

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 45

The Newspaper of the British Veterans Athletics Federation

Winter 1998

## Records Galore at Kelvin Hall

Report by Bill McBrinn

Records fell regularly at the BVAF Indoor Championships in Glasgow. Jenny Brown set a new World record in the Pentathlon only two weeks after setting the previous best [3898pts] in the same arena. Brown started with a 9.72 for the 60m [860pts], then a 1.71m high jump [1029], 10.64m shot put [571], 5.03m long jump [671] and finished with 2:23.03 for the 800m, giving her a grand total of 3978 points. Unlike other pentathlon stars she appears to be able to handle the killer 200m at the end of a long day. Perhaps this stems from her coach Bill Gentleman, the former coach of distance star Yvonne Murray. Both of them were disappointed in the high jump, as they were looking for 1.74m. Another time, another place!

So many records were being broken that the athletes concerned who were running about trying to find the appropriate official to sign the standard form for claiming records, were finding difficulty in doing so, as the said official was so busy on other duties. It did not appear to present a problem to Scottish international hurdler Jocelyn Harwood, who set three World Records in the W40 category. She won the 60m [8.04], 200m [25.98] and the 60m hurdles [8.84]. I trust that this indoor form can be carried over to the European outdoor championships in Italy in September!

Not to be outdone by the young and fit women, Allan Meddings warmed up for Jan Thomson, W35 800m and 1500m winner.



Jeremy Hemming



Jeremy Hemming

M55 60m: from left Brian Ariss, John Henson, Walter Hunter and Brian Shearsmith [67]

the 200m by setting a European record in the M70 60m [8.52] and was electrifying in the 200m, where he set new World figures [27.89]. When Allan saw his time on the trackside clock he jumped so high in the air with delight that I am sure he could have set other records in the high jump. In the M45's Viv Oliver was in tremendous form when setting two age group records in 60m [7.26] and 200m [23.08]. but, then again, I am sure that that was no more than he expected!

As loads of kids in the arena were shouting on their mums and dads, or perhaps it was their grannies and grandads, during the excitement of the track events, Robert Brown and Tony Rawlinson were working away diligently in the pole vault. Their efforts bore fruit with a M65 record for Brown [3.30m] and a M80 record of 1.80m for Rawlinson. In the 60m hurdles John Charlton set a M50 record of 9.12 to give him a great start to the pentathlon.

Willie Marshall bettered the M70 world record for 3000m with his winning run of 11:15.72, even though he said he was injured, although as Ron Franklin said, "Willie always runs better when he is injured". The previous record holder Jimmy Todd was there to see his old record broken. As Jimmy was 71 years old when he set that record, some wag said that as Willie is only 70, maybe he will be back next year when he is 71 to have a go at new figures, but only if he is injured! Willie also holds the M65 record. Getting away from records, there were some great head to head clashes throughout the day, none more so than that in the

M40 800m. In this event, Stornoway teacher Alastair Dunlop defeated the current world champion David Wilcock by just three hundredths of a second in the fast time of 1:59.63. During this splendid  
[continued on page 4]

### E.V.A.A. Championships

The organisers of the European Veterans Track and Field Championships, to be held in Cesenatico, Italy, from September 11-19, are expecting a record entry of over 4,000 competitors from the 39 nations affiliated to the E.V.A.A.

Unfortunately, the sending out of entry booklets by the organisers in Italy has been delayed and they had not arrived at the time of going to press [March 9]. Barbara Dunsford, the BVAF Entries Co-ordinator, already had 173 addressed envelopes waiting to send out to members who have already requested information about the championships.

All members who are interested should send four first class stamps to Barbara [address on page 6] without delay and the booklets, which contain entry forms, full details and schedules of events, will be sent out as soon as they are available. Remember that all entries must be routed through Barbara Dunsford.

There will be no further reminders in this newsletter as entries will have closed by the time the next issue is distributed. Entry deadlines will be strictly adhered to. Although the closing date is officially June 15 for receipt by the organisers, Barbara must have your entries by May 31 in order for them to be processed.



## Jimmy Todd - A Man For All Events

Interviewed by  
Winston Thomas

I first saw Jimmy Todd in Cwmbran 1988. I watched him in the 1992 European Championship 5000m in Kristiansand, and from 3000m, I saw how he broke up the field with a gentle sustained increase in speed, and went on to win by nearly a minute. Two days later he ran 800m the same way. It was a treat to watch a distance runner applying pressure on his opponent. Jimmy was, and still is, a runner who classically takes a field apart with speed and guile. He has a very deceptive turn of speed, and applies this gradually and remorselessly.

Having seen him compete many times since, including a treble demolition job in Durban, I asked him about himself and his running. Jimmy won countless individual honours and three Irish international vests. Born in Ballyclare, County Antrim in 1921, he joined East Antrim H. in 1938 and from 1939 to 1958 gained honours as a youth and senior. Had he had ambitions to be a runner in his school days?

J.T.: I was not very keen on games, as I was fairly light in build, and easily injured. My father was a big, strong man who played rugby, soccer, cricket and was a good sprinter, and my uncle was also a runner, so running was in the family. In my early teens I would go and watch my uncle at East Antrim H., and I became interested. I joined in 1938 and we generally trained three times a week, including a Saturday cross country. I was not keen on this, but looked forward to the summer when we had the athletics and cycling handicap races.

WT: How did you get on in the handicaps?

J.T.: My favourite event became the 880 yards and after a few years of competing, I managed to win eleven prizes at eleven meetings in one season. During this time the only other sport I liked was table tennis which I took up after joining the club. I won the club championship many times.

WT: I notice that, even at 76, you have a wonderful change of speed at all distances, and a well maintained stride length. Is this something you developed, or were you a sprinter?

J.T.: No, I was not the sprinting type, but I did have some speed and no doubt the training, though not very hard, helped. The ability to change speed came later in my running career.

WT: What about your walking? Has this now finished, or is it still part of your training?

J.T.: At 38 and the only competitor in my age group, I decided to retire from first class competition in 1960. I still ran in club events, and in 1963 towns were holding Civic weeks and staging 10 mile road walks. I walked a few and enjoyed them, so I bought the AAA book on walking by Harold H Whitlock. After a few wins I came to England and did my six and seven hour badge walks, and in 1972 in the GB/USA/Canada Veterans match at Crystal Palace I finished sixth.

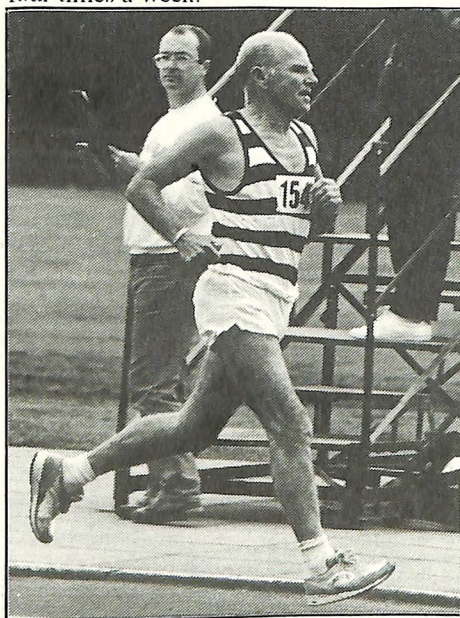
WT: This was somewhat different to the running and cross country, were you enjoying it?

J.T.: Yes, it was different but enjoyable, and I was getting better at it, so I entered all the subsequent World and European championships, but had no success until Christchurch 1981, when I won a bronze medal. I had also entered the 5000m. Then in Strasburg 1982, I won a silver medal, and was looking forward to a pos-

sible gold in Puerto Rico 1983. The 5000m was first and I had an easy win and surprised myself, whilst I only won a bronze in the walks. After twenty years of walking I went back to running and have never looked back, but it was a good period in my life.

WT: Having returned to running, how much has your training regime and the type of training changed with age and distances?

J.T.: In the early days of training it was fairly easy. It was only in 1957 that I really trained very hard, to gain selection for the Empire Games in Cardiff. I covered over 2,000 miles in the year and won the Northern Ireland marathon and was selected. After the games I went back to my normal mileage and ran some of my best times. As a plasterer I was never able to train properly, so it is only in the last ten years since retirement that I have had a set training routine. I generally train four times a week.



**Jimmy Todd**

WT: I notice that with all your sessions you break them up with a good variation of speed and strength endurance. Was this how it worked for you, or were you coached by some one to do it like this?

J.T.: In general I monitor what I do and I never had the time to do a lot of training when I was younger so it was important to do quality training. This was what suited me, and it has brought rewards.

WT: I know that you gained three international vests, over a ten year period. Which one was the most rewarding? Were you impeded by injuries, or were you generally not selected?

J.T.: The only International vest available then was the all Ireland team for the European Cross Country. I was selected three times but cross country was not my best event, but I enjoyed them all. The most rewarding was 1959 as I was 38 at the time.

WT: I have watched you since 1992 and notice that you seem to take your time looking at the opposition, then apply pressure on them. This shows confidence in your own ability.

J.T.: In my pre veteran days I seldom took the lead, but followed the leaders and then sprinted past coming up to the finish. Most

of my track races were won like this, but I only won one cross country race in all my life, but I now feel that I am able to lead a race or wait behind till I feel the time is right, and this sometimes depend on the weather conditions.

WT: You have competed in four continents. Which was your favourite and in what event?

J.T.: I never thought about this until I competed in Japan, then I could not wait to get to Africa. Being a sun lover I have enjoyed all the warm countries I have visited, but my favorite has to be Puerto Rico, and this is possibly because it was there that I won my first gold medal. I beat John Gilmour, who had not been beaten in a 5000m for 11 years. Knowing that Anne, my wife, was in the stands watching made me feel even more elated, so the 5000m gave me a great deal of satisfaction.

WT: In the inaugural European Indoor Championships in Birmingham in 1997, you set three world records in three days.

J.T.: I was looking forward to the European Indoors as I was just two months into the M75s. After the 3000m and 800m I did not force the pace in the 1500m until the last lap, and surprised at breaking the world record. It was very satisfying, as my daughter and 18 month old grandson were there to watch me, and this was a great treat for them, as well as for myself with the unexpected records and times.

WT: How do you feel when you have done the training but things have not gone to plan?

J.T.: I do not often plan my tactics before the race, but I just go out and try to win. Should I be beaten, so be it. There is always another day and another race, but the enjoyment and camaraderie is still there.

WT: I noticed in Miyazaki that your attitude seems to be the same, win or lose you are still the sportsman. In Durban last year I was able to see your 800m, 1500m and 5000m. The 1500m gave me a lot of pleasure, as I was able to watch the Mexican athlete Antonio Tejada give you a race up to 1200m, then you went away from him, although it seems you were always in control. Which was your favourite race, and did you have problems with the organization of the events?

J.T.: The 5000m was a tactical race between Tejada and myself. This ended in a photo finish, so I decided to run from the gun in the 1500m. I could hear his footsteps behind me for about three laps, then they disappeared. It was a scary moment coming up the final straight in the lead, as you are not sure whether the spectators are cheering for you or because your opponent is gaining ground. So the 1500m pleased me as it was one of the few times I went from the gun, and it came off as planned. In the meeting, the organizers seemed overwhelmed. Fortunately for me, my events went well and on time.

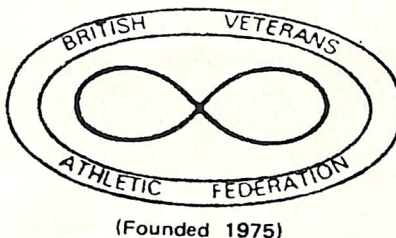
WT: We all have favourite athletes and personalities. Who are your favourites, and who have you enjoyed running against?

J.T.: Mary Decker and Ron Clarke were my favourite athletes, for the way they dominated their races from the front, something I felt that I could never do. I have enjoyed running against every one, and feel great after each race I win.

WT: I am glad to see that my favourite middle distance athlete Ron Clarke is also yours,

*[continued at foot of page 13]*





## BVAF OPEN NATIONAL TRACK & FIELD CHAMPIONSHIPS

NEWPORT SPORTS STADIUM, LANGLAND ROAD, SPYTTY, NEWPORT, NP9 0RR  
11th/12th JULY 1998

Organised by WELSH VETERANS ATHLETIC ASSOCIATION, SUPPORTED BY NEWPORT COUNTY BOROUGH COUNCIL and NEWPORT HARRIERS ATHLETIC CLUB Under BAF, WAVA & BVAF Rules

**ENTRIES CLOSE 6th June 1998. NO late entries will be accepted**

ENTRIES TO: MARGARET COWAP, 5 BRUNNER DRIVE, CLYDACH, SWANSEA, SA6 5JY, from whom further information may be obtained. Acknowledgement of entry and details of timetable will be sent to you approximately ten days before the Championships. CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO: "W.V.A.A. TRACK & FIELD 1998".

STAKIS HOTEL [\*\*\*\*4 star hotel] Tel [01633] 413737, CHEPSTOW ROAD, LANGSTONE, NEWPORT, NP6 2LX  
Special rates quote "British Veterans Championships".

Bed & Breakfast, sharing twin room, per person £27.50 per night for 10th/11th July.

For other accommodation details, including camp sites, send SAE to Margaret Cowap

### PROVISIONAL PROGRAMME

START 9.30am

#### SATURDAY 11th JULY

400m H W35-49, M40-69	300m H W50+, M70+
100m M&W	1500m M & W
400m M & W	5,000m M & W
3,000m Walk M&W	
Long Jump M & W	Hammer M&W
Shot W	Pole Vault M & W

#### SUNDAY 12th JULY

2,000m SC M60+, W	3,000m SC M40-59
80m H W40+, M70+	100m H M50-69, W35
110m H M40-49	800m M&W
10,000m M&W	200m M&W
Discus M & W	High Jump M & W
Shot M	Triple Jump M & W
Javelin M & W	

## CHAMPIONSHIP ENTRY FORM

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

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Male ☐ Female ☐

Telephone: Day \_\_\_\_\_ Evening \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age Group at 11/7/98 \_\_\_\_\_

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

NON BVAF AFFILIATED ATHLETES ONLY N.B Welsh athletes must be registered with AAW. WELSH AAW Reg. No. \_\_\_\_\_

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

EVENT	PB 1997/98	EVENT	PB 1997/98	EVENT	PB 1997/98
1		3		5	
2		4		6	

Payment enclosed for entry fee as follows: First event £7.50 for non BVAF affiliated £ \_\_\_\_\_

or £5.50 for BVAF affiliated £ \_\_\_\_\_

Subsequent events: £4.00 for each event £ \_\_\_\_\_

Total £ \_\_\_\_\_

I enclose cheque/PO in sterling currency payable to WVAA Track & Field 1998. Postal stamps are not acceptable for payment

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 1998 BVAF Track and Field Championships.

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

Entries to: M.COWAP, 5 BRUNNER DRIVE, CLYDACH, SWANSEA, SA6 5JY: Tel 01792 843835



## Records Galore at Kelvin Hall *[continued from page 1]*



Graham Pope storms home to a M50 400m win from Peter Lavin

race neither would give an inch and in the end it was down to who was the most hungry for victory. On the day it proved to be Dunlop. This did not upset Wilcock. Later in the day he won the 1500m in 4:15.37.

As if this was not enough excitement for one day the women's 1500m produced a great tussle between W35 Jan Thomson, the earlier 800m winner, and W40 Debbie Howard. Throw in the W50 record holder Pat Gallagher, fit again after injury, and we had the recipe for a great race, and so it proved to be. Howard was not just content to win the W40 age group. It was all or nothing for her, as she tried to take the

sting out of Thomson's finishing kick and win the race outright. With the spectators on the edge of their seats, Thomson hit the front to win in 4:52.81 to Howard's 4:52.85. Great stuff!

The 3000m was split into two races with M40-54 in the first and all the rest in the next race. Colin Youngson, M50 bronze medal winner from the Home Countries cross country international, took up the running with his usual bottle of water in his hand. He went on to stretch the field out and made sure he won his age group, but had no answer when M40 Keith McLellan, followed by M45 Archie

Jenkins, went past. McLellan won in 9:19.04 from Jenkins [9:21.67]. As expected, the 3000m older age groups race went mostly Scotland's way, with Peter Cartwright winning this event in addition to the 1500m. John Gormley, M60, also had the same double.

English veterans international team member Lynne Marr, who had won the Scottish vets 3000m in the morning in this same arena just one week before, and then in the afternoon picked up another gold medal in helping her team to win the Scottish veterans cross country championships, was an easy winner of the W35 age group. After she won, she went outside the Kelvin Hall for a run to cool down, as did others, but they were all soon back inside as the snow was falling heavily.

This was the 15th Indoor Championships and it should have been held in Birmingham, but had to be switched to Kelvin Hall, and so Ian Steedman and Henry Morrison are again to be thanked for the excellent organisation. The announcer Bob Gray was first class, pointing out whose birthday it was as well as some one's 28th anniversary. Both physiotherapists were kept busy, treating old and new injuries. To any one who helped in any way, THANK YOU.

### Best Performance Trophy Winners

Track:

Women u/50: J.Harwood W40 60m 8.04

Women o/50: J.Ogden W70 200m 33.9

Men u/50: V.Oliver M45 200m 23.08

Men o/50: J.Henson M55 60m 7.76

Men o/60: A.Meddings M70 200m 27.9

Field:

Women u/50: J.Brown W35 HJ 1.71m

Women o/50: E.Williams W60 SP 10.95m

Men u/50: N.Griffin M45 SP 13.74m

Men o/50: E.Fitzgerald M50 HJ 1.65m

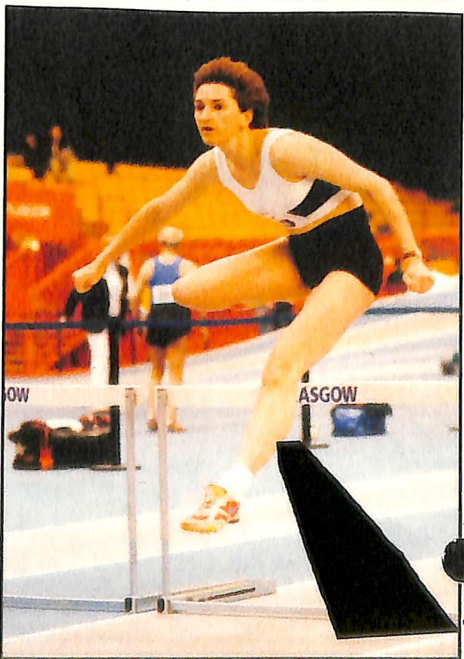
Men o/60: R.Brown M60 PV 3.30m

Pentathlons: Women, J.Brown W35

3976Pts: Men, C.Shafto M60 3860Pts

Jocelyn Harwood, W40 60m H World best

World Veterans T & F Championships at Gateshead, July 29-August 8 1999, is gaining momentum! Pictured at a recent site visit are, from left: Ron Bell, WAVA Vice-President - Non Stadia; Tom Jordan, WAVA Executive Vice-President; Torsten Carlus, WAVA President; Jim Blair, WAVA Vice-President - Stadia; Keith Whitaker, BVAF Chairman



Jeremy Hemming

Ron Bell

Jeremy Hemming





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## EUROPEAN ATHLETIC CHAMPIONSHIPS CESENATICO, ITALY 11TH-19TH SEPTEMBER 1998

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## NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

**SUNDAY, MAY 17TH 1998**  
**RUSHMOOR ARENA, ALDERSHOT**

Open to all BVAF affiliated clubs. BAF Medals to first three teams.  
Championships will be held on the established 6km course

CHAMPIONSHIP	STAGES	START
Women over 35	4	11.00am
Women over 45	3	11.00am
Men, over 60	3	11.00am
Men, over 50	4	11.00am
Men, over 40	8	1.30pm

**ENTRIES CLOSE 4TH MAY**

Multiple teams will be accepted, but only A teams will be eligible for medals.  
Teams must be declared 30 minutes before the start. All competitors must wear club colours.  
Entry form from:

**MIKE NEIGHBOUR, 6 EDNEY CLOSE,**  
**CHURCH CROOKHAM, FLEET, HANTS, GU 13 0BW.**  
[PLEASE INCLUDE S.A.E.]



# Veteran Athletics

Vol 1 No 45

67 Goswell Road, London EC1V 7EN Telephone 0181-677-1303 Fax: 0171-251-9045

Editor: Geoff Ashby, 154 Knightlow Rd, Harborne, Birmingham, B17 8QA tel 0121-429-2241. Fax: 0121-434-5929

Editorial Board: Jack Fitzgerald, Sylvester Stein, Sarah Cawkwell, Les Brown, Bob Belmore, Pat Green

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

Advertising: Jack Fitzgerald tel 0171-410-9410

Production: Geoff Ashby

Subscription Rates: £10 per annum [4 issues], issued free to members of affiliated clubs

*Veteran Athletics* is an official publication of the British Veterans Athletic Federation and of the World Association of Veteran Athletes. The editorial policy is not, unless otherwise stated, that of the BVAF and WAVA. Unsolicited material for publication in *Veteran Athletics* is welcomed, preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped addressed envelope. *Veteran Athletics* accepts no responsibility for loss or damaged material. All correspondence will be acknowledged in the letters column at the editorial committee's discretion. This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Area Secretaries.

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Records Committee: Willi Koster, Haydnstrasse 28, D-64 347 Griesheim, Germany Women's

Delegate: Bridget Cushen, 156, Mitcham Road, West Croyden, CRO 3JE tel 0181-683-2602

## Track and Field Notes

The Indoor championships in Glasgow were a success and thanks again to SVHC for organising the events. We did have a few problems particularly because we again ran events earlier than scheduled. I would ask athletes that when they have complaints about changes in the programme during the meeting, please come and talk to me or a member of the BVAF Committee. To all officials I would say that events should not be started earlier than the scheduled time, especially once competition has started. As I was working on the results of the combined events I was not aware of these problems at the time.

With the European Veterans T & F Championships taking place from September 11-19, we can first of all look forward to the BVAF Championships in Newport. We are expecting a large entry. The entry form is on page 3 so there is plenty of time to send your entries in. No late entries!

On June 20-21 we have the international match against France, the Netherlands and Belgium at Calais. Information has been sent to most athletes in the top rankings. This is an open age group event, so the majority of the athletes competing will be from the younger age groups. I am expecting to field a team of around 60, however, so there may also be some in the older age groups competing.

The opening ceremonies of the European Championships in Cesenatico, Italy, are scheduled for Sept 10 so that there will not be a clash with the event schedules. There have been problems with the distribution of the competition brochures although Barbara Dunsford should be receiving these shortly. Although the closing date is advertised as June 15, Barbara has to receive your entries by May 31, as they have to be checked and be received in Italy by June 15.

Finally, for all those members who are enquiring about BVAF kit, I can say that we will have the kit ready for Newport, and, hopefully, we will all be happy.

Winston Thomas, Sec. Track & Field

## Thanks from Doug

Doug Morris regrets that the BVAF 10 miles championship has moved away from Oswestry this year, but says that he hopes to organise it again in the near future in response to many disappointed veterans who have contacted him. He would like to thank all members for their goodwill messages and calls regarding the event.

## Newspaper Support Fund

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

Bryn Jenkins, Stan Erlam, Ted Cooper, Mike & Julie Abell, John Wilson, Allan Sowden, Jo Ogden, Graham Smith, M.L.Quinn, Herbie Hawthorne, Ricky Smith, Ken Kitchen, Miss A.C.Herlaar

We still need donations to augment income and assist the continued publication of this newspaper. Please send cheques, payable to Veteran Athletics, to Mr L.Brown, 55 Middle Lane, London, N8 8PE

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





## From the Chairman

It has been a quiet period for championships since the last issue of this newsletter

but, as I write this, I am about to set off to Glasgow for the Indoor T & F Championships at Kelvin Hall. A month later I will be travelling more than 200 miles in the opposite direction to support the Cross Country Championships at Croydon. Meanwhile, administration has kept me busy. Ron Bell and I are now attending monthly meetings of the Local Organising Committee for the World Championships at Gateshead, where things are starting to take shape. We have also had a meeting of our own Executive Officers in Birmingham, shortly to be followed by the BVAFC Club Delegates [BVAFC Council] at the same venue.

