

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

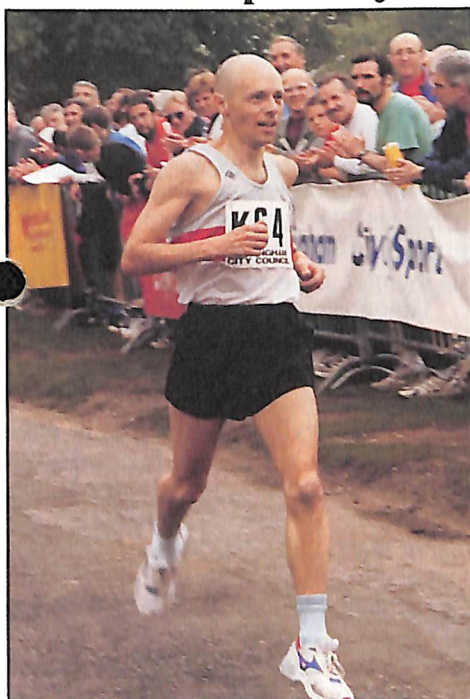
Number 42

The Newspaper of the British Veterans Athletics Federation

Spring 1997

Redhill's First National Relay Title

Report by Martin Duff - Athletics Weekly Vets Voice



Jeremy Hemming

We did it! Barrie Moss clinches the M40 Championship for Redhill

Despite the threat of thunderstorms, the rains stayed away until the events had finished at Sutton Park, and the spiritual home of road relay running saw some great racing.

The first away was the combined M50, M60, W35 and W45 event, but officials began to look anxious as the seconds ticked by and it was well past 16 minutes when the first leg runners hove into sight. Malcolm Martin led the way in 16:54, having disposed of the predictable Martyn Rouse's [Invicta] early charge. Martin [Hallamshire], fastest on the final leg when the event was last staged on this course in 1995, was nearly a minute slower than on that occasion.

Hurried consultations took place and it was realised that the Midland Counties organisers had accidentally extended the lap by nearly 300 yards. This was a big disappointment for most runners who, two years before, had the indignity of being forced to use a slightly different lap from the National 12 stage course used by the seniors, meaning that comparisons with previous years were meaningless.

Top men were roughly a minute down on other runs over the course and Mar-



Jeremy Hemming

The battle for the minor medals: The finish of the sixth leg: Greg Wilson [Telford], leads Ian Haggen [Sunderland] and Mike Higginbotham [Salford]

tin's time held up as the best of the M50's. It looked as though his Hallamshire team might repeat it's runaway 1995 victory, but it was not to be, as Bingley eventually came through to retain the title they won at Heaton Park last year. The Yorkshiremen thus won their fourth M50 championship, but only finally took the lead at the end of the penultimate stage.

On the first lap Bingley were down in 23rd position, with Aldershot making a good start in third thanks to Dave Gibson. Dave Goddard increased the Hallamshire lead on the second leg, ahead of Clayton Le Moors and Aldershot, with Bernie Plain recording a good run to put Cardiff in contention. Then Alan Garrett took the Welshmen closer to Hallamshire's Dave Fothergill on the third leg, but Graham Patton and Steve Birkin were the fastest.

Hallamshire went even further ahead on the fourth stage, although Les Presland heralded a brief Aldershot revival, moving into second, ahead of Bingley and Cardiff. Presland's 17:26 was the stage best and fourth fastest of the race. Dic

Evans [Cardiff] clocked the fastest [17:41] on the fifth leg but Bill Padget assumed the lead for the eventual winners. On the final stage, Neil Robson increased the Bingley margin over Cardiff, who had Elwyn Davies in pain with a severely bruised heel. Nevertheless, he kept Cardiff second, ahead of Hallamshire and Aldershot, for whom Brian O'Neill's 17:16 was the second best of the race.

M60 race: Ray Davidson led for Cambridge on the first stage with the fastest M60 time [18:48], nearly a minute clear of Pascal Morris [Solihull] and Les Vaughan-Hodkinson [Wirral]. Alf Lennon moved up for the Deesiders, but Ken Haith kept Cambridge clear of Woodford Green, for whom Charlie Crump had closed.

Maurice Morrell [Wirral] then took the lead from Cambridge and believed the race was safely won. At the turn there appeared to be no threat, but Peter House was charging for Woodford and Morrell only realised the danger on turning up the last hill into the finish. He just held on to win by

continued on page 2

Road Relays:

[continued from page 1]

one second, as House was given 19:48, the day's fourth best.

Women's Races: Jane Shields made a lot of the running in the W35 section, being up in the thick of it with the M50 men. She eventually headed Sally Ellis by 44 seconds after the day's fastest 17:40. Shields, the Yorkshire 3000m senior champion the previous week, was very pleased to be in the event with a Sheffield women's team for the first time. The 18:24 by Ellis was the day's third best effort, on her 39th birthday.

Pat Gallagher was third home on the



Jane Shields: Fastest time of the day

first leg for Westbury. They had not been allowed to switch to the over 45 race from the W35 they had originally entered, despite all of their runners being over 45! Gallagher's 18:52 would have been the fastest in the older age group.

Janice Williams kept Sheffield ahead on the second lap, but Julie Scholey closed for Les Croupiers, as Janet Holt moved Trafford to third with 18:30, the day's fourth best. On the last stage Sheffield relinquished their lead as Edwina Turner [Les Croupiers], Julie Asgill [Trafford] and Celia Greasley took over the medal positions. Further down, Neath's Frances Gill ran the second best effort of 18:15.

In the W45 section, Birchfield's Chris Rollason [20:35], narrowly led Bolton on the opening stage, with Kendal, through Diane Priestly, a close up third. Chris Parker went into the lead for Bolton on the second lap, before Gill Rimmer then took the Lancashire team away to a one minute 25 seconds victory. Sue Cariss, of 1996 winners Bingley, powered through to second, clocking the fastest W45 effort of 20:23. Westbury could only ponder that they would have taken silver had they entered, or been allowed to transfer to, the



Bolton United, W45 champions: Audrey Foster, Christine Parker and Gill Rimmer are presented with the trophy by Coun. Sybil Spence, Mayor of Birmingham. On the left is Race Director, Mike Wrenn

W45 section.

M40: Redhill Road Runners may not have any real stars but that did not stop them winning their first title in the tenth staging of the race. Their victory means that only Aldershot, the inaugural winners in 1988, have won the race three times.

Never lower than third throughout the eight legs, the Midlands champions assumed that position at the end of a first leg keenly contested between Aldershot's Brian Johnson, Redhill's Paul Warden and Blaydon's Alan Dent. It was cat and mouse all the way, until Dent, celebrating his 40th birthday and elevation to the veteran ranks, pounced and announced his presence on the vet's scene with a stage victory [16:20]. Last year's winners Swansea were eighth, Tipton 41st and three times Scottish title holders Cambuslang lay 42nd. Warrington, with Graham Ratcliffe at the helm, gained nine places to take the lead on the second leg, as Redhill's Stuart Lebelinski and Aldershot's Martin McCarthy swapped places. Fastest on the leg, after starting off last, was former London Marathon winner Mike Gratton, who ran 16:34.

Warrington held the lead on the third lap, thanks to Mick McDevitt, but that was the end of their challenge. Former Aldershot runner Bernie Ford has posted some good 12 stage times around these roads, so he was at home in taking Redhill back to second, but Tipton were still back in 12th and Cambuslang 31st.

Redhill then went to the front for the first time on the fourth leg through Paul Mellors, as Rowheath and Sunderland closed, but Bolton were now in the frame thanks to Tony Duffy's stage best 16:21. Mike Hager finally stirred former winners Tipton with a 16:09 on the fifth, but Telford's Tony Power, who followed him through, was faster with 16:07. Down the field, Nigel Gates gained 26 places for lowly Brighton after the day's best 15:30, a

minute outside the course record, hence the thought about the distance!

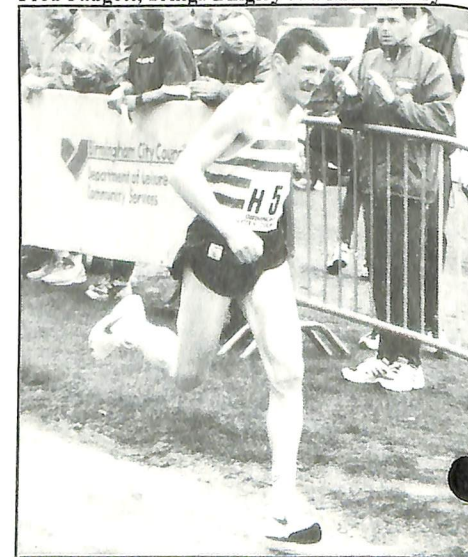
Tipton stayed ahead on the sixth leg, as Redhill and Telford did a doce doe. Ian Hagen and Mike Higginbotham both ran 16:23 and moved Salford and Sunderland closer. Swansea had been dormant most of the afternoon, but they finally stirred with Martin Rees' 15:48, the day's second best, as Mike Girvan ran 16:01 for a fading Warrington.

On the penultimate leg, Derek Mullen, the current International Vets Cross Country Champion, showed that he is over his injuries with a 16:07 that took Sunderland briefly ahead. Cambuslang's Eddie Stewart was faster at 16:02 and saw the Scottish Vets Relay Champions up to 7th, but with no chance of victory.

Peter Yeomans was only 16 seconds down on that seventh stage, so he sent Barrie Moss away only 70 yards off the lead for Redhill. Moss [16:29] relegated Sunderland's John Watson to second, as Tipton went back up to third. Cambuslang continued their late run to fifth, behind Telford, through fastest stage runner Frank Barton's 16:04.

Results Page 18

Fred Padgett, brings Bingley to a M50 victory



Large BVAF Contingent to Compete in Durban

A total of 220 BVAF members have entered for the World Veterans Championships in Durban, from 17-27 July. Entrants and their events are as follows.

M40 C.Wilkinson 200m, 400m: S.Peters 100m, 200m, 400m: D.Anderson 400m, 800m, 400mH: L.Dordoy 5K Wk, 10K Wk: D.Wilcock 800m, 1500m, 3000SC: K.Ansah 100m, 200m: G.Gallagher TJ: T.Howarth 800m, 1500m, Decath: S.Paull C.Country, 10000m, Mara: N.Williamson C.Country, Mara: S.Archer SP, DT, W.Pent.: M.Lippitt 1500m, 5000m, C.Country, 10000m, 3000SC: J.Golder 1500m, 5000m: B.Moss 1500m, 5000m, 3000mSC: M.Coker 110mH, 400mH, TJ: D.Sharpe 5K Wk, 20K Wk: R.O'Hare 5000m, 10000m: K.Dillon 5000m, 10000m, C.Country: P.Hickey 100m, 200m, LJ: W.Franklyn 100m, 200m: D.Bedwell 1500m: H.Roberts 5000m, 10000m, C.Country: W.Greaves 110mH: J.Coe 200m, 400m: B.Matthews 100m, 200m, 400m: C.Osborne 5000m, 10000m, Mara, C.Country: J.Dolan 1500m, C.Country: S.Lonnen 5000m, 10000m, Mara, C.Country: K.Donkin 10000m, C.Country: A.McIndoe 800m, 1500m: C.Potter Mara: R.Curran 5000m, C.Country, Mara: J.Doherty 5000m, 10000m, C.Country: M.Phillips 400m, 800m: I.Scoles 110mH, 400mH

M45 V.Oliver 100m, 200m, 400m: A.Bradshaw 1500m, 5000m, 10000m C.Country, Mara: T.Wells 400mH, 110mH, 400m: A.Rich 5000m, 10000: R.Devitt 10000m, C.Country, Mara: P.Wallace 5000m, C.Country: P.Pinnington 100m, 200m, LJ, TJ: T.Rollason Mara: B.Holden SP: C.Fairbrass

C.Country, Mara: A.Ross 100m, 200m, 400m: P.Gordon DT: D.Lucas 200m, 400m: J.Caines 200m: C.Hilton 5000m, 10000m, C.Country, Mara: P.Browne 400m, 800m: S.Matthews 100m: T.Lewis 110mH, Decath: S.Littlewood 800m, 1500m: P.Marsh 5000m, 10000m, C.Country, Mara: J.Baker 1500m, 5000m, C.Country: N.Phillips Decath: P.Felton 100m, 200m, 400m

M50 B.Townley 100m, 200m: D.Walsh 5000m, 10000m, C.Country, Mara: A.Eland 400m, 800m: J.Potts 1500m: J.Shirley 800m, 1500m, C.Country: C.Richardson 400m, 800m, 1500m: S.Brooks 100mH, Decath: R.Dobson 5K Wk, 20K Wk: J.Topliss 100m, 200m, LJ: D.Cordwell 5000m, 10000m, Mara: A.Deleiros 100m, 200m, 400m: M.McNally 5000m, 10000m: R.Hazell 200m, 400m: D.Evans 5000m, 10000m, 3000mSC, C.Country, Mara: A.Stirling 100m, 200m: M.Martin 800m, 1500m, 5000m: I.Percy JT, DT, SP, HT, W.Pent: J.Wallace 800m, 1500m: M.Statham 20K Wk, C.Country, Mara: A.Newman 5K Wk, 20K Wk, C.Country: W.Thomas 400m: D.Gibson 1500m, 5000m: D.Vaughan 3000mSC

M55 B.Shearsmith 100m, 200m: B.Charles 200m, Decath: J.Parish LJ: G.Ward 1500m: R.Austin 100m, 200m, 400m: J.Scott SP, HT, Wt.Pent: J.Tipping 400m, 5000m, 10000m, C.Country Mara: C.Elson 1500m, 5000m: W.Gentleman HT, DT, JT, SP, Wt.Pent: M.Sawyer 1500m, 5000m, C.Country: B.Ferguson 100m, 100mH: R.Bartlett JT: J.Steede 100m, 200m, 400m: M.Garvey 100m, 200m, LJ: P.Collins C.Country, Mara: M.Doogan 800m, 1500m 3000mSC, M.Dyer 800m, 1500m, 5000m: R.Sayer 800m, 3000mSC: A.Vanderplank

C.Country, Mara: J.Garber 400m, 800m, 1500m

M60 J.Marshall 5K Wk, 20K Wk: C.Shafto 100mH, 300mH, HJ: M.Caudwell 5000m, 10000m, C.Country, Mara: J.Dunsford SP: D.Stevens 5K Wk, 20K Wk: D.Burton 100m, 200m: J.Atkinson 1500m, 5000m, C.Country: T.Field 100m, 200m, 400m, LJ: T.Pugh 5000m, 10000m, C.Country: J.Wilson 400m, 800m: J.Day 100m, PV: M.Morgan C.Country, Mara: H.Clayton 5000m, 10000m, C.Country, Mara: A.Prouse 5000m, 10000m, C.Country: H.Morrison 1500m, 5000m, 10000m, C.Country: P.Brennan 5000m, C.Country, Mara: T.Driver Decath, TJ, HJ: J.Phillips JV, PV, Decath: K.Fiddler 10000m: A.Carter 100m, 200m, 400m, 300mH

M65 K.Whitaker 100m, 300mH: D.Withers 5K Wk, 20K Wk: A.Byers 5000m, 10000m, C.Country, Mara: P.Lisle SP, JT, DT: A.Walsham 5000m, 10000m, C.Country: K.Crooke 400m, 1500m, 5000m, 10000m, C.Country: R.Brown PV: P.Field 100m, 400m, 300mH, 2000SC: W.Stoddart 1500m, 5000m, 10000m, C.Country, Mara: G.Feast 200m, 400m, 300mH: L.Forster 800m, 1500m, 5000m, C.Country: D.Fotheringham 5K Wk, 20K Wk: T.Wyer 1500m, 5000m, 2000mSC: J.Hanus SP, DT, HT, Wt.Pent: D.Thomas 800m, 1500m: W.Ellison 100m, 200m: P.Green C.Country: R.Franklin 5000m, 10000m, C.Country: R.Davidson 5000, 10000m, C.Country

M70 J.Johnston 5000m, C.Country, Mara: T.Simons 5K Wk, 20K Wk, E.Nyman C.Country, Mara: J.Kennedy 1500m

M75 L.Williams 400m, 300mH, TJ: J.Todd 800m, 1500m, 5000m: S.Stein 100m, 200m

W35 C.Smith 400m, 100mH, 400mH, LJ, TJ: H.Barker Hept, 100mH, HJ: C.Cameron SP, DT, HT, Wt.Pent: A.Brewster 800m, 1500m, 5K Wk, 20K Wk: J.Ellacott 100m, 200m, 400m: P.Wicks Mara: J.Brown Hept, 100mH, 400m, TJ, HJ, LJ: W.Dunsford SP, HT, DT, Wt.Pent: J.Earle SP, DT, HT, Wt.Pent: J.Low 200m, 400m, 400mH: A.Jones 1500m, 5000m, C.Country, 2000mSC: L.Hopkins 100m, 200m, 400m: A.Beadnell 200m, 400m: D.Keenleyside 100mH: L.Higgs 10000m, C.Country: J.Gilchrist Hept, TJ, HJ

W40 B.Johnson SP, JT, DT, HT: C.Smith 400m, 800m, 400mH: M.Eldridge 800m, 1500m, 5000m, 10000m: C.Filer 100m, 200m, 400m, 80mH, 400mH, LJ, TR: A.Lippitt 1500m, 5000m, 10000m, C.Country: T.Colebrook 800m, 1500m, 2000mSC: A.Mullinger 100m, 200m, 400m: D.Underwood 10000m, Mara: I.Peaty 800m, 1500m

W45 B.Bradshaw 1500m, 5000m, 10000m C.Country: C.Marler 400m, 800m: H.Connor 100m, 200m: J.Fail 80mH, 400mH, LJ, Hept: M.Shirley 1500m, 5000m, C.Country: C.Rollason 1500m, 5000m, C.Country: O.Codrington 100m, 200m, LJ: R.Alexander 2000mSC, HJ, Wt.Pent: J.Browne 200m, 400m: P.Garvey HJ, 400mH

W50 M.Lewington 100m, 200m: L.Shrosbee HT, L.Elmore 400m, 800m, 1500m, C.Country: M.Govender 5000m, C.Country: P.Rich 5000m, 10000m: M.Swinton HT, Wt.Pent: B.Fee 100m, 200m, 400m: C.Brown 5000m, C.Country, 5K Wk: P.Gallagher 800m, 1500m, 5000m: P.Phillips 5K Wk, 10K Wk: E.Statham 1500m, 5000m, C.Country, Mara: W55 M.Axtell 100m, 200m, 400m: J.Charles 100m, 80mH, TJ, LJ, Hept: N.Cross 200m, 400m, 80mH, 300mH: E.Williams SP, JT, HT, HT, T.Pent: Y.Miles 5000m, HT, C.Country: I.Holder 100m, 200m, HJ, LJ: M.Farish 1500m, 5000m, 1000m: J.Evans 5000m, C.Country, 5K Wk, SP: J.Allen 800m, 1500m, C.Country: J.Langford 5K Wk, 10K Wk: H.Nyman 5K Wk, 10K Wk, C.Country, Mara: B.Cushen 1500m, 5000m, C.Country, C.Country, 2000mSC:

W60 B.J.Goody 5000m, 10000m, C.Country, Mara: B.Atkinson 100m, 200m, 1500m, 5000m, C.Country: C.Graham 100m, 80mH, LJ, TJ, JT: P.Jones 800m, 1500m, 5000m, C.Country: T.Borthwick 400m, 800m, 1500m: B.Forster 5000m, 10000m, C.Country: J.Ross 800m, 1500m, 5000m, C.Country, 10000m: B.Green 100m, 200m, 400m: J.Smith 10000m, Mara: B.Norrish 5000m, 10000m, C.Country, Mara

W75 J.Waller 800m, 1500m, 5000m, 10000m, C.Country



Jeremy Hemming

Above: The Redhill Road Runners team after their M40 National Relay victory

Below: Some members of Cambuslang Harriers, the only Scottish team, who finished 5th



Jeremy Hemming

Williams Wins Cross Country Title

Alastair Aitken reports on the BVAF Cross Country Championships



A group crosses the ski slope hill at Silksworth:

Forty year old Mike Williams of Shaftesbury Barnet travelled to Sunderland on March 22 determined to win the BVAF title. His task had been made somewhat easier as last year's champion Nigel Gates had decided to go for the Senior National title at Havant, where he finished in an impressive 27th position.

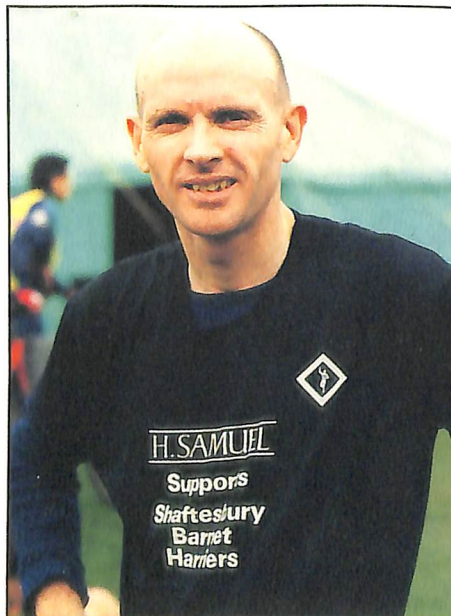
Bone dry conditions prevailed on the twisting and hilly Silksworth course. Williams, previously a three times Middlesex cross country champion, lead at the top of the first hill and continued to dominate for the rest of the race, although he confessed to having considered dropping out after the first tough lap but then thought better of it! Behind him there was quite a race for the minor placings between Les Atkinson, Trevor Clark, Mike Girvan and first over 45 battler Mike Hager. Girvan came through strongly in the last mile to finish in second place and remarked: "I did not expect to do that well. It was a bonus to add to the team win with Warrington". It was good to see Charlie Dickinson back from injury and gain second M45 and finish 21st of the 161 finishers in the M40-50 race.

Aldershot's Brian O'Neill took the lead almost immediately in the over 50 race and was never headed, although he was almost caught on several occasions by Scottish champion Dougie Gemmell. O'Neill was stronger on the hills, however, and finished four seconds clear of Gemmell. Graham Wootton had been in second place early in the race but dropped back to fourth. So often in the past O'Neill has had to give way to other good vets, often from his own club, but remarked: "I was really pleased, as this was the one that I wanted to win". O'Neill took up running at the age of 37 while a boxer in the army, and has Taff Davies to thank for so much encouragement in the early days.

Roger Higham won the M55 title but only 15 seconds behind was Steve James [the 1959 National Junior Champion], who must surely be considered as the most consistent veteran runner of the last 15 years. Les Presland from the winning Aldershot team was back on form in finishing third M55. The over 50 race had 131 finishers and in a creditable 27th place overall was the winner of the M60 class, Cyril Leigh [Horwich]. It was a surprise to see Derek Howarth come through to overtake Gerry Spink for the M65 title in the closing stages of the race. Spink admitted he went off too fast! Howarth added to his three golds at the recent European Indoor Championships.

Bruce Davidson, an over 75 runner from New Forest, also beat all of the over 70's in winning his title. His ambition as a youngster had been to win his "blue" at Cambridge which he achieved by winning the long jump and 880yds.

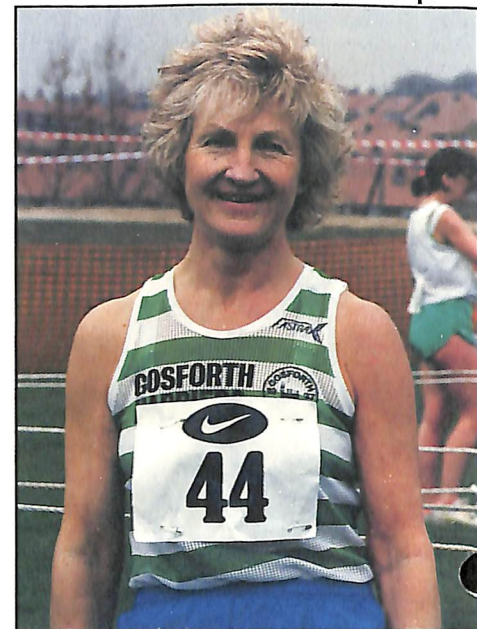
Below: Mike Williams, M40 Champion



It appears that the depth in quality of the women's championships is improving. In the early stages of the race Janet Rashleigh led a group which included Lynn Harding, Lynn Marr and back to form Sheila Allen. Although Harding had a fall, she recovered and was soon up with the leader. At half way she started to go clear and did not relinquish the lead again, although Allen fought hard and was only 12 seconds adrift at the finish. Harding ran 2:31.45 in the 1989 London marathon and competed in two Commonwealth Games.

