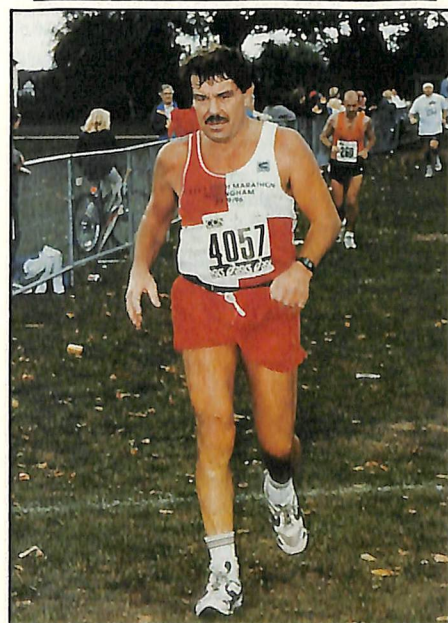
In 1996 Phillips competed in 73 events, ranging from three miles to 50 miles. His best weekend was in March when he took part in the Rhyader Round the Lakes 20 on the Saturday, the Priorslee Half Marathon on the Sunday morning and then had to make a 15 miles dash by car to compete in the BVA Cross Country Championships at Princethorpe, Rugby at 1.30 pm on the Sunday afternoon! He confesses to being well and truly "bushed" afterwards. He is aiming for 80 races in 1997.

Right, David Phillips completes 200 marathons

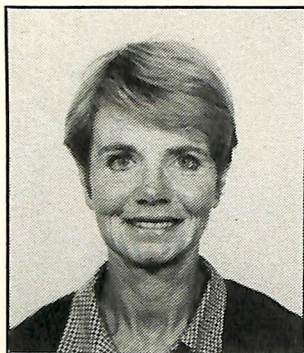
## EVAA Road Championships 1997

Entries for the European Veterans Road Championships, to be held on May 31 and June 1 in The Hague, Holland, close on April 15. There will be a 10km. run on Saturday May 31 and the half marathon will be on Sunday June 1. Walkers will have the men's 30km. and the women's 20km. race on May 31.

Entry booklets are now available from Barbara Dunsford [address on page six] on receipt of two first class stamps. Members are reminded that all entries must be submitted to Barbara Dunsford.







**Veronica Manley**

*Veronica Manley has offered to answer readers questions, give training tips or advice on injury prevention/treatment and nutrition. 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. Members letter's will be answered personally and a selection will be used in these columns. Please send any queries to the editor, address on page 6.*

Rupert Jones from Edinburgh, who is 51 and does most of his training with younger, faster men asked about muscle wastage in later life and the problem of slow recovery from hard training sessions. Veronica Manley responded as follows.

The maximum strength of men and women is generally achieved between the ages of 20 and 30. Thereafter there is a reduced strength due to a loss of muscle mass which is brought about by inactivity or aging, or both. There is a decrease in muscle protein and probably some loss of muscle fibres with aging. As an example a newborn biceps muscle contains around 500,000 fibres but a man in his 80's has about 300,000 fibres. There are also changes in the components of the muscle, a decrease in the size of muscle fibres and even a loss of entire motor units. The muscle tissue becomes replaced by a stiffer, more fibrous connective tissue and this predisposes an individual to loss of flexibility and likelihood of injury.

However the good news is that only 5% of muscle strength loss in later years is a direct result of degenerative processes. The rest [95%] is because of non use. In fact both the decrease in muscle mass and the associated decrease in aerobic fitness with aging are partly avoidable. What is needed is a lifelong practice of resistance training accompanied by excellent nutrition.

How to put this into practice.

One of the basic principles of weight training is that of overload. Gains will plateau if you use the same weight and the same exercise week in, week out. You should recalculate your 1RM [max. weight you can lift with one repetition] at least every four weeks, and adjust your

# Agony Aunt's Column

programme accordingly. Weight training as an adjunct to athletic training has been proven to be beneficial as it provides the basis for both power and endurance work.

However, two sessions each week is probably enough if you are already training specifically for your event on 4-5 days. Try to do your weight training on days when you do not run, as research has shown that if you do both on the same day, the gains that you have made on strength training are reduced in favour of the aerobic training. By increasing your weights gradually you will retain muscle mass, though not necessarily hypertrophy, until later years. You are right with your selection of abdominal exercises as a prevention of sciatica. These exercises need to be done daily, especially if your work is sedentary.

Recovering from hard training sessions.