A major topic under discussion at both these meetings is the way forward for veteran athletics, and, most importantly, what relationship we should be aiming for with the new national governing body which has to be created following the financial demise of the BAF. With the previous BAF Council showing no wish at all to be involved with veterans, is this the time to establish ourselves as a totally independent body? Alternatively, should we be forcing the pace with this new body, pointing out that the sheer number of veterans now taking part in the sport merits an acknowledged position for veterans in the new hierarchy to look after veteran's interests?

At this stage I have seen nothing in the various press releases to indicate that the new body will have either interest or policy on veteran competition, but then, neither have I been put under any pressure from BVAFC members to take any specific action on the matter. The few whose opinions I know are well divided between "we should go it alone" and "we should push for a special role in the new body". I suspect, however, that the majority of members have not given it much thought. I have my own views, but would certainly welcome a much wider consensus. If you have any views please put these to your club committee, or write to me or send a letter to the editor of "Veteran Athletics" to open up the debate.

There are three major points that need to be kept in mind:

[1] Going it alone as an autonomous body would have implications on both finance and personnel. Currently, our structure is based on our 11 Regional Clubs/Associations, all run by volunteer honorary officials, some of whom cope with membership of over 1000. The national body simply comprises the Delegates representing the Clubs and seven elected executive officers whose positions are all honorary. Even now, the subscription of 50p per member for administration is no longer covering the basic costs of postage, travel to meetings etc. and a recommendation on this will have to be on the agenda at the AGM in July. Autonomy would be not only seeking a greater voice but trying

to pull in all veterans. That would necessitate a much wider administrative base with a central office and some professional staff [paid], even if only part time. Items such as insurance, previously provided by BAF to cover all club members would also have to be arranged.

[2] Obtaining a special role for veterans in the new body needs not only the agreement of the people trying to formulate it but, ultimately, approval from the Clubs who will mandate the new body. We have failed in the past to get the support of the previous BAF Council and to have any hope of success in the future will require lobbying by all veterans on the Committees of the open clubs to insist on proper recognition of veteran interests.

[3] Either approach would benefit from a concerted drive to increase our membership, as weight of numbers gives real force to any argument. Veteran athletes who are not members have to be convinced of what they would gain by joining us and, although, the majority are not interested in taking part in our championships, possibly because they think they are only for the elite, I am sure they would enjoy the experience. Who, other than the BVAFC, can represent their interests in any other matter which involves veterans, such as age bands and the level of prizes in road races.

Recruiting to the BVAFC is something that every member can do and it is something which takes very little effort. Do I hear a great, but almost silent sigh of apathy? Are you personally happy with things remaining as they are and not really bothered? The new national governing body will emerge later this year. Now is the time, if we are to do anything to influence our future. This could be up to you!

Keith M. Whitaker



**Bridget Cushen**

## Secretary's Report

### Annual General Meeting

The AGM will be held during the BVAFC Track and Field Championships at Newport on Saturday, July 11, immediately after the last event. All members are entitled to attend and vote.

### Official results from Durban

The booklet and videos ordered and paid for at the last World Championships were not distributed in January as promised. WAVA is now advised that they will be posted by the end of March. The WAVA Council is meeting in Gateshead in early April, but we hope that the problem will be resolved by then.

### European Road Races

It has been confirmed that Irene Castets of France, winner of the W40 10km [37:23] and silver medalist in the Half Marathon [1:25:15] in The Hague last May, has received a public warning and disqualification following a dope test. [A Public Warning, Rule 60.2 [b] [i], that for

a first offence involving substances listed in part Part 11 of Schedule 1 of the "Procedural Guide lines for Doping Control", a public warning be given and the athlete disqualified from the competition at which the sample was collected]. Amended results: 10km: 1 T. Van de Larr [38:18], 2 E. Rovers [38:59], 3 A. Weel [40:30] [All Dutch]. Gillian Westbrook moves up to 8th [48:02] Half Marathon: 1 M. Van Mol [Bel] 1:22.19, 2 R. Lanwer [Holland] 1:26.14, 3 E. Gebauer [Holl] 1:28.47. Gillian Westbrook moves up to 7th [1:45.37]

### International T & F Meeting - Italy

The BVAFC have details of an international Track and Field meeting in Milan on weekend 25/26 April, covering all track events up to 5000m, plus all field events including hammer, for both men and women.

**Changes to IAAF Rules effective from May 1998, [except the Javelin, Rule 186.21]**

### Pole Vault, Rule 142.4

The time allowed for each attempt in field events shortened to 1min 30 secs, except when 2 or 3 competitors continue in the final stages, when it will be 3 minutes.

### Other Field Events, Rule 142.4

Time allowed for each attempt shortened to 1 minute for all events, except High Jump when 2 or 3 competitors continue in the final stages, when it will be 2 minutes.

### Water Jump Measures Rule 164.6

The water jump, including the hurdle, shall be 3.66m for men and 3.06m for women in length and 3.66m in width for both sexes.

### Women's Javelin modification Rule 186.21

The distance from the tip of metal to the centre of gravity in the women's javelin decreased to a max. distance of 0.92m. The new regulation will be implemented in IAAF competitions from April 1.

### Throwing Measurement, Rule 145.2

In the Discus, Hammer and Javelin, distances shall be recorded in even 0.01m units, to the nearest unit below the distance measured if the distance measured is not a whole even centimetre.

### 800m running, Rule 161.7

[Continued on page 8]



## YOUR LETTERS

The Letters columns of Veteran Athletics are open to all who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. Letters should be kept as brief as possible or they may be cut for space reasons. They should be addressed to Veteran Athletics, 67-71 Goswell Road, London EC1 7EN.

### Why Complain About Winning?

The letter headed "Runners need rabbits" in V/A 44 leaves me feeling confused. I cannot understand anyone feeling depressed after winning a major title, irrespective of the slow time or the lack of competition.

I cannot understand anyone being so discourteous to other participants when writing "no other runners, or at least only three others". I cannot understand the derogatory remarks about East Anglia. I can, however, understand the lack of participants if the norm for officials and referees is to make stupid remarks about a runner's step pattern. I would very much like to have a winner's marathon medal, but there is always some other competitor in the over 70's. Perhaps a 6 hour marathon in the over 80's in the very near future could realise my ambition.

It is ironic that on the same page in V/A 44 Trevor Driver should end his letter with, "Remember that veteran athletics is the main upholder of the true Olympic spirit and the most important thing is to take part". I hope that Trevor will not mind if I borrow these words of wisdom, and I hope that Veronica will no longer need rabbits. **Tom Neary, MVAC**

### Secretary's Report

[Continued from page 7]

An amendment that two runners can run in one lane in the 800m was agreed.

#### Chips [Transponder Timing Systems] Rule 160.15

Chips can be used, although not for official timing, in road races conducted under IAAF Rules 12 [e], [f] and [g] with some provisos.

#### List of Banned Substances

The IAAF have added the following nine new substances to their list:

Androgenic Anabolic Steroids e.g. androstenedione, dehydroepiandrosterone, gestrinone. Other anabolic agents: beta-2-agonists e.g. bambuterol, formoterol, reproterol. Amphetamines: bromantan, carphedon, selegiline.

The following substances have been removed from the list, i.e. now permitted: Narcotic Analgesics: dextropropoxyphene and ethylmorphine.

**International Year of Women in Athletics**  
How appropriate that a veteran athlete should be chosen as Patron! The IAAF

## Gateshead Predictions

After writing two previous articles on the World T & F Championships in Durban [V/A's 43 and 44], it was suggested that I could give my predictions for Gateshead in 1999. It was really my wife's idea as she said it would keep me in at night. It makes me laugh out loud.

Some predictions are easy to make. There will be many British athletes blowing the dust off their spikes, having just aged into a higher group and who fancy their chances in the Big One. There will be the stalwarts who support most events rain or shine, here or there, never winning medals but gaining respect and admiration by giving their best and taking part.

The games will be flooded with European competitors and a sprinkling from the rest of the world. No doubt the foreign competitors will fail to understand the meaning of "two practise throws only", or "athletes only on the run up", or "do not remove the results or the photographs". Come to think of it, some British participants fail to understand these instructions, too. It is also likely that any conversation with the native Geordie will result in a language confusion.

I predict that some people will complain about anything and everything, but most will praise the organisation. It is likely that the "stars" will promise to attend, but something else will take priority and any TV coverage will again ignore the brilliance of the lower age groups and concentrate on the very old.

It could be that the definitive British strip is produced just before the games, but we will stick to our old ones. I confidently state that the opening and closing ceremonies will be superior to the ones in South Africa and that this time I will finish the

Decathlon before midnight.

Now for the more difficult prediction although they are likely to be more accurate than Mystic Meg's efforts at telling us how the balls will drop. Freedom from injury should see Ron Taylor rewriting the record books at M65. Stephen Peters could clean up in the M45 and John Ross is likely to win medals in the M60. Home advantage will help to reap a crop of medals and I am sure that some hitherto "unknowns" will emerge to startle the regulars.

One final thought. Do you not think that Sir Ronald Bell has a nice ring to it?

**Trevor Driver, NVAC**

### Calendar of Events?

Can I make a suggestion for future editions of V/A? Why not compile in every issue, or at key points throughout the year, a list of all the veteran cross country, road, and track and field events.

Often, by the time that the club's publish or advertise events, the calendar is full of family dates. We really need a good 3-4 months advance calendar for events in these categories, especially the traditional events.

#### **Doug Williamson, Radcliffe on Trent**

*Our fixture list policy is to include all confirmed international and national events for the next 12 months, although sometimes national events have to be organised at short notice. Regarding area events, the aim is to include area championship events for the next six months and, due to limitations on space, other club events for the following three months. However, we depend on receiving notification from the clubs and this does not always happen. Editor*

### 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. Recent winners are:

**Oct. 97:** £125 to Rosemary Chrimes [Birmingham]; £10 to J. Wilson, F. Dobson, M. Field, B. Russell, P. Barrett  
**Nov. 97:** £125 to Denise Montgomery [Jersey]; £10 to J. Ross, J. Costard, P. Webb, L. Venham, S. McDonald  
**Dec 97:** £125 to Nigel Wray [London N20]; £10 to P. King, R. Brown, C. Jones, J. Wheway, W. Kneale

have named the ever popular Merlene Ottey as Main Patron, together with six continental Patrons. An international seminar scheduled for Marrakech in March has been postponed for financial reasons. To mark the year, I have contacted the organiser of the European Races scheduled for Balmoral Castle in April, to interest them in a special race on an age graded performance basis, and a seminar or dinner.

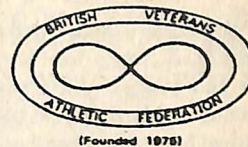
Distance runners from the early sixties will be sorry to hear that Pam Davies, arguably Britain's best ever cross country runner, suffered a major stroke recently. Pam won the WAAA title three times and captained the victorious England Women's team in the first official Women's World C.C. Championships held at Barry, Wales. She was still working, aged 63, as Head of Department at a major inner city comprehensive school. Our good wishes also go to hard working Ken Croke, out of action with a back problem since returning from the World Championships in Durban.



# LOCHABER ATHLETIC CLUB



## Team Strides



### 15<sup>th</sup> LOCHABER MARATHON

### Incorporating The B.V.A.F. Championship

Under S.A.F./B.A.F. Rules

Sunday 17th May 1998 Starting at 12 noon

Registration: Sat 16th 6.00pm - 8.00pm Alexandra Hotel

Sun 17th 9.00am - 11.30am Marco's An Aird.

Extensive prize list [over 50 prizes] Tee-Shirt to all finishers.

First Male - 1 Weeks Holiday in top Milton Group Hotel. First Female - 1 Weeks Holiday Glenview Caravan Park

**New Course record - A holiday for four**

Course Records:- Male Fraser Clyne = 2hrs. 25mins. 17secs. - Female Trudi Thomson 2hrs. 52mins. 12secs.

Free entry to any 1997 Marathon Winner. Showers & Teas for all competitors free of charge.

All entrants must be over 18 years old on Race Day.

Send to:- D. MacDonald, 11 North Corran, Ardgour, By Fort William, PH33 7AA. Tel:- 01855 841276.  
Cheque/P.O. payable to Lochaber Athletic Club. Please enclose S.A.E.

## Team Strides

Specialist Event Mail Order Suppliers

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## MILTON HOTELS

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Fax: 01397 - 705554



Lochaber Sports Council

SPECIAL RATE: DINNER, BED & BREAKFAST AVAILABLE FROM MILTON HOTELS - £37.50

Please use **BLOCK CAPITALS**

SURNAME ..... FIRST NAME .....

Address.....

Post Code ..... Telephone No.....

Name of Athletic Club: .....

(If not a member of a Club which is affiliated to the S.A.F./B.A.F., then please write "unattached")

Please complete the following by circling the appropriate answer:-

Member of S.V.A.C. or B.V.A.F. YES / NO Vet Club No .....

First Marathon? YES / NO Wheelchair competitor? YES / NO

Date of Birth d.....m.....y.....

Age on day of Race? (please circle):-

MEN:- 18-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

WOMEN:- 18-34 35-39 40-44 45-49 50-54 55-59 60+

B.V.A.F. TEAM CHAMPIONSHIP - Male 40-49 + 50-59 4 to Score:60+ 3 to Score

Female 35-44 + 45+ 3 to Score

Tee-shirt Size? (please circle) S M L XL

#### DECLARATION:

Please enter me for the Lochaber Marathon. I understand that the organisers shall not be liable for any loss, damage or injury which I may suffer, and which may arise directly or indirectly before, during or after the race. I agree to abide by the rules of the S.A.F./B.A.F. I am medically fit and will be over 18 years old on the day of the race.

I enclose my entry fee of £8.00 (£9.00 if unattached) (£9.00/£10.00 on the day)

(U/A Veterans wishing to enter Championship £2.00 Extra)

Signature ..... Date .....

Your name and address may be passed on to Runners' World, which is a supporter of this event.  
You may receive information about products and services related to you as a runner.  
If you would prefer not to receive such information, then please tick the box.

Personal Best  
Marathon Time

Time in last years  
Lochaber Marathon



## A Field Eventer's Dream

Imagine a place with no track but with numerous circles for the throws and run ups for the jumps. This sounds like a field eventer's dream, so no wonder that the local club at Medelby has so many good throwers, including Peter Speckens, many times world champion who won discus and throwers pentathlon in Durban, Gerhardt Glaser, likewise a double medalist, and Johann Hansen, to name but three.

Normally, the European Throwers Decathlon Championships are held at Mulheim, near Frankfurt. This year, however, due to organisational difficulties, the event was transferred to what was called "North Germany's Throwers Capital", the village of Medelby, in Schleswig Holstein, just south of the Danish-German frontier.

It is unusual for me to be the only British competitor, but this year I travelled alone and stayed in Copenhagen with a member of the British Throwers Club, 71 years young Helmuth Duholm. The day after my arrival, Helmuth showed me round the picturesque south coast of the island of Fyn, the butter bowl of Denmark, before crossing the old frontier at Christiansfel. King Christian the tenth crossed the then boundary in 1920 on a white horse to welcome back the Danes, who were formerly under German rule. Although we could not manage white chargers, we were able to cross in a white Opel car, courtesy of General Motors and travel on to Medelby, where the competition was due to start on the Saturday.

I was mildly concerned about the weather, as it had been wet, windy and chilly in Denmark. Remember that we were in North Germany, further north than most places in the U.K. and it was early October. Just think about it, ten events in the belting rain!

It did rain, but only for an hour or so. There was some sun, although the wind was unhelpful, especially for the discus specialists. Having reached the M60 group, I relished the lighter implements and won both of the first two events, the hammer and the heavy hammer, and finished second in the one handed hammer. Thence followed shot and steinstossen, and I would prefer not to comment!

I was, however, pleased with the club [51.54m] and also with the slingball, despite my initial contretemps with some high tension cables and a neighbouring road. I then got my act together and threw over 55m, which pleased me, as did the 42m in the discus, even though this was the tenth event and the wind was directly behind the thrower. Equally, I was well satisfied with my second place behind Gerd Glaser, ranked number two in the world. While waiting for the presentation, we realised just how cold the weather was, despite the generous helpings of soup, warm drinks and the like.

The foreigners, Russians, Danes, English and those from the Baltic States, were again made most welcome. Helmuth put in his usual first class performance to win and come within 70 points of the world record. We all

received the usual "Urkunde", showing points and distances, and this time a competitors medal. This was the same for all, whether first or last. After being made to make a promise to return next year, a promise not difficult to extract, we returned to Copenhagen.

On Sunday we went to the Eremitage Castle to watch 19,000, yes nineteen thousand, competitors tackle a 14 km course in the grounds of a former hunting lodge. Some of the children tucked up in push chairs were shouting, "Go faster", so I was told. Feeling

### Vets in County Cross Country

It was a good year for vets as two men and six women came home first in the 42 county cross country championships, with better than one in three counties seeing a vet home in the first half dozen. One in five vet champions held their claim from last year. Greater Manchester, North East Counties and Yorkshire did not indicate veteran men, who may or may not have been included in the list, while Essex, Herts, Kent and Surrey had separate vet events. Many counties showed veteran teams but they are not included here due to lack of space. Acknowledgement is due to "Athletics Weekly", from where these results are taken.

Jeremy Hemming

County	1st Man Vet	1st Woman Vet
Avon & Som	P.Inoll[GWR]	7 H.Coe[GWR]
Bedfordshire	only first 3 seniors listed M & W	
Berkshire	12 P.Jenkins[TVH]	1 J.Leak[Chiltern]W45
Bucks	4 T.Jones[VoA]	8 D.Braverman[C&C] W40
Cambridgeshire	13 M.Barnsdale[NVH]	2 C.Greasley[Mace]
Cornwall	2 S.May[Mile H]	6 S.Newall[Cornwall]
Cumbria	1 D.Rawling[Barr]	2 A.Brand-Barker[Kesw]
Derbyshire	S.Leverton[N Der]	J.Griffiths[Gosf]
Devon	6 R.Williams[Exet]	5 L.Clements[Bidef]
Dorset	7 G.Moxham[B'mth]	3 C.Doe[Poole]
Essex	no vet indicated	4 L.Higgs[Colch]
Gloucestershire	4 M.Davis[Stroud]	4 A.Coldrick[Bourton]
Gtr Manchester	no vets indicated, men or women	
Hampshire	no vet indicated	9 P.Forse[Stubb] W45
Herefordshire	M.Flowers[Burt], 1st overall	N.Bedwell[Wye] 1st overall
Hertfordshire	not indicated, J.Kilsby[SB]?	not indie, 3 D.Sanderson[Wat]?
Humberside	5 S.Rennie[CoH]	6 I.Parry[Clee]
Kent	no vet indicated	1 D.Percival[Med]
Lancashire	18 A.Rowe[Wesh]	8 J.Pound[Chor] W40
Leics & Rutland	no vet indicated	8 J.Gilbert[Hun]
Lincolnshire	3 A.Shepherd[Linc W]	9 J.Anderson[Grant]
Merseyside	1 G.Rawlinson[Liv H]	8 B.Woods[Liv PS]
Middlesex	25 P.Gibb[Muswell H]	9 A.Jeaves[Shaft]
Norfolk	9 R.Arnold[Norw]	2? S.Bower[Thet]
North East	not indie, 21 A.Jenkins[Morp]?	not indie, 6 S.Allen[H&W]?
Nottinghamshire	A.Weatherill[Redhill]	8 P.Leach[Sutton]
Oxfordshire	8 P.Flavell[Ox C]	3 G.Dean[Radley] W45
Scot East Dis	14 B.Kirkwood[Mizuno]M45	5 T.Thomson[Pit]
Scot North Dis	5 F.Barton[Keith]	2 A.McLean[T'ness]
Scot West Dis	11 A.Jenkins[Cambus]	16 M.Sinclair[Glas]
Shropshire	1 T.Power[Telf]	6 J.Nichols[Oswest]
Somerset	10 S.Marsh[Wells]	1 D.Hoogesteger[Wells] W40
Staffordshire	3 D.Hollins[PMAC]	5 S.Lappage[Tip]
Suffolk	5 R.Jordan[Ips J]	none indicated
Surrey	not indie, 41 M.Waine[Wok]	4 C.Pauzers[HHH]
Warwickshire	not indicated	9 K.Sear[SSH]
Welsh Inter Co	A.Roper M50	A.Nixon[Gwent]W40
Wiltshire	5 B.Gardner[Calne]	3 Z.marchant[Bath] W45
Worcestershire	3 I.furness[D&S]	1 B.Cardy-Wise[B&R]W45
Yorkshire	none indicated	9 M.Hart[Leeds]

well satisfied with my efforts of the previous day I thought to myself, "Yes, why not?" Then followed lunch at the house of one of the competitors, an annual event attended by other competitors after the run. There were lashings of rich vegetable soup, local sausage and pork, followed by chocolate cake. The Danes know how to eat well and how to make a stranger welcome.

Even though the plane for home arrived one hour after it should have taken off, it did not spoil my memories, so it will be "Auf Wiedersehen in Medelby" in 1998.

Hugh Richardson

### Hungarian Vets Events

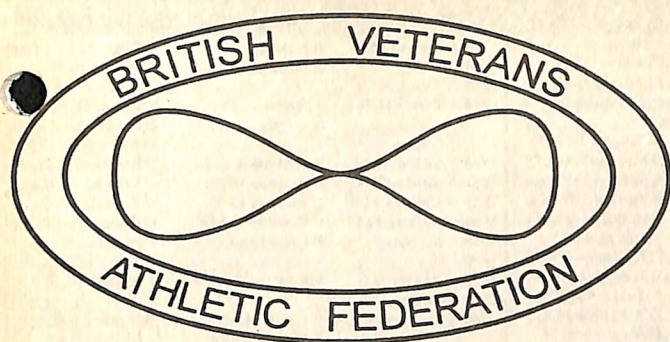
Robin Woodland reports from Hungary that some British veterans may be interested in taking part in the Sandor Iharos Memorial meeting on May 23. Events are 1500m, 3000m, 5000, and 10000m.

Another event to be held later in the year, probably during the same week as the International European Games in Hungary, will be a full track and field programme plus a 10k road run.

If anyone is interested in either of these events please send four first class stamps, stating which meeting is of interest, to Hungary Events, 71 Hillside Crescent, South Harrow, Middlesex, HA2 0QU.

Barbara Dunsford





(Founded 1975)

• BRITISH VETERANS •  
• ATHLETIC FEDERATION •

# 10 MILE ROAD RACE

## CHAMPIONSHIP

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SOUTH RIBBLE HARRIERS & ATHLETIC CLUB  
& SOUTH RIBBLE BOROUGH COUNCIL

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# SUNDAY 10th May 1998

## 11.00 am START

Open to all veterans • Women over 35 years • Men over 40 years

• **FAST THREE LAP PARK & RURAL ROADS COURSE** •

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

BVAF • Team Awards to the first three teams

M40-49 • M50-59 (4 to score) • M60-69 • W35-44, W45 + (3 to score)

• **COMMEMORATIVE AWARD TO ALL FINISHERS** •



**Entry Fees:** Members of a veterans affiliated club to BVAF £5.00

**Others (Not Vet Club Runners)** £7.00 (Enclose proof of age)(Cheques/P.O. made payable to S.R.H. & A.C.)

**Entries To:** Ron McAndrew, 2 Rowan Croft, Clayton le Woods, Chorley, Lancs PR6 7UX.

**Closing Date:** 17th May 1998. (Late entries not accepted. No entries on day)



## ENTRY FORM

Name ..... Male/Female ..... Date of Birth .....

Address .....

Postcode ..... Tel ..... Age on race day .....

Athletic Club ..... Veteran Club ..... Memb. No .....

\* For confirmation of entry/race number/race route/final instructions \*

\* Details of local Hotels and Guest Houses enclose a S.A.E. \*

I agree to abide by the laws of the BAF and shall not hold the organisers responsible for any injury, loss or illness that may result in my taking part in the event

Signed ..... Date .....



