

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 46

The Newspaper of the British Veterans Athletics Federation

Spring 1998

Brighton's First Relay Win

Report by Martin Duff
of Athletics Weekly

The weather at times threatened to get just a little too hot as the National Veterans Road Relays returned to Rushmoor Arena, Aldershot and, although the entries were not as high as previously, we still saw a wonderful day of athletics. Perhaps Sunday is not a good day after all!

Brighton duly delivered the M40 victory as predicted, although this was their first time in the frame after two previous fourth spots. It was a day for long service as four of Oxford's golden M50 team ran in their winning M40 outfit of 1990, while third placed M50 team Aldershot fielded no fewer than five of the inaugural 1988 winning team at Tring.

All races were held over a double 3km loop that demanded disciplined running, especially in the heat, as the hill at the start point also had to be negotiated at mid race.

M40 event

Brighton were finally led home by Nigel Gates, returning after more than two months off injured. He crossed the line with arms aloft, just a day before his 45th birthday. Jonathon Kilsby and Paul Warden disputed the first stage lead but it was Kilsby who got the drop over reigning champions Redhill Road Runners, his time being second fastest until the final leg over two hours later when he slipped to fourth best.

Derby and County, through Colin Poulter, then took the lead on the second stage after a 19:11 stint, and were to hold on well for the rest of the afternoon, eventually finishing a good fifth. The surprise leaders Derby maintained their advantage on the third leg through Kevin Spare, but they lost ground to Eddie Barrett for Brighton, who were showing their

Ann Ford [Redhill], 163, fastest W45 lap



Jeremy Hemming



Jeremy Hemming

The start of the M40-49 race

hand early. Behind, Sunderland were beginning to stir, as Ian Haggan ran 19:28 to begin a challenge that promised much but eventually just fell short. Forty five year old Martin Rees has set 10km and 10 miles records this spring and he took former winners Swansea into the top ten with 18:36, a time that was to remain the best, despite the late challenge from Gates.

Peter Bidmead closed up further for Brighton on the fourth leg but, at the half way stage, Derby still had a slight lead thanks to Ian Carter. Rotherham had been advancing steadily and were now third, ahead of Redhill and Sunderland. Peter Witcomb had been trying to get among the honours in this race for nearly ten years and he must have heaved a big sigh of relief as he passed the start/finish line for the first time. As Derby then slowed, Andy Weatherill gave the holders Redhill hope by advancing to second, but their's was to be a false dawn.

Simon Morley added to the Brighton lead on the sixth leg, but John Stephens matched his 19:55 time for Sunderland to maintain their hopes. The favourites, however, then paraded new signing Steve Lonnen for the penultimate stage. Glenn Forster was not impressed and closed to 46 seconds for Sunderland, after a solid 19:32. The Brighton camp was confident that Gates would be up to defending such a lead and he drew his M40 campaign to a close with an 18:39. Sunderland's Derek Mullen gave it all he had, but in vain, and clocked a fine 18:55 for the day's third best.

M50-59 event

Oxford City ran out first time winners, overcoming a race long challenge by Elswick, who actually drew level with the University town boys with just three km to go. Charlie

Dickinson got the morning off to fine start with a surprise first leg victory in a good 20:24, ahead of Bob Chapman for highly fancied Wells City, as the eventual winners Oxford lay fourth. Holders Bingley were sixth and the other medallists were 10th and 11th. Dave Parsons and Clive Rutland put Oxford ahead, but Phil Lancaster, Peter Kelly and a storming run from Jimmy Bell [20:31] saw Elswick second, ahead of Aldershot, whose long servers had made steady progress until an all fired up Les Presland, at the age of 58, went round in 20:30!

Former winners Hallamshire and Bingley both suffered weaker legs to dent their chances, but Oxford and Elswick kept throwing class runners into the fray. First of all Oxford unveiled new signing Gareth Jones, from troubled Southampton City, on leg five, who inched further away from Mark McNally. Then they wheeled out long time servant John Exley for the final shoot out. On a final leg that was to include no fewer than five of the top eleven time, it was no surprise that Harry Matthews was itching to join the chase for Elswick. He actually got a nose in front for the first time but the SoEAA cross country champion Exley responded and went away for a fine team victory by 70 yards after a 20:40. Matthews was 10 seconds faster.

Aldershot fielded Ernie Cunningham to secure their bronze medals. Malcolm Martin [20:31] for fourth placed Hallamshire, Peter Probin with a day's best 20:15 for fifth placed Bingley and Steve Badgery, with a 20:44 for former medallists Hercules, all shone.

M60 event

With this age group now settled on just three stages, 16 teams completed the race. Morpeth led from start to finish. Walter Ryder

[continued on page 19]

A Bridge Too Far

The people of Kobe, Japan, hit by a devastating earthquake three years ago, extended a warm welcome to athletes competing in the Fourth WAVA Road Championships on March 28-29. A weekend of activities were planned in conjunction with the events, to mark the opening of the spectacular Akashi Kaikyo Bridge. Construction of this bridge has taken 10 years and, at 3,910 metres long, it is the world's longest suspension bridge.

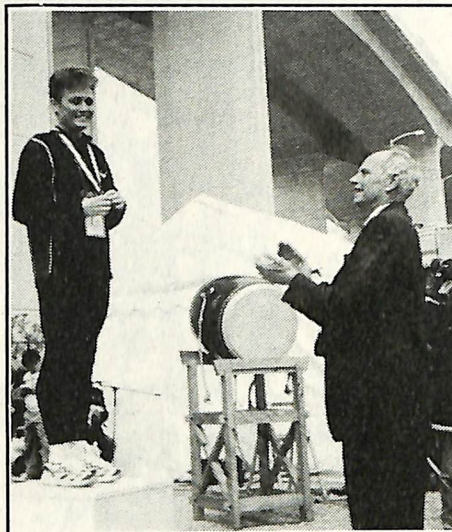
Although this meeting may not have attracted large numbers of overseas competitors in the past, it was a pity that so many missed this once only "special" event. Only just over 100 foreign competitors, from 17 countries, took part. Reasons may have been memories, or not willing to make the long journey for one race, or the high cost of getting there. However, thousands of home runners entered, just to be part of this historic occasion, making it the largest ever World Veterans Championship event, with around 20,000 entrants.

Visiting the site prior to race day, previous concerns were apparent! High winds and rain had caused the cancellation of cycle rides across the bridge, which was totally obscured by mist over the sea. On race day, however, weather conditions were good and local organising teams were out in force, to register and supply timing chips to nearly 6,000 runners in the half marathon, followed two hours later by 9,500 more

ning across the bridge and back, had joined up with the half marathon rear guard who were still making their way across the bridge. Starting the 10k first would have avoided this!

At least our happy band of countrywide Brits excelled. Outnumbered almost 1,000 to 1, in the running events they won four gold medals, one silver and three team awards, aided by Phil Wallace, who had flown out to visit his family. The Irish group who had travelled with

Below: A gold medal for Lynn Higgs



Below left: Medallists under the bridge, from left, Alison Jones, Willie Marshall, Lynn Higgs and Alison Fletcher



for the 10km. Runners, officials and press were directed on to the bridge but, unfortunately, spectators were not allowed up to the race area or on to the bridge to support the runners.

Competitors, marshalled into age groups, were sent on their way in waves according to age, not standard. In theory, a sound idea, but not enough time was allowed between groups. It would have been better to have timing chips activated at the start and finish to give an accurate time. Regrettably, by starting in earlier groups, some runners may have inadvertently affected their times and team scores.

Hot conditions with a strong breeze greeted the half marathon starters, running across the bridge, climbing to higher ground and re-crossing the bridge to finish. Exposed red shoulders and faces on some were matched by the officials, who had underestimated the time gap between the two events. The 10k runners, run-

us also won a bronze and team medals. Excellent runs by Lynn Higgs, running strongly after a steady start in the half marathon and by Alison Fletcher in the 10k, were rewarded with victories. Lynn led the women's team in their race, with medic Alison Jones just missing out on the bronze after running in third place for a long way. A jubilant Pam Lucas gained her first major award when completing the half marathon team. Steve Smythe finished 7th in M40, just behind Phil Wallace, who led the M45 British team to bronze, with John Tussler in 62nd and Cliff Hilton in 400th places. Harold Piper, M60, finished 248th.

In the 10k race, 1997 BVAf champion Rob Wise just got the better of his main rival Hasagawa [Japan], after a head to head in the final straight. He was on terms across the bridge, lost ground after the turn, but then managed to get back to the leader for a late effort,

And Colin Young Reports on the Walks

The 30k walk for men and the women's 20k Walk were held over a 7km circuit which included two long inclines. These had their effect in the closing stages, as the temperature rose surprisingly after the 7am start. There were 190 starters in the men's race, of which 156 were Japanese, and 62 in the women's event [52 Japanese].

The men's event was won by the reigning champion, Fabio Ruzzier, M45, in 2:31.30. He had been lying second for most of the race behind New Zealander Gary Little, M55, but a strong finishing burst clinched victory.

The British trio of Brian Gore, Colin Young [both M60], and Bob Dobson [M55], appeared to be walking as a team, with less than 10m separating them until the final 400m, although they fought each other throughout. Brian Gore found a sprint finish on the downhill to the line to take the individual M60 gold and Bob Dobson edged out Colin Young, who won the silver M60 medal. Bob won a bronze medal in M55 and the team [Brian and Colin had moved down to the M55's] won the gold medals.

Our sole woman competitor was Anne Von Bismark, W70, who performed admirably to take the gold medal, beating all the W60's and W65's on the way. This was her first walk at the 20k distance and her winning time of 2:42.38 was, therefore, even more commendable.

Below, right: M55 team Bob Dobson, Colin Young and Brian Gore, after the presentation, with Chief Walking Judge Barbara Dunsford



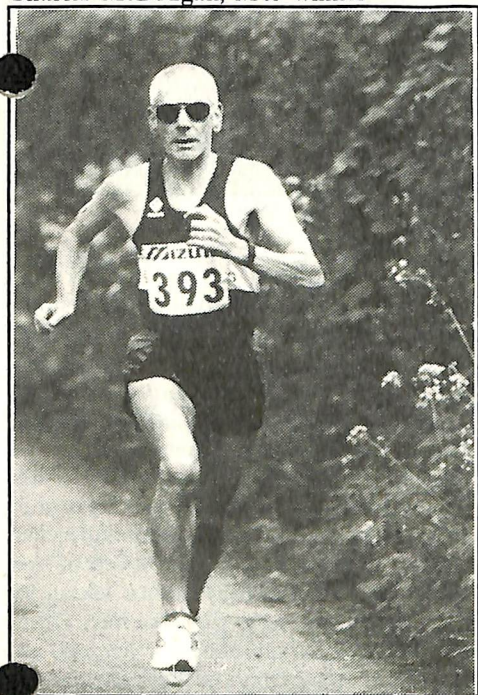
hindered by the half marathon runners. A great effort, too, from Alison Fletcher, who was a clear W35 winner by over four minutes. Also winning gold was Scotland's evergreen Willie Marshall, who threaded his way down the home straight to take the M70 title, helping Britain to win the men's team silver award, along with Wise and Kevin Dillon [102nd].

West country lass Mary Anstey was unlucky to miss W60 gold by just eight seconds, after being held up with many others at 2km, but she stayed ahead of husband Dave in M60. VAC member Dave Wharton, running for Hong Kong and fourth M60, may have lost out with the leader and was clocked at 33:37. If correct this would be near Steve James' recent record. Otherwise, excellent Japanese technology provided every competitor with a certificate at the finish, complete with position, although I suspect a number of times could be wrong.

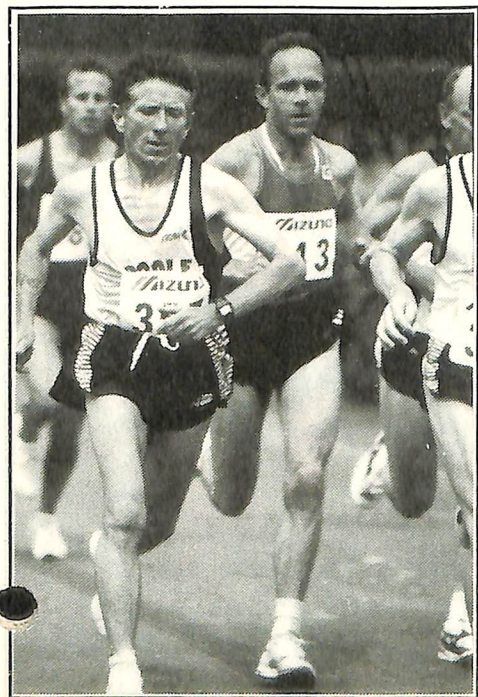
Hat Trick for Girvan

The picturesque setting of Leyland's Borden Park is rapidly establishing a reputation as a centre for national road racing championships. On Sunday, May 10, Warrington international Mike Girvan duly completed a hat trick of BVAFA 10 Miles titles as he clinched victory in the 1998 Championships.

Girvan, who had to stop running for six weeks last year after tearing a calf muscle in the European Veterans Championships, looked impressive and is clearly back to his best. He set out his stall on the first of the three loops, taking Frank Barton [Cambuslang] and Rob Wise with him. The Westbury athlete slipped a little on the second lap as Girvan wrestled for supremacy with his Scottish challenger. After the Charles McDougall, M45 winner



Below: Ian Barnes, 357, M50 winner



Women's race winner Cecilia Greasley, 433, approaching the finish. Also in the picture are Ian Shakeshaft[368], Chris Wood[442], Dave Shallcross[469] and Bill Johnson[535]

toughest of struggles it was the champion who proved to be the strongest, kicking with 200metres to go and opening up a six seconds winning margin.

The closeness of the battle was reflected in the team race. Girvan led Warrington to victory in the M40-49 category, overcoming the crack Scottish outfit, Ron Hill Cambuslang Harriers, by just two points.

Chas.McDougall underlined the strength of the Scottish challenge, taking the M45 honours, where he won by 49 seconds from Mike McDevitt of arch rivals Warrington. Ian Barnes [Poole] and Fred Gibbs [Bingley] also ran well to take gold in M50 and M55 groups respectively.

Southport Waterloo's Steve James proved to be the day's most outstanding

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.

Jan. 98: £125 to S.James [Southport]:

£10 to C.Monks, C.Russell, F.Davies, D.tate, K.Blanksby

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Report by Keith Bradshaw,

Lancashire Evening Post Athletics Correspondent

winner as he continued his current form to win the M60 crown. Having set a British M60 best at 5,000 metres on the Whitehaven track seven days earlier, he proved untouchable in Leyland, finishing 31st overall and winning his category by over four minutes.

In the women's championships, Cecilia Greasley [Macclesfield] was fastest on the day, finishing 52nd overall to claim the W40 title. Tynedale's Lynne Marr was always in command of the W35 group, although Altrincham's Alison Veasey looked strong and was closing in the final stages. There were not any complete teams in the women's championships.

One hundred and fifty five athletes contested the event, hosted for the first time by South Ribble Harriers and Athletic Club. The oldest competitor was NVAC President Les Heald, who ran a committed 1:45.33 to clinch the M75 title. International guest runner Miryam Rojas, W40, broke two Colombian veteran records as she posted 1:09.28 for 15km and 1:16.28 for 10 miles. **Results page 18.**

Newspaper Support Fund

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

L.W.Brown, D.Blyth, Ursula Duckworth, Arnold Shepherd, C.T.Palmer, Peter Barber, John Watson, Hugh Richardson

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.

Hollins Takes Cross Country Title

Dave Hollins, a new veteran in Southern eyes, but who finished third overall in the highly rated Birmingham & District League Division One this season, won the BVAFF Championship at Lloyd Park, Croydon, on March 28.

"Some of the main contenders, including Nigel Gates, Nick Lees and Rob Wise, were missing, but there were other good lads running so I was chuffed to win the national title", he commented.

The first to take the lead was Jim Estall of Belgrave, but early in the race he appeared to find the weather conditions hot. Close at

train from Aberdeen, fought a battle for over half the race, but were eventually split by John Willoughby, with Hyde coming home clear. Steve James, never short of being a brilliant fighter on all occasions, was not only the first over 60 but also finished well ahead of all the M55 group. Mick McLeod would have been very pleased to hear that his club Elswick Harriers won the over 50 team prize and neighbours Morpeth won the over 60's.

Barnet's Ron Higgs won the Laurie O'Hara trophy for the first over 65 runner. Ron was one of popular O'Hara's many friends and admirers. It was good to see the

M40-49 event: Dave Hollins leads the field near the end of the first lap



hand, and looking easy in the group, was Hollins, a caster in the Potteries and one who revels in undulating cross country courses. Hollins, who won the Inter Counties 20 Miles title in 1990, found himself in the lead after about two miles, with Estall a reasonably safe second for the rest of the race.

Although Pete Flavell, the M45 winner, moved through the leading group to challenge Estall, he never really got on terms with the man who had put such a good season behind him. Flavell, who had not been seen in recent years as a vet because of achilles problems [he finished 13th in the National of 1975], was delighted with third overall, despite finding it hard work. He finished just ahead of Jonathon Kilsby, a former North of the Thames cross country champion.

Two outstanding internationals of the 1970's were prominent. Dave Black, the former National cross country champion and silver and bronze medallist in the 1974 Commonwealth Games, recently started a comeback and finished second M45. Bernie Ford, the former Aldershot star, was again in the winning Redhill Road Runners team. Archie Jenkins [Cambuslang] had a particularly good run for 13th place overall and third M45, just ahead of Mike Hager.

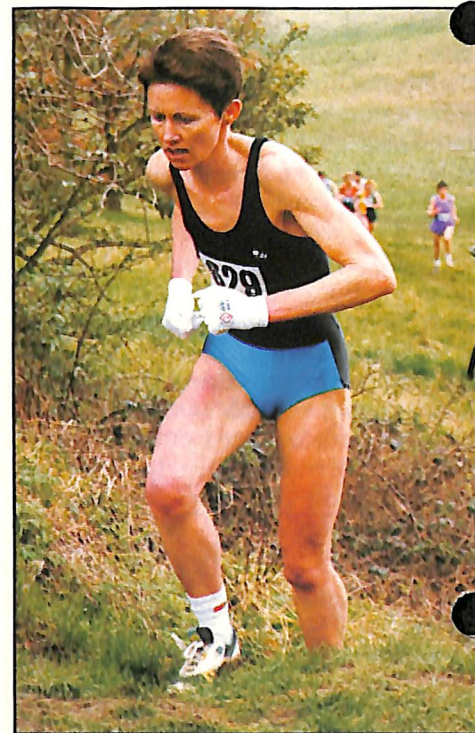
In the over 50's event, Peter Hyde and former Scottish international Colin Youngson, who travelled down by sleeper

Belgrave flag waving at the thanksgiving ceremony before the start of the championships for Laurie's wonderful contribution to veteran athletics.

Steve Charlton continues his amazing enthusiasm for running, despite having many breaks through injury in recent years. He has only been running for eight weeks again after several months off. He trains every day, normally a steady six miles run, a system which he finds easier to do than training intensely and having rest days in between. The Thames Valley man was a reasonably clear winner of the M70, although George Phipps, George Meech and Ron Franklin all ran well in finishing in the next three positions. George Scutts, M80, continued to shine, finishing ahead of a M70 and a M75 runner.

In the women's race, Caroline Horne [W40] and Sally Young [W40] were clear first and second. Horne, who works for the Civil Service in the Benefits Agency, had a cold the previous week but still managed to move ahead early on and was never troubled afterwards. She is a firm believer that women should become veterans at 40 rather than 35. She has had back and hamstring problems recently but a course of twice daily exercises appears to have cured the problems. Looking back, Horne has run the London marathon in 2:37 and she won the English Schools Cross Country Championships as a senior

Alastair Aitken reports on the BVAFF Championships



Sally Young, 2nd W40

girl in 1975.