You say that most of your training is done with the senior men rather than veterans of a similar age. My advice on how to cope better with these sessions is

[1] Rest the day before, or at least, do very easy running. Most distance runners appear to exercise at 70-90% max. heart rate [MHR] every session, unlike sprinters who know what "jogback" really means. A rest day will enable you to ar-

rive at your training sessions fresher and longing to run.

[2] Wear a pulse meter [or count your pulse for 10 seconds and multiply by six at the end of each session before cooling down]. My guess is that you are working as hard as, or even harder than, the younger members of the group. At the age of 51 with a MHR of 169, 90% of MHR would be 152, 80% would be 135 and 70% would be 118. Compare your pulse percentage of MHR with your younger training partners. My hunch is that you are working harder than they are. They may be faster, but you have worked harder and will reap the benefits on race day.

## Durban Closing Date

Members who are still considering entry to the World Association of Veterans Athletes Championships in Durban, South Africa, from July 17-27, 1997, have just a few days left to make up their minds and enter. The original closing date of March 15 has been extended to March 30, so contact Barbara Dunsford, the BVA overseas entries co-ordinator immediately, address and telephone number page six.

Members are reminded that all entries must be routed via Barbara.

## County Champions at Cross Country, 1996

Compiled by Jeremy Hemming

North East Counties and Yorkshire failed to indicate veteran men, as last year, but Warks and Worcs came into line with the majority who do. Essex, Herts and Kent can be excused on the score of having separate vet events. Scottish districts have now been included in the compilation which is drawn from the pages of Athletics Weekly. The decision to treat vets as a separate champs caused difficulties at Berkshire, reported Martin Duff, since vets could not score for their club's senior teams and also prevented ladies from closing in.

Legend \* indicates separate result for vets listed @ indicates first in 1996

County	1st Man vet	1st Woman vet
Avon, Som, Glos	*P.Insall[GWR]	6 K.Davidson[Bath]
Bedfordshire	9 P.Sterry[Luton]M45	*D.Brockway[Vaux]
Berkshire	*I.Emery[WSE]	*C.Bowker[Reading RR]
Bucks	7 P.Gregory[VoA]	5 J.Heffernan[VAC]W45
Cambridgeshire	9 L.Doyle[C&C]	1 D.Braverman[C&C]@
Cheshire	6 K.Moss[Vale R]	3 V.Perry[Alt]
Cornwall	5 C.Martin[Mile H]	2 D.Brindley[Newquay]
Cumbria	7 H.Jarrett[CFR]	3 J.Jones[Keswick]
Derbyshire	10 *T.Bishop[Derb]@	3*J.Jackson[Derb L]
Devon	8 R.Williams[Exe H]	5 D.Cavies[Torbay] W40
Dorset	2*T.Clark[Poole]	*M.Day[Wimborne]
Essex	not indicated	8 M.Joyce[Orion]
Gtr Manchester	18 T.Duffy[Bolton]	6 J.Rashleigh[Horw]
Hampshire	*M.Flowers[Wav'ley]	*J.Ross[Winch]
Herefordshire	3 M.Venables[Brom]M45@	4 J.Littlewood[Heref C]@
Hertfordshire	not indicated	10 A.Hazell[Bish Stort]
Humberside	5 S.Rennie[CoH]@	3 V.Armstrong[Cleeth'pe]
Kent	not indicated	4 A.Fletcher[Dulwich R]
Lancashire	*S.Duxbury[Ross]	*J.Pound[Chor] W40
Leics & Rut	*J.Matthews[OWLS]	*K.Kemp[B Leys]
Lincolnshire	4 A.Shepherd[Linc W]	*A.Gilroy[Linc W]
Merseyside	8 M.McDevitt[Wirr]@	12 C.Hawkes[Wirr]
Middlesex	10 J.Goater[Shaft]	5 A.Jeaves[Shaft]
Norfolk	8 *D.Reed[Norfolk G]	2 D.Hepplewhite[Norw]
Northampton	*I.Randall[Wooton RR]	1 J.Meeten[North P]@
North East	not indicated	not ind - 6 L.Marr[Tyne]
Notts	*P.Warden[Red RR]	*J.Lowton[Red RR]
Oxfordshire	10 R.Grant[Ox C]	4 S.Ogilvie[Ox C]
Scot East Dis	5 B.Kirkwood[Mizuno]	3 S.Armitage[Aberdeen]
Scot North Dis	6 D.Cowie[Forres]	4 A.McLean[Inverness]
Scot S west Dis	23 A.Jenkins[Camb'lang]	*H.Morton[Irvine]
Shropshire	3 V.New[Tel]	5 G.Hough[Shrews]
Staffordshire	15 D.Jones[West Brom]	3 S.Lappage[Tipton]
Suffolk	10 J.Drake[SEP]	
Surrey	16 D.Hill[THH]	2 J.Ray[DMV]
Sussex	3 N.Gates[B&H]	3 J.Harrop[Havant]
Warwickshire	*T.Didesierre[Spark]	10 K.Scarf[SSH]
Welsh Inter C	*M.Rees[Swan]	*F.Gill[Newport]
Wiltshire	5 B.Gardner[Calne]	3 Z.Marchant[Bath] W45@
Worcs	*P.Garbutt[B&R]	not indicated
Yorkshire	not indicated	10 M.Hart[Leeds]