# WORLD, EUROPEAN & BRITISH TRACK AND FIELD RECORDS

up to 15/2/98. Compiled by David Burton

BRITISH	EUROPEAN	WORLD	W70 J Waller 3-36.14	N Naumenko 3-10.72	N Naumenko 3-10.72	M75 R Evans 19.8	R Taskinen 14.84	F Finger 15.1
			W75 J Waller 3-47.79	J Luthier 3-32.98	J Luthier 3-32.98	M80	A Pajunen 19.20	M Morita 16.98
			W80		J Luthier 3-54.81	M85		K Kimura 18.06
			W85		M Nishiyama 5-14.43	W40 J Vernon 11.78	J Vernon 11.78	J Vernon 11.78
<b>100m</b>			<b>1500metres</b>					E Hinde 11.8
M40 R Taylor 10.9	G Echevin 10.93	E Hart 10.6	M40 R Bell 3-53.8	D Moorcroft 3-46.7	W Waigwa 3-49.47	W45 P McNab 12.65	R Hagenaars 12.34	D Sweezy 11.78 P
B Green 10.9					D Moorcroft 3-46.7P	W50 M Hocknell 13.94	C Roovers 13.02	P Raschker 12.22
M45 C Williams 11.1	J Elhstrom 11.38	T Baker 11.0	M45 P Molloy 3-58.3	H Cordewener 4:01.7	K Sparkes 4-00.53	W55 R Chrimmes 14.87	C Roovers 13.30	C Roovers 13.02
M50 R Taylor 11.5	R Taylor 11.50	K Denis 11.2			K Sparkes 3-59.24	W60 C Graham 16.69	C Roovers 13.89	C Roovers 13.69
M55 R Taylor 11.57	R Taylor 11.57	R Taylor 11.57			P Molloy 3-58.3P	W65	C Roovers 13.89	C Roovers 13.89
					R Roberts 4-05.2	W70	E Laine 18.63	C Blair 17.35
M60 R Taylor 11.70	R Taylor 11.70	R Taylor 11.70	M50 S Erlam 4-09.0	R Merelina 4:09.52	D Turnbull 4-17.4	W75	I Samama 33.66	R Sole 20.89
M65 A Meddings 12.71	A Meddings 12.71	B Hogan 12.5	M55 H Tempan 4-23.3	G Hesselmann 4-14.33	D Turnbull 4-28.66			I Samama 33.66
M70 C Fahey 13.53	F Assmy 13.45	P Jordan 12.91	M60 H Tempan 4-36.04	S Herlaar 4-32.1	S Herlaar 4-39.87	<b>100m Hurdles</b>		
M75 C Fahey 15.16	F Assmy 13.64	P Jordan 13.4	M65 H Tempan 4-44.0	S Herlaar 4-39.87	D Turnbull 4-39.9	M50 B Ferguson 14.58	R Geese 14.24	W Butler 13.57
M80 C Fahey 15.79	F Assmy 14.66	P Jordan 14.35			J Gilmore 5-09.73		R Bertram 15.40	
M85 D McLean 16.3		D McLean 16.3	M70 J Todd 5-12.51	J Todd 5-12.51	S Carter 5-28.5	M55 C Shafto 15.77	G Muller 15.36	H Adams 14.78
M90 D McLean 19.9		D McLean 19.9	M75 J Farrell 5-52.8	T Stale 5-47.09	E Benham 6-04.28	M60 C Shafto 15.8	A Krul 16.14	J Greenwood 14.98
M95		P Singh Aziz 39.00	M80 G Porteous 6-39.4	F Helber 6-16.13	L Perez 7-03.38	M65 I Steedman 17.41	I Steedman 17.41	A Van Zyl 16.4
W35 M Kyle 12.2	S Myers 11.39	M Ottey 10.85	M85 R White 13-36.9		P Spangler 9-25.2			J Greenwood 16.22P
J Kirby 12.2			M90		H Kirk 13-53.8	W35 J Vernon 13.95	Y Chernyshova 13.04	Y Chernyshova 13.13
W40 M Kyle 12.0	T Verhoef 12.51	M Kyle 12.0	M95		M Puica 3-57.73	<b>110m Hurdles</b>		
W45 M Kyle 12.5	C Pfeiffer 12.72	P Raschker 12.50	W35 J Smith 4-12.0	M Puica 3-57.73	Podopayeva 3-59.78	M40 D Findlay 14.4	H Kreiner 14.37	S Duckrey 14.24
W50 V Parsons 13.30	M Belmndt 13.13	I Obrera 12.9	W40 J Smith 4-20.7	Y Podkapayeva 3-59.78	Podopayeva 3-59.78	M45 T Wells 15.71	H Kreiner 14.37	V Thorlaksson 14.7
W55 R Chrimmes 14.42	U Gore 13.65	S Paterson 13.6	W45 P Gallagher 4-40.97	A Burleigh 4-33.1	H Matthews 4-36.58			
W60 J Ogden 14.83	C Roovers 14.12	S Paterson 13.9	W50 C Oxtan 4-48.78	B Lehmann 4-48.26	C Oxtan 4-48.78	<b>300m Hurdles</b>		
W65 J Ogden 14.84	P Schneiderhan 14.82	S Paterson 14.98	W55 J Smith 5-12.1	E Pold 5-03.33	G Van Kooten 5-07.3	M60 J Arnold 47.00	F Cornelis 45.41	J Greenwood 43.49
		S Paterson 14.7	W60 J Ross 5-51.16	E Pold 5:34.04	E Pold 5:34.04			
W70 M Wixey 16.59	P Schneiderhan 15.33	P Schneiderhan 15.42	W65 J Ross 6-07.13	McZerwenka 6-02.64	S Brasher 6-02.68	C Shafto 46.1 Hand		
W75 M Wixey 19.26	G Svensson 17.26	P Clarke 16.87	W70 J Waller 6-47.68	N Naumenko 6-14.52	N Naumenko 6-14.52	M65 I Steedman 49.52	H Suokunni 46.97	E Fee 45.71
W80		H Gelbrich 18.42	W75 J Waller 7:29.3	J Luthier 7-06.13	J Luthier 7-09.72	M70 L Williams 55.55	H Suokunni 52.22	A Van Zyl 50.4
W85 S Packham 48.40		S Packham 48.40	W80		J Luthier 7-32.22	M75	R Taskinen 59.89	D Buckley 55.33
			W85		A Ward 11-43.2 P	M80	F Mahlo 74.38	K Trei 68.0
<b>200m</b>			<b>5000m</b>			W50 M Hocknell 48.43	M Hocknell 48.43	M Hocknell 48.43
M40 S Peters 22.40	H Rheineck 22.41	W Collins 21.86	M40 M McLeod 14-15.9	L Rault 13-45.6	L Rault 13-45.6	W55	C Roovers 52.11	C Roovers 52.96
R Taylor 22.2		R Austin 21.9	M45 J Baldwin 14-57.3	L Rault 14-23.6	L Rault 14-23.6	W60	C Roovers 53.05	C Roovers 53.05
M45 C Williams 22.8	G Muller 23.07	G Rhoden 22.3	M50 B Tulloch 15-27.43	J Van Onselein 15-06.0	A Villanueva 14-55.60	W65	E Laine 68.23	I Hofmeyr 65.67
		B Whitely 22.30	M55 S James 15-44.1	G Hesselmann 15-42.35	M Robertson 15-41.72	<b>400m Hurdles</b>		
M50 R Taylor 22.91	R Taylor 22.91	R Taylor 22.91	M60 A Brown 16-48.40	W Ravensbergen 16-31.2	J Gilmore 16-33.3	M40 J Dixon 54.8	A Misson 54.24	J King 52.76
		K Dennis 22.9	M65 W Marshall 18-02.12	R Bergman 17-13.8	D Turnbull 16-38.8			S Druckery 52.7
M55 R Taylor 23.37	R Taylor 23.37	R Taylor 23.37	S Charlton 17-38.4 P			M45 J Dixon 56.1	G Muller 55.18	G Muller 55.18
M60 R Taylor 24.00	R Taylor 24.00	R Taylor 24.00	M70 J Farrell 19-33.0	R Bergman 18-51.26	W Utes 18-43.61	M50 W Lane 59.59	W Bauer 58.77	J Greenwood 58.1
M65 A Meddings 26.18	H Schlegel 26.08	B Hogan 25.6	M75 D Morrison 20-36.0	D Morrison 20-36.0	K Kanamori 20-21.62	M55 D Marshall 65.18	G Muller 58.92	G Muller 58.92
M70 C Fahey 28.2	F Assmy 27.99	P Jordan 26.8	M80 G Porteous 23-39.1	F Helber 23-06.93	E Benham 21-57.88	W35 V Boden 60.49	M Stepanova 52.94	M Stepanova 52.94
M75 S Busby 31.8	F Assmy 28.60	P Jordan 28.14	M85		Y Ueda 25-50.97	W40 J Wills 66.5	M J Sanguis 62.08	M S Espina 63.04
M80 C Fahey 35.05	F Assmy 31.08	J Packard 32.3	M90		P Spangler 37-39.38	W45 M Hocknell 65.9	M Hocknell 66.02	J Hynes 64.09
M85		K Kimura 35.82	M95		H Kirk 50-23.53	<b>Long Jump</b>		
M90 C Speechley 76.8		C Wheeler 48.6	W35 S Branney 16-08.151	Kristiansen 15-13.39	I Kristiansen 15-13.38	M40 B Williams 7.42	H Schucker 7.57	T Chilton 7.43
W35 J Kirby 24.5	S Myers 23.17	M Ottey 21.93	W40 P Welsh 16-13.8	N Leveque 15-51.7	N Leveque 15-51.7	M45 J Charlton 6.54	T Taavitsainen 7.27	T Taavitsainen 7.27
W40 M Kyle 25.00	D Desmier 25.75	P Raschker 24.84	W45 E Robinson 17-25.88	E Palm 16-17.5	E Palm 16-17.6	M50 P Duckers 6.08	T Taavitsainen 6.84	T Taavitsainen 6.59
W45 V Bonner 26.47	A-P Knipping 26.13	P Raschker 25.46	W50 E Statham 18-34.5	J Pederson 17-17.02	S Matson 17-25.6	M55 R Ducker 5.77	S Backlund 6.35	S Backlund 6.35
W50 V Parsons 27.31	L Blum 27.25	M Allison 26.56	W55 M Loudon 19-43.07	E Pold 18-32.5	J Albury 18-49.0	M60 A Kalirai 5.22	V Knapppa 5.56	T Patsalis 6.07
W55 B Cogwell 30.3	B Hoffman 28.13	B Hoffman 28.13	W60 J Ross 21-02.3	G Danehlund 19-44.2	M Irvine 19-14.8	T Bateman 5.22	H Strauss 5.65	
W60 J Ogden 30.62	C Franzen 30.00	C Roovers 29.43	W65 J Ross 21-37.8	J Ross 21-37.8	J Ross 21-37.8	M65 G Leete 4.79	H Bitter 5.43	T Patsalis 5.29
W65 J Ogden 31.75	P Schneiderhan 31.12	S Peterson 31.38	W70 J Waller 23-21.1	J Waller 23-21.1	J Waller 23-21.1	A Kalaia 4.96 P		
W70 M Shone 33.19	P Schneiderhan 32.24	M Shone 33.19	W75 J Waller 26:34.4	J Luthier 25-32.33	J Luthier 25-43.39	M70 A Lovett 4.52	G Skrivervik 4.98	M Larsen 5.03
		P Schneiderhan 32.94P	W80		J Luthier 28-32.67	M75 L Watson 4.12	G Marabotti 4.34	M Morita 4.78
W75 P Taylor 49.66	G Svensson 38.64	P Clarke 35.93	W85		Nishiyama 37-02.30	M80 A Sutherland 3.14	H Gehn 3.72	M Morita 4.19
W80		P Clarke 41.11	<b>10000m</b>				K Bilek 3.89	
W85		J F De Gama 69.28	M40 N Gates 29-43.54	M Vainio 28-30.88	L Rault 28-33.4		E Kolonen 3.75	
<b>400m</b>						M85		K Kimura 3.51
M40 J Dixon 49.7	R Gisle 48.10	R Gisle 48.10	M45 M Freary 31-11.4	A Minom 30-16.8	M Vainio 28-30.88 P	M90		B Crane 2.44
M45 J Dixon 50.5	H Rheineck 50.46	F Swerby 50.20	M50 L Presland 31-59.6	K-E Stahl 31-42.61	A Villanueva 30-02.56	W35 S Longden 5.86	V Olenchenko 6.90	M Van Niekirk 6.58
M50 R Taylor 51.8	G Muller 51.60	S Robbins 51.63	M55 L Presland 33-10.69	R Conzelmann 32-38.92	R Robertson 32-42.5	W40 C Filer 5.42	C Jansen 6.21	A Wlodarczyk 5.90
M55 C Williams 53.98	G Muller 53.04	R Romain 52.6	M60 P Morris 35-14.26	L Acquarone 34-14.88	L Acquarone 34-14.08	W45 M Kyle 5.13	A-P Knipping 5.18	T Togawa 5.52
M60 S Brooks 58.31	P Merkes 55.24	R Romain 52.6	W Stoddart 34-51P				S Mattelson 5.18	A Oohinata 5.52
M65 A Meddings 64.82	B Neumann 57.52	B Neumann 57.52	M65 S Charlton 36-48.8	W Ravensbergen 36-37.7D	Turnbull 34-42.2		S Mattelson 5.37	
C Williams 62.0 Hand			M70 D Morrison 41-07.0	S Agnoli 39-13.25	W Utes 38-23.69	W50 M Kyle 5.04	S Mattelson 5.10	J Hynes 5.25
M70 S Busby 69.93	G Lindblad 64.04	J Alexander 62.2	M75 D Morrison 42-03.4	D Morrison 42-03.4	D Morrison 42-03.4	W55 C Graham 4.10	C Schmalbruch 4.82	C Schmalbruch 4.82
M75 S Busby 72.2	F Assmy 68.24	J Packard 68.3	M80 G Porteous 48-06.0	F Helber 47-44.60	E Benham 44-29.4	C Graham 4.15 P		
M80 G Oxbury 93.26	H Liedtke 78.66	H Chapman 75.4	M85		J Galia 54-23.0	W60 B Steedman 3.87	L Seuberlich 4.36	L Seuberlich 4.36
M85		L Perez 91.54	M90		P Spangler 71-40.78	C Graham 3.87		
M90		T Kojima 117.46	W35 P Welsh 33-34.7	I Kristiansen 31-20.28	I Kristiansen 31-20.28	W65 M Wixey 3.63	P Schneiderhan 3.98	P Schneiderhan 4.47
W35 G Bird 54.02	S Myers 51.10	A Penton 50.56	W40 J Smith 34-26.4	N Leveque 32-12.07	N Leveque 32-12.07	M Wixey 3.72 P	P Schneiderhan 4.02	P Schneiderhan 4.02
W40 M Kyle 55.3	T Verhoef 57.65	S Montecinos 53.68	W45 E Robinson 35-56.20	E Palm 32-34.05	E Robinson 35-56.20		P Schneiderhan 4.47	
W45 B Blurton 57.91	B Blurton 57.91	M Lohle 56.82	W50 E Statham 38-51.71	V Ostberg 35-37.0	U Odermatt 36-51.28	W70 M Wixey 3.40		P Schneiderhan 3.62
W50 J Hulls 64.06	B Hoffman 61.82	M Allison 58.51	W55 P Fletcher 42-12.8	E Pold 37-47.95	V Albury 38-38.6	M Wixey 3.55 P		P Schneiderhan 4.15P
W55 J Hulls 66.36	B Hoffman 64.50	B Hoffman 64.50	W60 J Ross 43-01.1	E Pold 42:55.81	S Brasher 43-58.66	W75 M Wixey 2.92	M Wixey 2.92	M Wixey 2.92
W60 J Ogden 76.1	A Nyland 69.94	I Obera 67.80	W65 J Ross 46-48.34	L Schult 44-20.9	S Brasher 45-49.42	W80		R Frith 2.26
W65 M Shone 79.37	A Mangler 73.71	A Mangler 73.71	W70 J Waller 48-10.98	J Waller 48-10.98	J Waller 48-10.98	W85		R Frith 2.19
W70 M Shone 79.45	A Mangler 79.14	A Mangler 79.14	W75 J Waller 54:44.8	J Luthier 53-13.63	J Luthier 53-13.63	<b>Triple Jump</b>		
W75 G Bulger 119.4	B Tibbling 95.45	P Clarke 89.62	W80		J Luthier 58-40.03	M40 S Power 14.63	C Marchetti 14.71	R Kimble 16.58
W80	N Wedemo 121.44	P Clarke 100.45	<b>3000m Steeplechase</b>				M Sauer 15.06	
W85		M Ames 170.3 P	M40 T Davies 9-03.5	G Roelants 8-41.5	G Roelants 8-41.5	M45 S Power 13.81	S Backlund 14.18	S Backlund 14.18
W90		B Holt 225.62	M45 T Davies 9-29.5	N Undersaker 9-16.1	R Robertson 9-25.28	M50 S Power 13.34	J Lamp 13.49	H Strauss 13.55
<b>800m</b>			M45 M Morrell 9-58.2	N Undersaker 9-38.8	N Undersaker 9-50.96	M55 J Darlington 11.36	S Backlund 13.62	S Backlund 13.62 P
M40 P Browne 1-51.25	P Browne 1-51.25	P Browne 1-51.25	M55 M Morrell 10-52.83N	Undersaker 10-29.73	R Robertson 9-59.8		S Backlund 13.85	S Backlund 13.85
M45 L Duffy 1-57.2	R Merelina 1-56.16	R Merelina 1-56.16	<b>2000m Steeplechase</b>			M60 L Williams 10.62	H Strauss 12.33	J Rydpal 12.01
M50 S Erlam 2-01.0	R Merelina 1-59.45	R Merelina 1-59.45	M60 M Morrell 7-03.8	J M De Silva 7-13.93	M Morrell 7-03.8			V Barti 12.01
M55 R Phipps 2-05.1	B Neumann 2-06.13	T Roberts 2-05.07				M65 G Leete 10.64	H Strauss 11.60	H Strauss 11.60
M60 H Tempan 2-15.2	U Mattson 2-12.62	D Turnbull 2-12.62	M65 G Brindley 8-18.49	J M De Silva 8-08.93	J Eccles 7-53.00	M70 G Leete 9.30	V Barti 10.41	V Barti 10.41
M65 H Tempan 2-21.0	S Herlaar 2-19.44	E Fee 2-14.33	M70	J M Garin 9-05.05	D Buckley 8-38.17	M75 D Philcox 7.77	E Kolhonen 9.78	M Morita 10.05
M70 J Todd 2-34.35	D Talmaci 2-32.37	J Lytjen 2-30.84	M75	G Bonora 10-20.87	D Buckley 9-28.78	M80	E Kolhonen 8.00	M Morita 8.95
M75 D Morrison 2-54.1	H Josefson 2-51.81	H Chapson 2-40.0	M80	G Bonora 12-27.00	E Keller 11-39.03			K Kimura 7.18
M80 G Porteous 3-26.1	F Helber 3-11.75	H Chapson 2-53.5	W35 V Boden 7-05.76	M Saluquillo 8-04.55	V Boden 7-05.76	M85		B Crane 5.51
M85		L Perez 3-29.42	W40 D Holmes 7-57.65	J Holmes 7-57.65	A Shaw 7.48.8	M90		Y Gacon 13.02
M90		P Spangler 4:39.59	W45		J Colman 7-45.96	W35 S Brown 11.36	Y Gacon 13.16	Y Gacon 13.16 P
W35 T Colbrook 2-08.32	L Gurina 1-56.53	L Gurina 1-56.53	W50	K Kacpersky 8-49.97	M Orman 7-43.99	W40 C Filer 10.25	A Wlodarczyk 12.07	A Wlodarczyk 12.07
W40 P Gallagher 2-13.02	Y Podkopayeva 1-59.25	Podkopayeva 1-59.25	W55	M Roczakova 10-51.53	M Orman 8:13.4	W45 P Oakes 9.83	D Desmier 11.23	A Oohinata 11.98
W45 B Blurton 2-14.92	B Blurton 2-14.92	B Blurton 2-14.92	W60	S Champion 12-52.28	N Little 10-29.91	W50 M Simmonds	E Springmann 10.08	C Schmalbruch 9.82
W50 C Oxtan 2-21.9	B Lehmann 2-21.05	C Oxtan 2:21.9	W65		T Smit 12-44.98	W55 R Chrimmes 9.12	C Schmalbruch 9.93	C Schmalbruch 9.93P
W55 J Hulls 2-43.73	G van Kooten 2-31.0	J Arnold 2-30.53	<b>80m Hurdles</b>					
W60 P Jones 2-54.93	J Jansen 2:45.03	J Jansen 2:45.03	M70 L Williams 14.73	H Gilli 14.42	A Van Zyl 13.2			
W65 T Borthwick 2-54.5	T Borthwick 2:54.5	T Borthwick 2:54.5						