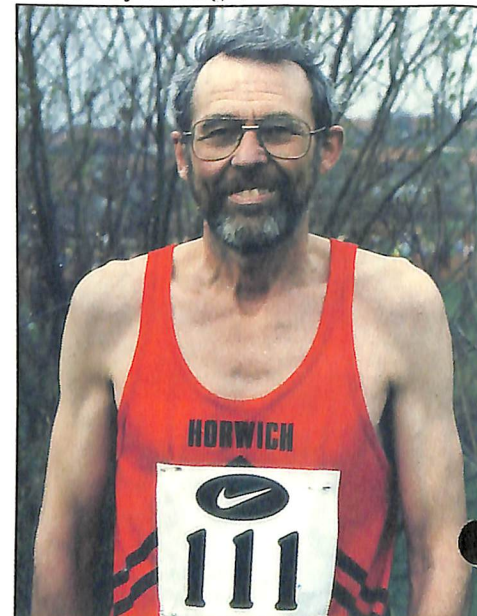
An impressive run came from Gill Dean of Radley who won the W45 group and finished sixth overall, beating all of the W40 competitors. In 31st place was W50 winner Dot Fellows and Joselyn Ross, as usual, amazed by running 26:32 to win the over 65 section.

Results p.18



Above: Christine Lee, winner of W55

Below: Cyril Leigh, M60 winner





British Veterans Athletic Federation

Open 5K Road Championships

incorporating VAC champs

Sunday 26 October 1997

Road races on the traffic free, tarmac road of Lee Valley Cycle Circuit, London E15.
Permit 7342; BAF Rules. Certified course.

Provisional schedule. Races may be amalgamated

- 11am** 5K Walk all age groups: Essex League and VAC champs, (not BVAF)
12.30 BVAF W35 and over 5K Road Race
1pm BVAF M60 and over 5K Road Race
1.30 BVAF M40 and M45 5K Road Race
2pm BVAF M50 and M55 5K Road Race

Undulating 3 lap 'Eastway' circuit, (1 mile Victoria Park).
From A11, A112, A406, M11, etc to Temple Mill Lane.

Excellent facilities: parking adjacent; full changing and refreshments. Spectator viewing. Camping arranged on site.

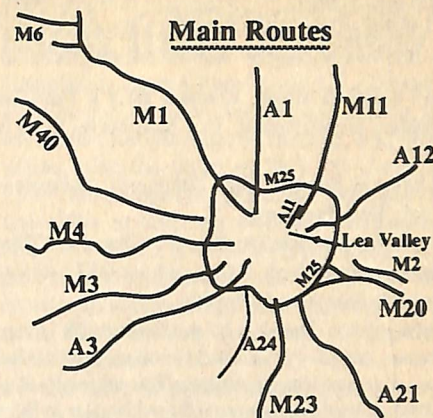
BVAF and VAC champs awards: Medals in 5 year groups; engraving available.

Team awards: Men O40, O50, 4 to score, and O60, 3 to score; Women O35, O45, 3 to score.

Fee £4.00, non-affiliated and unattached £6.00. Team £4.
Closing date 15 Oct. No late entries for BVAF events.

MD Bob Belmore 01428 654749.

Entries and enquiries to
Road Sec Dennis Williams, 82 Prince
George's Avenue, London SW20 8BH.



Please accept my entry to 5K races (or on plain paper)

Name Sex Club.....
 DoB Age..... Age group
 Veteran Club Vet N° Vets AC (tick) ...
 Address
 Address
 Post Code Tel n°
 Team entry: Club age group
 I enclose cheque, payable 'VAC' for £ and SAE 9x6"
 I understand the Organisers of this event will not be responsible for any
 loss or injury to myself and I agree to abide by BAF laws.
 Signed Date

EXXON
CHEMICALS

EXXON CHEMICAL SOLENT HALF MARATHON

Permit No: 7325

SUNDAY 12th OCTOBER 1997, 11.00 AM START

INCORPORATING
BVAF NATIONAL HALF MARATHON CHAMPIONSHIPS
HAMPSHIRE AA COUNTY CHAMPIONSHIPS
HAMPSHIRE ROAD RACE LEAGUE EVENT



ENTRY FORM

Surname Forename

Address

Town Postcode

Daytime Telephone Evening Telephone

BAF Club

Gender (M/F) ☐

Date of Birth

Age on Race day



ENTRY FEES: Tick the appropriate boxes and add the extra fees where applicable.
See conditions listed separately for the Hants County & BVAF championships.

BAF Affiliated Club member	<input type="checkbox"/>	£5.00
If non - BAF Affiliated (Unattached) Runner	<input type="checkbox"/>	ADD £1.00
I wish to be entered in the Hants County Championships.	<input type="checkbox"/>	
I wish to be entered in the BVAF Championships	<input type="checkbox"/>	
AND my BVAF Number is		£0.00
OR, I apply for temporary BVAF membership	<input type="checkbox"/>	ADD £2.00
Total Entry fee (non-refundable)		TOTAL

I declare that I intend to run entirely at my own risk and confirm that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation. I will abide by BAF/WAAA Rules for Competition. I confirm that I will be over seventeen on the day of the race.
Data Protection Act. By submitting this entry, I agree that the organisers may store my entry details and results on computer disk for the purpose of event administration.

Signature: _____ Date: _____

Check the completed entry form carefully, then send it, together with one stamped, self-addressed 9" x 6" envelope and a cheque or postal order made payable to 'SOLENT HALF MARATHON' to:

THE RACE SECRETARY, SOLENT HALF MARATHON, 17 SCHOOL LANE, HYTHE, SOUTHAMPTON SO45 6BJ. Tel: 01703 848788.

Closing date: 29th September 1997

Veteran Athletics

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67 Goswell Road, London EC1V 7EN Telephone 0171-410-9410 Fax: 0171-410-9440
 Editor: Geoff Ashby, 154 Knightlow Rd, Harborne, Birmingham, B17 8QA tel 0121-429-2241

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

Fixtures: Brenda Burton, 22 Chandlers Way, Steyning, West Sussex, BN44 3 NG

Advertising: Jack Fitzgerald tel 0171-410-9410

Production: Geoff Ashby

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

Treasurer: Danny Herman, Bow House, 3 Bow Green Road, Bowden, Altrincham, WA14 3 LY

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

Chairman of Records Committee: David Burton, 22 Chandlers Way, Steyning, West Sussex BN44 3 NG

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

Secretaries of Affiliated Clubs and Associations

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

[Membership]: Eva Osborne, 61, Damgate, Wymondham, Norfolk NR18 0BG tel 01953 604501

Isle of Man: Christine Bathgate, Kerrowglass, Kirk Michael, Isle of Man IM6 1HP tel 01624 878768

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

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

Northern VAC: A.Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire, SK4 3LD tel 0161-432-7586; [Membership] J.H.Linley, Riversdale Cottage, Ffordd-y-Felin, Treuddyn, Mold, CH7 4BD Tel 01352 771543

North East VAC [General]: G.Routledge, 5, St Hildas Ave, Holy Cross, Wallsend, Tyne & Wear NE28 7AB tel 0191-287-1388

Northern Ireland: J.Harris, 3 Orchard Place, Newtownards, County Down, BT23 3AE tel 01247-816595

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

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

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

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

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

South West VAC: D.G.Lord, "Old Lord Nelson", 52 North Street, Warcham BH20 4AQ

Veterans AC [Membership]: J.Mellor, 9 Goose Close, Princes Park, Walmersdale, Chatham, Kent, MC5 7RH; [General]: Dennis Williams, 82 Prince Georges Avenue, London SW20 8BH tel 0181-543-6112

Welsh VAA: Mrs Irene Lisle, 38 Llandennis Avenue, Cyncoed, Cardiff, S.Glamorgan CF2 6JH tel 01222-753563 [Membership] Dave Walsh, 129 Queensway, Coney Hall, West Wickham, Kent, BR4 9DT tel 0181-462-7554

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

WORLD ASSOCIATION OF VETERAN ATHLETES

[AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION]

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

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

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

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

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

Secretary: Torsten Carlus, Smalandsgaten 25, S-25252, Helsingborg, Sweden. Treasurer: Al Sheahan,

PO Box 2372, Van Nuys, California 91404, USA. Women's Delegate: Hannelore Guschmann, Postbox 7, B8000, Brugge, Belgium.

BVAF Summer Raffle.

In the past I have run raffles to aid the federation and to help finance this newspaper. The raffles, together with donations that have been received have been a great boost to the Federation, and, on behalf of the newspaper committee, I thank all those who have supported the cause. This will be my final raffle and in the future we may well look at having a BVAF lottery.

Meanwhile I would like to suggest to all BVAF members that there are around 7,500 of us out there and if we could all give £1.00 towards the raffle, we would be able to run our Federation and newspaper a lot better. As with most organisations, just as the same people tend to do the work, so the same people tend to support the raffle. To those who do not take part in raffles but send donations I am truly grateful, and to those who cannot be bothered, please support us this time. A substantial portion of the ticket receipts go towards prizes. May I hope to see your name on a ticket?

Winston Thomas.

Track and Field Notes.

Firstly on the subject of the medical aid in South Africa, we are able to have some back up, so any last minute contributors are welcome up to the 8th July. I will be away from the 9th. Cheques payable to Road Craft. After the success in taking part in the Dutch Tri-Annual International last year we were expecting to take part in Belgium this year. Unfortunately, we have not been invited as the Belgians were unable to change the venue to an eight lane track. We hope that we will take part in 1998 in France.

The next event will be the BVAF Championships. I wish you all fitness and some good weather for the weekend, as well as asking you to attend the AGM, as there are some important items to be discussed and hopefully, passed. Following this, we will have the WAVA Championships in South Africa. We have around 215 athletes travelling and, again, I wish them all the best over there. The team manager will be Keith Whitaker. I will be his assistant. We hope to have team meetings and a team notice board, so look out for this in the main stadium. As usual, I have been asked about BVAF kit and track suits. The vests are supplied by TSM, and track suits are available from Sprint Sports. For shorts, the Viga blue shorts with red/white side panels or the Ron Hill white shorts with blue/red panels match both the old and new vest. These can be purchased from most retailers.

The Track Walk and the Pentathlon will be at Solihull on August 10 [see page 15]. Please support this promotion as insufficient support could signal the death of these events. The Combined events will be in Sheffield, on September 13-14 (see page 15).

Winston Thomas



From the Chairman

At the AGM in Blackpool, I will have completed five years as your Chairman. There have been both good and bad times, but the recent European Indoor Championships in Birmingham have to rank as a special highlight. When writing for V/A 41 they were about to start, and only now can I pay tribute to those who worked so hard to make them such an outstanding success.

My personal thanks are due to Ron Bell who masterminded the whole event, to Barbara Dunsford and her family for the monumental task of dealing with the entries, to Irene Nichols with support from Midland V.A.C. for taking care of registration, and finally to Meeting Director Roy Rogers and all the officials who worked so hard throughout the three days. There are, of course, many others too numerous to mention who also volunteered their time and energy and made this event such a success. I was so proud to be Chairman of BVAF. Thanks to them all!

The only thing missing from the reports of the Championships was the cost, and, no doubt, many people will be interested to hear how much the event cost us. At this stage the accounts are not finalised but there is no doubt that the Championships were run at a loss. Expenditure was close to that forecast, but income was less than we had hoped for. We needed just a little more sponsorship or a grant

from the E.E.C., which would have more than covered the deficit. We had anticipated the grant, but unfortunately it fell foul of a delay in timing. A decision had been made well in advance that we should form a Limited Company specifically for these championships, so that accounts could be kept separate from BVAF funds, and which also had implications on tax etc. For the time being the two directors, being Danny Herman and myself, are considering what action should be taken before the Company is wound up.

We should be able to give a better idea of the finances at the BVAF AGM, and although the current BVAF funds are certainly enough to cover the final figure, I am concerned that the income received by BVAF from affiliation fees is no longer matching the basic cost of administration, where in particular the two Delegates Meetings are a major item. Without income from other sources, such as profit from championships [although some make a loss], our funds built up over the years are being eroded. Therefore I would be happier if the loss from the European Championships could be cleared by some other means.

The next International event we stage will be the World Championships in 1999. This will be organised by Gateshead Metropolitan Borough Council in conjunction with BVAF. Ron Bell and I, as members of the organising committee, have already attended the first meetings. Last month we escorted Jim Blair

[WAVA Vice President for Stadia] round the tracks which will be used and he was suitably impressed by the facilities available at Gateshead, Jarrow and Chester -Le-Street. It is intended to have the entry booklets produced in time for issue at Durban, but, meanwhile, note the dates of July 29 -August 8 1999. Please start to spread the word around, especially to veterans who are not members of a BVAF club. If those veterans wish to take part in what will be the most fabulous 11 days of veteran athletics that they will ever experience, they will have to join one of our clubs to be eligible.

On more mundane matters, I am sad to report that my intention to use the facilities available through the Startcard system as the basis of an up to date register of members has not gained the 100% support needed. I wanted to replace the mailing list held by our printers, which is updated by instructions routed through Jack Fitzgerald by club secretaries. However, with about only 75% of our members entered on the Startcard file I could not proceed further, and so leave a quarter of our members without our magazine.

The problem, I believe, has been mainly inertia and also worry that information was being passed to an organisation which was not under BVAF control. This particular worry should not have been a problem as the Data Protection Act through the Registrar is extremely strict on licensing computer bureaux. In our case, information was not of a sensitive nature and I was more than satisfied by the way everything was dealt with by Startcard. Their system would really have taken us into the next century and the personalised competitor's numbers that they produced for us at Exeter, and also at the European's, were very well received. Although this is now an opportunity lost, the facility of personalised numbers is still available for any specific championship where entries have been put on a computer file to help produce the programme and I hope to use them for this in the future if nothing else.

To move forward, the only other solution is to have a national file held by a member of BVAF, using information direct from the current file of each club membership secretary. I do have a volunteer who is prepared to take this on, but having just one person responsible does have its own problems, not least the amount of time they have available, and dealing with things which may crop up when absent on holiday or through illness. Beyond this, I feel that when the total file will be more than five times the size of the largest club, it would not be unreasonable to pay an honorarium. I need to discuss this further when the time involved has been established.

It is interesting that BAF intended to set up a national register, primarily as a means of guaranteeing income, but they have now pushed this back to the regions. Each of the regions are trying to get to grips with the problem in different ways, with what appears to be with less than enthusiastic support from the clubs. I will report on our Registrar at the AGM. Meanwhile I will write to the Membership Secretaries, so that every one will be aware of what is entailed. K.M. Whitaker



Bridget Cushen

Secretary's Report

Viewers of the "Ester" programme on BBC2 on May 22 may have been surprised and delighted to see world indoor hurdles record holder, Carina Graham, give a lively and entertaining portrayal of life-long competitive sport without becoming too obsessive. Her husband added his support. We are currently in touch with Women's Hour on Radio 4, seeking interviews with some of our magnificent female competitors.

The AGM is on Saturday June 28, immediately after the last event at Blackpool. Even if you do not compete in our national track and field championships, the AGM gives all members an opportunity to meet Council members and vote on any issue.

You may have recently been asked to fill in a very misleading paper marked BAF Questionnaire, which we understand was sent to race organisers by a section/individual from the Midland Counties AA. It asks two questions, viz: Women should become veterans [1] as at present when they become 35 years old, [2] same age as men, at 40 years old. Rather equality slanted!

We would like members to be aware that the BVAF had not been consulted. It is we who govern veteran athletics under the auspices of the World Association of Veteran Athletes and EVAA [Ref IAAF letter to all affiliates following the Barcelona Congress],

and we are pursuing this matter with BAF, MCAA and MVAC. We have supported the starting age at 35 for the following reasons:

1 In many countries a medical certificate is essential before admission to train in an athletic stadium. Doctors are often reluctant to issue certificates to older women returning to the sport after a long break.

2 There is no competition for a women in most athletically under developed countries once she has left college, unless she is of international standard, or reaches veteran age.

3 Most women travel to WAVA/EVAA Championships with their husband who, on average, tends to be four years older. By lowering the age for women to 35, they are able to compete and not just sit in the stands.

4 Concern about the number of women who leave the sport.

5 If a 35 year old women is good enough to win a road race, she invariably has the choice of taking the winner's prize or the veteran's prize. As the former is always of greater value, this leaves an award for another 35 year old and thus more incentive.

6 Rules should only be changed when they are demonstrably to the benefit of the majority. If the starting age for women is put back another five years, those women who are currently deprived of the stimulus of competition may find a 20 year wait too much.

7 A motion was put before the WAVA Women's Assembly in Turku in 1991 and it was defeated by 129 votes in favour of age 35 and only one against.

YOUR LETTERS

The Letters column of Veteran Athletics are open to all 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.

Another Sour Grapes Letter?

You bet this is another sour grapes letter! I refer to the ludicrous situation at the Scottish Veterans Cross Country Championships when Cambuslang H. were awarded the team prize ahead of Metro Aberdeen Running Club. The main reason why Metro Aberdeen [who had four runners in the top 13] were beaten by Cambuslang was the superb run [3rd overall] by that well known Cambuslang runner Frank Barton. This, unbelievably, is the same Frank Barton who is the well known Keith & District runner who represented that club at the Scottish National Championships a couple of weeks earlier.

The spectacle of Frank Barton who, [a] has probably never been to Cambuslang, [b] could not recognise any of his Cambuslang team mates prior to the race, [c] has never been to a Cambuslang H training run or club night, [d] did not have a team vest [the best that Cambuslang could produce, after much searching, was a tatty 3rd hand vest which was not even in the club colours], was waving a piece of paper around which "proved" he was eligible to run for Cambuslang, was a complete farce and unworthy of the sport of running.

The fact that this ridiculous situation is allowed within the rules of running is a disgrace. I understand the impossibility of constructing a framework of rules which is fair to all, but it is a sad day within the sport when such a contrived team as Cambuslang H veterans uses the rules to win a major championship against proper teams such as Metro Aberdeen. The four Metro Aberdeen runners live within a 10 mile radius of the centre of Aberdeen, train together at least once a week and attend the weekly club night.

Cambuslang may have walked off with the team gold medals, but everybody, including Cambuslang, knows that Metro Aberdeen was the first genuine team. Was it worth it Cambuslang Harriers?

Keith Varney, Metro Aberdeen RC

AGM of the VAAE

The Annual General meeting of the Veteran Athletic Association of England will take place in the Sports Hall, Stanley Park, Blackpool, at 9.30am on Sunday, 29th June 1997.

The European Indoor Championships

Firstly, may I also add my congratulations to all those who were involved in the organisation and running of the inaugural European Veterans Indoor Championships in Birmingham. In my experience it more than matched the efforts of the organisers of the other major championships I have attended, and I believe that this may well have much to do with the way the workers were able to operate with an air of willingness and helpfulness, whilst at the same time wear a smile on their faces - easier said than done under such enormous pressures! Well done, everyone!

Secondly, may I also congratulate Geoff Ashby on being able to capture the essence of the meeting in his report and to try and pick out some of the highlights of a meeting with so many events, personalities and sheer numbers of athletes - a thankless task.

However, I hope he will not mind if I take issue with his choice of the "two of the best field event contests, the M40 High Jump and the W35 Triple Jump". I have no quarrel with the W35 Triple Jump. It was an enthralling competition with all those world records and culminating in the final round jump to win by one centimetre. However, despite former Olympic gold medallist Jacek Wszola [I think this is the correct spelling of his name despite the programme] jumping an excellent 2.01m in the M40 High Jump, I think the winning performance in the M50 High Jump was most probably superior.

I sprained my ankle in the second round of my M50 triple jump competition and so could only be an interested spectator for the M50 High Jump, but what a performance! In fact we saw a competitor [Thomas Zacharias from Germany], 10 years older than Wszola, actually becoming the first European to jump clear at 2.00m indoors. An amazing result, as I believe this equalled the M40 European Record [which Wszola improved by 1cm. later in the day]. It was superior to the M45 World Record of 1.92m and annihilated the M50 World Record of 1.78m. This was certainly one of the performances of the Championships. **Sean Power, Cardiff**
On reflection I agree, Sean, but I missed the M50 High Jump as I was warming up and competing at the time. Geoff Ashby

More on GB Kit

Reference criticism of the new GB kit, I recently purchased a vest and shorts for £25 from the suppliers, TSM. The vest is of good quality, with 2" wide red and blue strips all round, a 6" square Union Jack, British Veteran Athletes in red and a neat logo. The blue shorts are in a new material, nylon outer and polyester inside brief.

I am not grumbling about the price of these items. Previously I have purchased vest and shorts from Ron Hill which had

The European Indoor Championships gave me yet another break from training, coaching, officiating etc, to enjoy good competition, and the company of friends whom I do not see often enough.

I am very pleased with the speed with which I received the well presented results booklet, demonstrating the power of the computer when used properly. Having it programmed to indicate newly established records was also a plus, except that the programme did not allow for our welcome guests who did not qualify for European records.

In my own case, I was second past the line, with the winner Charlie Miller [USA] credited with the European Record, which I also beat. Also, is it possible that British Records were broken by Brits placed behind Europeans? I am noting this minor hiccup so that it can be addressed in future.

Thanks to all those behind the scene who contributed to the smooth running of the event. **Barry Ferguson, London**

Disappointing Video

The recent European Indoor Championships were a truly golden event for me as I secured a M50 sprint double. However, the official video fell far short of my expectations. I was assured by the sales representative at the Championships that all finals would be included. This was not the case for the sprint finals covering all age groups, including my own.

The video should have been a collectors item for me and would have given repeated viewing enjoyment over many years. This is not to be, unless a new video can be produced from the master tape, with all finals included this time.

Brian Townley, Northern Vet

Upside Down Flag!

Congratulations to all concerned on the recent improvements made to "Veteran Athletics". It's format and quality project a very professional attitude of British and World athletics in the more senior ranks. The last issue [V/A 41, Winter 1997] would have been even better if the photo on the front page had showed the Union Jack being carried the right way up!

Bob Mitchellking, Rugby

been on sale at £34 [although I managed to buy them in a sale for £24]. I recently read in this paper that the GB vest had been selling for £18. Possibly the items that I purchased are newly designed but I have a nice outfit that I am proud to wear. I have since purchased more kit from TSM, a European Championships sweatshirt at about £20 and a good quality baseball type cap for about £8. These could be considered expensive, but excellent quality. **N.Jordan, Tewkesbury**

Surrey County Vets

Severe standards set for minor medals did not too much affect a popular third year of the county promotion, as early summer sunshine and the sylvan surrounds of Tooting Bec track made for a perfect afternoon's sport.

John Browne readily took the 100/200m double in 11.31 and 23.3, times likely to be top ranking in the country at this stage of the season. The 200m and 400m was the choice of Laura-Jane Pummel, whose 26.5 and 59.5 figures also look candidates for the top. In the flat jumps Keith Martin was well ahead. The 5000m races were once again regrettably thin, but

the 800m and 1500m made up for it with sheer competitiveness. Alan Dolton was the new name in M40 1500m, heading Dave Mitchell of the M45's, as was Dina Francis, up from sprint distances to 800m. Martin Miller found a niche in M50 class.

Mike Small and Bill Fuller scored 12.78m and 13.06m shot puts in M40 and M45 groups and Alan Staerck made 11.99m in M50. Chris Mellhuish headed the hammer with 49.92m. Jenny Earle led the women's throws, but only by 4cms. from Debbie Singleton at discus. Liz Sissons, with a 9.85m shot put, showed the way to the other groups.

Jeremy Hemming

Below: London Marathon left, Fraser Clyne [5th M40], and Marilyn Clarke[2nd W40]



Jeremy Hemming



Jeremy Hemming

NEWSPAPER SUPPORT FUND

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

Mike Caudwell, Ursula Duckworth, Jack Piggs, F.A.Richards, Tony Rawlinson

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, made payable to Veteran Athletics, for £12, or multiples thereof—to increase your chances of a win—to the Hon. Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot Devon TQ12 6YB

The sooner you do it the sooner you will get in on the draw. These are the recent winners:

January 97: £125 to P.Morris [Inverness]
£10 to P.Duhig, R.Heywood, N.Cross, P.Jones & D.McMullen

Aug 96: £125 to L.Branch [Essex]
£10 to P.King, J.Vernon, A.Sutton, E.Johnson & M.Statham

Sept 96: £125 to M.George [Cumbria]
£10 to J.McNally, R.Stewart, B.Gregory, T.Thomson & R.Pearce



Lake Vyrnwy Half Marathon

Sunday, 28th September 1997

Start 1.00pm: Under BAF Laws Permit No. MJ8701

Supported by: PUMA^{UK} Athletes Feet - Jones & Sons -
Severn Trent Water - Roy Evans [Garages] Ltd.

