

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 43

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Summer 1997

## Rain and Shine at Blackpool

Wet and windy weather marked the first day of the Fourth Open BVAF Track and Field Championships at Stanley Park, Blackpool. The blustery conditions made things difficult for most of the competitors, particularly for those taking part in the field events. The second day, however, saw welcome sunshine and only a slight breeze. Despite the weather, about 700 entrants produced some top class performances. It was good to see a larger than usual contingent of Scottish members competing, encouraged to travel, probably, by the shorter than usual journey.

One of the top performers over the two days was, again, Stephen Peters. Now 43, he maintained his form of recent years and won the 100m, 200m and 400m. Winning the 100m was made easier for him when last year's winner, Kwadwo Ansah, pulled up in the final with a groin strain, but Peters looked impressive in clocking 11.3, with three others chasing hard on 11.5. Peters won the 200m [22.38] and 400m [51.43] by wide margins. In fact, he clocked 22.50 in his 200m heat in an attempt to better the British Record.

Another sprint highlight was that of Viv Oliver [M45]. He streaked to a 100m

Trevor Wade wins M45 Long Jump



Jeremy Hemming



Jeremy Hemming

M40 800m Final: Alastair Dunlop [39] wins from Glyn Harvey [56] and Kevin Archer [6]

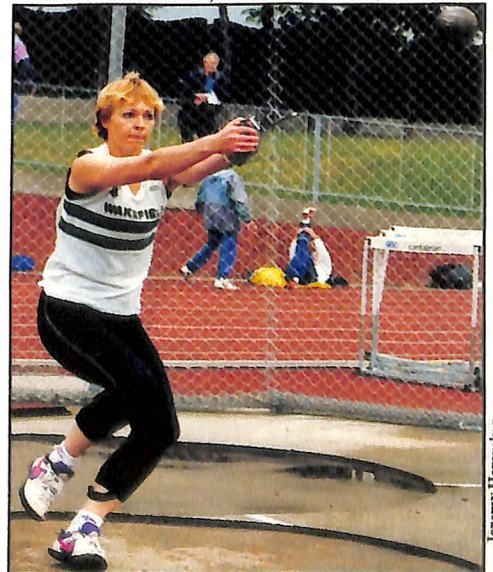
title in 11.5 and then had a great battle with Joe Caines in the 200m. Oliver finished one metre ahead of Caines but he had to run a Championship Best Performance of 23.02 to do it. Viv Bonner, W45, was in great form, taking both of the sprint titles. Her 200m time of 26.52 was faster than both the W35 and W40 events. Others who produced a sprint double were Helen Godsell [W40], Maureen Lewington [W50], Alan Mellett [M60], Doug Adair [M70] and Ernie Plimer [M80]. The only records to fall in the sprints were in the 100m, where Charlie Williams produced a M65 CBP of 13.26 in finishing one tenth of a second in front of Allan Meddings, and the irrepressible Mary Wixey, who set a W75 British Record of 19.26.

Williams was on the record trail again in the 400m, where he ran a brilliant 62.5 to win by over two seconds and set a M65 British Record. Mary Holmes [W60] also set a British Record of 75.96. The strength in depth of the women's W35 400m was evident when the first four all beat 60 seconds, although Diane Clarke won the race easily in 57.89.

In the middle distance events, Alastair Dunlop made his long journey from Stor-

noway worthwhile by winning the M40 800m in 2:03.26 after a 200m sprint with Glyn Harvey and Kevin Archer. Reg Phipps, now only a few weeks away from joining a higher age group, outkicked Malcolm Martin to regain his M50 800m title which he could not defend last year through injury, and Tom Clowry ran away [continued overleaf]

Jennifer Cunnane, Record Hammer Throw



Jeremy Hemming





M40 Steeplechase: Terry McCarthy and Tom Ulliott lead through the waterjump

### BVAF Championships

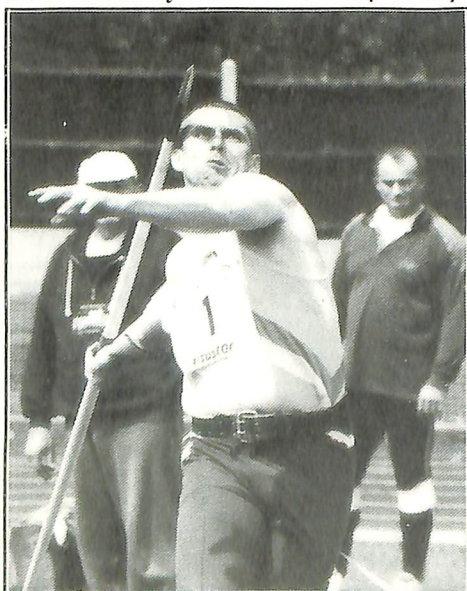
[cont. from p.1]

from the rest of the field to win the M65 800m in a fast 2:31.59. Phipps also regained his 1500m title with a superb last lap effort which saw him draw away from the injury troubled John Potts.

Janet Holt, now in the W40 category, was streets ahead of the rest of the 1500m field and finished nearly 13 seconds clear in 4:41.05, while new name Nancy Hitchmough won her W45 event by a massive 16 seconds in a fast 5:03.0.

The combined M40-45 5000m produced one of the most interesting races to watch. Five M40 runners, plus M45 Archie Jenkins, worked together and dominated the race for the first 10 laps and it was obviously going to be decided by a last lap burn up. Unexpectedly, it was Mick McGeoch, not normally noted for a sprint finish in shorter races, who put in a blistering finish over the last 350 metres

David Abernethy wins M40 Javelin [54.64m]



and won by 10 metres from Graham Ratcliffe, with Jenkins in third place overall and first M45.

A 25 strong field contested the over M60 race and there was plenty of strength in depth. Dennis Hayes took the M60 section from Scotland's John Gormley in a fast 18:05.5 and Pascal Morris, just a few weeks into the M65 group and making a welcome return to the championships after an absence of several years, won his class in an excellent 18:29.7 from Bill Stoddart of Greenock.

Lynne Marr, W35, the favourite for the women's title, easily won the combined W35 - 49 race but Judith Meeten and Felicity Garland turned in good performances to take the W40 and W45 age groups. In the over 50's race, Elaine Statham was a runaway winner and set a Championship Best Performance time of 18:42.4. Two of the best efforts in the 10000m were the M60 win by Cyril Leigh with a very fast 36:19.1 and the 36:50.8 W40 win by Anne Jeeves.

Jose Waller, that well known collector of women's age group records, was competing in her first year as a W75 and she proceeded to set four British W75 Records, in the 800m, 1500m, 5000m, and the 10000m.

Bob Care is another athlete to have recently moved up to another age group and he had no trouble in setting British M50 Records in both the 3000m and 5000m Walks. Ann Lewis, W45, and Anne von Bismarck, W65, did likewise in the 5000m Walk.

The long hurdles had some of the worst of the weather on the Saturday, but it did not stop Nanette Cross from breaking the W55 300m record with a time of 62.9. Dave Anderson, Isle of Man, overcame the conditions to record a splendid 58.09 in winning the M40 400m hurdles.

There were some notable performances by guest athletes from overseas. Australia's Fred Turner had two good wins in the M55 200m and 400m. He beat Scotland's John Steede in the former but Steede outsprinted him in the 100m. Former British and world record breaker Barbara Blurton, now an Australian citizen, set CBP's in the W45 400m and 800m, although Viv Bonner had a comfortable win over her in the 200m.

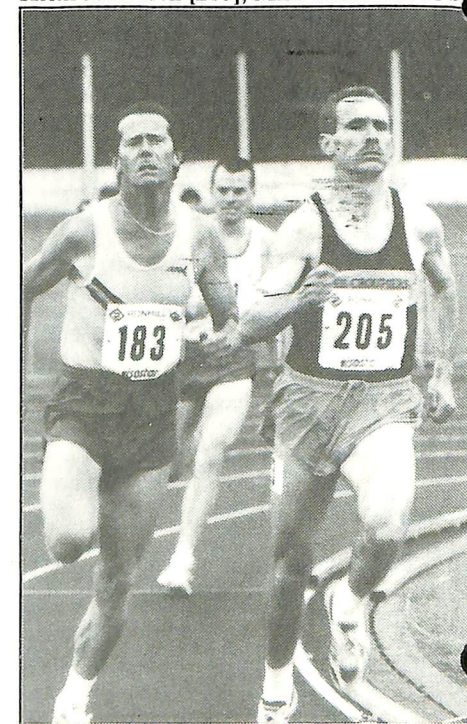
In the field events, Jennifer Cunnane was an exceptional performer, winning five titles, two of which were accompanied by British Records. The records came during the first day's bad weather, when she achieved a hammer throw of 40.06m and a 2.70m pole vault. She followed up these with wins in the shot, javelin and discus. John Scott heaved the shot a magnificent 13.35m for a M55 British Record. Others to set British Records were W50 Marlene Simmonds with a 9.52m triple jump [in addition to winning three other titles], Bernard Metcalfe [M80 hammer] and Mary Wixey [W75 long jump].

The men's hammer throws produced some top class performances. Longest throw of the day was 57.12m by M40 Malcolm Fenton. Chris Mellhuish and Bill Gentleman recorded good wins in the M50 and M55 groups respectively but we saw one of the closest contests in the M60 group. Four men finished within less than one metre, but David Bayes finally triumphed with 37.16m.

Carol Filer had a very busy championships with wins in the triple and long jumps, wins in both hurdles events and placings in high jump and 100m. Jenny Brown performed to her usual high stand

[continued on p.3, foot of col.1]

M45 1500m: Stuart Halion [183] outsprints Keith McGeoch [205], Mike Bumstead 3rd





# Trackside Chat from Blackpool

Evaun Williams won all four W55 throws titles, but thought that all her performances were below par. She had not conditioned herself properly due to a poor winter's training. As a District Nurse with Haringey Health Care and also involved in teaching, she had not been able to devote the necessary amount of time to her training. She will be moving into the W60 age group in a few months time and is looking forward to that.

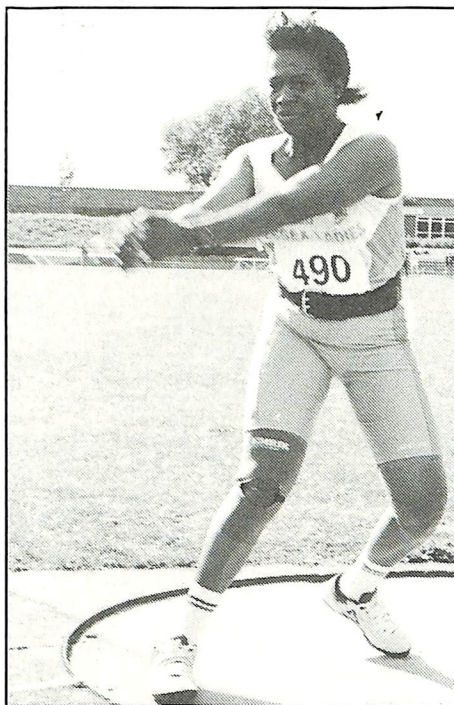
Williams took up athletics when she was 49. She was encouraged by the success of her daughter, Sharon, who has run for the British team on a number of occasions and has achieved times of 11.53 and 23.5 for the 100/200m. In her first year of training she went to the European Veterans Championships at Verona, won some medals, and became hooked on athletics. This encouraged her to train harder.

She considers her best ever medal winning performance was in winning the World throws pentathlon, although she rates her silver medal in the W55 heptathlon in the 1995 WAVA Championships at Buffalo as her favourite. A specialist thrower, with weak spots her jumps and 800m, she still performed so well that she was only 27 points away from winning the gold medal. "I was really chuffed with that one", she says, "as a thrower among all the heptathletes, and I did not realise that I was so close to winning".

Evaun Williams enjoys the camaraderie of veteran athletics. "I like the challenge and seeing how much that the body can do," she says.

Ron Anderson, who retired from athletics 11 years ago due to a heel injury, made a welcome return and won the M60 100m in 59.7. This was only his second race since his comeback, having won the Northern Vets 400m a month earlier.

Anderson was a professional athlete for 20 years in his younger days and was re-



Evaun Williams, four titles at Blackpool instated as an amateur around the time that he was approaching veteran status. He quickly made his mark on the veterans scene in 1977 when he became the European 800m Champion and briefly held the World Veterans record for 800m with a time of 1:56.3. However, he recalls that he was not allowed to enter the WAVA Championships, when they were held at Gothenberg, because of his former professional status.

Anderson had been tempted back into veteran athletics because he thought that the published age group performances were not all that good and he believed that he could do better. He confesses that, whereas he found that training at the age of 40 was a pleasure, training hard at the age of 60 is very hard work. "Cruel" is the way he described it! **Alastair Aitken**



W40 Carole Filer, 671, and W35 Lyn Talbert contest the 400m Hurdles

## 1998 T & F Championships

The Welsh Veterans Association will be hosting the 1998 BVAF Open Track and Field Championships. They will take place at Newport, Gwent, over the week end of July 11-12. Details will be published in Veteran Athletics early in 1998.

## BVAF Track & Field Trophies Championship Best Performance Awards Track:

Committee Shield: W35: Diane Clark, 400m, 57.89

Clifford Repa Trophy: over 40: Stephen Peters, 200m, 22.38

Douglas Sport Trophy: over 50: Robert Care, 3000m Walk, 13:10.09

Alf Sutherland Trophy: over 60: Doug Fotheringham, 5000m Walk, 27:30.98

## Field:

Committee Shield: W35: Claire Cameron, Discus, 40.06m

Energy Direct Shield: over 40, Malcolm Fenton, Hammer, 57.12m

BVAF Energy Direct Trophy: over 50: Bill Gentleman, Hammer, 49.06m

Doctor Mac Trophy: over 60: Rosemary Chrimes, Discus, 31.28m

Early stage of the W35-49 5000m: Lynne Marr, 637, and Kim Davison, 614, set the pace



## BVAF Championships

[continued from p.2]

and with wins in all three jumping events. One of the best field event efforts must surely have come from Claire Cameron, who threw the discus 40.06m, a performance which earned her the trophy for the best W35 field event performance.

The W60 events were dominated by two athletes. Carina Graham won five events including a CBP in the 80m hurdles and Rosemary Chrimes took three titles with CBP's in the high jump, shot and discus. Evaun Williams, in her final year in the W55's, took all four throws titles. We could see some interesting battles between Williams and Chrimes in the W60 shot and discus next year. **Results p12-13**

**Geoff Ashby**



# A Successful World Championships, Despite the Problems

Report by Bob Belmore

Durban, with its long sandy beaches and excellent accommodation, was an ideal venue for the World Veterans Championships. The excellent facilities, with two tracks, a throwing and training area and a golf course which was used for the cross country on the first day, were all only a mile from the main accommodation area.

There was a good carnival atmosphere, including traditional African music and dancing, to be found each day. The ongoing beer tent and evening log fires were much appreciated, continuing until after the crowded and sometimes irregular free buses had taken home tired, hungry athletes and officials, some of whom had started the day at 6.30am and worked until very late. They, too, deserved a medal. [Perhaps the friendly camels on show could have been used as extra transport]. Although the bus service did improve, I, along with others, had missed much of the cross country, waiting for buses that did not arrive.

The local organising committee had obviously tried and worked hard, with enthusiasm and friendliness, to present a memorable championships. However, this had been overshadowed by a lack of co-ordination, space and, perhaps, a skilful administration to handle the large entry of nearly 6,000 athletes, the second largest ever, from 70 countries.

Without doubt, the competitions were much enhanced by the large and talented home team, particularly in the cross country and the marathon. With over 2400 entries they were easily the largest contingent, with Germany on 504, USA 339 and Great Britain 221. Due to such numbers, and a results system which was certainly overstretched at times, it was difficult to obtain accurate results. In addition, trying to keep an eye on the British squad was not helped by having so many individual coloured outfits on show, including seven variations of the British kit. Yet again, it begs the question why we cannot use the traditional British vest, as illustrated by our senior teams? Another major grumble was in trying to keep up with the ever changing time table, delayed at times by several hours, a frustration for athletes and supporters alike.

As always, however, with so many world and championship records, there were many high points to balance the disappointments during a 10 day crowded programme. This should now surely be extended to allow more time for athletes and officials. It would also, possibly, help to avoid the number of injuries that occur. The Brits certainly had more than their fair share of these. Among those sustaining injuries, preventing further participation in the championships were Pat Gallagher, Nan Cross, Maureen Lewington, Roger Bartlett and Peter Browne. Other casualties included Toni Borthwick, who broke her arm when she fell in the home straight of the 400m final, after previously winning the 800m. Joselyn Ross, running well in the cross country, despite a fractured foot, went down with a severe chest infection and, to cap a bad week, Barbara Dunsford was detained in hospital



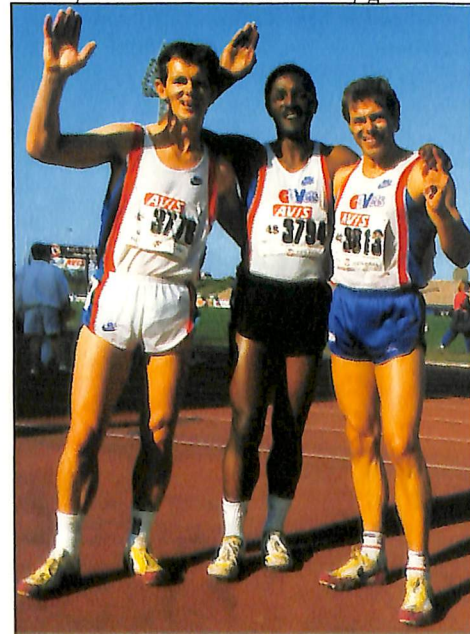
A good baton change: Peter Hickey hands over to Stephen Peters, M40 4 x 100m

with illness.

The first two days of competition saw a complete contrast in weather conditions. Day one was near perfect for the cross country, held at the undulating golf course close to the tracks where the decathlon and heptathlon were simultaneously getting under way. Torrential rain fell on the second day, causing problems in the stadiums, but the show went, and on, until midnight.

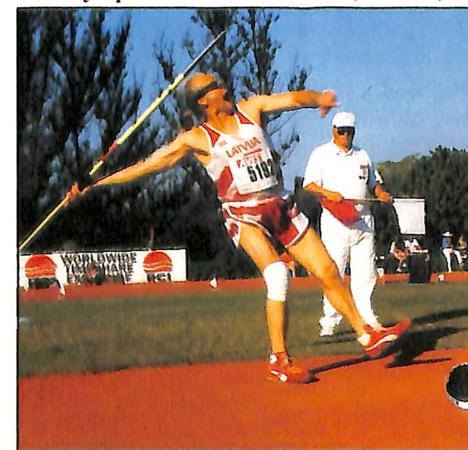
Over the two days, our hardy band battled on, gaining well earned awards. Nick Phipps won silver in M40 decathlon and Snowy Brooks equalled this in M50. W35 Jenny Brown won all seven heptathlon events in taking gold, well clear of team mates Hazel Barker and Jackie Gilchrist, 2nd and 3rd.

**M45 400m: from left, Doug Lucas, 5th, Viv Oliver, silver and Alasdair Ross, gold**



At the golf course, entries in the cross country were high and, as always, good quality. In the combined M40-45 race, Ray Curran headed the GB M40 group, finishing 9th and Chris Fairbrass the M45's in 12th. Harry Clayton, M60, 4th, and Bill Stoddard, M65, 2nd, were our other main challengers. Running in the over 60's event, they led the team to 3rd on aggregate times. Lynn Higgs, W35, in her army colours, ran well for 4th. Joss Ross, 2nd, led her team in the W65 to gold medals, with Betty Forster 4th and Betty Norrish 6th. Jose Waller, now 75, collected her first gold, winning with little opposition.

In the field events, excellent throwing in the W35 hammer event gave Jenny Earl 39.48m and the silver medal, closely followed by Wendy Dunsford in 3rd and Claire Cameron 4th. Silver medals, too, for Lesley Shrosbee [W50], Evaun Williams [W55] and Bill Gentleman [M55], the latter with a new British record. Bill also won silver in the weight pentathlon, while Evaun Williams went one better in this event. Claire Cameron moved up to bronze in the W35 and also won Ex Olympic athlete Janis Lasis, Latvia,







**Mick and Elaine Statham, Brenda Green and Toni Borthwick at the stadium entrance**

gold in the discus.

Other good performances that gained yards were by Robert Brown, gold in the W50 pole vault, and Carol Filer, silver in the W40 long jump. Bronze medals went to Jenny Brown and Pam Garvey [W45] in the high jumps and Carina Graham in the W60 triple jump.

Although walking events do not seem to attract the numbers from the U.K. these days, we won our share of the medals. In the 5000m track event, Jill Langford, W55, made it gold while W35 Annie Brewster and M60 Dave Stevens each took bronze. On the road over 10km, Jill added a silver and Terry Simons, still going strong at M70, also won silver - then joined many others with a red card. In the 20km, Bob Dobson, M50, and Doug Fotheringham, M65, just missed out in 4th. Nevertheless the teams collected three sets of medals, W50 and M65 silver and M40 bronze.

With so many fine performances on the track, one must highlight the M40 100m for the sprinting of our top two. It was given as a win to Kwadwo Ansah and second Stephen Peters, after waiting several hours for the result, only to be told before the presentation the following day that it had been reversed. It should not have happened! Peters went on to win silver at 200m and gold at 400m.

Viv Oliver again shone with a great 200m gold, plus silver in the 100m. What a finish! In the 400m he was beaten by Alasdair Ross, who had withdrawn from the 200m final. Another gold winner was John Steede in the M55 400m, following his bronze in 100m. Others to make the sprint rostrum were W35 Jane How and M50 Tony Deleiros, both with silvers at 400m, and W40 Angela Mullinger with 100m bronze.

Our hurdlers also made a great impact. Barry Ferguson claimed another gold at M55 100m, a good win, followed by a new dance routine to celebrate. Colin Shafto, too, made it gold again at M60 100m. Other hurdles medals were silvers for Tony Wells and Michael Coker at 110m and a bronze for Ian Wells. Carina Graham [silver] and Carol Filer [bronze] won more at 80m. In the long hurdles Wells won the M45 title and Coker strode to victory at M40, while Jane How and Colin

Shafto added silvers and Nanette Cross a bronze.

Our middle distance stars were in great form. Dave Wilcock won the M40 800m, but found the 1500m field just too good on the day. John Wilson was a surprise M60 winner in a good time and Jimmy Todd, M75, made it three golds at 800m, 1500m and 5000m. Dave Anderson struck bronze twice in M40 400m and 800m. Tina Colebrook stormed to a win in the W40 800m in a fast time, with Carol Smith 3rd. She later added two more golds at 1500m and 2000m steeple chase and Alison Jones won bronze. Malcolm Martin scored in two events, a silver at 800m and bronze at 1500m.

Former British team member Barbara Blurton, now living in Australia and running in Aussie colours, had two terrific wins in the 400m and 800m, although Caroline Marler was a close 2nd in the 400m. Elaine Statham ran second three times to Pederson of Sweden at 1500, 5000 and 10000m. In a controversial 5000m her time set a new W50 British record. Pederson herself broke the World Records at 1500m and 10000m.

Christine Rollason, finishing 3rd in the W45 10,000m, was told to run an extra lap due to an error by a lap counter. This went to a Jury of Appeal and the corrected result was published a week later. Bill Stoddart added two more silvers to his cross country, at 5000 and 10000m, and Josie Waller continued her gold medal haul in the longer races.

The track programme was rounded off with the relays, where GB usually ends up on a high note. On this occasion, however, we had mixed fortunes, but pride of place went to the M45 4 x 400m squad of Lucas, Caines, Oliver and Ross, who not only won gold, but broke the 10 year old World Record set at the Melbourne Games in 3:28.36. Gold also went to the W40 team of Filer, Smith, Marler and Colebrook, giving the latter her 4th gold.

In the marathon, also held on the final day, it seemed that half the South African contingent were running. Although the two lap race, which took in the Golden Mile sea front, appeared to run smoothly, it was again disappointing that we could not obtain the complete results. Steve Lonnen came through well

to finish 4th in 2:28.44, with Ray Curran 13th and Norrie Williamson 22nd. In the M45's our leading pair were Pete Marsh in 6th and Chris Fairbrass, holding on with foot problems, made it 15th.

This report has concentrated on the British participants for obvious reasons. Space does not permit a full report on all the great performances by overseas athletes but those of Phillipa Raschker and Don Turnbull must be mentioned. Raschker, the amazing American who swept all before her at the European Indoors last winter, did it again at Durban. She won no less than eight W50 events including a number of world records. The great New Zealander, Don Turnbull, won four M70 events in incredibly fast times, 800m [2:28.37], 1500m [5:04.54], 5000m [18:34.61], 10000m [39:43.67]. That other great "super vet", John Gilmour of Australia could also have re-written the record books, but he was another who succumbed to an early injury, in the 10000m, and was sidelined for the remainder of the championships. Janis Lusis of Latvia, the former Russian Olympic athlete and the first man to throw the javelin over 100m, which resulted in the re-designing of the javelin for safety reasons, was on view, but was beaten in the M55 by S. Africa's Mwalwanda [54.42m].