## WORLD, EUROPEAN &amp; BRITISH TRACK AND FIELD RECORDS

W60 C Graham 8.11	G Mjelde 8.50	S Peterson 8.73
M Wixey 6.87	K Hveen 8.80	
M Wixey 6.44 P	E Enarsson 7.92	S Peterson 9.03
W70 M Wixey 6.72	M Wixey 6.72	M Partridge 7.18
W75 M Wixey 5.93	M Wixey 5.93	M Partridge 6.31
W80		R Frith 5.65
W85		R Frith 5.50
High Jump		
M40 G Griffiths 1.86	I Major 2.07	J Barmineau 2.11
M45 S Power 1.78	A Pesonen 2.00	C Rader 1.92
M50 S Power 1.76	M Zhelnov 1.89	H Wyatt 1.88
	A Pesonen 1.90	D Wille 1.88
		M Zhelnov 1.89 P
M55 A Crocker 1.60	H Mandl 1.77	H Wyatt 1.79
A Bateman 1.60		
M60 A Bateman 1.59	H Mandl 1.70	H Mandl 1.70
M65 G Leete 1.50	N-B.Nevrup 1.58	J Gilchrist 1.64
M70 G Leete 1.36	N-B.Nevrup 1.50	I Hume 1.48
M75 L.Williams 1.21	E Kolhonen 1.44	E Kolhonen 1.44
M80 T Rawlinson 1.06	E Kolhonen 1.31	I Hume 1.24
		E Kolhonen 1.31 P
M85		K Kimura 1.18
M90		B Crane 1.04
W35 J Brown 1.72	Y Panikarovskikh 1.86	D Brill 1.88
J Brown 1.69 P		C Greiner 1.88 P
W40 D Tyler 1.63	C Karg 1.72	C Karg 1.72
W45 J Smallwood 1.55	A Plischke 1.61	P Raschker 1.60
W50 D Tyler 1.47	R Vogel 1.53	R Vogel 1.53
	D Tyler 1.47	
	E Springmann 1.47	
W55 R Chrimmes 1.37	T Tchehtchik 1.43	C Schunallbruch 1.38
R Chrimmes 1.30	R Chrimmes 1.30	R Chrimmes 1.30
	E Enarsson 1.25	R Chrimmes 1.30
W70 M Wixey 0.98	K Smildzina 1.08 P	R Chrimmes 1.30
W75 M Wixey 0.91	B Hielscher 1.03	I McDaniel 1.27
W80		G Davidson 1.16
Pole Vault		I Samama 1.00
M40 B Hooper 4.87	K Isaksson 5.21	S Evans 0.89
B Hooper 5.01 P		
M45 G Sutton 4.40	I Peyker 4.70	L Jessee 5.50
M50 G Sutton 4.15	H Lagerqvist 4.40	J Cash 4.76
M55 R Brown 3.80	H Lagerqvist 4.26	D Boray 4.50
M60 R Brown 3.65	H Schunidt 3.90	H Lagerqvist 4.26
M65 R Brown 3.61	H Schunidt 3.60	H Schunidt 3.90
M70 A Rawlinson 2.30	H Schunidt 3.30	B Morcom 3.77
M75 A Rawlinson 2.10	A Ketonen 2.61	H Schunidt 3.30
M80 A Rawlinson 2.00	A Pajunen 2.32	C Johnston 2.90
M85		C Johnston 2.51
W35 D Singleton 2.40	U Makowiec 3.30	A Pajunen 1.90
W40 J Cunnane 3.20	M C Lejeune 3.10	A Pajunen 2.00 P
W45 C Eames 2.25	I Miller 2.10	E Hartigan 3.15
W50 P McNab 2.90	P McNab 2.90	M C Lejeune 3.00
W55	D McLennan 2.00	P Raschker 3.38
W60	D McLennan 2.10	P McNab 2.90
W65		J MacDonal 2.51
W70		D McLennan 2.10
Shot		L McDaniels 2.04
M40 S Clarke 16.56	I Ivancic 20.44	J Valien 1.62
M45 S Clarke 15.80	I Ivancic 20.77	
M50 J Scott 14.69	K Liedtke 18.45	B Oldfield 21.41
M55 J Scott 13.35	K Liedtke 17.50	P Colhard 17.71
G Hickey 13.46	P Speckens 16.15	K Liedtke 17.60
J Hanus 11.12	T Wachenfeldt 14.43	K Liedtke 17.50
J Nesbitt 11.16	V Elo 14.31	P Speckens 16.01
M75 M Cullen 10.13	V Elo 14.31	T Wachenfeldt 14.71
M80 W Baker 7.74	G Scheppe 12.02	V Elo 14.05
M85		R Carter 12.64
M90		R Carter 12.27
M95		L Cicconi 8.49
		B Crane 6.97
		T Lane 4.42
		T Lane 4.80 P
W35 B Bedford 16.15	H Fibingerova 21.38	H Fibingerova 21.38
W40 B Bedford 15.72	A Ivanova 19.05	A Ivanova 19.05
W45 R Chrimmes 11.25	H Parts 16.79	L Bertimon 15.11
J Kerr 11.50 P		
W50 E Williams 12.13	I Miller 14.47	V Young 14.85
	S Kofink 14.82	
	S Kofink 14.47	
W55 E Williams 13.22	S Kofink 12.52	S Kofink 12.52
W60 R Chrimmes 12.20	G Zyblina 10.90	S Kofink 12.52
W65 J Ogden 9.09	H Kiehl 8.52	G Zyblina 10.90
W70 M Williams 7.01	A Binder 7.91	H Kiehl 8.52
W75 M Williams 4.95		I Samama 7.80
		A Binder 7.91 P
W80		M Kohno 7.71
W85 S Packham 2.74	B Nyhed 7.27	R Frith 5.92
W90		M White 3.39*
Discus		
M40 P Gordon 58.42	V Lyakhov 65.40	A Oerter 69.48
M45 P Gordon 53.90	L Daneek 58.68	A Oerter 66.12
M50 K Maesimczyk 48.78	K Liedtke 63.58	A Oerter 62.74
M55 K Maesimczyk 49.20	K Liedtke 58.18	K Liedtke 61.22
M60 K Maesimczyk 53.42	P Speckens 59.64	W Palmer 57.60
M65 K Maesimczyk 55.64	K Maksimczyk 55.62	K Maesimczyk 55.62
M70 J Nesbitt 34.52	K Juppila 49.34	K Juppila 47.76
M75 M Cullen 34.20	R Gustavsson 43.90	O Renvall 41.60
M80 H Karlsson 39.36	O Renvall 37.86	O Renvall 37.86
		L Cicconi 27.12
		L Cicconi 22.06
		T Lane 11.05
		F Melnik 69.60
W35 R Payne 58.02	F Melnik 69.60	H Parts 62.92
W40 R Chrimmes 56.40	H Parts 63.70	H Parts 62.92
W45 R Chrimmes 44.26	H Parts 59.30	O Domingos 48.94
W50 R Chrimmes 33.68	I Miller 45.48	V Young 43.54

W55 R Chrimmes 40.86	T Danilova 43.36	G Miller 45.48 P
R Chrimmes 41.40 P		L Hmelevskaja 44.48 P
W60 R Chrimmes 37.56	Z Wissinger 38.64	T Danilova 43.36
		R Chrimmes 37.56
		Z Wissinger 38.64 P
		Z Wissinger 37.64 P
W65 J Ogden 21.20	M Hannu 29.98	M Hannu 29.98
W70 M Wixey 15.76	A Reile 24.74	T Yoshio 25.80
W75 M Wixey 11.78	A Reile 22.44	A Reile 21.2
		A Reile 21.24 P
W80 M Williams 9.54	B Nyhead 20.50	B Reile 17.74
W85 S Packham 5.80		I Samama 13.80
Javelin		
M40 K Taylor 64.36	J Markus 78.84	T Moorast 75.94
		J Markus 78.84 P
M45 K Turnbull 58.14	K-H Janneck 66.52	M Toivonen 63.40
		K-H Janneck 66.52 P
M50 R Bartlett 53.78	U Wartburg 63.78	L Stuart 65.76
M55 R Bartlett 49.88	J Smidung 57.70	L Stuart 65.74
M60 J Phillips 46.06	V Poskoil 56.90	P Pickarts 58.48
M65 D Field 40.42	A Noreborn 54.24	B Held 55.02
M70 H Karlsson 32.14	H Noreborn 49.20	E Erikson 46.28
M75 J Giers 25.70	G Scheppe 40.88*	M White 41.24
M80 W Baker 23.14	G Scheppe 36.50	G Scheppe 32.56
		G Scheppe 32.60
M85		M Okazaki 25.10
M90		B Crane 17.44
M95		T Lane 10.32
W35 T Sanderson 65.18	T Laakso 67.00	T Laakso 67.00
W40 T Sanderson 64.06	T Sanderson 64.06	A Virkkala 51.84
W45 J Lintem 40.32	A Gerhards 47.74	A Gerhards 47.74
W50 C Graham 36.46	E Ozolina 45.94	M Thomas 48.56
W55 E Williams 38.14	G Schonauer 46.08	G Schonauer 46.08

W60 J Ogden 31.74	B.Calediene 36.64	B.Calediene 36.64
W65 J Ogden 32.20	J Ogden 32.30	J Ogden 30.58
		J Ogden 32.30 P
W70 J Ogden 28.20	J Gelbrich 24.96	H Gelbrich 24.96
W75 M Wixey 11.50	J Gelbrich 23.02	I Samama 22.62
W80 M Williams 9.36		H Gelbrich 19.86
W85 S Packham 4.40		S Packham 4.40
Hammer		
M40 H Payne 70.88	Y.Sedykh 75.66	E Burke 74.34
M45 N McDonald 56.22	S Stiglic 62.86	D McKenzie 64.70
M50 C Melliush 53.80	H Potsch 63.56	T Gage 63.76
M55 D Bayes 50.98	H Potsch 63.70	H Potsch 62.40
M60 H Payne 49.76	H Potsch 59.72	H Potsch 58.50
M65 J Watson 39.08	P Saarikoski 51.80	P Saarikoski 51.76
M70 J Giers 28.68	B.Berglund 48.76	R Foley 47.54
M75 B Metcalfe 26.28	A Miettinen 45.92	O Renvall 40.68
M80	A Fleischhauer 36.76	J Fraser 34.72
M85		B Bender 27.30
M90		B Crane 16.96
W35 J Cunnane 41.72	L Karpova 61.68	L Karpova 59.50
		L Karpova 61.68 P
W40 J Cunnane 43.76	I Faldager 44.82	L Kirsch 44.00
W45 P McNab 40.84	I Faldager 45.36	I Faldager 44.56
		I Faldager 45.36 P
W50 P McNab 45.00	P McNab 43.22	M Parvianen 49.10
W55 E Williams 45.02	E Williams 45.02	V Hilliard 47.76
W60 J Ogden 26.58	J Schaefer 46.04	J Schaefer 46.04
W65 J Ogden 29.52	I Bellin 31.18	L Widera 33.00
W70	I Bellin 30.60	I Bellin 29.50
		I Bellin 30.60 P
W75	I Bellin 23.34	I Bellin 23.34
W80	A Reile 20.04	I Reile 20.04
W85		R Frith 18.26
W90		I Samama 14.40

## Multi Event Records [compiled by Ian Thomas]

## Men's Decathlon: British Veteran Records

Age	Name	Score	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
M40	G.Richards	7942	12.02	6.81	13.71	1.86	54.51	15.63	44.86	4.00	50.84	5:18.4
M45	J.Charlton	7344	11.68	6.54	10.11	1.54	54.70	16.70	30.42	3.20	43.74	5:14.86
M50	S.Brooks	7288	12.97	5.83	11.94	1.51	60.06	15.14	39.88	3.20	47.50	6:43.75
M55	T.Mackay	7350	13.33	4.82	11.01	1.43	64.79	17.70	37.38	3.50	40.31	5:45.61
M60	C.Shatto	6548	13.3	4.92	9.32	1.52	65.5	15.8	24.70	2.00	20.66	6:22.6
M65	L.Williams	6712	13.6	4.67	0.09	1.33	68.3	17.9	30.40	2.20	23.22	6:49.5
M70	S.McSweeney	5844	15.2	3.97	8.49	1.17	74.5	17.7	23.34	1.70	25.10	6:51.0
M75	L.Williams	4334	16.27	3.64	7.40	1.21	95.98	17.44	17.44	nhc	7.52	9:45.27
M80	T.Rawlinson	4282	ns	3.08	5.84	1.06	101.82	24.22	18.72	1.60	20.34	8:25.96

## Men's Decathlon: World Veteran Records

Age	Name	Score	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
M40	G.Richards	7942+	12.02	6.81	13.01	1.86	54.51	15.63	44.86	4.00	50.84	5:18.14
M45	R.Williams	8070+	11.7	6.46	11.85	1.72	55.1	+16.5	43.66	3.50	45.34	5:44.5
M50	V.Grouzenkin	8070w+	12.51	6.54	13.24	1.90	57.10	+16.66	37.40	3.50	50.30	5:19.19
M55	G.Miller	8113*	12.18	5.98	11.30	1.57	56.45	15.30	40.30	3.70	45.78	5:34.69
M60	G.Miller	8709@	12.0	5.96	12.87	1.65	53.6	15.9	40.78	3.70	47.14	5:00.4
M65	D.Lance	8179*	13.10	5.39	10.06	1.62	61.43	15.17	35.00	3.90	43.96	6:21.84
M70	B.Morcom	8450@	12.6	5.95	10.95	1.51	58.6	17.9	32.96	4.03	36.52	5:07.9
M75	P.Mulkey	8610*	13.16	5.28	13.75	1.53	65.40	15.27	46.56	3.40	41.14	6:49.78
M80	P.Penttila	7667*	13.91	4.49	10.48	1.33	64.50	19.54	29.46	2.70	36.26	5:45.83
M85	B.Morcom	8228w@	14.2	5.17	11.28	1.47	65.4	18.5	32.72	3.50	29.80	6:26.7
M90	G.Skrivervick	8451*	14.79	4.62	12.55	1.41	68.82	15.47	36.20	2.40	32.22	6:09.43
M95	D.Bulky	6927*	15.75	3.56	8.16	1.22	72.60	17.07	22.98	1.93	18.50	6:05.74
M100	C.Hills	6151*	17.10	3.42	7.16	1.12	96.78	18.48	23.26	1.85	20.24	8:45.00
M105	H.Anderson	6533@	15.9	3.10	7.94	1.20	77.7	21.0	22.18	0	29.71	7:41.8
M110	V.Colo	5993	17.37	3.19	6.73	0.91	99.58	20.13	16.90	1.00	16.98	9:23.24

## Men's Decathlon: European Veteran Records

Age	Name	Score	100m	LJ	SP	HJ	400m	Hurd	DT	PV	JT	1500m
M40	G.Richards	7942+	12.02	6.81	13.71	1.86	54.51	15.63	44.86	4.00	50.84	5:18.4
M45	V.Grouzenkin	8070w	12.51	6.54	13.24	1.90	57.10	16.66	37.40	3.50	50.30	5:19.19
M50	R.geese	7947	12.99	6.09	12.08	1.66	56.99	14.54	38.02	3.20	42.28	5:25.79
M55	W.Schallan	7808	13.17	5.20	12.34	1.52	64.60	17.24	42.66	3.10	60.04	6:21.55
M60	R.Hochreuter	7424	13.18	4.82	1.53	1.41	63.21	19.62	41.46	2.30	42.12	5:48.33
M65	P.Penttila	7667	13.91	4.49	10.48	1.33	64.50	19.54	29.46	2.70	36.26	6:45.83
M70	G.Skrivervick	8451	14.79	4.62	12.55	1.41	68.82	15.47	36.20	2.40	32.22	6:09.43
M75	P.Darot	6723	15.68	4.15	10.05	1.13	76.19	18.14	22.90	1.60	23.36	7:29.61
M80	A.Pajunen	5422	17.11	3.25	5.92	0.92	94.22	20.09	15.60	2.10	18.08	8:19.35
M85	V.Colo	5993	17.37	3.19	6.73	0.91	99.58	20.13	16.90	1.00	18.98	9:23.24

\*Best score with current WAVA specifications +Score with higher specification international hurdles @Best score with previous specification

## Women's Heptathlon: British Records, [World &amp; European records not available]

Age	Name	Score	100m	LJ
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## Variety is the Spice of 5K Running by Derek Parker - BAF Senior Coach

The use of varied pace training is a sure method of improving your 5k race times. It is based on sessions at 800m/1500m / 3k pace for speed, 5k sessions for pace judgement, and 10k/half marathon pace sessions for stamina.

The programme involves the use of different paces in the context of a single training session. A typical session for a 5k athlete aiming to develop the ability to raise the running tempo during the final stages of a competition when he/she is tired is:

6 x 400m at 5k pace [30 secs recovery]  
+ 4 x 400m at 3k pace [45 secs. recovery]  
+ 2 x 400m at 1500m pace [60secs. recov]  
+ 1 x 400m at 400/800 pace to finish.

A session using longer repetitions, but with the same physiological and psychological objectives is:

3 x 800m at 5k pace [45 to 60 secs. recov]  
+ 2 x 800m at 3k pace [90 to 120 secs. recov]  
+ 1 x 800m at 1500m pace [2-3 mins recov]  
+ 1 x 200m full effort to finish.

Varied pace training can help athletes to cope with tactical surges during races. It enables them to respond to speed injections by opponents. It also helps them to increase the tempo themselves to open up gaps on rivals, especially those with faster finishing sprints which must be nullified before the closing stages of a race.

Typical sessions for a 5k specialist include:  
3 x 400m at 5k pace [30 secs. recovery]  
+ 1 x 400m at 1500m pace [60 secs. recov]  
+ 3 x 400m at 5k pace [30 secs. recovery]  
+ 4 x 200m at 800m pace [60 secs. recov]  
+ 3 x 400m at 5k pace [30 secs. recovery]

1 x 200m at 400m or faster pace to finish.

Athletes who find themselves left behind at the start of a race can combat this by beginning with an initial repetition run at a faster than average pace. Thus, a session of 6 x 800m at 5k pace with 45 seconds recovery could be preceded by 1 x 400m at 1500m pace with 60 seconds recovery. Alternatives would be initial repetitions of 1 x 200 or 1 x 300m at 1500m pace with 30 and 45 secs recovery respectively.

Finishing speed can be developed by adding a final repetition at a pace faster than that of the main session. So 3 x 1600m at 5k pace with 90 seconds recovery is concluded with 1 x 200m as fast as possible. If you do not have access to a running track the principles of varied pace training can be incorporated into a fartlek session, preferably away from the road.

A typical session with a high aerobic emphasis is:

3 x 4 minutes at 10k pace [jog 60 secs.]  
+ 3 x 3 minutes at 5k pace [jog 60 secs.]  
+ 2 x 2 minutes at 3k pace [jog 60 secs.]  
+ 2 x 1 minute at 1500m pace [jog 60 secs.]  
+ 1 x 30 seconds full effort

A typical session with a high anaerobic emphasis is:

8 x 30secs. at 1500m/3k pace [30 secs. jog]  
+ 1 x 3 minutes at 5k pace [jog 30 secs.]  
8 x 30secs. at 1500m/3k pace [jog 30secs.]  
+ 1 x 3 minutes at 5k pace [60 secs. jog]  
+ 8 x 15 secs. at 400m/500m/1500m pace [30 secs. jog]

Incorporating the principles of varied pace training into a weekly schedule, a seven day plan for a 5k runner could be the following.

Sunday: 10-16M off road aerobic running

Monday: Fartlek session at 3k/5k/10k paces

Tuesday: 20 mins. anaerobic threshold run

Wednesday: 8-10 miles steady aerobic run at half marathon pace

Thursday: Track session at 1500m/3k/5k paces

Friday: Rest or 20-30 mins. easy recovery

Saturday: 8 to 15 miles steady with hills.

Variety is the spice of life. Applied to training paces, it is also the key to faster times and better performances.

### World Road Championships

A total of 17 British vets have entered the World Road Championships in Japan on March 28-29. In the 10K are Kevin Dillon [M40], David Anstey [M60], Willie Marshall [M70] and Mary Anstey [W60]. The Half Marathon entrants are Clifford Hilton, John Tussler and Philip Wallace [all M45], Harold Piper [M60], Shelagh-Lynne Higgs and Alison Jones [both W35] and Pam Lucas [W50]. Steve Smythe [M40] and Alison Fletcher [W35] have entered both events but are undecided which event to run. Nearly 11,000 runners have entered the 10K and just over 6,250 the Half Marathon. Over 99% of these competitors are Japanese.

Four British walkers have entered. Bob Dobson [M55], with Brian Gore and Colin Young [both M60] will be competing as a team in the men's 30K Walk. Anne Von Bismark [W70] competes in the women's 20K Walk. Barbara Dunsford will be in Japan as a Road Walk judge. She states that the course seems rather fast. Entries for the Walks number 300, of which 40 are from outside Japan.



## Slough

Borough Council

PRESENTS

# SLOUGH HALF MARATHON, WHEELCHAIR HALF MARATHON & FAMILY FUN RUN

SUNDAY 6th SEPTEMBER 1998

UPTON COURT PARK, UPTON COURT ROAD, SLOUGH

### START TIMES

10.00am - Wheelchair Half  
10.15am - Half Marathon  
10.30am - Family Fun Run

### FEES

£8.00/9.00 - Non-affiliated  
£8.00/9.00 - Non-affiliated  
£1.00

### PRIZES

£200 - First M & F in both races  
£100 - Second M & F in Half Marathon  
£50 - Third M & F in Half Marathon

### BONUS PRIZE FOR NEW COURSE RECORD

TEAM, VETERAN AWARDS, MEDAL FOR EVERY FINISHER:  
FREE T SHIRT TO FIRST 25 MEN AND 6 WOMEN IN Half MARATHON  
FREE T SHIRT TO ALL FINISHERS IN THE WHEELCHAIR RACE.



Official Water Supplier

Entry forms and further details from  
Susan Duncan

Customer Care Department,  
Slough Borough Council  
Town Hall, Bath Road  
Slough SL1 3UQ  
Telephone 01753 875571



Grade 1

SLOUGH & LANGLEY  
**EXPRESS**



# OSWESTRY OLYMPIANS A.C.

## ~Events For 1998~

All events in which veterans in all categories are well recognised for awards

### GOOD FRIDAY 5 MILE & 1 MILE FUN RUN.

Friday 10<sup>th</sup> April. Venue: Whittington, Oswestry. In Aid Of Hope House  
Start Times: 5 Miles 6:45 pm. Fun Run 5:45 pm. Entry Fee: £3 & £4 U/A. Fun Run £1.

### CASTELL DINAS BRAN 6 MILE ROAD RACE.

Plus approximately 2 mile Junior Race - 11 years & upwards.

Saturday 16<sup>th</sup> May. Venue: Llangollen.  
Start Times: 6 miles 1 pm. Junior Race 12 Noon. Entries £3 & £4 U/A Juniors £2.

### MYNYDD MYFWR (4 MILE) HILL RUN.

Monday 25<sup>th</sup> May. Venue: Trefonen, Nr. Oswestry.  
Start Time: 11 am. Entries £2 & £3 U/A Taken On The Day.

### ELLESMERE (SHROPSHIRE) 10K ROAD RACE. \*GP

Sunday 14<sup>th</sup> June. Venue: Ellesmere.  
Start Time: 1 pm. Entries £3-50 & £4-50 U/A.

### DICK WHITTINGTON DAWDLE 5 MILE ROAD RACE. \*GP

Thursday 25<sup>th</sup> June. Venue: Whittington: FAST FLAT COURSE.  
Start Time: 7:15 pm. Entries £3 & £4 U/A

### PARK HALL 5K ROAD RACE & 5K FUN RUN. \*GP

Wednesday 15<sup>th</sup> July. Venue: Park Hall.  
Start Time: 7:15 pm. Entries £3 & £4 U/A.

### PARK HALL ROAD RELAYS.

Friday 24<sup>th</sup> July. Venue: Park Hall. Approx: 2 Mile Laps.  
Male Teams 6. Female Teams 4. Male Vets 40-49 & 50-59 4 Per Team. 60's 3 Per Team.  
Start Time: 7:15pm. Entries: Teams of 6 £10. Teams of 4 £7. Teams of 3 £5.

### GOBOWEN PLAYING FIELDS 5 MILE ROAD RACE. \*GP

Friday 7<sup>th</sup> August. Venue: Gobowen, Nr. Oswestry.  
Start Time: 7 pm. Entries £3 & £4 U/A.

### PEN-Y-GWELY AROUND THE RESERVOIR FELL RUN.

Saturday 12<sup>th</sup> September. Venue: Rhydygroesau, Nr. Oswestry. Approx. 6 miles.  
Start Time: 1 pm. Entries: On The Day: £2 & £3 U/A.

### CHARIOTS OF FIRE 5K ROAD RACE & SPECIAL NEEDS SPORTS.\*GP

Sunday 20<sup>th</sup> September. Venue: Oswestry Showground, Park Hall.  
Start Time: 5k 12 Noon, followed by Special Needs and Wheelchair Athletes Events.  
Entries: 5K £3 & £4 U/A. Family Fun Day.

### PUMA CELL HALF MARATHON LAKE VYRNWY.

Sunday 27<sup>th</sup> September. Venue Lake Vyrnwy. PB Course. Mementos For All Finishers.  
Start Time: 1 pm. Entries: £5:50 & £6:50 U/A.

\*GP: All (5) events marked \*GP make up the OSWESTRY PENTARATHON GRAND PRIX. Entries to this being at the Ellesmere 10K. All five events must be run to qualify. Fee for all five is reduced to £13.



## Around the Regions

### NORTHERN

There has been an imbalance of numbers turning out for events since the end of October. In the 10 miles championship at Warrington on Oct. 26, 84 members finished on a calm sunny day that was ideal for racing. Two NVAC records were set by the evergreens Steve James of Southport, 1st M55 in 55:11, and Horwich's Cyril Leigh, 1st M60 in 58:07.

Dave Carrington of Sale saves some of his best performances for this race, and had a 42 seconds advantage over Wirral's Andy Beckett at the tape. Not far behind, and having one of the best runs of the day, came 1st M45 Mike Wakefield [Salford], who edged out David Gaynor [Pembroke Sefton] by 6 seconds. Lakeland's Anne Bland had a great run, too, to set a W55 record of 68:06, while Brian Heeler lowered the M70 mark to a very respectable 75:34.

Only 29 runners finished the monthly run at Great Harwood on Nov. 16. Other members were probably competing in the nearby and popular Preston 10. Tony Peers [Leigh] was an easy winner on this occasion, breaking clear early on with Peter Irwin of Rossendale, whom he beat by a comfortable 35 seconds.

Two weeks later, however, numbers swelled again with 98 members starting the monthly run at Leigh. Although the weather was ideal, the underfoot conditions were wet and slippery on the tracks section. Ken Moss made a rare and belated appearance and proceeded to stamp his class on the race. Now well into the M45 group, he had an easy 43 seconds victory over David Gaynor. It was interesting to note that 18 M50 and 15 M60 runners were competing in this race.