Awards:

Men: 1st-£300; 2nd-£200; 3rd-£100; 4th-10th Puma Products **Women** 1st-£300; 2nd-£200; 3rd-£100; 4th-6th Puma Products
Veteran Men & Women 1st-£50; 1.2.3. [All 5 year age groups]-Puma Products

Teams: Men 1,2,3 Open - 3 to score; 1st Veteran Team-3 to score-Puma Products **Women** 1st Open-3 to score-Puma Products

Entry Fee: £5.00 Club, £6.00 Unattached: Payable to: Lake Vyrnwy Half Marathon: Send with 9 x 6 S.A.A. to:

Doug Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1JD [01691 - 653338] Sorry, - No Late Entries

Surname: _____ First Name: _____ M or F _____ Leave Blank _____

Date of Birth: _____ Age on Day of Race: _____

Club/Team or status if Unattached: _____ Best Time for Race Distance [Last Two Years] _____

Address: _____

Post Code: _____

Phone Number: _____ Entry Fee Attached: £ _____ Tick if accomodation list required ☐

I declare that I will abide by the laws and rules of BAF. I accept that the organisers will not be liable for any loss, damage, action claim, cost or expenses which may arise in consequence of my participation in this event. I declare that I will not compete unless I am in good health on the day of the race and that in any event I will only compete at my own risk.

Signature: _____ Date: _____

NORTHERN LIGHTS - A Profile of Derek Howarth

This is the tale of a remarkable man, a man steeped in the traditions of a true Lancastrian - hard-working, extroverted, popular at work and play, a good family man, and in whose company public houses come to life [and occasionally empty when he becomes too vociferous!]

Derek Richmond Howarth [we did not know about that second handle] was born in Leigh, a small Lancashire mining town, on August 17 1930. Attending the local Grammar School, he took part in most sports, following in the traditions of such schools by switching games according to the term, but particularly shining by winning the Junior Championships at 100yds, Hurdles, Long Jump and High Jump.

At the age of sixteen, Derek went to work at a local confectionery firm, being in turn a sugar boiler, warehouseman, clerk and finally a commercial traveller. He remained so employed for 12 years, a far cry from the more effete occupations of today's heroes. This job, no doubt, led to him being what he is today, a regular fruit drop! A break to do his National Service [ah, fond memories] with the R.A.F. at Yatesbury as an Air Radar Assistant, saw him taking part in all station sports such as football, a little athletics, and rugby. He also, no doubt, became a star in the N.A.A.F.I.

After demob in 1950, he joined Leigh Harriers, taking part in the sprint handicaps so beloved of Northern runners. I recently came across an "Athletics Review" of 1952, recording that D. Howarth was the Leigh H. 100 yards champion. That magazine ran parallel to "Athletics Weekly" as a monthly publication and was the baby of the late lamented Wilf Richards.

In 1961 Derek joined the Chorley Day Training College on a two year training course, emerging with a diploma entitling him to teach Maths and P.E. at Ruffwood Comprehensive School, Kirkby. This was a job to strike terror into the faint hearted! [Remember it's local nick at Newtown in "Z" cars?] Spending the next quarter of a century at this school and coaching many a schoolboy to English Schools participation and honours was a labour of love in such an area. I remember him yelling at his charges on one session at Kirkby Stadium, you could hear him on the East Lancs Road! A natural overspill from this was his taking up coaching of young athletes at Leigh H. and moving on to team management as he became a seasoned and respected "arrier". You do not achieve such status in the North until you have been with a club for over twenty years!

A great family man, Derek has four sons and two daughters, and a long suffering wife, Dorothy, who turns out once a year to act as a marshal in the NVAC 10

miles race. Encouraging his family to take part in sport through such organisations as the Boys Brigade has resulted in his son Anthony, a former County Schools soccer player, turning into a fine decathlete and a member of Massey Ferguson AC and Midland Vets. Another son, John, is the captain of Leigh Harriers, a county cross country runner for Lancashire and a well known and respected road runner.

Derek Howarth joined NVAC in 1972 and began a career which shows no sign of letting up after 25 years. If you fall apart at one event then try another, appears to be his philosophy. Never one to complain unduly, he has had his fair share of injuries, but bounces back with little complaint over his enforced rest period.



Derek Howarth

In 1972 he went straight into National and International events, winning the National Veterans 100m in 11.7 and the long jump with 5.75m. Travelling to Cologne for the first "international" he clocked 11.4 behind U.S. Olympian Thane Baker. Sprinting and long jumping prevailed for the next few years, winning a couple more vets titles, but creeping into his forays into different events came the odd 10,000m. This was just for fun, but fun was a time of around 36 minutes at the age of 48. Are you reading this, you short event men? Appetite whetted, longer events became the norm. As his flexibility waned, up through the 400m and 800m and cross country events went Derek. By the time he reached the mid fifties he was down to 35:35 for 10k on the road and he ventured into the World 25km race at Perpignan in 1983. Then there was the Bolton Marathon and "Plodder Lane". Agh!

In recent years he has taken up weight training. Leigh Harriers have extensive facilities, with many a piece of equipment

being made to high standards by club artisans. He fits in two or three sessions each week with light weights and attributes his all round fitness to this balanced regime.

I have seen Derek's mileage count, which he started in 1979 with 1991 miles: so far he has averaged 1721 miles a year on the hills, roads and track. The results of his efforts speak for themselves. He has won 20 Northern Vets titles, 10 National titles, umpteen minor places and his efforts culminated in a glorious treble at the recent European Indoor Championships in Birmingham. Just three weeks after that event he beat pre race favourite Gerry Spink over the demanding Sunderland cross country course for the BVAF M65 crown, and let us not forget the victory that started his superb run of form - the BVAF 10k Road Championships in Birmingham last October.

As an administrator he responded to an early complaint by that doyen of the veteran movement, Norman Ashcroft, that track men never became involved in organisation. Initially he produced the Northern Vets newsletter and became a delegate to the BVAF committee. Since 1984 he has been the NVAC trophy secretary and also organises a mini track league in the summer. Of course as "Juggler Extraordinaire" he balances the books of both Leigh H. and NVAC in his capacity as treasurer of both clubs.

I could probably write a book about Derek Howarth. His energies are limitless, both as a competitor and as an administrator. Does the man have any failings? "Yes", says his wife Dorothy, "he becomes extremely silly and noisy on a Saturday evening when he plays cards and has a few scoops until the wee small hours". Where is he on Sunday mornings? Back at the club, or laying out a course or running in a race.

"Fido"

Edwina Turner makes sure of victory for Les Croupliers in the W35 Road Relay at Sutton Park



Ten Throws Event

The British Throwers Club held it's 1st Decathlon "Werferzahnkampf", an unusual 10 throws event, consisting of Shot, Hammer, Discus, Javelin, Brick, Sling Ball, Stick, Small Shot, One Hand Hammer and Heavy Hammer. Twenty one throwers [18 of whom were veterans] had a very enjoyable day, starting promptly at 9.30am and finishing at 5.45pm.

The youngest competitor was 19 years old and the eldest a mere 80 years old. We had eight excellent and hard working officials and the results were as follows:

Senior man 1 L.Newman 7363 Pts., 2 E.Udechuku 6924 M45 1 T.Lalley 5789, 2 M.Bousfield 5730, 4 R.Steventon 5157 M50 1D.Myerscough 63.2, 2 H.Conboy 6200, 3 P.Duckers 4957 M55 1 J.Kee 5611 M60 1 B.Sumner 4960 M70 1 J.Geres 4138 M80 1 T.Rawlinson 2294 Senior Woman 1 A.Mitchell 4123 W35 1 J.Earle 4763, 2 W.Dunsford 4700 W45 1 C.Dawson 3641, 2 R.Chrimes 3592 W50 1 B.Terry 4770 W55 1 E.Williams 5308, 2 Y.Miles 2678 W60 1 R.Chrimes 4632

The Stoke on Trent stadium, with so many throwing areas, was excellent. Next year we are planning to make the event an Open International, so why not join us, and prove that you really are a thrower. Next year's meeting will probably be the first week end in May, numbers restricted to 50-60 throwers. Barbara Dunsford

New Track Relay Records

Both men's and women's veterans teams set new World Best times in 4 x 1500m relays at Watford, in events organised by the The British Milers' Club.

The men's team ran 16:41.1 [Peter Molloy 4:11.0, Glen Grant 4:06.6, Dave Bedwell 4:12.6 and Dave Wilcock 4:10.9]. This time was 39.9 seconds faster than the previous best. The women's team clocked 20:13.0 [Debbie Howard 4:52.3, Pat Gallagher 4:48.3, Kim Davison 4:59.2 and Liz Craig 5:33.3].

Record celebrations: from left: Pat Gallagher, Debbie Howard, Kim Davison, Liz Craig



Jeremy Hemmings

READING ATHLETIC CLUB

PRESENT

10TH VETERANS TRACK & FIELD OPEN MEETING

SUNDAY 5th OCTOBER 1997 at PALMER PARK STADIUM, READING

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

Events [Tick Box] [New Programme]

FIELD 4 Trials Only

<input type="checkbox"/> 11:00 HT M	<input type="checkbox"/> 13:00 JT W & M60+	<input type="checkbox"/> 14:30 JT M40-59
<input type="checkbox"/> 11:00 SP W	<input type="checkbox"/> 13:00 HJ M & W	<input type="checkbox"/> 15:00 TJ W
<input type="checkbox"/> 12:00 PV M+W	<input type="checkbox"/> 13:30 H TW	<input type="checkbox"/> 15:30 DT M40-59
<input type="checkbox"/> 12:00 LJ W	<input type="checkbox"/> 14:00 LJ M	<input type="checkbox"/> 16:10 TJ M
<input type="checkbox"/> 13:00 SP M40-59	<input type="checkbox"/> 14:30 SP M60+	<input type="checkbox"/> 16:00 DT W & M60+

TRACK

<input type="checkbox"/> 13:15 100m W, M	<input type="checkbox"/> 15:20 400m W, M
<input type="checkbox"/> 14:00 800m W, M	<input type="checkbox"/> 15:45 1500m W & M
<input type="checkbox"/> 14:30 5000m W & M	<input type="checkbox"/> 16:10 200m W, M
<input type="checkbox"/> 14:55 Spr Hdl W, M	

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

Name: _____

Address: _____

Signature: _____ Post Code _____ Tel. No _____

Categories (please tick):

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

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

Entries: Mrs. M. Woodger, 21 Grantham Road, Southcote, Reading, RG30 3NJ

Entry Fees: £2.00 for each event (£3.00 on day, subject to availability) Cheques or Postal Orders: Reading Athletic Club

Closing date for postal entries: 23rd September 1997

WORLD, EUROPEAN AND BRITISH TRACK AND FIELD RECORDS

Correct at 21.10.96 . Dave Burton, Chairman of BVAf Records Committee, has recently changed address[new address page 6] Some record application forms in circulation may still show his old address. Forms must be sent to the new address.

BRITISH EUROPEAN WORLD

100m		
M40 R Taylor 10.9 B Green 10.9	G Echevin 10.93	E Hart 10.6
M45 C Williams 11.1	J Ehrstrom 11.38	T Baker 11.0
M50 R Taylor 11.5	R Taylor 11.50	K Denis 11.2
M55 R Taylor 11.57	R Taylor 11.57	R Taylor 11.57
		P Jordan 11.6
		A Guidet 11.6
M60 R Taylor 11.70	R Taylor 11.70	R Taylor 11.70
M65 A Meddings 12.71	A Meddings 12.71	B Hogan 12.5
M70 C Fahey 13.53	F Assmy 13.45	P Jordan 12.91
M75 C Fahey 15.16	F Assmy 13.64	P Jordan 13.4
M80 C Fahey 15.79	H Gehun 15.88	B Ivers 15.3
		H Gehun 15.71
M85 D McLean 16.3		D McLean 16.3
M90 D McLean 19.9		D McLean 19.9
M95		P Singh Azid 39.00
W35 M Kyle 12.2 J Kirby 12.2	J Keldshtevskaja 11.49	E Ashford 11.07
W40 M Kyle 12.0	G Otto 12.65	M Kyle 12.0
W45 M Kyle 12.5	C Pfeiffer 12.72	P Raschker 12.50
W50 V Parsons 13.30	M Behrendt 13.13	I Obera 12.9
W55 R Chrimes 14.42	U Gore 13.65	S Paterson 13.6
W60 J Ogden 14.83	C Franzen 14.62	S Paterson 13.9
	P Schneiderhan 14.57	
W65 J Ogden 14.84	P Schneiderhan 14.82	S Paterson 14.98
		S Paterson 14.7
W70 M Wixey 16.59	P Schneiderhan 15.33	P Schneiderhan 15.42
W75 M Williams 20.92	J Gelbrich 18.18	P Clarke 16.87
W80		H Gelbrich 18.42
W85 S Packham 48.40		S Packham 48.40
200m		
M40 S Peters 22.40 R Taylor 22.2	H Rheineck 22.41 R Austin 21.9	W Collins 21.86
M45 C Williams 22.8	G Muller 23.07	G Rhoden 22.3
		B Whitley 22.30
M50 R Taylor 22.91	R Taylor 22.91	R Taylor 22.91
		K Dennis 22.9
M55 R Taylor 23.37	R Taylor 23.37	R Taylor 23.37
M60 R Taylor 24.00	R Taylor 24.00	R Taylor 24.00
M65 A Meddings 26.18	H Schlegel 26.08	B Hogan 25.6
M70 C Fahey 28.2	F Assmy 27.99	P Jordan 26.8
M75 S Busby 31.8	F Assmy 28.60	P Jordan 28.14
M80 C Fahey 35.05	M Muniz 33.84	J Packard 32.3
M85		H Gathercole 35.99
M90 C Speechley 76.8		C Wheeler 48.6
		B Crane 45.75 P
W35 J Kirby 24.5	J Keldshtevskaja 23.45	E Ashford 22.7
		M Stepanova 22.5
W40 M Kyle 25.00	D Desmier 25.75	P Raschker 24.84
W45 V Bonner 26.47	A-P Kuipping 26.13	P Raschker 25.46
W50 V Parsons 27.31	M Behrendt 27.44 M Behrendt 27.30	M Allison 26.56
W55 B Cogwell 30.3	U Gore 28.84 B Hoffman 28.40	B Hoffmann 28.40
W60 J Ogden 30.62	C Franzen 30.00	I Obera 29.67
W65 J Ogden 31.75	P Schneiderhan 31.12	S Peterson 31.38
W70 M Shone 33.19	P Schneiderhan 32.24 P Schneiderhan 32.94P	P Schneiderhan 33.26
W75 P Taylor 49.66	J Gelbrich 38.65	P Clarke 35.93
W80		P Clarke 41.11
W85		J F De Gama 69.28
400m		
M40 J Dixon 49.7	R Gisler 48.10	R Gisler 48.10
M45 J Dixon 50.5	H Rheineck 50.46	F Sowerby 50.20
M50 R Taylor 51.8	G Muller 51.60	S Robbins 51.63
		G Meuller 51.60 P
M55 C Williams 53.98	G Muller 53.04	R Romain 52.6
M60 S Brooks 58.31	P Merkes 55.24	R Romain 53.88
M65 A Meddings 64.82	W Selzer 58.94	E Fee 57.97
	C Williams 62.0 Hand	
M70 S Busby 69.93	G Lindblad 64.04	J Alexander 62.2
M75 S Busby 72.2	F Assmy 68.24	J Packard 68.5
		F Assmy 68.24
M80 G Oxbury 93.26	F K Mahlo 83.80	H Chapman 75.4
M85		L Perez 91.54
M90		P Spangler 120.2
W35 G Bird 54.02	M Stepanova 51.69	A Penton 50.56
W40 M Kyle 55.3	K von Riewel 58.15	S Montecinos 53.68
W45 B Blurtun 57.91	B Blurtun 57.91	M Libal 56.82
W50 J Hulls 64.06	B Hoffman 61.82	M Allison 58.51
W55 J Hulls 66.36	B Hoffman 64.50	B Hoffman 64.50
W60 J Ogden 76.1	A Nyland 69.94	I Obera 67.80
W65 M Shone 79.37	A Mangler 73.71	A Mangler 73.71
W70 M Shone 80.5	A Mangler 79.14	A Mangler 79.14
W75 G Bulger 119.4	B Tibbling 95.45	P Clarke 89.62
W80		P Clarke 100.45
W85		M Ames 170.3 P
W90		B Holt 225.62
800m		
M40 P Browne 1-51.25	P Browne 1-51.25	P Browne 1-51.25
M45 L Duffy 1-57.2	R Mercelina 1-56.16	R Mercelina 1-56.16
M50 S Erlan 2-01.0	J Hesselberg 2-01.3	R Mercelina 1-59.45
M55 A Churehili 2-07.2	B Neumann 2-06.13	T Roberts 2-05.07
M60 H Tempan 2-15.2	U Mattsson 2-13.81	D Turnbull 2-12.62
M65 H Tempan 2-21.0	S Herlaar 2-19.44	E Fee 2-14.33
M70 J Todd 2-34.35	D Thiacini 2-32.37	J Lytten 2-30.84

M75	D Morrison 2-54.1	H Josefsson 2-51.81	H Chapson 2-40.0
M80	G Porteous 3-26.1	F Heller 3-11.75	H Chapson 2-53.5
M85			L Perez 3-29.42
M90			P Spangler 439.59
W35	T Colbrook 2-08.32	L Gurina 1-56.53	L Gurina 1-57.10
W40	P Gallagher 2-13.02	Y Podkopayeva 1-59.25	S Montecinos 2-05.46
W45	B Blurton 2-14.92	B Lehman 2-17.69	B Blurton 2-14.92
		P Gallagher 2-17.5	
W50	C Oxtou 2-21.9	B Lehman 2-21.05	M Allison 2-22.03
W55	J Hulls 2-43.73	G van Kooten 2-31.0	G Van Kooten 2-31.0
W60	P Jones 2-54.93	A Haushofer 2-52.47	V Bigelow 2-46.2
			S Jensen 2-45.83 P
W65	T Borthwick 2-54.5	A Mangler 3-03.10	S Brasher 3-01.18
W70	J Waller 3-36.14	N Naumenko 3-13.66	N Naumenko 3-13.66
W75	G Bulger 4-12.06	J Luthier 3-32.98	J Luthier 3-32.98
W80			J Luthier 3-54.81
W85			M Nishiyama 5-14.43
1500metres			
M40	R Bell 3-53.8	D Moorcroft 3-46.7	W Waigwa 3-49.47
			W Waigwa 3-49.21P
M45	P Molloy 3-58.3	H Cordewener 4-01.7	K Sparkes 4-00.53
			K Sparkes 3-59.24
			P Molloy 3-58.3
M50	S Erlan 4-09.0	H Cordewener 4-11.5	T Roberts 4-05.2
M55	H Tempan 4-23.3	G Hesselmaun 4-14.33	D Turnbull 4-17.4
M60	H Tempan 4-36.04	S Herlaar 4-32.1	D Turnbull 4-28.66
M65	H Tempan 4-44.0	S Herlaar 4-39.87	S Herlaar 4-39.87
			D Turnbull 4-39.9
M70	J Todd 5-12.51	J Todd 5-12.51	J Gilmour 5-09.73
M75	J Farrell 5-52.8	T Stale 5-47.09	S Carter 5-28.5
M80	G Porteous 6-39.4	F Helber 6-16.13	E Benham 6-04.28
M85	R White 13-36.9		L Perez 7-03.38
M90			P Spangler 9-25.2
M95			H Kirk 13-53.8
W35	J Smith 4-12.0	M Puica 3-57.73	M Puica 3-57.73
W40	J Smith 4-20.7	Y Podkopayeva 3-59.78	Podopayeva 4-02.01
W45	P Gallagher 4-40.97	A Burleigh 4-33.1	H Matthews 4-36.58
W50	C Oxtou 4-50.5	B Lehmann 4-48.26	C Oxtou 4-54.3
W55	J Smith 5-12.1	E Polh 5-03.33	G Van Kooten 5-07.3
W60	J Ross 5-51.16	I Schutt 5-38.42	V Bigelow 5-39.96
			J Jensen 5-38.6 P
W65	J Ross 6-07.13	N Naumenko 6-05.10	S Brasher 6-02.68
W70	J Waller 6-47.68	N Naumenko 6-14.52	N Naumenko 6-14.52
W75	G Bulger 8-13.1	J Luthier 7-06.13	J Luthier 7-09.72
W80			J Luthier 7-32.22
W85			A Ward 11-43.2 P
5000m			
M40	M McLeod 14-15.9	L Rault 13-45.6	L Rault 13-45.6
M45	J Baldwin 14-57.3	N Leveque 14-23.6	L Rault 14-23.6
M50	B Tulloch 15-27.43	J Van Onselen 15-06.0	A Villanueva 14-55.06
M55	S James 15-44.1	G Hesselmaun 15-42.35	S James 15-51.8
M60	A Brown 16-48.40	W Ravensbergen 16-31.2	J Gilmour 16-33.3
M65	W Marshall 18-02.12	R Bergman 17-13.8	D Turnbull 16-38.8
	S Charlton 17-38.4 P		
M70	J Farrell 19-33.0	R Bergman 18-51.26	W Utes 18-43.61
M75	D Morrison 20-36.0	D Morrison 20-36.0	K Kanamori 20-21.62
M80	G Porteous 23-39.1	F Helber 23-06.93	E Benham 21-57.88
M85			Y Ueda 25-50.97
M90			P Spangler 37-39.38
M95			H Kirk 50-23.53
W35	S Brauney 16-08.151	Kristiansen 15-13.39	I Kristiansen 15-13.38
W40	P Welsh 16-13.8	N Leveque 15-51.7	E Palm 16-02.88
W45	E Robinson 17-25.88	E Palm 16-17.5	E Palm 16-17.6
W50	E Statham 18-34.5	E Polh 17-46.2	S Matson 17-25.6
W55	M Loudon 19-43.07	E Polh 18-32.5	J Albany 18-49.0
W60	J Ross 21-02.3	G Danelund 19-44.2	M Irvine 19-14.8
W65	J Ross 21-37.8	J Ross 21-37.8	J Ross 21-37.8
W70	J Waller 23-21.1	J Waller 23-21.1	J Waller 23-21.1
W75	G Bulger 28-30.9	J Luthier 25-32.33	J Luthier 25-43.39
W80			J Luthier 28-32.67
W85			Nishiyama 37-02.30
10000m			
M40	N Gates 29-43.54	M Vainio 28-30.88	L Rault 28-33.4
			M Vainio 28-30.88 P
M45	M Freary 31-11.4	A Mimoun 30-16.8	A Villanueva 30-02.56
M50	L Presland 31-59.6	A Friedli 31-51.29	R Robertson 31-01.90
M55	L Presland 33-10.69	Cronzelmaun 32-38.92	N Green 33-00.66
M60	P Morris 35-14.26	L Acquarone 34-14.88	L Acquarone 34-14.0
	W Stoddart 34-51P		
M65	S Charlton 36-48.8	W Ravensbergen 36-37.7	D Turnbull 34-42.2
M70	D Morrison 41-07.0	R Bergman 40-16.11	W Utes 38-23.69
M75	D Morrison 42-03.4	D Morrison 42-03.4	D Morrison 42-03.4
M80	G Porteous 48-06.0	F Helber 47-44.60	E Benham 44-29.4
M85			J Italia 54-23.0
M90			P Spangler 71-40.78
W35	P Welsh 33-34.7	I Kristiansen 31-20.28	I Kristiansen 31-20.28
W40	J Smith 34-26.4	N Leveque 32-12.07	E Palm 33-00.78
W45	E Robinson 35-56.20	E Palm 32-34.05	E Robinson 35-56.20
W50	E Statham 38-1.71	V Ostberg 35-37.0	U Odermatt 36-51.28
W55	P Fletcher 42-12.8	E Polh 37-47.95	V Albany 38-38.6
W60	J Ross 43-01.1	J Ross 43-01.1	S Brasher 43-58.66
			J Ross 43-01.1 P
			J Albany 42-17 P
W65	J Ross 46-48.34	L Schultiz 44-20.9	S Brasher 45-49.42
W70	J Waller 48-10.98	J Waller 49-02.86	J Waller 48-10.98
		J Waller 48-10.98	
W75	G Bulger 58-48.8	J Luthier 53-13.63	J Luthier 53-13.63
W80			J Luthier 58-40.03
3000m Steeplechase			
M40	T Davies 9-03.5	G Roelants 8-41.5	G Roelants 8-41.5
M45	T Davies 9-29.5	N Undersaker 9-16.1	R Robertson 9-25.28
M50	M Morrell 9-58.2	N Undersaker 9-38.8	N Undersaker 9-50.90
M55	M Morrell 10-52.83	N Undersaker 10-29.73	A Bradford 10-14.0
2000m Steeplechase			
M60	M Morrell 7-02.8	I M De Silva 7-12.03	M Morrell 7-02.8