And so ended what was a somewhat controversial games. Even the Closing Ceremony did not go as scripted, with the free fall parachutist, who was bringing the flag for Gatehead in 1999, landing in the middle of the official speech! I understand, however, that every one enjoyed a great party night at the Quayside. What a pity that I missed it!

A final look at the lovely beach front during the following week before I left for home was a joy. What a contrast to the last moments at the Stadium, in the scrum where many were trying to grab goods and souvenirs, and were not very concerned about the piles of Gateshead 1999 literature that were being strewn about the place. I hope that was not a bad omen. **British Results p.9**

**Phillipa Raschker, winner of eight events.**



Carina Graham

Carina Graham



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## Prize Draw

The prize draw gives support to the paper. Why not join in? Each month there is an overall £125 winner and five £10 runners up. All you have to do is send off a cheque, made payable to *Veteran Athletics*, for £12, or multiples thereof—to increase your chances of a win—to the Hon. Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot Devon TQ12 6YB

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

**April 97:** £125 to K.McDonald [St. Albans] £10 each to Y.Priestman, P.Acton-Phillips, R.Green, M.O'Leary, P.Cartwright

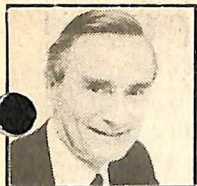
**May 97:** £125 to H.Piper [Birmingham] £10 each to B.Page, C.Manning, T.Neary, B.Ho, K.Robbins

**June 97:** £125 to D.Allum [Southsea] £10 each to G.Brindley, S.Honey, C.Joss, D.Willcock, C.Bathgate

**Lesley Shrosbee, W50 Hammer winner in BVAF Championships and silver medalist in WAVA Championships at Durban.**







## From the Chairman

The AGM at Blackpool was, perhaps, the easiest that I have had to chair, as there were no major issues on the agenda and all the Executive Officers were re-elected unopposed. One can only presume that members are happy that everyone has done a good job over the last year. That has certainly been my view and I was delighted that they were all willing to carry on in office for the current year. May I again express my thanks to them for the work and support that they have given.

The only change is that Sylvester Stein has stood down as President and I have special thanks to him for his backing and advice during the year. Inevitably, the Chairman has to cope with a variety of problems and is subjected to a certain amount of flak, so it was extremely helpful to have some one to talk to who had first hand experience of being in charge of veteran athletics and who had no other axe to grind.

Introducing Eric Shirley as our new President was another easy matter. He may not have Sylvester's experience of the workings of the BVAF but he does have a

wealth of experience in just about every other area, ranging from being an Olympic athlete, to the higher echelons of BAF and of course he is still an enthusiastic veteran athlete. From all that experience I am sure that Eric will be able to add a new dimension and perhaps a different slant to some of our thinking. Whatever his input, it will be extremely valuable, in addition to his whole hearted support for the BVAF.

The only question raised on the Officer's reports was one from Martin Duff concerning the financial outcome of the European Indoor Championships, a subject which he had mentioned in Athletics Weekly as being of concern to members. I was able to re-assure the meeting that, as we had formed a Limited Company specifically for the Championships, the accounts were quite separate from the existing BVAF funds. However, figures were not yet finalised and negotiations were still taking place on some items to try and reduce the expected charge. Current forecasts indicate, however, that the event had made a loss.

I further stated that we were considering how we could recoup whatever was

required, so that once all accounts were cleared, the Company could then go into voluntary liquidation. In the short term, outstanding bills were being covered by an outstanding loan from existing BVAF funds. Since the AGM, however, I am pleased to report that, having made an approach to the European Veterans A.A. for help, they have responded with a substantial donation which, together with another generous donation, has reduced the projected loss to a figure in the low hundreds. This is a sum which the BVAF is in a position to absorb, if necessary.

There were only two proposals submitted to the AGM. The first was from the Council to amend the Constitution, and was basically a tidying up as a consequence of the changes of title made at the previous AGM. The main effect of this is to absorb the role of the Assistant Chair for Policy / Administration for Home and International Affairs with that of the Vice Chairman. Having circulated all clubs well in advance, this motion was passed unanimously.

The second proposal was more controversial. Phillip Malins and Karl Abolins of MVAC proposed a change in the technical rules for walking, applying to walkers over the age of 60. The aim was to accommodate walkers over that age who, because of physical problems, found difficulty in complying with the rule requiring that the leg be straightened from contact until the vertically upright position. This was discussed and I also read out a letter from Barbara Dunsford, who could not be present. Because it is a technical matter I suggested that only those who had a knowledge of walking should vote and other members abstain. On voting the motion was defeated. **K.M. Whitaker**

Straight legs! Karl Abolins, 531, and Len Creo [both M70] at Blackpool. See Chairman's report.



**Bridget Cushen**

## Secretary's Report

### BVAF AGM

The well attended meeting in the first day of our National Track and Field Championships in Blackpool welcomed Eric Shirley as President. I am sure you will wish this very experienced ex-international and BVAF 800m champion well in his new post.

A motion to change Rule 19.1 [Walking] by adding the words "for walkers below the age of 60 was debated at length. The Chairman ruled that only walkers could vote on the issue and, whilst there was sympathy for the proposer, the motion was defeated by seven votes to two.

Reports from Mike Wrenn, Cross Country, and Peter Duhig, Road Running and Road Walking, wherein both have turned round championship deficits within 12 months, were applauded. However, a heavy loss was incurred on the international track and field match in Holland.

### World Championships

The 12th W.A.V.A. Track and Field Championships got off to a shaky start, despite the Organising Committee's efforts to put on a great show. Fortunately for us, delegation from Gateshead, the 1999 host city, were there to witness how a few problems in the computer room can have

such repercussions on the whole programme. With over 5700 competitors from 72 countries entering, on average, 2.5 events each, the competence of the most experienced officials would have been tested. Criticism in the local newspaper prompted the City Mayor to send a letter of apology.

As always, the experienced athletes got on with their competition and most came away with happy memories of a beautiful country.

Whilst the athletes headed for the beach or the game reserves on the rest day, the WAVA General Assembly was being held. We congratulate the following new Council members: our own Ron Bell defeated Jacques Serruys for Vice President, Non Stadia; Torsten Carlus succeeds the retiring President, Cesare Beccali; Monty Hacker, South Africa, takes over the arduous job of Secretary and Switzerland's Guiseppe Galfetti is now Treasurer. Earlier in the week, I was elected as Women's Representative. The new Chairman of the Records Committee is Willi Koster.

If you missed out on Durban, you may be interested in taking part in the Oceania Championships, which includes a half marathon and cross country, and commences on Jan. 17 in New Zealand [details on page 17] or the 2nd Malta 10km road race and track and field meeting takes place on the same date [see advert on p.21].



Jeremy Manning



## YOUR LETTERS

The Letters column of Veteran Athletics is 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.

### No Offence Meant

I feel duty bound to come to the rescue of one of our most illustrious members and friend, John Harris, the unfortunate subject of Bob Mitchell-King's letter in V/A 42. It would have been better if this letter had not been published in view of the upset, stress and strain that it has caused to this fine and loyal individual.

Understandably, he may well feel inclined to deny any future requests to appear in public, resplendent in his uniform, of which he and we are justly proud.

**Nigel Stuart-Thorn**

*If the letter has caused offence then we would like to offer apologies to John Harris. I am sure that the writer of the letter did not mean to indicate that it was any fault of John's. In fact, the flags would have been prepared long before the opening ceremony. We would all wish to see John continue to carry the flag for Great Britain. Editor*

### Unclaimed Medals

Any person who did not collect a medal won at the BVA F T & F Championships at Blackpool should send a 9" x 4" SAE to Derek Howarth, 6 Stone Cross Lane, Lowton, Warrington WA3 2 SB.

**Lost Clothing:** A few items of clothing were left behind in the stand and on the track, and, if described, arrangements will be made to return them. Please contact Derek Howarth.

### Ware 24 Hours Track Race Walk

Sandra Brown set a British Record in the Ware open 24 hour track race on 19-20 July. The race started in hot conditions at 2pm, on the Saturday afternoon. The weather during the night was good, with a bright moon, then a cold mist at sunrise, followed by a very hot Sunday morning. Only two non vets finished the race.

	24hr distance	100M time
S. Brown	W45 194,758m	19:27.15
J. Green	W55 171,830m	22:17.07
P. Pederson	M45 190,845m	19:39.51
C. Flint	M50 184,208m	20:21.41
K. Perry	M45 178,972m	21:14.12
D. Watson	M60 177,196m	21:32.11
E. Horwill	M60 165,776m	23:17.07
R. Watts	M45 162,833m	23:40.07
K. Watts	M45 162,437m	23:40.07
G. de Jong	M55 161,736m	23:52.49
J. Fenton	M50 145,042m	-----
P. Sargent	M70 138,905m	-----

**Eric Horwill**

## No Progress On BVA F Kit

Further to earlier letters concerning BVA F kit, I would remind members that we are back to the position that we were in in 1991.

On complaining about the kit on the way back from Turku in 1991, especially when compared with the American and Dutch kit on display at those championships, I was challenged by Martin Duff [then a BVA F Committee member] to produce a design.

This I did, and a small sub-committee was formed to progress it. I had some sample vests, shorts, tights and a track suit made up. However, before due consideration could be given to the design, and trial vests and shorts made up, we were rushed into displaying the sample vests and shorts at the 1992 AGM in Birmingham. The vote on the design became hijacked by Nike and some members with apparent vested [no pun intended] interests. Needless to say, Nike failed to deliver on their promises, and members were, once again, left with another unsatisfactory design. The new design [Non white] lost the 1992 AGM decision by one vote, and I cannot recall one vote from the ladies for the Nike [white] kit.

On learning that The Sports Motif were to produce a new design, I wrote to them in March 1996 and outlined to them

in great detail the aversion of members, especially the ladies, to a basically white design, having consulted a cross section of the membership over the winter of 1991-92. I also requested a preview of the new design prior to its launch. True to form, I heard nothing from them and the kit finally arrived a year late, and surprise, surprise, of a basically white design.

To remind members of what they could have been wearing, the 1992 kit was on display in Durban, albeit to a limited degree, and will be worn at various national championships over the coming months if I am over my injury problems [and if I am allowed to wear it]. The design also has the Great Britain Veterans logo positioned so as not to be obliterated by large numbers.

### Postscript from Durban

There were numerous ranges of "team kit" on display in Durban, from the original Ron Hill kit of 20 years ago to the latest TSM kit. Others included an Army kit, Nike's GB senior team kit of six years ago and even 1995 View From GB senior kit.

The British "team" appeared to be a rag bag army of individuals, not a very good advert or omen for Gateshead in 1999. Some one at the top should sort this mess out, once and for all!

**Maurice Doogan, Chelsea**

## Can Any One Beat This?

An article in this newsletter [page 21 No 41, Winter 1997] about David Phillips completing the double hundred [100 marathons and 100 half marathons] has prompted John Butler of Northern Vets to tell us that he has run 300 marathons and is approaching his 700th half marathon.

After running in his earlier years with moderate success, [2:48] was his best marathon time, Butler had a succession of medical problems which would have made the majority of people just give up. He lists heart attacks, four major stomach operations, a major spinal operation, broken back, broken ankles and in 1980 it was confirmed that he had osteo arthritis. Lying in an orthopaedic ward he noticed that there were others even worse off than himself and he made up his mind to sort himself out and regain fitness. Through many pain barriers, he started walking again and finally got back to running.

Butler still gets bad attacks of arthritis but he makes a point of finishing any race that he starts. Up to the 10th June this year he had run in 2605 races which included 300 full marathons and 693 half marathons. He was expecting to finish another seven half marathons within a few months and so achieve a total of 1000 marathons and half marathons. After that he intends to restrict himself to shorter races as, due to the high mileage he has run, he is now

having trouble with his legs, particularly his knees. Butler says that he has so far run a total of 155,467 miles in training and racing. He has already given up marathons, the Snowdon marathon in 1995 was his last. He is now out of action due to a virus complaint.

He has been very active in obtaining sponsors for his races and in raising money for good causes, including multiple sclerosis, cancer research, kidney projects and hospices. So far he has raised £350,000 for charities.

**John Butler completes his 100,000th mile in 1983**





## World Veterans Athletic Association Championships, Durban, July 17-27

British results only. Marathon, Cross Country, Road Walks and some other results still not available. We hope to publish missing results in next issue.

100m: M40 1 S.Peters 11.11, 2 K.Ansah 11.11, hts W.Franklyn 11.88, B.Matthews 11.99, P.Hickey 12.03, M45 2 V.Oliver 11.36, 4 A.Ross 11.54, hts P.Pinnington 12.32, P.Felton 13.45, M50 hts A.Deleiros 12.49, A.Stirling 13.25, M55 3 J.Steede 12.30, 7 B.Shearsmith 12.72, 8 R.Austin 12.86, hts B.Ferguson 13.27, M.Garvey 12.81, M60 hts D.Burton 13.37, T.Field 13.79, W35 ht L.Hopkins 13.79, W40 3 A.Mullinger 12.74, ht C.Filer 13.49, W45 hts O.Codrington 14.46, H.Connor 14.80, W50 hts M.Lewington 13.65, B.Fee 15.22, W55 6 I.Holder 14.73, ht J.Charles 15.78, W60 ht B.Atkinson 18.20 W65 ht B.Green 18.46

200m: M40 2 S.Peters 22.27, 5 K.Ansah 22.80, hts W.Franklyn 23.85, B.Matthews 23.94, P.Hickey 23.98, J.Coe 24.04, P.Pinnington 25.12, M45 1 V.Oliver 22.69, 2 J.Caines 22.99, 5 D.Lucas 23.88, hts A.Ross 23.18, P.Felton 25.02, M50 6 A.Deleiros 24.97, ht A.Stirling 26.83, M55 3 J.Steede 24.80, ht R.Austin 25.87 M60 hts D.Burton 26.70, P.Field 28.88, G.Feast 29.85, W35 hts A.Beadnell 26.49, J.Low 26.93, L.Hopkins 29.28 W40 4 A.Mullinger 26.76, W45 hts J.Browne 29.27, O.Codrington 29.46, H.Connor 30.29, W50 B.Fee 31.38, W55 7 I.Holder 30.72, W60 ht B.Atkinson 37.40 W65 ht B.Green 38.64

400m: M40 1 S.Peters 51.13, 3 D.Anderson 51.77, hts Matthews 52.82, J.Coe 52.96, M.Phillips 53.17, M45 1 A.Ross 51.18, 2 V.Oliver 52.28, 5 D.Lucas 53.50, hts P.Browne 54.88, P.Felton 55.71, M50 2 A.Deleiros 55.52, hts A.Eland 57.75, C.Richardson 60.96, M55 1 J.Steede 55.54 M60 hts J.Wilson 61.60, P.Field 67.31, M65 8 G.Feast 68.36, hts P.Field 71.51, K.Crooke 76.58, W35 2 J.Low 59.69, 4 A.Beadnell 60.89, 5 J.Brown 61.66, 6 J.Ellacott 61.82, hts C.Smith 61.21, L.Hopkins 64.40 W40 4 C.Smith 61.67 W45 2 C.Marler 61.21 W50 ht B.Fee 73.63, W65 7 B.Green 93.70, ht T.Borthwick 61.70,

800m: M40 1 D.Wilcock 1:56.74, 3 D.Anderson 1:57.66, ht 2:06.2 M50 2 M.Martin 2:05.81, 6 A.Eland 2:08.72, hts C.Richardson 2:17.54, J.Shirley 2:20.37 M55 ht M.Dyer 2:25.38 M60 1 J.Wilson 2:20.07 M75 1 J.Todd 2:45.82 W40 1 T.Colebrook 2:13.30, 3 C.Smith 2:18.43 W45 4 C.Marler 2:20.26 W55 ht J.Allen 2:58.47 W65 1 T.Borthwick 3:08.11, ht J.Ross 3:27.93 W75 1 J.Waller 3:43.11

1500m: M40 6 D.Wilcock 4:04.63, hts W.Doherty 4:36.43, M.Lippitt 5:01.79 M45 ht J.Baker 4:30.36 M50 3 M.Martin 4:18.14, 8 J.Wallace 4:27.03, hts J.Potts 4:32.50, D.Gibson 4:34.93, J.Shirley 4:46.23, C.Richardson 4:49.03 M55 4 C.Elson 4:35.19, hts M.Dyer 5:07.54, J.Garber 5:10.20, G.Ward 7:09.11 M60 4 H.Morrison 5:06.88, ht J.Atkinson 5:50.59 M65 7 T.Wyer 5:28.66, ht K.Crooke 6:17.73 M70 J.Kennedy 5:44.41 M75 1 J.Todd 5:45.43 W35 ht A.Brewster 5:27.38 W40 1 T.Colebrook 4:42.64, 8 M.Eldridge 5:00.58, ht A.Lippitt 5:39.78 W45 hts B.Bradshaw 6:04.01, M.Shirley 6:29.40 W50 2 E.Statham 5:06.70, ht L.Elmore 6:36.36 W55 ht J.Allen 6:16.96 W60 9 B.Atkinson 6:43.49 W75 1 J.Waller 7:36.03

5000m: M40 8 R.O'Hara 15:29.81, 25 W.Doherty 16:57.16, 26 C.Osborne 16:58.04, 39 M.Lippitt 18:23.79, 46 K.Dillon 20:20.45 M45 16 J.Baker 16:37.80, 23 A.Rich 17:00.10, 25 A.Bradshaw 17:12.70, 28 P.Marsh 17:25.46, 29 P.Wallace 17:26.42, 34 K.Phillips 17:56.75 M50 8 M.Martin 16:20.04, 11 M.McNally 16:38.76, 12 D.Gibson 16:50.88, 14 M.Cordwell 17:03.95 M55 7 C.Elson 17:20.04 M60 3 H.Clayton 17:37.88, 10 P.Brennan 18:39.92, 16 T.Pugh 19:04.98, 17 H.Morrison 19:07.17, 18 A.Prouse 19:22.20, 27 M.Caudwell 20:41.85, 31 J.Atkinson 21:36.15 M65 2 W.Stoddart 18:56.73, 18 A.Walsham 21:16.06, 23 R.Davidson 22:00.61, 32 K.Crooke 23:20, 11 K.Mitchell 20:49.71

M75 1 J.Todd 20:00.13 W40 8 M.Eldridge 18:28.35, 10 D.Underwood 18:32.29, 16 A.Lippitt 20:47.77 W45 7 C.Rollason 19:25.53, 16 B.Bradshaw 22:32.72, 19 M.Shirley 24:22.64 W50 2 E.Statham 18:18.12, 5 P.Rich 19:38.92, 12 M.Govender 20:56.19, 26 C.Brown 23:41.86 W55 15 M.Farish 23:49.90, 18 J.Evans 24:46.06, 20 B.Cushen 25:19.87 W60 15 J.Goody 26:34.24 W65 1 J.Ross 25:31.26, 5 B.Forster 25:37.93 W75 1 J.Waller 26:22.55

1000m: M40 6 S.Lonnen 31:26.69, 9 R.O'Hara 32.45, 21 K.Donkin 34:38.19, 25 C.Osborne 35:31.76, 35 M.Lippitt 37:59.37 M45 13 P.Marsh 34:55.30, 16 A.Rich 35:09.47, 19 A.Bradshaw 35:59.66, 24 K.Phillips 37:33.16, 32 R.Devitt 40:15.45, 39 S.Paul 38:59.44 M50 7 M.McNally 35:10.57, 9 M.Cordwell 35:51.64, 24 D.Walsh 39:36.88 M60 4 H.Clayton 37:06.96, 17 T.Pugh 40:09.37, 18 H.Morrison 40:29.92, 19 A.Prouse 41:29.12, 25 M.Caudwell 43:24.43 M65 2 W.Stoddart 38:17.21, 12 A.Walsham 44:05.94, 17 K.Crooke 47:39.29, 21 R.Franklin 48:57.65, 24 A.Byers 50:30.07 W35 4 L.Higgs 37:34.71 W40 6 D.Underwood 39:05.60, 7 M.Eldridge 39:11.06, 10 A.Lippitt 43:26.58 W45 3 C.Rollason 40:12.0, 13 B.Bradshaw 48:08.03 W50 2 E.Statham 37:58.63, 4 P.Rich 40:12.18 W55 8 M.Farish 50:30.5110 B.Cushen 53:16.41 W60 11 J.Goody 52:13.52 W65 3 B.Forster 53:33.95, 5 B.Norrish 56:33.30, 7 J.Smith 1:02.54 W75 1 J.Waller 54:56.16

2000m S/Chase: W35 3 A.Jones 8:29.29 W40 1 T.Colebrook 7:20.85 W45 4 R.Alexander 11:58.54 W55 7 B.Cushen 11:30.22

3000m S/Chase: M40 12 M.Lippitt 11:23.46 M50 8 D.Vaughan 11:16.65

5000m Walk: M40 6 D.Sharpe 27:55.54 M50 9 R.Dobson 25:12.15, 18 A.Newman 29:22.15 M60 3 D.Stevens 27:25.35, 17 J.Marshall 32:14.75 M65 2 D.Fotheringham 27:43.42, 7 D.Withers 30:48.74 M70 T.Simons DQ W35 3 A.Brewster 29:17.27 W50 6 C.Brown 30:46.29, 9 P.Phillips 31:52.44 W55 1 J.Langford 30:31.79, 9 H.Nyman 31:57.34, 11 J.Evans 33:05.24

800mH: W40 3 C.Filer 12.77 W60 2 C.Graham 16.02

100mH: M50 ht S.Brooks 17.90 M55 1 B.Ferguson 15.18 M60 1 C.Shafto 16.06, 8 J.Day 19.15 M65 ht P.Field 23.37 W35 4 D.Keenleyside 15.71, ht J.Brown 15.95 C.Smith 17.06

110mH: M40 2 M.Coker 15.40, 3 L.Scoles 15.58 M45 2 T.Wells 16.35, 5 T.Lewis 17.94, ht T.Hall 17.84

300mH: M55 6 P.Field 57.20, M60 2 C.Shafto 47.57 M65 4 G.Feast 54.23 W55 3 N.Cross 60.62

400m H: M40 1 M.Coker 55.69, 2 D.Anderson 56.80 M45 1 T.Wells 62:03 W35 2 J.Low 62.18, 8 C.Smith 70.28 W40 2 C.Smith 61.67, 5 C.Filer 73.03

Long Jump: M45 9 P.Pinnington 5.70, M55 12 R.Ogunjimi 3.92, M60 11 P.Field 4.54, W35 6 J.Brown 5.26 W45 13 O.Codrington 3.93 W40 2 C.Filer 5.20 W55 6 I.Holder 4.11, 7 J.Charles 4.01 W60 8 C.Graham 3.67

Triple Jump: M40 5 G.Gallagher 13.61, 8 M.Coker 12.81 M45 5 P.Pinnington 11.39 M60 9 T.Driver 9.88 W35 4 J.Brown 11.56, 5 J.Gilchrist 10.33 W40 2 C.Filer 10.25 W55 5 J.Charles 8.38 W60 3 C.Graham 8.40

High Jump: M60 7 C.Shafto 1.48, 19 T.Driver 1.33 W35 3 J.Brown 1.67, 5 J.Gilchrist 1.55, 6 H.Barker 1.52 W45 3 P.Garvey 1.43 W55 8 I.Holder 1.16

Pole Vault: M60 1 R.Brown 3.40, 8 J.Day 2.60, 12 J.Phillips 2.50

Shot Put: M40 15 S.Archer 11.54 M45 10 B.Holden 11.07 M55 6 J.Scott 13.13, 14 W.Gentleman 10.99 M60 27 J.Dunsford 7.69 W35 3 W.Dunsford 10.50, 4 C.Cameron 10.43, 8 J.Earle 8.71 W40 14 B.Johnson 7.54 W50 19 M.Swinton 8.74 W55 2 E.Williams 11.98, 17 J.Evans 7.12

Discus: M40 13 S.Archer 32.80 M45 1 P.Gordon 47.28 M55 16 W.Gentleman 37.26 M65 13 J.Hanus 34.48 W35 1 C.Cameron 41.92, 6 W.Dunsford 30.32, 7 J.Earle 30.18 W40 14 B.Johnson 22.38

Javelin: M55 R.Bartlett 31.12, 20 W.Gentleman 25.62 M60 6 J.Phillips 45.68 W40 12 B.Johnson 24.54 W55 2 E.Williams 39.52 W60 4 C.Graham 31.12

Hammer: M55 2 W.Gentleman 49.82 M65 12 J.Hanus 32.02 W35 2 J.Earle 39.48, 3 W.Dunsford 35.10, 4 C.Cameron 34.92 W45 5 R.Alexander 33.16 W50 2 L.Shroobee 40.46, 6 M.Swinton 33.40 W55 2 E.Williams 44.24, 18 Y.Miles 21.12

Weight Pentathlon: M40 14 S.Archer 2231 M55 2 W.Gentleman 3936 M65 12 J.Hanus 3084 W35 3 C.Cameron 2769, 5 W.Dunsford 2583, 6 J.Earle 2436 W40 11 B.Johnson 22.96 W45 11 R.Alexander 2392 W50 4 M.Swinton 2932 W55 1 E.Williams 4538

Heptathlon: W35 1 J.Brown 5204, 2 H.Barker 4386, 3 J.Gilchrist 3699 W55 5 J.Charles 4187

Decathlon: M40 11 T.Hall 4660 M45 2 N.Phipps 7230, 8 T.Lewis 6108, 13 A.Howarth 4589 M50 2 S.Brooks 6289 M55 12 B.Charles 3720 M60 7 J.Phillips 5978, 10 T.Driver 5395

Relays: 4x100m: M40 3 GB 43.99 M50 5 GB 50.38 M55 2 GB 47.89 M60 4 GB 52.63 M65 7 GB 59.72 W35 4 GB 51.46 W40 3 GB 52.85, W50 3 GB 62.25, W60 4 GB 72.09 4x400m: M40 2 GB 3:24.05 M45 1 GB 3:28.36 M55 2 GB 3:56.00 M60 3 GB 4:17.45 M65 3 GB 5:03.21 W35 2 GB 4:06.10 W40 1 GB 4:02.77

## 2nd Malta Vets 10k & Track and Field

### 17th & 18th January 1998



**Organised by the MAAA**  
Running Tours, tour guide is Malta based Veteran-Barry M Whitmore  
*The Malta 'Challenge' Marathon founder*

*This is an opportunity to take a real Winter break in warm/sunny Malta, enjoy a good 10k road race & experience the friendly hospitality of the Maltese the next day at the new Tartan Track at Marsa Stadium*

### Entry details

10km £5 Track & Field £1 per event  
**All entries guaranteed**  
10km: All finishers receive a Medal  
**1st male & female-Free AirMalta Ticket plus \$100 both 2nd's & \$50 both 3rd's**  
Track & Field: Various Medals/Trophies  
**All competitors receive one FREE Sportsman's / Running Tours T Shirt**

### Our Hotel

Our base is the popular 3\* Miramara hotel  
Sited on the borders of Sliema and St Julians in the heart of lively Malta.  
Close to every possible 'night life' activity, seaviews, promenade walks & quiet bars.  
This hotel is fully equipped with a bar & restaurant. All rooms with private facilities

### Tour packages

Gatwick, 7 nights B & B in the above hotel  
Airport transfers & full Courier service  
**from £209**

Other Airport departures available are East Midlands, Glasgow, Heathrow, Leeds, Manchester and Newcastle  
4 day / 3 night packages from £199

### Extra 'Tour' Activities

Free race days' transport  
Free welcoming drink & Casino visit  
Veteran Grade 1 Coach on Tour  
Optional Malta, Gozo & Sicily excursions  
Farewell Award Dinner at the Miramara

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### Running Tours

P O Box 269 Brentwood Essex CM15 8NR  
Tel: (01277) 264444 Fax: (01277) 261934  
**Dates for your 1998 Dairy**  
17th May: Paola (Malta) Int '1/2' Marathon  
13th-15th November: Challenge Marathon



## Brisbane Hosts World Championships in 2001

### Keith Whitaker Reports on WAVA Meeting

Compared to our AGM at Blackpool, the General Assembly Meeting of the World Association of Veteran Athletes at Durban was a very different cup of tea, or even a mess of potage, although it was nothing compared to the chaos at the World Championships themselves.