## Timed Repetitions Add Variety To Training

By Derek Parker, BAF Senior Coach

Although it is more usual for sprinters to train over accurately measured distances such as 30, 50, 60, 80, 120 and 150 metres, the introduction of timed repetitions add variety and new challenges to a session. Here the objective is for the athlete to run as far as possible in a specified time. For example, instead of tackling a series of 30m repetitions from starting blocks, the athlete could be given the task of endeavouring to run as far as possible in five seconds from the blocks. By using a measuring tape the average distance completed for the overall number of sessions can be calculated. The next time the session is done, the athlete aims to increase the average distance using the same number of repetitions and recovery periods as before.

The session requires the presence of a starter, a timekeeper with a whistle and a marker who indicates the precise point reached by the athlete at the end of the five seconds run. These functions can be performed by other athletes in the training group. Athletes can run each rep. on their own. The work-out encourages them to reach for new horizons during every effort. It develops the capacity to think fast, to react to the starter's gun instantly, to run from the blocks as smoothly and efficiently as possible, to accelerate rapidly, and to attain maximum speed as quickly as possible. The session also improves the competitive spirit of each athlete. He or she wants to run farther than the previous mark, and, if practical, to better the performance of training colleagues.

Having completed a set of, for example, 6 x 5 seconds sprints from starting blocks with three to five minutes recovery between reps, the athlete then progresses, within the same training session, to 6 x 5 secs. full-out sprinting from flying starts. The timed phase begins when the athlete crosses the starting line following an acceleration phase of 20 to 30 metres and ends on the five secs. mark. The athlete has two objectives on this part of the session.

Firstly, he or she wants to run as far as possible in each of the fast phases and wants to attain a good average distance. Secondly, he or she attempts to run several metres farther than the distances achieved in the five seconds reps. from blocks. The min, max and average differences between running for five secs from blocks and running for five secs from flying starts can be calculated. The figures provide highly motivational training incentives for the next corresponding session. The objective of the timed reps. from flying starts is speed but it is important that good sprinting form, tech-

nique and relaxation are maintained throughout each effort. Recoveries between reps should be 3-5 minutes.

After a 10 to 15 minute rest period, the session can be concluded by 2 x 8 secs. fast runs from blocks. This is best done with a squad of athletes who can be allocated into two groups. Each group completes the first of the eight seconds reps. which is run in the form of a handicap race. The objective of the back markers is to pass the front markers within the 8 secs. time limit. The task of the front markers is to remain ahead of the back markers until the whistle is blown to indicate the end of the 8 secs. phase.

The first two or three in each race go forward to compete in the winners final, which also takes the form of an 8 secs. repetition with the handicap marks the same as before. The next two or three in each of the first of the 8 secs. races contests the losers final. The handicaps

can be increased or diminished during subsequent sessions, depending on results. Athletes adjudged to have had false starts are pulled back one metre for each offence.

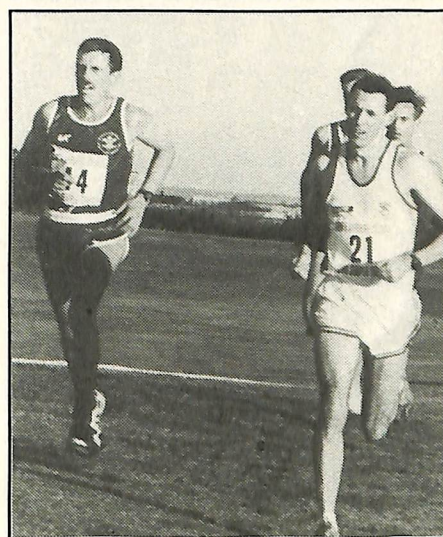
Timed handicap races provide excellent conclusions to training sessions. They are fun, they are challenging, they encourage high performance quality effort for every milli-second of the stipulated time phase, and they simulate the psychological and physiological demands of competition. Imaginative coaches can devise innumerable variations of timed effort training, depending on fitness, the stage of the training year and the proximity of competition.