The results of this race influenced Peter Dibb's handicapping for the annual Christmas handicap on Dec. 14. However, Todmorden's John Newby proved to be a wily old fox, outwitting the handicapper to win by 9 seconds from Malcolm Schofield [Altrincham]. John is more at home in ultra track, road and trail runs, but this time he showed a respectable turn of speed to triumph in 46:41, over 5 minutes faster than his time for the same course in 1996. A healthy 60 members entered into the spirit of the event, with the usual prizes galore afterwards.

Hungover, and with conditions wet and windy and very wet underfoot, 67 runners greeted 1998 for the cross country run over 6 miles at Leverhulme Park, Bolton on Jan. 4. Brian Little, Kenny Mayor and Alan Fearnley had marked out the twisting and undulating lap with a "killer" hill on each circuit. It was tight at the head of the field with newcomer Geoff Rawlinson from Liverpool H holding off a very spirited run from M45 Peter Weatherhead of Wirral. Geoff won in 33:29, with Peter two seconds adrift, both being over one minute clear of Salford's Stephen Williams. A disappointing ladies turnout saw only three finishers, with Margaret Trickey [Sale] beating Jennifer Adams by a mere 8 seconds.

Derek Walton

### EASTERN

The EVAC Cross Country Championships took place at Cambridge on Jan. 4. Over a two lap course, shortened because of the high winds, Nigel Arnold [C.of Norwich] was a clear winner from last year's champion Keith McLellan of Luton. They were together at the end of the first lap, but the toughness of the course and the strength of Arnold ensured that he had over a half minute to spare at the end.

City of Norwich were also clear winners of the team race by 25 points. The one club that might have challenged them was Nene Valley H who had runners in 3rd, 6th and 8th, but failed to persuade a fourth runner to enter. Bedford and County had a 10 point margin in the over 50's team race, led home by Brian Webb who took the individual title.

City of Norwich were also successful in the women's race, giving no other club a chance by filling the first three places. For the first time we had a team of over 60's competing, again from the City of Norwich. Terry Laybourne of Milton Keynes AC was the individual over 60's champion, well clear of the second man in this age group.

Peter Chaplin

### NORTH EASTERN

Les Atkinson [Morpeth] successfully retained his NEVAC M40 title as the Championships returned to the Rosehill course. He was pushed all the way by Peter McDaid [Wallsend] and M45 champion Archie Jenkins, also of Morpeth. Tynedale's Barry Jameson took a well earned M40 bronze, finishing fourth overall. Alan Catley was second M45, leading his club North Shields Poly to team bronze. Third M45 was Vince Tindle of Sunderland in tenth overall, just one place ahead of Morpeth's final gold counter, Gavin Bayne. Tynedale took silver.



George Routledge

#### Above, Les Atkinson retains NEVAC title

The most popular win of the day was that of new M50 champion Jimmy Bell [Elswick], surprisingly winning a NEVAC title for the first time in his illustrious career. Team mate Peter Kelly, also new to the M50 group, won a well deserved silver from another Elswick runner, Harvey Taylor. M55 winner was Les Walker, with Elswick's Colin Bolton second, just four places clear of third M55 Ron Stevenson. Walter Ryder [Morpeth] had a brilliant run to finish 6th overall in the over 50 race to take M60 gold. Ian Barnes was 2nd M60, just two seconds ahead of the ever improving Alan Oliver, also of Morpeth. Elswick's 1-2-3 clearly took team gold, and Morpeth won silver by virtue of their M60 competitors, with sixth placed M50 Maurice Brown completing their trio. Gosforth H Bill Campbell, Albert Prouse and Bill Lumsdon took team bronze.

In the 6km event host club Heaton H finished 1-2-3 in the M65's through Eric Appleby, Tom Radcliffe and Gerry Shirley. Former NEVAC Secretary and founder Bob Peart [Wootton R.R.], recently returned to live in the North East, was first M70, with evergreen Ted Joynson [Gateshead] second. Jim Johnston, now 75, added M75 gold to his recent World successes.

W35 Heather Robinson [Chester Le Street] made up for her disappointment at the Senior Women's C.C. Championships at Luton being cancelled on that day by beating her great rivals, Sheila Allen [W40 champion] and Lynne Marr [W35 BVAF & European track champion]. New member Judith Battersby took W35 bronze, with W40 silver medalist Yvonne Swinhoe next to finish. Maureen Dodsworth won W40 bronze and team gold, thanks to her Houghton and Peterlee team mate Christine Heslop. Roz Layton won the W45 title, just over a minute ahead of W50 winner Susan Cain [Blaydon]. Next to finish was W55 Heather Simpson [Elswick] from W55 Kath Stewart. Felicity Pullen completed Elswick's team to gain silver.

Although entries were slightly down on recent years, perhaps because they were so close to the popular Morpeth to Newcastle race, the Championships were another great success. With so many excellent performances, the North East is looking forward to Croydon in March with great expectations.

George Routledge

### ISLE OF MAN

The club's own Autumn handicap, run over 6 miles around the perimeter road of the NSC, Douglas, was

well supported, with 19 starters setting out on the chilly morning of Nov. 22. The race was won by former British International Margaret Lockley, who used her handi-cap start to good advantage to finish two minutes in front of every one else. With this event forming the second leg of the Skillicorn trophy, however, all eyes were on the M40's and M45's, as this was where the leading contestant from the first leg was situated. Terry Bates, the first leg winner, was just returning from injury and not considered to be a threat, so the race was on between Richard Radcliffe and Steve Kelly, 2nd and 3rd from the first leg. Steve, being the old timer of the two, had a 90 seconds start and, although Richard was faster by 31 seconds on the day it was not good enough to beat Steve overall. The women's overall winner was Jane Mooney who put two convincing runs together to beat off the challenge from Ann Cain.

The winners received their trophies at the Annual Dinner held the same night. Other major prize winners were Dave Anderson [Vet's Mile], Alan Postlethwaite [Vet's Road Running Shield], Jackie Bairstow and Allan Callow [Race Walking League] and Ruth Callin and Brian Cowley [Track and Field Champions]. The biggest round of applause, however, was reserved for Peter Cooper who received the Dowty Award as Club Person of the Year, as recognition of all the hard work he has put into the club over many years.

Strange as it may seem, the first race of the 1998 season was the Peel to Douglas walk held on Dec. 1, 1997. Thirty eight brave souls set out from Peel on the shortened 10.2 miles course to brave the wind and rain to Douglas. With two senior men racing away at the front, it was left to five veterans to make a race of it for the minor places. Les Brown, Terry Bates, Simon Cox, Robbie Lambie and Colin Halsall all kept close company for the first two miles but, as the worsening conditions began to tell, Colin, Terry and Robbie began to pull away. When Colin was finally dropped, it was a loose shoe lace which eventually decided 3rd and 4th place. With Robbie and Terry shoulder to shoulder for the first 5 miles, it was only when the latter stopped to make adjustments to his shoe that Robbie pulled away to take a well earned 3rd place and leave Terry trailing by 1:45 in 4th.

Terry Bates

### SOUTHERN

#### SCVAC

The only athlete to break British indoor records in the Club Championships at Crystal Palace on Feb. 1 was Cornwall based Les Williams, who set new M75 marks of 12.5 [60m], 1.15m [HJ] and 7.44m in the triple jump. Attracting most attention was Trevor Wade, whose series of high jumps really caught the spectators' imagination with a best height of 1.76m. His long jump of 6.29m and triple jump of 12.60m were equally meritorious, while John Vernon's M50 leaps of 5.17m and 11.06m also caught the eye.

Kwadwo Ansah, Wal Franklin, Byron Gray, Doug Adair, Angela Mullinger and Val Parsons were the best

#### Angela Mullinger, SCVAC W40 60m winner



Jeremy Manning



of the sprinters, although the most competitive were Carina Graham and new W60 Evaun Williams, with one win each in the same time.

As usual, the shot attracted the largest and, arguably, the classiest field. M40 Malcolm Fenton, although scoring 13.51m, was upstaged by Neil Griffin, whose 13.67m was only slightly inferior to his 1997 British Record of 13.74m, which has not yet been ratified. Incidentally, neither was Dorothy McLennon's W60 World Record of 2.00m, or Graham Hickey's M60 12.88m British Record, although the latter is more understandable as it is inferior on paper to Don Vanhegan's 13.81m. Many have pointed out at this meeting, however, that this was with a lighter shot back in the 70's. Perhaps it is time to re-appraise some of these obsolete records.

Six days after the indoors, the hard pressed SCVAC officials were busy organising their Cross Country Championships on the same course as the forthcoming BVAF Championships at Lloyd Park, Croydon. No less than 15 guests, who were desirous of trying out the course, boosted the usual club turnout.

Forty seven year old Gill Dean won the women's 5km, 17 seconds ahead of previous BVAF champion Maggie Statham, while the usual sterling performances by Jean Hulls, 59, and Eileen Quinton, 68, won them their respective age group golds and placed them 3rd and 4th in the age gradings behind the two leaders, starting off the 1998 Grand Prix competition. Leading W50 Rose Webb and Elaine Hussey backed up Gill for Radley Ladies to win the women's team [14 points].

Peter Flavell, who has taken his time to enter the vet's scene, was the runaway winner of the men's 10km race ahead of Medway's John Cosgrove and guest Mario Foschi, and could be a contender for an M45 medal in the National. Peter Hamilton returned to good form to win the M50 gold, with Ken Parry, Les Parrott and Ron Hale the best in their respective age groups.

Medway swamped the field to win both the three to score and the six to score team races. Flavell also topped the age gradings with 83.80%. Phil Wallace, 48, was the only other competitor to exceed 80%. The next "Grand Prix" event will be the 10k Road at Beckenham on May 4.

**Jack Fitzgerald  
Vets AC**

The 108 strong men's championship was won for the second time by Mike Waine, who headed Mick Nouch by 23 seconds. Recently Waine showed more good form in his second veteran year when finishing first vet in the Mitcham 25k.

Moving up a group, Stuart Littlewood won 45's with a minute's faster time than last year. New member from flourishing Striders of Croydon, Rob Ewen was the prominent 4th. Then Dulwich's John McGlashan made a rare turn out here and battled Ian Emery for the 45 silver by 3 seconds. In 50 group, a challenge came from former M40 champion Peter Hamilton who had been out of competition though supporting his son's progress at the 400m. Consistent Steve Birkin was able to hold him, by 10 seconds, from 8th place.

Thirty five members finished in under 30 minutes. As the ground was soft few stand out on times, but one way or another most proved themselves on champs day. London marathon publishing man Geoff Harrold is a regular in this and he won the 55's by a big margin. Two more stalwarts, Tom Everitt and Ron Higgs, took 60 and 65 classes. The Barnet master hand is now in 65's but he produced a speedy 30:20 to celebrate his promotion. It was new blood in 70 group as Ron Dare came up for his first VAC title. Ray, a committed cyclist, bears more than a passing resemblance to his old clubmate Alan Lovett, and follows in his footsteps.

New member Eila Mansfield came and conquered on her first run with Vets AC when she brought the W60 best into new territory with 39:00. Next she improved that to 37:27, heading the over 50's on the way in the women's champs. Eila is from Finland and likes to compete longer distances. Maggie Statham, 44, with baby in pram on the side lines, won the women's title from Josie Heffernan, 45, who often has her family along too, by just 8 seconds, in a top level 30:07.

Jane Davies was 3rd in women's race and 2nd in the very strong 45 group. Here bronze bound Marian Rayner was chasing Christine James, 36, both new on the course, while Paula Bongers and RosTabor were

the next pair, ahead of yet another scrap. Jo Quantrill v Caroline Bamford.

In the Surrey men's league Vets AC finished 2nd overall in both men's and women's leagues. The men won both their last matches while the women were held to 2nd place by Thames H&H each time. In the final match a splendid muster of 21 men at Lloyd Park place 10 in the first 34 to score 202 pts. Hugh Morten was 9th home supported by dependable Tom Ulliott next and then members Irvine, Emery, McCarthy, T.O'Neill, K.Daniel, Dooley, C.Fairbrass and D.Roberts completing the scorers. Others running had a preview of the National course, although at this rate of use we imagine "I love Lloyd Park" badges will soon be getting scarce. In the penultimate match 14 VACs got their win on a new course in Richmond Park with Terry McCarthy first home.

The women's team ran sandy Witley Common with eight, and Lloyd park yet again with 10, with Josie Heffernan leading in a very consistent team where Eldridge, Atkey, Stephenson, Rich, Newton, Emery, Moody, Mansfield and A.Jones were the solid gold names each time.

Members helped put on the successful promo at Witley, led by Bob Belmore, who groomed his local course, and line officials and senior camp followere in plenty. With Alison Jones's home baking the meeting was treated to that increasing rarity, an old fashioned tea bar.

**Jeremy Hemming**

## BVAF Travel Agents

I feel that I ought to bring to the attention of members our agreement with WGT Travel Management, the BVAF official travel agents.

When Barbara Dunsford decided to close down Vest tours we started to investigate possible replacement agencies. It was essential to check credentials and service because, as your national body, we could not risk recommending a company who might let us down [a bit like using Hertz or Avis compared with Rent-a-Wreck for car hire]. From the short list of suitable agents it was then a question of negotiating the best deal for BVAF.

Anyone with a sizable group can obtain a free place or places, but we wanted to be able to use any free place in a way which benefitted every one. In fact, we have used these as support for people giving their time as medical back up [masseurs, chiro-practeurs]. In addition to that we have also been able to obtain other financial benefits, involving a number of free rooms for meetings, a split in commission on tours, discount on hotels, fares and insurance, all of which can help either our general finances or individual members.

Certainly, members are free to make arrangements with any other agent, but using WGT does give benefit to BVAF and, of course, all using the same travel agent helps to keep team members together in using the same flights and accommodation. This in itself makes life easier for the team manager who ever that may be, although on three occasions it has been yours truly! Incidentally, we have not yet appointed a team manager for the European Championships at Cesanatico. Have we any volunteers?

**Keith Whitaker, Chairman**

## Oceania Vets Championships

Seven British vets travelled to Hastings, New Zealand, in January to take part in the Oceania Veterans Track & Field Championships. John Bradley of Telford AC won a pole vault gold medal with a good jump of 3.08.

John Dunsford and Eddie and Hilda Nyman were enrolled as officials. John was time keeping for seven days, but he did manage to compete in the shot in which he finished 10th out of 13. Eddie and Hilda were track marshals for five days. Eddie competed in the cross country and only just failed to make the medals, finishing fourth in his age group. Hilda was persuaded to take part in the 10km Walk and did well to win her group silver medal. Another walker, William Lawrence, competed, but fell foul of the strict judging in both walks, but he had a good walk in the half marathon and was happy to collect a finisher's medal.

Frank Price competed in the four sprint events. Competition was tough in his age group and he finished fourth in all of his races. His wife, Anne, was also roped in to officiate as a recorder. After New Zealand they were off to compete in the Australian Championships. Barbara Dunsford judged the Walks and competed in both the Weight Pentathlon and the Hammer, managing a silver in the latter, but only a fourth place in the Weight Pentathlon due to disastrous discus throws. She was, however, very pleased to be throwing things again after her drama filled year of 1997.

Barbara would like to express her thanks for all the cards and messages she received after the frightening end to her trip to S.Africa for the WAVA Championships. She would like to re-assure every one that she is now very well and, as can be seen from the above, is back in action.

**Concentration! Jim Day [SCVAC Indoors]**



Jeremy Hemming



## RESULTS • RESULTS • RESULTS •

## BVAF Indoor Championships, Glasgow, 28/2/98

60m

M40: 1 K. Ansah 7.23, 2 E. Smart 7.28, 3 D. Elderfield 7.43, 4 F. Rafferty 7.45, 5 D. Curzon 7.59, 6 M. Williams 7.65 also lts P. Hickey 7.66, J. Tenyson 7.69, J. Law 7.73, B. Matthews 7.81, K. McConaghy 7.91, C. Pengelly 7.96, P. Davey 8.05, C. Blower 8.07, M. Bolland 8.35  
 M45: 1 V. Oliver 7.26 [BR], 2 W. Franklin 7.39, 3 W. Beattie 7.66, 4 K. Keech 7.81, 5 J. Robertson 7.85, 6 J. Marchmont 8.06 lts L. Ross 8.53, L. McClymont 8.54, M. Fraser 8.88 M50: 1 G. Sutton 7.65, 2 A. Law 7.88, 3 M. Clenhen 8.01, 4 S. Entwistle 8.09, 5 A. Steede 8.20, 6 H. Lyall 8.22 lts T. Page 8.31 M55: 1 J. Henson 7.76, 2 W. Hunter 7.76, 3 B. Shearsmith 8.12, 4 B. Ariss 8.29, 5 D. Briscoe 8.63, 6 N. Gould 8.69 lts J. Mill 8.76 M60: 1 B. Gray 8.10, 2 D. Burton 8.34, 3 A. Carter 8.66, 4 C. Field 8.67 M65: 1 C. Williams 8.20, 2 A. Blackman 8.54, 3 J. Bryce 8.95, 4 C. Taylor 9.72, 5 J. Crehan 9.81, 6 W. Morrow 9.92 M70: 1 A. Meddings 8.52 [BR], 2 A. Kalirai 9.33, 3 G. Bridgeman 9.37, 4 J. Moran 10.14 M75: 1 L. Williams 10.11 M80: 1 L. Watson 11.16, 2 A. Coogan 11.21, 3 W. Plummer 11.58

W35: 1 J. Low 8.15, 2 J. McConaghy 8.30, 3 A. Brown 8.46, 4 D. Timmis 8.49, 5 C. Smith 8.51, 6 J. Lyons 8.57 lts H. Barker 8.53 W40: 1 J. Harwood 8.04 [BR], 2 A. Mullinger 8.11, 3 H. Godsell 8.29, 4 C. Filer 8.41 W45: 1 J. Lawson 8.35 [BR], 2 P. McKinnon 8.57, 3 B. Elliot 8.74, 4 E. McMahon 8.79, 5 S. Laurie 8.83 W50: 1 V. Parsons 8.83 W55: 1 E. Linako 9.32, 2 M. Axtell 9.35, 3 N. Cross 10.02, 4 J. Burns 11.05 W60: 1 E. Williams 9.80, 2 D. Fraser 10.24, 3 M. Webb 10.36, 4 B. Steedman 10.63 W65: 1 B. Green 11.21 W70: 1 J. Ogden 10.12 W75: 1 M. Wixey 11.55

200m

M40: 1 S. Peters 23.14, 2 E. Smart 23.44, 3 M. Williams 23.92, 4 A. Harrison 23.95, 5 J. Shearer 24.33 lts P. Hickey 24.32, J. Coe 24.39, A. Laird 24.42, I. Broadhurst 24.82, D. Curzon 25.18, D. Matthews 25.18, J. Law 25.31, C. Pengelly 25.52, S. Boardman 27.30 M45: 1 V. Oliver 23.08 [BR], 2 W. Franklin 24.29, 3 J. Marchmont 25.88, 4 J. McGarry 25.96, 5 J. Keech 26.26 lts R. McClymont 28.01, L. Ross 28.58 M50: 1 G. Sutton 25.12, 2 A. Law 26.10, P. Lavin 26.22, 4 H. Lyall 27.55 B. Scott 26.79, R. Hazell 31.39 M55: 1 W. Hunter 25.27, 2 A. Connor 26.46, 3 N. Gould 26.75, 4 B. Shearsmith 26.76, 5 S. Walton 27.05 M60: 1 D. Burton 27.07, 2 A. Carter 28.01, 3 C. Field 28.23, 4 H. Fletcher 33.52 M65: 1 C. Williams 27.54, 2 A. Blackman 28.27, 3 J. Bryce 31.49 M70: 1 A. Meddings 27.89 [WR], 2 J. Moran 34.83 M75: 1 L. Williams 36.87 M80: 1 L. Watson 40.39, 2 A. Coogan 46.73  
 W35: 1 A. Beadnell 26.57, 2 C. Smith 27.34, 3 S. Hooper 27.47, 4 D. Timmis 28.53, 5 J. Lyon 28.46 lts W. Nichol 29.42 W40: 1 J. Harwood 25.98 [WR], 2 A. Mullinger 27.36, 3 H. Godsell 27.39, 4 D. McKenzie 28.19 W45: 1 A. Munro 27.78, 2 C. Marler 28.47, 3 B. Elliott 28.48, 4 P. McKinnon 28.72, 5 C. Lyon-Green 32.25 W50: 1 M. Hocknell 30.35, 2 C. Searles 32.24 W55: 1 M. Axtell 32.14, 2 N. Cross 35.01, 3 J. Burns 38.56 W60: 1 D. Fraser 33.70, 2 M. Webb 35.76 W65: 1 B. Green 41.43 W70: 1 J. Ogden 33.11

400m

M40: 1 M. Coker 52.20, 2 D. Elderfield 52.27, 3 J. Hogan 52.28, 4 J. Coe 54.98 lts A. Harrison 53.85, J. Tenyson 55.94, P. Davey 58.92, J. Taylor 62.22, J. Rutherford 56.87, S. Boardman 63.44 M45: 1 R. Stevenson 53.31, 2 B. Mackay 54.26, 3 K. Redpath 55.52, 4 J. Marchmont 58.30, 5 S. Nelson 60.10 M50: 1 G. Pope 57.30, 2 P. Lavin 58.91, 3 A. Eland 59.52, 4 H. Lyall 61.96 M55: 1 J. Henson 56.81 [BR], 2 J. Rae 60.01, 3 B. Shearsmith 61.51 M60: 1 C. Field 69.78, 2 A. Carter 69.79, 3 A. McManus 72.65, 4 H. Fletcher 74.47 M65: 1 A. Blackman 68.51 M70: 1 J. Cowler 73.01  
 W35: 1 A. Brown 60.56, 2 J. Low 60.95, 3 A. Beadnell 62.00, 4 S. Hooper 63.82, 5 A. Heywood 64.27 W40: 1 D. McKenzie 63.44, 2 H. Godsell 64.75 W45: 1 C. Marler 61.62, 2 B. Elliott 65.85 W50: 1 M. Hocknell 70.54, 2 C. Searles 76.89 W55: 1 H. Himesy 77.00 W60: 1 D. Fraser 78.59, 2 M. Webb 89.94

800m

M40: 1 A. Dunlop 1:59.63, 2 D. Wilcock 1:59.66, 3 D. Anderson 2:01.99, 4 R. Daniel 2:03.99, 5 R. Bigger 2:04.71 M50: 1 T. Alderidge 2:14.52, 2 A. Eland 2:16.48, 3 M. Miller 2:17.62, 4 R. Davies 2:17.90, 5 T. Atley 2:25.76 M55: 1 M. Smith 2:18.76, 2 J. Hodge 2:24.64, 3 D. Cowling 2:26.09 M60: 1 J. Wilson 2:30.22, 2 J. Smithurst 2:30.82 M65: 1 M. Morrell 2:36.52, 2 D. Howarth 2:40.79, 3 T. Weyer 2:46.88 M70: 1 H. McGinlay 2:48.87 M75: 1 J. Todd 2:56.09  
 W35: 1 J. Thomson 2:23.72, 2 A. Haywood 2:33.34, 3 D. Batsford 2:45.74 W40: 1 D. Howard 2:24.06 W45: 1 N. Hitchmough 2:26.98, 2 A. Foster 2:55.63 W50: 1 P. Gallagher 2:25.34 W55: 1 H. Himesy 2:56.53