The first item on the agenda at the Assembly was the President's report and it included a comment on the Masters Games to be held in Oregon in 1998. We had submitted a written motion, which had not been accepted for the agenda, in which we expressed our concern about these Games. They are a commercial development, they operate lower ages for veterans and they cover a variety of sports. I took the opportunity to question what we see as a clash of interests, when W.A.V.A. is the body recognised by I.A.A.F. to organise veteran championships. We also understood that a senior officer of W.A.V.A. was involved, but we were assured by the President that W.A.V.A. would not be supporting these Games.

The next item involved various changes to the Constitution. Some were recommended by W.A.V.A. Council, others by Affiliates, and I pointed out that I sit on the Law and Legislation Committee as European Representative and that the Constitution requires all such proposals to be submitted to that Committee. As this had not happened, they were out of order!. I was assured that the Committee would be consulted in future, and in due course we agreed the following alterations.

- 1) All officers will have a term of office of four years [previously two years]
- 2) Officers shall serve no more than two consecutive terms [giving a maximum of eight years instead of ten years]
- 3) Impeachment requires eight members of Council or 12 affiliates representing 25 voting delegates to institute proceedings [previously five Council or three Affiliates]
- 4) A proposal by BVAf that "awards" should be "medals"
- 5) A detailed proposal on the role of the Executive Vice President and organisational matters by the German Veterans.

Elections then took place: New President is Torsten Carlus [Al Sheehan also stood]. New Vice President - Non Stadia is Ron Bell, [defeating the current V.P. Jacques Serruys]. New Treasurer is Peppo Galfetti, [defeating Jose Muray of Uruguay and Norman Green of USA, Al Sheehan standing down after completing his maximum 10 years]. New Secretary is Monty Hacker, [unopposed, replacing Torsten Carlus].

The meeting was also informed that Bridget Cushen had been elected as Women's Representative at the Women's meeting, [defeating Hannelore Gushman].

Congratulations to both Ron Bell and

Bridget Cushen.

After our all round success and, bearing in mind that we were also giving an update to the Assembly concerning the preparations for the next World Championships at Gateshead in 1999, it is perhaps not surprising that Cardiff's bid for the Road Championships in the year 2000 was defeated in favour of Valladolid, Spain. I believe, however, that Cardiff gave far and away the best presentation and offered much better facilities for the athletes.

### Reflections on the Durban Decathlon by Trevor Driver

Before I went to compete in the M60 Decathlon at the World Veterans Championships in Durban, that well known sports psychologist Sean Power said: "Do not worry about your inferiority complex. You are inferior, but have positive thoughts and enjoy yourself." Armed with those words of confusion, my wife and I boarded the plane at Heathrow and looked forward to the happening. Seventeen hours later we were in our hotel, wondering where to eat, register, declare and compete.

Rising early, we made our way to the stadium. Two hours later, a strong headwind for the 100m [it said dash in the programme] gave disappointing times all round, but the relief of surviving was helped by the sight of limps and clutched hamstrings from some of the other 30 competitors. We waited a while and it was over to stadium two for the long jump. Then we waited again and it was back to stadium one for the shot. A look at my watch, as it started to get dark, revealed it was already six o'clock. We waited again and it was high jump time under floodlights.

My lonely, tolerant wife had already succumbed to the confusion and delay and returned to the hotel. We waited again and then it was the call for the 400m, which was quite enjoyable, knowing that I could go back to the hotel afterwards and that five competitors had decided to withdraw. We were assured that organisational problems would be sorted out next day!

Rising early next morning, rain was heard lashing at the windows but it was assumed to be a local shower. There were more withdrawals and I started the 100m hurdles in driving rain, amid a puddle which stretched to the finishing line. For some reason I was told: "It is alright for you British, you are used to it!"

We waited again, looked out for more limping competitors to strengthen our resolve and then it was over to the discus. Two trial throws told me that I should have practised with a bar of soap. The rain was still pouring down and attempts to dry hands and discus were impossible. That no one was killed by errant implements can only be described as fortuitous.

Finally, although there had been several bidders for the T & F Championships in 2001, most withdrew, leaving Brisbane as the sole contender. They had prepared an excellent presentation and their intention is to stage the Championships in the month of July, which will be warm but not oppressively hot.

Obviously, it will be expensive to get there, so spread the word round to all the British veterans that Gateshead in 1999 will be their best opportunity ever to experience the tremendous atmosphere of the World Championships. They will all need to be members of the BVAf, however!

We waited again in the call area, wet and miserable, wondering where and when we would be doing the pole vault. There was a rumour that it might be cancelled. I found a large blanket and, being British, I shared it with two others, Joe Phillips and an American called Arnie. Huddled and shivering together, we found a South African TV team thrusting a camera and a microphone in our direction. I was asked if I was wet and miserable but my reply was not broadcast [I am not surprised].

Joe Phillips, asked how long he had been in athletics, started a story about how he had won his primary school high with a time that still stands. After about 20 minutes the interviewer was losing the will to live, but managed to say that the tape was running out. The American said what a fine country it was and how he loved the people [that bit was broadcast].

We waited again, when wonder of wonders, a lady told us to follow her to stadium two. The rain, heavy for the last eight hours, was now reaching deluge proportions and it was getting dark. By now I assumed that my lonely and still tolerant wife had again succumbed to the confusion and delay and returned to the hotel.

At last we were called together and good fortune came my way. Our group was told to go to one side and wait. We watched the other group attempt the greasy pole and splash landing. Some refused and some shot off in a variety of directions. The rain was stopping, however, and when we were finally called it was fine for the first time that day. So, we plonked the pole in the water, went up and over for a few points and waited for the javelin.

"Follow me", said a lady and we went back to stadium one to wait a while for the javelin. Two trial throws were allowed but it was "let's get on with it" all round. It was time to shout encouragement to Snowy Brooks as he lapped his way to a silver medal in the M50 and then we were off in our 1500m.

I finished, looked at my watch and bleeped midnight. I was happy to have made it, and happy to realise that I was not as inferior as I had thought.







# BVAF OPEN TRACK AND FIELD CHAMPIONSHIPS,

## 100 metres

**M40** S.Peters 11.3, 2 E.Smart 11.5, 3 K.Burgess 11.5, 4 J.Browne 11.5, 5 A.Duncan 11.8, 6 J.Shearer 11.9, 7 J.Barclay 11.9 [ht 11.8] heats: K.Ansah 11.5, D.Elderfield 12.0, C.Pengelly 12.2, B.Matthews 12.2, P.Bell 12.4, R.Cawson 12.4, I.Broadhurst 12.5, D.Butler 12.5, R.Wharton 12.6, R.Davies 13.2, J.Gibson 13.2  
**M45** 1 V.Oliver 11.4, 2 A.Ross 11.7, 3 P.Pinnington 12.3, 4 M.Applegate 12.4, 5 M.Singleton 12.4, 6 M.Clerihew 12.4, 7 D.Wallington 12.6, 8 K.Gibson 13.2 [ht 13.1] heats: S.Mottershead 13.2, A.McLeod 13.5, G.Pollard 14.2, R.Tassiker 14.8  
**M50** 1 B.Townley 12.00, 2 G.Barratt 12.30, 3 A.Deleiros 12.70 [ht 12.6], 4 T.Cox 12.70, 5 B.Entwistle 13.10 [ht 12.9], 6 J.Creaby 13.20, 7 S.Brooks 13.50 [ht 13.3], 8 N.Gould 13.60 [ht 13.3] heats: B.Chapman 13.4, E.Bradshaw 13.8, I.Foster 14.4, D.Whittaker 14.6  
**M55** 1 J.Steede 12.4, 2 F.Turner AUS (G) 12.5 [ht 12.4], 3 R.Austin 12.9, 4 B.Shearsmith 12.7, 5 M.Garvey 12.8, 6 S.Walton 13.1, 7 B.Arris 13.2, 8 B.Charles 13.6 heats: W.Oliver 13.8, J.Mills 14.2, B.Taylor 14.4, T.Ridsdale 14.7  
**M60** A.Mellott 13.3, 2 D.Burton 13.4, 3 T.Bowman 13.6, 4 C.Field 14.5, 5 T.Driver 14.7, 6 R.Sykes 14.7, 7 M.Schofield 15.0, 8 W.Atkinson 16.0  
**M65** C.Williams 13.26 [CBP], 2 A.Meddings 13.27, 3 B.Parnaby 14.25, 4 J.Crehan 15.68, 5 W.Morrow 16.04  
**M70** 1 D.Adaïr 14.30, 2 J.Quantrell 15.20, 3 G.Bridgeman 15.29  
**M75** 1 S.Stein 15.59, 2 A.Lovett 15.61, 3 L.Williams 15.71  
**M80** E.Plimer 17.10, 2 L.Watson 18.49, 3 B.Metcalf 18.51  
**W35** L.Talbert 13.0, 2 S.McDonald 13.2, 3 J.Lyon 13.2, 4 D.Tinnis 13.5, 5 H.Barker 13.5, 6 C.Carey IRL (G) 13.6, 7 W.Harrison 13.6 [ht 13.5], 8 G.Clarke 13.9 [ht 13.8] heats: P.Dutton 13.8, M.Laing 13.90  
**W40** 1 H.Godsell 13.3, 2 M.Smith 13.6, 3 C.Filer 13.6, 4 G.Cunningham 13.9, 5 E.Roe 14.2, 6 C.Lyon-Green 15.7  
**W45** 1 V.Bouner 13.26, 2 P.MacKinnon 13.53, 3 B.Blurton AUS (G) 13.66, 4 E.McMahon 14.13, 5 V.Kirkland 14.46, 6 J.Turner AUS (G) 14.94, 7 O.Codrington 15.05, 8 L.Ridsdale 15.78  
**W50** 1 M.Lewington 13.40, 2 V.Parsons 13.82, 3 M.Nuttall 13.90, 4 Y.Priestman 14.25, 5 B.Fee 15.20, 6 R.Champion 16.05, 7 P.Collier 19.63  
**W55** 1 E.Linaker 14.78, 2 I.Holder 15.00, 3 J.Charles 15.86, 4 J.Towler 15.92, 5 N.Cross 16.22  
**W60** 1 C.Graham 15.70, 2 C.Gibbons 15.82, 3 R.Chirnes 15.94, 4 M.Webb 16.18, 5 E.Kear 16.47, 6 M.Holmes 16.72, 7 B.Steedman 17.06, 8 B.Atkinson 18.01  
**W65** 1 B.Green 18.71  
**W75** 1 M.Wixey 19.26 [BR]

## 200 metres

**M40** 1 S.Peters 22.38, 2 J.Browne 23.26 [ht 23.1], equal 3 J.Barclay & J.Shearer 23.71, 5 A.Duncan 23.82 [ht 23.78], 6 C.Pengelly 24.18 [ht 24.0], 7 K.Burgess 24.66 [ht 23.9] heats: J.Coe 23.83, D.Elderfield 23.91, B.Matthews 24.3, P.Bell 24.63, K.Carey IRE 24.71, Broadhurst 24.82, R.Cawson 25.28, R.Davies 25.27, R.Wharton 25.49, J.Barwick 26.4, S.Boardman 26.84  
**M45** 1 V.Oliver 23.02 [CBP], 2 J.Caines 23.04, 3 P.Pinnington 24.80 [ht 24.75], 4 M.Singleton 25.04 [ht 24.91], 5 M.Clerihew 25.82 [ht 25.68], 6 R.Brown 26.03 [ht 25.77], 7 P.Lavin 26.1 [ht 25.92], 8 K.Gibson 26.35 [ht 26.20] heats: S.Mottershead 26.20, S.Lambie 24.45, P.Pearson 26.91, G.Pollard 28.66  
**M50** 1 G.Sutton 24.24, 2 B.Townley 24.62, 3 G.Barratt 25.17, 4 A.Deleiros 25.64, 5 T.Cox 26.54, 6 J.Creaby 26.54 [ht 26.18], 7 N.Gould 26.57 [ht 26.35], 8 J.Tophiss 26.99 [ht 26.58] heats: E.Bradshaw 28.20, D.Whittaker 28.72  
**M55** 1 F.Turner AUS (G) 25.17, 2 J.Steede 25.71, 3 B.Shearsmith 26.12 [ht 25.99], 4 S.Walton 26.40, 5 M.Garvey 26.57, 6 R.Austin 26.62, 7 R.Sheridan 26.74 [ht 26.17], 8 B.Arris 27.40 [ht 26.89] heats: J.Rae 27.04, B.Charles 28.18, J.Mills 29.40  
**M60** 1 A.Mellott 26.74, 2 T.Bowman 27.24, 3 D.Burton 27.77, 4 C.Field 29.33  
**M65** 1 A.Meddings 27.44, 2 B.Parnaby 28.91, 3 W.Morrow 34.93  
**M70** 1 D.Adaïr 29.12, 2 J.Quantrell 30.36, 3 G.Bridgeman 30.74  
**M75** 1 A.Lovett 32.97, 2 L.Williams 35.79  
**M80** 1 E.Plimer 38.18, 2 L.Watson 40.13  
**W35** 1 A.Beadnall 26.61, 2 S.McDonald 26.83, 3 L.Pummell 26.85 [ht 26.60], 4 A.Brown 26.89 [ht 26.82], 5 J.Lyon 27.27 [ht 26.99], 6 S.Hooper 27.31 [ht 27.22], 7 P.Dutton 27.62 [ht 27.60], 8 C.Carey IRL (G) 27.85 [ht 27.64] heats: W.Harrison 28.00, A.Heywood 28.11, L.Hopkins 29.00  
**W40** 1 H.Godsell 27.21, 2 M.Smith 27.63, 3 J.Saunders 28.20, 4 G.Cunningham 28.22, 5 D.Perry 30.20  
**W45** 1 V.Bouner 26.52, 2 B.Blurton AUS (G) 27.42, 3 P.MacKinnon 28.08, 4 E.McMahon 29.10, 5 V.Kirkland 30.36, 6 O.Codrington 30.98, 7 J.Turner AUS (G) 31.04  
**W50** 1 M.Lewington 27.83, V.Parsons 28.35, 3 M.Nuttall 28.59, 4 Y.Priestman 28.74, 5 B.Fee 31.44, 6 C.Scares 32.01, 7 R.Champion 33.34  
**W55** 1 I.Holder 30.76, 2 E.Linaker 31.22, 3 J.Towler 33.01  
**W60** 1 C.Gibbons 34.28, 2 M.Webb 34.52, 3 M.Holmes 35.23, 4 B.Steedman 37.12  
**400 metres**  
**M40** 1 S.Peters 51.43, 2 A.Duncan 52.90, 3 J.Coe 53.26, 4 D.Cooke 53.33, 5 S.Todner 54.45 [ht 54.0], 6 B.Matthews 54.60, 7 R.Buckley 54.93 [ht 54.7], 8 K.Carey IRL (G) 54.94 [ht 54.6] heats: M.Phillips 54.9, C.Pengelly 55.3, R.Wharton 55.9, P.Bell 56.9, D.Bullers 57.2, R.Cawson 57.5, J.Shearer 58.4, T.Howarth 60.2, S.Boardman 63.0  
**M45** 1 A.Ross 52.7, 2 B.McKay 53.6, 3 D.Lucas 53.7, 4 S.Mottershead 56.5, 5 D.Hayward 57.4, 6 P.Lavin 57.8, 7 A.Matthews 58.0, 8 P.Anthony 58.3  
**M50** 1 G.Pope 55.81, 2 V.Blanchard 56.28, 3 R.Phipps 56.38, 4 A.Deleiros 57.00, 5 J.Charlton 57.82, 6 A.Eland 58.04, 7 V.Smith 59.42 [ht 58.9], L.Dunn [ht 60.01] 59.6 heats: E.Bradshaw 61.3, N.Gould 61.8, T.Attey 64.0, D.Whittaker 67.5  
**M55** 1 F.Turner AUS (G) 57.5, 2 J.Rae 58.4, 3 J.Ross 59.1, 4 R.Sheridan 59.8, 5 M.Simmonds 60.9, 6 B.Arris 64.1, 7 B.Charles 64.2



**Diane Clark, 610, wins the W35 400m in 57.89. Alison Brown, 605, finished 4th**

**M60** 1 R.Anderson 59.7, 2 J.Wilson 62.1, 3 T.Bowman 63.9, 4 A.Kimber 64.9, 5 M.Schofield 68.2, 6 C.Field 70.6  
**M65** 1 C.Williams 62.5 [BR], 2 T.Clowry 64.8, 3 G.Feast 69.1, 4 D.Howarth 72.5, 5 I.Steedman 73.3  
**M70** 1 J.Quantrell 72.35  
**M75** 1 A.Lovett 78.19 [CBP]  
**W35** 1 D.Clarke 57.89, 2 L.Talbert 59.19, 3 L.Pummell 59.51, 4 A.Brown 59.57, 5 J.Brown 60.63 [ht 60.2], 6 S.Hooper 61.58, 7 A.Beadnall 61.77 [ht 59.7], 8 P.Dutton 62.26 [ht 62.5] heats: A.Martin 63.9, L.Hopkins 64.7, A.Haywood 64.9  
**W40** 1 M.Layden 63.28, 2 J.Saunders 64.31, 3 D.Perry 67.41  
**W45** 1 B.Blurton AUS (G) 60.36 [CBP], 2 C.Marler 62.41, 3 E.McMahon 67.24, 4 J.Turner AUS (G) 75.10  
**W50** 1 Y.Priestman 67.67, 2 B.Fee 71.77, 3 C.Scares 72.29, 4 P.Card 75.67, 5 P.Collier 83.75  
**W55** 1 I.Hornsey 75.04  
**W60** 1 M.Holmes 75.96 [BR], 2 C.Gibbons 76.78, 3 M.Webb 82.64  
**W65** 1 Borthwick 81.48  
**800 metres**  
**M40** 1 A.Dunlop 2-03.26 [ht 2-02.70], 2 G.Harvey 2-03.75 [ht 2-02.67], 3 K.Archer 2-04.12 [ht 2-03.32], 4 R.Daniel 2-05.02 [ht 2-03.75], 5 L.Campion 2-05.74 [ht 2-03.37], 6 M.Phillips 2-05.97, 7 M.Cronshaw 2-06.62 [ht 2-06.39] heats: D.Anderson 2-06.42, A.McIndoe 2-07.11, M.Kelly 2-07.20, J.Haines 2-09.11, M.McGeoch 2-09.49, P.Winton 2-11.34, T.Howarth 2-12.01, K.Simpson 2-16.41, J.Rutherford 2-21.67  
**M45** 1 B.McKay 2-08.06, 2 S.Halion 2-08.45, 3 A.Matthews 2-09.41, 4 A.Peers 2-09.55, 5 K.McGeoch 2-09.83, 6 D.Spencer 2-10.90, 7 B.Forbes 2-11.73, 8 S.Mottershead 2-17.20 [ht 2-14.39] heats: P.Duhig 2-17.08, M.Hopkins 2-23.79  
**M50** 1 R.Phipps 2-09.30, 2 M.Martin 2-09.96, 3 A.Eland 2-10.31, 4 M.Dixon 2-12.65, 5 M.Miller 2-13.82, 6 H.Gott 2-17.82 [ht 2-14.07], 7 M.Cockwill 2-18.31 [ht 2-15.92] heats: J.Potts 2-15.96, R.Davies 2-17.34, R.Scholes 2-18.17, B.Mackay 2-20.02, T.Attey 2-20.84  
**M55** 1 D.Voyle 2-14.39, 2 J.Ross 2-16.76, 3 J.Newcombe 2-18.48, 4 M.Hindle 2-20.44  
**M60** 1 I.Barnes 2-22.73, 2 J.Wilson 2-23.40, 3 A.Kimber 2-26.78, 4 R.Checkley 2-29.07, 5 J.Parker 2-35.20, 6 P.Fletcher 2-42.31  
**M65** 1 T.Clowry 2-31.59, 2 D.Howarth 2-40.12, 3 A.Romain 2-40.45, 4 H.Mein NZL (G) 2-45.03, 5 W.Davies 2-51.58, 6 C.Simpson 2-54.47  
**M70** 1 B.Nielson 3-23.40, 2 T.Joynton 3-52.10  
**M75** 1 J.Kelly 3-59.80  
**W35** 1 B.Murray 2-22.69, 2 L.Felton 2-25.08, 3 L.Flatman 2-26.42, 4 D.Francis 2-27.18, 5 B.Wood 2-30.00, 6 J.Brown 2-32.09, 7 A.Jones 2-42.57, 8 D.Batsford 2-44.96  
**W40** 1 J.Aspill 2-21.44, 2 M.Layden 2-27.42, 3 H.Collins 2-40.37, 4 L.Hogan 2-42.21, 5 D.Perry 2-47.39  
**W45** 1 B.Blurton AUS (G) 2-20.63 [CBP], 2 N.Hitchmough 2-22.69, 3 C.Marler 2-24.08, 4 S.James 2-39.10  
**W50** 1 P.Card 2-58.27  
**W55** 1 I.Hornsey 2-49.93, 2 A.Nally 2-54.80  
**W60** 1 M.Holmes 3-00.90, 2 A.Martin 3-18.29  
**W65** 1 T.Borthwick 3-12.45, 2 J.Ross 3-26.88  
**W75** 1 J.Waller 3-47.79 [BR]  
**1500 metres**  
**M40** 1 G.Harvey 4-12.5, 2 L.Campion 4-13.7, 3 P.Milligan 4-14.4, 4 P.Ogalbe 4-15.4, 5 A.McIndoe 4-15.9, 6 K.Archer 4-20.2, 7 J.Crehan 4-22.4, 8 J.Haines 4-28.4, 9 J.Shearly 4-31.8, 10 N.Healy 4-35.9  
**M45** 1 S.Halion 4-24.2, 2 K.McGeoch 4-24.7, 3 M.Burnstead 4-26.0, 4 B.Forbes 4-28.3, 5 P.Duhig 4-30.7, 6 J.McKeelue 4-34.0  
**M50** 1 R.Phipps 4-27.4, 2 J.Potts 4-29.8, 3 J.Wallace 4-29.8, 4 M.Dixon 4-35.2, 5 M.Miller 4-36.6, 6 B.Mackay 4-40.0, 7