Sally Young said she was short of training. She has only been doing light training of 20 to 30 miles each week, and is looking forward to competing in some road races to get some speed work under her belt. Margaret Auerback of Ranelagh finished 17th overall and was the first over 50 by over a minute and a quarter, while Iris Hornsey [Cambridge and Coleridge] won the over 55 title. The women's over 35 teams had a close contest, with Derby and County, City of Norwich and Havering Mayesbrook taking the medals. Havering's third scorer, Diane Hawes, only started running a year ago and their third scorer, Ruth O'Sullivan, was formerly a 53.2 400metre runner. **Results p.10**

Below: Peter Hyde, M50 winner, battles with Colin Youngson, 3rd M50



SOLIHULL CHAMPIONSHIPS

Norman Green Stadium, Sunday 9th August 1998

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

ENTRY FORM:

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

Please enter me for the following events: _____

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

Entries to M.V.Priestman, 57 Maple Road, Rubery, Birmingham, B45 9EB
Closing date 19th July 1998.

BRITISH VETERANS ATHLETIC FEDERATION 19TH DECATHLON & 11TH HEPTATHLON CHAMPIONSHIPS

[INCLUDING 3RD INTERNATIONAL CHALLENGE MATCH GB v USA]

WOODBOURNE ROAD STADIUM, SHEFFIELD

SATURDAY 22ND/SUNDAY 23RD AUGUST, 1998 AT 10.00AM

Please enter me for the Decathlon/Heptathlon Championships

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

Address in Full: _____

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

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

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

I enclose my entry fee £ _____

Signature _____ Date _____

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

Important Notes

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

2} Cheques for £9.00 to be payable to John Charlton

3} Certificate of Birth to be produced if required

Please enclose stamped addressed envelope for acknowledgement of entry and directions

5} Entries Close - Friday 14th August 1998

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Track & Field Notes

International Match, Calais, June. My apologies for not being able to answer all those who sent me letters about this meeting, as per the notice in V/A 45. I had already selected a team before the write up in *Athletics Weekly*, although there were still a few gaps to be filled. A note for the future - the team is generally self funded and selected from the available top athletes in the event categories and also any other interested athletes outside the top groups. We have a full team and hope to do very well in France. Possibly, the match will be held in the U.K within a few years.

Arrangements for the BVAF Championships at Newport are looking good with an expected high entry. The 5km Walk was missed off the advert and we apologise for that, but thanks to Dennis Withers who has contacted many walkers and arranged the notice in the walking magazine. The new standards will be in force at the championships and we can then assess how they have been received and consider any adjustments needed.

I have two proposals for you to consider at the AGM. We have problems with the dispersion of championship trophies, in getting them back, engraving them and passing them on to the next recipient. The costs to the BVAF are increasing greatly. The first proposal is to change the AGM to the end of the track season, which may give more members the opportunity to attend the meeting. Trophies could then be presented, with the possibility of having an annual veteran athlete of the year award [track & field, road and cross country]. The second proposal is to do away with the trophies from the end of the year, award them retrospectively, or award them at the AGM, should the first proposal be accepted.

I hope that we have a larger turn out than last year for the BVAF Pentathlon and Track Walk at Solihull in August. All our events have to be cost effective, as our financial position does not allow us to continue subsidising events. Please let us have your support.

For the Combined Event International with the U.S.A. in Sheffield on August 22-23 we would like to see more women entrants, as well as the men, of course [entry form p.5]. Let us give the Americans a great welcome. It would also be great to have some support during the event, so why not come and support the teams? Information from John Charlton.

The brochures for the European Championships in Cosenatico arrived late and so they had not been finally approved and there are some mistakes. Athletes competing in both the 1500m and 10,000m events should note that the 1500m heats will be on the 13th Sept., not on the 12th as originally stated. Entrants will be notified.

Finally, I have been trying to complete the BVAF membership list, proposed two years ago, and I am still having problems with some of the clubs who will not send me their members details. This has caused many problems, particularly when organising the team for the International. I am unable to get details of the members without having to contact 11 clubs, which I will not do. It is essential that the BVAF have a complete and accurate list of its members. This is also part of the BVAF constitution and I would like to point out to all clubs that, as part of the BVAF, they are bound to honour the constitution.

Winston Thomas



From the Chairman

The greater part of my column in V/A 45 concerned the possible ways forward for veteran athletics following the financial demise of BAF and I am sorry that this has to be an ongoing topic. I know that some members will find this boring and they may have no interest with what happens at the national level of the sport but, nevertheless, I feel it is important to try to keep everyone informed.

During our Delegates Meeting at the end of March a number of proposals were put forward for discussion, but without any consensus of views it was agreed that I should write to each of our clubs/associations, setting out the basic options, and ask if they would sound out members and respond to me well before the July AGM. The options are:

1: We carry on more or less as we are, bear in mind that other bodies such as the South of England AAA are now staging some veteran championships for the lowest age groups. If that trend continues, membership of BVAFA would gradually be of interest and benefit only to the oldest age groups.

2: We keep trying to get a recognised position in the national governing body, previously BAF, but now in whatever new body is finally established.

3: We aim to go it alone and try to take control of all veteran athletics.

I also suggested that it might be useful, in addition to all these options, to record if there were people who were not prepared to express any opinion at all. All of this would give me some guidance of the measure of support for any particular course of action. So far I have heard from four area

clubs and each is recommending option two.

Since the Delegates Meeting, Ron Bell and I had a meeting with David Moorcroft, and he was able to outline the proposals for a new structure to replace BAF. These are being presented at a series of road shows to the regions. Basically the proposals are to reverse the current procedure, with the admin going through local District Committees, then the Regional and finally to BAF. Although set down in the constitution of BAF that the clubs will elect the Executive Officers, giving direct contact, in practice there is natural progression from people who have started office at local level, then who are put forward to regional and, in due course, possible candidates for the national body.

Inevitably, there are people who have served many years on committees and who have been prepared to put in an enormous amount of time but who are not necessarily the best of administrators, and who find that the more time that is involved in working on committees, then time available to keep in touch with the grass roots is reduced. The International Athletes made the complaint that officials were not in touch, but it has been a typical situation in many sports run by honorary officials who have only so much time to give. Shades of Will Carling's comments on "old farts"! I shudder to think what will be said of the chairman of an organisation which itself is comprised of old athletes!

To reverse the way the old body was set up, the proposed new structure starts from the top and then works its way down. At the head is an elected President who heads an Appointment Board, which appoints and monitors the performance of the next tier down. This should create a more profes-

sional operation. Teams of no more than eight would be set up to deal with different aspects of the sport e.g. top performers: coaching and development: rules: competition: endurance athletes: recreational runners etc. To date only PAS has been created to look after the top performers. It was suggested by Dave that veterans could fit in to the structure as a specific part but the basic proposals would have to be accepted before anything could proceed to the next stage. Following the road shows there will be further proposals taking in comments received. We took the opportunity to re-emphasise the growing number of veterans, which now probably exceed the numbers of senior age athletes. There will be another meeting later this year.

The reactions from the road shows have been mixed. The main problem has been the limited time to assimilate the proposals and no one knows what will happen when these get down to the grass roots i.e. the active athlete. During the Midlands road show Bill Adcocks highlighted the problem of the majority of athletes who have no interest in what is going on at the top, but who simply want to run when and where they want to. They would see no worry until such time that events were no longer taking place. At present possibly 99% could not care less. The question of how the President, as the only elected officer, would be elected, was raised at the Northern meeting, yet oddly, no query concerning the other people on the Appointment Board. In the proposals they are merely listed as "a representative of the major funding agency[ies] and 1-2 independent well respected figures with an interest in athletics. What credentials, and who appoints them?"

There were fears expressed by some that these proposals were largely driven by the Sports Council, but assurance was given that this was not so. However, I believe that as the Sports Council has been funding the essentials on a temporary basis since the BAF financial collapse, any long term funding will only be available for a new structure if it operates in a way which would meet the Sports Councils approval. Ron and I have also had a meeting on behalf of the veterans with the Sports Council. We had the same assurance that there is no wish for direct involvement but a wish to see a unified and efficient structure and, where appropriate, financial backing could then be given.

The situation will evolve over the next few months, but whether the clubs will feel able to support the proposals will not become clear for some time yet. There have been suggestions from various sections of the sport, such as distance runners, as well as the veterans, that they could cope quite well without an all embracing national governing body and that their particular section could go it alone. However, this is much easier said than done.

Other views are welcome, but, meanwhile, watch this space! **Keith Whitaker**



Secretary's Report

Bridget Cushen

Durban Results Book and Video

Again I have to report that these have not been delivered in April as promised. Monty Hacker gave a frank and honest explanation during the WAVA Council's meeting in April. Briefly, the Organising Committee have run out of money. He and a few others have now manually checked through all the results. They are with the printers and are due for dispatch in June. If you have not received your copy by mid July, please send a copy of your receipt to me, as the BVAFA will co-ordinate.

International Year of Women in Athletics

The worldwide response to this special year is amazing. The IAAF have now compiled an exhibition of photographs which they will offer free to interested host cities. I am currently in correspondence

with the Arts Council and various bodies in Britain to try and host an exhibition. WAVA Council will donate a special trophy for the best female performance at each of its regional championships.

Annual General Meeting.

The AGM will be held immediately after the last event at the National Track & Field Championships on July 11 in Newport. All athletes may attend and vote. Agenda items to date include a proposal to increase the over 60 teams for the road relays from three to four members. The relays are one of our most popular promotions so, if you have an opinion, come along.

On Sunday July 12, the Veteran Athletic Association of England hold their AGM at 09.00 am. Members of English clubs who may have a say on, for example, the selection criteria for the British & Irish International Cross Country, are welcome to attend.

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 The Editor, Veteran Athletics, 154, Knightlow Road, Harborne, Birmingham B17 8QA

Praise For Indoors

I took part in the BVAF Indoor Championships in Glasgow [and won gold and silver medals] and to all who participated in the organisation I would like to express my gratitude for a wonderful experience.

The Championships took place in extraordinary order and in the best of sporting atmospheres. I have taken part in numerous international competitions and I believe that your competition was the best organised. My special thanks to Bridget Cushen for her kind assistance with information on the event and to Ian Steedman for his personal attitude towards me.

Shechter Pinchas, Israel

Praise For Officials, Too

Thanks on behalf of all those who participated in the BVAF Championships and the Scottish Championships at the Kelvin Hall, Glasgow. Olympic athletes could not have been better served at these two meetings, which were superbly organised to the nth degree. All I had to do was turn up and run at the programme time and enjoy my participation.

These were not isolated occasions. We are served every week by qualified and experienced officials, giving us a service that could not be bettered by professionals. One even thanked me for my participation.

Sport is not just facilities. It is people. They breathe life into sport. We are extremely fortunate to be served so well. Thanks also to Glasgow for providing us with such an excellent facility.

Hugh McGinlay, Falkirk

Are Forms Necessary?

It is with a degree of naiveté that I read the report on the BVAF Indoor Championships in the last issue of V/A and I cannot help asking the question.

Why, if it is a British Championship, do athletes have to get their records signed on the standard form?

I understand the need for these forms in, say, a local competition, but where it is a national or even an area competition then the records should be ratified without the need for such forms. After all, the officials are supplied by the organisers. Or is this a case of bureaucracy gone mad?

Malcolm Robertson, Tamworth

Unjustified Criticism

I was surprised to read the letter from Tom Neary in V/A 45 because, having taken part in the marathon at Stoke Ferry last year, I do not believe that Veronica Manley was being discourteous to other runners [Runners need rabbits, V/A 44]. If the race report is re-read it can be seen that she was the only W45 competitor and the only lady from Norfolk, so two of her victories were run overs, and she was not, as Tom Neary imagines, belittling her active competitors. Nor were her comments about the road provision derogatory to East Anglia [pointing out that travel was not that difficult]. I consider that Trevor Driver's encouragement to participate, which was taken as a criticism of Ms Manley, supports her appeal for others to do so.

I fear that Tom Neary mis-read the word rabbits as pejorative. The point is that dogs chase rabbits and runners need some one to chase [in my case because I might get lost if I cannot see the runner in front of me]. Generally, however, it is because competition helps the supply of adrenalin and gives one a feel for a speed at which to run. It is very difficult for most of us to maintain a good steady pace when running with no one to follow, and I have found my pace to be much more vari-

able when I have been leading a small group than when following a group or a good steady runner.

The turn out in championship races which I have entered since I returned 18 months ago from a long lay off have been very disappointing. The BVAF marathon at Wissey, with more support staff than runners was just one example. As the third best [on a good day] over 50 in my club, I was pleasantly surprised to pick up a County V50 bronze medal when my elder and better colleague did not compete. However, this was subsequently put into perspective in the next big race I entered [the Hemel 10] by four other over 50's who had not entered the county championship.

The champion is supposed to be the best in the country [or county], but if no one else enters, or you know that there are better runners who did not bother to enter, the title loses some of its stature. To make it a real championship and an interesting race, we need a decent number of serious contestants. [I have a knowledge that I was not at Wissey as an unbalanced workload had disrupted my training schedule, but if we had enough runners the odd under par performance would not create a big gap]. **John A.L. Borgars, Ware**

I feel that I must protest at the attack by Tom Neary on one of my fellow EVAC members in his letter in V/A 45. [Runners Need Rabbits]. As editor of the EVAC magazine I was pleased to print Veronica Manley's letter in our December edition, albeit in a longer version. I believe the point Veronica was trying to make was a valid one, i.e. that there was a poor women's entry in the BVAF Marathon and, whilst you can only beat those who enter, there is not much glory in being the only competitor in a given age group.

Can a true statement be termed derogatory? There is little, or no, public transport in Norfolk on Sundays and you can find the roads pretty busy due to holiday traffic. I think it is fair to say that without a car it would be almost impossible to get to the Wissey start.

The race referee was, and is, a long serving and valued member of EVAC. Without knowing who the referee was Mr. Neary has cast aspersions on all the officials present on that day. The remark made by the referee was,

I am sure, made in a jocular manner and was taken as such by Veronica. The referee has a sense of humour, seemingly lacking by a certain member from MVAC.

I am sure that Veronica would agree with Mr. Driver's letter, that taking part is the important part of any event. Without competitors there is no competition. Would Seb or Daley or Steve feel proud of their Olympic medals if they had been the only competitor? Had Veronica had half a dozen other ladies to compete against, I have no doubt that she would have risen to the challenge, beaten them, and received her medals with pride and not embarrassment.

It would appear, from his remarks, that Mr. Neary wants to gain a gold medal in the marathon. The way to do it, by his standards, would seem to be by having no opposition. I wish him well. When his grandchildren ask, "Who did you beat, grandad?", I wonder how proud he will feel when he tells them, "No one".

Tony Challis, EVAC

BVAF Travel Agents Should Be More Flexible

Planning for the European Championships, I rang WGT Travel to get a hotel only booking. I spoke to Anna, who told me their probable rate and that they were giving preference to people who booked their full passage. She also offered a cheaper flight, which I declined as I [and others] will be using air miles to get there. She did not call me, as promised, the following week to confirm hotel availability. Other people I know have received a similar negative response when enquiring about hotel only bookings.

Having read Keith Whitaker's comments on BVAF travel in V/A 45, I have difficulty in understanding the reasons for WGT's attitude. It cannot be limited space in Cosenatico as, since then, I had no trouble in finding appropriate accommodation for our group in one of the hundreds of hotels. This is what I thought

the professionals would be doing.

WGT should be aware that many veteran athletes combine these events with holidays, and visiting family and friends in the area. They must, also, recognise that they can still make profits on non standard packages, otherwise people will continue to go elsewhere to find what suits them. In previous years Vest Tours were always helpful in putting together tailor made packages, and even introduced individuals to share twin rooms. Being inflexible just leads to a loss of revenue to WGT and BVAF.

I think it would be appropriate for WGT to respond to these and Keith's comments through this magazine, so that our members can have confidence in them and the plans [which should be well under way] that they have made for us and our visitors in Gateshead next year.

Barry Ferguson, Cambridge H.



British Veterans Athletic Federation Open 5K Road Championships

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*Traffic free course starting and finishing at Wyndley Stadium
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Provisional Timetable;

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Excellent facilities with parking, full changing, refreshments and provision for spectators

BVAF Championship Medals ; all 5 year Age Groups

teams M40 - 49 & M50 - 59 (4 to score) M60 + (3 to score)
W35 - 44 & W45 + (3 to score)

ENTRY FEES ; £4.00 (BVAF non affiliated and unattached £6.00)
ENTRIES CLOSE; 26 September 1998 **no late entries will be accepted**
ENTRIES TO; BVAF 5K Championship Secretary, Rainbow Cottage,
15 Meadow Lane, Alvechurch, Worcs B48 7LH

BVAF 5K CHAMPIONSHIPS

11 OCTOBER 1998

NAME..... M/F CLUB.....

ADDRESS..... AREA VETERAN CLUB.....

..... VETERAN NUMBER.....

..... POST CODE..... TEL. NUMBER.....

DATE OF BIRTH / / 19.... AGE ON DAY OF RACE.....

*I enclose Cheque / PO payable to MVAC for £..... and 9 x 6 SAE for Number & Travel details.
I understand that the organisers of this Event will not be responsible for any loss or injury to myself and I
agree to abide by BAF laws*

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Gateshead Update

As the countdown to the 13th WAVA Championships, which will take place between July 29 to August 8 1999 at Gateshead, is well under way, it is an appropriate time to update members on the developments to date and to shed a little light on the behind the scenes planning. This is, without doubt, the biggest event in which the BVAf will be involved as the WAVA Championships is the largest track and field event in the world. Our partnership with Gateshead MBC is working well and there are strong links between the two organisations. A massive amount of work has already taken place and both Gateshead and the BVAf are happy with the progress made but, like any organisations which organise events of such size, we realise that there will be many sleepless nights ahead.

Stop Press

Championships brochures, containing details of events, provisional timetables, entry forms and everything you need to know, will be available at the end of June.

Please write to The Leisure Dept, Gateshead M.B.C, Civic Centre, Regent Street, Gateshead, Tyne and Wear, NE1 8HH for a copy. Please note, however, that completed entries, together with entry fees, must be returned to the BVAf Entries Co-Ordinator, address p. 6.

Organisational Structure

The top level of the structure is the Executive Committee, consisting of nine people. The man with the ultimate responsibility is Mike Newton, the Director of Leisure Services for Gateshead M.B.C. Mike has committed the council to pay all the bills and is charged with the staging of the Championships. Also on the committee are representatives from the Police, Gateshead Council, a Marketing and Sponsorship company and the BVAf [two places - Keith Whitaker and I]. Next comes the shared responsibilities between David Bunce, the Assistant Director of Leisure and myself. David is concentrating on planning, whilst I take care of most of the veteran input required.

The Local Organising Committee is made up of the four people mentioned earlier plus ten others.

Technical Stadia - Mick Laidler [with Winston Thomas from BVAf]. Responsible for competition, officials, equipment, stadia facilities, drug testing.

Technical Non Stadia - Bob Gallagher [with Barbara Dunsford and Ron Bell from BVAf]. Responsible for marathon, walks, cross country.

Administration - Geoff Haggon [with Irene Nichols, BVAf, to become involved later]. Responsible for vets office, entries, data and results, accreditation and uniforms.

Visitors Service - Debbie Ross [WGT on behalf of the BVAf]. Responsible for ac-

commodation, transport, interpretation, post office, change bureaux, tours, welfare, telephones.

Protocol - Ian McGowan [with Keith Whitaker from BVAf]. Responsible for guests, medal presentation, opening and closing ceremonies.

Operations Stadia - Richard Howe. Responsible for spectators, safety, security, medical, parking, lost property, stadium services, display facilities and communications.

Finance - Dave O'Neill. Responsible for budgets, systems, insurance research.

Community Services - Chris Nevis [North Eastern Vets]. Responsible for volunteers and host-a-vet.

Marketing and Promotions - H.N.I. plus Elaine Robinson. Responsible for press and PR, advertising, sponsorship, merchandising, announcers, photography, brochures.

Catering and Entertainment - Ray Basson. responsible for V.I.P.'s, athletes, officials, spectators, banquet, entertainment village.

It can be seen from the above list that the officers are shouldering great responsibilities, but Gateshead is one of the most experienced councils in staging major events and most of the staff are undertaking jobs they normally do on such occasions. To the list of dedicated workers can be added the North Eastern Veterans Athletic Club who are becoming more and more involved, together with the staff at Chester Le Street and Monkton Stadiums, and you can begin to get some idea of the scale of the event when it is borne in mind that the same facilities have to be available at all three stadia.