M65 G Brindley 8-18.49	M Morrell 7-03.8	J Eccles 7-53.00
M70 J M De Silva 8-08.93	J M Garin 9-05.05	D Buckley 8-38.17
M75 G Bonora 10-20.87	G Bonora 10-20.87	E Kellner 9-28.78
M80 G Bonora 12-27.00	G Bonora 12-27.00	E Kellner 11-39.03
W35 V Boden 7-05.76	M Sahuquillo 8-04.55	V Boden 7-05.76
	V Boden 7-05.76	
W40 D Holmes 7-57.65	J Holmes 7-57.65	A Shaw 7.48.8
W45 K Kacpercsyk 8-49.97	K Kacpercsyk 8-49.97	J Colman 7-45.96
W50 M Roenakova 10-51.53	M Roenakova 10-51.53	M Orman 7-43.99
W55 S Champion 12-52.2	S Champion 12-52.2	J Morrey 9-13.6
W60 N Little 10-29.91	N Little 10-29.91	
W65 T Smit 12-44.98	T Smit 12-44.98	
80m Hurdles		
M70 L Williams 14.73	H Gilli 14.42	A Van Zyl 13.2
M75 R Evans 19.8	R Taskinen 14.84	F Finger 15.1
M80 A Pajunen 19.20	A Pajunen 19.20	M Morita 16.98
M85 K Trei 20.30	K Trei 20.30	
W40 J Vernon 11.78	J Vernon 11.78	J Vernon 11.78
		E Hindle 11.8
		D Sweezey 11.78 P
W45 P McNab 12.65	H Lamp 12.67	P Raschker 12.22
W50 M Hocknell 13.94	C Roovers 13.02	C Roovers 13.02
W55 R Churmes 14.87	C Roovers 13.30	C Roovers 13.69
W60 C Graham 16.69	A Larsson 14.36	C Roovers 13.89
W65 E Laine 18.63	E Laine 18.63	C Blair 17.35
W70 R Sole 20.89	R Sole 20.89	
W75 I Samama 33.66	I Samama 33.66	I Samama 33.66
100m Hurdles		
M50 B Ferguson 14.58	R Geese 14.24	W Butler 13.57
	R Bertram 15.40	
M55 C Shafto 15.77	H Kluemper 15.34	H Adams 14.78
M60 C Shafto 15.8	A Krul 16.14	J Greenwood 14.98
M65 I Steedman 17.41	I Steedman 17.41	A Van Zyl 16.4
		J Greenwood 16.22P
W35 J Vernon 13.95	Y Chernyshova 13.04	Y Chernyshova 13.13
110m Hurdles		
M40 D Findlay 14.4	F Marchesi 14.90	S Duckrey 14.24
		R Katus 14.63
M45 T Wells 15.71	M Malatidis 15.43	V Thorlaksson 14.7
	V Thorlakson 14.86	
300m Hurdles		
M60 J Arnold 47.00	F Cornelis 46.40	J Greenwood 43.49
C Shafto 46.1 Hand		
M65 I Steedman 49.52	H Suokunni 46.97	E Fee 45.71
M70 L Williams 55.55	A Kautto 54.47	A Van Zyl 50.4
M75 R Taskinen 59.89	R Taskinen 59.89	D Buckley 55.33
M80 F Mallo 74.38	F Mallo 74.38	K Trei 68.0
W50 M Hocknell 48.43	M Hocknell 48.43	M Hocknell 48.43
W55 C Roovers 52.11	C Roovers 52.11	C Roovers 52.96
W60 A Larsson 58.59	A Larsson 58.59	C Roovers 53.05
	C Roovers 53.05	
W65 E Laine 68.23	E Laine 68.23	I Hofmeyr 65.67
400m Hurdles		
M40 J Dixon 54.8	A Misson 54.24	J King 52.76
		S Druckery 52.7
M45 J Dixon 56.1	G Muller 55.18	G Mueller 55.18
M50 W Lane 59.59	W Bauer 58.77	J Greenwood 58.1
M55 D Marshall 65.18	G Muller 58.92	G Mueller 58.92
W35 V Boden 60.49	M Stepanova 52.94	M Stepanova 52.94
W40 J Wells 66.5	M J Sanguos 62.08	M S Espina 63.04
W45 M Hocknell 65.9	M Hocknell 66.02	J Hynes 64.09
Long Jump		
M40 B Williams 7.42	H Schucker 7.57	T Chilton 7.43
M45 J Charlton 6.54	T Taavitsainen 7.27	T Taavitsainen 7.27
M50 P Duckers 6.08	T Taavitsainen 6.84	T Taavitsainen 6.59
M55 R Brown 5.77	S Backlund 6.35	S Backlund 6.35
M60 A Kalari 5.22	V Knapilla 5.56	T Patsalis 6.07
T Bateman 5.22	H Strauss 5.65	
M65 G Leete 4.79	H Bitter 5.43	T Patsalis 5.29
A Kalari 4.96 P		
M70 A Lovett 4.52	G Skrivervik 4.98	M Larsen 5.03
M75 L Watson 4.12	G Marabotti 4.34	M Morita 4.78
M80 A Sutherland 3.14	H Gehun 3.72	S Giuchi 4.18
	K Bilek 3.89	
	E Kohlonen 3.75	
M85 K Jin 3.19	K Jin 3.19	
M90 B Crane 2.44	B Crane 2.44	
W35 S Longden 5.86	V Olenchenko 6.84	M Van Niekirk 6.58
W40 J Wells 5.35	C Jansen 6.21	A Wlodarczyk 5.90
W45 M Kyle 5.13	A-P Knipping 5.18	T Togawa 5.52
	S Mattelson 5.18	A Oohinata 5.52
	S Mattelson 5.37	
W50 M Kyle 5.04	S Mattelson 5.10	J Hynes 5.25
W55 C Graham 4.10	C Schmalbruch 4.82	C Schmalbruch 4.82
C Graham 4.15 P		
W60 B Steedman 3.87	L Seuberlich 4.36	L Seuberlich 4.36
C Graham 3.87		
W65 M Wixey 3.63	P Schneiderhan 3.98	P Schneiderhan 4.47
M Wixey 3.72 P	P Schneiderhan 4.02	
	P Schneiderhan 4.47	
W70 M Wixey 3.40	P Schneiderhan 4.15	P Schneiderhan 3.62
M Wixey 3.55 P		P Schneiderhan 4.15P
W75 M Wixey 2.92	E Mighofer 2.72	M Wixey 2.92
W80 R Frith 2.26	R Frith 2.26	
W85 R Frith 2.19	R Frith 2.19	
Triple Jump		
M40 S Power 14.63	C Marchetti 14.71	R Kimble 16.58
	M Sauer 15.06	
M45 S Power 13.81	S Backlund 14.18	S Backlund 14.18

WORLD, EUROPEAN AND BRITISH TRACK AND FIELD RECORDS

M60 L Williams 10.62	H Strauss 12.33	J Rypdal 12.01	W75 M Williams 4.95	A Binder 7.91	I Samama 7.80	M60 H Payne 49.76	H Potsch 59.72	H Potsch 58.50
M65 G Leete 10.64	M Jarvinen 11.11	V Bart 12.01	W80		A Binder 7.91 P	M65 J Watson 39.08	P Saarikoski 51.80	P Saarikoski 51.76
M70 G Leete 9.30	R Gustavsson 10.29	M Jarvinen 11.11	W85 S Packham 2.74		I Samama 7.32	M70 J Gers 28.68	O Reppen 48.56	R Foley 47.54
M75 D Philcox 7.77	E Kolhonen 9.78	T Juji 10.28	W90		R Frith 5.92	M75 B Metcalfe 26.28	A Miettinen 45.92	O Rennall 40.68
M80	E Kolhonen 8.00	M Morita 10.05	Discus		M White 3.39*	M80	A Fleischhauer 36.76	J Fraser 34.72
M85		M Komura 6.93	M40 P Gordon 58.42	V Lyakhov 65.40	A Oerter 69.48	M85		F Bender 27.30
M90		B Crane 5.51	M45 P Gordon 53.90	L Danek 58.68	A Oerter 66.12	M90		B Crane 16.96
W35 S Brown 11.36	Y Gacon 13.16	Y Gacon 13.02	M50 K Macsimeczky 48.78	K Liedtke 63.58	A Oerter 62.74	W35 J Curran 41.72	L Karpova 61.68	L Karpova 61.68 P
		Y Gacon 13.16 P	M55 K Macsimeczky 49.20	K Joupilla 53.98	K Joupilla 53.98	W40 B Simpson 37.98	I Faldager 44.82	L Kirsch 44.00
W40 J Wills 10.23	A Wlodarczyk 12.07	A Wlodarczyk 12.28	M60 K Macsimeczky 53.42	K Joupilla 59.22	W Palmer 57.60	W45 P McNab 40.84	I Faldager 45.36	I Faldager 44.56
W45 P Oakes 9.83	D Desmier 11.23	A Oohinata 11.98	M65 K Macsimeczky 55.64	K Maksimeczky 55.64	K Maksimeczky 55.64	W50 P McNab 45.00	P McNab 43.22	M Parvianen 49.10
W50 S Wood 9.40	E Springmann 10.08	E Springmann 10.08	M70 J Nesbitt 34.52	K Joupilla 49.34	K Joupilla 47.76	W55 E Williams 45.02	E Williams 45.02	V Hillard 47.76
M Simmonds 9.40			M75 M Cullen 34.20	R Gustavsson 43.90	O Rennall 37.86	W60 J Ogden 26.58	J Schaefer 46.04	J Schaefer 46.04
W55 R Chirines 9.12	C Schmalbruch 9.93	C Schmalbruch 9.82	M80 H Karlsson 19.36	O Rennall 37.86	L Cicconi 27.12	W65 J Ogden 29.52	I Bellin 31.18	L Widera 33.00
		C Schmalbruch 9.93 P	M85		L Cicconi 22.06	W70	I Bellin 30.60	I Bellin 29.50
W60 C Graham 8.11	G Mjelde 8.50	S Peterson 8.73	M90		L Lane 11.05			I Bellin 30.60 P
		P Peterson 8.80	M95		F Melnik 69.60	W75	A Reile 20.56	R Frith 20.00
W65 M Wixey 6.87	M Barth 6.73	P Peterson 9.03	W35 R Payne 58.02	F Melnik 69.60	H Parts 62.92			A Reile 20.56 P
M Wixey 7.44 P		M Barth 6.91	W40 R Chirines 56.40	H Parts 63.70	O Domingos 48.94	W80		R Frith 19.12
W70 M Wixey 6.72	M Wixey 6.72	S Campbell 6.85	W45 R Chirines 44.26	H Parts 59.30	V Young 43.54	W85		R Frith 18.26
W75 M Wixey 5.93	L Lehtonen 5.04	S Evans 6.13	W50 R Chirines 33.68	I Miller 45.48	G Miller 45.48 P	W90		I Samama 14.40
W80		R Frith 5.65			LHmelevskaja 44.48 P			
W85		R Frith 5.50	W55 R Chirines 40.86	R Chirines 40.86	R Chirines 40.86			
High Jump			R Chirines 41.40 P					
M40 G Griffiths 1.86	I Major 2.07	J Barrineau 2.11	W60 R Chirines 37.56	Z Wissinger 38.64	R Chirines 37.56			
M45 S Power 1.78	A Pesonen 2.00	C Rader 1.92			Z Wissinger 37.64 P			
M50 S Power 1.76	M Zhelnov 1.89	H Wyatt 1.88	W65 J Ogden 21.20	M Hamun 29.98	M Hamun 29.98			
	A Pesonen 1.90	D Wille 1.88	W70 M Wixey 15.76	A Reile 24.74	T Yoshiro 25.80			
		M Zhelnov 1.89 P	W75 M Wixey 11.78	A Reile 22.44	A Reile 21.2			
		H Wyatt 1.79			A Reile 21.24 P			
M55 A Crocker 1.60	H Mandl 1.77	M Newton 1.69	W80 M Williams 9.54		I Samama 17.18			
A Bateman 1.60			W85 S Packham 5.80		I Samama 13.80			
M60 A Bateman 1.59	H Overland 1.60	M Newton 1.69	Javelin					
	H Schuffenhauer 1.60		M40 K Taylor 64.36	J Markus 78.84	T Moorast 75.94			
	N-B Nevruup 1.60				J Markus 78.84 P			
M65 G Leete 1.50	N-B Nevruup 1.58	J Gilchrist 1.64	M45 K Turnbull 58.14	K-H Janneck 66.52	M Toivonen 63.40			
M70 G Leete 1.36	E Kolhonen 1.46	I Hume 1.48			K-H Janneck 66.52 P			
	A Magnusson 1.46		M50 R Bartlett 53.78	U Wartburg 63.78	L Stuart 65.76			
M75 S McSweeney 1.18	E Kolhonen 1.44	E Kolhonen 1.44	M55 R Bartlett 49.88	J Sniding 57.70	L Stuart 65.74			
M80 T Rawlinson 1.06	E Kolhonen 1.31	I Hume 1.24	M60 J Phillips 46.66	V Poskocil 56.90	P Pickarts 58.48			
		E Kolhonen 1.31 P	M65 D Field 40.42	H Norebom 53.36	B Held 55.02			
M85		B Crane 1.04	M70 H Karlsson 32.14	E Eriksson 46.28	E Eriksson 46.28			
M90		D Brill 1.88	M75 T Rawlinson 24.76	G Schepe 40.88	M White 41.24			
W35 J Brown 1.72	Y Panikarovskikh 1.86	C Greiner 1.88 P	M80 W Baker 23.14	G Schepe 36.50	G Schepe 32.56			
J Brown 1.69 P		C Karg 1.72			G Schepe 32.60			
W40 D Tyler 1.63	A Plischke 1.61	P Raschker 1.60			G Schepe 32.60			
W45 J Smallwood 1.55	R Vogel 1.53	R Vogel 1.53			M Okazaki 25.10			
W50 D Tyler 1.47	D Tyler 1.47				B Crane 17.44			
	E Springmann 1.47				T Lane 10.32			
W55 R Chirines 1.37	T Tehelchik 1.43	C Schmalbruch 1.38			T Laaksalo 67.00			
W60 R Chirines 1.30	R Chirines 1.30	R Chirines 1.30	W35 T Sanderson 65.18	T Laaksalo 67.00	A Virkkala 51.84			
W65	E Enarsson 1.25	L McDaniel 1.27	W40 S Spragg 46.00	A Virkkala 51.84	A Gerhards 47.74			
W70 M Wixey 0.98	K Smildzina 1.08 P	G Davidson 1.16	W45 J Lintern 40.32	A Gerhards 47.74	M Thomas 48.56			
W75 M Wixey 0.91	B Hielscher 1.03	I Samama 1.00	W50 C Graham 36.46	E Ozolina 45.94	G Schonauer 46.08			
W80	S Evans 0.89	S Evans 0.89	W55 E Williams 38.14	G Schonauer 46.08	H Doherty 36.08			
Pole Vault			W60 J Ogden 31.74	L Leiss 34.20	J Ogden 30.58			
M40 B Hooper 4.87	K Isaksson 5.21	L Jessee 5.39	W65 J Ogden 32.20	J Ogden 32.30	J Ogden 32.30 P			
B Hooper 5.01 P		J Cash 4.76			H Gelbrich 24.96			
M45 G Sutton 4.40	I Peyker 4.70	D Boray 4.50	W70 M Wixey 16.18	J Gelbrich 24.96	I Samama 22.62			
M50 G Sutton 4.15	H Lagerqvist 4.40	H Lagerqvist 4.15	W75 M Wixey 11.50	J Gelbrich 23.02	H Gelbrich 23.02 P			
M55 R Brown 3.80	H Lagerqvist 4.15	H Lagerqvist 4.15			H Gelbrich 19.86			
M60 R Brown 3.65	H Schmidt 3.90	H Schmidt 3.90	W80 M Williams 9.36		S Packham 4.40			
M65 A Woods 3.10	H Schmidt 3.60	H Schmidt 3.60	W85 S Packham 4.40					
M70 A Rawlinson 2.30	H Schmidt 3.40	C Johnston 2.90	Hammer					
M75 A Rawlinson 2.10	A Ketonen 2.61	C Johnston 2.51	M40 H Payne 70.88	O Djatlov 71.60	E Burke 74.34			
M80 A Rawlinson 1.70	A Pajunen 2.32	C Johnston 2.51	M45 N McDonald 56.22	S Stiglic 62.86	D McKenzie 64.70			
M85		A Pajunen 1.90	M50 C Melhuish 53.80	H Potsch 63.56	T Gage 63.76			
		A Pajunen 2.00 P	M55 D Bayes 50.98	H Potsch 63.70	H Potsch 62.40			
		P Hermann 3.00			H Potsch 63.70 P			
W35 D Singleton 2.40	P Hermann 3.00	M C Lejeune 3.00						
W40 G Hevingham 2.30 PM	C Lejeune 3.00	P Raschker 3.38						
W45 C Eames 2.25	I Miller 2.10	P McNab 2.90						
W50 P McNab 2.90	P McNab 2.90	J MacDonald 2.51						
W55	D McLennan 2.00	L McDaniels 1.85						
W60		L McDaniels 2.00						
W65		J Valien 1.62						
W70								
Shot								
M40 S Clarke 16.56	I Ivancic 20.44	B Oldfield 21.41						
M45 S Clarke 15.80	I Ivancic 20.77	P Colnard 17.71						
M50 J Scott 14.69	K Liedtke 18.45	K Liedtke 17.60						
M55 J Scott 13.32	P Speckens 15.95	J Keshuniri 15.85						
		P Speckens 15.95 P						
		P Speckens 15.42						
M60 G Hickey 13.46	T Wachenfeldt 15.60	T Wachenfeldt 14.71						
M65 J Hamus 11.12	T Wachenfeldt 14.43	V Elo 14.05						
M70 J Nesbitt 11.16	V Elo 14.31	R Carter 12.64						
M75 M Cullen 10.13	V Elo 12.80	V Elo 12.80 P						
		R Carter 12.27						
M80 W Baker 7.74	G Schepe 12.02	L Cicconi 8.49						
M85		B Crane 6.97						
M90		T Lane 4.42						
M95		Y Lane 4.80 P						
W35 B Bedford 16.15	H Fibingerova 21.38	H Fibingerova 21.38						
W40 B Bedford 15.72	A Ivanova 19.05	A Ivanova 19.05						
W45 R Chirines 11.25	H Parts 16.79	L Huber 14.18						
	J Kerr 11.50 P							
W50 E Williams 12.13	I Miller 14.47	V Young 14.85						
	S Kofink 14.82							
W55 E Williams 13.22	S Kofink 14.47	S Kofink 14.47						
W60 R Chirines 12.20	S Kofink 12.52	S Kofink 12.52						
W65 J Ogden 9.09	M Hamun 10.60	N Ponomareva 10.15						
		M Hamun 10.60 P						
		H Kiehl 8.52						
W70 M Williams 7.01	H Kiehl 8.52							

European Records for track walks not yet available

BRITISH WORLD

3000m Walk		
M40 R Care 12-46.03	W Sawall 11-28.21	
M45 D Stevens 12-54.1	H Lankinen 12-37.1	
M50 A Smallwood 13-15.1	D Denoon 12-34.91	
M55 D Stevens 13-57.4	A Nokell 13-21.2	
M60 G Chaplin 14-30.8	G Chaplin 14-30.8	
M65 G Chaplin 15-12.9	C Colman 15-58.3	
M70 C Colman 16-58.73	C Colman 16-58.73	
M75 J Grimwade 16-19.5	J Grimwade 16-19.5	
M80 J Grimwade 18-52.85	A Strang 20-39.0	
M85	B Packham 31-41.0	
W35 H Elleker 13-31.7	S Griesbach 13-16.0	
W40 L Millen 15-31.6	S Griesbach 13-19.7	
W45 S Brown 15-05.2	V Heikkila 14-26.2	
W50 M Worth 16-42.0	V Heikkila 15-11.9	
W55 M Worth 16-14.6	M Worth 16-31.0	
W60 M Worth 16-28.5	M Worth 16-28.5	
W65 M Worth 17-55.78	B Tibbling 17-08.32	
W70 L Precious 22-51.3	B Tibbling 18-0	
W75	A Forbes 21-23.57	
W80	N Jefferys 24-00	
5000m Walk		
M40 R Care 22-09.8	M Balek 20-13.0	
M45 R Care 22-12.66	G Little 20-55.0	
M50 D Stevens 22-54.2	G Little 21-01.0	
M55 D Stevens 23-48.1	V Golubnichy 22-44.0	
M60 G Chaplin 24-40.9	G Chaplin 24-40.9	
M65 C Colman 27-14.0	T Dainty 25-44.0	
M70 J Grimwade 26-56.0	T Dainty 26-29.38	
M75 J Grimwade 27-40.0	J Grimwade 27-40.0	
M80 J Grimwade 29-24.1	J Grimwade 29-24.1	
M85	A Theobald 33-15.0	
M90	A Theobald 35-18.54	
W35 H Elleker 23-26.2	S Griesbach 23-16.0	
W40 L Millen 25-07.75	S Griesbach 22-49.4	
W45 A Lewis 27-02.29	V Heikkila 24-31.3	
W50 M Worth 28-36.03	V Heikkila 25-20.0	
W55 M Worth 28-16.0	J Allbury 26-47	
W60 M Worth 28-22.0	O Meyer 27-04	
W65 M Worth 36-50.93	B Tibbling 28-26.7	
W70 M Wixey 36-04.98	B Tibbling 29-16	
W75	B Tibbling 32-44.76	
W80	P Clarke 37-41	
W85	N Vedemo 38-03.96	

Multi Event Records [compiled by Ian Thomas]

Men's Decathlon: BVAF All Time Records

Age	Name	Score	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
M40	G Richards	7847+	11.88	6.78	13.01	1.88	54.94	16.03	44.38	4.00	47.78	5:10.26
M45	J Charlton	7344	11.68	6.54	10.11	1.54	54.70	16.70	30.42	3.20	43.74	5:14.86
M50	S Brooks	7288#	12.97	5.83	11.94	1.51	60.06	15.14	39.88	3.20	47.50	6:43.75
M55	T Mackay	7350	13.33	4.82	11.01	1.43	64.79	17.70	37.38	3.50	40.31	5:45.61
M60	C Shafo	6548	13.3	4.92	9.32	1.52	65.5	15.8	24.70	2.00	20.66	6:22.6
M65	L Williams	6711	13.6	4.67	0.09	1.33	68.3	17.9	30.40	2.20	23.22	6:49.5
M70	S McSweeney	5844	15.2	3.97	8.49	1.17	74.5	17.7	23.34	1.70	25.10	6:51.0
M75	T Rawlinson	4147	17.6	3.18	6.15	1.08	99.5	23.1	16.56	1.80	19.88	8:22.4
M80	T Rawlinson	4745	18.98	3.08	5.84	1.06	101.82	24.22	18.72	1.60	20.34	8:25.96

Men's Decathlon: World Veterans Records

Age	Name	Score	100mH	HJ	SP	200m	LJ	JT	800m
W35	J Brown	5340	16.20	1.69	9.57	27.21	5.26	36.06	2:22.

Laurie O'Hara: A Man For All Seasons - A Tribute by Jack Fitzgerald

April 21 was a sad day for British veterans when Laurie O'Hara, one of the most respected and popular athletes, collapsed and died while on a training run. O'Hara, who would have been 65 in June, was more interested in soccer in his youth and, after distinguishing himself with Harrow Town, Leatherhead, Bexley Heath and Welling, he gained a county cap for London. He signed amateur forms for Reading FC, [then in the English second division], but after two years he realised he was not making the grade, which turned out to be a bonus for athletics.

In 1961 he met Pat Newell and Fred Paget doing interval training at Hurlingham and joined Belgrave H at the age of 29. After five years speed training he recorded 4:12 for the one mile, 8:55 for two miles and 14:04 for three miles. At the age of 35 he ducked under 30 minutes for six miles and, when 39, set personal bests for the 1500m [3:57.9], 3000m [8:20] and six miles [29:11.2].

O'Hara's baptism into veteran competition in 1972 was a world best M40 5000m of 14:28.2 at Luton. This only lasted a couple of weeks, however, as the great Michel Barnard recorded 14:10 in the French Championships on July 29. Therefore when the first veterans international meeting was held at Crystal Palace in August the 8stone /64 inch electrician was raring to go, which he certainly did, as he won the 5000m in 14:38.4 against the cream of the American, European and Antipodean veterans. Hal Higdon recently wrote in the U.S. Masters newsletter that his US M40 record of 14:59 still stands after 25 years and, of course, he achieved this in the same race, some 21 seconds behind Laurie O'Hara.