The session described above comprising 6 x 5 secs from blocks, 6 x 5 secs. from flying starts + 2 x 8 secs. handicap races from blocks, all with three to five minutes recovery between reps. and 10 to 15 minutes between sets, is an ideal sharpener two or three days before competition.

## Good Year for Wilkinson

Kevin Wilkinson, a member of the Cardiff club San Domenico AC, has had a good year since joining the M45 age group in February 1996. As an M40 runner he had won three consecutive BVAF Marathon titles and represented Wales in senior and veteran events but his final year as an M40 had been disappointing.

Gaining a new lease of life with entry into a new age group, Wilkinson set himself a target of winning all Welsh M45 veterans distance running titles. He won the 5 miles, 10km, 10 miles, and Half Marathon road events and the 10,000metres track and the cross country. He was prevented from competing in the marathon as he had been selected for the Welsh team for the British and Irish Veterans International at Irvine and the dates were too close together. Six out of six was a top class effort, however. During the year, Wilkinson was also se-



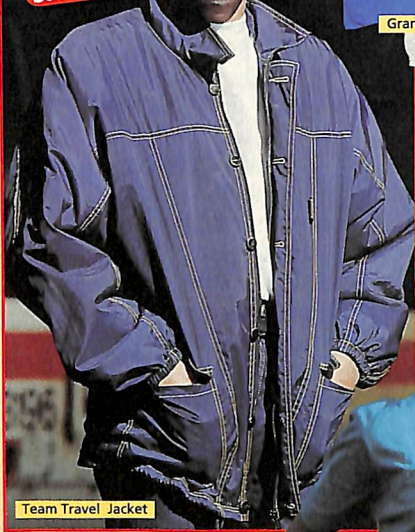
Kevin Wilkinson, left, competing at Irvine lected to run for the Welsh senior squad in a match against the Army.

J.Wszoka [Poland] clears 2.01m to win the European M40 high jump





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**VIEW FROM TRILOBAL COACHES JACKET** - diamond ripstop outer fabric, quilted lining with integral hood, full zip with press stud storm flap, View From embroidered logo front and back, royal/red piping, sizes M, L, XL, navy yellow piping size L only black red piping size S, L, XL,



Trilobal Coaches Jacket

**SALE**  
**£39.95**  
**Save £10**

USUAL PRICE £49.99  
**SALE PRICE £39.95**

## OFFICIAL LONDON MARATHON 1997 SPORTSWEAR

**EVENT LOGO T-SHIRT** - white & birch £12.99  
**SKYLINE T-SHIRT** - white, ecru & black £12.99  
**FOOTPRINT T-SHIRT** - white, birch & navy £12.99  
**DICTIONARY T-SHIRT** - white & black £12.99  
**LIZ T-SHIRT** - white and ecru £12.99



Sizes available S, M, L, XL.

**RUNNING VEST** - flo yellow, flo yellow/green £12.99  
**RUNNING SHORTS** - flo yellow £14.99  
**KIDS T-SHIRTS** - sizes MB, LB, - BUNNY - white £9.99  
**COACH T-SHIRTS MY DAD AND MY MUM** - white £9.99  
**GROW UP T-SHIRT** - white £9.99

**FOOTPRINTS FLEECE** birch & navy £19.99  
**EVENT LOGO FLEECE** - birch £19.99  
**DICTIONARY FLEECE** - black £19.99  
**EVENT LONG SLEEVE T-SHIRT** - M and XL only £14.99



**VIEW FROM GRAND PRIX HELSINKI T-SHIRT** - heavyweight 100% combed cotton as worn by the GB athletes in Helsinki, colours navy, royal or white sizes S(36/38"), M(40/42"), USUAL £11.99 **SALE £7.95**



Grand Prix Helsinki

**SALE**  
**£7.95**  
**Save £4**

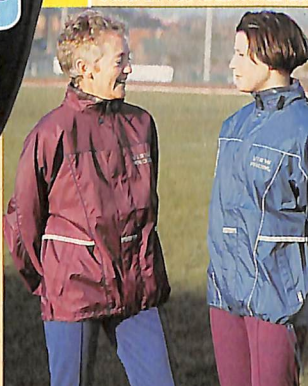


Grand Prix Crew Sweat

**SALE**  
**£18**  
**Save £12**

Corporate Logo T-shirt

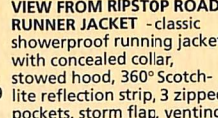
**VIEW FROM TRILOBAL JACKET** - showerproof, wind proof, lightweight running jacket, fully lined, integral hood, zip pockets, Black/red, XS(34/36"), S(36/38"), M(40/42"), Navy/yellow sizes XS, S only, Anthracite S(36/38"), M(40/42"), Royal S(36/38"), M(40/42"), USUAL PRICE £49.99 **SALE £29.95 with FREE Hat**, colour Anthracite size L(44/46"), XL(48"), Royal sizes L(44/46"), XL(48"), XXL(52"). USUAL £44.99 **SALE PRICE £35**.