Among names already in the frame is Malcolm Rogers, who will be our meeting manager, making sure that the meeting goes according to plan. Consideration is being given to Paul Dickenson to be our main announcer and Dr Patrick Milroy to head our medical team. Another popular figure with British vets and who wishes to be involved is Richard Skippings, who will lead the chiropractors team.

Venues

The main stadium will be **Gateshead International Stadium** at which there will be registration, entertainment village and merchandising tented village, plus the usual range of ancillary services associated with these championships. Extra throwing and jumping areas will be installed [some outside the main track area].

Riverside Stadium is located at Chester-Le-Street, just off the A1M and some 15 minutes by car from Gateshead, depending on traffic and time of day. This is one of the finest stadiums I have seen and is carpeted!. This new facility will be further extended and present plans are that it will stage some of the multi events, track walks and some of the longer track runs.

Monkton Stadium is located at Jarrow and has already been used for the BVAf Championships. It is about 10 minutes from Gateshead, but approx. 20 minutes from Riverside.

Non Stadia Venues

Marathon: The marathon will start and finish at the International Stadium at Gateshead. The course will follow part of the Great North Run, heading towards Heworth where it turns, back towards Newcastle where it drops down to the River Tyne and across the swing bridge. Competitors should note the drop down as they will have to ascend the same hill at the 25 miles mark. The course then follows the river, with a slight pull up into the Scotswood Road, crossing the river again by the Scotswood Bridge and back on to the Gateshead side. From there it passes the back of the Metro Centre and heads back to the swing bridge and a second lap.

On completing the second lap, competitors will hit the hill at 25 miles and head downhill for home with the stadium floodlights coming into view and the finish line outside the stadium a welcome sight. Bob Gallagher and I have spent hours trying to find a flat course but in Gateshead that is impossible. What we have devised is a course that is scenic in parts and also takes in some historical aspects.

Cross Country: Bob and I have designed a brand new course for the championships and whilst, in the past, I have been accused of designing tough courses, this time I will say that it is challenging, very firm under foot and very fast. Set at Chester-Le-Street, the course skirts around fields, a nature reserve and the riverside with Maiden Castle as the back drop. A specially constructed official's village will be in place, as will an athlete's area which will house the usual rest, medical, kit storage and extra toilets. If all goes to plan the course will be used for the Safeway Cross Country in November, which will give us the opportunity to iron out any wrinkles before our event.

Road Walks: These will take place at Team Valley Trading Estate, some 10 minutes from the International Stadium. Barbara Dunsford and I have looked hard at the course and feel it will be appreciated by the athletes as it offers a 2.5 km loop, all left turns and with only slight hill. An entire infrastructure will be brought into the location, as all too frequently the walkers have been the forgotten athletes.

Accommodation: All types of accommodation will be available, ranging from university to luxury. Campsites are available at several locations. Full details will be in the entry booklet.

Recently the full WAVA council visited Gateshead and gave unanimous support to the venues and the planning, so we are on the right track to making this the best ever WAVA Track and Field Championships. No excuses! Get training and show the world that British vets are the best. **Ron Bell**



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

TRACK

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

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

Name: _____

Address: _____

Signature: _____

Post Code _____

Tel. No _____

Categories (please tick):

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

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

Entries to: Mr. D. Bradfield, 36, Blewbury Drive, Tilehurst, Reading, RG31 5HL

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

Closing date for entries: 23rd September 1998

The Way Ahead by Peter Chaplin

The Chairman [his report in V/A 45] continues to be vexed by the question of the "way forward for veteran athletics" and queries if he should press for recognition with BAF or should we go it alone. [If the BAF or it's equivalent is indifferent to the BVAF then perhaps veterans are already alone!]

A review of veteran athletics over the last 25-30 years reveals, like Topsy, it has grown and grown. Like much of the club athletics it has grown in a haphazard and ad hoc manner. It has developed out of club athletics, although BVAF affiliated clubs have a separate identity and are registered with BAF as such. Teams in BVAF Championships and competitions continue to be classified on the strength of a member's BAF first claim club. Only when there is an Area or Inter Club event does the individual veteran club compete under the Southern, Eastern, Northern, etc. club banner, and then it is often found that a selected athlete could compete for two or more clubs. This anomaly arises because he or she belongs to perhaps three veteran clubs federated to the BVAF, which has yet to rule on a first claim status within the Federation. A good example of haphazard development!

The Southern V.A.C. started as an Association, having Southern clubs affiliated to it. This gave it a defining role within recognised borders and a sense of control. The South of England A.A. have recently revived the idea of veteran competition on an area basis, usurping SCVAC, and now run successful cross country and track and field championships, at the expense of the SCVAC.

Veteran athletics to most veterans would appear to be a state of mind. It is misleading to say that 50% of those taking part in road and cross country races are vets. They are not! They are over 35 or 40, and have reached the age to be eligible to be vets. Only those who have joined a veteran club should be entitled to this status and be able to compete in veteran competition. Under present circumstances veteran status appears to the fore when convenient. Many of the 50% who have joined a veteran club fail to support BVAF championships or their club's area events. This is evident when perusing results. The BVAF 1997 5k Road Championship is a good example as the overwhelming number of runners were from Southern clubs. First claim club competition or local events invariably take preference.

The dilemma facing BVAF is encapsulated in the two following statements. "In open team competitions athletes of veteran status... must only compete for their first claim club" [The Southerner No 16 December 1995 - Veterans Reminder]. "I have pointed out that my approach [to the then BAF] is not for the benefit of BVAF members only, as around half the members of open clubs are veterans..." [Veteran Athletics No 36 Autumn 1996 - From the Chairman]. How is the Chairman's wish to be realised, in the face of the divided loyalties of most veterans?

It can be argued that the above statements contain the problem that faces the BVAF, which is organised to cater for a membership that is only second claim. Except for the few who join as first claim members, the majority's loyalty lays with their first claim club, not their veteran club. This can be likened to those who join the specialist clubs such as the Road Run-

ners, Kangaroo Club, and the Throwing Circle. These exist to provide a speciality. With veterans it could be said to be age. They do not represent their sport only to promote. The Road Runners Club missed the opportunity to represent road running during the running boom, and allowed B.A.R.R. to fill the vacuum. BVAF is far stronger and better organised, but could end up the same. BVAF is organised on a veteran club basis, [though it's affiliated clubs use BAF first claim club structure to define team winners and for competition in veteran track & field leagues]. In addition it relies heavily on BAF clubs and officials to organise much of it's championship programme, apart from it's National cross country and track & field championships.

What are the alternatives to the present situation? There is of course the status quo, which could be likened to the Kangaroo Club or the Throwing Circle, pressing for better prize structures, allowing veteran athletics to develop along whatever lines some enterprising individual sees fit. Veterans track and field leagues are a good example of this.

The next alternative is to "go it alone". What does this mean? Who is to spell out such a move with all it's possible ramifications? Does the veteran club resign from it's area Association? Would BAF clubs then need to affiliate their veteran members to BVAF? [shades of the old SCVAC]. Or would new veteran clubs need to be formed all round the country to affiliate to the BVAF? Would BVAF endeavour to take over responsibility for organising all veteran activities, including area championships, all the various track & field leagues, grant permits to run veteran road races either separately or within existing BAF competitions, and represent British veterans on world, european and international committees

A further option could be to re-organise as the Veteran Athletic Association, alongside the Road Walking, Fell Running, and the Tug of War Association. British Veteran Area Associations would then represent all veterans within their area. It would be financed by a direct levy on all registered veterans payable to the Area BVAA, with individual clubs paying a veteran levy direct to BAF as with the road Walking and Fell Running Associations. Only an athlete registered as a veteran could compete in veteran events and for veteran awards. The question is how would such a Veterans Athletic Association gain recognition by BAF, and would the officials of clubs be willing to change to Association status?

The suggestion is that the setting up of a working party from all affiliated BVAF clubs is the first thing to be done. This would examine the options available i.e. to continue the present arrangements, go it alone, or re-constitute as the Veteran Athletic Association and to obtain acceptance as a constituent part of BAF, similar to the R.W.A. "Going it alone" and re-constituting as the VAA may turn out to be one and the same.

When approaching a bank for a loan to start a business, the bank would want to know where the business wanted to go and how it proposed to go there. So would BAF! In modern parlance a business plan or mission statement for the VAA would have to be presented. Such a mission statement would be drawn up by a committee of BVAF affiliated clubs. The wish

to represent all veterans, the acceptance of five year age groups and better prize structures for veterans in open competition is hardly a good enough mission statement!

Basic Rules For VAA

Agree own areas - for veteran purposes clubs elect which they join - not necessarily BAF areas.

BVAF Championships and those of it's affiliated Clubs [or Regional Associations] should be promoted by the BVAF or it's Regional Associations. Only registered veterans would be able to compete. All women over 35 and all men over 40 eligible to register.

Issue permits for domestic inter area/club competition in track and field, road and cross country. Issue permits to BAF clubs when including veteran competition within open events. All championships should be separate veterans only promotions, not incorporated in open races.

Define track & field league structures, also cross country and road running if they arise. A separate and additional entry fee to be charged in all open competition if veteran awards available, thus allowing veterans compete for both veteran and open prizes, both team and individual.

A strict list of dates for national-area championship events is required to help avoid clashes.

Continue representing veterans on world, european and other international bodies.

Points to remember when considering change

At present we have a Federation of second claim clubs - main loyalty to first claim.

Prize structure within events are open to all - not true veteran competition. This is no different to giving prizes to the first three left handers home!

BVAF teams based on first claim

RRC formed to promote road running. With it's own marathon championships, where now? BVAF uses BAF clubs to stage it's events as do veteran clubs.

BVAF acts as a channel for overseas events. World and European to conform with international rules.

South of England A.A. now promoting own veteran championships. This can only diminish SCVAC and VAC. Will Midlands and the North be able to withstand the pressure if their areas follow the S.E.A.A.?

Under the present set up a separate body for England had to be constituted to select teams for the Home Countries Cross Country International.

BVAF needs to define it's position, to stamp it's authority on veteran athletics.

What the BVAF does at present

1 Representation to BAF, WVAA, EVAA Governing Committees.

2 Stages World and European events. Promotes and co-ordinates the Home Countries Cross Country International, bearing in mind that Wales and Scotland are clubs or associations, not areas.

3 Promotes veteran only championships [cross country, track & field and indoors]

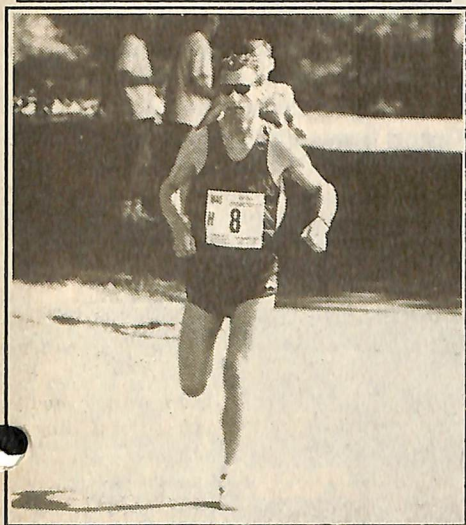
Final Comment

There are bound to be points overlooked in this summary, either out of ignorance or because they seemed to be of minor importance. Additionally, this is not a criticism of any one. It is no more than a view of veteran athletics. In many ways veteran athletics is no worse and

no better than much of grass roots club athletics. Both have a long history of "do it yourself" as cheaply as possible. Permits are wanted without question. Rules are bent or circumnavigated. Road running is flooded with unattached runners. Races and T & F meetings are permitted with little recourse to those already in existence. Any half a dozen people can start up a club with little or no investigation. In fact, almost a free for all!

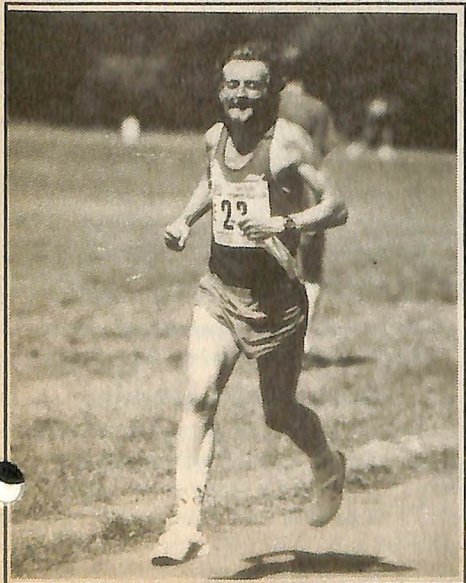
Under present circumstances, veteran athletics is, for many active veterans, a state of mind to be changed at will, not to be confused with everyday athletics open to all. If it were otherwise, on reaching the age of 35 or 40 there would be a mass exodus of athletes from BAF clubs to BVAFF affiliated organisations, and only the best would be able to represent their country in international veteran competition. It is no more than a pleasant side issue. Being all things to all veterans is the best of all possible worlds. Can it, or does it need to be otherwise?

To end on a lighter note, a well known athlete from this area was competing as a veteran for the first time in an early Harlow Marathon. On passing a balding runner, who could be "old", he asked "are you a vet?". "No, I am a school teacher" he replied. What this says for veteran athletics, or school teaching for that matter, you can draw your own conclusions!



Jeremy Hemming

In the winning team in the Road Relays:
Above, M40 race Steve Lonnen [Brighton]
Below, M50 race, Gareth Jones [Oxford]



Jeremy Hemming

And Another Opinion from Ron Blastland

I would like to respond to the Chairman's report in V/A 45 and his request for comments on the way forward for the BVAFF.

Vets AC, Midland Vets, Northern Vets and Scottish Vets were set up on the "club" system and so individual members could join the vets club[s] of their choice. Jack Fitzgerald formed Southern Counties Vets AC [SCVAC] as an Association and so the AAA's clubs in the south could affiliate to the SCVAC, thus making all of their veteran members eligible for the SCVAC events. There was no conflict over first claim memberships and SCVAC championships would be on a par with the open area championships. When the BVAFF was formed in 1975 SCVAC was the one out of step and, despite Jack's attempts to convert the others to associations, SCVAC had to come into line with the majority.

The club approach limited the membership to those prepared to pay individual membership subscriptions. This unintentional "financial" restriction permitted the policy of unrestricted championship entries to British, European and World veteran events. The BVAFF club membership arrangement also means that only about 10% of the total AAA's eligible veterans are represented by the BVAFF. I suspect that is the main reason why Keith made little or no progress with BAF.

Affiliation has the merit that if all AAA's clubs affiliate to their veteran area associations then the BVAFF would represent all veteran athletic club members. Championship entries would increase and we would have true area championships. Confusion over first or second claim membership would disappear and the "cheap" membership subscriptions would have to be replaced by direct membership of a conventional athletic club. This would tie veterans in directly with the conventional athletic club system. Veteran team championships would be able to draw on all of the veterans within an athletic club, rather than just those in membership of a vets club plus the few prepared to pay the premium on the race entry fee. Entries for BVAFF events ought to increase by at least four fold. These increases may mean introducing qualifying performances for National, European and World Championships, although travel costs may still contain the numbers and experience would have to dictate the solution to that problem.

Already a number of counties have begun to hold their own veterans track and field championships and the South of England AAA's hold their own area veterans cross country championships. Belatedly the parent bodies are beginning to recognise the importance of the veteran numbers and perhaps the political dangers of a breakaway. This would seem to offer an avenue for integration for those seeking office. An absorption of the leadership of the BVAFF and member clubs into the mainstream AAA's structure would avoid duplication of events and much administration. It would lead to true championships and perhaps to international representation. It should cut costs! Hopefully, it could make mainstream athletics more considerate of veteran requirements, and more aware of the contribution that veterans make by way of subscriptions, advice and managerial support at club level. The hoary myth that vets should stop competing and become offi-

cials or coaches might be put to rest.

When setting up the Veterans road relays I decided that the event called for larger teams than usual to encourage vets to support their clubs and make the result less dependent on one or two class runners. I also decided that an open to all AAA's clubs approach would bring forward the necessary entries to make the event viable and meaningful as a championship. It has proved to be the right approach. The event has been in constant profit from the outset, a terrific advertisement of what the vets can do and an excellent day out. It also illustrates the value of being able to tap into the whole AAA's club system.

The BVAFF has done a great job and there is still a need for it as a watch guard over the BAF development period. If mainstream athletics continues to develop veteran championships, because of the numbers competing in them, they will make BVAFF equivalents redundant. There is one important proviso and that is the position with WAVA and the other countries who support the current international veterans movement. The dominance of the IAAF and the national associations could influence matters also. There is no space here to explore the international ramifications at this stage. Until our mainstream athletics issues are resolved there are just too many scenarios that might be painted.

The "go it alone" policy should be a last resort only if there is no accommodation for veterans within mainstream athletics, an unlikely eventuality if Moorcroft prevails. Most veterans are athletes first and veterans second. They owe allegiance to their local clubs and would not wish to be isolated in a veterans only environment. Most veterans do not wish to pay club subscriptions, veteran club subscriptions and registration fees. With entry fees, travelling costs, track fees and marketing hype shoe and clothing costs, athletics is no longer a cheap sport.

If there is a split then it should be between the amateurs and the professionals, not veterans and mainstream athletics. None of the sports that have gone open are really succeeding and none are as complex as athletics, with its all year round multiplicity of disciplines, low supporters to competitors ratios, drug problems and litigation issues. Without massive government funding British athletics will never be able to meet the demands of the "professional" aspirants.

Track & Field Rankings

1997 Male Track & Field Rankings lists are now available from D Burton, 22 Chandlers Way, Steyning, W Sussex BN44 3NG

The cost is £2.50 + sae (31p).

RECORD APPLICATIONS

Just a reminder that applications for records up to & including 400m must have been electronically timed. I am still receiving applications which have been hand timed & consequently these are rejected. Also, to be approved, outdoor performances for 100/200/sprint hurdles/LJ/TJ must include the relevant wind reading

David Burton

Sixty One years of Running

In his 68 years of running, eighty one year old George Scutts has run in some unusual places, but none more unusual and remote than the North West frontier of India.

Born in 1917, Scutts started running at Chichester High School. He joined the Royal Air Force as an aircraft electrician in 1937 and started competing regularly for R.A.F. Henlow. The following year he joined Portsmouth AC and is still a member of that club. In January 1939, he was selected to run for Sussex in the Inter Counties Cross Country at Harpenden, but one month later his running in the U.K. came to a temporary halt as he was posted to India.

Stationed at Peshawar, on the North West frontier, he recalls running in a cross country race where he finished sixth out of a field of over 300 and the course was marked out by members of the local polo club on horseback. Later he was detached to a fort deep in tribal territory, where a truck with a log and chains behind it had to sweep the airfield every day to claw up any small mines that the tribesmen had planted overnight. For this, the driver was paid an extra three pence a day, in old money! Three quarters of the personnel on the fort were Tochi Scouts and on their side of the fort they had a running track marked out. Scutts regards this place as the most remote place in which he has trained.

After a short spell in Singapore, he was



George Scutts finishes in the 1972 Veterans Cross Country Championships

posted back to India enroute to Rhodesia to undergo a pilot's course. He remembers spending 39 hours in a train from Calcutta to Bombay in sweltering heat, dressed in a sarong to keep cool and hav-

ing a block of ice about 3ft by 2ft in size put into the compartment every time the train stopped. Then followed a short spell in Durban, S. Africa, where he took every opportunity to run, using a pair of cross country studs with canvas uppers that he had purchased in 1937 for one shilling and six pence.

Running the gauntlet of the submarines, Scutts returned to Britain in 1942, and left the R.A.F. in 1945, but shortly afterwards rejoined to become an air traffic controller. He was well into long distance running by this time and in 1946, still wearing those 1937 shoes, he finished second in the Finchley 20 behind Tommy Richards, but beating top liners Stan Jones and Squire Yarrow. One month after that race, again in the old shoes, he won the Chichester to Portsmouth race, beating established stars such as Cecil Ballard, who went on to win the Poly Marathon.