Most of the top athletes who competed in that Crystal Palace meeting went on to take part in the special Cologne meeting and, again, O'Hara showed the way home in 5000m on the track, before winning the IGAL road race in a slower but tactical race. He then joined Norman Ashcroft's British party to California for the US Masters Championships in July 1973 and on consecutive days won the 5000m in 15:02 and the 10000m in 30:46.6.

O'Hara was remarkably consistent over the next three years and John Hayward's 10 year age rankings in "Veteris" showed his world rankings [1500m, 3000m, 5000m and 10000m] as follows:
1974 4:07[6th], 8:25.8[1st], 14:48[1st], 31:46.6[7th]
1975 4:01.5[5th], 14:45.2[2nd], 30:21.0[2nd]
1976 4:01.2[2nd], 8:25.8[2nd], 14:58.0[6th], 30:42.0[4th]

Consistency was the name of the game in road races also. He was unbeaten at home in both the Crawley 10 [50:54 in 1973 and

50:41 in 1974] and the City of London 10 [51:54 and 52:26]. He was also first, three years in succession, in the Mitcham 25km. Abroad he was 2nd in the 1974 World 10k Road Championships in Paris behind the



Laurie O'Hara, aged 53, finishing sixth overall in the Hillingdon Half Marathon, 1985
German ace Alfons Ida, and runner up in the 1975 Brugge 25km Grand Prix.

In 1977 he won the National M45 5000m and 10000m track titles at Copthall and then went on to Gothenberg for the second World Vets Championships, where he was runner up to Spain's Manuel Alonso at both distances. For good measure, in one of his rare marathon outings, he finished sixth in 2:43.15.

Other vintage years on the international scene were at Hanover in 1979 and at Strasbourg in 1982. In the former, after finishing second behind Britain's Ron Allen in the cross country, he decided that he had a score to settle over the two men who had previously beaten him, Ida and Alonso. The 5000m was inexplicably run on the slow cinder track rather than the all weather stadium. It made no difference to O'Hara. He tracked his two rivals and ran away from them with a 62 second last lap. At Strasbourg he was in the M50 group and the 5000m favourite was Leon De Franco, the outstanding French champion. O'Hara made his attack again on the last lap but, leading into the straight, he fell. Alan Hughes sprinted past De Franco to win while O'Hara picked himself up to finish third. I cannot conjecture on who would have won if he had not fallen, but a 1-2 for Britain was a virtual certainty.

After 1982 he found less time to com-

pete abroad, but he was by no means idle on the domestic front. Easing into the M55 category, he was credited with a 1500m M55 British record of 4:24.8 [subsequently reduced to 4:23.8 by Harry Tempan] and also won the 1500m title in 1989. The following year he completed a good double in the SCVAV champs at Croydon with 4:43.3 and 16:21.0. Joining the M60 ranks in 1992 he broke the 5000m British record with 17:10.9 in the BVAFA Champs at Copthall.

Then, of course, there was Laurie O'Hara the cross country runner. After his early National wins in 1973 and 1974 he concentrated less on National events. When the Home Internationals were inaugurated, however, he returned to represent England. Beaten by Ireland's Pascal Morris at Belfast in 1992, he triumphed over the M60 field at Cardiff in 1993.

O'Hara's record in road relays was phenomenal. He ran the fastest M60 leg in the '93 National Road Relays at Sutton Park and again at Aldershot in '94. He also set a new record for the M60 BVAFA 5km Road Champs in 1994 [17:41]. 1995 was a leaner year, but he still managed a third place in the BVAFA Cross Country Champs at Irvine and yet another National Road Relay fastest lap time at Sutton Park, only ten seconds slower than his record.

After winning the VAC 5k Road Champs in October '95 [18:14], the last two wins that I am able to find recorded are the VAC M60 Cross Country Champs in January 1996 and the SCVAC C.C.C. in February of that year. A virus soon after these wins took a long time to clear up, although there were signs that his fitness was returning during the last few weeks. Sadly, his expected comeback did not materialise and we are left with a void that will be impossible to fill when you remember the man's consistency over the years.

All who rubbed shoulders with this modest and unassuming man will have been enriched by his outstanding personality. Laurie O'Hara was a one-off.

1997 BVAFA Multi Events Championships

It has not been possible to arrange a full scale Multi Events International match between GB and USA in conjunction with the BVAFA Multi Events Championships at Woodbourne Road, Sheffield, on September 13-14 [for entry details see advert on opposite page]. However, it is hoped that a small number of US athletes may come over and compete as guests. Should any British athlete be prepared to entertain a US athlete, possibly with partner, for a couple of days afterwards please contact John Charlton on 01246 434903.

SOLIHULL CHAMPIONSHIPS

Norman Green Stadium, Sunday 10th August 1997

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



ENTRY FORM:

Surname _____ First names _____
 Address _____
 Date of birth _____ Age group (eg W40) _____
 Club _____ Veteran club _____ Veteran number _____ Tel No. _____

Please enter me for the following events: _____

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

Entries to M.V.Priestman, 57 Maple Road, Rubery, Birmingham, B45 9EB
 Closing date 19th July 1997.

BRITISH VETERANS ATHLETIC FEDERATION 18TH DECATHLON & 10TH HEPTATHLON CHAMPIONSHIPS

[Under AAA Laws]

WOODBOURNE ROAD STADIUM

SATURDAY 13TH/SUNDAY 14TH SEPTEMBER, 1997 AT 10.00AM

Please enter me for the Decathlon/Heptathlon Championships

Name in Full [Block Capitals]: Surname _____ First names _____

Address in Full: _____

Date of Birth ____ day ____ month ____ year: Age at date of competition ____ years: Age group _____

1st Claim Club: _____ Veteran Club/Assoc: _____ Veteran Number _____

[All competitors must be a member of the BVAF or one of the Regional Associations]

I enclose my entry fee £ _____

Signature _____ Date _____

Please indicate if accommodation is required ☐ or if directions to stadium required ☐

Important Notes

1} Entry with fees to John Charlton, 11 Wulfric Road, Eckington, Sheffield, S31 9GE

2} Cheques for £7.00 to be payable to John Charlton

3} Certificate of Birth to be produced if required

Please enclose stamped addressed envelope for acknowledgement of entry and directions

5} Entries Close - Friday 5th September 1997

6} These championships are being held in conjunction with the Sheffield Schools Decathlon and all entries have to be forwarded to their secretary before their closing date of 8th September 1997

Around the Regions

EASTERN

The EVAC Road Relays were held at Hemingford Grey on April 20 and Nene Valley Harriers were again winners of the main race for the third year in succession, in a record time of 41:00. After the first lap they were never headed. Stan Owen took them into the lead on the second lap with the fastest time of the day [10:07], eight seconds outside the course record held by E. Tennant from Redhill Runners, and five seconds slower than his own time of 10:02 of two years ago.

St. Edmunds Pacers also set a new time for the over 50's race, beating last year's winning time set by Vauxhall AC by seven seconds, recording 34:07.

The women's event was won by Bedford and County this year. Unfortunately, we have had only four clubs compete over the last four years and each year it has been a different club. What we want is for all four to turn out in 1998, and, of course, other clubs as well.

The relay and the 10k are the only two events that are involved with any other race, being promoted solely for the benefit of EVAC members. It is an opportunity for members to support the EVAC and to run for their first claim club. May I appeal to clubs such as Colchester, Ryston Runners, City of Norwich, Bedford H and West Norfolk who have never taken part and to Redhill RR, Vauxhall, Luton and Huntington who have to resolve to send at least one team in 1998. The date should be Sunday, April 19 1998

May I remind clubs that are not in the Eastern area that they are more than welcome to take part. Are you good enough to take on Nene Valley H and beat them? Do you have someone who could beat Stan Owen? Come and give it a try in 1998! **Peter Chaplin**

NORTH EASTERN

During the winter NEVAC co-operated with local club Heaton to promote and organise their Winter Standards meetings. Consequently the two fixtures were more successful and better attended.

NEVAC members took advantage of the mild conditions on March 16 at Monkton, but the strong winds affected the times. BVAF 60m indoor champion Eric Smart warmed up with a 12.4 100m in the veterans race and then produced a 12.0 100m half a minute later in the senior event! Terry Page [M45] won the veterans "B" in 13.2 with David Tate second in 13.4

In the 600m M40 Steve Todner [1:35.9] just got the better of Scottish international Archie Jenkins [1:38.2]. A few minutes later Archie was timed at 9:32.5 in a very blustery 3000m and W35 Lynn Marr set a new meeting record of 10:35.6 in the same race. Christine Courtney continued to demolish the NEVAC W40 hammer record with a throw of 24.68m. Regular competitors Peter Dodsworth [M40], Terry Hudson [M50] and club chairman Dennis Field [M65] also produced fine distances in the hammer with 35.58m, 36.82m and 28.56m respectively. With such good early season form things are looking good for the summer fixtures which start on Wed. May 7 [7.0pm] at Monkton.

What a fantastic way to start the BVAF C.C. Championships at Silksworth! NEVAC filled the first three places in the women's 5K. Lyn Harding was a resounding winner from last year's champion Sheila Allen and recent European indoor 3000m champion Lyn Marr was only a further 15 seconds adrift. New member Heather Robinson had an excellent run to finish fifth.

In the incorporated NEVAC champs, W40 gold went to Jean Applegarth, with her team mate Maureen Dodsworth 2nd. Judy Allison won W45 gold and Val Hancock was first W50, adding to her BVAF silver. Our NEVAC trio Christine Lee, Hazel Simpson and Kath Stewart swept the board in the BVAF Champs, too. Well Done! H & P clearly won the BVAF & NEVAC team golds, Karen Maw being their third counter in both.

NEVAC provided BVAF team champions in the M60 group in the form of Heaton's trio -Eric Appleby,

Reg Checkley and Joe Hawes, who packed well. In a top quality M50 field Jim Robinson was first NEVAC finisher, ahead of Bill Robinson and Keith Bartley. Fifty seconds ahead of Jim, however, was Roger Highnam, a decisive M55 BVAF & NEVAC champion. Club silver medallist Phil Lancaster made a brave bid for a BVAF medal but just failed. Walter Ryder took club bronze, just 15 seconds ahead of M60 Ian Barnes and the improving Alan Oliver secured a deserved M60 silver from 1996 BVAF champion Bill Atkinson.

NEVAC M65 winner was Bill McNeill from Harry Craven and Mike Hall. Our over 70 men competed over 5k within the women's race. First home was "Jarrow Jim" Purcell, now in the M75's. Next to finish was M70 Ted Joynton and Ronnie Walker, competing in yet another British Championship, collected a club M75 silver.

The main race, the M40-49, was of the highest standard, with 64 NEVAC members taking part within the 164 total. Les Atkinson took club gold to add to his excellent BVAF bronze. Team mate Archie Jenkins was 2nd and Ian Haggen 3rd. Alan Catley was a popular NEVAC M45 winner from Harry Burdett, who was six seconds in front of Jimmy Bell. With just three to score in the NEVAC team race, Morpeth were clear winners, from Sunderland and Elswick. In the BVAF team race it was sheer agony for Morpeth, missing out on medals by only one point, after turning in some excellent individual performances.

All in all it was a great day for the North East. Sunderland city Council did us proud. Thanks, too, to our NEVAC members who helped organise and marshal on the day. **George Routledge**

SOUTHERN

The first of the SCVAC Road Champs and the initial race in their new Grand Prix series was held at Beckenham on May 2. It proved to be a combination of old favourites continuing and new stars emerging. Foremost among the latter was Bernard Hutchinson who, in his veteran debut, finished a close second behind Peter Johnson, the surprise winner of the international 10k race in Malta in January.



Marion Rayner [see below]

Another newcomer was Marion Rayner who, in her maiden run for club honours, won the W45 race, ahead of the younger but more experienced Kent County duo of Denise Farnham and Zoe Gaffen. The 47 year old West Four Harrier only started running after her 40th birthday, but has had a very good 1997 so far, finishing 1st W45 and fourth overall in the Mitcham 25K and then improving her marathon PB in the London by over eight minutes, clocking 3:04.02.

Among the more regular winners were Mike Bumstead whose M45 win in 33:03 proved to be the fastest time of the day. Others were Mike Welland [M50], Pat Dobbs [M55], Bob Heywood [M60], Nigel Stuart-Thorn [M65], Steve Charlton [M70], Gerry

Cunning [M75] and, of course, those two stalwarts, first over 80 Len Jones, and Joselyn Ross [W65]

When the dust had settled and the age gradings had been analysed, it was no surprise to learn that Steve Charlton's 40:55 was the outstanding percentage with 89.04 to gain the top award of 40 points in the bank for the men, and Jos Ross' ranking of 82.95% was the best on the distaff side. Bumstead rated 87.44% for second and, more surprisingly, Vince Hancock, although 23 seconds behind Welland in M50, rated 85.78% and 3rd by virtue of his two years seniority. Similarly, Rayner's 81.98% placed her second in the female rankings and Farnham was 3rd with 75.13%.

It should be a very interesting series over four distances. The next is the Slough Marathon in September. Jose Waller, who turned 75 three days after the London Marathon, decided to make her big effort in the South Coast Marathon at Gosport two weeks later. This proved to be a shrewd move, as she knocked over 20 minutes off the existing W75 World Record with 4:21.40. Thus she goes to Durban in July hoping for a crack at further W75 records. Our best wishes go with her. **Jack Fitzgerald**

Vets AC

At Vets AC midweek track meets, sprinters were out in force, with Alastair Ross, John Browne and Paul Lavender in contention at the van. Ross won a 300 [36.8], Lavender a 100 [11.5] and Browne won one of each [11.8 & 23.3]. New member Peter Bell was close up while Graham Pope and Terry Bissett headed the 50's, as vets from Epsom, Kingston, Woking and the home club, not to mention Scottish Veterans, competed up to five graded races.

An impression made by a new vet in winning distance races at both meets, and two sprints besides, was that of Nick Bishop. Close up at 1500 was new member Paul Stiles. Then Stuart Littlewood and Martin Miller contended with Alan Painter and David Clack. Excellent conditions held at the May meet at Kingsmeadow, and the 3000m won by Grenville Tuck in 9:31.7, after a good race with guest B. Watters, was a highlight. Meanwhile Dennis Williams, Heather and Philip Fenton, Mick Nouch and Alan Davidson were other consistent competitors.

At Battersea Park road, Jim Estall clocked an unchallenged 26:30 in ideal conditions in May, only four seconds short of the late Laurie O'hara's long standing mark. Peter Hutchings, new blood from Newport H. and a former Gwent county champion at 5000m, was second. First woman in both VAC road races was Liz Craig, who recalls Liz McColgan, training in her Scottish club when our member was based at Dundee. Serpentine RC was represented in depth in the May race, with Richard Long from Clapham their first home.

Although many improved their times in the second race, the two records were set in April. First, Steve Charlton, running with men twenty or more years his junior, set the M70 best at 32:48, upgrading Denis Eyer's mark by two minutes. Then Ted Rose [VAC], ran 38:59 for a new M75 best, improving long timer Jack Flowers' old figures by six minutes. With the BVAF 10K at Kings Lynn approaching, we offer readers the 10K equivalents for these records 39:29 and 47:22. Consistent Battersea racer Ken Tuson won the club handicap prize in April, with a half a minute cut on his 1996 best, from Ron Higgs and Margaret Moody, while in May it was Liz Craig, followed by Ros Tabor and Jim Estall. **Jeremy Hemming**

NORTHERN

Our members have been busy in recent weeks. We had the opportunity to incorporate a 20 miles road championships with Rochdale H annual race in mid March. This is a tough two lap course and not for the faint hearted. Dave Lancaster led the 40 finishers home in the fast time of 1:57.23, making his journey from York worthwhile. Not far behind was Alan Carroll, now in his 51st year, with a time of 1:58.35. His running

career is enjoying a golden autumn, after achieving an Open University degree and returning from a spell of study in Canada. He had an even better run on May 25, finishing 9th overall and 1st vet in the Ashton-Ut-lyne Half Marathon, recording 72:51 on a warm day.

The club backbone events, the monthly runs, continue apace, and for many members are the most enjoyable. Two followed in quick succession at the end of April and early May. In the first, on a long 10k course at Wallasey, David Gaynor returned to winning ways on a cold day, but with the troublesome beach wind not as strong as usual. M50 Frank Reilly ran another excellent race for 2nd. Two weeks later, despite a mix up in the dates, the Hood Lane meeting went well, with Arthur Walsham and Alan Fearnley forfeiting racing to organise things. This time Tony Hesketh [Horwich] ran away from the rest of the field to win by 1:40 from Altrincham's rapidly improving Eddy Parker.

In mid May, many vets had a double racing week end, first of all travelling to Sutton Park where Bingley continued their stranglehold on the M50's. Fell running specialists Clayton-Le-Moors deserve a mention for finishing a worthy 7th, with Peter McWade having a storming last lap and almost catching Stockport's Tony Keller. The next day it was the resurrected Manchester to Blackpool relay, a distance of nearly 56 miles.

On a humid day, 81 teams finished, with Salford's Steve Williams anchoring them to a 3rd successive win in the M40 category. The old men of Altrincham went one better when Alan Rydart's 24:02 last leg gave them a 4th successive M50 win. **Derek Walton**

ISLE OF MAN

We saw first indications of early season form in the Manx Airlins sponsored events. There were some fine performances blustery conditions in the half marathon. M40 Richard Radcliffe was 1st veteran in 78:28,

having run most of the race by himself. The next places were closely contested with Alan Postlethwaite [M45] finally outpacing Ian Crawford in just over 80 minutes and M40 Mike Gellion [82:01] pulling away from 2nd M45 Terry Bates [82:27]. Len Carr took more than 10 minutes off the Manx M50 record by finishing in 86:24. New member John Grady took the M55 honours in a creditable 89:35, whilst first woman was Jane Mooney [W35] in 94:24. Christine bathgate was 1st W50, just ahead of W45 Doreen Wilson. These were fine results, given the very windy conditions.

On March 16 the club hosted the IOM 20 mile race. This fixture is becoming a must for London Marathon hopefuls and again Richard Radcliffe took first in 2:02.32, after another lonely race. Five minutes behind was 2nd M40 Mike Gellion, who had a three way battle with evergreen Alan Postlethwaite and Ian Crawford for most of the race, but pulled away in the final stages, leaving Alan to take M45 honours in 2:08.30 and a tiring Ian 3rd M40 in 2:11.57. The day's honours must go to John Grady for breaking the Manx M55 record in 2:16.32. the only woman was Doreen Wilson who finished the 40 laps in 3:02.43, a true test of spirit and determination. This event was again sponsored by Dave Newton, a local athlete who held a series of Manx records in his time. Dave now finds it difficult to train as he runs an open all hours store but his commitment to local athletics is still there.

The IOM 10k Champs on April 20 were poorly supported due to a clash with other events, but 8 of our members toed the line to battle over 12½ laps of the NSC Roadway. The two women competing were Jane Mooney who took the Manx title in 41:01 and W40 Ann Cain [46:24]. The men's race saw the familiar trio of Richard Radcliffe, Alan Postlethwaite and Ian Crawford striving for honours, with Richard keeping closer as he was feeling the effects of the "London".

The winner was Murray Lambden in 34:19, from Richard 34:44 who was just strides ahead of Alan in 34:56. Further down the field was 1st M50 Ray Shooter [41:12], 2nd M45 Alan Pilling in 41:34 and M50 Colin Bowen [45:59].

In the walking event Allan Callow continued his veterans dominance with a creditable 3rd overall in 49:31. Second vet was Simon Cox in 55:07, despite having taken part in the London the week before. The oldest competitor, Brian Brough [M60] finished in 67:33. The women raced over 5k and our own World Champion, Liz Corrin, who had to overcome bouts of sickness during the race showed true grit in finishing in 25:18.

Spring came early this year as our first club event, the Spring 6Mile handicap, was held on March 6. Ann Cain took up the challenge and led for most of the 12 laps of the NSC, but as the handicap unwound so her lead diminished. She was caught with one lap to go by the winner Terry Bates but was the first woman home. Terry's run gave him a personal best 6 mile time of 35:41. Fastest time was by Richard Radcliffe with 34:04, closely followed by Steve Kelly in 34:27. With the handicapper getting the start times just right it produced some interesting battles and it is a great testament to him that the bulk of the field finished within two minutes of each other. Thanks, Martin Bell. After clocking up nearly 100 laps of the NSC perimeter road in four winter races, it will be a relief to get out on the more scenic routes.

Dave Anderson continued his off island success with two wins at 400m and 800m in the BVAf Indoors in February. Richard Radcliffe finished 521st in London Marathon in 2:45.53.

Finally, make a note in your diaries that the Isle of Man Marathon and Half Marathon will be on August 10. Watch the press for details. **Terry Bates**



Slough

Borough Council

PRESENTS

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9.30am - Marathon
10.00am - Wheelchair Half
10.30am - Half Marathon
10.45am - Family Fun Run

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£1.00 - Family Fun Run
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£50 - third M&F in all races*
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Grade 1



RESULTS • RESULTS • RESULTS •

BVA F Open Cross Country Champs.
Silksworth, Sunderland, 22.3.97

M40 1 M. Williams 32:16, 2 M. Girvan 32:41, 3 L. Atkinson 32:58, 4 T. Clark 33:16, 5 D. Evans-Wilson 33:17, 6 G. Ratcliffe 33:29, 7 G. Seward 33:36, 8 K. McEldan 33:38, 9 H. Roberts 33:40, 10 R. Williams 33:40, 11 M. Shields 33:50, 12 A. Jenkins 33:56, 13 I. Haggan 34:00, 14 R. Ford 34:12, 15 P. Warden 34:14, 16 R. Rubery 34:16, 17 S. Owen 34:18, 18 R. Curran 34:19, 19 S. Forster 34:22, 20 J. Crehan 34:24, 21 M. McDewitt 34:25, 22 B. Gardner 34:31, 23 B. Moss 34:32, 24 A. Makepeace 34:32, 25 G. Bayne 34:35, 26 D. Dymond 34:46, 27 B. Jameson 34:58, 28 M. Woodward 35:02, 29 R. Sturges 35:09, 30 G. Crowe 35:15, 31 J. Duncan 35:17, 32 G. Moxham 35:18, 33 M. Strange 35:21, 34 S. Lydka 35:29, 35 J. Watson 35:31, 36 G. Caddell 35:33, 37 M. McDonald 35:34, 38 J. Hurst 35:41, 39 S. Winter 35:42, 40 G. Marshall 35:44, 41 S. Murphy 35:49, 42 D. Henderson 35:42, 43 N. Cassidy 35:54, 44 P. Buckley 35:55, 45 P. Ogilvie 36:00, 46 D. Gannon 36:01, 47 H. Symonds 36:04, 48 C. Henry 36:05, 49 S. Nice 36:06, 50 G. O'Neill 36:19, 51 B. Sadler 36:23, 52 A. Grace 36:24, 53 L. Brown 36:33, 54 T. McPhail 36:42, 55 P. Carter 36:44, 56 P. Reid 36:51, 57 P. Richardson 36:55, 58 J. Logan 36:58, 59 N. Armstrong 37:06, 60 R. Sewell 37:21, 61 L. Whitmore 37:26, 62 S. Buswell 37:29, 63 J. McNamara 37:37, 64 S. Bell 37:42, 65 P. Finn 38:05, 66 S. Daley 38:12, 67 B. Miller 38:16, 68 B. Long 38:20, 69 G. Pamberton 38:26, 70 W. McKnight 38:35, 71 T. Hall 38:51, 72 J. Turnbull 38:54, 73 M. Steele 39:13, 74 B. Ball 39:18, 75 J. Christie 39:25, 76 M. Donnelly 39:29, 77 P. Watts 39:33, 78 V. Rutland 39:47, 79 R. Blair 39:50, 80 D. Thomas 40:03, 81 D. Dixon 40:06, 82 N. Hollier 40:07, 83 N. Walker 40:17, 84 G. Winter 40:19, 85 D. Richardson 40:22, 86 D. Stewart 40:36, 87 D. Paver 40:54, 88 G. Henry 41:07, 89 S. Collett 41:14, 90 J. Compton 41:18, 91 P. Harrison 42:01, 92 F. Devlin 42:11, 93 B. Worthington 42:20, 94 P. Harrison 44:19, 95 D. Mail 44:26, 96 K. Dillon 47:55, 97 S. Topham 48:12