M.Cockwill 4-46.5, 8 R.Davies 4-46.9, 9 A.Barlow 5-07.2  
**M55** 1 S.Erlam 4-35.7, 2 C.Elson 4-36.1, 3 A.Peers 4-51.9, 4 M.Hindle 4-56.8, 5 D.Voyle 5-00.9  
**M60** 1 I.Barnes 4-56.2, 2 J.Gornley 5-00.2, 3 A.Kimber 5-08.9, 4 J.Parker 5-12.9, 5 R.Checkley 5-17.6, 6 R.P-Knowles 5-23.2, 7 R.Mills 5-26.3, 8 M.Schofield 5-31.9, 9 J.Godbeer 5-59.4  
**M65** 1 W.Stoddart 5-14.9, 2 J.Roberts 5-25.0, 3 D.Howarth 5-27.3, 4 W.Davies 5-35.2, 5 L.Forster 5-49.9, 6 C.Simpson 5-55.9, 7 K.Crooke 6-19.3  
**M70** 1 R.Hale 6-11.6, 2 B.Nielson 7-07.9, 3 T.Joynton 7-29.4  
**M75** 1 J.Kelly 7-21.9  
**W35** 1 D.Howard 4-48.4, 2 J.Thomson 4-54.9, 3 L.Flatman 5-04.8, 4 A.Jones 5-25.0, 5 D.Batsford 5-36.6  
**W40** 1 J.Holt 4-41.05, 2 A.Pugh 4-54.45, 3 M.Eldridge 5-01.58, 4 S.Weatherburn 5-04.42, 5 G.Duckworth 5-10.20, 6 H.Collins 5-10.92, 7 T.Doyle 5-58.20  
**W45** 1 N.Hitchmough 5-03.0, 2 F.Garland 5-19.6, 3 F.Farquhar 5-20.2, 4 S.James 5-22.3, 5 K.Dwyer 5-28.8, 6 C.Parker 5-32.9  
**W50** 1 B.Parkinson 5-36.8  
**W55** 1 L.Hornsey 5-53.8, 2 A.Nally 6-02.1  
**W60** 1 A.Martin 6-37.9, 2 B.Atkinson 6-51.8  
**W65** 1 J.Ross 6-47.9  
**W75** 1 J.Waller 7-29.3 [BR]  
**5000 metres**  
**M40** 1 M.McGeoch 15-26.9, 2 G.Ratcliffe 15-28.8, 3 B.Moss 15-31.9, 4 A.Dent 15-33.3, 5 D.Jones 15-38.6, 6 S.Fowler 16-04.2, 7 T.Jones 16-13.2, 8 H.Richards 16-13.2, 9 R.Hunt 16-15.4, 10 D.Southard 16-21.1, 11 P.Goldfinch 19-49.0, 12 K.Dillon 20-19.7  
**M45** 1 A.Jenkins 15-29.7, 2 P.Hankinson 16-05.2, 3 R.O'Keefe 16-16.6, 4 C.Russell 17-08.8, 5 B.Cook 17-21.5  
**M50** 1 M.Rouse 16-07.4, 2 D.Evans 16-19.2, 3 M.Dixon 16-32.7, 4 R.Chapman 16-38.0, 5 F.Homer 16-52.4, 6 M.Cunningham 17-22.9, 7 M.Miller 18-08.5, 8 C.Rigby 18-35.3, 9 D.Walsh 19-22.7, 10 G.Routledge 20-36.8  
**M55** 1 S.James 16-47.8, 2 D.Spencer 17-41.7, 3 A.Peers 18-10.4, 4 J.Collins 18-13.5  
**M60** 1 D.Hayes 18-05.5, 2 J.Gornley 18-16.9, 3 P.House 19-01.5, 4 G.Ashby 19-20.9, 5 R.P-Knowles 19-29.1, 6 A.Prouse 19-31.3, 7 B.Rogers 19-46.4, 8 J.Atkinson 21-26.5, 9 P.Knott 21-51.6, 10 J.Betney 22-19.3  
**M65** 1 P.Morris 18-29.7, 2 W.Stoddart 18-35.6, 3 W.McBrinn 19-15.8, 4 J.Roberts 19-59.6, 5 H.Gibson 20-04.3, 6 W.Davies 20-19.4, 7 B.McGuigan 21-16.9, 8 A.Walsham 21-44.3, 9 B.Davidson 21-49.1, 10 K.Crooke 23-01.6  
**M70** 1 R.Hale 20-55.7, 2 T.Joynton 23-12.0  
**M75** 1 J.Kelly 27-34.2  
**W35** 1 L.Marr 18-01.6, 2 K.Davison 18-24.2, 3 J.Griffiths 18-33.7, 4 A.Vesey 18-49.2, 5 L.Craig 18-57.8, 6 L.Hickey 20-36.1  
**W40** 1 J.Meeten 18-09.4, 2 S.Ogilvie 18-52.0, 3 H.Collins 19-33.5, 4 A.Lippitt 20-19.0  
**W45** 1 F.Garland 18-57.6, 2 C.Rollason 19-01.4, 3 J.Foster 19-51.5, 4 K.Dwyer 20-30.8  
**W50** 1 E.Statham 18-42.4 [CBP], 2 P.Rich 20-13.1, 3 B.Parkinson 21-03.6, 4 C.Brown 23-09.3  
**W55** 1 C.Lee 20-48.4, 2 M.Farish 23-47.1, 3 B.Cushen 24-16.0, 4 J.Evans 25-13.3  
**W65** 1 J.Ross 23-53.6, 2 B.Forster 24-27.7  
**W75** 1 J.Waller 26-34.4 [BR]  
**10000 metres**  
**M40** 1 S.Lounen 32-04.95, 2 A.Dent 32-12.91, 3 M.Higginbottom 32-14.38, 4 D.Jones 32-37.93, 5 D.Walsh 32-43.70, 6 B.Hutchinson 33-50.22, 7 T.Jones 34-08.89, 8 D.Southard 34-22.82, 9 J.Pearless 35-39.56, 10 R.Shields 40-47.00  
**M45** 1 A.Jenkins 32-26.41, 2 K.Moss 33-02.01, 3 C.Dickinson 33-19.56, 4 J.Fidler 33-26.57, 5 A.Catley 33-31.24, 6 A.Rich 35-07.89, 7 R.Fletcher 35-15.12, 8 J.Samore USA (G) 35-34.32, 9 C.Russell 35-41.97, 10 D.Long 45-26.59  
**M50** 1 M.Rouse 33-36.25, 2 D.Evans 33-56.21, 3 M.McNally 34-17.99, 4 F.Homer 35-41.96, 5 B.Mackay 36-58.60, 6 M.Duff 39-43.38, 7 D.Walsh 40-57.42  
**M55** 1 D.Spencer 36-18.54, 2 J.Collins 37-04.79, 3 A.Peers 38-03.03  
**M60** 1 C.Leigh 36-19.1, 2 G.Wiltshire 37-31.2, 3 J.Gornley 37-40.4, 4 I.Barnes 38-48.6, 5 P.House 39-03.5, 6 R.P-Knowles 41-30.7  
**M65** 1 W.Stoddart 38-33.0, 2 W.McBrinn 39-30.1, 3 H.Gibson 40-13.0, 4 W.Davies 42-12.8, 5 A.Walsham 45-40.0, 6 B.Davidson 46-07.9  
**M70** 1 R.Hale 44-15.1, 2 T.Joynton 54-34.8  
**W35** 1 L.Marr 38-04.1, 2 V.Perry 38-38.1, 3 L.Craig 39-47.3, 4 K.Harvey 41-11.7  
**W40** 1 A.Jeeves 36-50.8, 2 D.Wakefield 40-19.9, 3 S.Crehan 41-05.1  
**W45** 1 J.Foster 42-14.4, 2 F.Farquhar 43-14.5  
**W50** 1 P.Rich 42-02.4, 2 P.Collier 52-26.6  
**W75** 1 J.Waller 54-44.8 [BR]  
**3000m Walk**  
**M45** 1 B.Hardwick 14-58.13, 2 C.Senior 19-39.95  
**M50** 1 R.Care 13-10.09 [BR]  
**M55** 1 J.Whyte 15-58.10  
**M60** 1 D.Stevens 15-50.89, 2 C.Dunn 16-21.77, 3 C.Stapleford 16-28.27, 4 R.Powell 16-33.48, 5 J.Godbeer 17-10.46, 6 K.Livemore 17-11.77, 7 R.Gibbons 18-51.64  
**M65** 1 D.Fotheringham 16-27.7, 2 D.Withers 18-04.2, 3 P.Burns 18-07.3  
**M70** 1 K.Abolins 18-14.0, 2 E.Grocock 18-23.7  
**M75** 1 C.Colman 18-30.2  
**W35** 1 K.Ratcliffe 15-50.0, 2 E.Worth 17-43.5  
**W40** 1 C.Reader 16-22.9  
**W45** 1 A.Lewis 16-00.4, 2 S.Bull 19-14.8  
**W50** 1 S.Haynes 20-39.0  
**W60** 1 P.Horwill 18-52.7, 2 G.Burns 21-40.6  
**W65** 1 A.von Bismarck 20-53.8  
**5000m Walk**  
**M45** 1 B.Hardwick 26-17.3, 2 C.Senior 33-37.7



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**M50** 1 R.Care 22-39.0[BR]

**M55** 1 J.Whyte 27-09.5

**M60** 1 D.Stevens 27-13.8, 2 C.Dunn 27-48.5, 3 R.Powell 28-29.7, 4 J.Godbeer 28-32.3, 5 C.Stapleford 28-32.4, 6 K.Livemore 29-13.1, 7 J.Payn 30-25.2, 8 R.Gibbons 31-30.2

**M65** 1 Fotheringham 27-30.98, 2 P.Burns 30-42.82, 3 D.Withers 30-50.06

**M70** 1 K.Abolins 30-52.25, 2 E.Grocock 30-59.72

**M75** 1 C.Colman 31-32.60

**W35** 1 K.Ratcliffe 26-52.07, 2 E.Worth 30-05.17

**W40** 1 C.Reader 27-52.90

**W45** 1 A.Lewis 26-55.75[BR], 2 S.Bull 32-12.64

**W50** 1 C.Brown 31-53.02, 2 S.Haynes 35-00.89

**W55** 1 J.Evans 34-23.49

**W60** 1 P.Horwill 31-56.60, 2 G.Burns 35-27.98

**W65** 1 A.von Bismarck 35-37.99[BR]

**3000m S/C**

**M40** 1 D.Carrington 9-45.58, 2 E.Keranen 9-51.64, 3 P.Boxshall 9-59.27, 4 T.Ullott 10-08.61, 5 S.Allen 10-16.92, 6 T.McCarthy 10-18.67, 7 N.Duggan 10-21.92, 8 N.Watkin 10-26.98, 9 S.Nice 10-30.07, 10 J.Shealy 10-50.67, 11 A.Newman 10-59.97, 12 J.Doyle 11-09.42

**M45** 1 M.Bumstead 10-37.08, 2 M.Wakefield 10-42.03, 3 P.Duhig 10-57.45, 4 J.Phielan 11-23.82

**M50** 1 R.McAndrew 11-28.52, 2 F.Bush 11-44.72

**2000m S/C**

**M60** 1 P.Knott 9-31.63

**110m Hurdles**

**M40** 1 P.McClPatrick 15.81, 2 I.Scholes 15.84, 3 C.Pengelly 17.15, 4 T.Hall 18.45, 5 J.Barwick 19.47, 6 R.Sear 20.78

**100m Hurdles**

**M50** 1 E.Fitzgerald 15.97, 2 S.Brooks 16.36, 3 R.Groves 16.93, 4 Chapman 20.95

**M55** 1 B.Ferguson 16.06[CBP], 2 J.Howe 16.18, 3 M.Simmonds 19.50, 4 B.Charles 20.26

**M60** 1 C.Shafo 16.39[CBP], 2 J.Day 19.49, 3 J.Phillips 19.88, 4 T.Driver 21.20

**W35** 1 G.Clark 15.74, 2 J.Brown 15.96, 3 D.Keenleyside 16.07, 4 J.Barker 16.76, 5 J.Gilchrist 19.20

**80m Hurdles**

**W40** 1 C.Filer 13.49

**W50** 1 M.Simmonds 14.51

**W55** 1 Charles 15.99

**W60** 1 C.Graham 16.43[CBP]

**400m Hurdles**

**M40** 1 D.Anderson 58.09, 2 R.Daniel 58.96, 3 A.Laird 60.19, 4 C.Pengelly 60.53, 5 J.Owen 60.67, 6 P.West 61.22, 7 T.Hall 64.87, 8 R.Sear 67.91 [lit 65.4] heats 1.Broadhurst 66.1, J.Barwick 67.4, J.Rutherford 69.1

**M50** 1 R.Barrington 62.55, 2 F.Bush 65.58, 3 R.Groves 66.61

**M55** 1 M.Simmonds 68.86, 2 B.Arris 70.00, 3 J.Ross 70.66

**W35** 1 L.Talbert 69.91, 2 S.Page 73.67

**W40** 1 C.Filer 70.34, 2 D.Watkins 78.49

**300m Hurdles**

**M60** 1 C.Shafo 48.7, 2 J.Baron 53.6, 3 W.Atkinson 56.4

**M65** 1 I.Steedman 55.5

**W55** 1 N.Cross 62.9[BR]

**Long Jump**

**M40** 1 T.Wade 6.38, 2 D.Elderfield 5.62, 3 P.McClPatrick 5.60, 4 P.Bell 5.29, 5 J.Gibson 5.01, 6 R.Davies 4.67

**M45** 1 P.Pinnington 5.84, 2 D.Folgate 5.66, 3 D.Wallington 5.61, 4 M.Clerihew 5.57, 5 S.Matthews 5.08, 6 K.Gibson 4.56, 7 A.MacLeod 4.52

**M50** 1 E.Fitzgerald 5.54, 2 S.Brooks 5.15, 3 J.Rayner 4.99, 4 J.Cheers 4.92, 5 B.Chapman 4.40

**M55** 1 M.Garvey 5.25, 2 C.Green 4.96, 3 J.Parish 4.91, 4 B.Charles 4.63

**M60** 1 C.Field 4.57, 2 T.Driver 4.45, 3 I.Price 3.99, M.Collins 3.87

**M65** 1 A.Kalirai 4.27, 2 J.Crehan 3.91, 3 B.Morrow 3.46, J.Christie 3.11

**M70** 1 G.Bridgeman 3.92

**M75** 1 A.Lovett 4.04

**W35** 1 J.Brown 5.41, 2 D.Herron 5.18, 3 M.Laing 4.72, 4 H.Barker 4.71, 5 G.Clark 4.58, 6 P.Davies 2.76

**W40** 1 C.Filer 5.08, 2 B.Evans 4.52, 3 G.Cunningham 4.37, 4 C.Lyon-Green 3.87

**W45** 1 E.McMahon 4.69[CBP]

**W50** 1 M.Simmonds 4.39[CBP], 2 P.Oakes 3.60, 3 J.Hindle 3.54

**W55** 1 J.Charles 4.06, 2 I.Holder 3.99, 3 J.Towler 3.29

**W60** 1 C.Graham 3.62, 2 B.Steedman 3.60, C.Gibbons 3.55

**W75** 1 M.Wixey 2.68[WR]

**Triple Jump**

**M40** 1 G.Gallagher 13.08, 2 T.Wade 12.76, 3 P.McClPatrick 11.40, 4 I.Broadhurst 10.72, 5 J.Gibson 10.41

**M45** 1 D.Folgate 12.17, 2 P.Pinnington 11.66, 3 M.Clerihew 11.17, 4 D.Wallington 10.57, 5 A.MacLeod 9.23

**M50** 1 S.Power 12.88, 2 A.Cheers 10.92, 3 J.Rayner 9.23, 4 B.Chapman 9.18

**M55** 1 C.Green 10.82, 2 W.Gentleman 9.28

**M60** 1 A.Crocker 10.19, 2 T.Driver 9.67, 3 J.Phillips 9.30, 4 M.Morrell 8.71, 5 W.Atkinson 8.39

**M65** 1 J.Crehan 9.12, 2 A.Kalirai 8.98, 3 N.Carter 6.82

**M75** 1 L.Williams 7.60[CBP]

**W35** 1 J.Brown 11.11, 2 D.Herron 10.21, 3 G.Clark 9.00

**W40** 1 C.Filer 9.78, 2 G.Cunningham 9.78, 3 B.Evans 8.67, 4 J.Stafford 7.80, 5 C.Lyon-Green 7.18

**W50** 1 M.Simmonds 9.52[BR], 2 P.Oakes 8.49, 3 J.Rammell 7.93, 4 J.Hindle 7.72

**W55** 1 J.Charles 8.31

**W60** 1 C.Graham 7.91, 2 B.Steedman 7.50, 3 M.Holmes 6.87

**W75** 1 M.Wixey 5.33

**High Jump**

**M40** 1 R.Smith 1.75, 2 C.Hesketh 1.75, 3 T.Wade 1.70, 4 D.Abernethy 1.60, 5 T.Thompson 1.30

**M45** 1 S.Faulkner 1.63, 2 R.Abdy 1.48, 3 A.MacLeod 1.33

**M50** 1 E.Fitzgerald 1.66, 2 R.Groves 1.63, 3 M.Cole 1.54

**M55** 1 C.Green 1.45, 2 F.Turner AUS (G) 1.45, 3 J.Howe 1.39, 4 B.Charles 1.30

**M60** 1 A.Crocker 1.52, 2 C.Shafo 1.49, 3 T.Driver 1.34, 4 J.Day 1.31, 5 W.Atkinson 1.19

**M65** 1 C.Taylor 1.25, 2 N.Carter 1.19

**W35** 1 J.Brown 1.67[CBP], 2 J.Gilchrist 1.52, 3 H.Barker 1.49, 4 M.Laing 1.46, 5 S.Page 1.37, 6 G.Clark 1.34

**W40** 1 V.Rutter 1.49, 2 C.Filer 1.46, G.Cunningham 1.34

**W45** 1 P.Garvey 1.40

**W50** 1 P.Oakes 1.23, 2 J.Hindle 1.14, 3 M.Jones 1.11

**W55** 1 J.Charles 1.14, 2 I.Holder 1.08

**W60** 1 R.Chirnes 1.26[CBP]

**Pole Vault**

**M40** 1 J.Taylor 3.80, 2 G.Holder 3.10, 3 T.Thompson 2.60, 4 T.Howarth 2.20

**M45** 1 R.Abdy 3.20, 2 J.Mottram 3.00, 3 S.Matthews 2.90, 4 B.Henrie 2.70

**M50** 1 G.Sutton 3.40, 2 J.Bradley 2.80, 3 R.Warren 2.50

**M55** 1 G.Benson 3.50[eq CBP], 2 J.Howe 3.30, 3 T.Mackay 2.80, 4 B.Harlick 2.60

**M60** 1 J.Day 2.80

**M65** 1 N.Carter 1.70

**W35** 1 J.Lyon 2.30[CBP], 2 D.Singleton 2.10, 3 G.Clark 2.00

**W40** 1 J.Cunnane 2.70[BR], 2 J.Stafford 2.00

**W50** 1 M.Jones 1.90

**Shot Put**

**M40** 1 L.Lindley 14.36, D.Abernethy 12.96, 3 S.Archer 12.40, 4 M.Small 12.28, 5 S.Thomas 11.56, 6 M.Carr 10.72

**M45** 1 N.Griffin 13.90, 2 M.Bousfield 12.33, 3 J.Edwards 12.25, 4 W.Renshaw 11.70, 5 A.Richards 11.42, 6 R.Abdy 10.25, 7 R.Richards 10.00

**M50** 1 D.Myerscough 14.13, 2 P.Greenall 12.73, 3 M.Hazlewood 11.10, 4 S.Brooks 11.05, 5 K.Prior 10.95, 6 P.Cramp 10.82, 7 J.Rayner 8.87

**M55** 1 J.Scott 13.35[BR], 2 J.Walters 11.46, 3 W.Gentleman 10.15, 4 P.Conboy IRL (G) 8.91, 5 B.Harlick 8.19

**M60** 1 M.McGarry IRL (G) 11.08, 2 B.Strange 11.01, 3 C.Brand 10.65, 4 B.Sunmer 10.25, 5 R.Sykes 10.19, 6 T.Driver 9.45, 7 B.Webb 9.33, 8 J.Dunsford 7.65

**M65** 1 J.Watson 10.30, 2 C.Taylor 9.85, 3 W.Mann 9.32, 4 P.McEvoy 7.60, 5 J.Christie 5.98

**M70** 1 E.Cheetham 8.62

**M75** 1 J.Dooley 6.96

**M80** 1 B.Metcalf 7.13

**W35** 1 W.Dunsford 11.35, 2 C.Cameron 11.17, 3 J.Brown 10.64, 4 H.Barker 10.52, 5 M.Laing 10.38, 6 J.Earle 8.51, 7 B.Russell 8.30

**W40** 1 J.Cunnane 9.63, 2 S.Hall 8.88, 3 G.McFarlane 8.31, 4 D.Perry 7.54, 5 B.Simpson 6.87

**W45** 1 C.Marler 8.87, 2 V.Kirkland 6.74, 3 J.Turner AUS (G) 6.51

**W50** 1 V.Parsons 8.20, 2 J.Rammell 8.00, 3 E.Mee 7.83, 4 M.Jones 6.98, 5 C.Rafferty 6.84

**W55** 1 E.Williams 11.86, 2 J.Evans 7.34, 3 J.Charles 7.15

**W60** 1 R.Chirnes 11.30[CBP], 2 A.Martin 8.14, 3 M.Holmes 6.37, 4 E.Kear 5.22

**W65** 1 M.Grant-Stevens 6.46

**Discus**

**M40** 1 D.Abernethy 42.10, 2 M.Small 36.68, 3 M.Carr 27.40

**M45** 1 N.Griffin 41.10, 2 W.Renshaw 36.62, 3 A.Richards 33.10, 4 R.Richards 31.36, 5 M.Bousfield 30.64, 6 P.Bramford 28.28, 7 S.Broadhead 27.50

**M50** 1 D.Myerscough 42.62, 2 C.Ellis 41.66, 3 M.Hazlewood 38.20, 4 R.Warren 37.08, 5 P.Cramp 35.34, 6 K.Prior 34.22, 7 S.Brooks 32.66, 8 J.Charlton 29.78

**M55** 1 W.Gentleman 37.32, 2 J.Kee 36.12, 3 P.Conboy IRL (G) 34.46, 4 J.Walters 33.56, 5 B.Harlick 30.88, 6 T.Mackay 29.92

**M60** 1 M.McGarry IRL (G) 36.82, 2 C.Brand 34.18, 3 V.Naismith AUS (G) 34.14, 4 B.Strange 32.80, 5 B.Sunmer 31.58, 6 P.Barber 28.88, 7 T.McNab 28.26, 8 D.Birch 21.28

**M65** 1 D.Field 35.46, 2 J.Watson 34.88, 3 J.Hanus 34.22, 4 P.McEvoy 31.90, 5 N.Carter 23.30, 6 J.Christie 21.18

**M70** 1 E.Cheetham 22.16

**M75** 1 L.Williams 18.68, 2 J.Dooley 17.44

**M80** 1 B.Metcalf 18.14

**W35** 1 C.Cameron 40.06, 2 K.Sharp 32.58, 3 W.Dunsford 30.06, 4 J.Earle 29.26, 5 D.Singleton 27.44, 6 B.Russell 24.40

**W40** 1 J.Cunnane 31.38, 2 G.McFarlane 27.92, 3 B.Evans 25.68, 4 B.Simpson 23.54, 5 S.Hall 23.06

**W50** 1 M.Simmonds 27.70, 2 J.Rammell 27.02, 3 R.Champion 22.78

**W55** 1 E.Williams 27.58

**W60** 1 R.Chirnes 31.28[CBP], 2 A.Martin 19.32

**W65** 1 M.Grant-Stevens 16.48

**W75** 1 M.Wixey 11.42[CBP]

**Javelin**

**M40** 1 D.Abernethy 54.64, 2 G.Holder 44.40, 3 R.Wharton 31.16

**M45** 1 R.Richards 47.12, 2 P.Bramford 44.60, 3 C.Arnold 42.84, 4 M.Stoneman 42.48, 5 M.Bousfield 38.62

**M50** 1 M.Turner 46.36, 2 M.Hazlewood 43.36, 3 P.Cramp 41.46, 4 S.Brooks 40.20, 5 J.T.Charlton 33.36

**M55** 1 G.Eccles 41.30, 2 T.Mackay 36.32, 3 W.Hudson 36.10, 4 B.Harlick 33.72, 5 W.Gentleman 28.70

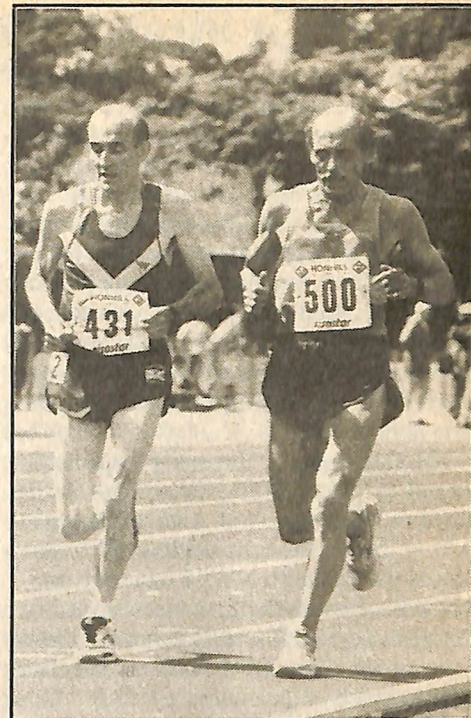
**M60** 1 G.Ratcliffe 45.46[CBP], 2 J.Phillips 44.70, 3 C.Brand 38.98, 4 M.Morrell 36.06, 5 T.Driver 32.90, 6 B.Webb 28.32

**M65** 1 D.Field 36.30[CBP], 2 H.Mein NZL (G) 27.74, 3 C.Taylor 27.10, 4 W.Mann 26.56, 5 I.Steedman 22.82, 6 N.Carter 19.72, 7 J.Christie 17.96

**M75** 1 J.Dooley 20.84, 2 A.Lovett 19.30

**W35** 1 M.Laing 33.40, 2 D.Herron 30.78, 3 H.Barker 23.24

**W40** 1 J.Cunnane 40.27, 2 C.Morris 27.94, 3 B.Evans 27.30, 4



Jeremy Hemming

## 10,000m: John Gormley [431], 3rd. M60 and Bill McBrinn, 2nd. M65.

G.McFarlane 25.60, 5 B.Simpson 20.34

**W45** 1 T.Stoneman 25.74, 2 J.Turner AUS (G) 15.36

**W50** 1 C.Rafferty 27.44, 2 M.Woodger 21.42, 3 P.Oakes 19.98, 4 R.Champion 18.84, 5 M.Jones 17.71

**W55** 1 E.Williams 32.76

**W60** 1 C.Graham 28.42, 2 M.Holmes 21.68

**W75** 1 M.Wixey 10.66[CBP]

**Hammer**

**M40** 1 M.Fenton 57.12, 2 M.Small 43.90, 3 S.Thomas 42.02, 4 M.Carr 31.92

**M45** 1 A.Woods 45.12, 2 B.Lockley 44.86, 3 M.Bousfield 40.22, 4 W.Renshaw 33.10, 5 S.Broadhead 27.70



## Keeping A Straight Leg [and Face] in The Hague: Report by Jack Fitzgerald

Zuiderparkstadion in The Hague proved to be an excellent venue for the 5th European Veterans Road Race Championships on the week end of May 31-June 1.