Scutts moved to Germany in 1951 and won the 2nd Tactical Air Force 5,000m Championship three years in a row. He also represented the British Forces against the American and the French Forces. He also joined A.S.V. Cologne, along with the late Charlie Smart of Belgrave and they competed on most Sundays in 5,000m or 10,000m events. They were invited to run in a paarlauf and although not winning the event, they covered the 10,000m in 30 minutes. They were so impressed by paarlauf running that they introduced it to Britain when they returned in 1953 and Scutts believes that Belgrave holds a Boxing Day paarlauf to this day.

Back in Britain again Scutts was running at every opportunity. He took part in the London to Brighton relay and ran the last leg into Brighton for the team which included Hyman, Tulloh and the Cook twins. In 1957 he ran in the AAA's Marathon at Watford, and in a race won by Eddie Kirkup, Scutts hung on to the great Bill McMinnis for 23 miles, helping him to achieve a time of 2:33.33 at the age of 40. He admits that the time is not fast by today's standards but recalls that it would have finished eighth in the previous year's Olympics.

Another spell overseas, this time in Aden, followed between 1962 to 1964. It was another hot country in which to race and train. The sport was quite well developed, he recalls, with both cross country and track and field. One novelty was a 10 mile multi terrain relay along the beach, with the shortest leg being 400m, then 800m and so on. Each runner except the three miler at the turn had to do the out and home legs. In 1972, George Scutts ran in his last R.A.F. Championships, 34 years after his first. He states that it is a record that will not now be beaten.

In 1975 he went to Toronto for the first

Masters Games, where he collected three bronze medals for 5,000m, 10,000m and cross country, together with a M55 team medal. Since then he has competed WAVA Championships in Australia, Japan and Eugene, U.S.A. The latter was the one he enjoyed most from the organisational point of view. He has also competed in the European Championships in Italy and Helsinki.

In 1993 Scutts was a member of Len Jones's eight man relay team, all from Bognor Regis area, who ran non stop, day and night, from John O'Groats to Lands End. They slept, when possible, in the back of a transit van and lived on a diet of baked beans on toast, eggs and dozens of Mars bars. He would not have believed that he could survive, running the equivalent of four marathons in five days at 74 years of age, and then go on to win his age group in the 25km race at Brugges only three weeks later.

Scutts enjoys going to Brugges every year and to any other event that looks interesting. In January this year he won his age group in the Malta 10k. In March he won the M80 in the BVAf 10k at Eastleigh and the BVAf Cross Country Championships at Croydon.

He still teaches wood carving on Wednesday evenings in Bognor Regis, something he has been doing for 22 years. George Scutts realises how lucky he is to have been able to run and race over a period of 68 years and enjoy 60 of those years with the same club.

Geoff Ashby

Scutts beats Engelhardt, the German Olympic marathon runner, Cologne, 1953



High British Entry for European Championships

Entries have now closed for the European Track & Field Championships to be held at Cesenatico, Italy from September 11-17. A total of 197 men and 94 women athletes have returned entry forms. More details in the next issue.

“fancy a swift half?”

SUNDAY, AUGUST 30TH
SEFTON PARK, LIVERPOOL, 11.00 AM

SPECIAL COMMEMORATIVE NIKE DRI-FIT T-SHIRT ONLY £6 (R.R.P. £25)

Available only prior to race day. All entrants purchasing T-shirts will be entered into a

FREE PRIZE DRAW TO RUN IN THE STOCKHOLM HALF MARATHON

(FULL DETAILS IN RACE PACK)

FREE TRIP
ON THE FAMOUS RIVER
MERSEY!

SPECIAL 16 PAGE
LIVERPOOL ECHO
SUPPLEMENT
FREE WITH RACE PACK!

SMILE
IN THE LAST MILE –
GET YOUR PICTURE TAKEN!

BVAF ENTRY FORM

NAME _____

ADDRESS _____

POSTCODE _____

MEMBERSHIP NO. _____ CLUB _____

(NON-BVAF VETERANS ARE INVITED TO COMPETE ON PAYMENT OF £2 AFFILIATION FOR THE EVENT.)

NIKE T-SHIRT @ £6 M ☐ L ☐ XL ☐ RESULTS @ £1 ☐

ENTRY FEE: BAF £8.00 Non-BAF £9.00 TOTAL AMOUNT ENC. £ _____

MALE 40-44 ☐ 49 50-54 ☐ 59 60-64 ☐ 65+

FEMALE 30-34 ☐ 39 40-44 ☐ 49 50-54 ☐ 59 60+ ☐

Cheques and Postal Orders made payable to 'Liverpool International Half Marathon' and returned to: L.I.H.M., Suite 21, Egerton House, 2 Tower Road, Birkenhead, Merseyside L41 1FN. **CLOSING DATE FOR ENTRIES, 14 AUGUST 1998**

Signed _____ Date _____



BAF PERMIT No. 3245

The 5th NIKE
Liverpool
International Sunday, August 30th
half marathon
“setting the pace”

in association with



INCORPORATING

The U.K. Half Marathon Championship
British Veteran Athletic Federation Championship
& Merseyside County Championship Races

DISCLAIMER: I declare that I am medically fit to run and understand that I do so at my own risk and that the organisers will not be liable for any loss, damage, action, claim, cost or expenses which may arise as a result of my taking part in this event. I agree to be bound by the laws and rules of the BAF. In the event of any entrant not competing in the race the entry fee remains non-refundable.

Around the Regions

EASTERN

Like the cross country championships in January, I thought that either the EVAC Road Relays would have to be cancelled or they would be severely disrupted by the weather. This time it was water rather than the wind. On the Friday lunchtime the road between the Sports Ground and the course was under a foot or more of water, although the course was dry. Unfortunately, it rained nearly all day on the Saturday. On driving round the course on the evening, the only serious water was on the corner of Hemingford Abbots High St, and that is how it stayed. Flippers were not required after all.

This was the fifth running of the relays and the best supported. A record number of teams finished. The number of teams has doubled since the first competition in 1994. The women's record was broken by Margaret Swithenby [M.Keynes], with a time of 13:07, beating Brenda Hutcheon [Wymondham] by 7 seconds. A new time was also set for the women's team, the Milton Keynes trio clocking 40:37. Full records are: M40 Team Nene Valley H 41:00, 1997
M50 Team St.Edmunds Pacers 34:07, 1996
Women's Team Milton Keynes AC 40:37, 1998
M40 fastest leg E.Tennant Redhill RR 9:59, 1994
M50 fastest leg M.Turner C&C 11:03, 1994
Women fastest M.Swithenby M.Keynes 13:01, 1998

Some of the Nene Valley Harriers had already run in the National 12 Stage Relay the previous day, but that did not stop them from making a determined effort to win for the third year. Each of their four runners averaged around a half minute faster than Bedford & County, their nearest rivals. If Ray Church had run for the A team they would have beaten last year's record by half a minute. Bedford never gave up though, and finished a creditable second. Keith McLellan's run of 10:06 brought Luton United up from 12th to 4th, enabling them to finish a final 5th.

St. Edmunds Pacers, like Nene Valley, were third time winners of the over 50's, also running around 30 seconds a lap faster than Bedford & County over 50's team. For the first time we had a M60 team [M.Keynes], finishing 5th in the over 50's race. The committee will have to consider a separate race for this age group next year should the likes of Norwich decide to compete.

I was very pleased to see four women's teams competing and, for the first time, Ryston Runners, both men and women. There was also a women's team from Eye Community Runners, perhaps a men's team could come next year. We missed Chelmsford, Biggleswade, Vauxhall, Leighton Buzzard, Grantham, Redhill and Wymondham, who have all competed before. We have yet to see Norwich, Colchester and Mansfield, all of whom, I am sure, could field formidable teams, if this year's cross country and 10k road championships are anything to go by.

REMEMBER - if your club does not have enough EVAC members to make up a team, you can bring along fellow veteran club members as guests, even though they may not be EVAC members on the day. This is an event to introduce them to veteran only competition and encourage them to join and take part in other events.
10K Road Champs, Hatley St.George, 5/4/98

The latter half of this race was run in a downpour, a taste of what was to come for the rest of the month. Mansfield and Grantham swept down the A1 to take 1st and 2nd team awards from west of the region Luton, but they could not beat Keith McLellan for the individual title. Nor could Gordon Shrimpton from the "far east" of Halstead catch local runner John Jenkins for the over 50's prize.

St.Edmunds pacers, this time with a different third man from their relay team which later in the month won the M50 medals, won from Bedford & C. Diana Braverman [Cambridge] had a comfortable win over Margaret Swithenby, recent winner of the 20 miles title, with Alison Milnes [N.E.Norfolk], the third.

Terry Labourum beat Nat Fisher for the M60 medal. If I remember correctly, Nat won [around 51 minutes] the vets only 10 miles race I staged in Cambridge in the late seventies, and twice won the Southern Counties Veterans AAA C.C. Championships. Colin Weight, then running for Haringey, and Dave Blyth, are the only

other names I can find from the 1977 results.

George Phipps easily won the M70's, just failing to catch Colin Weight, some 10 years his junior. The race was followed by the AGM and the "Winfall Prize Draw". Many names went into the hat, but only one present won a prize. Rod Allard was pleased with his microwave oven. Other prizes were taken by friends or informed by post.

Peter Duhig was elected Chairman, Peter Andrews as Treasurer and Peter Chaplin as Secretary, Eva Osborne as Membership Secretary and Tony Challis as Newsletter Editor.
Peter Chaplin

WELSH

The South Wales veterans track & field season got under way on a lovely sunny evening in Carmarthen on May 13. On this, the first of four league matches, 65 athletes from eight clubs from S.Wales contested the meeting, which consisted of 14 events. The meeting started at 7pm and just over two hours later Cardiff had won by 34 points from Swansea, with Neath and Port Talbot in third and fourth places. In the men's match there was one notable performance which overshadowed several P.B.'s by other athletes. Bill Kingsbury, M70, broke his British Record in the hammer competition with a throw of 35.38m. In the women's match, Cardiff were too strong for the opposition, winning by 80 points from Swansea, with Brecon in third place. Sue Hooper was the star performer for Cardiff, competing in five events and winning each one.

The London Marathon was a success for several athletes from S.Wales. Mick McGeoch and Paul Smith were members of the Les Croupiers senior men's team which finished in third place. The Les Croupiers trio of veterans Edwina Turner, Liz Clarke and Veronica Singleton also finished third in the senior women's group. Another notable performance was that of M70 Tom Wood, the President of the WVAA, who finished in just over four hours.
M.Webb

NORTHERN

On Feb. 1 a missing marshal meant the monthly run at Stockton Heath was elongated to closer to 7 miles instead of 10km. Thankfully, no one got lost and most people hung on to their placings. Elite vet Mike Girvan, returning after injury, vied with newcomer Chris Henry, and in cold but ideal conditions triumphed by 25 seconds. In the 89 strong field, a rejuvenated Fred Gibb [Bingley], soon to be 60, had an excellent run to finish 10th, only three and a quarter minutes behind the winner. There was a close tussle in the M60 section with race organiser Les Vaughan-Hodkinson beating a returning Bryan Gane by only two seconds, with Sale's Mike Howe two places behind them. In a larger than usual female turn out, Jackie Cordingley [Sale] headed the other 10 women by a good three minutes, whilst postman Joe McAloon was first in the handicap.

In our cross country championships on Feb.15, Martin McGann and his cohorts had laid a splendid course on the fields around the Broadoak Leisure Centre, and in warm and wind free racing conditions 151 runners competed in the two races on ground deceptively heavy in parts. In the first race, youngsters Brian Hilton from Leeds and Altrincham's Peter Hyde broke away early on with Hilton, surprisingly, proving 10 seconds quicker at the finish. Hyde, however, had the consolation of leading team mates Stewart Grace, Derek Walton and John Dwyer to a 30 point victory over Bolton. Alison Veasey, also Altrincham, continued her excellent run of form, taking the scalp of Longwood's Val Battye, a consistent performer in these championships, to win the women's event by 49 seconds.

In the second race, M45 Ken Moss [Vale Royal] won, seven seconds clear of battling Paul Venables [Rotherham], a recent convert to the vet's ranks. Sale won the M40 team award by only 9 points from Bingley, but Pembroke/Sefton, led by Robert Frodsham, vanquished Barrow by an emphatic 26 in the M45 group.

For the first time in a NVAC monthly run no women turned up to run at Todmorden on March 8, leaving the way for 30 fellas to enjoy the testing "Hot Toddy" course, incorporating 5.8 miles of hilly roads encircling the town. Pat Collier, Brian Hargreaves and Harry Clayton of the local harriers provided the marshals and hospitality of the working men's club. Newcomer from

Clayton le Moors Graham Cunliffe was a 16 seconds victor over Pembroke's regular David Gaynor, who won the M45 award from Salford's Brian Buck.

Derek Walton

ISLE OF MAN

The club held its 6 mile Spring Handicap on March 21, which attracted 18 enthusiastic entrants, and Al Hodgson had the honour of leading off the race. By the end of the 12 and a bit laps it was Willie Kneale, preparing for the London Marathon, who crossed the line first, just 20 seconds ahead of Dave Tasker, who decided to run this race rather than walk. Fastest on the night was Mike Gellion in an actual time of 35:39. The second leg is on Saturday Nov 21 when the overall winner will receive the Skillicorn trophy for 1998.

Our next big event was the Isle of Man's 20 miles road race, which is becoming a must for aspiring London Marathon runners. This was held on sunny, wind free March 22 and an encouraging 17 starters toed the line. The race rapidly split into groups with the front runners going for a sub two hour and others content to pace themselves and be grateful to finish. The winner was future member Bernie Cannon who took the senior men's title but missed out on the sub two hours by only 11 seconds. He was pushed all the way by Murray Lambden, 35 seconds behind but who easily took the M40 title. Richard Radcliffe was second vet over the line. He had a lonely run in 4th place clocking 2:06.50.

The women's title was won by ex international cyclist Marie Noon [formerly Purves], who finished strongly in 2:32.21 [which set her up for a creditable 3:13 in her debut "London"]. The M50 title went to Martin Bell, rapidly returning to form, and M55 to John Grady. Third M40 was Mike Gellion, who as race secretary sorted out numbers, late entries and drinks stations prior to the race, and then went on to clock a time of 2:09.15. It is members like this that every club needs and to whom every competitor should be grateful. Thanks Mike!

Our sprinters continue to flourish the Manx flag in National competitions, with Dave Anderson recently taking M40 bronze at 800m at the BVAF Indoors in Glasgow, accompanied by Alan Connor, who took M55 silver at 200m in a Manx Record 26.46. Another Manx record breaker was John Marchment, who won M40 bronze at 200m, having lowered the Manx record to 25.81 in the heats.
Terry Bates

SOUTHERN

SCVAC

Blackheath H. hosted the first of the club road championships, in conjunction with their ever popular Ted Pepper Memorial 10K race on May 4. M45 champion Ken Daniel, finishing in overall 4th place, proved to be the leading club runner. His Blackheath clubmate Peter Hamilton finished 11th to take the M50 title, one place ahead of Martin Walmsley, who was the best of the M40's. A further five places down the field, Ted Broad was performing well to take the M55 gold, while Len Parrott clinched the M60 title.

However, as the age gradings later proved, the best performance of the day was again that of 71 year old Steve Charlton, three places behind Parrott and ahead of M65 winner John Chandler. Newly joined Alison Fletcher was 2nd woman overall to easily win the W35 title. Zoe Gaffen again took the W40 gold and ever present Pam Lucas the W50 honours. As the age gradings again proved, the best women's performance came from Pam Jones, which, coming so soon after her splendid London Marathon win, once again amplified her terrific latent talent. Charlton's time of 40:18 converted to 91.56%, Broad's 35:30 gave him 88.18% and Daniel's 33:39 was worth 87.20. Pam Jones 45:16 converted to 84.03, with Fletcher next on 80.75.

As the SCVAC Cross Country Championship was the first of the Grand Prix series, Peter Hamilton is currently leading the men's tables with 72 points, from Len Parrott [67], Martin Clarke [56], Mike Rosbrook [52] and Cyril Wroth [51], but it is early days yet as the half marathon, 10 miles and marathon still have to come. Zoe Gaffen leads the distaff tables on 73, followed by last year's winner Pam Lucas [69] and General Secretary Jeanne Coker [68].

The popular Southern Vets track and field is now under way, with most sections having completed two

Track Walking Records

BRITISH

WORLD

3000m Track

M40	R Care 12-46.03	W.Sawall 11:28.21
M45	D Stevens 12-54.1	G.Little 12:06
M50	R Care 13-10.09	G.Little 12:18
M55	D Stevens 13-57.4	G.Little 13:14.69
M60	G Chaplin 14-30.8	G.Chaplin 14:30.8
M65	G Chaplin 15-12.9	C.Colman 15:58.3
M70	C Colman 16-58.73	C.Colman 16:58.73
M75	J Grimwade 16-19.5	J.Grimwade 16:19.5
M80	J Grimwade 18-52.85	A.Strang 20:39.0
W35	H Elleker 13-31.7	K Saxby 12-02.39
W40	B Lupton 15-16.90	S.Griesbach 13:19.7
W45	K Baird 14-47.9	V.Heikkila 14:26.2
W50	A Lewis 15-57.7	V.Heikkila 15:11.9
W55	M Worth 16-14.6	M.Worth 16:31.0
W60	M Worth 16-28.5	M.Worth 16:28.5
W65	M Worth 17-55.78	B.Tibbling 17:08.32
W70	A Von Bismark 21-01.5	B.Tibbling 18:05
W75		A.Forbes 21:23.57
W80		N.Jefferys 24:00
W85	S Packham 31-41.0	N.Jefferys 27:36.0

5000m BRITISH

EUROPEAN

M40	R Care 22-09.8	G.Lelievre 20:39.09	M.Balek 20:13.10
		M.Balek 20:13.0	
M45	R Care 22-12.66	G.Lelievre 21:16.0	G.Little 20:54.4
M50	R Care 22-39.0	A.Nokela 21:55.0	G.Little 21:01
M55	D Stevens 23-48.1	V.Golubnichy 22:44.5	G.Little 22:19.55
M60	G Chaplin 24-40.9	G.Weidner 24:07.71	G.Weidner 24:07.71
M65	C Colman 27-14.0	H.Nilsson 26:29	T.Dainty 25:44.0
M70	J Grimwade 26-56.0	J.Grimwade 26:56.0	T.Dainty 26:29.38
M75	J Grimwade 27-40.0	J.Grimwade 27:40.0	J.Grimwade 27:40.0
M80	J Grimwade 29-24.1	J.Grimwade 29:24.1	J.Grimwade 29:24.1
M85			A.Theobald 33:15.0
M90			A.Theobald 35:10
W35	H Elleker 23-26.18	Y.Veremeychuk 22:35.0	A.Manning 21:37.5
W40	L.Millen 25:07.75	S.Griesbach 22:49.06	S.Griesbach 22:49.06
W45	A Lewis 26-55.75	S.Griesbach 24:29.1	S.Griesbach 24:29.1
W50	M Worth 28-36.03	H.Meder 25:04	H.Maeder 25:04
W55	M Worth 28-16.0	O.Meyer 25:28.0	O.Meyer 25:28.0
W60	M Worth 28-22.0	O.Meyer 26:38	O.Meyer 26:38
W65	M Wixey 30:50.93	B.Tibbling 28:27.27	J.Albury 27:57
W70	M Worth 36-04.98	B.Tibbling 29:16	B.Tibbling 29:16
W75		B.Tibbling 32:44.76	B.Tibbling 32:44.76
W80			P.Clarke 37:41
W85		N.Wedemo 38:03.96	N.Wedemo 38:03.96

10,000m Track [British Records only]

M40	A Seddon 44-50.59	W35 J Farr 50-46.0	W40 S Brown 52-43.71
M45	B Adams 45-23.5	W45 S Brown 54-00.7	
M50	A Smallwood 45-11.9	W45 M Worth 58-12.7	
M55	D Stevens 50-39.1	W50 M Worth 57-50.4	
M60	G Chaplin 50-56.4	W60 M Worth 62-37.8	
M65	A Poole 56-49.6	W65 M Worth 65-41.1	
M70	J Grimwade 55-55.9		
M75	J Grimwade 55-00.6		
M80	J Grimwade 61-25.4		

of their four evening meetings, culminating in the final on the first Sunday in September. The first South West London division meeting at Kingsmeadow on April 29 probably achieved the first British record of the season, when Bill Fuller of Epsom & Ewell set M50 Shot Put figures of 14.92m.