M45 1 M. Hager 33:12, 2 C. Dickinson 34:23, 3 T. Hesketh 34:24, 4 J. Clark 34:36, 5 A. Cuddy 35:00, 6 H. Burdett 35:05, 7 J. Bell 35:11, 8 E. Tennant 35:13, 9 P. Wallace 35:23, 10 L. Speers 35:30, 11 C. Dentice 35:45, 12 E. Rancior 35:46, 13 D. Hart 36:08, 14 C. Russell 36:12, 15 K. Louth 36:15, 16 D. Clark 36:16, 17 A. Bradshaw 36:29, 18 P. Leviston 36:41, 19 J. Maddison 36:48, 20 A. Fielding 36:52, 21 R. Frodsham 37:02, 22 J. Knox 37:04, 23 G. Sabiston 37:06, 24 J. Millward 37:31, 25 R. Fletcher 37:45, 26 V. Tindle 37:52, 27 P. Weatherhead 38:04, 28 D. Dixon 38:11, 29 P. Embleton 38:18, 30 W. Fraser 38:19, 31 D. Louth 38:24, 32 K. Wesson 38:32, 33 W. Robertson 38:37, 34 J. Richardson 38:41, 35 J. Curry 39:02, 36 R. Winward 39:08, 37 A. Samuel 39:10, 38 E. Baldwin 39:24, 39 K. Pyle 39:38, 40 G. Adams 40:00, 41 D. Wamby 40:27, 42 A. Cooper 40:41, 43 R. Davies 40:48, 44 A. Rowell 40:58, 45 R. Coombes 40:59, 46 L. Stephenson 41:12, 47 W. Collins 41:21, 48 P. Schofield 41:43, 49 M. Brooks 41:46, 50 M. Fry 41:47, 51 P. McGregor 41:49, 52 B. Darley 43:04, 53 D. Henderson 43:14, 54 P. Watts 43:36, 55 J. Smith 43:56, 56 G. McHardy 43:59, 57 N. Rutherford 44:00, 58 M. Duff 44:34, 59 L. Mowbray 44:38, 60 G. Routledge 44:13, 61 K. Whalen 47:33, 62 S. Priestley 48:09, 63 J. Gray 48:24, 64 K. Trainer 48:24

M50 1 B. O'Neill 34:04, 2 D. Gennell 34:08, 3 N. Robson 35:27, 4 G. Whiston 35:31, 5 F. Reilly 35:55, 6 L. Barnes 36:08, 7 R. Chapman 36:13, 8 L. Robinson 36:35, 9 D. Fairweather 36:35, 10 M. Martin 36:40, 11 W. Robinson 37:13, 12 L. Haynes 37:14, 13 K. Bartley 37:19, 14 W. Gibson 37:25, 15 H. Gott 37:26, 16 R. Rae 37:37, 17 E. Elson 37:37, 18 J. Heywood 37:41, 19 R. Young 37:55, 20 J. Wallace 38:02, 21 E. Cockayne 38:12, 22 A. Harvey 38:34, 23 J. Marcus 38:41, 24 J. Whitfield 38:41, 25 M. Cunningham 39:05, 26 B. Mackay 40:12, 27 A. Bulow 40:32, 28 D. Hull 40:38, 29 S. Almond 40:45, 30 D. Bandy 40:46, 31 K. Mayor 41:08, 32 R. Parker 41:14, 33 M. Duff 41:51, 34 P. Lion 41:55, 35 P. Blackwell 41:57, 36 B. Hurst 42:04, 37 A. Craft 42:05, 38 B. Brotherton 42:24, 39 B. Lishman 42:42, 40 D. Brown 43:01, 41 D. Middleton 43:08, 42 W. Campbell 43:13, 43 A. Stafford 43:46, 44 B. Moody 44:01, 45 M. Reiton 44:15, 46 B. Allison 44:47, 47 J. Devitt 45:34, 48 T. Livingstone 45:41, 49 W. Morgan 46:24, 50 E. Aiston 47:45, 51 D. Lazenby 54:10, 52 A. White 1:05:51

M55 1 R. Latham 35:45, 2 S. James 36:03, 3 L. Presland 36:26, 4 P. Lancaster 37:05, 5 A. Moore 38:23, 6 D. Spencer 38:36, 7 G. Harrold 38:46, 8 P. Meredith 39:02, 9 M. Doogan 39:13, 10 R. Dover 39:35, 11 J. Etchells 39:38, 12 W. Ryder 39:42, 13 R. Wilson 40:09, 14 E. Watson 40:11, 15 D. Surrey 40:25, 16 W. Wade 40:26, 17 M. Wrenn 40:29, 18 A. Peers 40:42, 19 J. Edwards 40:43, 20 E. Wheeler 40:44, 21 R. Stevenson 41:19, 22 G. Lawson 41:43, 23 F. Gibbs 41:45, 24 R. Harvey 41:49, 25 M. Butterley 41:56, 26 B. Little 42:54, 28 M. Knight 42:58, 27 R. Pinkney 44:03, 28 W. Burkes 44:34, 29 D. Sinclair 44:42, 30 A. Purdham 46:12, 31 B. Wells 48:39, 32 L. Butcher 52:32

M60 1 C. Leigh 38:18, 2 G. Wiltshire 39:25, 3 D. Hayes 39:55, 4 J. Barnes 40:04, 5 D. Pickering 40:24, 6 A. Oliver 40:28, 7 P. Brown 40:44, 8 P. House 40:46, 9 R. Higgs 40:50, 10 C. Crump 40:55, 11 W. Atkinson 41:12, 12 E. Appleby 41:22, 13 L. Vaughan-Hodkinson 41:27, 14 A. Prouse 41:30, 15 F. Docherty 41:31, 16 B. Barber 41:57, 17 R. Cheekley 42:09, 18 J. Prudham 42:31, 19 R. Baimbridge 42:33, 20 B. Rogers 42:37, 21 B. Court 42:39, 22 J. Haves 43:39, 23 N. Harper 43:54, 24 P. Duffy 44:55, 25 W. Drysdale 45:04, 26 J. Dawson 45:23, 27 R. Laverick 45:35, 28 G. O'Connell 45:55, 29 R. Mills 46:51, 30 P. Bracey 47:02, 31 J. Atkinson 47:12, 32 J. Betney 50:09, 33 R. Francis 50:33, 34 G. Hope 50:45, 35 J. Hite 51:53

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M70 1 B. Neilson 32:13, 2 E. Joynton 32:20

M75 1 B. Davidson 26:09, 2 D. O'Byrne 27:24, 3 J. Purcell 30:11, 4 R. Walker 36:11

W35 1 L. Harding 18:59, 2 S. Allen 19:11, 3 L. Marr 19:24, 4

J. Rashleigh 19:35, 5 H. Robinson 19:38, 6 B. Murray 20:05, 7 K. Davidson 20:28, 8 Y. Crawley 20:41, 9 K. Scarff 20:51, 10 M. Mackenzie 20:53, 11 J. Griffiths 21:05, 12 S. Hales 21:09, 13 G. Priest 21:18, 14 E. Flattman 21:22, 15 L. Wilkinson 21:27, 16 F. Foster 22:10, 17 D. Batsford 22:18, 18 Y. Swincoe 22:42, 19 A. Nott 23:47, 20 A. Robson 23:50, 21 L. Lamb 24:53, 22 E. Pullen 26:27, 23 L. Jones 26:29, 24 J. Butcher 34:36, 25 M. Grainger 35:39

W40 1 J. Jackson 19:38, 2 D. Hoogester 20:04, 3 J. Meeten 20:09, 4 S. Weatherburn 20:19, 5 S. Ogilvie 20:30, 6 C. Duncan 20:38, 7 D. Marsh 21:03, 8 J. Applegarth 22:19, 9 M. Dodsworth 22:37, 10 S. Crehan 23:37, 11 C. Courtney 24:13, 12 H. Flynn 24:43, 13 M. Downie 26:07, 14 A. Mason 26:44, 15 D. Perry 27:28

W45 1 G. Dean 19:53, 1 J. Heffernan 20:17, 3 C. Mader 21:33, 4 J. Allison 21:40, 5 F. Garland 21:55, 6 L. White 22:14, 7 S. Cain 22:57, 8 J. Warren 23:24, 9 G. Rimmer 23:32, 10 C. Parker 23:38, 11 B. Ingman 24:15, 12 M. Capstaff 24:19, 13 B. Bradshaw 25:17, 14 S. Clarkson 27:53, 15 M. Hunter 27:59

W50 1 D. Fellows 22:16, 2 V. Hancock 23:09, 3 R. Webb 25:00, 4 M. Keogh 25:14, 5 B. Harvey 25:50, 6 A. Holland 29:38

W55 1 C. Lee 23:30, 2 H. Simpson 24:31, 3 K. Stewart 24:55, 4 M. Avery 26:12, 5 J. Hodges-Hite 28:03, 6 A. Parr 28:24

W60 1 H. Goodman 24:08, 2 M. Holmes 26:03, 3 B. Atkinson 29:18

W65 1 J. Ross 26:32, 2 B. Forster 30:12

Teams: M40-49. 1 Warrington AC 55, 2 Redhill RR 94, 3 Exeter H 95, 4 Morpeth H 96, 5 Tipton H 97, 6 Sunderland H 105, 7 Bristol AC 174, 8 North Belfast 187, 9 Liverpool Penn & Sefton H 250, 10 Medway AC 278 M50-59. 1 Aldershot, Farnham & D 29, Bingley H 55, 3 Lincoln Well AC 105, 4 Blyden H 112, 5 Bolton UH 143, 6 Barrow & Furness 150, H 81 M60-69. 1 Heaton H 46, 2 Salford H 49, 3 Barnet & D 71, W35-44. 1 Houghton & Peterlee AC 26, 2 City of Norwich AC 52, 3 Derby L AC 62, 4 Macclesfield H 67, 5 Gosforth H 78, 6 Elswick H 100 W45+ 1 Bolton UH 31

National Open Veterans Road Relay
Champs, Sutton Park, 17.5.97

M40-49
1 Redhill RR 2:15.46 [P. Warden 16:24, S. Lebelinski 17:23, B. Ford 17:11, P. Mellors 17:37, E. Tennant 17:24, P. Buckley 16:44, P. Neomans 16:34, B. Moss 16:59, 2 Sunderland H 2:16.13 [M. Woodward 16:50, V. Tindle 18:04, P. Richardson 17:31, G. Forster 16:25, E. Maddison 17:41, J. Hagen 16:23, D. Mullen 16:07, J. Watson 17:12], 3 Tipton H 2:16.33 [G. Green 17:42, A. Holden 17:28, R. Sturges 17:09, A. Grace 17:05, M. Hager 16:09, R. Rubery 16:52, M. Strange 17:22, R. Young 17:06], 4 Telford AC 2:17.11, 5 Cambuslang H 2:17.13, 6 Salford H 2:17.34, 7 Swansea H 2:19.16, 8 Rotherham H 2:19.18, 9 Exeter H 2:19.21, 10 Oxford C AC 2:19.44, 11 Brighton & H 2:20.37, 12 Blackheath H 2:21.53, 13 Birm. Rowheath 2:22.47, 14 Stockport H 2:22.50, 15 Altrincham & D 2:23.00, 16 Thames H & H 2:23.03, 17 Elswick H 2:23.07, 18 Aldershot & D 2:23.11, 19 Potters M AC 2:23.24, 20 Warrington AC 2:23.30, 21 Les Croupiers RC 2:23.33, 22 Wirral AC 2:23.41, 23 Sheffield AC 2:24.46, 24 Steel City S 2:24.48, 25 Nene V H 2:25.55, 26 Pembroke & Sefton AC 2:25.07, 27 Bolton UH 2:25.42, 28 Neath H 2:26.18, 29 Birm. & Redd 2:26.26, 30 Bristol AC 2:26.29, 31 Southampton AC 2:26.55, 32 Derby & C 2:27.10, 33 Wrexham AC 2:28.02, 34 Cleethorpes & D 2:28.08, 35 Barrow & F 2:28.24, 36 Swindon H 2:28.40, 37 Stroud & D 2:29.08, 38 Bedford & C 2:29.20, 39 Middleton H 2:29.31, 40 North Shields P 2:30.18, 41 Holmfirth H 2:30.29, 42 R. Sutton Coldfield 2:30.50, 43 C. Of Bath AC 2:31.25, 44 Halesowen AC 2:31.55, 45 C. Of Hull 2:31.57, 46 Milton Keynes AC 2:32.32, 47 Sunderland Stroll 2:32.43, 48 Reading AC 2:32.59, 49 Nuneaton H 2:33.07, 50 Medway AC 2:33.32, 51 Massey Ferg AC 2:33.35, 52 Inverict E.K AC 2:33.47, 53 Liverpool RC 2:34.10, 54 West Bromwich H 2:34.17, 55 Doncaster & Stain 2:34.39, 56 Blyden H 2:34.58, 57 Centurion RR 2:35.08, 58 Ipswich J 2:36.34, 59 Coventry G 2:37.38, 60 Chichester R 2:38.03, 61 Burton AC 2:38.54, 62 Notts AC 2:39.37, 63 Birkfield H 2:41.24, 64 Hillingdon AC 2:44.02, 65 North Fyde AC 2:46.57, 66 Stourport AC 2:49.57, 67 Dudley K wiford 2:54.43, 68 Westbury H 3:01.40, 69 Tamworth AC 3:04.25

M50+1 Bingley H 1:49.14 [R. Dower 18:54, N. Jennings 18:10, M. Smith 18:14, L. Haynes 18:33, W. Padgett 17:41, N. Robson 17:42], 2 Cantham AAC 1:49.40 [T. Williams 18:32, B. Plain 18:07, A. Garrett 18:32, J. Riley 18:00, D. Evans 17:37, E. Davies 18:02], 3 Hallamshire H 1:50.03 [M. Martin 16:54, D. Goddard 17:02, D. Forthall 18:41, R. Toogood 18:11, M. Theobald 19:38, D. Inckett 17:37], 4 Aldershot F & D 1:50.23, 5 Cheltenham & C 1:51.57, 6 Stockport H 1:53.19, 7 Clayton L-M H 1:53.24, 8 Birkfield H 1:54.22, 9 Potters M AC 1:54.29, 10 Altrincham & D 1:54.59, 11 Doncaster & Stain 1:55.16, 12 Hercules W 1:55.27, 13 Inverict E.K 1:56.59, 14 Derby & C 1:57.02, 15 Cambridge H 1:57.30, 16 Swansea H 1:57.38, 17 Blackheath H 1:57.58, 18 Les Croupiers RC 1:58.26, 19 C. Of Hull 1:58.36, 20 Thames H & H 1:59.49, 21 Oxford C AC 2:00.11, 22 Massey Ferg RC 2:00.15, 23 Blyden H 2:00.26, 24 Dudley K wiford 2:01.29, 25 Halesowen AC 2:01.58, 26 Wrexham AC 2:01.59, 27 City of Bath 2:02.25, 28 Wirral AC 2:02.29, 29 Hillingdon AC 2:02.51, 30 Salford H 2:02.54, 31 Bolton UH 2:03.06, 32 Nuneaton H 2:03.58, 33 Pembroke & Sefton 2:04.20, 34 Tipton H 2:04.32, 35 R. Sutton Coldfield 2:05.10, 36 Liverpool H 2:07.03, 37 Stroud & D 2:07.09, 38 Spectrum S 2:07.22, 39 Shaftesbury 2:11.02, 40 Barnsley AC 2:15.06

M60+1 Wirral AC 1:01.12 [L. V. Hodkinson 19:43, A. Lennon 21:10, M. Morrell 20:19], 2 Woodford Green AC 1:01.13 [W. Perry 21:11, C. Crump 20:14, B. House 19:48], 3 Salford H 1:02.17 [B. Rogers 20:45, J. Dawson 21:29, P. Brennan 20:03], 4 Cambridge H 1:02.21, 5 Heaton H 1:02.40, 6 Barnet & D 1:02.51, 7 Verlen AC 1:03.51, 8 Blackheath H 1:05.00, 9 Solihull & S. Heath 1:05.12, 10 Morpeth H 1:05.20, 11 V. Of Aylesbury 1:05.45, 12 Birkfield H 1:09.17, 13 Derby & C 1:09.57, 14 Neath H 1:10.06, 15 Wrexham AC 1:10.40, 16 Stroud & D 1:11.21, 17 Hillingdon AC 1:11.25, 18 Lass R 1:14.12, 19 Ipswich J 1:14.24, 20 West Bromwich H 1:15.11, 21 Cleethorpes & D 1:15.26, 22 Halesowen AC 1:17.33

W35+1 Les Croupiers RC 59:19 [W. Edwards 18:59, J. Scholey 19:44, E. Turner 19:36], 2 Trafford AC 58:38 [S. Exon 10:55, J. Holt 18:30, J. Asgill 19:13], 3 Macclesfield H 59:07 [B. Murray 19:43, S. Rowson 20:03, C. Greaseley 19:21], 4 Sheffield AC 59:20, 5 Redhill RR 59:23, 6 Tipton H 59:33, 7 Birkfield H 1:00.52, 8 Oxford C AC 1:01.12, 9 C. Of Norwich AC 1:01.12, 10 C. Of Bath AC 1:01.36, 11 Wrexham AC 1:02.54, 12 Rotherham H 1:04.08, 13 Westbury H 1:04.29, 14 Sale H 1:04.34, 15 Neath H 1:04.38, 16 Thames H & H 1:04.44, 17 Inverict E.K 1:04.47, 18 Cardiff AC 1:04.57, 19 R. Sutton Coldfield 1:05.14, 20 Sol & S. Heath 1:05.23, 21 Cleethorpes & D 1:06.12, 22 Rugby & D 1:06.20, 23 Derby L 1:06.40, 24 Middleton H 1:09.10, 25 Worcester AC 1:09.20, 26 Barnsley AC 1:09.31, 27 Birm. & Redd 1:31.20, 28 Dudley K wiford 1:15.49, 29 Tamworth AC 1:16.35, 30 West Bromwich H 1:17.15, 31 Birm. Rowheath 1:17.39

W45+1 Bolton UH 1:04.15 [A. Foster 20:39, C. Parker 22:31, G. Rimmer 21:15], 2 Bingley H 1:05.40 [H. Morrell 23:02, M. Dunn 22:15, S. Cariss 20:23], 3 Cardiff AC 1:06.30 [S. Adams 21:12, D. W. Benithal 23:07, L. G. Harding 22:11], 4 Kendal AC 1:07.00, 5 Birkfield H 1:10.13, 6 Barnsley AC 1:10.35, 7 R. Sutton Coldfield 1:10.39, 8 Wrexham AC 1:10.59, 9 Inverict E.K 1:13.09, 10 Rotherham H 1:14.52, 11 Derby L 1:18.36

Fastest Laps: M40+1 N. Gates [Brighton] 15:30, 2 M. Rees [Swansea] 15:48, 3 M. Girvan [Warrington] 16:01, 4 E. Stewart [Cam'lang] 16:02, 5 E. Barton [Cam'lang] 16:04, 6 T. Power [Telford] 16:07, 7 D. Mullen [Sum'land] 16:07, 8 M. Hager [Tipton] 16:09, 9 A. Dent [Blyden] 16:20, 10 B. Johnson [AFD] 16:21

M50+1 M. Martin [Hullam] 16:54, 2 B. O'Neill [AFD] 17:16, 3 M. Rouse [Inverict] 17:17, 4 L. Presland [AFD] 17:26, 5 G. Patton [MF] 17:34, 6 R. Riley [Stockp't] 17:34, 7 S. Birkin [Cam'lang] 17:36, 8 D. Evans [Cardiff] 17:37, 9 D. Trickett 37:10 [Hullam], 10 W. Padgett [Bingley] 17:41

M60+1 R. Davidson [Cambridge] 18:48, 2 L. V. Hodkinson [Wirral] 19:43, 3 P. Morris [Sol & S. Heath] 19:44, 4 R. Higgs [Barnet] 19:45, 5 P. House [W. Of Green] 19:48, 6 B. Cordes [Morpeth] 20:02

W35+1 J. Shields [Sheffield] 17:40, 2 F. Gill [Neath] 18:15, 3 S. Ellis [Birm.] 18:24, 4 J. Holt [Traff] 18:30, 5 P. Gallagher [Westbury] 18:52, 6 W. Edwards [Les Croupiers] 18:59, 7 A. Ford [Redhill] 19:05, 8 J. Asgill [Trafford] 19:13, 9 C. Greaseley [Macc'field] 19:21, 10 J. Mookite [Inverict] 19:23

W45+1 S. Cariss [Bingley] 20:23, 2 C. Rollason [Birm.] 20:35, 3 A. Foster [Bolton] 20:39, 4 D. Priestley [Kendal] 20:44

BVA F 10 Miles Road Championship.
Whittington, Oswestry, 11.5.97

M40 1 M. Girvan 50:47, 2 M. Rees 50:53, 3 R. Wise 51:01, 4 T. Power 51:34, 5 H. Roberts 53:19, 6 G. Ratcliffe 53:46, 7 M. Flowers 54:19, 8 P. Kilgallon 55:06, 9 J. Crehan 55:46, 10 P. Johnson 56:09, 11 J. Mason 56:29, 12 T. Vaughan 57:02, 13 R. Hutton 57:12, 14 P. Owens 57:32, 15 D. Gaynor 57:41, 16 J. Embling 57:46, 17 J. Cuthcher 59:46, 18 B. Donnelly 1:00:20, 19 D. Crawford 1:02:32, 20 T. Kemp 1:02:56, 21 M. Foster 1:03:56, 22 D. Davies 1:08:27, 23 T. Wright 1:09:23, 24 C. Spence 1:13:00, 25 K. Dillon 1:13:23, 26 C. Barnet 1:16:27

M45 1 M. Hager 51:07, 2 M. McDewitt 53:36, 3 C. Hughes 53:56, 4 J. Fidler 54:56, 5 A. McDewitt 55:20, 6 A. Jenkins 55:42, 7 R. O'Keefe 55:49, 8 R. Frodsham 57:28, 9 C. Russell 59:53, 10 S. Davidson 1:00:15, 11 R. Fletcher 1:00:26, 12 B. Williams 1:00:56, 13 P. Duhig 1:02:46, 14 W. Marsh 1:02:59, 15 S. Balmer 1:04:08, 16 B. Riley 1:04:30, 17 G. Howell 1:05:33, 18 R. Aldcroft 1:06:34, 19 R. Griffiths 1:07:00, 20 E. Critchell 1:10:10, 21 E. Brown 1:12:38, 22 J. Jones 1:14:46

M50 1 L. Barnes 54:22, 2 M. Rouse 54:43, 3 D. Evans 55:36, 4 N. Robson 56:27, 5 S. Birkin 56:44, 6 P. Bryan 57:17, 7 M. Ford 57:51, 8 J. Keeling 58:02, 9 M. Parker 58:45, 10 K. Burgess 59:42, 11 M. Cunningham 59:55, 12 A. Egan 1:00:49, 13 D. Walton 1:01:16, 14 R. Fowler 1:01:50, 15 R. Williams 1:02:00, 16 D. Kerr 1:02:35, 17 M. Miller 1:03:04, 18 D. Shalleross 1:03:51, 19 M. Taylor 1:03:59, 20 R. Edwards 1:04:17, 21 J. Morley 1:04:52, 22 C. Sayer 1:05:27, 23 E. Chidlow 1:07:27, 24 P. Henley 1:08:30, 25 J. Mullis 1:09:38, 26 J. Taylor 1:13:21, 27 A. Hodgkiss 1:14:42

M55 1 K. Buckle 59:11, 2 M. Hawkins 59:22, 3 G. Lawson 1:05:14, 4 J. Thomas 1:05:29, 5 N. Thompson 1:06:36, 7 M. Knight 1:10:04, 8 D. Talbot 1:18:49, 9 K. O'Brien 1:33:50

M60 1 H. Taylor 1:00:43, 2 D. Hayes 1:01:19, 3 G. Kay 1:03:13, 4 R. Higgs 1:03:15, 5 P. Brennan 1:05:20, 6 E. Barber 1:06:52, 7 R. Davies 1:07:46, 8 P. Spratt 1:08:08, 9 G. Davies 1:08:08, 10 J. Park 1:11:39, 11 C. Rankin 1:15:16, 12 T. Hewson 1:15:23, 13 H. Machin 1:21:20, 14 J. Powell 1:24:32, 15 G. Jones 1:25:38, 16 N. Slide 1:25:59

M65 1 W. Davies 1:08:36, 2 B. McAnigan 1:10:18, 3 M. Huggins 1:10:37, 4 J. Taylor 1:10:58, 5 L. Forster 1:11:23, 6 M. Pittock 1:11:45, 7 T. Home 1:12:56, 8 T. Purtridge 1:13:48, 9 A. Walsham 1:15:30, 10 H. Turner 1:18:24, 11 E. Warren 1:19:55, 12 J. Coulthard 1:22:46, 13 R. Jones 1:33:41, 14 P. Burns 1:34:02, 15 K. Westley 1:36:16