The first events, the 20K Walk for women and the 30K Walk for men were held concurrently at 10.00am on the Saturday, so from my position at the rear of the field, [I know my place] I was able to assess the performances as the real walkers lapped me. The women circumnavigated the 2.5km lap eight times, with the men doing 12 laps.

Of the women, the most impressive was the Swiss W50 champion Heidi Maeder, who finished with a fantastic 1:50.11, but Germany's Waltrau Seilo also caught the eye with a W55 win four minutes later. British performances were also outstanding, Ann Lewis leading them home with 2nd W45 behind Regina Meinschmidt of Germany in 1:58.09. Going one better medal wise was Cath Reader, whose 1:59.27 in the W40 category won our only walking gold medal. Other British silver medallists were the two Pams, Ficken in W55 and Horwill in W60. Unluckiest was Hilda Nyman, who would have been among the medals had her father been a little less shy, but had to be content with 4th W55. She will be no luckier at Durban, as she becomes 60 on her journey home.

Meanwhile, the men were steaming round the extra four laps. For once I was able to see the disqualification board which was at eye level, but, in any case, there was no shortage of supporters to tell me that I had one dreaded X against my name, so prudence was the keyword. As usual, there were many "runners" lapping me and, bearing in mind the number of names on the board, it was surprising that there were only four D/Q's. M40 Henk Plasman was the popular overall winner for the host country in a splendid 2:26.28, over two minutes ahead of Italy's Roberto Cervi. Steve Uttley, making his veteran international debut, was 6th. and Chris Hobbs was 10th. in this category.

Bob Dobson finished 3rd. M50 behind Swiss Bernard Binggeli and Peter Eisfeller [Germany] and, as he lapped me at his finish [I still had a few to go], I was intrigued by his duel up the finishing straight with the 5th. M45 Orriels of Spain, who makes more noise than the rest of the field put together. Monica Seles should worry! Other British walks medallists were 2nd M55 Amos Seddon and 2nd M60 Colin Young. I could scarcely be less than a silver medallist myself, as Neuman [Czech] was the only other competitor in the M70 group, and I did not even know he was there until he lapped me.

As I finished my last lap, the 10K runners were warming up for their 2.00pm

start. Their lap had been lengthened to allow them to run three identical laps. The class act was, of course, Nigel Gates, and he played cat and mouse with the field, sitting in on a large leading group which went through 5km. in 15:45, until Frenchman Gonzalez, winner of the M45's in the World Championships at Brugge last year, decided to warm things up. Gates, however, went away in the last kilometre to win by 13 seconds in 30:56. Eyckmans [Belgium], the overall winner at Brugge, had to be content with 3rd. overall and 2nd. M40, while Mike Girvan was 4th. overall and 3rd. M40. Derek Mullen finished one second behind and just missed out on the medals. Mike Hager was 3rd. M45, behind Gonzalez and Perez [Spain]. What a pity that there was not a team race!

Other British medallists were Martyn Rouse, 2nd. to Leibold [Germany] in the M50's, the evergreen Les Presland who won a great victory in the M55's, John Roberts with a silver in the M65's and Gerry Cuning with 3rd. in M75.

The outstanding women performers were Mags Greenan of Ireland in winning the W35 group in 36:37, W60 winner Pohl [Germany] in 41:09 and Russia's Naoumenko, 1st. W70 in 51:52. Best British performances came from W45 gold medalist Felicity Garland, [38:46], Margaret Auerbeck and Pauline Rich with 5th. and 6th. in W50, Eileen Quinton and Joselyn Ross with 1st. and 3rd. in W65 and Hester Wicks, silver medallist at W70.

The Half Marathon was at high noon on the Sunday and comprised two laps of 2.5 km in the park, taking to the road for 15 kms and then returning to the park for a final one kilometre. As I walked at the back of the field I was not in the best posi-

tion to assess the race, so had to rely on bird's eye reports at it's conclusion. I was of course lapped before the main field left the park and noted that Nigel Gates was again taking it relatively easy among the leading pack. I had the benefit of a police outrider on my lonely vigil at the rear on the road, so managed not to get lost on this occasion. Eventually, I caught up with a few stragglers, so somebody else then had the benefit of the police.

There was a stronger wind than on the previous day so, I am reliably informed, Gates sat in even longer. Mike Girvan finally made the break from 15km, but Gates had him covered and sprinted for a four second win in 68:16. Gerry Kiernan [Ireland] was 3rd. a long minute back. Trevor Clark, the surprise 25K winner at Brugge last year, was a little below his usual form  
*[continued on page 15, column 3]*



Above; Cath Reader [W40] is presented with her gold medal.

Below: The women's 20k Walk silver medalists on the podium: 2nd from left, Pam Horwill [W60]; centre, Ann Lewis, [W45]; 2nd from right, Pam Ficken [W55].





## The Dreaded Entry Form

An entry form, particularly if it is for World or a European Championship, comes in all shapes, sizes and arrangements but, even with practice, still gets filled in incorrectly. Therefore, if you can spare a few minutes to read this article, I will try to explain the difficult process of correctly filling in the dreaded entry form.

**Name or Surname or Family Name:** In British terms this means your surname e.g. Smith or Jones.

**First Name, Christian Name, Given Name:** Name that you wish to be known by, e.g. Fred or Jean

**Initials:** This means the initials of middle names with which you have been blessed.

**Date of Birth:** This one should be easy. It means the actual date you were born, not this year's birthday date. Watch out, however, as some forms request day followed by month and then year, whereas others request month followed by day. Remember that there are only 12 months in our calendar year - Believe me on this one!

**Age:** e.g. as of Sept. 1 1997 means actual age on Sept. 1 [If you were born 1/1/31 you would be 66 on 1/9/97. Agreed?]

**Postal Address, Mailing Address, Address, Residential Address** all mean the same - the actual address of your house, flat, caravan, tree house, apartment or tent to which you would like to have your confirmation of entry sent so that you know what's what. Remember to include the name of your residence if you have one. Watch out for this trap as sometimes they ask for the number in a separate box.

**Post Code, Zip Code, City Code:** This is the code given to you by the British Post Office to ensure that your mail reaches you, but is the most difficult part of your address to remember. You will also find a request for your town. If you do not know it, well, some one must know!

A further request is for your country if you are a member of the BVAf and the form is for a European or a World event. Please insert Great Britain, not England, Scotland, Wales or Northern Ireland. We enter as a united team, do we not?

**Country Code:** This can be found in the entry booklet and is usually GBR or GB & NI or sometimes a number e.g. 17. You did read the entry booklet from cover to cover before starting to fill in your entry form didn't you? What is that you said?

**Your Club:** Another easy one, but come on! BUAC can mean British Union Athletic Club or Brighton United Athletic Club or even Bums Up And Cheer! How is an entry secretary supposed to know? Always write the name of club in full. You are proud to be a member, are you not?

Now to a hard one! **Sex, Gender, M/F, M/W.** The answer is not yes please, or too old! Simply are you a male or female? If you do not know, ask your doctor or see

what your birth certificate states. Entry secretaries cannot guess your sex by your name. After all the first name of the wrestler Big Daddy is Shirley and overseas secretaries have even bigger problems with names.

**Age Group:** You cannot be in age group M40-85 or W35-60. Your age group is the five year band you are in e.g. M55 or W40.

**Telephone No.** Everyone should know their own telephone number, but the person receiving your form at the other end will not know your area code [0181 etc.] or country code [0044] for Great Britain.

Now for the really hard part of the form: entering events! Mark each event with a tick or a cross as requested. You did not see that? - but I thought that you were reading the form as you filled it in! Do not cross out age groups M40-95 and insert M45 or anything else. This is to tell you that this particular event is open to all age groups between 40 and 99. Other events are only open to M40-59 or M60 and over. Did I hear a snigger from the women? The same applies to you!

Do put a Best Performance time, height, distance etc. if you have one or an estimate if you do not have one. This is used for seeding purposes. It is no good complaining at the games if you were put into a low seeding if you did not put your performance down in the first place. Mystic Meg may not be there! To insert comments such as have not done this before, or not competed for some time or have had an operation is of no help at all to the seeders. Some forms have separate columns for men and women. Look for the traps, it is part of the game.

Other forms then ask you to list the events you have entered. Easy! List them in the order they appeared above, not in your order of performance or likes. Most important, remember to sign the form, even if it is requested once, twice or even more times under Entry Form, Waiver Clause, Drug Testing, etc. [Do not sign Certified by National Body - that is the poor Overseas Entries Co-ordinator's job]

**Payment For Entry:** If you received the form from the O.E.C. [Overseas Entry Co-ordinator], you would have received instructions on how to pay. If not write and ask for instructions. It could save both of you a lot of time and money!

Check that you are a fully paid up member of the BVAf, which means that the current year's subscriptions have been paid to your area club, not you joined and paid three years ago. You must be a paid up member of your national body, the BVAf, to enter World and European events.

Are you still with us?

After all that please send your entry form, together with proof of date of birth

[needed every time] and payment as detailed to the O.E.C. as soon as possible. Do not wait for closing date! I was tempted to name names here, but that is not cricket is it? It is funny though, it is always the same few. When the recipient receives 200 entries in one day it is rather upsetting. Contrary to popular belief, the recipient is not waiting to receive them with bated breath, but is trying to train, look after family and do life's normal little things. It also upsets the sorting office, the postman, the family routine, the computer gets overheated, tempers start to fray, the cat leaves home as no one remembers to feed him, friends stop popping in for coffee, and God forbid if family or medical problems dare to concur with the arrival of the entry forms.

The forms can take upward of three days to correct! Letters have to be written to clarify matters. The validation lists have yet to be checked and cleared. Permits to compete abroad have to be obtained, lists in both age groups and alphabetical order have to be prepared together with covering letters. Bank drafts have to be requested and collected, not to mention preparing the file for postage and packing etc.

Remember that the O.E.C. must get everything done and into the hands of the Entry Secretary in whichever country the event is to be held. Well what's wrong? You asked about putting the family and life on hold for a while. You do not really need to sleep, do you?

Now you know that why, in my spare time [Ha Ha], I just had to write this article. Seriously, I hope that you enjoyed reading it. Please, if you recognise a point or two where you may have lapsed, bear it in mind next time you fill in the dreaded entry form.

**Stressed Overseas Entries Co-ordinator**

### European Road Championships

*[continued from page 14]*

for 6th, three seconds ahead of the first M45, Urbschat of Germany.

Another home win was recorded in the M50 category by Jaap Vallentgoed, while the best British M55 performance was a bronze medal for Phil Lancaster behind Lessing and Adomeit, both from Germany. Harry Clayton also struck bronze in M60 while in M65 Bill McBrinn went one better with silver and John Roberts just failed to add to his medal collection with 4th.

Spain's Silvia Lencini won the women's race, ahead of a new British name [to me], Sandra Edwards. Margaret Auerbeck improved on her 10K performance [well, she would, wouldn't she?] with a bronze at W50, while for once the magnificent Eileen Quinton had to cede the W65 gold to her great Belgian rival, Berthila De Preter. Naoumenko of Russia was again impressive with 2:01.48 in the W70 group.

**Results page 17**



## Around the Regions

### MIDLANDS

In spite of a strong headwind in the home straight and the threat of thunderstorms, there were some very good individual performances at the T & F Championships, with 24 new records set.

Records fell at regular intervals, starting with Bob Care [M50] and Pam Horwill [W60] in the 5k Walk. In the 800m and 1500m Jerry Keilly set new M75 figures and also had a good run in the 5000m. Reg Phipps reduced the 400m mark to 57.2 from 57.8, a mark that was set as far back as 1982. Vic Oliver [M45] smashed an even older record [1980] in the 200m with 22.9, improving the old mark by 1.5secs, and only missed equalling Ron Taylor's 1979 100m record by 0.10.

Mary Wixey [W75] took the 100m record and W55 Jean Hall the 100m and 200m records. Maureen Lewington, in her first year in the W50 group, set a new 100m record [13.5] and annihilated the old 200m mark in running 27.1. If there had been a wind gauge this time would have given her the British Record. For these two fine performances she was awarded the Best Track Performance Trophy.

Turning to the field events, Mary Wixey established new records for the W75 group in the long jump, discus and javelin, as did Harold Karlsson in the M80 discus and Alan Lovett in the M75 in the long jump. New long jump figures were achieved by M55 Mike Garvey and W55 Jackie Charles and in the high jump Colin Green raised the old M55 mark by a centimetre to 1.54. Jim Edwards and Maureen Lewington both improved the old over 55's shot put marks and Lynda Hallam did likewise in the discus. Christine Smith improved the hammer W40 record to 23.20, but the performance of the day was W50 Elaine Mee's hammer throw of 25.34, which improved the old mark by five metres and won her the Field Event Performance Trophy.

Maurice Priestman

### SCOTLAND

The SVHC's trophy for the best age graded performance at the SAF Veterans T & F Championships on June 8 goes for the second year to John Steede. The 55 year old Borderer, who won European indoor gold and silver medals at Birmingham in February, scored highest with 91.72% for his 12.2 in the 100metres at wind swept Coatbridge. The on form Jedburgh flier followed this with 90.88% for his 25.2 in the 200m and 88.58% in the 400m [57.9], truly high class performances!

A close second again this year was John Ross of City of Edinburgh, who scored 91.40% for his 2:17.9 800metres, a tremendous effort in the gale force conditions. His 200m run in 26.1 [90.36%] was also out of the top drawer. Credit is also due to Lochgelly's 46 year old Brian McKay for his 800m in 2:05.0 [90.54%] and new vet Rod McKay [City of Edinburgh], who scored 90.30% for his M40 100m in 11.2. A subsequent shoulder fracture put paid to Rod's hopes for the National Championships at Blackpool.

Also deserving of mention are C.of Edinburgh's 400m man John Rae, 57, [89.00%]; Stornaway's Alistair Dunlop, 43, with 89.93% in the 800m; and 5000m stalwarts Archie Jenkins, 45, [88.83%] and Colin Youngson, 49, [88.48%]. Weather conditions for the field events were far from helpful but Bill Gentleman, 57 earned 87.38% for a fine hammer performance and Babcock Pitreavie's Eammon Fitzgerald, 50, managed 84.61% for his 1.65m high jump and 85.42% for the 100m hurdles in 15.6.

Not forgetting the women competitors, one has admiration for the slim figure of Kilbarchan sprinter Pat McKinnon, 47, who scorched down the track to take the 100m in a fine 13.1 [89.44%], the best on the day. Close behind was Babcock's Esther Linaker, 56, with 88.44% for her short sprint victory [14.3], and EWM's Sylvia Wood, 53, whose 100m in 14.0 was evaluated at 88.20%. Distance specialists Jackie Byng, 52, and Franky Farquar, 48, both showed good form with 85.45% and 84.99% respectively in the 3000m.

Scottish Vets are hoping for a full turn out on September 6 when they take on North East Vets at Jarrow

in the annual match. The Scottish Athletics Federation have issued advance notice of two provisional dates for indoor championships at Kelvin Hall next winter: Feb. 14 & 15 1998: Combined Events [Heptathlon/Pentathlon]

Sat. 28 Feb. 1998: Scottish Veterans Indoor Champs  
Entries are always welcome from English, Welsh and Irish vets. Details of events and closing dates in the next issue of V/A.

Ian Steedman

### ISLE OF MAN

The premier walking event on the island is the ultra distance Parish Walk which is held annually on the nearest Saturday to June 21. This year, in overcast conditions, 411 competitors started out at noon from Douglas to walk to each of the 17 parish churches, a total distance of 85 miles.

The veteran men's and women's races finish in the west of the island at Peel after 32.5 miles and first over the line was M50 Alan Callow in 5:47.32. He was followed 10 minutes later by former full course winner from Leicester Brian Ashwell in 5:57.10. The third veteran was our own Les Brown, showing a welcome return to form by clocking 6:13.07.

First woman was Jackie Bairstow, whose consistent steady pace enabled her to take the honours in 6:22.17. She was a minute ahead of the "Isle of Wight Wonder" Jill Green who, in ideal conditions, then went on to be the fourth placed finisher of the whole course in 18:37.59. The full course winner was Londoner Chris Flint [M45] who completed the 85 miles at his first attempt in 17:36.40. Afterwards he praised the event's organisation and officials, whilst conceding that without some timely course instructions he might have been still walking. Second was Kendal's Boyd Millen [M60] in 18:10.36, ahead of the first local, Ray Hughes, 18:17.20. The IOMVAC representatives were M45 Simon Cox, who struggled through the night and early morning with sore shins to finish 9th in 19:45.27 and 10th placed Terry Bates, M45, who took 20:39.36 to return to Douglas. This is a tremendous event and we would welcome any "off island" competitors who are after a different way of commemorating the longest day.

Many congratulations must go to Dave Anderson, who continues to fly the flag off the island. He started the season by taking British veteran indoor titles at 400m and 800m in Glasgow and European silver at 400m in Birmingham. He has since taken three Northern Vets titles at 400m, 800m and 400mH and helped the Island's team win gold in the 4 x 400m relay at the Inter Island Games held in Jersey, where he also took an individual bronze. The icing on the cake, however, must be his World Championship performances in Durban. He won silver in the 400m H in a time of 56.8, bronze at 400m in 51.77 and helped to pull back the British 4 x 400m relay squad into 2nd place, behind host nation S.Africa, by running the 3rd leg in 50.3, a fantastic achievement in a record breaking season.

Terry Bates

### NORTH EAST

Saturday July 12 was quite a landmark for North Eastern athletes as NEVAC hosted its 20th annual Track and Field Championships at Monkton Stadium, Jarrow. With entries up on recent years to over 120 we were in for an excellent day's competition.

Top north east sprinter Eric Smart scored a hat trick in the 100m, 200m and 400m, recording 11.7, 23.7 and 56.7 respectively. Keith Gibson repeated the feat in the M45 group with 12.9, 25.8 and 59.0, making the long journey from Barrow in Cumbria worthwhile. Finishing second in the M45 100m and 200m, guest Peter Lavin from Liverpool did, however, get the better of Keith in the 400m with 57.9.

NEVAC's own David Tate was not to be up-staged and he, too, won a hat trick of golds in the M50 group, being timed at 12.7, 26.0, and 58.4. Fresh from his success on the Blackpool track, M45 Archie Jenkins took all NEVAC distance golds, recording 2:08.7 [800m], 4:19.0 [1500m] and 15:56.1 [5000m].

Sunderland were runaway winners of the men's T & F League, with Heaton pipping NEVAC to second. Last year's cup winners, Durham, were fourth. Rellegated to division two were Houghton and Peterlee and

Wallsend. Promoted were Morpeth and Blyndon. Houghton & Peterlee were convincing winners of the women's league from last year's winners Elswick. Promoted to Division one were Derwentside and Chestle Street, ahead of Gateshead, Durham and Tynedale.

The north East is alive of track activity in the summer with a 12 meeting fixture list between May and September.

George Routledge

### SOUTH

#### SCVAC

The SCVAC T & F Championships at the newly opened Julie Rose Stadium at Ashford, Kent were conspicuous for many reasons.

Usually, the sprints throw up many great performances. The performances were still there on June 8, but, mainly because of the lake which runs adjacent to the back straight, the times definitely suffered. It was significant that of the 16 championship best performances achieved, 11 of them fell to field event specialists. Still, the sprinting of Kwadwo Ansah, Jon Browne, Alasdair Ross, Helen Godsell, Sylvester Stein and Val Parsons of the old school, and newcomers Leigh Andrews, Diane Clark, Coral Davies and Laura Pummell looked impressive.

Clarke looked even better in the 400m with a W35 CBP of 59.2, while Arthur Kimber celebrated his elevation to M60 with another CBP of 57.3 and the W65 800m world record holder Toni Borthwick also clocked a CBP of 84.3. Other CBP's came in the long hurdles, when regulars Nanette Cross ran 65.5 for the W55 300m and Dave Barrington 68.5 for the M55 400mH.

Pride of place in the field events went to Phil McEvoy whose 39.46m in the M65 Hammer proved to be the only British record of the meeting. Jenny Earle also made a big break through in the Hammer and her 36.08m broke the existing W35 CBP. As always, Neil Griffin and Evaun Williams were outstanding in their disciplines, both setting new records for Shot and Discus at M45 and W55 respectively, with Evaun adding one in the Javelin for good measure. Carina Graham kept up her W60 run of records with a CBP in the Discus, a feat also accomplished by Jack Kee at M55 with 39.66m. Trevor Wade recorded 1.76m in the M40 High Jump and 6.36m in the Long Jump, while Bob Ruff leapt 5.19m for a M55 CBP.

One sad note marred the day for many of us, when we heard of the sudden death of Mavis Williams a few days earlier. Mavis was our oldest active woman member and had graced our championships on many occasions, never failing to break an age group best up to and including W80. Mavis had, in fact, entered for these championships, so there is no doubt in my mind that she was with us in spirit.

Jack Fitzgerald

Tom Watson, winner of the M40 800m title at the NEVAC Championships





## Around The Regions [continued]

### VAC

In Track & Field Championship a record 160 competed at Kingsmeadow in fine conditions. Although Jo Eden, W70, was unable to race her javelin throws up to 28.20m, she fully lived up to World record expectations.

Sprints were strong and John Browne took the 100/200m double from Paul Lavender, notably improving his own CBP at 100m to 11.3. The M40's had four in a line down the straight, with new member Brian Matthews just holding off the versatile, but unlucky, David Elderfield, both being given 53.5. Wal Franklyn set new marks in both sprints at M45, while at the senior end, Bernard Metcalfe, now 80, carved new steps in five disciplines. Gordon Daborn, enjoying his 65th birthday, won five events with bests at 400 [67.1], javelin [30.40m] and sprint hurdles.

At middle distance, Dave Wilcock set a high standard in 800 and 1500m, which was supported through other classes. Chris Chataway, in a rare track appearance, won the M65 1500m. Jane Davies held sway in W45 middle distance and set a lead from which Alison Fletcher, the W35 star, took benefit. New member Lesley Felton, 38, showed her speed in 800m with 2:29.9 and in 200m with 28.1, both CBPs. Also in sprints, Edna Roe [100/200m] and Emily McMahon [100m] set Best standards in 40 and 45 class.

New vet Noel Carmody, an English international last year, shone in a well filled Walk with 13:03 [CBP]. Doug Fotheringham was first 65 and CBP while Lynne Newton, who also won her 800m, was first of six women.

In humid conditions the longer races had the hardest task, but the M40 plus 5000m was a very strong contest. After Gaham Hannaford and Dave Wilcock had made early pace, Brian O'Neill took it up. Then new vet Steve Fowler led the last lap until a powerful surge by Charlie Dickinson took him clear. His 15:58 CBP improved his own four year old mark.

Despite many new marks in recent years, the throwers continued to push it out, with 20 new CBPs achieved. Michael Small, Alan Staerck and Peter Savery in the shot, Richard Warren, Peter Tomney, Jaroslav Hanus and Rosemary Champion in the discus, Roger Bartlett with a 41m javelin and, in the hammer cage, Ken Prior, Peter Shevlane and Rosemary Alexander, outstanding at 39m, all made claims for recognition.