1500m

M40: 1 D. Wilcock 4:15.37, 2 K. McLellan 4:16.24, 3 K. Archer 4:17.37, 4 D. Donaghy 4:20.20, 5 R. Murray 4:24.55, 6 J. McNamara 4:27.60, 7 B. Worthington 5:15.14 M45: 1 A. Jenkins 4:18.73, 2 S. Halton 4:26.14, 3 S. Nelson 4:48.30 M50: 1 J. Potts 4:28.91, 2 R. Elliott 4:34.53, 3 R. Young 4:38.29, 4 M. Miller 4:42.90 M55: 1 P. Cartwright 4:38.78, 2 M. Smith 4:40.11, 3 L. Haynes 4:49.24, 4 R. Davies 4:51.20, 5 J. Hodge 5:07.31, 6 D. Cowling 5:20.23 M60: 1 J. Gornley 5:09.29, 2 J. Smithurst 5:12.41 M65: 1 M. Morrell 5:15.23, 2 W. McBrinn 5:33.71, 3 T. Weyer 5:39.94, 4 D. Howarth 5:46.09, 5 A. Walsham 6:00.46 M70: 1 H. McGinlay 5:53.14 M75: 1 E. Farrell 9:31.05  
 W35: 1 J. Thomson 4:52.81, 2 L. Marr 4:57.05, 3 S. Aitken 5:00.52 W40: 1 D. Howard 4:52.95 W45: 1 N. Hitchmough 4:57.78, 2 A. Foster 5:43.06 W50: 1 P. Gallagher 4:55.46 W55: 1 J. Jay 5:24.35, 2 B. Stracey 6:32.85 W60: 1 L. Smith 7:02.59

3000m

M40: 1 K. McLellan 9:19.04, 2 J. Crehan 9:36.57, 3 C. Gaynor 9:55.16, 4 B. Worthington 11:06.54, 5 K. Dillon 11:30.65 M45: 1 A. Jenkins 9:21.67, 2 D. Gaynor 9:41.14 M50: 1 C. Youngson 8:33.00, 2 R. Young 9:34.38, 3 R. Elliott 9:34.69, 4 D. Fairweather 9:37.48 M55: 1 P. Cartwright 10:05.88, 2 L. Haynes 10:06.52 M60: 1 J. Gornley 10:35.52, 2 J. Munn 14:49.53 M65: 1 W. McBrinn 11:34.48, 2 A. Walsham 12:35.34 M70: 1 W. Marshall 11:15.72  
 W35: 1 L. Marr 10:46.83 W40: 1 S. Weatherburn 11:08.18 W45: 1 A. Foster 11:53.10 W55: 1 B. Stracey 13:51.06

60m H

M40: 1 M. Coker 8.58, 2 P. McElfrick 9.00, 3 J. Hogan 9.13 M45: 1



Jeremy Hemming

## A large field tackles the Wimbledon Common course in the Vets AC Championships

J. Martindale 10.25, 2 D. Wallington 10.96 M50: 1 J. Charlton 9.12 [BR], 2 E. Fitzgerald 9.43, 3 T. Page 12.42 M55: 1 J. Howe 9.92, 2 Bariss 11.11, 3 J. Ross 11.12, 4 B. Charles 17.45 M60: 1 C. Shafto 10.04, 2 T. Mackay 10.76, 3 J. Freebairn 11.39 M70: 1 A. Kalirai 13.27 M75: 1 L. Williams 12.74 M80: 1 T. Rawlinson 15.70  
 W35: 1 J. Brown 9.72, 2 H. Barker 9.87, 3 C. Smith 9.96, 4 D. Herron 10.57, 5 A. Martin 11.55 W40: 1 J. Harwood 8.88 [BR], 2 C. Filer 9.48 W45: 1 J. Fail 10.08, 2 E. McMahon 10.62 W50: 1 M. Williams 11.8 W55: 1 J. Charles 12.15

3000m Walk  
 M50: 1 B. O'Callaghan 17:30.60 M55: 1 Phannell 15:25.78 M60: 1 C. Stapleford 16:57.09, 2 J. Munn 18:19.30 M70: 1 T. Simons 18:42.78 W70: 1 A. von Bismark 21:50.34 [BR]

Long Jump  
 M40: 1 G. Gallagher 5.62, 2 S. Smith 5.47, 3 J. Gibson 5.14 M50: 1 M. Clenhen 5.12 M55: 1 C. Green 4.95, 2 P. Schechter [Israel] 4.83, 3 J. Parish 4.60, 4 E. Chambers 4.27, 5 D. Briscoe 4.12 M60: 1 T. Bateman 5.08, 2 T. Crocker 4.94, 3 C. Field 4.43 M65: 1 J. Crehan 3.81, 2 W. Morrow 3.29, 3 J. Christie 2.93 M70: 1 A. Kalirai 4.02 M80: 1 L. Watson 2.83

W35: 1 D. Herron 4.53, 2 D. Singleton 4.14, 3 D. Timmis 4.11 W40: 1 C. Filer 5.00 W45: 1 J. Fail 4.66, 2 E. McMahon 4.41, 3 C. Green 3.58 W55: 1 E. Linaker 3.68 W60: 1 D. Fraser 3.37, 2 B. Steedman 3.16 W75: 1 M. Wixey 2.43

Triple Jump  
 M40: 1 G. Gallagher 12.48, 2 S. Smith 11.68, 3 I. Broadhurst 10.89, 4 J. Gibson 10.44 M45: 1 W. Beattie 11.79 M50: 1 E. Fitzgerald 10.41 M55: 1 P. Schechter [Israel] 10.26, 2 C. Green 10.08, 3 E. Chambers 9.13, 4 D. Briscoe 0.01 M60: 1 T. Crocker 8.41 M65: 1 J. Crehan 8.37 M70: 1 A. Kalirai 8.29 M75: 1 L. Williams 7.71

Shot  
 M40: 1 L. Lindley 13.98, 2 H. Davidson 13.65, 3 M. Bolland 10.81, 4 C. Murphy 9.56 M45: 1 N. Griffin 13.74, 2 J. Edwards 11.99, 3 K. Poole 9.38 M50: 1 W. Weir 13.41 M55: 1 J. Scott 13.45, 2 J. Walters 11.44, 3 W. Gentlemen 10.94, 4 J. Howe 9.20 M60: 1 J. Freebairn 12.18, 2 W. Whyte 12.02, 3 E. Kitney 10.70, 4 W. Webb 9.70, 5 S. Hinselwood 8.95 M65: 1 S. McTearry 10.91, 2 J. Watson 10.16, 3 C. Taylor 10.05, 4 J. Christie 6.23

W35: 1 C. Cameron 11.18, 2 W. Dunsford 10.96, 3 J. Brown 10.63, 4 H. Barker 10.32, 5 J. Earle 8.39, 6 D. Singleton 8.29 W40: 1 J. Cumane 9.38, 2 G. McFarlane 8.51 W45: 1 C. Marler 9.14 W50: 1 B. Terry 9.27, 2 M. Swinton 8.43, 3 E. Mee 7.48, 4 P. Spence 6.58 W55: 1 N. Cross 7.38 W60: 1 E. Williams 10.95, 2 D. Bunsford 6.33 W70: 1 J. Ogden 7.61

High Jump  
 M40: 1 C. Hesketh 1.76, 2 M. Bolland 1.50, 3 J. Callender 1.50, 4 T. Thompson 1.35 M45: 1 J. Robertson 1.50 M50: 1 E. Fitzgerald 1.65 M55: 1 C. Green 1.50 M60: 1 T. Bateman 1.55, 2 C. Shafto 1.53, 3 T. Crocker 1.50, 4 J. Freebairn 1.44 M65: 1 C. Taylor 1.25, 2 J. Christie 1.05 M70: 1 L. Adams 1.15  
 W35: 1 J. Brown 1.71, 2 J. McConaghy 1.53

Pole Vault  
 M40: 1 J. Taylor 3.80, 2 M. Bolland 3.00, 3 T. Thompson 2.80 M50: 1 R. Masson 3.30 M55: 1 J. Howe 2.80 M60: 1 T. Mackay 3.00 M65: 1 R. Brown 3.30 [ER & BR] M80: 1 T. Rawlinson 1.80 [BR]  
 W35: 1 J. Lyon 2.30, 2 D. Singleton 2.20 W40: 1 J. Cumane 3.00, 2 J. Stafford 2.20

Pentathlon: Men [Hurdles: 1J: SP: HJ: 1000m]  
 M40: 1 B. Slaughter 3313 [10.06: 5.58: 11.22: 1.56: 2:56.03] 2 P. McElfrick 3124 [9.00: 5.46: 8.78: 1.59: 3:23.10], 3 J. Callender 2287 [11.37: 4.52: 7.40: 1.50: 3:22.59], 4 C. Blower 2000 [11.64: 4.57: 8.62: 1.35: 3:48.22] M45: 1 J. Martindale 2863 [10.25: 5.14: 10.04: 1.50: 4:04.31], 2 D. Wallington 2862 [10.96: 5.48: 8.70: 1.44: 3:37.49] M55: 1 Ross 3200 [11.32: 4.67: 8.57: 1.23: 3:17.8], 2 B. Charles 1578 [17.45: 3.22: 8.12: 1.20: 4:27.37] M60: 1 C. Shafto 3860 [10.04: 4.71: 9.07: 1.53: 3:53.75], 2 J. Freebairn 3334 [11.39: 4.04: 12.42: 1.44: 4:24.42] M70: 1 A. Kalirai 2645 [13.27: 4.02: 7.03: 1.20: 5:52.53] M80: 1 T. Rawlinson 2352 [15.70: 2.50: 5.47: 1.02: 5:51.53]

Women: [Hurdles: HJ: SP: LJ: 800m]  
 W35: 1 J. Brown 3976 [WR] [9.73: 1.71: 10.64: 5.03: 2:23.03], 2 D. Herron 2871 [10.75: 1.35: 8.35: 4.83: 2:43.16], W50: 1 M. Williams 3110 [11.55: 1.26: 6.97: 3.66: 3:00.57] W55: 1 J. Charles 2952 [12.15: 1.14: 7.17: 3.42: 3:41.82]

## SCVAC Cross Country Champs, Croydon, 7/2/98

M40: 1 J. Osgrove 35:53, 2 A. Newman 36:26, 3 S. Allen 37:08, 4 S. Nice 37:28, 5 T. Ulliot 37:46, 6 J. Dillow 37:52, 7 P. Irvine 38:06, 9 N. Hemmings 41:08, 10 A. Dolton 44:07, 11 S. Thornton 47:29  
 M45: 1 P. Flavell 34:29, 2 M. Foschi 36:15, 3 D. Dymond 36:31 [g], P. Wallace 36:40, 5 J. McGlashan [g] 38:15, 6 I. Whitmore 39:09, 7 M. Clarke 39:34, 8 V. Monk 40:23, 9 L. Howick 44:34, 10 D. Smith 45:33, 11 M. Hickman 49:04 M50: 1 P. Hamilton 38:21, 2 K. Griffiths 39:54, 3 R. Williams [g] 42:03, 4 C. Cotton 42:40, 5 J. Robinson 43:43, 6 G. Jarvis 45:22, 7 B. O'Shea [g] 52:25 M55: 1 K. Parry 40:27, 2 M. Rosbrook 45:03, 3 G. Williams 45:25, 4 D. Stead 47:53, 5 T. Merritt 48:41, 6 K. Forster 51:05, 7 K. Binnet 57:10 M60: 1 L. Parrott 43:45, 2 C. Wroth 45:00, 3 K. Sheppard 45:55, 4 M. Caldwell 47:34, 5 B. Shave 55:20, 6 J. Cross 60:35 M65: 1 R. Pitcaim-Knowles 45:43, 2 J. Cleverley 46:02, 3 D. Thomas 49:40, 4 M. McDowell 59:36 M70: 1 R. Hale 52:13

W40 [5KM]: 1 M. Statham 21:49, 2 Z. Gaffen 24:16, 3 E. Hussey 27:20, 4 J. Kennedy [g] 30:56 W45: 1 G. Dean 21:32, 2 S. James 23:59, 3 R. Tabor [g], 4 S. Burchall [g] 27:48 W50: 1 R. Webb 27:00, 2 P. Lucas 31:21 W55: 1 J. Hulls 26:06, 2 M. Farish [g] 30:46 W60: 1 J. Coker 44:25 W65: 1 E. Quinton 28:51  
 Teams: M40-49 [3 to score] 1 Medway 9, 2 Croydon 34 M40-49 [6 to score] 1 Medway 29 Women 1 Raley L 14

## SCVAC Indoor Champs, Crystal Palace, 1/2/98

60m M40: 1 K. Ansah 7.3, 2 D. Robinson 7.7, 3 B. Slaughter 8.1, 4 R. Davies 8.3 M45: 1 W. Franklin 7.5, 2 D. Wallington 8.1 M50: 1 D. Briscoe [g] 8.7, 2 D. Wallington 8.1 M60: 1 B. Gray 8.2, 2 C. Field 8.8 M65: 1 A. Blackman 8.6 M70: 1 D. Adair 8.9, 2 C. Field 8.8 M75: 1 L. Williams 10.1 M80: 1 B. Metcalfe [g] 12.0 W40: 1 A. Mullinger 8.1, 2 H. Godsell 8.3 W45: 1 E. McMahon 9.0 W50: 1 V. Parsons 8.7, 2 P. Oakes 9.6, 3 R. Champion 10.0, 4 M. Stephens 10.2 W55: 1 B. Keepax 11.2 W60 equal 1 C. Graham & E. Williams 9.9 W65: 1 B. Green 11.6

60m H: M40: 1 D. Robinson 9.3, 2 B. Slaughter 10.5 M55: 1 B. Charles 11.8 M60: 1 J. Day 11.7 M75: 1 L. Williams 12.5 [BR] W40: 1 J. Thorne 11.5 W45: 1 J. Fail [g] 10.4 W60: 1 C. Graham 12.2

High Jump: M40: 1 T. Wade 1.76, 2 B. Slaughter 1.56 M45: 1 D. Wallington 1.35 M50: 1 J. Robinson 1.33 M55: 1 B. Harlick 1.35, 2 B. Charles 1.30 M60: 1 J. Day 1.25 M75: 1 L. Williams 1.15 [BR] W40: 1 J. Thorne 1.25 W50: 1 P. Oakes 1.23

Pole Vault: M40: 1 P. Oakes 2.90 M55: 1 B. Harlick 2.50 M60: 1 J. Day 2.60

Long Jump: M40: 1 T. Wade 6.29, 2 B. Slaughter 5.33, 3 R. Davies 4.52 M45: 1 D. Wallington 5.09 M50: 1 J. Vernon 5.17 M55: 1 B. Charles 4.51 M60: 1 C. Field 4.20 W40: 1 J. Thorne 4.53 W45: 1 J. Fail [g] 4.56, 2 E. McMahon 4.36 W50: 1 P. Oakes 3.87 W55: 1 B. Keepax 3.18

Triple Jump: M40: 1 T. Wade 12.60 M50: 1 J. Vernon 11.06, 2 M. Martineau 7.07 M70: 1 B. Thomas 8.01 M75: 1 L. Williams 7.44 [BR] W45: 1 J. Fail [g] 8.85 W50: 1 P. Oakes 8.91 W55: 1 B. Keepax 5.83

Shot: M40: 1 M. Feinton 13.51, 2 M. Small 13.07, 3 S. Archer 11.96, 4 B. Slaughter 10.37 M45: 1 N. Griffin 13.67, 2 W. Fuller 12.97, 3 A. B. Richards 11.13, 4 J. Stephens 10.05 M55: 1 J. Walters [g] 11.29, 2 B. Harlick 8.40 M60: 1 G. Hickey 12.04, 2 W. Whyte 11.45, 3 B. Strange 10.44 M65: 1 A. Woods 9.38 M80: 1 B. Metcalfe [g] 6.52 W35: 1 W. Dunsford 11.04, 2 J. Earle 8.71 W55: 1 B. Keepax 5.83 W60: 1 E. Williams 10.14

## VAC C.C. Champs, Wimbledon Common, 10/1/98

M40: 1 M. Wane 26:34, 2 M. Nouch 26:57, 3 R. Ewen 27:24, 4 S. Williams 27:34, 5 R. Roath 27:45, 6 K. Wood 28:55, 7 M. Hill 29:04, 8 J. Camell 28:03, 9 J. Oxenham 28:11, 10 D. Roberts 28:15, 11 I. Sessan 29:09, 12 A. Austin 29:15, 13 R. Pole 30:01, 14 S. Edwards 32:06, 15 M. French 34:02, 16 P. Sellar 39:44, 17 J. Davern 40:02 M45: 1 S. Littlewood 27:08, 2 J. McGlashan 27:25, 3 I. Emery 27:28, 4 L. O'Hare 28:23, 5 P. Durran 29:21, 6 P. Smith 29:25, 7 A. Rich 29:30, 8 L. Austin 29:31, 9 G. Smith 29:58, 10 J. O'Byrne 31:45, 11 M. Gambrell 32:27, 12 D. Smith 33:05, 13 D. Doe 34:15, 14 C. Shortt 34:52 M50: 1 S. Birkin 27:41, 2 P. Hamilton 27:51, 3 M. Ciglia 28:30, 4 P. Newton 28:40, 5 D. S. Williams 28:48, 6 R. Solomon 28:50, 7 C. Verrall 29:22, 8 M. Miller 29:36, 9 J. McIlvray 29:42, 10 R. McDonough 29:45, 11 A. Painter 31:26, 12 A. Turner 31:28, 13 G. Sayer 31:48, 14 N. Manning 33:20, 15 B. Imber 33:22, 16 D. Nichols



# RESULTS • RESULTS • RESULTS •

33:40, 17 M. Jeffery 35:02, 18 B. O'Shea 37:12, 19 M. Morfe 38:09  
**M55** 1 G. Harrold 29:07, 2 E. Kimber 31:27, 3 P. Lane 32:43, 4  
 J. Harrington 32:55, 5 P. Collins 33:08, 6 P. Fenton 33:27, 7 M. Quinn  
 33:55, 8 A. Aitken 33:36, 9 D. Simpson 37:28, 10 P. Mulholland 38:41,  
 11 K. Burnett 39:44, 12 T. Callaghan 40:22 **M60** 1 T. Everitt 31:30, 2  
 B. Bartolomew 32:42, 3 J. Gordon 33:34, 4 D. Devey 36:16, 5  
 C. Collins 36:44, 6 P. Waghorn 41:25 **M65** 1 R. Higgs 30:20, 2  
 P. Newell 32:00, 3 R. Pitcairn-Knowles 32:12, 4 J. Cleverly 33:05, 5  
 D. Sudbury 37:32, 6 J. Haywood 37:45, 7 V. Martin 38:15, 8  
 M. McDowell 41:18, 9 D. Barker 44:52 **M70** 1 R. Dare 36:09, 2  
 R. Franklin 36:56, 3 G. Meech 37:38, 4 J. Hay 39:24, 5 T. Rowley 44:06,  
 6 C. Manning 54:00, 7 M. McMullen 79:27

## Women 14/2/98

**W35** 1 C. James 32:04 **W40** 1 M. Statham 30:07, 2 J. Quantrell 33:55, 3  
 C. Bamford 35:09, 4 B. Cole 36:32, 5 S. Burchill 37:23  
**W45** 1 J. Heffernan 30:15, 2 J. Davies 31:06, 3 M. Rayner 32:05, 4  
 P. Bongers 32:53, 5 R. Taber 32:56, 6 N. Pinkerton 38:38, 7 M. Moody  
 35:33 **W50** 1 J. Kimber 37:53, 2 P. Siddons 39:37, 3 J. Grant 40:29  
**W55** 1 B. Cusken 40:56 **W60** 1 E. Mansfield 37:27 [Rec]

## NEVAC C.C. Champs, Northampton, 11/1/98

**M40** 1 S. Robinson 34:18, 2 A. Weatherill 34:21, 3 C. Allen 36:22, 4  
 P. Barnes 36:32, 5 S. Johnson 36:45, 6 R. Stanier 36:46, 7 P. O'Dell  
 36:56, 8 T. Potter 37:12, 9 M. Evans 37:13, 10 M. Williams 37:24, 11  
 B. Acford 37:25, 12 P. Ivens 37:28, 13 H. Fowler 38:02, 14 A. Grant  
 39:00, 15 G. Cox 39:29, 16 W. Kerr 39:32, 17 B. Thompson 39:43, 18  
 S. Parkes 40:00, 19 D. Diderser 40:42, 20 N. Bird 41:35, 21 J. Stott  
 41:27, 22 T. Howarth 42:01, 23 C. Goudie 42:18

**M45** 1 M. Hager 34:10, 2 J. Millward 37:09, 3 D. Overton 37:20, 4  
 W. Cowie 37:29, 5 B. Waring 38:14, 6 M. Lindsay 38:33, 7  
 K. Brailsford 38:45, 8 M. Smedley 39:07, 10 A. Grace 39:23, 11  
 J. Thompson 39:52, 12 J. Taylor 40:10, 13 D. Blockley 40:29, 14  
 A. Webb 41:17, 15 N. Wofor 42:08, 16 J. Haden 42:40, 17 W. Waine  
 42:59, 18 M. Wooley 44:24, 19 C. Smith 47:02, 20 J. Griffiths 48:19

**M50** 1 K. Green 37:37, 2 J. Smith 38:15, 3 A. Edwards 38:39, 4 J. Potts  
 38:42, 5 M. Parker 38:54, 6 J. Heywood 38:58, 7 P. Allen 40:09, 8  
 M. Robinson 40:43, 9 M. O'Neill 40:48, 10 R. Davies 42:27, 11  
 F. Tolley 43:12, 12 R. Ladbury 44:12, 13 J. Cox 44:17, 14 G. Smith  
 47:11, 15 C. Knibb 47:23, 16 T. Jones 47:38, 17 D. Burns 48:14, 18  
 J. Grady 49:14 **M55** 1 G. Patten 37:32, 2 R. Grove 40:45, 3 M. Butterley  
 43:38, 4 R. Suddens 44:35, 5 T. Preston 44:38, 6 G. Kidman 45:28, 7  
 K. Castledine 45:40, 8 D. Fowles 45:52, 9 M. Clarke 46:39, 10  
 D. Cowley 47:50, 11 M. Knight 48:22, 12 P. Hart 48:46 **M60** 1 L. Bailey  
 43:04, 2 B. Forey 48:45, 3 B. Webster 49:39, 4 G. Barnard 50:11, 5  
 C. Sloan 50:23, 6 B. Rawlins 51:09, 7 G. Travers 51:32

**M65** 1 P. Morris 42:26, 2 C. Simpson 50:44, 3 G. Chapman 52:23  
**M70** [5km] 1 G. Phipps 23:24, 2 J. Quantrell 27:59, 3 M. Cardew  
 31:38 **M75** 1 J. Keilly 30:34

**W35** 1 J. Cunningham 19:49, 2 S. Lappage 20:24, 3 Y. Crawley 21:02,  
 4 K. Scarff 21:06, 5 P. Knowles 22:48, 6 D. Batsford 24:11

**W40** 1 M. Layden 20:42, 2 R. Spears 21:30, 3 L. Taylor-Green 23:56,  
 4 E. Hussey 25:42, 5 G. Cox 27:13 **W45** 1 G. Dean 20:15, 2 L. White  
 21:40, 3 L. Cliff 22:33, 4 A. Roberts 23:17, 5 M. Perry 23:24, 6  
 E. Parsons 24:13, 7 D. Robinson 26:31 **W50** 1 S. Carey 21:26, 2  
 D. Fellows 22:09, 3 B. Parkinson 23:37, 4 R. Webb 25:08

**W55** 1 J. Bryan 24:39, 2 M. Sloan 30:11

**Teams: M40-49** 1 Derby & C. 40, 2 Tipton H 56, 3 Sparkhill H 114  
**M50-59** 1 M. Ferguson 27, 2 Tipton 4, 3 Derby & C 51 **M60** 1 Sol &  
 S. Heath 14 **W35** 1 Derby & C 14, 2 Sol & S. Heath 39

## EVAC C.C. Country Champs, Cambridge, 4/1/98

**M40** 1 N. Arnold 30:27, 2 K. McLellan 31:09, 3 P. Spick 31:31, 4  
 G. Harvey 31:51, 5 T. Seakins 31:54, 6 M. Bamsdale 31:57, 7  
 H. Knowles 32:42, 8 W. Taylor 32:56, 9 D. Brown 33:11, 10  
 C. Cowley 34:02, 11 G. Collins 34:48, 12 S. Wallace 34:54, 13  
 J. Barnard 34:55, 14 G. Holmes 35:04, 15 G. Campbell 35:36, 16  
 J. Farnham 37:01, 17 L. Newman 38:57, 18 A. Gilzean 40:31, 19  
 C. Akehurst 41:44 **M45** 1 D. Findall-Hawkins 34:22, 2 T. Hudson 34:39,  
 3 R. McPherson 34:59, 4 S. Bowen 36:21, 5 J. Dowsett 37:03, 6  
 N. Bush 37:04, 7 P. Sterry 37:15, 8 G. Thomas 37:40, 9 D. Stearn 38:42,  
 10 R. Malseed 41:09 **M50** 1 B. Webb 36:28, 2 G. Shrimpton 36:51, 3  
 J. Turner 37:24, 4 J. Reynolds 37:37, 5 M. Smith 37:53, 6 P. Hazell  
 37:58, 7 R. Thompson 38:02, 8 S. Galloway 38:53, 9 A. Mitchell 38:54,  
 10 T. Harker 39:44, 11 D. Stubbing 39:51, 12 T. Braverman 52:50