M70 1 A. Fearley 1:30:47

M75 1 T. Evans 1:23:23, 2 L. Heald 1:49:57

W35 1 J. Kenyon 59:38, 2 L. Marr 1:01:

RESULTS • RESULTS • RESULTS •

SCVAC C Country Champs, Luton, 13.9.97

M40 M.Flower 35:46, 2 P.Barlow 37:07, 3 S.Nice 37:30, 4 M.Farmery 37:42, 5 J.Dooey 38:30, 6 C.Griffin 38:33, 7 P.Whitlock 38:57, 8 J.Turner 41:07, 9 P.Carter 41:43, 10 M.Lippitt 42:33, 11 P.Godfinch 48:42, 12 M.Beakhouse 49:54 M45 1 P.Wallace 36:34, 2 C.Hughes 37:00, 3 H.Morten 37:16, 4 J.Edey 37:17, 5 R.Treadwell 39:05, 6 A.Stedman 39:53, 7 D.Michael 40:01, 8 B.Pearce 42:56, 9 D.Seymour 45:25, 10 M.Doughty 45:37, 11 R.Kay 47:24 M50 1 M.Rouse 38:33, 2 D.Clark 38:49, 3 V.Hancock 39:01, 4 C.Rutland 39:09, 5 S.Farley 39:48, 6 M.Cronin 39:51, 7 K.McDonald 41:03, 8 A.Harvey 41:10, 9 E.Broad 41:23, 10 M.Duff 41:49, 11 W.Crawley 42:22, 12 R.Williams 42:34, 13 M.Welland 43:03, 14 M.Hooker 43:21, 15 M.Miller, 16 J.Robinson 45:19, 17 J.Neville 47:01, 18 C.Burgon 54:30 M55 1 L.Presland 38:45, 2 B.O'Sullivan 42:28, 3 R.Sayer 42:48, 4 I.Clare 43:49, 5 D.Newland 45:02, 6 T.Tims 49:14, 7 P.Ferguson 49:54, 8 R.Kersey M60 1 J.Steed 43:43, 2 I.Laddison 45:36, 3 B.Hicks 45:57, 4 C.Wroth 46:44, 5 M.Barratt 48:43, 6 D.Bird 49:11, 7 B.Stewart 49:25, 8 J.Matkinson 50:27, 9 J.Leith 52:26, 10 B.Bowering 52:52 M65 1 R.Blastland 51:30 M70 1 R.Hale 51:08, 2 B.Eyles 69:35 W35 1 M.Joyce 29:48, 2 T.Pike 30:39, 3 A.Clark 31:40 W40 1 S.Ogilvie 28:31, 2 A.Lippitt 32:54, 3 T.Doyle 33:57 W45 1 J.Hardwick 29:09 W50 1 C.Hyde 32:17, 2 V.Flowers 33:46, 3 B.Harvey 35:52, 4 S.Gandee 36:19 W55 1 C.Hearsey 43:00

SCVAC 10K Road Champs, Beckenham, 2.5.97

M40 1 D.Johnson 33:42, 2 B.Hutchinson 33:43, 3 M.Stacey M45 1 M.Bunstead 33:03, 2 M.Clark 36:39, 3 M.Hickman 43:50 M50 1 M.Welland 35:31, 2 V.Hancock 35:54, 3 E.Broad 36:41, 4 P.Cressy 37:06, 5 J.Dutch 41:22 M55 1 P.Dobbs 37:33, 2 G.Williams 40:42, 3 D.Newland 41:28, 4 M.Rosbrook 41:43 M60 1 R.Heywood 39:49, 2 J.Jewell 43:06, 3 B.Bowering 47:13 M65 1 N.Stuart-Thorn 42:31, 2 D.Holden 44:55, 3 R.Franklin 49:06, 4 M.McDowell 53:22 M70 1 S.Charlton 40:55, 2 R.Hale 46:07, 3 R.Jeffreys 46:41 M75 1 G.Cunning 54:18 M80 1 L.Jones 52:36 W40 1 D.Farham 41:29, 2 Z.Gaffen 41:53 W45 1 M.Rayner 40:24 W50 1 P.Lucas 52:49 W55 1 M.Wilson 58:51 W65 1 J.Ross 50:38

VAC Road Relays, Hemingford Grey, 20.4.97

M40+ 1 Nene Valley [P.Spick 10:17, S.Owen 10:07, R.Church 10:19, M.Barnsfield 10:17] 41:00, 2 Chelmsford [P.Maddison 10:16, J.Sayers 11:10, G.Hart 10:32, B.Thorpe 10:40] 42:48, 3 Nene V. "B" [J.Baker 10:46, G.Potts 11:02, K.Brookes 11:10, B.Drabner 10:38] 43:36, 4 Cambridge & Coleridge [P.Lee 11:01, M.Emiss 11:16, J.Jenkins 10:53, L.Doyle 10:37] 43:47, 5 Milton Keynes [J.Russell 10:51, R.McPherson 11:06, A.Harrison 11:06, S.O'Sullivan 11:09] 44:12, 6 Bedford & C [G.Holmes 10:56, P.Dancer 11:44, P.Wilkinson 11:37, D.Laynes 10:24] 44:41, 7 Nene V. "C" 46:34, 8 Nene V. "D" 47:52, 9 Grantham 48:53, 10 M. Keynes "B" 49:21, 11 Grantham 50:05, 12 Biggleswade 50:54, 13 M. Keynes "C" 55:23 M50 1 St.Edmunds P. [T.Roper 10:40, R.Allard 11:45, R.Price 11:42] 34:07, 2 Biggleswade [M.Taylor 11:51, R.Wadely 11:24, C.Hunn 12:39] 36:19, 3 Bedford & C [B.Webb 11:12, B.Collins 12:45, D.Stubbings 12:22] 42:29 Women 1 Bedford & C [H.Darbin 16:24, U.Duckworth 14:52, S.Dutham 13:22] 44:38

VAC Cross Country Champs, Silksworth, 22.3.97 (for finishing times see BVAF Champs)

M40 1 L.Atkinson 2 A.Jenkins, 3 L.Hagan, 4 S.Forsler, 5 A.Makpeace, 6 G.Bayne, 7 B.Jameson, 8 M.Woodward, 9 G.Crowe, 10 J.Watson, 11 S.Winter, 12 S.Marshall, 13 N.Cassidy, 14 L.Brown, 15 T.McPhail, 16 P.Carter, 17 P.Richardson, 18 N.Armstrong, 19 R.Sewell, 20 S.Bell, 21 S.Daley, 22 B.Long, 23 G.Pemberton, 24 W.McKnight, 25 T.Hall, 26 J.Turnbull, 27 M.Steele, 28 B.Ball, 29 P.Watts, 30 V.Rutland, 31 D.Thomas, 32 D.Dixon, 33 A.Hollier, 34 G.Winter, 35 D.Paver, 36 P.Bosomworth, 37 F.Devlin M45 1 A.Catley, 2 H.Burdett, 3 J.Bell, 4 C.Dentice, 5 K.Lowther, 6 J.Maddison, 7 G.Sabiston, 8 R.Fletcher, 9 V.Tindle, 10 D.Dixon, 11 W.Fraser, 12 D.Lowther, 13 K.Wesson, 14 W.Robertson, 15 L.Richardson, 16 E.Baldwin, 17 K.Pyle, 18 D.Warman, 19 A.Rowell, 20 W.Collins, 21 M.Fry, 22 D.Henderson, 23 N.Rutherford, 24 M.Duff, 25 L.Mowbray, 26 G.Routledge, 27 K.Whalen M50 1 J.Robinson, 2 W.Robinson, 3 K.Bartley, 4 H.Thay, 5 B.Mackay, 6 R.Parler, 7 P.Blackwell, 8 B.Hurst, 9 A.Craft, 10 B.Brotherton, 11 B.Lishman, 12 B.Brown, 13 W.Campbell, 14 M.Rellon, 15 B.Allison, 16 T.Livingston, 17 D.Lazby M55 1 R.Figham, 2 P.Lancaster, 3 W.Ryder, 4 G.Smith, 5 R.Wilson, 6 E.Watson, 7 R.Stevenson, 8 R.Harvey, 9 R.Pinkney, 6 D.Hall M70 1 J.Joyson M75 1 J.Porell, 2 R.Walker W35 1 L.Harding, 2 S.Allen, 3 L.Marr, 4 H.Robinson, 5 M.Mackenzie, 6 J.Griffiths, 7 G.Priest, 8 K.Maw, 9 Y.Swinhoe 10 A.Nott, 11 A.Robson, 12 L.Lamb, 13 F.Pullen, 14 L.Jones W40 1 J.Applethorpe, 2 M.Dodsworth, 3 C.Courtney, 4 H.Flynn, 5 M.Dowrie W45 1 J.Allison, 2 S.Cain, 3 B.Ingman, 4 M.Capstaff, 5 M.Hunt W50 1 V.Hancock W55 1 C.Lee, 2 H.Simpson, 3 K.Stewart, 4 M.Avery Team: M40-49 1 Morpeth 9, 2 Sunderland 16, 3 Elswick 63 M50-59 1 Blyden 30, 2 Morpeth 36, 3 Gosforth 70 Women 1 Houghton 6, 2 Peterlee 12, 3 Gosforth 38, 4 Elswick 57

NEVAC Standards Meetings:

16/3/97: 100m: [Senior Race] E.Smart 12.0 Veterans Race M40 1 E.Smart 12.4, 2 P.Davey 13.3, 3 S.Todner 13.5, 4 R.Partridge 13.7, 5 N.Malkin 13.9 M45 1 T.Page 13.2, 2 R.McClymont 14.3 M50 1 T.Page 13.4, 2 K.Potts 14.0 M55 R.Smull 13.7 M60 B.Parnaby 14.5 200m: M40 1 P.Davey 26.2, 2 R.Partridge 26.8, 3 N.Malkin 28.3 M45 1 T.Page 27.9, 2 R.McClymont 29.0 M50 1 T.Page 27.3 M55 R.Smull 27.5 M60 B.Parnaby 29.4 W35 K.Partridge 32.5 400m: M40 1 S.Todner 55.3, 2 R.Partridge 58.7, 3 M.Mallen 65.0

600m: M40 1 S.Todner 1:35.9, 2 A.Jenkins 1:38.2 M50 1 B.Mackay 1:45.1, 2 T.Athey 1:48.3 M55 R.Smull 1:46.5 M60 R.Checkley 1:57.5

1000m: M40 1 A.Jenkins 9:32.5, 2 S.Winter 10:03.0 M45 G.Routledge 12:11.8 M60 R.Checkley 11:56.6 W35 L.Marr 10:35.6 Hammer: M40 P.Dodsworth 35.58 M50 T.Hudson 36.82 M65 D.Field 28.56 W40 C.Courtney 24.68

75/97: 100m: Race 1 [all M40] 1 P.Davey 12.9, 2 R.Partridge 13.2, 3 M.Malkin 13.4, 4 M.Mallen 13.7, 5 G.Pemberton 14.5 Race 2 1 T.Page M50 13.6, 2 B.Fenton M50 13.7, 3 R.McClymont 13.9, 4 B.Elliott W45 14.0, 5 R.Jurowski M50 14.1, 6 K.Potts M50 14.2 Race 3 1 B.Parnaby M60 15.1, 2 L.Watson M80 19.3 Race 4 [all W35] 1 P.Gardiner 15.4, 2 G.Finn 16.2, 3 J.Hewison 17.7, 4 L.Jones 20.5 200m: 1 P.Davey M40 25.9, 2 R.Partridge M40 27.2, 3 M.Malkin M40 27.4, 4 J.Tinkler M45 27.5, 5 M.Mallen M40 28.0, 6 C.Jones M45 29.1, 7 A.Jenkins M40 30.1 Race 2 1 B.Fenton M50 27.2, 2 T.Page M50 27.4, 3 R.Jurowski M50 28.2, 4 R.McClymont M45 28.8, 5 B.Elliott W45 28.9, 6 K.Potts M50 29.0 Race 3 1 B.Parnaby M60 29.7, 2 P.Gardiner W35 32.1, 3 J.Hewison W35 32.7, 4 L.Watson M80 41.2, 5 L.Jones W35 41.8

800m: 1 K.Archer M40 2:06.4, 2 B.Forbes M45 2:13.0, 3 A.Jenkins M40 2:15.6, 4 S.Winter M40 2:19.7, 5 G.Pemberton M40 2:21.6, 6 B.Mackay M50 2:21.9, 7 B.Cook M45 2:22.6, 8 L.Marr W35 2:33.8, 9 R.Checkley M60 2:40.6, 10 L.Jones W35 3:11.8 DT: T.Hudson M50 35.60, J.Wild M45 26.02, C.Courtney W40 16.04 SP: T.Hudson M50 11.60, J.Wild M45 8.65 HT: T.Hudson M50 37.48, J.Wild M45 21.88, C.Courtney W35 23.88

NEVAC 10000m 5000m Track Champs,

Monkton, 14.5.97

10000m: M40 1 P.Carter 34:16.0, 2 M.Ingram 34:33.2, 3 C.Priest 36:55.9 M45 1 A.Jenkins 32:53.7, 2 A.Catley 33:28.6, 3 J.Bell 33:35.6, 4 D.Pearson 35:22.3, 5 I.Richardson 36:05.4, 6 G.Routledge 44:02.7 M50 1 McNally 34:21.3, 2 J.Robinson 35:01.6, 3 B.Mackay 36:46.6, 4 R.Bahner 37:02.8, 5 H.Gold 37:52.8, 6 W.Campbell 37:54.3, 7 B.Brown 42:36.9 M55 1 R.Hugham 34:57.4, 2 R.Wilson 36:00.8, 3 R.Harvey 39:07.2, 4 D.Wilmore 41:43.1, 5 R.Stewart 42:43.1 M60 1 B.Mars 37:28.0, 2 W.Atkinson 39:20.9, 3 E.Appleby 39:36.1, 4 F.Docherty 40:11.0, 5 J.Pudham 40:37.1 5000m: M65 1 W.McNeil 20:11.9, 2 H.Craven 22:14.3, 3 D.Hall 24:43.1 M70 1 E.Joyson 27:46.7 M75 1 J.Porell 29:43.3 W35 1 L.Harding 17:15.2, 2 L.Marr 17:26.2, 3 H.Robinson 18:35.3, 4 G.Priest 19:42.7, 5 L.Lamb 21:15.9, 6 L.Jones 21:39.3 W40 1 M.Dodsworth 20:08.2, 2 S.Reeve 22:53.5 W45 1 S.Kirkup 21:02.7 W50 1 S.Wilson 21:33.0 W55 1 C.Lee 20:28.6, 2 K.Stewart 21:49.8, 3 H.Simpson 21:57.0, 4 M.Avery 23:10.9



BVAF C.C. Championships: The start of the M40-49 race, winner Mike Williams [174]

Thanks from EVAA

After a very successful European Indoor Championships, on behalf of the EVAA Council may I thank the organising committee, the staff of the NIA and Birmingham City Council, The Mayor, Lord Howell, Irena Szewinska, Cesare Beccali, Dr Hans Axmann, and all the other dignitaries who helped to make the championships so memorable. Thanks also to the announcers, ably assisted by Marina Hoerneck-Gil and Josep Antentas, who made the foreign competitors welcome with results and information in other languages, to Irena Szewinska for the many presentations that she made and for whom there was also a warm welcome, to all the EVAA affiliates and to their athletes who responded to the inaugural

Veterans Road Relays

Doug Morris is again organising the Park Hall Road Relays on Friday, July 11 at Oswestry Rugby Club. Besides senior men's and women's team events there are veterans categories for M40-49 [6 x 2 miles], M50-59 [4 x 2 miles], M60+ [3 x 3 miles] and women [3 x 2 miles]. The events commence at 7pm. Entry fees £12.00 [team of six], £7.00 [team of 4], and £6.00 [team of 3]. Contact Doug at 27, Whittington Road, Oswestry, Shropshire SY11 1JD [01691 653338] for further details and entry forms.

championships. Finally, best wishes and good luck to all our European athletes in South Africa.

Winston Thomas, EVAA Tech. Manager

FIXTURES

INTERNATIONAL

- 28-29 Veterans Grand Prix, Brugges, 10k & 25k
June
17-27 World Vets Track and Field Champs, Durban, South Africa. entries now closed
July

NATIONAL

- 28-29 BVAf Open Track & Field Champs, Blackpool. entries now closed
June
10 Aug BVAf Pentathlon, Solihull. see ad. page 15
10 Aug BVAf 10k Track Walk, Solihull Entry details in Race Walking Record
31 Aug BVAf Marathon, Stoke Ferry entry form in V/A 41
13-14 BVAf Decathlon / Heptathlon, Woodbourne Rd. Stadium, Sheffield, see ad. page 15
Sept
14 Sep British Throwers Pentathlon, Tamworth, contact Phil Owen
14 Sept BVAf 10k Road Walk, Leicester. Details from Peter Adams, 7 University Close, Syston, Leicester, LE7 2AY
12 Oct BVAf Half Marathon Champs, with Solent H.M see ad page 5
26 Oct BVAf 5k Road Champs, Lea Valley Circuit, London. see ad page 5

NORTH

- 2 July NVAC Track and Field League, Belle Vue, Manchester. 7pm
6 July NVAC Monthly Race, 10k Road, Clitheroe, Lancs. see newsletter
6 Aug NVAC Track and Field League, Bury. 7pm
31 Aug NVAC Monthly Race, 10K Road and Paths, Irlam
5 Oct NVAC 10K Track Champs, Leverhulme Park, Bolton, see newsletter
12 Oct NVAC Monthly Race, 7 miles Track and Paths, Barlow Institute, Edgworth, near Bolton. noon start
26 Oct NVAC 10 miles Road Champs, Padgate College, Crab Lane, Padgate, Warrington. see newsletter
16 Nov NVAC Monthly Race, 6.1/2 Cross Country, Mercer St Baths, Gt Harwood, Lancs. noon start
30 Nov NVAC Monthly Race and A.G.M. 10K Track and Paths. Leigh Hrs HQ. Madeley Park, Holden Road, Leigh. noon start
15 Dec NVAC Christmas Handicap, East Cheshire Hrs Hq, Richmond St. Ashton-u-Lyne noon start. See newsletter

NORTH EAST

- 23 June NEVAC League No.3, Monkton Stadium, Jarrow
2 July NEVAC Tynedale 10k
7 July NEVAC League No.4, Monkton Stadium, Jarrow
9 July NEVAC Silksworth Race
12 July NEVAC Track and Field Championships, 11.30am, Monkton Stadium Jarrow. cd 30/6
14 July NEVAC Jesmond Dene 3. Women only
12 July NEVAC Track and Field Championships, Monkton Stadium, Jarrow
16 July NEVAC Tyne Athletics League
23 July NEVAC League No.5, Monkton Stadium, Jarrow,
30 July Heaton Parklands 5 Wallsend
9 Aug NEVAC Track and Field Cup, Monkton Stadium, Jarrow
13 Aug NEVAC Venmore Mile Races, Monkton Stadium, Jarrow
17 Aug Jarrow Open Track and Field
27 Aug NEVAC Four Throws Match, Monkton Stadium, Jarrow
30 Aug Gateshead Open Track and Field
6 Sept NEVAC Versus SVHC Track and Field, Jarrow. 12.30pm. Entry free
13 Sept NEVAC Pentathlon Championships, Jarrow. 11am. 2.00 payable to NEVAC members only. No entries on day. cd 1/9. Entries to G Routledge, 5 St Hildas Way, Holy Cross, Wallsend NE2 7AB

MIDLAND

- 10 Aug MVAC Track & Field Masters, Solihull (inc 10K Champs & Pent)
14 Sept MVAC Pentathlon Throws Meeting, Tamworth
21 Sept MVAC 10 mile Road Champs, Brancote, Nuneaton
21 Oct MVAC Half Marathon, Burton
26 Oct Stroud Half Marathon, 10.30am. Details from Mrs D Wood, 18 Munday Close, Bursage, Stroud, Glos GL6 8DG encl sae

EASTERN

- 29 Jun 10 Miles Champs, Colchester [new date]
17 Aug 5 Miles Road Champs, Thorney
28 Sept Half Marathon Champs, Bedford

SOUTH

- 7 July Southern Vets League, Various Venues. 6.30pm
8 July Inter Cos Vets T & F, Crawley
15 July VAC 5 mile Road 7.15pm and 5 mile walk, Battersea Park,
23 July VAC Track and Field, Battersea, 7pm
13 Aug VAC Track incl Noel Noble Trophies, Battersea, 7pm

- 19 Aug VAC 1 Mile & 5 mile Road Runs & 5 mile walk, Battersea, 7pm
24 Aug VAC T & F Champs, Kingston -O-T, inc 3k men & women 11.30am
7 Sept Southern Vets League Final, Hendon
7 Sept Slough Marathon inc SCVAC Marathon Champs & G.Prix, see ad p. 17
10 Sept VAC 10000m Track 6.30pm M40 & 45, 7.15pm M50+ & Women
14 Sept Richmond & Twickenham Open Vets Meeting, Barn Elms, SW13
28 Sept Stragglers Cabbage Patch 10, Twickenham inc. SCVAC 10 M Champs and G.Prix. Entries, 40 Northfield Road, West Ealing, London W13 9SY £6.00 + 1.00 for SCVAC Champs entrants with 9x6 sae, cd 16/9
5 Oct Reading AC 10th Vets T & F, Palmer Park Stad., Reading, see ad p.11
26 Oct VAC and BVAf 5,000 Championships Run and VAC/Essex League Walk, Lea Valley Circuit, London E15. see ad p.5

SOUTH WEST

- 22 Jun SWVAC Tarrant Valley 10, 10.30am
29 June SWVAC 'Reebok' Poole 10K
29 June SWVAC Bridgewater College 5K, 11am
24 Aug SWVAC Langport 10K Champs, 11am
6 Sep SWVAC Overton Festival 5M Championships, 2pm
28 Sep SWVAC Marlborough Charity 10K, 10.30am
12 Oct SWVAC English Riviera 26.2, 10am (Championships)
19 Oct SWVAC New Weymouth 10M
26 Oct SWVAC Cheddar Valley 10M Champs, 11am
1 Nov SWVAC Weymouth Esplanade 10M, 2pm
2 Nov SWVAC Salisbury Plain 15M, 1pm
7 Dec SWVAC Portsmouth Victory 5M, 1.30pm
28 Dec SWVAC Exeter 10K, 10.30am

SCOTTISH

- 6 July 6 Man/Woman Ballot Team Relay, IBM Greenock, 2.30pm
12 July 7 Miles Bannockburn Road Race, 2.30pm
16 Aug Glasgow 800, 10K Road Race, Lochinch
6 Sept SCVAC v NEVAC Track and Field, Jarrow
14 Sept Half Marathon Handicap, Ayr

WALES

- 8 July WVAC League, Neath
13 Aug WVAC League, Cardiff Athletic Stadium

ISLE OF MAN

- 14 July Western AC Track and Field + Veterans Mile, 7pm, National Sports Centre, Douglas. Entries £1.00 on the line
10 Aug IOM Open Marathon and Half Marathon, 9am. cd 31/7. Club Aff. £6.00 non club 7.00. Entries on day extra £1.00. Cheques to IOM VAC to Peter Cooper, "Woodheights" Knocksharry, German, IOM, IM5 2AG. Prize Presentation and Free Buffet
21 Sep IOMVAC Open 10 mile walk, 10am
22 Nov IOMVAC Autumn Handicap '6', 10.30am



Heaton's winning M60 team, BVAf Cross Country. From left Reg Checkley, Eric Appleby and Joe Hawes

South Western Vet's Marattack

South Western Vets AC are planning to repeat last year's "Marattack". A team of 15 relay runners ran 1:58.45 to beat the world best time for a marathon of 2:06.50. The team members each ran seven laps of the Exeter Arena Track, handing on a baton after one lap, then resting as the other 14 runners each ran one lap. The date set for the marattack is August 2 at 1 pm. Other teams, any age - affiliated or not, are welcome to take part. Further details from Nigel Stuart-Thorn, 15 Robin Close, Bishops Hull, Taunton TA1 5EU

Girvan Retains 10 Mile Title

Report by Race Organiser, Doug Morris

This was the 13th year that this championship had been held in Oswestry, but it was not unlucky for Mike Girvan [Warrington], who was once again successful. On a dry but very blustery afternoon over the popular new Whittington course, we saw one of the classiest veteran fields that have taken part in the Oswestry 10.

last year's winner Martyn Rouse. Another new name on the scene at Oswestry, Ken Buckle [Cheltenham], took gold in front of old boy Mike Hawkins. Harry Clayton [Bristol] and Dennis Hayes [Keswick] battled well for the M60 title, with Clayton emerging as the winner. M65 Will Davies improved one place on last year's performance by claiming gold

Ogilvie. Trish Overton claimed gold in the W45 category, seven minutes ahead of Val Lindsey. Kay Davies [Amman Valley] ran well to take gold in the W50 class, with Sheila Beauchop [Kinross] just over a minute behind. Brenda Jones won the W55 from close second Margaret Fox. Finally in the W60 group, Betty Machin [Spenborough] won by three minutes from Gloria Burns.