Best horizontal jumps were made by Paul Pinnington, 46. Tall Roger Honey won the 110m hurdles with a top level 15.2 and took four more gold. A new member in W50, jump exponent Pat Oakes set two CBPs.

Earlier, the mile had been popular, with 20 runners in the track race and 11 in the road race, where a new course in Battersea Park used the outer road entirely. Stuart Littlewood pulled off a double with a 4:54.5 track win and 5 minutes exact road success.

John McGlashan, who seldom misses a mile, was second each time, but closed to three seconds in the park. There was close racing for the next four up to 5:12. M50 winner each time was consistent Martin Miller with a road time 5:06. First M60 was Arthur Kimber, who has made a fine comeback, while the 65 was Derek Thomas, coming year after year. Heather Fenton kept her good streak going by winning the Womens Mile Trophy from three older ladies in 6:03.

The road race also had a new course of 5 miles exactly, measured by Dave Hill. After Rob Roach had led the first lap Mick Nouch won well. He also won the club year long "marathon" points event, the Snow Cup.

Jeremy Hemming

## Track & Field Record Claims

Record claim forms are still being sent to David Burton's old address, and as re-directed mail will shortly cease, record applications may be lost. All record application forms must be sent to the Chairman of the Records Committee, David Burton, 22 Chandlers Way, Steyning, West Sussex, BN44 3NG.

## Oceania Championships

Veterans are invited to take part in the Oceania Veteran Games to be held in Hawkes Bay, New Zealand, January 17-27. These are the W.A.V.A. Regional Championships for the Pacific area. Over 1000 athletes are expected to participate, including 300 from Australia, several hundred from New Zealand and most of the remainder from the islands in the Pacific.

Although veterans from outside the area would not be eligible for Oceania titles, they would receive a medal if placed in an event. There is a full track and field programme, a half marathon, cross country, a 10km road walk, pentathlon, decathlon, heptathlon and weight pentathlon.

Hawkes Bay is situated on the east coast of North Island. Information and entry forms are available from the Organising Committee at Box 7144 Taradale 4030, Napier, N.Zealand or by contacting Jim Tobin on phone/fax +64 6 8445072.

## Track & Field Rankings

As the track and field season draws to a close would individuals, club statisticians, league secretaries, etc. submit the season's best performances for inclusion in the annual track and field rankings lists. Men's performances should be sent to David Burton, 22 Chandlers Way, Steyning, West Sussex, BN 44 3NG. Women's should be sent to Sally Gandee, 4 Westfield Rd. Hertford, SG14 3DS.

## European Veterans Road Champs, The Hague, Holland, May 31-June 1

[British results only] 10K

M40 1 N.Gates 30:56, 3 M.Girvan 31:27, 4 D.Mullen 31:28, 6 E.Williams 31:55, 8 S.Owen 33:03, 10 M.Barnsdale 33:22, 13 G.Hannaford 33:41, 16 S.Barnshaw 34:07, 21 G.Marrinan 35:09, 25 K.Collins 35:40, 27 S.Crawte 36:22, 32 A.Murray 37:26, 37 G.Crowe 38:21, 39 K.Hough 38:55, 42 P.Spick 39:28, 49 R.Partridge 41:34, 56 K.Dillon 45:21 M45 3 M.Hager 31:31, 10 C.Dickinson 33:44, 12 A.Rich 34:31, 18 J.Dennis 35:43, 24 J.Maddison 36:19, 29 P.Royce 37:15, 30 P.Koenig 37:18, 31 T.Bradley 37:40, 32 A.Hill 37:46, 35 J.Tussler 38:01, 40 B.Fisher 39:02, 41 G.Rose 39:11, 43 B.Smith 40:23, 45 J.Brooks 40:36, 46 P.Noble 40:39, 47 R.Marshall 41:13, 59 T.Flak 44:51, 61 D.Roberts 45:14, 72 D.Nugent 1:02.30 M50 2 M.Rouse 33:20, 4 N.Robson 34:18, 10 D.Walton 36:23, 15 L.Blackmore 37:47, 25 B.Leahy 40:33, 30 R.Auerback 41:34, 35 G.Powell 44:22, 41 L.Grace 48:59, 42 R.Leonard 48:59, 46 J.Doyle 54:08 M55 1 L.Presland 33:52, 3 P.Lancaster 34:08, 9 J.Convery 36:44, 20 M.Stephenson 42:38, 23 P.Ferguson 43:26, 27 P.Westbrook 45:24, 30 D.Westhead 50:45, 31 J.Tipping 51:05, 34 A.Van Der Plank 54:26 M60 4 H.Clayton 36:45, 9 D.Cannon 38:36, 10 P.Brennan 38:47, 13 T.Everitt 39:18, 14 P.Mein 39:22, 17 P.Kearsey 42:13, 24 G.Hope 45:25, 30 D.Thomas 48:42, 31 L.Baldwin 48:49, 33 G.Childs 49:47 M65 2 J.Roberts 39:54, 4 R.Blastland 44:08, 6 R.Jarvis 47:27, 7 A.Byers 48:00, 9 K.Crooke 50:52, 10 R.Franklin 51:14, 11 P.Sladden 52:27 M70 11 E.Nyman 57:23 M75 3 G.Cunning 52:47 W35 10 J.Rasmussen 44:53, 13 K.Partridge 46:57 W40 9 G.Westbrook 48:02 W45 1 F.Garland 38:46, 5 R.Tabor 42:51, 13 A.Anderton 1:01.52 W50 5 M.Auerback 40:16, 7 P.Rich 40:22, 14 J.Wood 45:47 W55 11 B.Cushen 52:21, 13 Y.Miles 53:12 W65 1 E.Quinton 48:25, 3

## World Road Championships, 1998

The next W.A.V.A. road running and walking championships will take place in Kobe, Japan, over the weekend of March 28-29. There will be the usual 10km and half marathon running events, a 30 km walk for men and a 20km walk for women. Kobe is the ancient capital of Japan and is situated about 300 miles southwest of Tokyo.

Ron Bell, recently elected to the post of Vice President - Non Stadia, will be travelling to Kobe shortly to inspect the course and facilities, and deal with administrative matters. It is expected that a travel package will be available. Full details, including how to enter and information on any travel packages which have been negotiated, will be published in the next issue of Veteran Athletics.

## Track & Field Notes

This is just a short report to convey many thanks to the Northern Veterans AC for organising a splendid championships at Blackpool.

Well done to all the athletes who competed in some rather varied conditions in Durban, but who still managed to succeed.

The Indoor Championships will be held at the National Indoor Arena again. We do not have a date fixed yet, but details will be published in the next issue of Veteran Athletics.

Winston Thomas, T & F Secretary

J.Ross 49:07 W70 2 H.Wicks 1:06.38

### Half Marathon

M40 1 N.Gates 1:08.16, 2 M.Girvan 1:08.20, 6 T.Clark 1:10.42, 7 D.Gratton 1:11.09, 9 E.Williams 1:12.35, 11 S.Owen 1:13.22, 12 M.Barnsdale 1:13.31, 31 K.Hough 1:27.07, 50 M.Orrick 2:00.36 M45 6 J.Bell 1:12.52, 20 P.Duhig 1:22.59, 23 P.Royce 1:23.27, 27 P.Koenig 1:24.57, 28 J.Tussler 1:25.48, 40 G.Rose 1:29.59, 42 R.Marshall 1:30.19, 43 T.Bradley 1:30.24, 47 J.Brooks 1:32.1859 D.Roberts 1:40.39, 66 D.Nugent 2:27.00 M50 11 D.Walton 1:21.54, 20 R.Auerback 1:34.27, 28 G.Powell 1:39.56 M55 3 P.Lancaster 1:18.03, 29 M.Stephenson 1:37.23, 31 P.Westbrook 1:45.36, 36 D.Westhead 1:48.57, 37 J.Tipping 1:52.17 M60 3 H.Clayton 1:22.05, 7 P.House 1:23.47, 11 P.Brennan 1:26.01, 12 C.Crump 1:27.17, 25 D.Thomas 1:51.50, 26 G.Childs 1:52.21, 27 L.Baldwin 1:55.00 M65 2 W.McBrinn 1:25.42, 4 J.Roberts 1:30.48, 6 M.Sparrow 1:36.46, 7 J.Gray 1:37.20, 8 A.Walsham 1:38.08, 11 A.Byers 1:48.30, 14 R.Jarvis 1:55.00, 16 G.Wallis 1:58.24 M70 5 B.Heeler 1:41.47, 12 J.Fitzgerald 2:35.24 W35 2 S.Edwards 1:21.02 W40 8 G.Westbrook 1:45.37 W45 14 A.Anderton 2:19.42 W50 3 M.Auerback 1:32.09, 10 J.Wood 1:47.46, 12 P.Lucas 1:50.17 W55 12 B.Cushen 1:57.58, 14 J.Coker 2:36.30 W65 2 E.Quinton 1:51.04 30K Walk M40 6 S.Uttley 2:50.50, 10 C.Hobbs 2:56.17 M50 3 R.Dobson 2:47.25, 8 G.Jones 3:05.51 M55 2 A.Seddon 2:48.11, 12 D.Hopkins 3:47.24 M60 2 C.Young 2:52.27, 6 B.Gore 3:02.18, 8 E.Horwill 3:15.20, 9 D.Mace 3:20.12 M65 4 D.Withers 3:25.41, 5 B.Gale 3:28.04 M70 2 J.Fitzgerald 4:07.39 20K Walk W40 1 C.Reader 1:59.27 W45 2 A.Lewis 1:58.09 W55 2 P.Ficken 2:11.03, 4 H.Nyman 2:17.08 W60 2 P.Horwill 2:19.02



# RESULTS • RESULTS • RESULTS •

## BVAF 10K Road Champs, Kings Lynn, 15/6/97

M40 1 R.Wise 30:46, 2 K.McLellan 31:21, 3 E.Irving 31:23, 4 P.Estell 31:24, 5 G.Harvey 31:58, 6 D.Reed 32:06, 7 M.Flowers 32:16, 8 G.Ratcliffe 32:17, 9 G.Dalton 32:23, 10 S.Owen 32:29, 11 J.Golding 32:35, 12 M.Bond 32:39, 13 B.Johnson 32:42, 14 M.Bamsdale 32:54, 15 P.Johnson 33:04, 16 C.Simpson 33:14, 17 T.Ullott 33:30, 18 S.Huntingdon 33:38, 19 H.Knowles 33:47, 20 D.Brown 35:26, 21 P.Hurr 35:44, 22 A.Barnard 35:54, 23 C.Arnold 36:10, 24 S.Raw 36:51, 25 S.Wallace 37:12, 26 A.Newman 40:12, 27 K.Dillon 42:04, 28 C.Akelhurst 43:37, 29 T.Turk 43:53

M45 1 M.Hager 31:19, 2 G.Stewart 32:26, 3 M.Bumstead 33:16, 4 A.Rich 33:52, 5 C.Russell 35:42, 6 L.Fowle 36:59, 7 A.Parker 37:41, 8 M.Weston 39:49, 9 B.Bye 41:25, 10 D.Steam 41:35, 11 P.Parker 43:25

M50 1 M.Rouse 32:32, 2 S.Birkin 33:49, 3 N.Robson 33:51, 4 D.Lacey 34:32, 5 R.Smith 34:52, 6 L.Haynes 35:28, 7 A.Roper 35:49, 8 E.Broad 36:21, 9 S.Farley 36:36, 10 T.Cooke 36:54, 11 R.Price 35:56, 12 J.Bone 37:45, 13 M.Smith 38:10, 14 T.Braverman 40:20, 15 T.Cudmore 44:47, 16 R.Harding 44:58, 17 W.Fletcher 49:47, 18 P.Brand 49:48, 19 T.Hunt 50:37

M55 1 L.Presland 33:59, 2 P.Andrews 34:40, 3 G.Williams 39:39, 4 M.Butterley 39:48, 5 M.Knight 40:06, 6 D.Moorekete 40:15, 7 T.Ash 41:04, 8 M.Parkins 41:28, 9 H.Barnfather 44:12, 10 M.Chambers 46:27

M60 1 D.Hayes 36:04, 2 G.Wiltshire 36:45, 3 L.Barnes 37:44, 4 K.Overy 37:55, 5 D.Cannon 38:21, 6 R.Higgs 38:43, 7 P.Mein 39:19, 8 M.Ball 39:54, 9 S.Barry 39:56, 10 W.Atkinson 41:16, 11 D.Kent 46:12, 12 J.Cox 50:29

M65 1 J.Roberts 39:58, 2 J.Taylor 41:30, 3 R.Blackwell 42:45, 4 A.Walsham 43:48, 5 E.Blackar 44:17, 6 E.Cooper 44:19, 7 C.Betts 47:47, 8 P.Yates 55:56, 9 J.Hughes 61:09

M70 1 R.Hale 44:41, 2 N.Jordan 51:55

M75 1 B.Jenkins 53:37, 2 J.Keilly 55:18, 3 D.Blyth 62:25

M80 1 H.Wilson 57:12

W35 1 A.Fletcher 36:19, 2 L.Wilkinson 38:20, 3 J.Clarke 39:55, 4 S.Holl 41:53, 5 A.Milnes 42:08, 6 J.Butter 46:37, 7 T.O'Reilly 46:43, 8 J.Coombs 46:47

W40 1 J.Moorekete 37:21, 2 S.Ogilvie 38:18, 3 V.Green 39:09, 4 C.Duncan 39:52, 5 S.Holmes 41:57, 6 J.Davis 48:22, 7 G.Holmes 62:14

W45 1 J.Heffernan 38:30, 2 F.Garland 39:07, 3 S.James 39:54, 4 D.Braverman 41:33, 5 V.Manley 43:31, 6 L.Cudmore 44:16, 7 H.Hollister 47:11, 8 P.Brightman 67:14

W50 1 P.Rich 40:04, 2 D.Fellows 41:51, 3 P.Ash 49:35, 4 S.Ball 54:34

W55 1 E.Osborne 47:19, 2 A.Simmonds 52:06

W60 1 P.Terry 48:20, 2 A.Martin 49:36

W65 1 J.Ross 49:05

W70 1 M.Groat 64:13

Teams: M40-49 1 City of Norwich 89, 2 Norfolk Gazelles 105, 3 Colchester H 107, 4 Ryston R 251 M50-59 Inverca A 155, 2 Colchester H 243 M60+ Barnet & D 216 W35+ 1 City of Norwich 22

## National 20Km Road Walk Champs, Sutton Park, 14/6/97

M40 1 A.King 96:57, 2 S.Utley 103:45, 3 L.Dordoy 115:47, 4 P.Bhatti 121:47, 5 K.Walker 126:06 M45 1 B.Adams 93:46, 2 G.Trauer 109:06, 3 B.Armstrong 111:48, 4 D.Kates 114:15 M50 1 R.Dobson 107:28, 2 T.Morris 118:49, 3 G.Jones 119:23, 4 N.Coley 126:19, 5 D.Fall 127:45, 6 T.Collins 131:03 M55 1 J.Whyte 115:39, 2 B.Wright 122:37, 3 R.Deacon 134:40, 4 T.Kent 142:30, 5 J.Fenton 146:52 M60 1 C.Young 113:15, 2 E.Horwill 126:26, 3 W.Rawlins 129:47, 4 J.Culshaw 134:50 M65 1 D.Potheringham 120:38, 2 D.Withers 128:18, 3 P.Burns 132:42 M70 1 E.Grocock 129:59, 2 K.Abolins 134:19 M75 1 C.Colman 137:46 M80 1 G.Mitchell 148:45 W35 1 S.Black 103:52 W45 1 A.Lewis 118:44, 2 S.Bull 142:45 W55 1 P.Ficken 130:54 W60 1 A.Sayer 135:55, 2 P.Horwill 136:33, 3 G.Burns 150:55

## WVAC T & F Champs, Solihull, 8/6/97

100m: M40 1 J.Barclay 12.2, 2 R.Cawson 12.9, 3 P.Mould 12.9 M45 1 V.Oliver 11.6, 2 A.Baxter 13.0, 3 R.Stinchcombe 13.3 M50 1 P.Goulding 13.0, 2 T.Cox 12.7, 3 J.Topless 13.2 M55 1 M.Garvey 13.0, 2 B.Taylor 13.4, 3 B.Aris 13.5 M60 1 T.Crocker 13.5, 2 D.Burton 13.6, 3 A.Mellett 14.0, 4 J.Elliott 15.4 M65 1 A.Meddings 13.6, 2 J.Cross 15.2, 3 B.Morrow 16.5 M70 1 J.Quantrell 15.6 M75 1 A.Lovett 16.2 W35 1 S.McDonald 13.5, 2 J.Wakelam 15.5 W40 1 P.Churchill 14.6, 2 C.Lyon-Creen 15.4 W45 1 V.Kirkland 15.0, 2 M.Langston 16.0 W50 1 M.Lewington 13.5 [CBP], 2 Y.Priestman 14.2 W55 1 J.Hall 15.0 [CBP] W60 1 R.Chirnes 16.5 W75 1 M.Wixey 19.2 [CBP]

200m: M40 1 J.Barclay 24.4, 2 P.Mould 24.9, 3 R.Cawson 25.6, 4 C.McDonald 27.1, 5 J.Stott 27.7 M45 1 V.Oliver 22.9 [CBP], 2 A.Baxter 25.8, 3 P.Anthony 25.9, 4 R.Stinchcombe 27.0 M50 1 P.Goulding 25.6, 2 T.Cox 26.0, 3 J.Topless 26.4 M55 1 M.Garvey 26.5, 2 B.Taylor 27.4, 3 B.Aris 27.8, 4 B.Charies 28.1 M60 1 A.Mellett 27.6, 2 J.Elliott 31.1 M65 1 A.Meddings 27.5, 2 J.Cross 31.3, 3 B.Morrow 34.9 M70 1 J.Quantrell 32.5 M75 1 A.Lovett 33.8 W35 1 S.McDonald 27.0, 2 A.Haywood 28.2 W40 1 P.Churchill 29.8, 2 C.Lyon-Creen 31.9 W45 1 V.Kirkland 31.2 W50 1 M.Lewington 27.1 [CBP], 2 Y.Priestman 28.7 W55 1 J.Hall 31.1 [CBP]

400m: M40 1 R.Cawson 57.6 M45 1 P.Anthony 56.9 M50 1 R.Phipps 57.2 [CBP], 2 P.Goulding 58.2, 3 L.Dunn 59.9 M55 1 T.Coonagh 61.5, 2 B.Charies 62.7, 3 B.Aris 65.0, 4 B.Taylor 67.6 M60 1 J.Elliott 70.2 M65 1 T.Clowry 65.5 M70 1 J.Quantrell 74.5 W35 1 S.McDonald 61.3, 2 A.Haywood 62.5 W40 1 P.Churchill 68.6

800m: M40 1 B.Waring 2:08.4 M45 1 S.Halton 2:07.5, 2 P.Smith 2:12.6 M50 1 R.Phipps 2:07.9, 2 R.Davies 2:19.8 M55 1 T.Faulkner 2:25.0 M60 1 P.Fletcher 2:43.9 M65 1 T.Clowry 2:32.2, 2 T.Weyer 2:46.8, 3 C.Simpson 2:53.5 M70 1 W.White 3:09.4 M75 1 J.Keilly 3:38.5 [CBP] W35 1 W.Boughiey 2:46.3 W45 1 N.Hitchmum 2:24.9

1500m: M40 1 R.Hunt 4:21.2, 2 D.Jones 4:22.9, 3 T.Meechan 4:26.1

M45 1 S.Halton 4:25.6, 2 P.Smith 4:29.0, 3 A.Edwards 4:44.4 M50 1 R.Phipps 4:32.6 M55 1 C.Elson 4:34.0, 2 K.Buckle 5:02.1, 3 A.Elliott 5:12.7 M60 1 G.Ashby 5:29.1 M65 1 C.Simpson 5:59.8 M75 1 J.Keilly 7:16.4 [CBP] W35 1 W.Boughiey 5:41.2 W40 1 S.Weatherbum 5:06.9 W45 1 N.Hitchmum 5:10.1

5000m: M40 1 M.Flowers 15:52.5, 2 D.Jones 16:01.6, 3 R.Hunt 17:12.3 M45 1 P.Smith 16:48.9 M50 1 F.Homer 17:42.5, 2 T.Morris 19:34.0 M55 1 K.Buckle 17:42.4, 2 A.Elliott 18:57.0 M60 1 P.Morris 18:44.4, 2 B.Webster 22:02.4, 3 J.Powell 22:08.1 M75 1 J.Keilly 27:44.9 W45 1 C.Rollason 19:48.8 W50 1 B.Parkinson 21:44.7

2000m S/Chase: M40 1 G.Faherty 7:16.6, 2 G.Fullwood 9:19.0

1000m: M55 1 B.Charies 20.2

800m: W40 1 L.Green 20.6 W55 1 J.Charies 17.1

400m: M55 1 B.Aris 73.6

5000m Walk: M40 1 K.Worth 28:38.8 M50 1 R.Care 23:13.9 [CBP], 2 A.Gilmore 27:57.2, 3 L.Servens 28:25.6 M55 1 W.Wright 28:12.6 M60 1 D.Mace 29:19.7, 2 B.Rawlings 31:11.5, 3 J.Marshall 31:33.5 M65 1 G.Chaplin 27:37.8, 2 D.Withers 30:52.6 M70 1 T.Simons 30:56.4, 2 K.Abolins 31:48.6 M80 1 G.Mitchell 35:05.8 W35 1 E.Worth 30:51.1 W45 1 S.Bull 33:36.1 W50 1 S.Haynes 36:09.4 W60 1 P.Horwill 32:32.3 [CBP]

HJ: M45 1 J.Reece 1.54, 2 B.Abdy 1.50 M50 1 P.Goulding 1.45 M55 1 C.Green 1.54 [CBP], 2 B.Charies 1.30 M60 1 T.Crocker 1.50 M65 1 J.Cross 1.20 W45 1 P.Garvey 1.30 W55 1 J.Charies 1.15 W60 1 R.Chirnes 1.25

LJ: M45 1 R.Stinchcombe 4.99, 2 B.Hendrie 4.99 M50 1 P.Duckers 5.56, 2 R.Cutler 5.07 M55 1 M.Garvey 5.38 [CBP], 2 C.Green 5.23, 3 B.Charies 4.36 M65 1 J.Cross 4.12, 2 B.Morrow 3.42 M75 1 A.Lovett 3.86 [CBP] W35 1 S.McDonald 4.25 W40 1 L.Green 3.86 W55 1 J.Charies 4.07 [CBP] W75 1 M.Wixey 2.32 [CBP]

TJ: M40 1 J.Stott 9.95 M45 1 R.Stinchcombe 10.62, 2 B.Abdy 10.21 M50 1 R.Cutler 10.44, 2 P.Duckers 9.90 M55 1 C.Green 10.39 M60 1 T.Crocker 9.36 W40 1 L.Green 7.56 W55 1 J.Charies 8.45

PV: M45 1 B.Hendrie 3.10, 2 B.Abdy 3.00 M50 1 J.Bradley 3.10

SP: M40 1 R.Ainsworth 8.26 M45 1 J.Edwards 13.10 [CBP], 2 R.Steventon 11.42, 3 B.Abdy 10.33 M50 1 J.Conboy 11.88, 2 M.Taylor 10.55, 3 P.Duckers 10.05, 4 R.Cutler 9.64 M55 1 D.Rafferty 9.03 M60 1 B.Sunmer 10.10, 2 E.Horwill 6.79 M65 1 N.Carter 6.33

M70 1 J.Geres 9.15 W35 1 K.Pidhakey 7.94 W40 1 C.Smith 7.29, 2 M.Hodges 6.91 W45 1 L.Hallam 7.27, 2 V.Kirkland 6.66 W50 1 M.Lewington 9.09 [CBP], 2 E.Mee 7.85, 3 C.Rafferty 6.92 W60 1 R.Chirnes 10.72, 2 A.Moore 7.39

DT: M40 1 R.Ainsworth 31.30, 2 P.Karlsson 29.94, 3 G.Fullwood 27.28 M45 1 R.Steventon 31.98, 2 J.Edwards 29.54 M50 1 M.Taylor 34.36, 2 J.Conboy 34.12, 3 P.Duckers 27.04 M60 1 B.Sunmer 32.28, 2 E.Horwill 22.38 M65 1 T.Wyer 23.78, 2 N.Carter 22.94, 3 G.Roberts 18.52 M70 1 J.Geres 30.12 M80 1 K.Karlsson 19.28 [CBP]

W35 1 K.Pidhakey 15.50 W40 1 C.Smith 20.26, 2 M.Hodges 19.74 W45 1 L.Hallam 27.24 W50 1 E.Mee 19.16 W60 1 R.Chirnes 32.34, 2 A.Moore 16.16 W75 1 M.Wixey 11.28 [CBP]

JT: M45 1 R.Steventon 34.52, 2 R.Stinchcombe 32.54 M50 1 P.Owen 36.84, 2 M.Taylor 30.76 M55 1 D.Rafferty 29.56 M60 1 B.Sunmer 25.78 M65 1 J.Cross 23.42, 2 N.Carter 21.54 M70 1 J.Geres 22.62 W35 1 J.Wakelam 24.24 W45 1 L.Hallam 20.74 W50 1 C.Rafferty 25.16, 2 E.Mee 15.16 W75 1 M.Wixey 9.26 [CBP]