**M55** 1 A. Moore 35:19, 2 M. Taylor 37:32, 3 T. Ash 38:08, 4 M. Turner  
 38:37, 5 H. Darbon 39:09, 6 A. Newman 42:01, 7 P. Howard 42:40, 8  
 E. Drury 47:41 **M60** 1 T. Laybourne 36:54, 2 D. Cannon 38:35, 3  
 M. Ball 38:58, 4 C. Weight 41:50, 5 R. Double 43:11, 6 J. McKellar  
 45:10, 7 J. Hutson 45:35, M. Callow 46:17 **M65** 1 P. Thomas 41:25, 2  
 E. Cooper 42:13 **M70** 1 D. Blyth 57:33

**W35** 1 L. Wilkinson 17:56, 2 L. Gaine 19:55 **W40** 1 C. Duncan 17:35, 2  
 J. Clarke 17:57, 3 V. Green 18:05, 4 F. Cooke 20:14 **W45** 1  
 D. Braverman 18:21, 2 S. Fenwick 20:04, 3 J. Stuart 25:53 **W50** 1  
 J. Heatt-Smith 24:05 **W55** 1 E. Osborne 20:39, 2 S. Gaudie 23:25, 3  
 P. Ash 23:34 **W60** 1 M. Holmes 22:17

**Teams: M40-49** 1 C. of Norwich 21, 2 Colchester H & AC 66, 3  
 Luton UAC 85 **M50-59** 1 Bedford & C 98, 2 Biggleswade AC 108, 3  
 Milton Keynes 108 **M60** 1 C. of Norwich 162 **W35+** 1 C. of Norwich  
 6, 2 Cambridge & Col 19, 3 Colchester H AC 33

## NEVAC C.C. Country Champs, Rosehill, 10/1/98

**M40** 10km 1 L. Atkinson 33:46, 2 P. McEld 34:18, 3 B. Jameson  
 34:50, 4 P. Carter 36:26, 5 N. Cassidy 36:33, 6 M. Marshall 36:41, 7  
 J. Watson 37:16, 8 G. Bayne 37:48, 9 I. Brown 38:01, 10 G. Pemberton  
 38:09, 11 S. Bell 39:10, 12 R. Sewell 39:17, 13 P. Jameson 40:01, 14  
 E. Woods 40:08, 15 B. Ball 40:15, 16 R. Blair 40:17, 17 B. Courtney  
 40:55, 18 M. Steele 41:14, 19 R. Weightman 45:10, 20 R. Scott 45:28

**M45** 1 A. Jenkins 34:38, 2 A. Catley 37:00, 3 V. Tindle 37:45, 4  
 S. Sabiston 39:02, 5 J. Turnbull 39:06, 6 D. Warnaby 39:39, 7 D. Dixon  
 42:8, 8 D. Hind 41:22, 9 C. Everson 41:25, 10 F. Edekin 41:53, 11  
 J. H. J. 42:39, 12 D. O'Neill 40:16, 13 I. Mowbray 44:47, 14  
 N. Burden 46:26, 15 C. White 47:16, 16 T. Henderson 49:33

**M50** 1 J. Bell 36:36, 2 P. Kelly 37:17, 3 H. Taylor 37:35, 4 J. Robinson  
 38:04, 5 D. Hunter 40:10, 6 M. Brown 40:26, 7 K. Pyle 40:50, 8



Above: NEVAC M60 winner Walter Ryder and Morpeth team mate M. Brown [202]

R. Wright 41:26, 9 B. Campbell 41:52, 10 B. McKay 42:35, 11 B. Wood  
 42:56, 12 M. Duff 43:16, 13 M. Rellon 43:30, 14 D. Shotton 44:00, 15  
 T. Ward 44:10, 16 B. Brown 45:52, 17 G. Routledge 54:48

**M55** 1 L. Walker 40:37, 2 C. Bolton 41:06, 3 R. Stevenson 41:50, 4  
 G. Smith 42:16, 5 B. Lumsden 42:41, 6 A. Purdham 45:48, 7 F. Strand  
 46:32, 8 M. Stephenson 49:03 **M60** 1 W. Ryder 40:24, 2 T. Barnes  
 41:35, 3 A. Oliver 41:37, 4 B. Atkinson 42:04, 5 A. Prouse 44:04, 6  
 J. Prudham 44:19, 7 R. Checkley 45:03, 8 M. Harner 45:19, 9  
 T. Thompson 47:02, 10 R. Lavenex 49:49, 11 S. Kohson 51:00

**M65** [6km] 1 E. Appleby 24:52, 2 T. Radcliffe 27:37, 3 G. Shirley  
 27:55, 4 D. Hall 30:27 **M70** 1 B. Peart 25:41, 2 T. Joynson 40:19  
**M75** 1 Johnston 32:37

**W35** 1 H. Robinson 22:18, 2 L. Marr 23:03, 3 J. Battersby 23:53, 4  
 C. Heslop 29:48, 5 F. Pullen 29:58 **W40** 1 S. Allen 22:20, 2 Y. Swinhoe  
 25:38, 3 M. Dodsword 26:41, 4 A. Robson 27:27, 5 C. Courtney 31:32

**W45** 1 R. Layton 26:48 **W50** 1 S. Cain 28:00 **W55** 1 H. Simpson 29:24,  
 2 K. Stewart 31:55

**Teams: M40-49** 1 Morpeth 15, 2 Tynedale 30, 3 N.S. Poly 56 **M50-**  
 64 1 Elswick 6, 2 Morpeth 26, 3 Gosforth 58 **M65+** 1 Heaton 8  
**W35+** 1 H & P 19, 2 Elswick 27

## SVAC C.C. Champs, Ashton-U-Lyne, 15/2/98

**Race 2: M40** 1 P. Venables 36:46, 2 R. Atkinson 37:12, 3 M. Girvan  
 37:15, 4 G. Ratcliffe 37:43, 5 G. Mason 38:25, 6 G. Rowland 37:43, 7  
 D. Carrington 38:32, 8 P. Milligan 38:36, 9 W. Fox 39:15, 10 S. Williams  
 39:24, 11 K. Dobson 39:37, 12 R. Derbyshire 40:30, 13 G. Marrinan  
 41:04, 14 M. Jones 41:05, 15 G. Parker 41:22, 16 P. Cudworth 42:50, 17  
 S. Perry 43:04, 18 I. Shakeshaft 43:08, 19 D. Shaw 43:51, 20 P. Morgan  
 44:48, 21 S. Longden 46:21, 22 S. Worden 47:34 **M45** 1 K. Moss  
 36:39, 2 R. Bailey 37:25, 3 M. Foschi 38:51, 4 R. Carruthers 38:58, 5  
 R. Frodsham 39:08, 6 P. Keen 39:27, 7 M. Wakefield 39:30, 8  
 P. Leviston 40:03, 9 P. Weatherhead 40:27, 10 D. Soden 40:37, 11  
 D. Mellor 41:42, 12 D. Gaynor 41:03, 13 J. Dobie 41:13, 14 N. Price  
 41:25, 15 P. Reid 41:43, 16 R. McCall 41:57, 17 G. Bell 42:08, 18  
 A. Fielding 42:29, 19 R. Winward 42:39, 20 M. Pope 43:17, 21  
 F. McCormack 43:37, 22 M. Hopkins 44:06, 23 T. Vallance 44:11, 24  
 F. Dobson 44:57, 25 A. Cooper 45:01, 26 B. Riley 45:08, 27  
 K. Thompson 45:17, 28 G. Howell 45:51, 29 P. Doherty 46:22, 30  
 W. Seaman 46:36, 31 T. Mannion 48:36, 32 G. Wilson 53:09, 33  
 C. Demet 54:03

**Race 1: M50** 1 B. Hilton 37:25, 2 P. Hyde 37:35, 3 N. Robson 39:45, 4  
 E. Ranicar 40:01, 5 F. Davies 40:50, 6 M. Cunningham 41:13, 7  
 D. Kearns 41:42, 8 J. Davis 41:48, 9 S. Grace 42:03, 10 R. Dover 42:07,  
 11 D. Walton 42:44, 12 P. Wilkinson 42:56, 13 M. Whiteside 43:18, 14  
 P. Larkin 43:20, 15 T. Lythe 43:34, 16 K. Culshaw 43:36, 17 A. Hand  
 43:16, 18 C. Tordoff 44:32, 19 I. Burton 44:46, 20 N. Pratten 45:16, 21  
 P. Simpson 45:25, 22 J. Dwyer 45:27, 23 J. Linley 45:29, 24 A. Nuttall  
 45:50, 25 D. Sims 45:57, 26 A. Waite 46:17, 27 W. Hargreaves 46:18, 28  
 J. Golder 46:58, 29 P. Henley 47:24, 30 D. Cullen 48:41, 31 J. Devitt  
 49:05, 32 D. Gedge 49:28, 33 R. Ashby 50:08, 34 K. Black 50:14, 35  
 J. Wilson 54:24 **M55** 1 S. James 39:28, 2 L. Haynes 40:17, 3 D. Voyle  
 40:47, 4 M. Smith 41:05, 5 F. Gibbs 41:08, 6 K. Burgess 42:15, 7  
 M. Barnes 42:39, 8 J. Etchells 42:41, 9 F. Wheeler 45:14, 10 G. Lawson  
 47:27, 11 P. Riley 48:51, 12 D. Wilcock 54:47 **M60** 1 D. Spencer 41:58,  
 2 R. Jones 47:44, 3 P. Dobb 47:59, 4 G. Gardner 49:17, 5 M. Schofield  
 49:44, 6 J. Smith 50:52, 7 D. Scott 51:08, 8 D. Tilstone 53:17, 9  
 D. George 55:50, 10 R. Packer 57:16, 11 R. Burden 59:05, 12 R. Francis  
 59:18, 13 D. Pellatt 60:56 **M65** 1 D. Howarth 47:34, 2 R. Silver 51:12, 3  
 B. McInigan 61:18, 4 A. Walsham 52:32, 5 M. Bancroft 54:02, 6  
 C. Betts 56:58, 7 S. Hardicker 62:46, 8 B. Lister 63:59, 9 D. Gill 71:11,  
 10 J. Hughes 73:19 **M70** [5.5km] 1 J. Lawton 27:49, 2 B. Heeler 29:08,  
 3 B. Crook 34:15 **M75** 1 D. Kitchen 32:15, 2 J. Johnson 32:34, 3  
 L. Heald 41:22

**W35** A. Vesey 44:11, 2 S. Selby 46:53, 3 M. Davies 52:35, 4 J. Hayman  
 53:00 **W40** V. Battye 45:00, 2 D. Wakefield 48:06, 3 S. Crehan 52:06, 4  
 A. Cherry 54:56, 5 E. Heeler 62:20 **W45** 1 A. Foster 49:08, 2  
 K. Maycock 50:45, 3 J. Adams 54:15, 4 C. Pickard 56:15, 5 G. Demet  
 57:33, 6 P. Golder 60:42 **W50** 1 I. Bradwell 58:35, 2 D. Padgett 70:16  
**W60** [5.5km] 1 M. Fox 28:29

**Teams: M40** 1 Sale 90, 2 Bingley 99, 3 Altrincham 133 **M45** 1  
 Pembroke/Sefton 86, 2 Barrow 112, 3 Altrincham 139, 4 Liverpool  
 179 **M50** 1 Altrincham 54, 2 Bolton 71, 3 Newcastle 99, 4 Barrow  
 100 **M55** 1 Bingley 56 **M60** 1 Wirral 165, 2 Newcastle 196, 3 NVAC  
 245 **W35+** 1 Sale 17, 2 Altrincham 18

## Malta Veterans 10k Road Race, 17/1/98

[results of British runners only unless otherwise indicated. Age graded percentages in brackets]

**M40** 1 E. Camilleri MLT 35:44.0 [77.99], 2 R. Mifsud MLT 35:48.0  
 [77.84], 3 R. Benjamin 36:08.0 [77.12] **M45** 1 J. Dingwall 35:25.0  
 [81.60], 2 A. Camilleri MLT 35:53.0 [80.54], 3 G. Farrugia MLT  
 37:40.0 [76.73], 4 S. Rowland 38:15.0 [75.56], 5 T. Andrews 41:14.0  
 [70.09], 6 S. Jeffrey 42:09.0 [68.57], 11 I. Crawford 43:05.0 [67.08]

**M50** 1 D. Cordwell 35:47.0 [83.94], 2 S. Collier 36:42.0 [81.84], 3  
 C. Evans 37:33.0 [79.99], 7 P. Hazell 40:24.0 [74.35], 8 P. Blowers  
 41:16.0 [72.79], 9 J. Leggett 42:00.0 [71.52], 17 M. Bowden 48:47.0  
 [61.57], 23 T. Gale 52:17.0 [57.45] **M55** 1 A. Fowle 39:08.0 [80.00], 2  
 E. Hughes 40:47.0 [76.76], 3 A. Smallwood 41:13.0 [75.95], 4  
 M. Parkins 43:36.0 [71.80], 8 J. Byrne 46:49.0 [66.87], 10 D. Nutley  
 51:46.0 [60.47], 15 M. Sinnonds 1:04:55 [48.22] **M60** 1 E. Knockaert  
 BLG 37:37.0 [87.06], 2 R. Pannell 38:41.0 [84.06], 3 J. Irvine 40:22.0  
 [81.13], 4 H. Morrison 40:41.0 [80.50], 7 C. Weight 43:48.0 [74.77], 9  
 M. Morrell 46:54.0 [69.83], 10 S. Morter 47:55.0 [68.35], 12 D. Bailey  
 52:44.0 [62.11], 13 J. Pink 54:13.0 [60.41] **M65** 1 R. Pitcairn-Knowles  
 41:35.0 [82.80], 2 D. Morris 44:26.0 [77.49], 3 A. Walsham 45:30.0  
 [75.67], 4 C. Mocortley 46:10.0 [74.58], 5 T. Wyer 46:25.0 [74.18], 6  
 M. McDowell 51:58.0 [66.26], 8 G. Munford 56:18.0 [61.16]

**M70** 1 R. Dare 45:41.0 [79.76], 2 R. Franklin 46:27.0 [78.44], 3  
 H. Mills Israel 57:44.0 [63.11] **M75** 1 J. Purcell 1:00:35.0 [64.24], 2  
 W. Robinson 1:08:06.0 [57.11] **M80** 1 G. Scutt 1:02:21.0 [67.39]

**W35** 1 C. Galea MLT 35:37.0 [84.22], 2 C. Fenech MLT 39:50.0  
 [75.30], 3 L. Craig 40:10.0 [74.68], 7 G. Benjamin 50:04.0 [59.91]

**W40** 1 S. Rowland 42:56.0 [72.70], 2 J. Cutajar MLT 44:56.0 [69.46], 3  
 A. Bugeja MLT 46:30.0 [67.12]

**W45** 1 M. Piscopo MLT 44:08.0 [73.75], 2 M. Falzon MLT 47:16.0  
 [68.86] **W50** 1 D. Scicluna MLT 50:56.0 [66.86], 2 M. Sultana MLT  
 60:33.0 [56.20] **W55** 1 D. Tsakirianos 4:43.0 [79.83], 2 E. Osborne  
 55:02.0 [79.27], 3 B. Cusken 52:34.0 [67.91] **W60** 1 S. Mocortley  
 67:27.0 [55.76] **W65** 1 B. De Prater BLG 2:07.0 [76.49]

**W70** 1 L. Borg Costanzi MLT 2:25:34.0 [49.76]

## Malta Veterans Track & Field, 18/1/98

**100m: M40** 1 M. Parrochia MLT 14.4 **M45** 1 G. Vessey 12.6, 2  
 L. Taliano MLT 13.0, 2 P. Bonello MLT 13.2 **M50** 1 R. Roach 13.1, 2  
 C. Zammit MLT 15.1 **M55** 1 J. Ross 12.7, 2 J. Byrne 15.1 **M60** 1  
 A. Crocker 13.0, 2 J. Phillips 14.4, 3 T. Grech MLT 15.0 **M65** 1  
 A. Strubbe BLG 14.3, 2 W. Morrow 16.0 **M75** 1 A. Lovett 15.5 **W40**  
 1 R. abone MLT 16.8 **W45** 1 J. Sanger AUS 14.5, 2 F. Camilleri MLT  
 16.3 **W60** 1 R. Clurmes 15.8

**200: M45** 1 G. Vessey 26.3, 2 L. Taliano 27.4, 3 P. Bonelli 28.2 **M50**  
 1 R. Roach 26.3, 2 C. Zammit 31.8 **M55** 1 J. Ross 25.9 **M60** 1  
 L. Essery MLT 31.0, 2 T. Grech MLT 31.5, 3 S. Morter 34.5 **M65** 1  
 A. Strubbe BLG 30.5, 2 W. Morrow 35.1 **M75** 1 A. Lovett 34.0 **W40** 1  
 A. Bugeja MLT 31.7 **W45** 1 J. Sanger AUS 30.9 **W45** 1 M. Williams  
 31.2

**400m: M40** 1 T. Grech MLT 60.1 **M45** 1 F. Vella MLT 65.9, 2 F. Borg  
 MLT 69.7 **M50** 1 A. Muscat MLT 76.7 **M55** 1 J. Ross 59.5, 2 J. Byrne  
 98.4 **M60** 1 I. Riddle 108.6 **M75** 1 A. Lovett 85.7 **W45**



# **FIXTURES**

## **INTERNATIONAL**

- 28 Mar WAVA Road Running/Walk Champs Kobe, Japan, entries closed  
 19-20 International Track & Field Match, France v Belgium v Netherlands v  
 June GB, Calais  
 28 Jun Bruges Veterans Grand Prix, 10k & 25k, see ad V/A No. 44  
 11-19 European Veterans T & F Championships, Cesenatico, Italy  
 Sept Entry details see page 1  
 21 Nov British & Irish Vets C.C. International, Wrexham, N.Wale, see next issue

## **NATIONAL**

- 28 Mar BVAf Cross Country Champs, Croydon. Entries closed 28/2/98  
 4 May BVAf 50K Road Walks, Burrator, Plymouth  
 10 May BVAf 10 mile Champs, Leyland, Lancs, see ad. page 11  
 17 May BVAf Marathon, Lochaber, Fort William see ad. page 9  
 17 May BVAf National Open Vet Relays, Aldershot, see ad. page 5  
 11/12 BVAf Track and Field Championships, Newport, Gwent, see ad. page 3  
 July  
 1 Aug BVAf 20K Road Walks, Men & Women in conjunction with Birchfield  
 Open, Sutton Park, 12 noon. Entries Paul Huckerby  
 9 Aug BVAf 20k Track Walk Champs, Solihull. 11am. Entries M.Priestman  
 9 Aug BVAf Pentathlon, Solihull, entry form in next issue  
 22/23 BVAf Decathlon, Don Valley, Sheffield, contact John Charlton, details in  
 Aug next issue  
 30 Aug BVAf Half Marathon, Liverpool, details in next issue  
 6 Sept BVAf 10K Road Walks in conjunction with Leicester Mercury Walks,  
 11.00am, Entries Peter Adams, Abbey Park, Leicester  
 27 Sept Inter Area Track & Field Match, Victoria Park Stadium, Warrington

## **NORTHERN**

- 22 Mar NVAC 20 miles Road Champs, Inc in Rochdale '20'. 10.30am  
 Springfield Park, Rochdale. £3.50 payable to Rochdale H & AC.  
 Members only. Entries to P Roberts, 19 Shepherd Street, Rochdale, OL11  
 5SU. cd 14/3  
 19 Apr NVAC Monthly Road Run, Approx 10K, Wallasey RUFC, Cross  
 Lane, Wallasey. Noon.  
 3 May NVAC Monthly Run, Approx 10K Road and Paths, Hood Lane Sports  
 Club, Warrington. Noon.  
 6 May NVAC Track and Field, Woodbourn Road Arena, Sheffield  
 31 May NVAC Track and Field Champs, Wavertree, Liverpool  
 31 May NVAC Half Marathon Champs inc in open race East Cheshire H  
 HQ, Richmond Street, Ashton -U-Lyne. 11am start. Entry £4.50. c/d 17/5  
 Members only. Entries M McGann, 1 County Ave. Ashton -U-Lyne.  
 10 June NVAC Track and Field, Thornes Park Track, Wakefield  
 1 July NVAC Track and Field, Belle Vue Track, Manchester  
 5 Aug NVAC Track and Field, Belle Vue Track, Manchester  
 23 Aug NVAC Monthly run 10K Road and Paths, Irlam Steel Recreation &  
 Social Club, Liverpool Road, Irlam, Noon

## **NORTH EASTERN**

- 28 Mar N.E. Harrier League Cross Country, Prudhoe  
 5 Apr NEVAC Track Standards. Jarrow (inc Discus, Hammer, Shot)  
 10 Apr Elswick Relays  
 12 Apr NEVAC Track Paarlauf, Jarrow (inc Javelin, Discus, Shot)  
 13 Apr Hartlepool 10K  
 20 Apr NEVAC Track Standards, Jarrow (Inc Field events)  
 22 Apr Tyneside Track League, Jarrow  
 26 Apr Wallsend 10K  
 6 May NEVAC League No 1, Jarrow  
 18 May NEVAC League No 2, Jarrow  
 24 May Barnard Castle 10

## **MIDLAND**

- 19 Apr MVAC Track and Field Warm Up, Redditch. 2 mile open Walk + 2 mile  
 Walk Yacht Handicap £1 per event Payable to MVAC. cd 12/4  
 26 Apr MVAC Road Relay and AGM, Tamworth. 11am. £3 per team. cd 19/4  
 14 June MVAC Track and Field Champs, 5k Walk, Solihull  
 21 June MVAC 10K Road Champs, Chelmsley Wood  
 9 Aug MVAC Pentathlon, 10K Walk & Run, Solihull

## **EASTERN**

- 5 Apr EVAC 10K Vets only, 1pm, Hatley St George, Sandy, Beds AGM follows  
 19 Apr EVAC Road Relays Vets only. 40+ -4 per team. 50+ and women- 3 per  
 team, 11am Hemingford Grey St Ives, Cambridge. Entries to P Chaplin  
 £4 team of 4, £3 for team of 3  
 6 May EVAC 1 mile League Match Walk  
 24 May EVAC 10 miles incorporated in Ipswich Jaffa 10 miles - Ipswich Suffolk  
 3 June EVAC 2K League Match Walk  
 7 June EVAC Track and Field Champs, Peterborough, enquiries to P Chaplin  
 1 July EVAC 1 mile League Match Walk

- 12 July EVAC 5 miles inc. in John O'Callaghan Memorial Five, Luton  
 5 Aug EVAC 2K League Match Walk  
 5 Sept EVAC Half Marathon inc. in Wissey Half, Wissey Norfolk All other  
 entries to Race Secretaries, as per adverts