Jack Fitzgerald

Terry O'Neill extended his winning run since cross country by taking the 1500m on April 21 and the 5.2 miles, both at Battersea. The Victoria Park athlete, who lives in Richmond, credits the coach Eric Horwill with helping him to improve over the last year. Rob Roath [Woking] and Mick Nouch [Belgrave] are consistently in the van guard of these road races and now just one second divided them in the 2nd and 3rd places. Then Liam O'Hare marked his last sub 50 run by being 4th.

In fact, 45 class is strong in depth as Stuart Littlewood was next, ahead of three recruits Peter Marsh [Barnet], 47, Bill Snellgrove [THH] and international Danielle Sanderson. Sanderson, who turned 35 in October, suffered a long period out of competition with illness and was in the race for a test run. Happily, she proved in excellent form and, filling 9th place, became the first woman here under 30 minutes. She improved Maggie Statham's record of 30:07, set in August 92, down to 29:51.

Book Review: The Winning Edge

Alastair Aitken is already familiar to readers of this magazine as he regularly contributes race reports. His first book, *More Than Winning*, was well received and *The Winning Edge* looks set to be even more successful.

For many years Alastair has been recording interviews, chat and comments from successful athletes. To borrow a quote from Peter Hildreth, "When runner's legs stopped moving, Alastair was on hand to tape their words". In this book we are treated to the views of about 130 of the best known names from the past and present, including such greats as Skah, Morcelli, Butch Reynolds, Calvin Smith and Peter Radford. Field eventers and walkers are also catered for through stars

such as Jonathon Edwards, Lynn Davies, Ken Matthews and Paul Nihill. Stars of yesterday still competing air their comments on veteran athletics.

It may be an old cliché, but it really is difficult to put this book down. Reading it is like looking through a kaleidoscope of athletics over the last 40 years and veteran readers will readily recall the events described in the book, as they were either there or watching them on TV. The statistical information is woven into the story so it is very easily absorbed and never boring. There is something of interest on each of the 238 pages and *The Winning Edge* is recommended as a "darned good read". It is available from The Book Guild, 25 High Street, Lewes, Sussex at £10.50.

Geoff Ashby

WORLD

M40	R Care 22-09.8	G.Lelievre 20:39.09	M.Balek 20:13.10
		M.Balek 20:13.0	
M45	R Care 22-12.66	G.Lelievre 21:16.0	G.Little 20:54.4
M50	R Care 22-39.0	A.Nokela 21:55.0	G.Little 21:01
M55	D Stevens 23-48.1	V.Golubnichy 22:44.5	G.Little 22:19.55
M60	G Chaplin 24-40.9	G.Weidner 24:07.71	G.Weidner 24:07.71
M65	C Colman 27-14.0	H.Nilsson 26:29	T.Dainty 25:44.0
M70	J Grimwade 26-56.0	J.Grimwade 26:56.0	T.Dainty 26:29.38
M75	J Grimwade 27-40.0	J.Grimwade 27:40.0	J.Grimwade 27:40.0
M80	J Grimwade 29-24.1	J.Grimwade 29:24.1	J.Grimwade 29:24.1
M85			A.Theobald 33:15.0
M90			A.Theobald 35:10
W35	H Elleker 23-26.18	Y.Veremeychuk 22:35.0	A.Manning 21:37.5
W40	L.Millen 25:07.75	S.Griesbach 22:49.06	S.Griesbach 22:49.06
W45	A Lewis 26-55.75	S.Griesbach 24:29.1	S.Griesbach 24:29.1
W50	M Worth 28-36.03	H.Meder 25:04	H.Maeder 25:04
W55	M Worth 28-16.0	O.Meyer 25:28.0	O.Meyer 25:28.0
W60	M Worth 28-22.0	O.Meyer 26:38	O.Meyer 26:38
W65	M Wixey 30:50.93	B.Tibbling 28:27.27	J.Albury 27:57
W70	M Worth 36-04.98	B.Tibbling 29:16	B.Tibbling 29:16
W75		B.Tibbling 32:44.76	B.Tibbling 32:44.76
W80			P.Clarke 37:41
W85		N.Wedemo 38:03.96	N.Wedemo 38:03.96



Scrummage at BVA F.C.C.Champs: Gavin Dalton [33], Dave Wilcock [142], Steve Wankling [137] and Charlie Dickinson [179]

The next 45, Peter Smith [Tadworth], held off club Secretary Dennis Williams, 1st 50, and the leading Northern vet Phil Lancaster of Elswick, who was 1st 55 of the day. Following Sanderson, Margaret Moody won a keen club contest with Ros Tabor. The date, coming before the London Marathon, did not spoil the attendance of 67 which filled out a very competitive race, where Tom Everitt, Richard P-Knowles and Ron Franklin headed the 60, 65 and 70 classes.

On May 26 a good race on the first circuit had Mick Nouch, Ian Emery, Steve Smythe and Pete Marsh come back in a tight group. Emery, 48, paced well to finish 18 seconds clear of Nouch, once again the bench mark runner. Dennis Smith reversed the last duel with Pete Smith by 3 seconds and went to the top of the club all year Snow table. Here, with a new scoring formula, women and over 70's, who have fewer to contend with, are mixing it at the top with young blood who can blast their way to 4 or 5 points.

Another northerner at Battersea was Michael Howe, no stranger at VAC summer events in London during the week, and now heading the 60's. S.L.H. was strongest club as Christine James finished 1st woman, supported by Nina Pinkerton and Jenny Grant, Tony Austin [7th home] and Mick Quinn, 2nd 55. Recent BVA F 10 mile champ from Leyland, and 2nd woman this day, Pam Jones smoothly ran 36:22, a new record W60 time by several minutes.

At track an unprecedented pre-race April snow storm deterred some, but not new sprinter David Curzon [Kingston P], who headed the 100m, nor regular Al Sowden, who set the 300m alight, nor a novice sprinter, on a discovery path at 65, Don McKanna. Steve Smythe, the journalist, opposed Terry O'Neill at distance, but there was no stopping the older man.

Amends were made on a balmy evening in May at Kingston. Here, new signer Anne Nelson of Epsom

John Fraser

John Fraser, a well known figure in both BVA F and MVAC championships, died on May 13 at the age of 75. The funeral took place on May 18.

He had won numerous BVA F titles in events ranging from 400m to half marathon. He had also been the holder of a number of age group records, but he had been forced to curtail his running over the last two years due to failing health.

One of his best performances was when he was awarded the Emil Zatopek Prize in the Sunday Times run in Hyde Park. His last appearance in the BVA F Track & Field Championships was at Bedford in 1994 when, at the age of 71, he won the 400m in 70.38 and the 5000m in 20:49.34. His last full season on the road was in 1995 when he won BVA F M70 titles at 10k, 10miles and half marathon.

made a good start in 100m as Val Parsons, fastest woman on the night, and Mary Axtell sharpened their form. It fell to Graham Pope, 52, to make up for the lack of M40 competition for Curzon, fastest sprinter. In a well filled 3000m Eric Thomas [SLH], 41, ran a smooth display in 9:19 from Terry O'Neill, as Maggie Statham was 1st woman in 10:50. Bill Fuller, 43.38m discus, with Mike Small and Roger Bartlett, in javelin, 44.10m and 43.15 resp., achieved the leading throws competing with five others.

Jeremy Henning

RESULTS • RESULTS • RESULTS •

BVAF Cross Country Champs, Lloyd Park, Croydon, 28/3/98

M40 1 D.Hollins 34:32, 2 J.Estell 34:46, 3 J.Lisby 35:01, 4 D.Wilson-Evans 35:02, 5 P.Venables 35:09, 6 P.Warden 35:15, 7 R.Payne 35:22, 8 S.Robinson 35:29, 9 M.Girvan 35:37, 10 E.Thomas 35:42, 11 G.Ratcliffe 35:56, 12 S.Davies 36:01, 13 B.Gardner 36:02, 14 R.Kindersley 36:11, 15 M.Shields 36:16, 16 M.Flowers [Wav] 35:17, 17 A.Newman 36:21, 18 M.Bamsdale 36:21, 19 B.Moss 36:28, 20 A.Weatherill 36:37, 21 A.Rowe 36:38, 22 E.Keranen 36:41, 23 P.Roberts 36:43, 24 D.Reed 36:50, 25 M.Strange 36:51, 26 K.McLellan 36:53, 27 G.Rawlinson 37:00, 28 D.Wilcock 37:04, 29 J.Crehan 37:06, 30 P.Kafel 37:08, 31 S.Allen 37:09, 32 G.Dalton 37:17, 33 M.Flowers [Burt] 37:19, 34 A.Taylor 37:23, 35 G.Bell 37:26, 36 B.Hutchinson 37:31, 37 R.Stanier 37:32, 38 P.Spick 37:34, 39 P.Irvine 37:35, 40 T.Soutar 37:37, 41 P.Neal 37:42, 42 A.Camp 37:43, 43 S.Nice 37:45, 44 G.Hannaford 37:53, 45 L.Brookman 37:57, 46 T.McDonald 37:59, 47 D.Dymond 38:01, 48 G.Broster 38:02, 49 M.Evans 38:04, 50 R.Coles 38:08, 51 A.Girling 38:15, 52 A.Gourlay 38:21, 53 R.Grant 38:22, 54 P.Bevelacqua 38:40, 55 M.Nouch 38:56, 56 P.Young 39:16, 57 C.Shea 39:19, 58 J.Quirey 39:24, 59 B.Acford 39:25, 60 M.O'Halloran 39:29, 61 R.Jacobs 39:30, 62 R.Ewen 39:41, 63 M.Cave 39:54, 64 A.Hussey 40:06, 65 A.Smith 40:08, 66 P.Finn 40:10, 67 M.Cowley 40:14, 68 A.Lawes 40:32, 69 R.Benjamin 40:44, 70 P.Grimdale 41:02, 71 J.Mather 41:21, 72 C.O'Neill 41:21, 73 D.Bower 41:32, 74 W.Slack 41:35, 75 P.Dipple 42:28, 76 J.Turner 42:31, 77 P.Ernery 42:25, 78 C.Angove 42:59, 79 V.Patuzers 43:12, 80 T.Nott 43:14, 81 M.O'Brien 43:42, 82 F.Robinson 43:58, 83 P.Taylor 44:11, 84 P.Moran 44:13, 85 R.Walsh 45:17, 86 P.Radford 45:26, 87 N.Hosking 45:46, 88 S.Pender 46:55, 89 M.Sharp 48:06, 90 J.Leeson 53:40

M45 1 P.Flavell 34:56, 2 D.Black 35:35, 3 A.Jenkins 35:46, 4 M.Hager 35:52, 5 R.Curran 35:55, 6 C.Dickinson 36:30, 7 P.Witcomb 36:49, 8 S.Owen 36:58, 9 B.Ford 37:07, 10 K.Daniel 37:15, 11 N.Fairbrass 37:26, 12 T.O'Neill 37:28, 13 D.Overson 37:33, 14 P.Morris 37:44, 15 E.Tennant 37:48, 16 A.Grice 38:37, 17 M.Foschi 38:55, 18 D.Gaynor 38:57, 19 C.Fairbrass 39:08, 20 P.Williams 39:18, 21 B.Marley 39:26, 22 S.Plested 39:27, 23 S.Littlewood 39:50, 24 D.Fairbrass 40:39, 25 S.Bell 41:11, 26 R.Hill 41:18, 27 A.Rich 41:29, 28 S.Knight 41:47, 29 S.McIntyre 41:53, 30 P.Dancer 41:58, 31 N.Hemming 42:04, 32 P.Oates 42:16, 33 W.Valentine 42:23, 34 P.Durran 42:37, 35 C.Cloke 42:40, 36 J.Gabriel 43:24, 37 C.Dew 43:33, 38 P.De Bertrand 43:37, 39 S.Ridgwell 43:53, 40 R.Brown 43:57, 41 B.Harris 44:11, 42 C.Pike 44:26, 43 C.Rayner 44:38, 44 G.Thomas 44:42, 45 W.Gilby 44:52, 46 A.Cheek 44:59, 47 M.Winter 45:05, 48 J.Brown 45:11, 49 L.Howick 45:14, 50 N.Bongers 45:56, 51 D.Nelson 46:19, 52 J.Hurford 46:28, 53 J.Stevenson 46:31, 54 S.Grehan 46:32, 55 D.Smith 46:33, 56 M.Taylor 46:49, 57 G.Pullen 47:32, 58 S.Hollingdale 47:36, 59 J.Spencer-Wood 47:38, 60 D.Marchant 47:41, 61 M.Gambrell 48:02, 62 M.Graham 48:09, 63 M.Doughty 49:05, 64 S.Hewitt 50:01, 65 A.L.Gerrard 53:00, 66 P.Keogan 54:20

M50 1 P.Hyde 36:29, 2 J.Willoughby 36:51, 3 C.Youngson 36:53, 4 B.Hilton 36:55, 5 J.Bell 37:13, 6 P.Probin 37:22, 7 H.Matthews 37:37, 8 D.Francis 37:42, 9 R.Clark 37:50, 10 I.Barnes 37:51, 11 S.Couldwell 37:52, 12 R.O'Mahony 37:57, 13 E.Raukar 37:58, 14 J.Exley 38:08, 15 N.Robson 38:09, 16 M.Rouse 38:16, 17 M.Smedley 38:23, 18 P.Kelly 38:25, 19 R.Chapman 38:49, 20 V.Hancock 39:34, 21 G.Taylor 39:36, 22 M.Cronin 39:48, 23 R.McCall 39:59, 24 P.Aldersley 40:03, 25 J.Potts 40:08, 26 S.Collie 40:19, 27 M.Ciglia 40:20, 28 A.Stedman 40:23, 29 R.Dover 40:25, 30 D.Bastable 40:27, 31 D.Kent 40:31, 32 D.Williams 40:42, 33 T.Edgley 40:51, 34 M.Robinson 40:55, 35 E.Cookayne 40:55, 36 D.Addison 40:55, 37 P.Allen 41:05, 38 A.Bradshaw 41:09, 39 P.Newton 41:17, 40 G.Bradbury 41:29, 41 A.Matthews 41:33, 42 D.Barrett 41:34, 43 C.Verral 41:51, 44 P.Ford 42:05, 45 A.Harvey 42:12, 46 R.Black

Gill Dean, BVAF W45 C.Country winner



Jeremy Hemming

42:21, 47 T.Townsend 42:28, 48 M.Duff 42:37, 49 S.White 42:43, 50 R.Davies 42:54, 51 D.Parkinson 43:12, 52 B.Fisher 43:18, 53 J.McGillivray 43:25, 54 R.Williams 43:31, 55 V.Webster 43:44, 56 C.Marshall 43:52, 57 R.Smith 43:52, 58 M.Sharp 44:07, 59 B.Gardner 44:21, 60 T.Oliver 44:33, 61 J.Reynolds 44:48, 62 W.Wessely 44:57, 63 J.Copley 45:01, 64 R.Auerbach 45:13, 65 A.Turner 45:28, 66 T.Brightwell 45:33, 67 J.Shirley 45:45, 68 R.Lawrence 46:06, 69 C.Williams 47:10, 70 A.Davidson 47:21, 71 J.Fuller 48:00, 72 J.Mould 48:15, 73 R.Bale 48:21, 74 D.Hutcheon 48:51, 75 A.Wilson 49:35, 76 G.Sankey 49:48, 77 J.Dutch 50:10, 78 T.Bravennan 51:46, 79 D.McMillan 51:57, 80 G.Routledge 59:29, 81 P.O'Connor 58:30

M55 1 L.Haynes 38:17, 2 L.Presland 38:24, 3 C.Elson 39:12, 4 F.Gibbs 39:26, 5 D.Gibson 39:38, 6 A.Jefferies 39:59, 7 K.Parry 40:13, 8 E.Broad 41:22, 9 M.Smith 41:31, 10 A.Matson 41:41, 11 B.O'Gorman 41:53, 12 D.Collins 42:09, 13 G.Harold 42:15, 14 R.Froome 42:57, 15 I.Clare 43:10, 16 T.Dutton 43:17, 17 E.Bovington 43:33, 18 M.Sawyer 43:55, 19 M.Doogan 44:22, 20 E.Kimber 44:44, 21 C.Antonioni 45:54, 22 T.Ash 45:56, 23 M.Butterly 46:21, 24 G.Kidman 46:22, 25 G.Williams 46:42, 26 J.Robinson 46:54, 27 M.Quinn 47:05, 28 P.Lovell 47:36, 29 J.Wasbrough 47:57, 30 M.Knight 48:09, 31 R.Wallis 48:25, 32 M.Harran 48:57, 33 K.Vejdani 49:09, 34 P.Fenton 49:22, 35 D.Davies 50:50, 36 D.Simpson 54:41, 37 K.Burnett 59:24

M60 1 S.James 38:00, 2 D.Spencer 40:09, 3 W.Ryder 40:53, 4 J.Collins 42:24, 5 H.Clayton 42:29, 6 D.Surrey 42:35, 7 T.Laybourne 42:44, 8 P.Norman 43:03, 9 B.Cordes 43:05, 10 L.Parrott 43:34, 11 I.Hames 43:37, 12 C.Hughes 43:49, 13 B.Fozzard 43:56, 14 E.Barber 44:09, 15 W.Ackland 44:12, 16 J.Kersting 44:16, 17 C.Portsmore 44:27, 18 J.Steed 45:24, 19 D.Wroth 45:38, 20 T.Verdie 45:47, 21 I.Addison 46:02, 22 A.Oliver 46:21, 23 P.Thomas 46:22, 24 M.Rosbrook 47:14, 25 J.Rowe 47:15, 26 J.Phelan 47:18, 27 P.Ferguson 48:33, 28 F.Gander 49:03, 29 M.Newton 49:31, 30 M.Caudwell 49:40, 31 C.Cross 50:01, 32 J.Gibbs 50:07, 33 J.Mattinson 51:18, 34 W.Aston 51:27, 35 J.Roberts 51:28, 36 M.Callow 51:53, 37 T.Baker 52:07, 38 J.Atkinson 52:21, 39 J.Cox 52:26, 40 R.Chambers 53:24, 41 K.Mckellar 53:31, 42 T.Crowhurst 54:23, 43 B.Bowering 55:03, 44 B.Glover 56:18, 45 J.Cross 60:26

M65 1 R.Higgs 42:19, 2 P.Morris 43:39, 3 J.Chandler 45:24, 4 M.Barratt 46:05, 5 J.Clevery 46:30, 6 R.Pitcairn-Knowles 46:59, 7 D.Pettit 47:36, 8 D.Howarth 47:43, 9 N.Stuart-Thorn 48:38, 10 W.Clapham 48:49, 11 D.Thomas 48:58, 12 B.Stroud 49:42, 13 A.Walsham 50:59, 14 L.Foster 51:05, 15 J.Cullingham 51:44, 16 D.Holden 52:19, 17 M.Vernon 52:37, 18 R.Blastland 53:07, 19 A.Bruce 54:10, 20 D.Manning 55:28, 21 C.Walker 62:19, 22 C.Chisholm 71:10, 23 G.Duncan 71:45

M70 [5km] 1 S.Charlton 23:21, 2 G.Phipps 24:43, 3 G.Meech 26:16, 4 R.Franklin 26:19, 5 A.Smith 26:32, 6 R.Hale 27:09, 7 J.Hay 28:29, 8 F.Copping 29:00, 9 C.McDowell 29:21, 10 A.Norrish 38:11, 11 C.Manning 43:38

M75 1 G.Keeling 30:21, 2 J.Johnston 30:50, 3 D.McMullen 45:59

M80 1 G.Scotts 35:19

W35 1 L.Marr 20:45, 2 S.Lappage 20:49, 3 K.Davison 20:55, 4 C.Wheeler 20:55, 5 J.Cunningham 20:56, 6 Y.Crawley 21:59, 7 L.Cunningham 22:08, 8 J.Wastell 22:09, 9 V.Mitchell 22:21, 10 J.Griffiths 22:22, 11 A.Hurford 22:36, 12 L.Felton 22:49, 13 S.Carnell 23:16, 14 S.Wolanski 23:23, 15 T.Stephenson 24:00, 16 W.Chalmers 24:03, 17 D.Batsford 24:16, 18 R.Miller 24:58, 19 L.Daniel 25:05, 20 K.Southall 25:26, 21 J.Buller 26:13, 22 T.O'Reilly 26:13, 23 S.Crowley 26:58, 24 G.Benjamin 27:34, 25 C.Paul 28:03