HT: M40 1 G.Fullwood 35.00 M45 1 J.Edwards 36.20, 2 R.Steventon 32.90 M50 1 J.Conboy 41.74, 2 M.Taylor 33.22, 3 P.Duckers 29.60 M55 1 D.Rafferty 25.60 M60 1 B.Sunmer 35.26, 2 E.Horwill 15.34

M65 1 G.Roberts 23.62, 2 N.Carter 16.76 M70 1 J.Geres 24.30 W35 1 K.Pidhakey 16.30 W40 1 C.Smith 23.30 [CBP] W45 1 L.Hallam 20.22 W50 1 E.Mee 25.34 [CBP], 2 C.Rafferty 20.20 W60 1 A.Moore 19.94

## WVAC T & F Champs, Liverpool, 25/5/97

100m: M40 1 E.Smart 12.0, 2 P.Hickey 12.0, R.Buckley 12.1, 4 M.Crossley 12.6 M45 1 M.Singleton 12.5, 2 P.Bellis 12.7, 3 K.Gibson 12.8, 4 P.Lavin 13.1, 5 M.Ollier 13.4, 6 A.McLeod 13.5

M50 1 B.Townley 12.0, 2 G.Barratt 12.4, 3 S.Entwhistle 13.1, 4 V.Blanchard 13.1, 5 J.Creaby 13.2 M55 1 B.Shearsmith 13.0, 2 J.Newcombe 13.4, 3 J.Mills 13.8, 4 T.Ridsdale 15.0 M60 1 R.Anderson 13.2, 2 T.Bowman 13.6, 3 D.Lee-Jones 14.2 M65 1 J.Crehan 15.6 M70 1 J.Moran 15.7 W35 1 C.Danby 14.2 W45 1 M.Williams 15.0

200m: M40 1 E.Smart 23.8, 2 P.Hickey 24.4, 3 M.Crossley 25.9, 4 S.Boardman 26.7, 5 P.Trickett 27.1 M45 1 M.Singleton 25.7, 2 P.Bellis 26.1, 3 P.Lavin 26.5, 4 K.Gibson 26.6, 5 M.Ollier 27.2 M50 1 B.Townley 24.5, 2 G.Barratt 25.5, 3 J.Creaby 26.5, 4 V.Blanchard 26.7 M55 1 B.Shearsmith 26.5, 2 J.Mills 29.2, 3 T.Ridsdale 31.1 M60 1 R.Anderson 27.0, 2 T.Bowman 28.3, 3 J.Wilson 28.9, 4 D.Lee-Jones 29.4 M70 1 Moran 34.2 W35 1 A.Beadnell [guest] 26.9 [CBP], 2 C.Danby 29.9 W45 1 C.Marler 29.0, 2 M.Williams 31.5 W60 1 G.Burns 46.5

400m: M40 1 D.Anderson 52.7, 2 R.Buckley 53.6, 3 J.Taylor 57.6, 4 P.Trickett 58.6, 5 M.Crossley 59.8, 6 S.Boardman 59.8, 7 K.Simpson 60.0 M45 1 P.Lavin 57.2, 2 P.Bellis 57.6, 3 M.Singleton 59.0, 4 M.Ollier 59.3 M50 1 V.Blanchard 57.4, 2 A.Eland 58.7 M55 1 J.Newcombe 59.7 M60 1 R.Anderson 59.1 [CBP], 2 J.Wilson 62.2, 3 T.Bowman 64.6, 4 L.Cooke 66.8, 5 D.Utley 69.1, 6 E.Hamer 71.9 M65 1 D.Horwath 69.6 [CBP] W35 1 A.Beadnell [guest] 60.0 W45 1 C.Marler 61.3 [CBP]

800m: M40 1 D.Anderson 2:07.1, 2 J.McGrath [guest] 2:11.8, 3 J.Taylor 2:13.9, 4 J.Crehan 2:14.9, 5 N.Healy 2:16.3, 6 K.Simpson 2:20.9, 7 P.Trickett 2:25.1 M45 1 L.Knox 2:28.0, 2 P.Townsend 2:42.0 M50 1 A.Eland 2:16.7, 2 H.Gott 2:22.5 M55 1 S.Erlam 2:18.1 [CBP], 2 J.Newcombe 2:24.4, 3 D.Voyle 2:26.7 M60 1 J.Wilson 2:31.8, 2 L.Cooke 2:37.2, 3 E.Hamer 2:55.6 W35 1 B.Wood [guest] 2:31.1 W40 1 J.Asgill 2:22.5 [CBP] W45 1 J.Morley 2:48.8

1500m: M40 1 J.Crehan 4:25.6, 2 N.Healy 4:27.5, 3 D.Bird 4:30.9, 4 J.Taylor 4:51.9 M45 1 A.Jenkins 4:23.4, 2 L.Knox 6:01.6 M50 1 H.Gott 4:38.6 M55 1 S.Erlam 4:33.6 [CBP], 2 D.Voyle 4:44.5, 3 A.Peers 4:57.9 M60 1 M.Morrell 5:05.7, 2 D.Hayes 5:15.2, 3 J.Betney 6:08.7 M65 1 D.Horwath 5:31.0, 2 A.Walsham 5:58.3, 3 J.Beswick 6:15.5 W35 1 L.Marr 4:56.9 W40 1 A.Pugh 5:01.7, 2

S.Crehan 5:16.3 W45 1 A.Foster 5:23.7, 2 J.Morley 5:32.0

5000m: M40 1 J.Peerless 16:56.0, 2 E.Parker 17:29.6, 3 P.Shields 19:09.3, 4 K.Dillon 19:55.8 M45 1 A.Jenkins 15:47.4, 2 P.Hyde 16:02.2, 3 M.Pope 17:52.8, 4 C.Rigby 18:35.8 M50 1 R.Asquth 18:43.7 M55 1 A.Peers 18:35.8 M60 1 D.Hayes 18:22.3, 2 P.Knott 21:19.2, 3 J.Betney 22:17.7 M65 1 B.McGuigan 21:46.0, 2

A.Walsham 21:50.0, 3 P.Burns 25:12.0 W35 1 H.Hickey 21:03.0 W40 1 S.Crehan 19:52.9 W45 1 A.Foster 19:42.9

110mH: B.Chapman 22.5

100mH: W35 1 B.Harker 16.7 [CBP] M60 1 C.Shafto 16.6

400mH: D.Anderson 58.8

3000m Walk: M45 1 C.Senior 18:52.7 M60 1 F.Dawson 17:25.9, 2 J.Payn 18:16.3 M65 1 P.Burns 18:03.5 M70 1 E.Grocock 18:25.9 M75 1 C.Colman 18:24.7

HJ: M40 1 A.Ord 1.73 [CBP] M45 1 A.McLeod 1.35 M50 1 D.Myerscough 1.50, 2 B.Chapman 1.35 M60 1 C.Shafto 1.52 [CBP]

W35 1 H.Barker 1.50, 2 M.Laing 1.45 W40 1 V.Rutter 1.50 [CBP] W45 1 M.Williams 1.25

LJ: M40 1 P.Hickey 5.80, 2 A.Ord 5.55, 3 R.Buckley 5.47 M45 1 B.Gardt 4.98, 2 K.Gibson 4.90, 3 A.McLeod 4.46 M50 1 B.Chapman 4.47 M60 1 D.Utley 3.57 M65 1 J.Crehan 3.88 [CBP] W35 1 M.Laing 4.45, 2 H.Barker 4.42

TJ: M50 1 B.Chapman 9.22 M60 1 D.Utley 8.61 M65 1 J.Crehan 9.14 [CBP]

JT: M40 1 A.Ord 43.60, 2 D.Gardt 29.10 M45 1 M.Bousfield 38.72, 2 B.Gardt 32.24, 3 W.Renshaw 25.08 M50 1 M.Hazlewood 40.82, 2 D.Myerscough 37.98, 3 K.Williams 34.62, 4 B.Chapman 20.58 M55 1 G.Smith 37.72, 2 W.Gentleman 27.76 M60 1 M.Morrell 37.02, 2 J.Betney 21.34 M65 1 W.Mann 27.00 [CBP], 2 J.Beswick 24.66, 3 J.Watson 23.34 M70 1 E.Cheetham 15.64 M75 1 J.Dooley 20.56 [CBP] W45 1 A.Foster 15.16

DT: M40 1 A.Ord 35.08, 2 D.Gardt 24.38 M45 1 W.Renshaw 38.82, 2 M.Bousfield 31.78, 3 B.Gardt 31.28, 4 C.Senior 23.60 M50 1 D.Myerscough 43.32 [CBP], 2 M.Hazlewood 39.78, 3 K.Williams 32.14, 4 B.Chapman 21.10 M55 1 W.Gentleman 37.08, 2 G.Smith 31.80, 3 J.Smith 30.10 M60 1 D.Utley 27.16 M65 1 J.Watson 34.28, 2 W.Mann 27.78, 3 J.Beswick 20.38 M70 1 E.Cheetham 19.28 M75 1 J.Dooley 19.24 W35 1 K.Sharp 31.44, 2 D.Smith 21.18, 3 P.Standen 18.60

SP: M40 1 P.Thomas 12.98, 2 A.Ord 11.75, 3 D.Gardt 9.44 M45 1 M.Bousfield 11.89, 2 W.Renshaw 11.43, 3 C.Senior 8.39 M50 1 D.Myerscough 14.03 [CBP], 2 M.Hazlewood 11.38, 3 K.Williams 10.73, 4 J.How 10.57 M55 1 W.Gentleman 10.79, 2 J.Smith 10.60 M60 1 D.Utley 7.83 M65 1 J.Watson 10.88 [CBP], 2 W.Mann 9.59, 3 J.Beswick 7.13 M70 1 E.Cheetham 8.88 [CBP] M75 1 J.Dooley 7.03

W35 1 M.Laing 10.51 [CBP], 2 H.Barker 10.03, 3 K.Sharp 9.51, 4 P.Standen 8.19 W45 1 C.Marler 9.49

HT: M40 1 P.Thomas 41.08 M45 1 M.Bousfield 37.80, 2 W.Renshaw 33.48 M50 1 M.Hazlewood 36.22, 2 J.How 33.26, 2 D.Myerscough 33.48 M55 1 W.Gentleman 50.26 [CBP], 2 J.Smith 25.60, 3 G.Smith 24.56 M65 1 J.Watson 35.28 M70 1 E.Cheetham 23.44 [CBP] W45 1 A.Foster 13.66

W45 1 A.Foster 13.66

W45 1 A.Foster 13.66

W45 1 A.Foster 13.66

W45 1 A.Foster 13.66



# RESULTS • RESULTS • RESULTS •

**1000m:** M55 J. Burroughs 44:50.4 W45 D. Bravennan 42:44.0 [CBP]  
**200mH:** M40 G. Leete 15.4 W40 C. Filer 13.2 W50 M. Simmonds 15.2  
**300mH:** M40 G. Daniels 19.1, 2 J. Barwick 20.5

**400mH:** M55 T. McKay 19.3 M60 G. Daborn 17.9 W35 1 G. Clarke 16.3, 2 J. Green 20.1

**300mH:** M60 1 C. Shafto 48 [CBP], 2 G. Daborn 48.4

**400mH:** M40 1 G. Daniels 63.7, 2 I. Reeve 63.7, 3 J. Barwick 57.4

**M50 R. Crosby** 66.1 M55 M. Simmonds 74.8 W35 1 T. Pike 71.6, 2 J. Green 82.0

**3000mSC:** M40 1 T. Burbridge 11:53.8, 2 D. Neal 12:03.7 M45 1 P. Duhig 10:59.0, 2 I. Forster 11:37.0, 3 J. Bray 12:49.7 M50 M. Simmonds 13:48.4

**3000m Walk:** M45 B. Hardwick 15:24.3 M50 A. Newman 17:54.3

**M60 R. Gibbons** 18:39.9 W40 C. Reader 16:31.4 [CBP]

**DT:** M40 1 M. Garr 28.7, 2 T. Needham 27.88, 3 J. Bruns 27.12 M45 1 A. Richards 35.16, 2 R. Richards 30.06, 3 R. Lambourn 27.16, 4 J. Bray 22.52 M50 G. Leak 36.2 M55 T. Mackay 35.08 M60 T. Coleman 22.78

**M80 C. Fairley** 18.40 W35 1 B. Russell 25.4, 2 S. Watson 18.66 W40

J. Clarke 20.76 W50 M. Simmonds 27.30 [CBP] W60 A. Martin 18.58

**HT:** M40 1 M. Fenton 57.20 [CBP], 2 J. Bruns 38.48, 3 T. Needham

31.76, 4 M. Garr 29.48 M45 R. Lambourn 36.14 [CBP] M50 1 G. Leak

32.66, 2 P. Greenall 35.88 M55 1 M. Gilbert 23.06, 2 W. Oliver 21.08

**M60 S. Morter** 22.08, T. Coleman 20.62 W35 B. Russell 31.80 W40

J. Clarke 32.06 W45 1 A. Beeston 16.34, 2 A. Fleming 16.04 W60

A. Martin 20.92 W70 J. Ogden 22.00

**HJ:** M45 J. Bray 1.35 M55 1 T. Mackay 1.40, 2 J. Gandee 1.40 M60

C. Shafto 1.50 [CBP] M70 G. Leete 1.25 W35 equal 1 G. Clarke &

J. Green 1.35 [CBP], 2 M. Strachan 1.25 W50 M. Simmonds 1.20

**JT:** M40 R. Wharton 40.20, 2 M. Gart 32.80 M45 R. Lambourn 25.88

**M55 T. Mackay** 35.22 M60 1 G. Ratcliffe 42.26 [CBP], 2 G. Daborn

28.36, 3 T. Coleman 23.90 W35 J. Green 28.16 W40 C. Morris 28.34

[CBP] W45 H. Vogel 20.90 [CBP] W60 M. Holmes 20.66 W70

J. Ogden 27.38

**JT:** M40 C. Blower 4.77 M45 J. Bray 4.82 M50 A. Simmonds 4.25

**M55 J. Gandee** 4.54 W35 1 G. Clarke 4.52, 2 M. Strachan 4.38, 3

D. Tunnis 4.37, 4 J. Green 4.31 W40 C. Filer 4.90 W50 M. Simmonds

5.00 [CBP] W60 1 C. Gibbons 3.47, 2 D. Fraser 3.26

**PV:** M45 J. Bray 3.00 M55 T. Mackay 3.20 W35 1 J. Green 2.10, 2

G. Clarke 1.90 W40 J. Stafford 2.10 W50 J. Parslow 1.60

**SP:** M40 1 M. Fenton 12.52, 2 M. Garr 11.14, 3 J. Bruns 9.11 M45 1

A. Richards 11.53, 2 R. Richards 9.95, 3 R. Lambourn 9.09, 4

P. Brannford 8.07 M50 P. Greenall 11.63, 2 G. Leak 10.02 M55

T. Mackay 10.30 [CBP] M60 1 T. Coleman 7.72, 2 S. Morter 7.25 M80

C. Fair 6.03 W35 1 S. Watson 8.61, 2 B. Russell 8.25 W40 D. Perry

8.79, 2 J. Clarke 7.55 W45 A. Fleming 6.10 W50 M. Simmonds 8.87

**W60 1 A. Martin** 8.95 [CBP], 2 D. Fraser 7.06, 3 M. Holmes 6.61

**TJ:** M40 1 Reeve 10.70 M50 A. Simmonds 8.30 M70 G. Leete

8.82 [CBP] W35 1 G. Clarke 9.06, 2 M. Strachan 7.98 W40 1 C. Filer

9.43, 2 J. Stafford 8.28 W50 M. Simmonds 9.44 [CBP] W60

M. Holmes 7.34

## SCVAC T & F Champs, Ashford, 8/6/97

**100m:** M40 1 K. Ansh 11.8, 2 J. Browne 12.0, 3 D. Elderfield 12.5, 4

G. Findlay 12.5, 5 M. Storey [g] 13.5, 6 R. Davies 13.9 M45 1 A. Ross

12.0, 2 J. Allen 12.4, 3 D. Legg 12.8 M50 1 C. Ayling 12.8, 2 S. Brooks

13.6, 3 L. Whitehead 14.5, 4 M. Martineau 14.9 M55 1 R. Austin 13.6,

2 J. Hart 13.8 M60 1 C. Field 14.8 M75 S. Stein 17.70 W35 1

L. Andrews 14.5, 2 S. Hamilton 14.5 W40 1 H. Godsall 13.8, 2

G. Cunningham 14.3 W45 1 A. Le Plongeon 15.0 W50 1 V. Parsons

14.5, 2 R. Champion 16.4 W55 N. Cross 14.5, 1 Holder [g] 15.5 W65

B. Green 18.8

**200m:** M40 1 K. Ansh 23.5, 2 J. Browne 23.5, 3 D. Elderfield 25.0, 4

M. Storey [g] 29.9 M45 1 A. Ross 24.5, 2 D. Lucas 25.5, 3 J. Allen 26.0,

4 S. Wilson 29.9 M50 1 C. Ayling 25.0, 2 J. Robinson 30.3, 3

Martineau 31.0 M55 1 R. Austin 27.6 M60 1 C. Field 30.8, 2

Dixon 36.9 W35 1 D. Clark 27.0, 2 C. Davies 27.6, 3 L. Pummell

28.1 W40 1 H. Godsall 29.0, 2 G. Cunningham 29.8 W45 1 L. Le

Plongeon 31.8 W50 1 V. Parsons 31.2, 2 R. Champion 34.8, 3 T. Bell

36.9 W65 B. Green 40.6

**400m:** M40 K. Gallienne 56.7 M45 1 A. Ross 53.7, 2 D. Lucas 54.3, 3

D. Hayward 57.3, 4 S. Wilson 58.0 W50 1 G. Pope 57.4, 2 M. Balch

55.2 M60 1 A. Kimber 57.3 [CBP], 2 C. Field 72.1, 3 B. Flowers 72.9

M70 B. Nielson 91.0 W35 1 D. Clark 59.2 [CBP], 2 C. Wickham 65.4

**W40 E. Roe** 76.0 W50 J. Kimber 80.7 W65 T. Borthwick 84.3 [CBP], 2

B. Green 99.8

**800m:** M40 1 C. O'Neil 2:07.4, 2 P. Green 2:23.8 M45 1 D. Spencer

2:12.2, 2 E. Connolly 2:12.8, 3 B. Marley 2:17.0 M50 M. Dixon 2:18.2

**M60 A. Kimber** 2:31.1 M65 1 D. Thomas 2:34.4, 2 K. Croke 3:14.9

**M70 B. Nielson** 3:22.6 W35 C. Wickham 2:33.3 W50 J. Kimber 3:06.7

**W65 T. Borthwick** 3:09.9

**1500m:** M40 1 K. Bell 4:35.8 M50 M. Dixon 4:48.0 M60 A. Kimber

5:13.6 M70 R. Gale 6:23.2 W40 S. Ogilvie 5:12.0 W50 V. Flowers

6:00.0 W65 J. Ross 6:54.6

**5000m:** M40 1 M. Lippitt 19:03.2, 2 P. Goldfinch 20:56.2 M65 1

R. Rankin 24:25.1, 2 K. Croke 24:41.1 M70 R. Hale 22:35.1 M75

G. Cunnig 25:12.5 [CBP] W40 1 S. Ogilvie 19:52.3, 2 A. Lippitt

21:34.0, 3 T. Doyle 23:02.5 M45 1 J. Dicker 22:36.3 W50 V. Flowers

23:02.4 W65 J. Ross 24:35.2

**80mH:** W40 J. Thom 15.4 W55 N. Cross 16.8 M60 C. Graham 18.0

**100mH:** M50 1 A. Cronin 15.7, 2 S. Brooks 18.5, 3 J. Deaton 19.7

**M60 1 J. Day** 20.5, 2 C. Shepherd 20.9, 3 J. Phillips 21.5

**110mH:** M40 J. Wright 64.4 M45 Y. Ballard 20.5

**300mH:** W50 P. Oakes 66.2 W55 N. Cross 65.5 [CBP]

**400mH:** M40 J. Wright 64.4 M50 J. Deaton 73.0 M55 D. Barrington

68.5 [CBP]

**3000mSC:** M40 1 S. Allen 10:37.4, 2 S. Nice 10:39.4, 3 A. Newman

10:59.4, 4 D. Adams 11:34.4 M45 A. Stedman 11:47.2

**3000m Walk:** M40 1 C. Hobbs 15:04.7 M45 S. Holliday 16:01.5 M50

1:28, 2 B. Harlick 1:28 M60 J. Day 1:24 M65 C. Taylor 1:25 W40 1

J. Thorne 1:42, 2 G. Cunningham 1:36 W55 1 Holder [g] 1:21

**PV:** M40 K. Hatten 3:00 M50 1 S. Brooks 3:00, 2 J. Robinson 2:10

**M55 B. Harlick** 2:80 M60 J. Day 2:70 M65 A. Woods 2:60

**LJ:** M40 1 T. Wade 6.36, 2 P. Oakes 5.85, 3 D. Elderfield 5.68, 4

R. Davies 4.62 M45 1 D. Legg 5.64, 2 Y. Ballard 5.21 M50 1 S. Brooks

5.29, 2 M. Martineau 4.31 M55 1 R. Ruff 5.19 [CBP], 2 D. Whitton

4.26 M60 1 C. Field 4.60, 2 C. Sheppard 4.27 W40 1 J. Thorne 4.96, 2

G. Cunningham 4.56, 3 A. Le Plongeon 4.46 W50 Y. Miles 2.96

**TJ:** M40 1 T. Wade 12.65, 2 P. Oakes 12.04, 3 J. Thomson 11.64 M50

J. Deaton 8.99 M55 1 R. Ruff 9.77, 2 D. Whitton 8.94 M60 1 J. Phillips

9.16, 2 C. Sheppard 8.53 W40 G. Cunningham 9.64 W50 P. Oakes 8.78

**W55 B. Keepax** 7.50

**SP:** M40 1 M. Small 12.70, 2 S. Archer 12.30, 3 C. Morgan 12.01 M45

N. Griffin 13.13 [CBP] M50 1 A. Staerk 11.62, 2 K. Prior 11.05 M55

V. Naismith [g] 9.14 M60 1 W. Whyte 12.04, 3 B. Strange 11.15, 3

D. Duchemin 9.98, 4 P. Barber 7.51, 5 J. Dunsford 7.36 W35 1

W. Dunsford 10.57, 2 J. Earle 8.87, 3 A. Morgan 8.62 W40 1 J. Wright

9.75, 2 K. Weaving 6.27 W50 1 B. Terry 10.96, 2 A. Green 9.30, 3

V. Parsons 9.03, 4 E. Brandon 7.47, 5 S. Gladman 6.60 W55 1

E. Williams 12.09 [CBP], 2 C. Derrien 7.15, 3 B. Dunsford 6.27

**DT:** M40 1 M. Small 41.60, 2 S. Archer 36.32 M45 N. Griffin 45.76

[CBP] M50 1 S. Brooks 42.40, 2 K. Prior 39.00 M55 1 J. Kee 39.66

[CBP], 2 B. Harlick 32.92, 3 K. Redwin 31.96 M60 1 C. Brand 38.48, 2

M. Strange 35.08, 3 J. Phillips 34.54, 4 P. Barber 30.64, V. Naismith [g]

34.70 M65 1 J. Hanus 37.26, 2 I. Briggs 34.34, 3 P. McEvoy 34.14

**W35 1 W. Dunsford** 33.12, 2 J. Earle 31.46, W40 1 Wright 41.24 W50

1 R. Champion 22.90, 2 T. Bell 16.14 W55 1 E. Williams 31.04 [CBP], 2

C. Derrien 23.72, 3 L. Fogg 19.24, 4 B. Keepax 17.52 W60 C. Graham

22.92 [CBP]

**HT:** M40 C. Morgan 34.58 M50 1 C. Mellhuish 51.70, 2 J. Prior 44.98,

3 J. Staerk 41.40 M55 1 J. Kee 46.56, K. Redwin [g] 46.76 M60 1

D. Bays 43.26, 2 P. Barber 36.76, 3 M. Strange 32.34, 4 D. Birch 29.42,

V. Naismith [g] 41.76 M65 1 P. McEvoy 39.46 [BR], 2 J. Hanus 33.56

**W35 1 J. Earle** 36.08 [CBP], 2 A. Morgan 34.74, 3 W. Dunsford 33.92

**W40 K. Weaving** 26.64 W50 1 L. Shroobee 34.38, 2 B. Terry 30.94, 3

E. Brandon 26.58, 4 S. Gladman 24.50 W55 1 E. Williams 37.12, 2

C. Derrien 30.50, 3 L. Fogg 26.10, 4 Y. Miles 21.76, 5 N. Cross 21.38

**W60 B. Dunsford** 20.24

**JT:** M40 1 S. Archer 39.32, 2 P. Oakes 38.84, 3 K. Hatten 36.88 M50

M. Turner 45.26 M55 B. Harlick 32.06 M60 1 J. Phillips 43.44, 2

C. Brand 38.40, V. Naismith [g] 32.38 M65 J. Taylor 28.72 W35 1

J. Earle 17.40 W50 1 A. Green 28.08, 3 M. Strange 21.08, 3 T. Bell 20.74,

4 R. Champion 18.64 W55 1 E. Williams 32.26, 2 B. Keepax 18.64, 3

C. Derrien 17.82 W60 C. Graham 29.04

## SAF Veterans Decathlon, Linywood, July 19/20

[All points scored from WAVA age tables]

1 E. Fitzgerald M50 6807 Pts. [12.61, 5.76, 8.57, 1.68, 61.29, 15.65,

28.60, 3.70, 24.92, 6.05.91], 2 J. Ross M55 6604 Pts. [12.96, 4.52,

8.06, 1.38, 58.82, 18.85, 27.44, 2.00, 40.02, 4.52.87], 3 R. Stevenson

M40 6025 Pts. [12.01, 5.79, 8.02, 1.62, 52.51, 17.11, 22.60, 2.90,

30.98, 4.40.17], 4 J. Freebairn M55 5686 Pts. [14.95, 4.18, 11.09, 1.50,

72.30, 19.82, 33.26, 2.70, 33.10, 6.44.95], 5 I. Steedman M65 4721 Pts.