It was a good day once again and everyone was well pleased. The only disappointment was that, although ordered in good time, the BVAF medals did not arrive. Substitutes had to be presented, but all medallists will receive the proper medal in due course.

The one concession that I made to the BVAF was that I would accept their official medals for this year, having supplied my own good quality medals in all of the twelve BVAF 10 Mile Championships previously held at Oswestry. My objection to using the BVAF medals had been that there was nothing on them to say what the medals had been presented for. However, I feel that I was badly let down on this one and only occasion.

Results p.18

Tom Evans, a M75 Championship record



Helen Morris

The leading group of five at the halfway stage: from left Mike Girvan, Rob Wise, Tony Power, Mike Hager and Martin Rees

Five likely winners formed the leading pack, Girvan, Rob Wise [Westbury], last year's joint winner and M45 champion Mike Hager, local new vet Tony Power and top Welsh vet Martin Rees. Power set the pace from the start taking the group of five through three miles in a fast 14:45. They stayed together until the end of the first 5 mile lap, reached in just over 25 minutes.

By the time they hit the six miles mark along the country lane, it became obvious that the wind had taken its toll. From here Girvan made a decisive effort, going to the front with a determination to gain a place medal, but not in the least confident of winning gold. It proved to be a wise move, as he maintained his lead and, to the delight of his parents, who had travelled down from Manchester on a tandem, he broke the tape to retain his BVAF title. Rees took silver, finishing just six seconds behind, and Wise, in his first vet's 10 mile championship took bronze. Hager added another BVAF title to his collection by winning the M45's, and Power was well pleased with his fourth spot in his first veterans event.

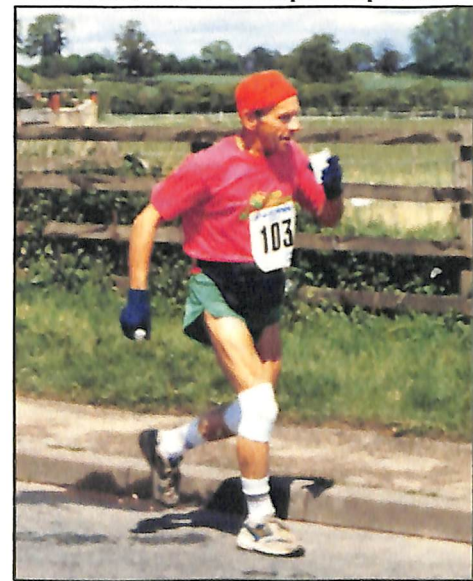
The only record of the day was set by Bro Dysinni's M75 "super vet" Tom Evans, who took over 4½ minutes off the existing best time. New boy Ian Barnes [Poole Runners, M50] won gold, beating

this time round.

The women's W35 and overall winner was the newly converted fell to roadrunner Janet Kenyon of Lostock, with Lynne Marr of Tynedale taking silver and Alison Vesey gaining the bronze. The consistent Liz Clarke of Les Croupiers was a good W40 winner from Oxford's Sue Janet Kenyon, women's race winner



Helen Morris



Helen Morris

Photographs

People photographed, excludes those informed already:
 Vets Relays Sutton Park m martin, j shields, c turner, w padgett, j o'brien, a gareth, b plain, elwyn davis, b cushion, p house, c crump, j roberts, j asgill, n robson, m mcdevitt(warr), m hager, d mullen, p mellors, sunderland 40 D, m higinbottom, b'moss, irene nicholls. Teams: Bingley 50, Cardiff 50, Les Croupiers W35, Bolton W40, Redhill 40, Cambuslang 40, BMC Relays i craig, p gallagher, d howard, k davidson, p molloy, g grant, d wilcock, Silksworth CC i harding, j rashleigh, s allen, l marr, v hancock, christine lee, b davidson, b o'neill, d gemmell, r highnam, p lancaster, c elson, a oliver, w wade, l forster, j edwards, a barlow, p brennan, b moody, i barnes, c leigh, s james, b o'neill, d gemmell, mike williams, m hager, l atkinson, m girvan, London Marathon c turner, d underwood, c robinson, avril allen, j mcgee, k charnock, j hardwick, s ashley, h walker, m rees, f clyne, Euro Indoors a wells, r honey, y priestman, p mckinnon, margaret smith, j harwood, v boden, c aying, c williams, b townley, j topliss, k atkinson, g hevingham, l talbert, n griffin, j colebrook, i barnes, m wallace, m martin, s lea, k archer, l campion, c wilkinson, d anderson, j brown, Enquire to Jeremy Hemming, 40 Balvernie Grove, London SW18 5RU tel 0181-874 1645



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.

Kim Blagden returned to athletics in 1994 after a break of 15 years. She had an excellent season in 1995 but was then forced to stop running through persistent pain and soreness in the lower leg. Despite rest and treatment the problem has persisted. Veronica's advice is as follows.

You mention that you progressed from jogger to track athlete, and that within three months you were the club's leading triple jumper, achieved 3rd vet in a 10k road race and successfully completed the Great North Run. Your training involved track intervals, easy 3-4 mile runs and two rest days each week.

One of the best predictors of injury is being a newcomer to the sport. This is because any increase or change in training should be preceded by an increase in strengthening the muscles to be able to respond to the training stress. Tired or weak muscles will not respond, and the result is injury.

Furthermore, research has shown that it is not necessarily the intensity or frequency of training that predisposes an athlete to injury, but rather the volume of training. It could be that you have taken on too much too soon!

You explain that you experience pain down the inside of the medial lower leg - the tibialis interior muscle. Pain down the lower leg can be the result of one of three possibilities.

1. Compartment syndrome.
2. Tendonitis
3. Stress fracture

Compartment syndrome involves the build up of fluid in the compartment through which run the muscle fibres. There is generally associated numbness in the foot and weakness in dorsiflexion of the ankle. You make no mention of this. Compartment syndrome also involves a

swelling but this is generally removed by elevation of the leg, allowing the fluid to dissipate. The cause is generally related to overuse and is associated with high repetition work, such as in distance running.

Stress fractures, unlike compartment syndrome, show no associated numbness or weakness. The pain is also different, in that it starts gradually and, as the exercise continues, the pain worsens considerably. An area of acute pain can generally be pin-pointed and is occasionally accompanied by a hard swelling that will not dissipate with elevation of the leg.

Tendonitis is the most common cause of lower leg pain. Inflammation occurs at the surface of the bone near to the point of tendon attachments. It runs up and down the length of the leg as far as the ankle and arch of the foot, as you describe. The pain is similar to that of the increasing intensity of a stress fracture, but less localised and cannot be pin-pointed easily.

It is caused by a too rapid increase in training load or a change to an unaccustomed event. This indicates that your pain is tendonitis - an inflammation of the tendons that attach the calf muscle to the tibia.

My guess is that you started on your new sport of "track athlete" without the necessary accompanying strength training programme, or drill practice such as leaps, strides and power moves. The treatment is RICE [rest, ice, compression and elevation] and possibly taping.

For rehabilitation, I suggest light ac-

Veteran A.A. of England

The 1997 International Cross Country race will take place in Northern Ireland. The VAAE would like to inform any English runner who wishes to be considered for selection to be aware of the criteria used in the selection process.

All BVAE Championship events, in particular the Cross Country, but also the 5K and 10K Road Championships and the 5000m and 10000m Track Championships races will be taken into consideration. This will enable a better comparison to be made between runner's performances over a National course rather than trying to compare them over differing regional courses. Runners who compete in European or World events may also submit their performances for consideration.

Full details of the date and course venue for the International event and how to apply for selection will appear in later editions of Veteran Athletics as well as Area Club newsletters. Runners who wish to be considered for selection should be aware that VAAE are unable to give financial assistance to those selected to run.

Phil Lee, VAAE C.C. Secretary

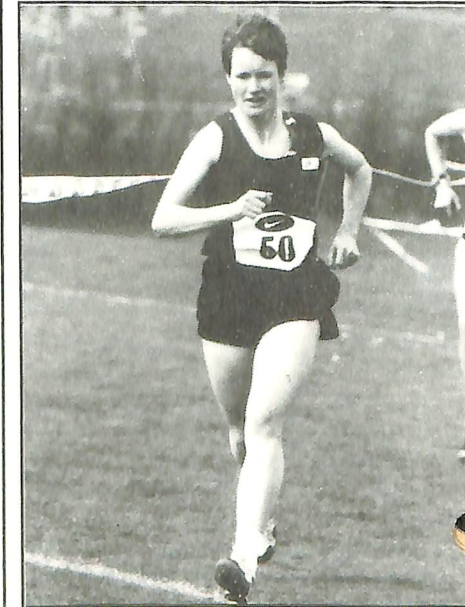
tivity [cycling or very easy running, stretching of the tibialis anterior muscles [sit down on your knees with your feet underneath you] and strength training for this same muscle [use weights, resistance band or swim].

Finally, with reference to your back and hip problem: check your lifestyle and your posture. Do you always carry out all tasks with the same hand, arm or foot? If you are right handed, remember to use your left side occasionally, so preventing scoliosis, which is often associated with pain in the back and hip. This type of pain is far more often related to lifestyle practices than to running.

Keep active, making your return to athletics easier and sooner. Water running is a form of exercise that mimics track intervals magnificently and produces similar results. Use time intervals instead of distance. It is safe, effective and injury free. It works, try it!



BVAE C.Country: Above: M50 Alan Barlow leads M60's Peter Brennan and Ron Higgs. Below: Early leader Janet Rashleigh [4th overall]



Jenny Hemming

Jenny Hemming

Mind Over Matter

by Derek Parker, BAF Senior Coach

Intelligent coaches and athletes realise the importance of correct training and racing procedures. Carefully planned schedules, integrating hard work with adequate rest and recovery sessions, and culminating in the acquisition of peak fitness for important competitions, provide the recipe for success.

Yet, despite conscientiously adhering to these principles, many athletes fail to do justice to themselves during races. Usually this is because they are mentally unprepared and allow fear, anxiety, tension and personal inhibitions to get the better of them on the day of competition.

It is easy to neglect psychological preparation in the build up to important races. Frequently the emphasis is directed to tapering down, energy boosting diets and tactical discussions. The role of mental as well as physiological factors is often disregarded. Yet psychological readiness is imperative at all levels of endeavour. It is particularly crucial when the difference in physical fitness and skills between rival competitors narrows. When physical attributes such as speed, stamina, strength, suppleness and skill are virtually equal, the advantage in a closely contested race lies with the athlete who has the better mental edge.

Most athletes experience the damaging feelings of anxiety and apprehension which detract from performance and which are especially noticeable prior to competition. Symptoms include skin pallor, sweating, faster breathing, mental and muscular tension, and frequent visits to the toilet.

These physiological responses to perceived stressful situations are initiated by increased levels of a hormone known as adrenaline which is secreted by the adrenal glands close to the kidneys. Increased adrenaline flow is nature's method of equipping humans with the capacity for "fight or flight" when confronted by real or imaginary threats.

A degree of nervousness prior to competition is necessary for good results to be achieved. It is an acknowledged fact that under-arousal of physiological and psychological processes is as detrimental to satisfactory performances as over arousal and excess nervousness.

Lethargy, indolence, and lack of goal identification are not conducive to good performance. These under arousal symptoms originate in over confidence or, more usually, a fear of the consequences of the race and the desire to disassociate oneself from it. Over arousal, on the other hand, is invariably caused by unrealistic expectations, obsessive commitment to perfection and intolerable pressure from parents, coaches, colleagues and sometimes even

the news media.

The objective of psychological preparation is optimum arousal of the athlete's mental, physical and spiritual resources - along with a realistic assessment of his/her capabilities and training or racing goals. Instead of worrying about opponents or coming last in races, athletes should set themselves goal-oriented tasks such as emphasising technical skills, running relaxed and aiming to run laps or miles at pre planned paces. Self oriented thoughts such as the fear of finishing last or not running up to expectations are negative, destructive and purposeless.

Conversely, task oriented thoughts are constructive, positive and purposeful. They reduce anxiety, fear and stress levels. They enable the athlete to fulfil his/her potential and to do justice to training efforts.

At its highest level, psychological training can involve hypnosis, autogenics, transcendental meditation, bio feedbacks and a process known as centering which requires the athlete to focus his/her thoughts on certain areas of the body and on rhythmic breathing exercises to induce feelings of relaxation and well being. It should be emphasised that these methods must be used under the guidance of qualified instructors. They can be expensive and are not suitable for everyone.

More simple and basic mental rehearsal exercises can be equally effective. They include lying comfortably on a couch or in an armchair while the athlete visualises himself / herself in a competitive situation. Breathing deeply, eyes closed, and aware of feelings of well being and relaxation pervading the entire muscular, nervous and cardio-vascular systems, the athlete sees himself / herself performing each sequence of the running pattern with precision, skill and sound technique. As the arms and legs rotate symmetrically round the shoulder and hip axes, there is an awareness of fluency and effortlessness as the athlete glides and flows in the imagination along the road or track, with each muscle group contracting and relaxing in perfect co-ordination and synchronisation. Aware of the absence of mental and physical tension, yet conscious of the intense outpouring of nervous, mental and physical energy into the effort, he/she visualises running the perfect race.

By mentally rehearsing the technically correct movement patterns, the athlete programmes them into the neuro-muscular systems and the subconscious mind. Then, during the real [as opposed to imaginary] race, the implementation of these movement patterns is instinctive and automatic.

Several athletes visualise the performances of top class competitors and then

mentally transfer them to their own self images. Mentally, they imagine themselves inside the body of their role model. By visualisation, they experience aspects of skill and technique comparable to the role model. These visualisation periods are interspersed with mental pauses of between ten and twenty seconds.

The visualisation session ends with the athlete mentally stepping out of the role model's body while still retaining an awareness of the movements experienced in the imagination moments earlier. The next time the athlete uses in a race or a training session the skills and techniques visualised in the mental rehearsals, he/she can expect to produce the requisite movement patterns more smoothly and efficiently. Mental rehearsal can also focus on the athlete's arrival at the race venue or on use of tactics during competition. By fixing the mind on task oriented objectives, the athlete is mentally preparing the mind and body for the demands of competition. Mental rehearsal can also involve visits to race venues beforehand to familiarise the athlete with his/her surroundings.

The opportunity to visualise the intended sequence of events and their outcome once the race gets under way will be taken. Even in training sessions the athlete can project specific situations into a future competitive environment. For example, when running repetition 150 or 200 metres the athlete can imagine himself / herself coming off the bend into the home straight and responding to the challenges of imaginary opponents by maintaining good form and technique to minimise deceleration - just as in an actual race.

Training colleagues can also be regarded as opponents so that tactical manoeuvres such as overtaking, dealing with being boxed in, and long and short finishing sprints can be practised. When running longer repetitions such as 400, 800, 1200 or 1600 metres, the athlete can imagine himself / herself at various stages of a race maintaining an economic running rhythm and sustaining pace under varying conditions of tiredness. If a marathon or half marathon is the goal the athlete can visualise crowds of spectators cheering him/her on towards the target.

It should be emphasised that athletes must have developed sound fitness bases for mental rehearsal techniques to be effective. In a competitive situation where differences in skill and fitness between rivals are minimal, psychological training will give the mentally prepared athlete a decisive advantage. More importantly, it will enable him/her to compete to the best of his/her ability and achieve performance commensurate with capability.

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MIZUNO CROSS COUNTRY Out Of Season SUPER BARGAIN for competitive cross country runners looking for a lightweight flexible shoe with excellent shock absorption and traction, features Poly Pag nylon upper with synthetic suede reinforcements for support, variable width lacing with laces. Reinforced heel counter for stability. EVA sockliner. Full board lasted for underfoot stability and protection. Full length di-cut EVA midsole for good shock absorption on multi-terrain surfaces. Rubber outsole, wrapped at the heel and forefoot. Versatile traction pattern with integral spike placement, sizes 4 ½ 5 5½ USUAL £39.95 OFFER PRICE £24.95, sizes 6 6½ 7 7½ 8 8½ 9 9½ 10 10½ 11 12 USUAL £49.95 OFFER PRICE £29.95



IN SPORT

ENDURANCE TANK - 100% Coolmax mesh, matching mesh trim, action cut, sizes S, M, L, XL, colours white, neptune, congo, black, stanley gold, matador, dark indigo, navy, grey heather £19.99



ROO SPLIT - 100% MicroSuplex, 100% Coolmax crepe liner, 1-1½" inseam, exterior side mesh pocket, split stitched down 3", InSport embroidered logo, sizes S, M, L, XL, congo, black, matador, dark indigo, grey heather, £27.95

PR SPLIT 100% Microfiber polyester, 100% Coolmax crepe liner, 1-1½" inseam, key pocket, split stitched down 3", InSport embroidered logo, sizes S, M, L, XL, colours neptune, congo (Stanley gold), black, stanley gold (Stanley gold), Matador (black), navy, £21.99

EXTREME CROP TANK - 100% Coolmax mesh, matching mesh trim, Action cut, Cropped length sizes S, M, L, XL, colours White/congo/black/stanley gold, stanley gold/black/matador, grey heather/dark indigo/matador, £19.95



AIR SPLIT - 100% MicroSuplex, 100% Coolmax mesh liner, 1-1½" inseam, key pocket, full split, InSport embroidered logo, sizes S, M, L, XL, colours congo/black/stanley gold, black/matador/stanley gold, dark indigo/grey heather/matador, £28.95

ROLLERCOASTER INSERT TANK - 100% Coolmax mesh, matching mesh trim, 100% Microfiber polyester back insert, action cut, sizes S, M, L, XL, colours congo, dark indigo £21.95

ROLLERCOASTER SPLIT - 100% Micro fiber polyester, 100% Coolmax crepe liner, 1-1½" inseam, key pocket, split stitched down 3", InSport embroidered logo, sizes S, M, L, XL, colours black/congo/stanley gold, navy/dark indigo/matador, £27.95

ROLLERCOASTER INSERT SPLIT - 100% Microfiber polyester, 100% Coolmax crepe liner, 1-1½" inseam, key pocket, split stitched down 3", InSport embroidered logo, sizes S, M, L, XL, colour black/congo, dark indigo/matador, PRICE £27.95

ROLLERCOASTER SPLIT - 100% Microfiber polyester, 100% Coolmax crepe liner, 1-1½" inseam, key pocket, split stitched down 3", InSport embroidered logo, sizes S, M, L, XL, colour black/congo, dark indigo/matador, PRICE £27.95

ATHLETIC CLOTHING SPECIAL OFFERS

RUNBIRD LYCRA LEOTARD - cobalt or claret, sizes S (8-10), M (10-12), L (12-14), USUAL £29.99 OFFER £10.99 or 2 for £20

RUNBIRD LYCRA SHORTS - cobalt or claret unisex, sizes S, M, L, XL, USUAL £24.99 OFFER £9.99 or 2 pairs £18

RUNBIRD LYCRA VEST - claret sizes S, M, L, XL USUAL £24.99 OFFER £9

RUNBIRD LYCRA VEST WITH LYCRA MATCHING SHORTS SET USUAL £49.98 OFFER PRICE £15

RUNBIRD LYCRA LADIES BRIEFS colours peacock blue or claret, sizes S (8-10), M (10-12), L (12-14), USUAL £14.99 OFFER £6 or 2 pairs £10

RUNBIRD MENS SOLID RUNNING SHORT - claret or cobalt S, M, L, XL, USUAL £18.99 OFFER £8 or 2 for £12

RUNBIRD MENS PANELED RUNNING VEST - colour cobalt, sizes S, M, L, XL USUAL £22.99 OFFER PRICE £6.95

MIZUNO MENS RUNNING SINGLET - colour marine, sizes S, M, L, XL, USUAL £18.99 OFFER PRICE £6.50

MIZUNO MENS SHORT - colour light racing blue, sizes S, M, L and XL, USUAL £18.99 OFFER £6.95, XXL, £9.95

RUNBIRD LYCRA LADIES TIGHTS - peacock sizes S (8-10), M (10-12), L (12-14), USUAL £29.99 OFFER £12

RUNBIRD LYCRA UNITARD - cobalt, sizes S, M, XL only, claret S, M, L, XL, USUAL £45.95 OFFER PRICE £18

SPHINX - the competitive track athlete seeking a lightweight, cushioned and flexible spike, suitable for middle/long distance on a variety of surfaces, sizes 3-5½ USUAL £39.99 OFFER £24.55, 6-12 inc half sizes £49.99 OFFER £29.95

SPLIT - full length Di-cut EVA midsole, lightweight all round cushioning, nylon spike plate, 8 spikes, underfoot support and traction, solid rubber out sole, durability and traction, 1st class training spike also suitable for competition, sizes 3-5½ USUAL £30 OFFER £20, sizes 6-12 inc half sizes USUAL £39.99 OFFER £25



BROOKS

BEAST - the legend of the Beast continues, year after year this shoe has offered the ultimate choice to runners who need excellent motion control, superior cushioning and firm support. This years model features Brooks' new rearfoot Hydroflow ST which gives both cushioning and stability, straight last, forefoot Hydroflow, Brooks diagonal rollbar, HPR rubber Heel Plug, 13.9oz, UK Sizes 6-12 inc half sizes plus 12, 13 and 14, £69.95

CHEETAH - the ultra-light, ultra-flexible Cheetah is back and better than ever. Designed for the runner who needs a lightweight trainer or racing shoe with excellent cushioning, curved last, Forefoot HydroFlow, lightweight moulded EVA midsole, Micro-thin Carbon Rubber Outsole, 9.9oz UK Sizes 7-11 inc half sizes plus 12 £54.95



ADDITION - a straight last, Hydroflow cushioning and Brooks' diagonal Rollbar are the highlights of this model which is a popular choice amongst runners who have stability needs, but not to the same degree offered by the Beast, straight last, Rearfoot Hydroflow, Brooks Diagonal Rollbar, HPR Rubber Heel Plug, mens 13 oz, ladies 11 oz, mens UK sizes 6-12 inc half sizes plus 12, 13, 14, ladies UK sizes 3-8 inc half sizes £49.95

TRI-DEMON - a shoe designed specifically for the triathlete. The curved last Tri-Demon has a unique laceless closure system, front and back pull tabs for faster on and off, forefoot HydroFlow, ventilated air mesh and micro thin carbon rubber outsole provide cushioning and performance, 8.9oz UK sizes 6-11 inc half sizes plus 12 £54.95



LADY ADDITION

RIVAL - the Rival is simply about technology without all the hype. Equipped with the patented Brooks Diagonal Rollbar, the Rival curbs pronation in a big way. And to provide both stability and cushioning for the long haul, HydroFlow ST in the heel and forefoot, mens UK Sizes 6-11 inc half sizes plus 12, ladies UK 3-10 inc half sizes £49.95



ADRENALINE - the Adrenaline delivers unmatched stability and cushioning in a high performance trainer. Cushioning comes in the form of rearfoot and fore foot HydroFlow, while stability is delivered through our Diagonal Rollbar. This shoe is built on a semi-straight last and incorporates a strategically placed forefoot flex groove. mens UK Sizes 6-12 inc half sizes £59.95

CONQUEST DS TRACK SPIKE - designed for all track athletes, the ultra light 'Conquest' makes an ideal training spike for sprinters, suitable for middle-long distance. Heelgrip enables cross country use also, only UK sizes 8 8½ 9 9½ 10 USUAL £44.95 OFFER £24.95



PB RACER - high performance fell racing shoes, lightweight quick drying fabric, thinner lightweight EVA mid sole, manufactured on narrow last for tailored fit, unique deep studied 'pyramid' sole gives grip, stability and strength, designed and built for competitive racing, used by many champions over the last years, sizes 3-5½ £45, 6-13 £52.99

PB TRAINER - puncture resilient material gives strength and reliability, optional stability rand for added protection, unique 'pyramid' carbon rubber sole gives grip, stability and strength, superb comfort with rugged toughness, proven by Champions to be the best shoes available, sizes available 3-5½ £45, 6-13 £52.99



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