W40 1 C.Horne 19:53, 2 S.Young 20:21, 3 S.Allen 20:39, 4 M.Statham 20:51, 5 J.Larke 31:00, 6 J.Jackson 21:43, 7 D.Mort 21:49, 8 C.Duncan 21:57, 9 A.Saxena 22:00, 10 R.O'Sullivan 23:15, 11 A.Lippitt 23:19, 12 J.Quantrill 23:20, 13 Z.Gaffen 23:24, 14 E.Saunders 23:24, 15 D.Hawes 23:50, 16 C.Brighton 23:51, 17 S.Owen 24:01, 18 H.Fenton 24:16, 19 A.Walton 24:57, 20 L.Smith 25:02, 21 B.Cole 25:19, 22 F.Holland 25:31, 23 H.McMahon 26:08, 24 E.Hussey 26:20, 25 V.Hewitt 26:41, 26 F.Eustace 27:27

W45 1 G.Dean 20:37, 2 P.Forse 20:56, 3 Z.Marchant 20:59, 4 A.Ford 21:09, 5 J.Heffernan 21:35, 6 F.Garland 22:17, 7 D.Bravennan 22:23, 8 D.Priestley 22:53, 9 M.Raynor 22:55, 10 L.Sandall-Ball 23:16, 11 C.Fereday 23:42, 12 M.Moody 24:29, 13 D.Bailey 24:32, 14 A.Cross 26:16, 15 J.Fortis 26:48, 16 N.Pinkerton 26:49, 17 K.Preston 27:37, 18 D.Robinson 27:49, 19 M.Shirley 29:10, 20 L.Laury 31:25

W50 1 M.Auerbach 21:47, 2 P.Rich 23:07, 3 L.Newton 23:34, 4 J.Witterick 23:55, 5 B.Hutcheon 24:20, 6 N.Mills 25:40, 7 P.Overson 25:59, 8 R.Webb 26:27, 9 V.Gardner 27:32, 10 S.Gibbs 27:40, 11 J.Grant 27:58, 12 J.Kimber 28:17, 13 C.Brown 28:32, 14 P.Antonioni 28:36, 15 L.Elmore 29:16, 16 N.Foord 31:28, 17 V.Mountford 32:53

W55 1 L.Homsey 25:33, 2 P.Card 25:44, 3 B.Matley 26:03, 4 J.Hulls 27:03, 5 P.Ash 27:50, 6 K.Stewart 28:49, 7 B.Cushen 28:51, 8 M.Farish 30:53, 9 J.Evans 31:37, 10 Y.Miles 38:44

W60 1 M.Holmes 27:53, 2 J.Coker 39:57

W65 1 B.Forster 27:53, 2 B.Norrish 33:39

Teams: M40-49 1 Redhill 95, 2 Tipton 112, 3 RAF 120, 4 Warrington 124, 5 Rotherham 145, 6 Nene Valley 178 M50-59 1 Elswick 32, 2 Bingley 38, 3 Birchfield 84, 4 Bristol 86, 5 Hercules 97, 6 Invicta 103 M60+ 1 Morpeth 34, 2 Barnet 70, 3 V.of Aylesbury 76, 4 Belgrave 93 W35-44 1 Derby 34, 2 C.of Norwich 37, 3 Havering 73, 4 North London 79, 5 SLH 85, 6 Kent W45+ 1 Kendal 47, 2 Cambridge & C. 59, 3 Radley 61, 4 Vets AC 70, 5 Bromley Vets 75

BVAF 10km Road Champs, Eastleigh, 15/3/98

M40 1 R.Wise 30:48, 2 N.Lees 31:18, 3 S.May 31:28, 4 D.Hollins 31:29, 5 S.Robinson 31:42, 6 S.Morley 32:18, 7 E.Barrett 32:29, 8 G.Hannaford 32:49, 9 I.Ford 32:51, 10 P.Guest 33:09, 11 M.Flowers 33:19, 12 S.Hunt 33:30, 13 S.Allen 33:42, 14 H.Roberts 33:51, 15 A.Kerr 33:58, 16 D.Scarborough 34:21, 17 S.Nice 34:32, 18 K.Taylor 35:05, 19 M.Butler 35:11, 20 M.Tilwaite 35:25, 21 T.Clegg 35:30, 22 K.Valentine 35:35, 23 R.Pattinson 35:48, 24 A.Dolton 36:48, 25 M.Holloway 37:31, 26 D.Wilson-Evans 38:59, 27 K.McCart 42:25, 28 K.Dillon 45:36, 29 M.Fall 45:40, 30 D.Smith 49:01, 31 A.Dougal 49:53

M45 1 M.Rees 30:17, 2 G.Seward 31:27, 3 P.Flavell 31:30, 4

A.Amraoui 31:58, 5 T.Hughes 32:02, 6 P.Witcomb 32:33, 7 D.Cartwright 33:09, 8 R.Walley 33:34, 9 T.Cutler 34:12, 10 P.Wallace 34:19, 11 A.Wilson 24:26, 12 S.Littlewood 35:00, 13 P.Duhig 35:04, 14 A.Rich 35:31, 15 P.Fitzpatrick 36:31, 16 S.Wilson 36:52, 17 R.Hill 37:02, 18 G.Beevers 37:27, 19 P.Haynes 38:30, 20 P.Royce 39:14, 21 L.Howick 40:29, 22 J.Kennedy 41:17, 23 D.Doe 43:23, 24 B.Darley 43:25, 25 A.Collins 46:37

M50 1 J.Willoughby 32:47, 2 J.Exley 32:49, 3 I.Barnes 32:51, 4 J.Smith 32:55, 5 M.Rouse 33:33, 6 N.Robson 33:45, 7 R.Treadwell 34:09, 8 M.Welland 34:19, 9 D.Francis 34:24, 10 O.Phipps 34:45, 11 P.Hamilton 35:00, 12 T.Edgley 35:03, 13 M.Smedley 35:17, 14 A.Cass 35:34, 15 G.Scott 35:36, 16 G.Jones 35:42, 17 A.Edwards 35:43, 18 P.Newton 36:02, 19 C.Rutland 36:06, 20 T.Culshaw 36:14, 21 J.Mace 36:22, 22 A.Matson 36:27, 23 M.Duff 38:05, 24 M.Stares 38:51, 25 C.Cotton 39:15, 26 D.Bendy 39:20, 27 R.Jeffrey 39:25, 28 A.Davidson 41:26, 29 G.Jarvis 42:37, 30 A.Marshall 43:54, 31 D.Pennington 49:25, 32 T.Poole 50:55, 33 A.Blackburn 53:07

M55 1 L.Haynes 34:05, 2 F.Gibbs 34:38, 3 D.Gibson 34:57, 4 E.Broad 35:39, 5 J.Coverly 35:57, 6 T.White 37:24, 7 M.Hooker 37:58, 8 A.Rushton 38:13, 9 A.Lang 39:06, 10 J.Gallagher 40:51, 11 B.Grierson 41:24, 12 D.Stead 47:05, 13 A.Owen 50:37, 14 E.Chambers 53:24

M60 1 S.James 33:29, 2 D.Surrey 37:48, 3 C.Portsmore 38:48, 4 B.Sweeney 39:00, 5 E.Barber 39:26, 6 M.Rosbrook 39:59, 7 C.Wroth 40:22, 8 T.Pugh 40:50, 9 J.Reeves 42:20, 10 J.Moore 42:59, 11 B.Bennett 43:23, 12 F.Hartas 43:53, 13 D.Austey 46:39, 14 G.Childs 51:15

M65 1 R.Pitcairn-Knowles 40:39, 2 J.Roberts 41:08, 3 W.Davies 41:15, 4 M.Huggins 42:30, 5 N.Stuart-Thorn 42:32, 6 G.Mills 42:39, 7 A.Walsham 44:27, 8 C.Barrett 46:19, 9 J.Marsden 48:28, 10 G.Sellick 48:45, 11 P.Yates 1:00:01

M70 1 S.Charlton 40:10, 2 G.Phipps 43:03, 3 W.Forward 45:38, 4 R.Hale 46:50, 5 R.Franklin 47:37, 6 E.Bowring 48:54, 7 T.Shilling 47:28, 8 C.McDowell 49:48, 9 F.Copping 52:08

M75 1 G.Cunningham 56:05

M80 1 G.Scotts 57:49, 2 J.Watson 1:24:00

W35 1 M.Bailey 36:45, 2 L.Higgs 36:55, 3 C.Wheeler 37:13, 4 A.Sloan 37:27, 5 D.Mort 38:58, 6 E.Roper 43:13

W40 1 M.Statham 37:26, 2 G.Duckworth 38:43, 3 S.Thurtle 41:53, 4 H.Ambrosen 43:32, 5 J.Quantrill 43:39, 6 A.Wallace 44:42, 7 H.McMahon 45:57, 8 M.Hunt 46:44, 9 T.Doyle 48:01, 10 S.Hartas 52:34

W45 1 P.Forse 38:04, 2 S.James 38:26, 3 J.Heffernan 39:02, 4 F.Garland 39:35, 5 N.Atky 41:09, 6 J.Walker 41:11

W50 1 C.Oxton 39:43, 2 P.Rich 40:33, 3 S.Barrett 42:31, 4 D.Fellows 42:59, 5 K.Emmerson 46:20, 6 B.Frampton 47:29, 7 P.Birt 50:42, 8 P.Lucas 51:52, 9 A.Blackburn 53:30

W55 1 J.Clifton 49:45, 2 A.Dukes 51:31

W60 1 P.Jones 43:24, 2 M.Austey 44:03, 3 Z.Davidson 1:12:05

W75 1 G.Bulger 1:14:31

Teams: M40 1 Brighton & H 50, 2 Bridgend AC 108 M50 1 Oxford C 43, 2 Invicta EKF 64 M60 1 SWVAC 49 W35+ 1 SWVAC 39, 2 New Forest R 60

BVAF 10 Miles Championships, Leyland, 10/5/98

M40 1 M.Girvan 51:31, P.Barton 51:37, 3 R.Wise 51:49, 4 E.Stewart 53:05, 5 G.Ratcliffe 53:06, 6 M.Shields 53:10, 7 A.Rowe 53:15, 8 L.Brookman 53:29, 9 J.Cordingley 53:42, 10 S.Davis 54:47, 11 I.Clinch 54:59, 12 S.Williams 55:11, 13 L.Gowland 55:47, 14 S.Clews 55:49, 15 K.Hesketh 56:37, 16 H.Cardwell 56:42, 17 K.Wolding 57:06, 18 J.Crehan 57:22, 19 M.Ward 57:54, 20 N.Hume 58:06, 21 T.Ryan 58:24, 22 P.Carlson 59:17, 23 R.Kesterton 59:20, 24 M.Jones 59:28, 25 L.Smith 1:00:17, 26 E.Wilson 1:00:42, 27 S.Perry 1:00:54, 28 L.Shakeshaft 1:01:00, 29 W.Johnson 1:01:25, 30 T.Wood 1:02:00, 31 P.Morley 1:05:14, 32 B.Riley 1:05:22, 33 J.Reed 1:05:59, 34 P.Lowe 1:08:26, 35 P.Sheeran 1:11:41, 36 D.Thomas 1:11:53, 37 S.Bailey 1:12:01, 38 S.Pemberton 1:18:40, 39 F.Hughes 1:23:14, 40 K.Dillon 1:24:00

M45 1 C.McDougal 53:32, 2 M.McDevitt 54:21, 3 A.Jenkins 54:37, 4 K.Moss 55:23, 5 J.Hanratty 55:40, 6 V.Rollason 55:40, 7 A.Catley 56:07, 8 B.Gough 56:10, 9 P.Garbutt 56:16, 10 G.Blackburn 56:51, 11 D.Gaynor 57:09, 12 F.Connor 57:52, 13 C.Brown 58:27, 14 P.Leviston 58:38, 15 R.Scott 59:00, 16 C.Wood 1:00:52, 17 T.McPake 1:01:06, 18 J.Downs 1:01:28, 19 K.Brewis 1:01:36, 20 T.Croft 1:01:52, 21 J.Davies 1:03:35, 22 M.Devereux 1:04:13, 23 D.Musrook 1:05:06, 24 D.Loxham 1:07:56, 25 E.Aldcroft 1:10:58, 26 C.Smith 1:12:36, 27 T.Martin 1:12:53, 28 A.Berry 1:13:57, 29 E.Tomlinson 1:14:41, 30 P.Huntingdon 1:17:45, 31 T.Greenhalgh 1:18:46, 32 D.Hitchin 1:19:31

M50 1 L.Barnes 55:37, 2 S.Curran 56:40, 3 N.Robson 56:45, 4 P.Carr 56:57, 5 R.Brown 58:02, 6 M.Parker 58:30, 7 D.Shallcross 1:01:00, 8 P.Watton 1:01:34, 9 D.Walton 1:01:35, 10 D.Aspin 1:05:53, 11 N.Griffiths 1:06:03, 12 N.Pratt 1:06:33, 13 D.Roberts 1:08:50, 14 J.Hall 1:08:52, 15 M.Duggan 1:09:18, 16 K.Black 1:10:03, 16 K.Black 1:10:03, 17 D.Cullen 1:10:49, 18 S.Cottier 1:11:31, 19 B.Tull 1:13:19, 20 M.Buckley 1:13:31, 21 I.Fortune 1:18:58, 22 R.Aichison 1:19:44, 23 N.Dickinson 1:21:43

M55 1 F.Gibbs 58:41, 2 E.Broad 59:39, 3 K.Burgess 1:00:15, 4 M.Hawkins 1:00:24, 5 B.Swindells 1:03:57, 6 N.Thompson 1:04:04, 7 T.Minkin 1:04:16, 8 D.Edge 1:05:26, 9 M.Berry 1:05:34, 10 A.Pears 1:07:35, 11 F.Levy 1:10:13, 12 H.Henshaw 1:18:01, 13 K.O'Brien 1:28:00

M60 1 S.James 57:04, 2 D.Hayes 1:01:16, 3 A.Dunn 1:03:57, 4 J.Irvine 1:05:41, 5 L.Vaughan-Hodkinson 1:06:01, 7 E.Barber 1:06:40, 8 D.Scott 1:10:25, 9 J.Conaghan 1:10:52, 10 K.Briggs 1:11:11, 11 K.Ratcliffe 1:13:11, 12 W.Cook 1:14:20, 13 B.Grundy 1:14:29, 14 S.McLean 1:15:53, 15 B.Wheelodon 1:16:26

M65 1 W.Davies 1:09:49, 2 D.Morris 1:12:55, 3 B.McGuigan 1:13:00, 4 R.Silver 1:14:02, 5 A.Walsham 1:15:13, 6 C.Fryer 1:19:06, 7 W.Amour 1:20:33, 8 E.Lloyd 1:20:37

M70 1 W.Marshall 1:06:45, 2 M.McDowell 1:29:26, 3 A.Fearnley 1:31:07

M75 1 L.Heald 1:45:33

Teams: M40-45 1 Warrington 25, 2 Cambuslang 27, 3 Bromsgrove &

RESULTS • RESULTS • RESULTS •

Redd 104, 4 Blackburn 175, 5 Mansfield 192, 6 Spectrum 209 M50 1
Spectrum 417 M60 1 Wirral 290, 2 Bellahouston 357
W51 1 L. Marr 1:01.42, 2 A. Vesey 1:02.24, 3 D. Shakeshaft 1:08.09
W40 1 C. Greasley 1:00.26, 2 J. Daily 1:07.09, 3 D. Wakefield 1:07.43,
4 S. Lindsey 1:08.57, 6 B. Greenhalgh 1:10.21, 6 C. Perry 1:15.37, 7
M. Rojas 1:16.28
W45 1 A. Foster 1:09.06, 2 S. Exon 1:11.05, 3 A. Fortune 1:17.33
W55 1 C. Lee 1:13.35, 2 E. Armstrong 1:18.09, 3 B. Jones 1:19.59, 4
L. Conaghan 1:24.54
W60 1 P. Jones 1:14.03, 2 M. Fox 1:23.18

National Veterans Road Relay Championships, Rushmoor Arena, Aldershot, May 17, 1998

M40-49 [8x6km]
1 Brighton & H 2:39.32 [G. Hannaford 20:37, T. Ullott 20:07, E. Barrett
19:42, P. Bidmead 20:42, P. Witcomb 20:33, S. Morley 19:55, S. Lonn
19:56, N. Gates 18:39], 2 Sunderland H 2:40.35 [M. Woodward 20:02,
B. Benstein 20:47, G. Crowe 20:57, I. Haggan 19:28, E. Maddison
20:59, J. Stephens 19:55, G. Forster 19:32, D. Mullen 18:55], 3
Rotherham H 2:41.51 [P. Roberts 20:13, A. Clegg 20:37, 1. Temperton
19:52, S. Gains 20:39, J. Atkinson 20:36, P. Neal 19:56, M. Connolly
19:42, P. Morris 19:56], 4 Redhill RR 2:42.15 [P. Warden 19:10,
S. Lebelinski 21:09, P. Mellors 21:02, A. Goutlay 21:37, A. Weatherill
19:26, E. Tennent 20:33, P. Buckley 20:31, B. Moss 19:47, 5 Derby & C
2:44.24 [S. Johnson 20:19, C. Poulter 19:11, K. Spare 20:12, 1. Carter
20:49, J. Millward 21:01, K. Brailsford 21:01, T. Potter 20:21, 1. Carter
20:49], 6 Les Croupiers 2:44.54 [R. Evans 20:34, G. Clegg-Harding
21:49, K. McGeogh 20:36, E. Keranen 19:47, P. Smith 19:59,
M. McGeogh 19:44, S. Johnson 20:53, K. Sullivan 21:32], 7 Tipton H
2:45.18, 8 Southampton RC 2:46.30, 9 Swansea H 2:47.05, 10
Bridgend AC 2:47.37, 11 Blackheath H 2:48.26, 12 Nene Valley H
2:48.41, 13 South London H 2:48.44, 14 Thames H & D 2:50.17, 15
Worthing & C 2:50.40, 16 Aldershot F & D 2:51.44, 17 Ilford AC
2:51.18, 18 Neath H 2:53.35, 19 Medway AC 2:54.08, 20 Luton U
2:56.22, 21 Plymouth H 2:56.30, 22 Swindon H 2:56.46, 23 Massey
Fergusson AC 2:57.36, 24 Grifflidstown H 2:58.04, 25 Oxford C' AC
2:58.18, 26 Dulwich R 2:59.26, 27 Barnet & D 3:00.46, 28 Milton
Keynes AC 3:00.59, 29 Chichester R 3:01.48, 30 Puma T.V.H.
3:01.57, 31 Bristol AC 3:02.03, 32 Horsham J 3:02.56, 33
Southampton RC 3:03.13, 34 Woking AC 3:04.17, 35 Wells City H
3:05.32, 36 Hillingdon AC 3:06.54

Fastest Laps: M. Rees [Swan] 18:36, N. Gates [B'ton] 18:38,
D. Mullen [S'land], J. Kilsby [SB] 19:06

M50-59: [6x6km]