[15.33, 3.63, 6.83, 1.14, 73.44, 20.16, 20.32, 1.50, 21.88, 7.72.12]

## Vets AC 5.2 M. Road Champs, Battersea, 17/6/97

**M40 1 J. Estall** 26:31, 2 M. Nouch 28:03, 3 T. O'Neill 28:55, 4

A. Seakins 29:06, 5 A. Murray 31:08, 6 P. Meson 33:18, 7 J. Ledger

34:00 M45 1 L. O'Hare 28:49, 2 P. Sparks 30:39, 3 S. Dillon [g] 32:04, 4

K. Washington 33:57, 5 S. Fraser 34:20 M50 1 D. Williams 29:53, 2

C. David 33:43, 3 A. Davidson 33:58, 4 L. Morris 35:05, 5 M. Jeffreys

36:49 M55 1 G. Harold 30:20, 2 A. Aitken 35:27, 3 P. Lane 36:04 M60

1 R. Davidson 30:09, 2 R. Higgs 31:12, 3 D. Case 32:23, 4

D. Richardson 35:22, 5 K. Tison 36:20, 6 G. Collins 37:28, 7 J. Cox

38:25 M65 1 P. Newell 33:49, 2 V. Martin 39:00, 3 R. Franklin 40:40,

4 K. Croke 41:13 M70 1 S. Charlton 33:40, 2 J. Hay 40:56, 3

E. Nyman 47:13 M75 1 E. Rose 39:03 W40 1 M. Clarke 31:08, 2

R. Broster 37:53 W45 1 R. Tabor 35:20, 2 M. Moody 36:15, 3

Z. Shadlou 43:02 W50 1 L. Bowcott 36:37 W55 1 M. O'Leary 36:50

[free], W60 1 J. Goody 44:57



## FIXTURES INTERNATIONAL

- 8 Nov British and Irish Veterans Cross Country International, Ballymena.  
28-29 WAVA Road Running & Walking Champs, Kobe, Japan, [10k, Half  
March Marathon, 20k/10k Walks. Details next issue

## NATIONAL

- 28 Sept Inter Area T & F Match, Solihull, W.Midlands  
12 Oct BVAF & Solent Half Marathon, Hythe, Southampton, 11am, inc  
Hants Champs. Entries 5.00, cd 29/9, see ad p.11  
26 Oct BVAF 5K Road, Lea Valley, Eastway London, E3, cd 15/10. £4.00  
see ad V/A 42  
28 Mar BVAF Cross Country Champs, Croydon, see ad. page 11

## NORTH

- 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

- 20 Sept Sunderland Cross Country Relays  
27 Sept Farringdon C.C.relays  
6 Oct Tynedale 10  
18 Oct N.E.Harrier League

## MIDLANDS

- 21 Sept MVAC 10 mile Road Champs, Bramcote, 11am, Cheque for £4.00  
payable to MVAC. cd 9/9  
21 Oct MVAC Half Marathon, Burton, 11am. cd 3/10. Entries to Dave York  
c/o Bass plc, No. 1 First Avenue, Centrum '10', Burton on Trent,  
DE14 2WB Cheque for £5.00 payable to MVAC  
26 Oct Stroud Half Marathon, 10.30am. Details from Mrs D Wood, 18  
Munday Close, Bursage, Stroud, Glos GL6 8DG enclose sae

## Road Rankings

There has been a change of compiler of the 10k road rankings. Colin Wright has given up the job and Bruce Davidson has taken it on. The 1997 rankings will be available in January, price £2.00 + SAE. If any one still wants 10k rankings for 1996 then Colin Wright [17, Victory Way, Grimsby, DN34 5UY] can help. The amended list of compilers is;  
5K: M.Duff, Ramatuelle, Spronkett's Lane, Warminglid, West Sussex, RH17 5SA  
5M: J.Powell, 23 Vicarage Lane, Grasby, Barnethy, S.Humberside, DN38 6AU  
10K: B.Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, BH23 8DT  
10 Miles: D.Sanderson, 37 Reforme, Easton, Portland, Dorset, DT5 2 AW  
Half Marathon: M.Duff [address as for 5K, above]  
20 Miles: R.Gibbons, Zeando, Swannington, Norfolk, NR9 5NW  
Marathon: M.Jones, 14 Montague Drive, Leeds, LS8 2PD

**Golden Oldies BVAF 200m finalists: from left; Len Watson [2nd M80], George Bridgeman [3rd M70], John Quantrell [2nd M70], Doug Adair [1st M70], Les Williams [2nd M75], Alan Lovett [1st M75], Ernie Plimer 1st M80]**



- 14 Dec MVAC Christmas Cross Country Handicap, Solihull (Prov)  
11 Jan MVAC Cross Country Championships, Northampton

## EASTERN

- 28 Sept EVAC Half Marathon Champs, Bedford

## SOUTH

- 28 Sept The Stragglers Cabbage Patch 10 at Twickenham inc. SCVAC 10 mile  
Champs and Grand Prix. Entries to 40 Northfield Road, West Ealing,  
London W13 9SY, £6 +£1 for SCVAC Champs, with 9x6 sae, cd 16/9  
4 Oct VAC Cross Country, Camp Rd, Wimbledon, 3pm contact R.Belmore  
5 Oct Reading AC 10th Open Veterans Track & Field, Palmers Park,  
Reading £2 per event, £3 on day, to Mrs M.Woodger, 21, Grantham  
Rd. Southcote, Reading, Berks, RG30 3NJ, cd 23/9, see ad. V/A 42  
11 Oct Surrey Co. Veterans Cross Country, Richmond Park, M & W  
12 Oct Exxon Solent Half Marathon inc. BVAF Half Marathon Champs. cd  
29/9 see ad p.11  
26 Oct VAC and BVAF 5,000 Champs Run and VAC/Essex League Walk,  
Lea Valley Circuit, London E15. Entries £4.00 by 15/10,  
2 Nov Marlow Half Marathon inc SCVAC Half Marathon and G.P cd 20/10  
21 Nov SCVAC AGM at Francis House (Nr Victoria Station) at 7pm  
22 Nov Belgrave Harriers 7 miles open Road Walk inc/ SCVAC Champs,  
Wimbledon Entries £3 by 10/11, Carl Lawton, 50 Bramblewood  
Close, Carshalton, Surrey, SM5 1PG

## SOUTH WEST

- 27 Sept SWVAC A.V.R. "Marattack" Relay, Exeter, 1pm. CHANGED DATE  
28 Sept 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 Championships, 11am  
1 Nov SWVAC Weymouth Esplanade 10M, 2pm  
2 Nov SWVAC Salisbury Plain 15M, 1pm  
2 Nov SWVAC Cheddar V.J's 10M Championships, 11am  
7 Dec SWVAC Portsmouth Victory 5M, 1.30pm  
28 Dec SWVAC "Last Chance 10K", Exeter. 10.30am

## SCOTLAND

- 19 Oct Coatbridge Outdoor Centre, 1 mile time trial 1pm. AGM 2pm

## WALES

- 4 Jan WVAA 5 mile championship, Llandaff Rugby Club, Cardiff. 1pm

## ISLE OF MAN

- 21 Sep IOMVAC Open 10 mile walk, 10am  
22 Nov IOMVAC Autumn Handicap '6', 10.30am

## BVAF Pentathlon, Solihull, August 1, 1997

		LJ	JT	200m	DT	1500m	Pts
M40	T.Wall	5.60	33.38	25.06	27.54	4.49	2924
	T.Howarth	4.64	29.80	25.84	22.44	4.35	2552
	J.Kennedy	4.96	36.20	26.91	22.74	5.21	2388
M45	D.Cowley	5.25	35.30	25.59	25.06	5.19	2936
	D.Wallington	5.48	30.12	25.12	24.72	6.09	2687
	R.Stinchcombe	5.28	30.60	25.38	17.60	5.36	2624
	B.Gardt	4.58	34.66	27.49	30.50	5.47	2571
	I.Reeve	4.66	28.22	26.27	19.58	—	1865
M50	L.Dunn	4.75	30.18	26.50	22.50	5.08	2924
	B.Loten	4.94	36.82	28.61	31.30	5.50	2918
	N.Rice	.07	30.84	26.68	29.02	6.01	2872
	D.Vaughan	4.22	26.40	29.27	23.92	5.26	2421
	R.Charnock	4.41	32.12	29.66	26.68	6.44	2263
M55	J.Ross	4.52	39.54	25.73	24.46	4.52	3636
	R.Hancock	4.98	28.60	—	27.50	—	1822
M60	J.Phillips	4.18	45.54	28.89	31.52	6.26	3316
	M.Morrell	3.83	35.10	31.88	24.72	5.09	2991
	J.Elliott	3.31	15.96	30.40	21.50	6.01	2150
M65	R.Johnson	4.45	30.10	28.90	30.80	5.37	3693
	T.Clwry	4.12	21.24	28.61	19.26	5.34	3097
	D.Howarth	3.75	17.40	29.43	21.84	5.31	2881
	I.Steedman	3.94	20.58	30.39	18.72	6.51	2510
	N.Carter	3.05	20.74	43.15	22.36	—	1219
M70	J.Quantrell	3.24	13.68	30.69	17.86	6.16	2566
M80	T.Rawlinson	2.73	17.78	45.01	17.34	8.46	2009
			Hurdles	HJ	SP	LJ	800m
W35	J.Brown	15.86	1.60	10.76	5.12	2.29	3732
W40	C.Filer	12.40	1.41	6.93	5.23	2.50	3512



# THE MALTA 10K FOR VETERAN ATHLETES



ORGANISED BY THE MALTA AMATEUR ATHLETIC ASSOCIATION

SATURDAY 17TH JANUARY 1998 START: 2.00PM

Sunday 18th January - Track & Field Events from 2.00pm

**2nd Edition** These competitions are being run under the rules and regulations of the World Association of Veteran Athletes. This event is open to all men born on or before the 17th January 1958, and all women born on or before the 17th January 1963.

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

**Late Entries** No applications will be accepted after Saturday 10th January 1998.

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

**Prizes** One Air Malta ticket (Malta/Gatwick/Malta), plus a trophy will be presented to that male and female athletes who register the best technical performance. The Air tickets have been generously donated by Air Malta.

**Cash prizes**, of US\$ 100 and US\$ 50 plus trophies will be awarded to those athletes, male and female, who register the second and third best technical achievements. Trophies will also be awarded to the first overall winners, male and female athletes.

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

(W47) Merryl Driver (Malta) : 40:17.00 - 80.79% - 1996;  
(M45) Francis Abela (Malta) : 36:51.00 - 81.51% - 1996;  
(W50) Sue James (UK) : 41:28.00 - 78.49% - 1997;  
(M37) Anthony Pritchard (UK) : 37:11.00 - 84.19% - 1997.

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

## TRACK & FIELD MEETING FOR VETERAN ATHLETES

Sunday 18th January 1998, first event starting at 2.00 pm

Events: 100m; 200m; 400m; 800m; 1500m; 5000m;

3000m Race Walk; Shot; Javelin; High Jump and Long Jump.

Medals will be awarded to the winners of each category in the T&F meeting.



## YOUR TRAVEL ARRANGEMENTS

For details of a special travel and accommodation package put together for participants and accompanying persons contact:- Belleair Holidays, London, Tel: 0181 785 3266 or 0345 581 141. Fax: 0181 780 0833.

Please identify yourself as a Malta 10K for Veteran Athletes participant. All prices shown below are in pounds sterling per person.



## YOUR ACCOMMODATION - JERMA PALACE HOTEL

JERMA PALACE HOTEL			
FOUR STAR HOTEL IN MARSASGALA			
INCLUSIVE PACKAGE PRICE			
BED & BREAKFAST IN A TWIN INLAND ROOM			
DEPARTURE DATE	NIGHTS		
10-16 JANUARY inc.	*3	7	10
PRICE	£189	£229	£279
SUPPLEMENTS PPN			
Half Board			£4.00
Full Board			£11.00
Seaviews			£1.00
Twin for sole use			NIL
REDUCTIONS			3rd Person Share £4.00

HOLIDAY PRICE INCLUDES:	
FLIGHTS:	
Midweek flights departing from Gatwick	
ACCOMMODATION:	
In a twin inland room with private facilities on a bed and breakfast basis	
TRANSFERS:	
From Malta International Airport to the hotel and same on return journey	
FREE return transfers on 18 January Vet Track Field venues when travelling with Belleair Holidays	
FREE refreshments for competitors after each event (compliments of the Jerma Palace Hotel)	

\*3 night stays must depart from the UK on a Thursday or Friday.



## YOUR ACCOMMODATION - ETVAN HOTEL

ETVAN HOTEL			
THREE STAR HOTEL IN MARSASGALA			
INCLUSIVE PACKAGE PRICE			
BED & BREAKFAST IN A TWIN INLAND ROOM			
DEPARTURE DATE	NIGHTS		
10-16 JANUARY inc.	*3	7	10
PRICE	£169	£189	£202
SUPPLEMENTS PPN			
Half Board			£3.00
Twin for sole use			NIL
REDUCTIONS			3rd Person Share £1.50

HOLIDAY PRICE INCLUDES:	
FLIGHTS:	
Midweek flights departing from Gatwick	
ACCOMMODATION:	
In a twin inland room with private facilities on a bed and breakfast basis	
TRANSFERS:	
From Malta International Airport to the hotel and same on return journey	
FREE return transfers on 18 January Vet Track Field venues when travelling with Belleair Holidays	

ETVAN APARTMENTS			
THREE STAR HOTEL IN MARSASGALA			
INCLUSIVE PACKAGE PRICE SELF CATERING			
DEPARTURE DATE	UNDER OCCUPANCY SUPPLEMENT PER PERSON PER NIGHT		
FROM 15 JANUARY	FOR 3	FOR 2	FOR 1
NIGHTS	7	10	14
2 IN A STUDIO	£174	£183	£195
4 IN ONE BEDROOM	£167	£173	£181
	£1.50	£3.75	-

\*3 night stays must depart from the UK on a Thursday or Friday.



## YOUR FLIGHTS

Prices based on mid-week (Mon - Thurs) departure from Gatwick

Departure Airport	Day of Departure	Departs UK	Supplement Add to holiday price
Gatwick	Fri/Sat/Sun	11.30	£32.00
Heathrow	Mon /Thurs	17.55	£30.00
Heathrow	Mon - Thurs	11.25	£39.00
Heathrow	Fri/Sat	20.30	£32.00
Heathrow	Fri/Sat/Sun	11.25	£49.00
Manchester	Sat	11.15	£20.00
Glasgow	Thurs	11.50	£29.00
Birmingham	Thurs	12.05	£19.00

Other flights and airports available at a supplement



## YOUR TOUR OPERATOR



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



## YOUR AIRLINE

On Air Malta scheduled services you will enjoy the convenience of a wide choice of UK departure points.

Regular departures from:

Heathrow • Gatwick  
Birmingham • Manchester  
Glasgow.

(see above for applicable supplements)



## HOW TO BOOK

Simply Call Reservations Department on: 0181 785 3266 with your chosen date of departure specifying this Special Package.

OPENING HOURS MONDAY TO FRIDAY 09.00 - 17.30 AND SATURDAY 09.00 - 16.00

All holidays are subject to Belleair Holiday Booking Conditions on page 4 of the Winter 1997/8 Information Insert of the brochure.

## APPLICATION FORM

Closing date for entries: 10th January 1998



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

Please enter me for the following

Entry Fees:

Malta 10K for Veteran Athletes GB £5  
T & F Events: ( ) GB £1 per event

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

Date Signature

Entries and remittances to be addressed to:- Tony Chircop, The Chairman, Veterans' Committee, "Primrose" 25, Spring Street, Qormi QRM 10, Malta.  
Enquires: Tel/Fax: (356) 487704 Fax: (356) 22999 134.

THE MALTA 10K FOR VETERAN ATHLETES

ORGANISED BY THE MALTA AMATEUR ATHLETIC ASSOCIATION  
SATURDAY 17TH JANUARY 1998 START: 2.00PM

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







## SOUTHERN STARS RANGE

Reebok Southern Stars range is manufactured from superb technical fabrics. The vest fabric moves moisture from the body to keep the athlete cooler in hot weather or warmer in cold weather, shorts are manufactured from micro move polyester fabric, lightweight breathable soft and drapable easy care fabric that adds comfort to every move

1. REEBOK SOUTHERN STARS WOMENS VEST - white with inserts, sizes S, M, L, £19.99 OFFER £9.99
2. REEBOK SOUTHERN STARS LYCRA SHORTS - unisex, sizes S, M, L, USUAL £24.95 OFFER £15
3. REEBOK SOUTHERN STARS LADIES V NOTCH SPLIT SHORTS - all over print, USUAL £29.95 OFFER £14.99



4. REEBOK SOUTHERN STARS MENS VEST - white or navy with insert, S, M, L, XL USUAL £19.99 OFFER £9.99
5. REEBOK SOUTHERN STARS MENS SPLIT SHORTS - with insert USUAL £29.95 OFFER £10.99



4. REEBOK SOUTHERN STARS MENS VEST - white or navy with insert, S, M, L, XL USUAL £19.99 OFFER £9.99
5. REEBOK SOUTHERN STARS MENS SPLIT SHORTS - with insert USUAL £29.95 OFFER £10.99

## BRITISH ATHLETICS WEAR YOUR BADGE WITH PRIDE

REEBOK BAF LEISURE REPLICA RANGE - all garments available sizes S, M, L, XL T-SHIRT LONG SLEEVED - colour white or birch £18. T-SHIRT SHORT SLEEVE - white or navy £12 (not illustrated)



HEAVY SWEATSHIRT - birch £30  
POLO SHIRT - white or navy £25



FLEECE SHORT - birch or navy £20  
JOG PANTS - birch or navy £25



RON HILL PERTEX JACKETS lightweight pertex, stand up collar, full length zip ideal for running and biking, sizes S, M, L and XL, colours navy/kiwi, kiwi/navy, teal/lime, 360° visibility  
USUAL PRICE £49.95 OFFER PRICE £29.95 SAVE £20



SMITH MOAB SUNGLASS Smith sunglasses provide 100% protection from harmful UVA and W B rays. The Smith Moab sunglasses have interchangeable lenses. Lens information:- the 3 lenses included offer a selection of lens tints with varied light transmissions to ensure optimum vision in different light conditions:- GREY LENS - perfect for bright sunny days, GOLD LITE LENS - ideal lens for low light conditions, CLEAR LENS - provide eye protection under all light conditions, Offer £39.95 Usual £44.99 price includes 3 lenses & soft protection case



DESIGNED for the recreational & fitness enthusiast Large easy-to-read dual LCD displays heart rate and exercise time, continuous digital heart rate readings, programmable target heart rate zones in five beat per minute increments, out-of-zone alarms.

POLAR HEART RATE MONITORS Beat HRM - £69.99 Price £59.99 Pacer HRM - £89.99. Inter Pace Plus - £175 Pro-trainer NEW! - £149.99 Accurex Plus Night Vision - £199.99

POLAR HEART RATE MONITOR BOOKS PRECISION MULTISPORT £3.99 by Dr Matthew Brick, An invaluable guide to practical training methods, HEART RATE MONITOR BOOK £9.99 by Sally Edwards, full of easy-to-use training schedules & information PRECISION RUNNING £2.99 by Roy Benson MPE, A manual of practical advice for training by running LACTATE TRAINING BOOK - £12.99 PRECISION CYCLING BOOK - £2.99

RON HILL ACTIVE RUNNING SHORTS - lightweight Taslan nylon shell, elasticated waistband, poly cotton inner brief, full freedom racing cut, bound hem, embroidered logo, colours grape, lime, or red, sizes S, M, L or XL Usual £12.99 OFFER £6.95 or 2 pairs £12



BREEZE MAX JACKET Pertex P4 shell, new longer European style, 2 high zipped pockets, clear legs when active, adjustable waist draw cord, open hem for maximum freedom, fully adjust-able cuff and back vents for temperature control, reflective strip on back, sizes S - XL, colours black/cobalt/courcell, black/cobalt/fluo yellow, cobalt/black/turquoise £49.99



RON HILL PERTEX JACKETS lightweight pertex, stand up collar, full length zip ideal for running and biking, sizes S, M, L and XL, colours navy/kiwi, kiwi/navy, teal/lime, 360° visibility  
USUAL PRICE £49.95 OFFER PRICE £29.95 SAVE £20



Asics Diabolo Rain Jacket - Sizes S, M, L, XL, £49.99 OFFER £29.95  
Asics Diabolo Training Tight - Sizes S, M, L, XL, £29.99 OFFER £19.99  
Asics Diabolo Training Hat - White or Fluor Yellow. OFFER £6.99

SCOOP PURCHASE SPEEDO RUN SINGLET available in two colourways burgundy/fire or royal/aqua and also in two fabrications tadel or pertex. Usual £17.99 Price £9.95



PERTEX RUN SHORT - tadel or pertex, royal/aqua or burgundy/fire, Usual £17.99 Price £9.95



## 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



LYCRA VEST - cobalt or claret unisex, sizes S, M, L, XL, USUAL £24.99 OFFER £9.99 or 2 pairs £18  
LYCRA SHORTS - unisex, claret sizes S, M, L, XL, USUAL £24.99 OFFER £9.99  
LYCRA VEST WITH LYCRA MATCHING SHORTS SET USUAL £49.98 OFFER PRICE £15  
RUNBIRD LYCRA LADIES BRIEFS peacock blue or claret, S (8-10), M (10-12), L (12-14), £14.99 £6 or 2 prs £10

RUNBIRD LYCRA UNISEX TIGHTS colours claret or cobalt, sizes S, M, L, XL, Usual £29.99 OFFER £12  
RUNBIRD LYCRA LADIES TIGHTS peacock sizes L (12-14) only Usual £29.99 OFFER £12  
RUNBIRD LYCRA UNISEX TIGHTS - cobalt, sizes S, M, L, XL, claret S, M, L, XL, Usual £45.95 OFFER PRICE £18



Asics Epical Running Jacket State of art, fully breathable and waterproof jacket. Epical fabrics pores are so small water can not penetrate but they are large enough to allow water vapour to escape. As you would expect form such a high tech jacket this one has the feel of class and fully justifies the price A full mesh lining, top grade zips on the pockets & a non rattle outer fabric leave you in no doubt as to the quality. A concealed hood, lockable waist cord and generous use of reflective Scotchlite trim add the finishing touches. As good as many higher priced breathables. sizes S, M, L, XL USUAL £99.99 SPECIAL OFFER £59.95

Bourne Sports, Church Street, Stoke on Trent, ST4 1DJ

Telephone: 01782 410411

## The New VIGA PATRIOT Range

THIS IS AN EXCLUSIVE LIMITED EDITION MAIL ORDER OFFER



Unisex Running Short (with inner) ultra-cool, sizes S, M, L, XL, £16.75



Mens Vest, (chest panel) white/print ultra-cool, sizes S, M, L, XL and XXL Price £11.50  
Mens Shorts, (with inner) Royal/print ultra-cool, sizes S, M, L, and XL Price £11.75

Mens Vest, (side panel) Royal/print ultra-cool, sizes S, M, L, XL and XXL Price £11.75  
Mens Shorts, (with inner) white/print ultra-cool sizes S, M, L, and XL £11.75



Ladies Vest ultra-cool sizes 10, 12, 14, 16, £11.75  
Ladies Shorts (with inner) ultra-cool sizes 10, 12, 14, and 16 £11.75

Ladies "Sprint" Top 82% N/P, 18% Lycra 10, 12, 14, 16 £12.75  
Ladies "Sprint" Briefs 82% N/P, 18% Lycra 10, 12, 14, 16 £12.75

Unisex Lycra Tight Elasticated tiecord waist 82% N/P, 18% Lycra S, M, L, XL, £23.75



All orders plus £3 post & packing. Send cheque/postal order or telephone your order quoting Access, Visa, or Switchcard.

Fax: 01782 411072

Access, Visa, Switchcard



LADIES SPEEDSUIT/ SWIMSUIT - racer back, lycra fabric, size 10 12 14 16 £17.75



Unisex Lycra Shorts Elasticated tiecord waist 82% N/P, 18% Lycra sizes S, M, L, XL. Price £15.75



Unisex Running Suit 82% N/P, 18% Lycra sizes S, M, L, XL £24.75



Unisex Lycra Tight Elasticated tiecord waist 82% N/P, 18% Lycra S, M, L, XL, £23.75