Royal/Green

Navy/Yellow

**VIEW FROM SPEED PANTS** - polyester with elasticated waist and drawcord, key pocket & reflective ankle stirrups. Steel blue or wine sizes XS, S, M, L, XL, Anthracite L and XL. USUAL PRICE £14.99 **SALE PRICE £9.95**



View from Ripstop Road Runner Jacket

**VIEW FROM RIPSTOP ROAD RUNNER JACKET** - classic showerproof running jacket with concealed collar, stowed hood, 360° Scotch-lite reflection strip, 3 zippered pockets, storm flap, venting & side secure waist cord, colours lake blue or lake/navy XS (32/34"), S (36/38") M (40/42") royal/green sizes S, L, (42/44"), XL (44/46"), black/red sizes XS, navy/yellow sizes XS, S, purple/green sizes XS only, wine sizes XS, S, steel blue size S only. USUAL £34.95 **SALE PRICE £25**

**view from**  
**RIPOSTOP ROAD RUNNER JACKET**



Otto Winter Jacket

**SALE**  
**£29.95**  
**Save £30**

**OTTO WINTER JACKET** - waterproof fabric outer, really warm fleece pile lining, short zip front with two zip pockets, a warm coat for walking, skiing, biking or leisure, sizes 140(5'1"), 152(5'4"), 164(5'6"), 170(5'9"), 176(5'11"), 188(6'1"). USUAL £59.95 **SALE £29.95**  
**SUPERIOR JOG PANTS** - 65% polyester 35% cotton, 3 pockets 2 side 1 rear with button, elasticated & tie waist, elasticated cuff at ankle, colours black, navy or grey, S, M, L, XL, USUAL £11.95 **SALE £6.95**  
**2 PAIRS £12 HALF PRICE** when you buy 2 pairs superior jog pants, black, navy or grey

**SUPERIOR ZIP JOG PANTS** - 65% polyester 35% cotton, 3 pockets, 2 side pockets have zips, 1 rear pocket, elasticated with tie waist, elasticated cuff at ankle, colours black, navy or grey, sizes S, M, L, XL, USUAL £13.50 **SALE £7.95 or 2 pairs £14**

**VIEW FROM STUTTGART WORLD CHAMPIONSHIP SWEATSHIRT** - top quality garment with large embroidered logo, sizes White S, M, L, Royal XXS, XS, XXL, XXXL. USUAL £34.95 **SALE PRICE £19.95**



Stuttgart

**SALE**  
**£19.95**  
**Save £15**

**SALE**  
**£29.95**  
**Save £20**



Trilobal Jacket

**SALE**  
**£39.95**  
**Save £35**



F971 Fleece Jacket

**SALE**  
**£49.95**  
**Save £49**



G628 Downpour

**F971 FLEECE JACKET** - the Helly pro pile fabric traps the body's heat without absorbing moisture. This allows you to maintain a natural body temperature & prevents your clothes from sticking to your body when you sit down or take a rest. Since pro pile is made of polyester fibre with a very low specific weight, the garments are light & comfortable, colours and sizes, mulberry sizes XS (34"/36") and S (36/38") only, charcoal sizes XS and S USUAL £74.95 **SALE £39.95 SAVE £35**

**G628 DOWNPOUR** - a long light jacket which can easily be packed away, details such as zips under the arms, 3 part hood with brim, 3 external pockets, an internal pocket, a two-way zip with double storm flap, a mesh lining, manufactured from a lightweight nylon fabric, coated with lightening an incredibly water yet breathable material, the garment is well suited for walking & is ideal for changing weather conditions. If it starts to rain, you already have your rain jacket on - at the same time the pores in the material let surplus heat out, & conduct moisture away from the body, colour pine/navy (as illustrated) sizes M and L, USUAL £99. **SALE £49.95 SAVE £49**

**Bourne Sports, Church Street, Stoke on Trent, ST4 1DJ. FAX: 01782 411072**

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