1 Oxford C' AC 2:06.09 [R. Treadwell 20:54, P. David 21:34, C. Rutland
21:06, M. Welland 21:16, G. Jones 20:39, J. Exley 20:40], 2 Elswick H
2:06.27 [H. Taylor 21:54, P. Lancaster 21:18, P. Quigley 21:01, J. Bell
20:30, M. McNally 20:45, H. Matthews 20:30], 3 Aldershot F & D
2:09.37 [P. Beacham 21:49, M. Duff 22:18, P. Quigley 21:01, L. Presland
20:30, D. Rogers 22:45, E. Cunningham 21:14], 4 Hallamshire H
2:10.18 [D. Stevens 22:21, D. Fothergill 22:32, W. Furie 22:32,
B. Toogood 21:19, D. Trickett 21:03, M. Martin 20:31], 5 Bingley H
2:11.46, 6 Hercules Wimb AC 2:13.03, 7 Verlea AC 2:13.35, 8 Wells
C H 2:13.41, 9 Blackheath H 2:14.58, 10 Derby & C 2:15.21, 11
Invicta East Kent 2:15.49, 12 Cambridge H 2:16.05, 13 Thames H &
H 2:16.05, 14 Woking AC 2:22.09, 15 Reading RR 2:22.09, 16 Bristol
AC 2:23.48, 17 C. of Bath AC 2:24.35, Woodford Green AC 2:24.35,
18 Reading AC 2:25.45, 19 Barnet & D 2:26.32, 20 Tipton H 2:26.36,
21 Watford H 2:27.00, 22 Hillingdon AC 2:27.15, 23 Belgrave H
2:31.49, 24 Reigate P AC 2:33.43, Fleet & C'ham AC 2:38.18
Fastest Laps: P. Probin [Bing] 20:15, M. Rouse [Invicta] 20:21,
C. Dickinson [Belgrave] 20:24, L. Presland [AFD], J. Bell [Els] &
H. Matthews [Els] all 20:30

W35-44 [3x6km]

1 Morpeth H 1:10.09 [W. Ryder 22:05, B. Cordes 23:30, A. Oliver
24:34], 2 Swansea H 1:11.36 [D. Naylor 24:43, J. Kersting 23:50,
J. Collins 23:03], 3 Barnet & D 1:13.24 [R. Higgs 22:29, B. Stewart
25:23, J. Rowe 25:32], 4 W'ford Green AC 1:13.29, 5 Belgrave H
1:14.33, 6 Verlea AC 1:15.15, 7 V. Aylesbury 1:15.26, 8 Hercules W
1:15.51, 9 Reading AC 1:16.47, 10 Cambridge H 1:18.21, 11 Solihull
1:18.28, 12 Havant AC 1:18.36, 13 Neath H 1:19.15, 14 Derby & C
1:19.39, 15 Barnet & D 1:21.55, 16 Hillingdon AC 1:22.18
Fastest Laps: W. Ryder [Morp] 22:05, R. Higgs [B'net] 22:29,
R. Haines [W'ford G] 22:38, J. Roberts [Here Wimb] 22:50, J. Collins
[Swan] 23:03

W35-44: [3x6km]

1 Shaftesbury Barnet 1:09.24 [A. Jeeves 23:14, V. Rowe 23:08,
K. Armstrong 23:02], 2 Derby L 1:09.56 [J. Cunningham 22:32,
J. Jackson 23:25, Y. Crawley 23:59], 3 Les Croupiers [S. Edwards
22:46, E. Clarke 24:05, E. Turner 23:08], 4 Invicta EK 1:10.12, 5
Reading RR 1:12.12, 6 Dulwich R 1:13.22, 7 Neath H 1:15.56, 8
Cardiff AC 1:17.07, 9 South London H 1:19.51, 10 Fleet & C'ham
1:20.11, 11 Reading RR B 1:20.18, 12 Epsom & Ewell 1:20.34
Fastest Laps: P. Gill [Neath] 21:06, A. Fletcher [Dulwich] 22:03,
M. Steadman [Reading] 22:12, J. Moorekate [Invicta] 22:20,
J. Cunningham [Derby] 22:32

W45+: [3x6km]

1 Epsom & Ewell 1:15.03 [S. Ashley 25:41, M. Jakeman 25:51,
J. Davies 25:51], 2 Redhill RR 1:15.55 [F. Garland 23:47, J. Warsop
29:23, A. Ford 22:45], 3 Plymouth J 1:17.20 [E. Hegarty 25:46, C. Hall
26:42, N. Atkey 24:52], 4 Vets AC 1:18.41, 5 FWS & E AC 1:19.25, 6
Les Croupiers 1:20.11
Fastest Laps: A. Ford [Red] 22:45, J. Davies [Epsom] 23:31,
F. Garland [Red] 23:47, J. Heffernan [Vets] 24:22, S. Davies [L. Croup]
24:25

W45+ 10K Road Champs, Hatfield St. George

W40 1 K. Mclellan 34:41, 2 H. Cardwell 34:58, 3 P. Hough 35:05, 4
Ross 35:12, 5 P. Carlan 35:57, 6 S. Bunn 37:12, 7 G. Campbell
38:14, 8 P. Hall 38:32, 9 J. Ellerby 38:46, 10 T. Burbridge 40:22, 11
P. Firmidge 40:31, 12 C. Akelhurst 42:10, 13 J. Lawrence 45:01 M45 1
T. Seakins 35:15, 2 R. Huntington 35:53, 3 P. Duldig 36:30, 4 R. Scott
36:44, 5 C. Russell 38:10, 6 P. Sterry 39:15, 7 D. Muskrack 39:28, 8
J. Gillespie 39:Halliday 43:31, 15 T. Woollard 45:17, 16 A. Whibley

54:44 M50 1 J. Jenkins 36:54, 2 G. Slurimpton 37:18, 3 B. Webb 38:21,
4 I. Fisher 38:27, 5 M. Smith 38:30, 6 E. Bradshaw 38:55, 7 R. Wadeley
39:45, 8 D. Stubbins 40:13, 9 J. Reynolds 40:30, 10 S. Galloway 41:30,
11 T. Harker 42:30, 12 A. Parker 42:56, 13 T. Braverman 43:47, 14
V. Jeeves 52:32 M55 1 P. Andrews 35:48, 2 R. Allard 37:24, 3 R. Price
38:13, 4 A. Moore 39:05, 5 C. Hunn 39:18, 6 R. Duffield 41:57, 7
J. Pinner 42:04, 8 M. Parkins 42:51, 9 D. West 43:50, 10 K. Kendall
44:00, 11 A. Newman 44:28, 12 W. Fox 50:13 M60 T. Laybourn 39:03,
2 N. Fisher 40:02, 3 C. Weight 43:14, 4 M. Callow 45:21, 5 S. Morter
47:59, 6 J. Hutton 48:07 M65 1 T. Cooper 44:30, 2 R. Blackwell 45:46,
3 P. Chaplin 48:00, 4 E. Foxley 49:33, 5 P. Jackson 60:38 M75 1
B. Jenkins 58:39, 2 D. Blyth 61:32 W35 1 A. Milnes 43:10, 2 G. Plant
45:55 W40 1 D. Brockway 44:33, 2 S. Jeeves 50:50, 3 G. Holmes 64:13
W45 1 D. Braverman 41:19, 2 M. Swithenby 42:42, 3 S. Finwick 47:15
W55 1 J. Homsey 47:30 W60 1 U. Duckworth 48:45, 2 G. Jackson
54:55 Teams: M40 1 Mansfield, 2 Grantham, 3 Luton M50 1
St. Edmund P, 2 Bedford 7 C, 3 Biggleswade Women: March Braza

SCVAC 10km Road Champs, 4/5/98

M40 1 M. Walsley 35:04, 2 S. Smythe 36:38, 3 T. Simmons 37:38, 4
S. Pender 41:44 M45 1 K. Daniel 33:39, 2 M. Clarke 35:33, 3 M. Stacey
36:17 M50 1 P. Hamilton 35:02, 2 V. Hancock 36:12, 3 D. Nankivell
36:45 4 P. Brenchley 39:33, 5 R. Keblell 42:37, 6 G. Jarvis 42:40 M55
1 E. Broad 35:30, 2 A. Matson 37:45, 3 G. Williams 40:50, 4
J. Robinson 41:37 M60 1 L. Parrot 39:38, 2 M. Rosbrook 40:24, 3
A. Kimber 40:34, 4 C. Wroth 41:10, 5 B. Bowring 48:15 M65 1
J. Chandler 40:32, 2 D. Thomas 45:04, 3 D. Holden 45:04 M70 1
S. Charlton 40:18, 2 R. Franklin 46:02, 3 R. Hale 46:47 W35 1
A. Fletcher 37:26 W40 1 Z. Gaffen 42:31 W50 1 P. Lucas 52:56 W60 1
P. Jones 45:16, 2 J. Coker 72:14

SVHC Decathlon Champs, Scotsdown Stadium, Glasgow, May 2-3, 1998

1 J. Ross [Edin] 7582 [British & European M60 Record] [13.06, 4.47,
9.57, 1.34, 50.02, 18.52, 35.93, 2.60, 43.48, 5.08.30] 2 J. Freebairn
[C'm'n'land, M60] 6161, [15.07, 4.08, 12.31, 1.49, 75.37, 19.44, 37.33,
2.30, 38.09, 6.56.33], 3 B. Masson [Alv'deen, M50] 6096 [13.90, 4.65,
9.81, 1.52, 65.38, 19.23, 35.66, 3.30, 39.48, 5.34.03], 4 E. Fitzgerald
[Pit'vie, M50] 5909, 5 M. Clelland [Corst, M50] 5677, 6 R. McAvoy
[Wirral, M40] 4861, 7 I. Steedman [Muss'burgh, M70] 4803

National Road Relays

Continued from page 1

ran a storming 22:05 on the opener, but was
chased all the way by a spritely Ron Higgs
[22:29] for previous multi winners Barnet.

Bernie Cordes and Alan Oliver kept up
the momentum for Morpeth on the run in, as
John Collins brought Swansea up to second
and Barnet closed in third, ahead of Woodford
Green, who were anchored by Reg Haines' third best 22:38.

W35-44 event

The participation of Vets AC, with a non
eligible team, marred this event. I believe that
second claimers should not have been al-
lowed to compete. As it was, their non scor-
ing team crossed the line first, just ahead of
the three proper medallists. These relays are
a club competition above all and the club
should not have entered such a team. The fine
victory by Shaftesbury Barnet was, therefore,
somewhat obscured and last leg runner Kate
Armstrong was denied that special moment
of glory that all anchor leg runners cherish,
crossing the line first for your team.

Francis Gill won the opening leg skir-
mishes after a solid day's best of 21:06, nearly
a minute better than any other woman. Janice
Moorekate [Invicta] and Jill Cunningham
[Derby Ladies] followed, but Ann Jeeves was
not in her normal fast mode and was 5th for
Shaftesbury. On the second leg, Alison
Fletcher shone for Dulwich with 22:03, but
Val Rowe, formerly London Olympiads,
made a reappearance in racing after a decade
out. Rowe [23:08] moved Shaftesbury up, as
Jackie Jackson maintained Derby's position.

As Marilyn Clarke ran well for the Vets
AC interlopers, Kate Armstrong ran a pow-
erful leg to move up for the legal winners
Shaftesbury, but there was drama behind.
Yvonne Crawley, the final Derby runner, felt

NVAC 20 Miles Championships, 22/3/98

M40 1 A. Rowe 1:54.24, 2 P. Crookhall 2:06.27, 3 C. Price 2:08.20, 4
A. Harris 2:08.54, 5 S. Perry 2:09.31, 6 P. Morgan 2:17.15, 7 P. Garrity
2:21.53, 8 J. Spillane 2:23.11, 9 D. Smith 2:43.47, 10 K. Dillon 3:12.16
M45 1 D. Mellor 2:02.3, 2 P. Weatherhead 2:05.26, 3 R. Waterlow
2:07.45, 4 A. Cooper 2:18.57, 5 T. Bostock 2:58.39 M50 1 D. Walton
2:15.38, 2 P. Simpson 2:22.17, 3 D. Roberts 2:31.17, 4 M. Buckley
2:36.56, 5 P. Henley 2:41.58, 6 S. Molyneux 2:42.33 M55 1
S. Fitzpatrick 2:09.10, 2 J. Firth 2:12.39, 3 A. Peers 3:22.18, 4 T. West
2:33.17 M60 1 R. Jones 2:25.45, 2 B. Keams 2:29.30, 3 M. Mahoney
2:30.37, 4 W. Atkinson 2:35.16, 5 D. Scott 2:39.31, 6 C. Hallinan
2:42.51, 7 C. Rankin 2:44.23, 8 R. Packer 3:03.04, 9 D. Hudson 3:05.02
M65 1 E. Lloyd 2:58.49 M70 1 B. Heeler 3:12.45 W35 1 J. Mann
2:23.50, 2 I. Benedetto 2:33.54, 3 L. Rennie 2:41.00 W40 1 A. Cherry
2:58.03 W45 1 J. Adams 2:36.28 W50 1 I. Bradwell 2:54.10 W60
H. Goodman 2:59.25

WVA Road Champs, Kobe, Japan, 28/29/3/98

10k: M40 1 R. Wise [Westbury] 31:36, 102 K. Dillon [Manchester] 46:14
M60 77 D. Anstey [SWVAC] 48:57 M70 1 W. Marshall [Cam'lang]
41:25 Team: 2 GB W35 1 A. Fletcher [Dulwich] 36:45 W60 2 M. Anstey
[SWVAC] 40:04
Half Marathon: M40 7 S. Smythe [Dulwich] 1:17:13 M45 11
P. Wallace [Medway] 1:17:09, 62 J. Tussler [Stubb'ton] 1:27:04, 400
C. Hilton [Vets] 1:45:00 Team: 3 GB M60 248 H. Piper 1:59:00 W35 1
L. Higgs [Colch'ter] 1:23.10, 4 A. Jones [Vets] 1:27.14, 29 P. Lucas
[Stubb'ton] 1:55.04 Team: 2 GB

NVAC Track & Field League, Monkton, 6/5/98

60m M40 A. Readman 7.9, 2 J. Angus 8.0 M45 M. O'Donovan 8.4
M50 1 D. Tate 8.32 T. Page 8.3 M55 1 B. Fenton 8.5, 2 R. Smoult 8.5
W35 M. Mackay 9.2 W40 G. Dobson 9.6 W45 B. Elliott 8.9
300m M40 1 J. Angus 40.1, 2 A. Readman 40.1 M45 D. Hind 42.5
M55 S. Walton 42.9 M65 B. Parnaby 48.1 W35 J. Tinkler 47.6 W40
M. Dodsworth 53.1 W45 B. Elliott 47.0 W55 K. Stewart 59.1
1500m M40 1 A. Dent 4:20.2, 2 K. Archer 4:20.8 M45 A. Jenkins
4:35.4 M60 I. Barnes 4:59.9 W35 1 L. Marr 5:02.6, 2 L. Harding
5:09.6 W45 1 M. Blanden 5:48.6, 2 S. Johnston 5:55.2
Hammer: M40 R. Partridge 17.92 M45 J. Wild 24.29 M50 T. Hudson
36.63 M65 D. Field 22.83 W40 C. Courtney 23.92



Jeremy Hemmings

Help for Yvonne Crawley

her legs buckle 60 yards from the finish. In
silver medal spot, she struggled to the finish,
but hovered dangerously on the line. She nei-
ther crossed it nor fell short, but just teetered
there. After what seemed like an eternity, she
took a final pace into the arms of her team
mates, as the 1997 winners Les Croupiers
closed in for the kill. Crawley recovered in
the comfort of the first aid van, knowing that
she had secured silver.

W45 event

Epsom and Ewell fielded a good all round
squad that was too good for Redhill Road
Runners. Felicity Garland led for Redhill with
23:47 on the opener, two minutes clear of Sue
Ashley [Epsom], before the Midlands fell
back. Jane Davies, therefore, set off with a
good cushion for Epsom and, despite a day's
best W45 effort of 22:45 from Ann Ford of
Redhill, held on for victory.

FIXTURES

INTERNATIONAL

- 11-19 Sept European Veteran T & F Championships, Cesenatico, Italy. entries now closed
 21 Nov British & Irish Vets CC International, St Asaph, N. Wales
 4-7 Mar 1999 European Veterans Indoor Championships, Malmö, Sweden, more details in next issue

NATIONAL

- 11-12 July BVAF Track and Field Champs, Newport, Gwent, entries closed
 1 Aug BVAF 20K Road Walks, men & women in conj. with Birchfield Open., Sutton Park, noon. Entries P.Huckerby
 9 Aug BVAF 10k Track Walk, Solihull. see ad p.5
 9 Aug BVAF Pentathlon, Solihull, see ad p.5
 22-23 Aug BVAF Decathlon, Woodbourne Road, Sheffield. 10am, see ad p.5
 30 Aug BVAF Half Marathon, Liverpool. see ad p.15
 6 Sept BVAF 10K Road Walks in conj. with Leicester Mercury Walks, 11am entries Peter Adams, Abbey Park
 6 Sept Throws Pentathlon, Burton on Trent, entries Phil Owen, see p.21
 27 Sept BVAF Inter Area Track and Field, Victoria Park, Warrington
 11 Oct BVAF 5K Road Race Champs, Sutton Park, Birmingham, see ad. p.9

NORTH

- 1 July NVAC Track and Field. Belle Vue Track, Manchester. 7pm
 5 July NVAC 10k Road Champs, Edisford Bridge, Clitheroe, 1pm
 5 Aug NVAC Track and Field League, Belle Vue, Manchester, 7pm
 23 Aug NVAC Monthly run 10K Road and Paths, Irlam Steel Recreation & Social Club, Liverpool Road, Irlam, Noon
 20 Sept NVAC Monthly Run. Fell Race. 5M, Horseshoe Pass, Llangollen.
 11 Oct NVAC 10K Track Champs, Market Street, Bury. 1pm.
 25 Oct NVAC 10 mile Road Champs, Padgate College, Padgate, Warrington

NORTH EAST

- 1 July NEVAC Tynedale 10K, Prudhoe
 6 July NEVAC League No. 5, Jarrow
 15 July Tyneside Track League, Jarrow
 22 July NEVAC 10k/5k Track Championships, Jarrow
 1 Aug NEVAC Track and Field Cup, Monkton
 5 Aug Tyneside Track League, Gateshead
 16 Aug Jarrow Track and Field Open, Monkton
 22 Aug NEVAC Four Throws, Jarrow
 26 Aug Jarrow 10K, Jarrow
 29 Aug Gateshead Track and Field Open, Gateshead
 30 Aug Darlington 10K, Darlington
 12 Sept NEVAC Pentathlon, Monkton
 13 Sept Derwentside 10, Stanley
 19 Sept NEVAC Pentathlon Championships, Jarrow

MIDLAND

- 9 Aug MVAC Pentathlon, 10K Walk & Run, Solihull. see ad p.5
 20 Sept MVAC 10 mile Road Championships, Nuneaton
 11 Oct MVAC Half Marathon, Burton

EASTERN

- 1 July EVAC 1 mile League Match Walk
 5 July EVAC 5 miles Road Champs in conj with Vauxhall AC John O'Callahan Memorial 5, Luton
 5 Aug EVAC 2K League Match Walk
 16 Aug Herts/Middlesex Vets T & F Champs with open Vets events, Jarman Field, Hemel Hempstead, 10am. £1.50 event 3K walk inc. Entries Sally Gandee, 4 Westfield Road, Hertford SG14 3DJ
 6 Sept EVAC Half Marathon incorporated in Wissey Half, Wissey Norfolk, all other entries to Race Secretaries, as per adverts
 27 Sept Inter Area/Club 10K Road Race Challenge, Comberton, Cambridge, noon. Prov date Veteran clubs to be circulated
 25 Oct EVAC C.C. Relays 3-4 K. The Park, Arrington, Cambs. 40-49,4 per team, 50+ & women 3 / team. £4 and £3 / team. Entries P. Chaplin

SOUTHERN

- 7 July SE Inter Counties Vets Track and Field, Crawley. 6.30pm
 14 July VAC 5 Miles Run and Walks Championships, Battersea Park, 7pm
 20 July Southern Vets Track and Field League, Various Venues, 6.30pm
 22 July VAC Track and Field, Battersea Park, 7pm
 1 Aug SE Vets Combined Events/Walks, Enfield, cd 14/8
 8-9 Aug Kent Vets T & F Champs, Deangate Ridge, details N Cross, 129 Queensway, Coney Hall, West Wickham, Kent. BR4 9DT by 15/7
 12 Aug VAC Track and Field, Battersea Park, 7pm
 16 Aug Middlesex & Herts Vets T & F Champs, Hemel Hempstead. Entries Middx £1.50 per event with SAE to Jeanne Coker, Herts £1.50 per event + SAE to Sally Gandee. cd 3/8
 18 Aug VAC 5 miles Run and Walks + 1 mile road race, Battersea. 7pm
 30 Aug VAC T & F, Kingsmeadow. 11.30am. Entries R Belmore. cd 17/8

- 6 Sept Southern Vets Track and Field Final, Hendon
 6 Sept SCVAC Half Marathon Champs and Grand Prix. 10.15am. inc Slough Half marathon at Upton Court Park, Slough
 9 Sept VAC 10,000 Metres Track Championships, Battersea Park, 6pm
 20 Sept Barn Elms Open Vets T & F Meeting, John Curtin 01932-787658
 27 Sept SCVAC 10 Miles Champs & G. P. 10am. with Stragglers Cabbage Patch 10 Twickenham. £6 + £1 for SCVAC Champs & G. P. to 40, Northfield Rd, West Ealing, W13 9SY with SAE by Sept. 15
 4 Oct Reading Track and Field Open Vets Meeting, see ad p.11
 18 Oct SCVAC Marathon Champs & Grand Prix. 10am Inc. in Abingdon Marathon, entries £7 (chqs. payable to Abingdon Marathon)
 25 Oct VAC 5000 Metres Champs Run and VAC/Essex League Walk. Lea Valley circuit, London E15.