## **SOUTHERN**

- 15 Apr VAC Track and Field, Battersea Park, 7pm  
 21 Apr VAC 5 miles Run and Walks, Battersea Park, 7pm  
 27 Apr Southern Vets Track and Field League, Various Venues, 6.30pm  
 29 Apr VAC 10K Track Walk Champs, Battersea Park, 6.30pm  
 4 May SCVAC 10K Road Champs and Grand Prix. In conj. with Ted Pepper  
 Memorial Race, Beckenham Entries £5 + £1 for SCVAC Champs to  
 Event Sec. 59 Sutherland Ave. Biggin Hill, Kent TN16 3HG payable to  
 Blackheath Harriers with SAE. cd 30/4  
 4 May Inter Counties Women's Vet Track and Field, Portsmouth 10.am. Mark  
 Corte 01705 263093  
 13 May VAC Track and Field, Kingsmeadow, 7pm  
 18 May Surrey County Vets Track and Field, various venues, 6.30pm  
 23 May 4th Surrey Vets Track and Field Champ, Tooting Bec Track. 12 noon  
 Entries £3 per event, Relays £6 per team to R Belmore, "Torbay",  
 Prestwick Lane, Grayswood, Haslemere, Surrey GU27 2DU, cd 12/5  
 26 May VAC 5 miles Run & Walks, Battersea Park, 7pm  
 10 June VAC Track and Field, Battersea Park, 7pm  
 14 June SCVAC Track and Field Champs, Hendon, 10am. Entries Members £3  
 first event, £2 others, Non members £4 first event, £3 others. Entries to  
 Hon.Sec. 64 Goddard Ave, Swindon, Wilts, SN1 4HS, cd 22/5 +SAE  
 16 June VAC 5 miles Run and Walks, Battersea Park, 7pm  
 22 June Southern Vets Track and Field League, Various Venues, 6.30pm  
 7 July SE Inter Counties Vets T and F, Crawley, Mark Corte 01705-263093  
 14 July VAC 5 Miles Run and Walks Champs, Battersea Park, 7pm  
 20 July Southern Vets Track and Field League, Various Venues, 6.30pm  
 22 July VAC Track and Field, Battersea Park, 7pm  
 12 Aug VAC Track and Field Battersea Park, 7pm  
 16 Aug Middlesex & Herts Vets Track and Field Champs, Hemel Hempstead,  
 Entries Middx £1.50 /event with SAE to Jeanne Coker, Herts £1.50  
 event + SAE to Sally Gandee, 4 Westfield Rd.Hertford, SG14 3DJ cd 3/8  
 18 Aug VAC 5 miles Run and Walks + 1 mile road race, Battersea Park  
 30 Aug VAC Track and Field Champs, Kingsmeadow. 11.30am. Entries to R  
 Belmore. cd 16/8  
 6 Sept Southern Vets Track and Field Final, Hendon  
 9 Sept VAC 10,000 Metres Track Champs, Battersea Park, 6pm

## **SOUTH WESTERN**

- 19 Apr SWVAC Grand Prix Series No.4. Taunton Half 13.1m, 10.30hrs \*  
 3 May SWVAC Grand Prix Series No.5. Great West Run. Exeter 13.1m, 10.30\*  
 10 May SWVAC Grand Prix Series No. 6 Bristol Half 13.1m, 11.00hrs \*  
 24 May SWVAC Grand Prix Series No. 7 D.M.L. Plymouth Half 13.1m, 11.00 \*  
 (\*special incentive for taking on all 4)  
 7 June SWVAC Grand Prix Series No. 8 Poole 10K, 1400hrs (Prov)  
 21 June SWVAC Open Track and Field Champs, Exeter, 10.00hrs  
 27 June SWVAC Grand Prix Series No. 9, Launceston, 10K 19.30hrs

## **SCOTTISH**

- 22 Mar SCVAC 6-stage relay, Torrance  
 5 Apr Tom Scott SVHC 10 mile Championships  
 17 May Lochaber Marathon, BVAf Marathon Champs, see ad p. 9

## **ISLE OF MAN**

- 22 Mar IOMVAC 20 miles Road Race, NSC, 9.30am  
 11 Apr IOMVAC Manx Mountain Marathon, Ramsey  
 16 Aug IOMVAC Marathon and Half Marathon, Ramsey

Below, BVAf Indoor Champs: M40 & M45 1500m: Overall winner  
 Dave Wilcock [117], M45 winner Archie Jenkins [169], extreme left





# Vets Enjoy Malta Weekend



The chasing pack at 1km: Steve Rowland[208], Clive Evans[262] and Stan Collie [216]

About 70 British veterans, a substantial increase on last year, travelled to Malta for the annual Veterans 10km Road Race and Track and Field Meeting over the weekend of January 17-18. Also taking part were about 130 Maltese veterans, a small, but strong, group of Belgians and a few other nationalities.

About 180 competitors lined up for the 10k start in warm [by British winter standards], sunny, but very blustery weather to run an out and back course from the Jerma Palace Hotel at Marsascala to Zejtun. Competitors found the outward run very demanding because of the strong headwind and the long but steady incline to Zejtun. The pre-race favourite in the men's event was Jim Dingwall, the 48 year old Scot from City of Hull AC, and Carol Galea, the 35 year old Maltese champion and the winner of the Dublin marathon last October, was the obvious choice in the women's event.

The leaders, after the field had run along the sea front and reached the 2km mark to commence the climb to the turning point at Zejtun, were the Maltese duo of Euchar Camilleri and Carol Galea, with a small group including Dingwall, Ray Mifsud and Alf Camilleri just a few metres behind. Dingwall was still in fourth place after rounding the turn but by the 6km mark he had moved into the lead. At 8km, as they commenced the small loop around the town and harbour, his nearest challenger was Carol Galea, only 30 metres behind, with Euchar Camilleri a further 50metres back.

Sixth in the men's race at this point was Britain's M50 David Cordwell, from Bristol, with colleagues Ron Benjamin, M40, and Stan Collie, M50, in 7th and 8th. In the final kilometre along the sea front Dingwall extended his lead slightly and finished in 35:25, 12 seconds ahead of Carol Galea, who set a new Maltese women's 10k record. A great effort by Cordwell saw him improve his position, finishing third behind Euchar

Camilleri in the men's race with an impressive 35:47 and taking the M50 prize. Benjamin came in sixth, behind Mifsud and Alf Camilleri.

The outstanding performance of the day, however, came from the Belgian M60 Ed Knockaert. He finished 10th overall in 37:37, a magnificent effort considering the blustery conditions. This time earned him the highest age graded mark of 87.06% and a prize of a return air ticket to London, as did Carol Galea's age graded mark of 84.22% for the top woman's performance. Also doing well in the M60 group was Ron Pannell from Leeds, who scored 84.60% with a time of 38.41 and Jim Irvine and Henry Morrison both scored over 80%.

British athletes took all three trophies in the M50 section through Cordwell, Collie and M60 Tony Crocker wins the over 60's 100m in 13.0 from M65 Andre Stubbe [Belgium], 258, and Joe Phillips [233]

Clive Evans, while Alan Fowlie also achieved 80% in winning the M55. Further down the age groups Richard Pitcairn-Knowles easily won the M65 trophy with 41.35 [82.80%] and Ron Dare had his usual battle with Ron Franklin to win the M70. Jim Purcell was the M75 winner and George Scutts romped home in 1:02.21 to win the M80's.

In the women's race Carol Galea was in a class of her own and finished more than four minutes ahead of her nearest challenger. Her compatriot Cecilia Fenech and Britain's Liz Craig had quite a battle, but Fenech finally crossed the line by a margin of 20 seconds. Sonia Rowland finished fourth overall and won the W40, while the W45 and W50 trophies went to local runners Monica Piscopo and Doris Sciclona. There were two good performances in the W55 group from Britain's Dee Tsakarisianos and Eva Osborne, with the former taking the winner's trophy by 19 seconds, although both scored over 79% on the age graded scale. World champion Bertilia De Preter from Belgium easily won the W65 group in 52:07.

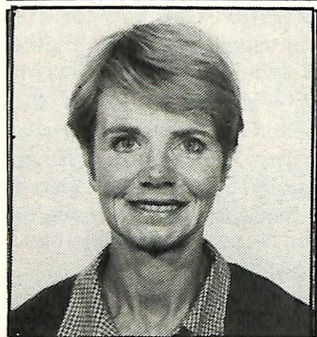
The track and field meeting on the following day took place in similar weather conditions, although the track at Marsa, on the outskirts of Valletta, offered much more shelter from the wind than the sea front of Marsascala, and competitors only had to contend with it on the back straight. As expected, the British veterans had greater strength in depth, particularly in the older age groups.

One who enjoyed himself immensely was John Ross, who took home no less than five winners medals. Just three months short of his 60th birthday, he won all his events in the combined 50-60 age group. He ran 12.7 [100m], 25.7 [200m] and 59.7 for the 400m to achieve age graded scores in the high eighties. Another high scorer was M60 Ron Pannell, who ran a brilliant 5000m in 17:51.3

[Continued on page 23]







**Veronica Manley**

*Veronica Manley has offered to answer readers questions, give training tips or advice on injury prevention/treatment and nutrition. She has many years experience as a graduate sports teacher [teaching adults], runs her own fitness consultancy business and is a practising private physiotherapist. She is an enthusiastic member of the Eastern Veterans AC. Members letter's will be answered personally and a selection will be used in these columns. Please send queries to the editor, address on page 6. Although Veronica gives her advice free it is suggested that readers who receive advice may wish to make a small donation to the BVAF.*

*Herbie Hawthorne, a 68 year old from N.Ireland, suffers from a recurring calf injury which forces him to stop training and has asked for advice on how to prevent it happening in the build up to the World Championships in Gateshead next year.*

It is a well documented fact that most sports injuries are actually a recurrence of a past injury. This is due to the poor rehabilitation and conditioning programme that the athlete has participated in prior to returning to the sport.

The calf muscle [gastrocnemius] is composed of two parts, medial and lateral. It's role is to flex [bend] the knee and to plantar-flex [point downwards] the foot. It is used in both push off and landing when running. Nature has designed it such that it has a high percentage of type 2 fast twitch fibres which are well able to cope with rapid and powerful contractions.

Calf injuries usually involve the musculotendinous junction of the medial head. Unfortunately, this injury seems to be a problem frequently afflicting athletes from middle age onwards. It has been shown by Coggan [1992] that there are tissue and biochemical changes in the gastrocnemius muscle linked to the aging process. These changes consist of an actual reduction in the proportion of type 2 muscle fibres and also the muscle's capillary density. It has yet to be shown, however, whether exercise can actually halt or slow down these changes.

The first stage of rehabilitation of your calf injury is, as you have rightly done, to control inflammation by ice, active rest, compression and elevation. After the initial acute phase of treatment there follows an important rehabilitation and conditioning programme which is so often under estimated by athletes. It is during this very crucial phase that new, strong and healthy tissue is formed which will stand further injury.

Start with restoring the calf muscle to full range of motion by stretching. I have found

that calf stretching, either barefoot or in a swimming pool, to be the most effective at obtaining full range of motion.

Once full range has been obtained, start to regain normal walking and then proceed to fast walking, using the heel-toe motion. Progress then to power walking, exaggerating stride length and push off. Although gym work is beneficial insofar that "calf raise" type exercises will strengthen the calf muscle, isometric exercises such as these are not functional. It is important that, as a runner, your rehabilitation programme be specific to running, which means loading the muscle whilst walking or running using it both eccentrically on landing and concentrically on take off. Eventually, you should incorporate hopping and bounding movements into your programme.

The above programme should form part of your regular pre-competition conditioning programme. The flexibility exercises should be done daily to minimise the risk of injury and to maintain any scar tissue as soft and pliable as possible.

Finally, check out other possible causes of recurrent calf strain. Postural and anatomical factors, muscular imbalances, body type, running gait and lifestyle practices could all have some bearing on susceptibility to a particular injury.

*Pauline Breckell, W40 age group, has done jogging on and off for years but now that her family have grown up wanted to run more seriously. Unfortunately, she worked long shifts, with very erratic work patterns and asked for advice on the best way to fit in meaningful training.*

First of all, training must have a point in sight. Set yourself a goal, say, a month away, with a target time. Then develop your programme towards it. There are three main parts to the training:

- 1 One session under distance, but faster
- 2 One session the actual distance, at slightly slower than race pace.
- 3 One session over distance, slower than race pace

These are your three main sessions which train you specifically for your event. The rest is "conditioning"

How to fit this into your lifestyle?

To be able to run fast you must train fast. Interval work at race pace or slightly faster is the main priority for 10k and 10 miles trainees.

Session 1 might be: Warm up; 4 x 2 mins fast; 4 mins jog recovery; 4 x 2 mins fast; Cool down.

Session 2 might be: Warm up; Run 8 miles but include fartlek and ample recovery; Cool down.

Session 3 might be: 11-12 miles easy

Conditioning sessions provide the back up to your programme.

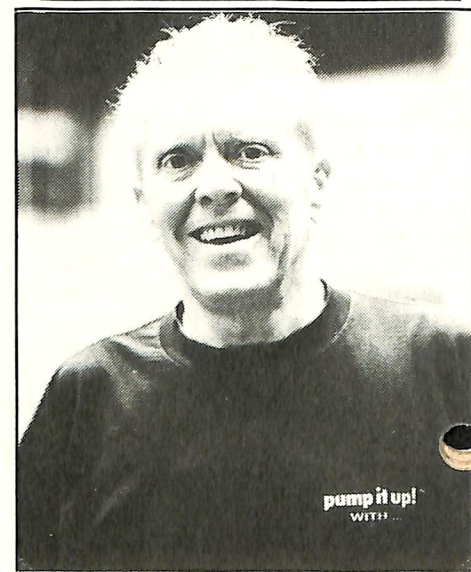
Remember that specificity is of paramount importance. Regular strength training in the gym is beneficial to all runners in that it lowers the risk of injury, enhances running

economy and strengthens other muscle groups, allowing them to be called upon in times of running fatigue.

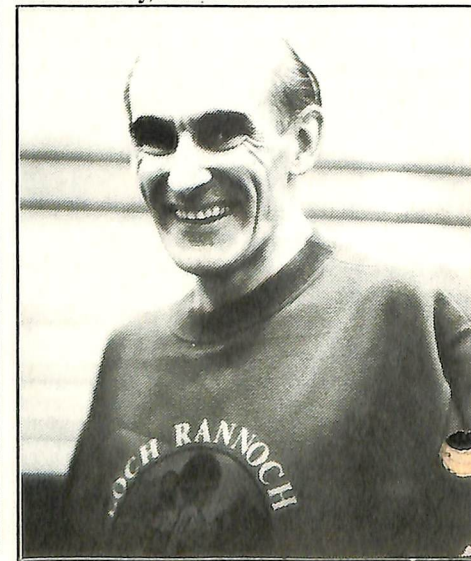
Your gym work should mimic running. In other words it should be weight bearing and provide horizontal movement if it is to improve running speed. Ideally, if you get the chance to swim, water running will replace a road hill session. The movements in the water mimic running admirably and running against the current is like running up a 1 in 10 hill or a force 8 wind! It provides an excellent alternative to road running for someone like yourself who is on her feet all day.

Your three sessions incorporated into your 3 days off out of 7, and perhaps a water run on a day when the shift finishes at 2pm, plus gym work on the day when the shift starts at 11am, will give 5 days training, setting you on the road towards a PB. As you have one Sunday in four off, plan a race for that day.

Finally, you will run best when you feel best, not when you have completed massive mileages. Intensity of training, and not the volume, is agreed by the experts to be the key to success.



**BVAF Indoors: Celebration time for above, Allan Meddings, M70 World Record, below, John Gornley, double M60 winner**







Malta 800m: David Cooke leads Joseph Grech [Malta] and Martin Miller

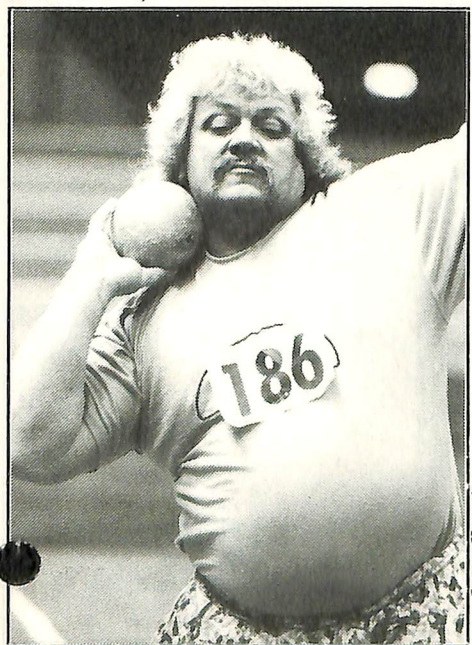
### Malta Veterans Weekend

[continued from page 21]

to score 88.68%. In fact, the combined age grouped 5000m was the best quality event, with 28 starters, and most age group winners achieving over 80%. Overall winner was M50 Dave Cordwell in 17:14.6 [84.24%]. The M40 and M45 groups were won by Maltese athletes Manuel Spiteri and Alf Camilleri, but all other groups were won by British runners.

In the sprints Gordon Veasey had a good M40 double, but the best sprint performance of the day must have come from M60 Tony Crocker, who scorched to a 13.0 win in the 100m to score 89.20%. He also achieved high scores in winning both the long and high jumps. Alan Lovett, M75, improved on his good performance of last year. He took four winners medals, but improved his 100m time from 15.9 to 15.5!

Below, Hamish Davidson wins M40 shot silver medal, BVAf Indoors



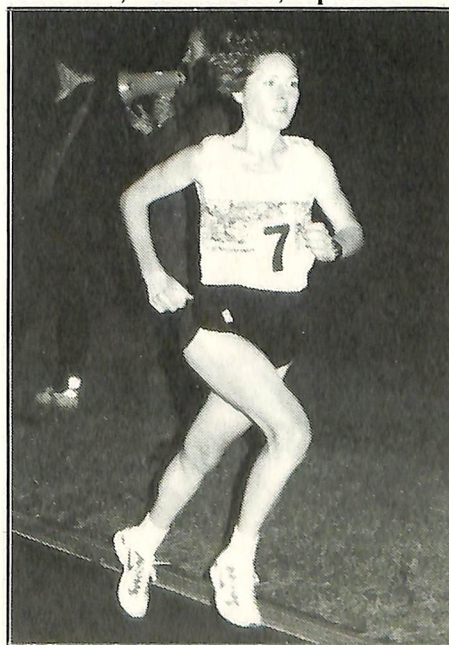
Jeremy Hemming

One delighted athlete was Robin Roach who, besides winning a M50 sprint double, also achieved a personal best in the shot of 11.29m, improving both his club's [Walton AC] record and the Maltese all comers record in the process. The best performances in the middle distance events came from M50 Martin Miller in running 2:17.5 for the 800m and 4: 51.0 for the 1500m.

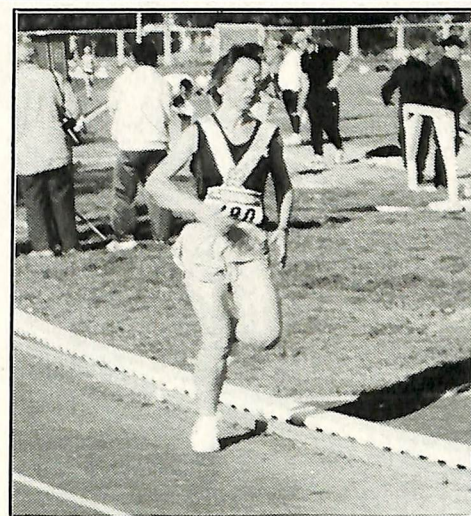
Competitors in the women's events were fewer than expected. The best performances came from W60 Rosemary Chrimes with a high jump of 1.50m [84.51%] and 15.0 for the 100m. W35 Sandra Irvine ran away with the 5000m in 19:40.4 but Dee Tsakarisianis, W55, had the best technical performance by scoring 81.44% in running 21:14.00.

This week end of athletics in Malta looks set to grow in stature and it is an ideal opportunity for road runners and track and field athletes to gain some warm weather training

Alison Fletcher, achieving her one hour run record, Norman Park, September 97



Jeremy Hemming



Geoff Ashby

Sandra Irvine easily wins women's 5000m

and competition away from the worst of the British winter. The array of trophies to be won in the road race for all age groups was most impressive and top quality medals were awarded in each age group in the track and field events. The organisation of the road race was excellent. More officials would have helped the track and field meeting but that is a universal problem nowadays. Next year's events will take place over the week end of January 16-17. **Results page 18**

Geoff Ashby

### Untapped Marathon Potential?

Alison Fletcher is a prolific racer who sees veteran competition purely as an added bonus. Recently she finished a high 37th in the Southern Senior Cross Country Championships at Parliament Hill Fields, but her last major veteran victory was in last October's BVAf 5km over the Eastway cycle circuit.

Fletcher, 36, found that Lynn Higgs of Colchester was setting a fast pace in the 5k, but still managed to open out on the final hill on the last lap and go well clear, winning by 17 seconds in 17:51.

She believes that her best race was finishing in the middle of the field in the National 5k Championships, clocking a P.B. of 17:10. She can point to some impressive times: 10k, 35:18 [track] and 35:25 [road]; 5 Miles, 17:30; 10 M, 58:24; Marathon, 2:51.

Although she was raised in a sporting family and took part in most types of sport at school, she did not take up running until she was 20. That was only for fitness, but she was bitten by the bug and, after moving south from her West Country base, she joined Cambridge Harriers and later, Dulwich. She was influenced largely by Steve Smythe, who is an excellent runner and athletics writer.

Despite her good performances on the track and a good 1:17 half marathon she has always been a low mileage runner. This points to her having untapped potential as a marathon runner. The problem has been that injury, such as the stress fracture that she suffered last year, has often stilted her progress as a distance runner. Backed by the tremendous enthusiasm of Smythe and her Dulwich team mates, however, and a bit of luck re injuries, we shall be hearing a lot more of this cheerful lady.

Alastair Aitken



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18mm	£3.99 per set
Omni-Lite Ceramic Spikes: 5mm, 7mm, 9mm, 12mm	£3.99 per set

IN ADDITION TO THE SHOES SHOWN, WE ALSO STOCK THE  
FOLLOWING TRACK AND FIELD SHOES:

### SPRINT SPIKES

	UK Sizes	Price £
<b>MIZUNO</b>		
Tokyo	6-12	£69.99
Speed	3-12	£34.99
<b>NIKE</b>		
Zoom JSC (available April)	5-13	£90.00
Zoom Superfly II	5, 5 1/2	£60.00
Zoom Superfly II	6-13	£80.00
Zoom Rival S	3 1/2-5 1/2	£34.00
Zoom Rival S	6-12	£40.00

### DISTANCE SPIKES

<b>ASCIS</b>		
Lightning	3-12	£34.99
<b>MIZUNO</b>		
Surge	6-12	£49.99
<b>NIKE</b>		
Zoom Eldoret	4 1/2-5 1/2	£51.00
Zoom Eldoret	6-13	£60.00
Zoom Shift	6-14	£60.00
Zoom Rival D II	3-5 1/2	£34.00
Zoom Rival D II	6-14	£40.00
<b>REEBOK</b>		
Athletic PB	1-5 1/2	£29.99
Athletic PB	6-14	£34.99

### JUMP SHOES

<b>ADIDAS</b>		
Adistar 2000 Long Jump	6-12	£99.99
Adistar 2000 Triple Jump	6-12	£99.99
Adistar 2000 High Jump	6-12	£139.99
<b>ASICS</b>		
Hi Jump	6-12	£89.99
Long Jump/Triple Jump	8-12	£79.99
<b>NIKE</b>		
Zoom High Jump	6-15	£80.00
Zoom Long Jump	7-14	£80.00

### THROW SHOES

<b>ADIDAS</b>		
Adistar 2000 Spin	7-13	£99.99
<b>ASICS</b>		
Javelin	7-13	£99.99
Shot/Discus	7-13	£79.99
<b>MIZUNO</b>		
Shot/Discus	8-14	£79.99
<b>NIKE</b>		
Zoom Javelin	5 1/2-15	£90.00
Zoom SD	4 1/2-5 1/2	£51.00
Zoom SD	6-13	£60.00
Zoom Rotational	6 1/2-15	£70.00

PS: IN ADDITION TO THE ABOVE WE ALSO HAVE WELL OVER  
100 MODELS OF ROAD RUNNING SHOES



ADD £3.00 post and packing.

Payment by credit card: goods will be sent within 2 days of order.

Payment by cheque: goods will be sent 10 days after order.

PLEASE MAKE CHEQUES PAYABLE TO: RUN AND BECOME