SOUTH WEST

- 26 July SWVAC Open Track and Field Champs, No.10, St Eval, 10k 11.00
 9 Aug SWVAC G.P. No.11, Roger Hockey Mem. 10K Plymouth 10.30
 30 Aug SWVAC G.P. No.12, Battle of Sedgemoor, 10K, Langport 11/00
 30 Aug SWVAC G.P. No.13 Pewsey Carnival, Wilts 13.1miles 10.30
 27 Sept SWVAC Open T&F Champs, No.14 Marlborough Charity 10K 10.30

SCOTTISH

- 4 July Walter Ross Memorial 10K Road Race, Lochinch
 11 July Six Stage Ballot Team Relay Race, Greenock
 16 Aug Glasgow 800, 10K Road Race, Lochinch
 23 Aug Andy Forbes Memorial Race, 6 mile Track, Irvine
 5 Sept SVHC v NE Vets Track and Field, Venue to be arranged
 13 Sept SVHC Marathon Championships, Inverclyde
 4 Oct SVHC Half Marathon Championship Handicap, Ayr
 18 Oct AGM and 1 mile Time Trial, Coatbridge

WALES

- 7 July SWV League Track and Field. Neath
 12 Aug SWV League Track and Field. Cardiff
 12 Aug Welsh Vets Track and Field Championships. Wrexham.

ISLE OF MAN

- 5 July Bradda FR 15 miles, Bradda Glen Cafe, 1pm
 10 July Western 10 Road, Viking Longhous, Peel, Inc. Island Champs 7pm
 13 July Veterans Track Mile, NSC, 7pm. Open to registered vets only
 4 Aug Douglas to Castletown Run, Douglas Fire Station, 7pm
 9 Aug Millenium Way Walk, Castletown Square, 25 miles non competitive Walk. 6.30pm
 16 Aug IOMVAC Marathon and Half Marathon, Ramsey Football Club, inc Manx 16/25 European Championships, 9am
 17 Aug Peel Hill Race - Walk & Run, Creg Malin, Peel, @nd race in Grand Prix includes race walk, 7pm
 19 Aug Ballasalla 10, Malew FC, Ballasall, inc. race walk, 7pm
 21 Aug Peel 5, Peveril Hotel, Peel, 7pm
 29 Aug Anna Maria Cuttill 6 - Run & Walk, Foxdale School, 7pm
 13 Sept Boundary Stroll, Manx H. Clubhours, Walk 9am, Run 10am
 20 Sept IOMVAC Veterans Open 10 mile Walk, NSC, 10am
 4 Oct Celtic Marine TT Relay, TT Grandstand, Douglas, 8am

Below, BVAF Cross Country: George Phipps and Ann Saxena



Jeremy Hemming

Jeremy Hemming

Outstanding Win for Rees

Report by Martin Duff, Athletic's Weekly Vets Editor

Two new British best times were set in the BVA men's 10k Championships at Eastleigh. First home was Swansea Harrier Martin Rees, who had already posted a British M45 10 miles best of 49:36 at Woking two weeks previously. At Eastleigh, Rees set a new M45 10k

week, before taking the lead towards the end. Ian Barnes and Jim Smith followed. Willoughby ran a very even race, winning in 32:47, after a 16:21 split.

Leading M55 Les Haynes ran 34:05 to take the gold from his Bingley club mate Fred Gibbs. While James was romp

Sprint to the finish: Ian Ford [588], Graham Hannaford [439] and John Exley [600]



Jeremy Hemming

mark of 30:17, after running through 5km in 14:55.

The second new mark was a stunning British M60 best of 33:29 by Steve James. The Southport runner, who had only turned 60 five days before the event, gave himself a late birthday present by carving a massive 83 seconds from Bill Stoddart's previous best mark. This should be the first of many new records by James, one of the most consistent performers in the history of British veterans running.

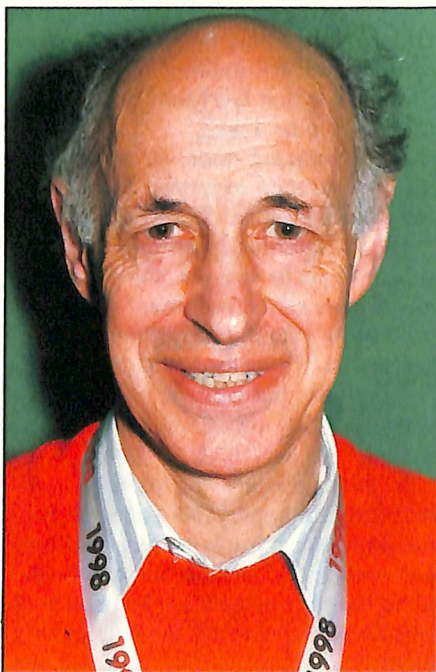
Rob Wise retained his M40 title in 30:48, after passing 5km well ahead of Nicky Lees in 15:10. Both had lonely second 5km's as they tried to chase Rees home. Lees captured silver, ahead of surprise packet Stephen May's M40 bronze. Gordon Seward ran above his recent form to take M45 silver ahead of the South of England AA cross country gold medallist Peter Flavell.

The top four over 50's were all inside the first 30 in the open race and were within eight seconds of each other in a frantic finish. They were led home by John Willoughby, who tracked the SoEAA M50 champion of the previous

away with the M60 title, Derek Surrey was rewarded for his perseverance over many years by gaining the silver in 37:48. Steve Charlton beat all the M65's, including winner Richard Pitcairn-Knowles, to take the M70 title with 40:10, as George Scutts ran 57:49 in the M80's.

Debbie Percival lived up to her billing as favourite for the veterans race by also taking the overall open event after leading from soon after the start. The Medway runner was through 5km in 16:43, before slowing for a 33:47 clocking. As she had not entered for the vets championships, however, she had to be content with her open prize. The same fate befell Julia Cornford, the second veteran to finish in overall sixth spot, in 35:37. This left third placed Melanie Bailey [36:45] to annex the BVA title, ahead of Lynn Higgs.

Steve James, ran a record M60 33:29



Jeremy Hemming

Maggie Statham had her best performance since her comeback and took the W40 title. After 5km in 18:34, just ahead of top W45 Penny Forse's 18:45, Statham held on for 37:26. Forse, too, ran better than of late to add the W45 title in 38:04. There was a strong run from Carolyn Oxtan in the W50's as she took 50 seconds out of Pauline Rich. Pam Jones had to hold off the challenge of Mary Anstey to take the W60's in 43:24. Both were ahead of the top W55, Jackie Clifton, while dear Grace Bulger [W75] completed the finishers in 74:31.

Results page 18

Sue James, 2nd in W45 category



Jeremy Hemming

Throwers Pentathlon

The British Throwers Pentathlon Championships will be held at Burton On Trent, Staffs, on Sunday September 6. More details of the event, which comprises the hammer, discus, javelin, shot and short hammer throws, can be obtained from Phil Owen, 19 Shackland Drive, Measham, Swadlingcote, Derby, DE12 7LD.

Nike Sponsorship

Ron Bell informs us that the BVA have secured sponsorship from Nike, the international kit manufacturer and supplier, for the 1998 British and Irish Veterans International Cross Country Championships, to be held at St. Asaph, North Wales, on November 21.

In addition to the men's and women's international events, there will be an open veterans cross country race. Nike have agreed to provide £2,000 prize value for the open event. Further details will be published in the next issue of V/A.



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 BVA.

Ricky Smith, aged 51 and who runs distances from 800m to 10 miles, had suffered from hamstring soreness for the last 12 months.

The hamstrings, along with the calf and quadricep muscles, are probably the most frequently injured of a sports person's muscles. These muscles have a high percentage of Type 2 [fast twitch] fibres and are designed to withstand the high impact, high velocity, powerful contractions associated with running. The hamstrings function to bend the knee and extend the hip. They work eccentrically when decelerating and extending the knee, such as in the late to mid swing phase of running. This eccentric contraction helps to prevent the knee from hyper-extending.

As the foot strikes the ground the hamstrings work concentrically to be able to generate a push off. All this work is controlled by a complex firing system within the neuromotor control mechanism. Any fault with this system, e.g. by fatigue, results in poor timing of the contraction, predisposing the muscle to subsequent injury.

You say that the original injury started after a static stretch, so let us consider the value of stretching. Over the years there has been widespread support of the belief that stretching muscles to their optimal flexibility would reduce injuries. Unfortunately, to date this has not been scientifically proven. Furthermore, it has been shown that an athlete who stretches prior to a workout is not any less likely to injure himself than an athlete who warms up without stretching and then goes for his workout.

Flexibility should, however, still remain an important part of a conditioning programme for an athlete, but it is the quality of stretch that is important rather

than the amount of stretch. It is far better to concentrate on slow, quality stretches throughout the range of movement than for one massive stretch. A good quality stretch is one that feels elastic and resilient, as opposed to one that is hard with an unyielding end feel.

A hamstring pain injury which persists would respond to a strength training programme encouraging pattern of flexibility and strength relevant to running. A suitable strength training programme will not only improve the contractile strength of the muscle, thus delaying the onset of fatigue towards the end of a race, but also helps to improve and maintain the tensile strength of the muscles non-contractile tissues. This prevents strains at the points where muscles join the bones, the musculotendinous junctions.

As you have had the injury for some time, I would say that the initial inflammation stage responding to the standard RICE treatment has long passed. The injury has not repaired, however, and has not been re-modelled. In the repair and re-modelling phases, exposure of the injured muscle to contractile and tensile forces improves the quality and strength of the connective tissue that forms to breach the gap at the injury site [Javinen]. It also optimises the penetration and orientation of regenerating muscle fibres [Benazzo et al 1989].

When you stretched at the time of injury you were probably pulling on scar tissue left behind from a previous injury or muscular overuse and imbalance. Scar tissue can form for several weeks or even months after the initial injury, and failure to re-model the scar by a comprehensive conditioning and flexibility programme prior to embarking on running again only pre-disposes the muscle to further injury. Particular attention must be given to achieving and maintaining flexibility of the scar tissue that has been laid down. What needs to be done?

Start hamstring curls, stressing concentric work over eccentric. Eventually emphasise concentric-eccentric activities coupled to activities specific to running, e.g. heel flicks as you run, followed by a series of knee raised running. Follow this conditioning programme with flexibility exercises, stretching the hamstrings firstly by lying down and then, as pain reduces and extensibility increases, use standing stretches.

To enhance hamstring strength associated with running try this exercise. Perform slow concentric knee flexions combined with hip extension and return the limb to the starting position by painlessly controlling eccentrically the lengthening hamstrings. Then start to increase the

speed.

Finally, hamstring pain could often be a referred sciatic nerve problem. Suspicion could also fall on a local hamstring strain, such as one associated with a sudden overload of training, playing an unaccustomed sport or trying out an unusually high volume of plyometrics or hill running.

Strain is really a way of the muscle protecting itself from further damage. It provides a muscle spasm and stretching or contracting this spasm inevitably produces pain. The secret is to condition yourself and re-model the muscle by a combination of strength training and flexibility exercises. It is a bit like having chewing gum in your hair, but it will come out eventually.

BVAF kit available

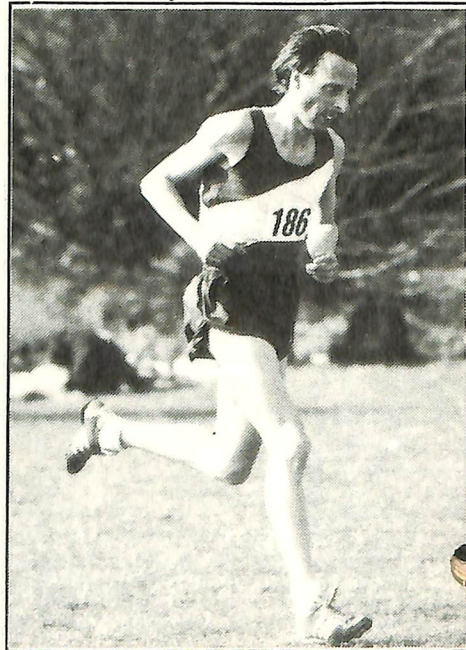
The long running saga of the official BVAF kit supplier is, hopefully, at an end. Bourne Sports, who are well known to members through their long standing support of this magazine by their advertising on the back cover, have been appointed as the BVAF kit supplier.

BVAF kit will be available on the Bourne Sports stand at the BVAF Track and Field Championships at Newport, in good time for those travelling to Italy for the European Championships.

EVAA Indoors Championships

The 2nd European Veterans A.A. Indoor Championships is scheduled to be held in Malmo, Sweden, from March 4th to March 7th 1999. Further details should be available in the next issue of this magazine. The BVAF is trying to arrange our own indoor championships to take place two or three weeks before the European.

BVAF C. Country: Peter Flavell, M45 winner



London Marathon Round Up

By Jack Fitzgerald

Now that the dust has settled on the 1998 Marathon, we can assess the outstanding veteran performances and how better than using the now well established age gradings.

Assuming that I have not overlooked any performances the only two runners to have exceeded an age graded percentage score of 90% were the first and second M50's, Steve Moore whose 2:32.32 scores 91.10% and Jimmy Bell with 90.01%. I have marked down Bob Peart as aged 70, which gives his excellent 3:10.34 a score of 88.52%. I feel that he may be slightly older, however, which must put him closer to 90%. Next with 88.52% was the first M40 Tony Duffy. The runner up in that division was Paul Bennett on 88.21%, just ahead of the first M45 John Kerr with 88.29%. Peter Andrews ran 2:45.20 which won the M55 group and gave a score of 87.54%,

As I suspected when I first saw the results, Zina Marchant again achieved the highest performance among the women with 87.24%, but Debbie Percival was close on 87.54%. C.Eustace [Canada] won the W50 and scored the next best age graded score with 86.05%, followed by the second W45 Marilyn Clarke with 84.80% and Sandra Branney, the W40 winner, with 84.41%. The best of the real oldies were Pam Jones whose



Jeremy Hemming

M50 winner Steve Moore, 535, and 2nd M50 Jimmy Bell, 438, pass the 16miles gantry

3:25.27 at the age of 61 earned her 84.27%, and 68 year old Eileen Quinton, whose 3:56.07 was worth 79.76%

Leading results [according to "Athletics Weekly"]

M40 1 A.Duffy [Bolton] 2:25.41, 2 P.Bennett

[Bridgend] 2:26.12, 3 R.Jordan [Veg] 2:30.41

M45 1 K.Kerr [Steel] 2:31.25, 2 G.Moxham [

B'mouth] 2:36.47, 3 A.Johns [SLH] 2:39.16

M50 1 S.Moore [H&W] 2:32.32, 2 J.Bell

[Elswick] 2:34.20, 3 W.Chance [Notts] 2:38.51

M55 1 P.Andrews [Norw] 2:45.20, 2 K.Burgess

[Alt] 2:50.41, 3 P.Goreham [Newm] 2:52.13

M60 1 S.Pasquale [Italy] 2:57.52, 2 K.Speed

[Un] 2:59.03, 3 B.Emmerson [Leam] 3:00.13

M70 1 R.Peart [Woot] 3:10.34, 2 M.Jopnes

[Mans] 3:22.43, 3 J.Gillies [Carn] 3:27.37

M75 1 N.Paul [Arena 80] 3:58.38

W35 1 D.Percival [Med] 2:39.54, 2 J.Cornford

[B&H] 2:54.07, 3 H.Robinson [Cle] 2:55.55

W40 1 S.Branney [Glas] 2:48.47, 2 A.Jeeves [S/

B] 2:54.42, 3 J.Moorekite [Inv] 2:54.55

W45 1 Z.Marchant [Bath] 2:53.10, 2 M.Clarke

[Wim W] 2:55.05, 3 E.Turner [Les C] 2:57.29

W60 1 C.Eustace [Can] 3:00.16, 2 S.Barrett

[B'mouth] 3:18.21, 3 M.Kruger [USA] 3:22.37

W65 1 E.Quinton [Hors J] 3:56.07

W70 1 I.Barr [Bed] 4:43.45, 2 K.Seccombe

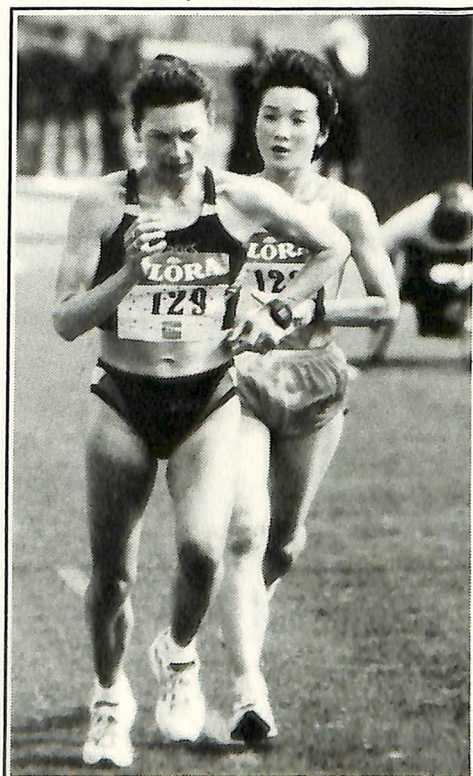
[Blythe] 4:49.35

W75 1 J.Waller [Teignm'th T] 5:14.24

Debbie Percival, London W35 winner

REVISED TRACK & FIELD MERIT TABLES, 1/6/98

	M40	M45	M50	M55	M60	M65	M70	M75	M80
100m	11.85	12.25	12.66	13.09	13.54	14.06	14.71	15.50	16.47
200m	24.35	25.22	26.13	27.08	28.08	29.26	30.70	32.46	34.65
400m	54.02	55.89	57.83	60.20	62.79	65.80	69.38	73.78	79.36
800m	2:00.92	2:05.37	2:10.28	2:15.73	2:21.96	2:29.21	2:37.08	2:48.65	3:02.14
1500m	4:14.13	4:23.65	4:34.11	4:45.83	4:59.15	5:03.57	5:33.33	5:56.17	6:25.34
5000m	15:30.3	16:04.6	16:42.5	17:24.7	18:12.8	19:08.8	20:15.4	21:17.5	23:21.7
10000m	32:18.8	33:30.8	34:49.7	36:18.0	37:58.6	39:56.4	42:15.1	45:06.0	48:43.4
S/C	10:17.6	10:47.6	11:21.2	11:59.4	8:12.8	8:46.9			
3k Walk	14.30	15.02	15.37	16.17	17.02	17.54	18.53	20:01	21:23
5k Walk	24.50	25.44	26.44	27.53	29:10	30:38	32:19	34:16	36:36
Sprint H	17.19	18.00	16.81	17.72	17.96	19.15	15.94	17.35	19.21
400m H	62.27	65.32	67.86	71.71	51.48	54.67	58.53	63.36	69.66
800m H	6.08	5.68	5.31	4.97	4.64	4.34	4.06	3.79	3.55
TJ	11.95	11.10	10.33	9.61	8.94	8.32	7.74	7.20	6.70
HJ	1.58	1.50	1.42	1.35	1.28	1.21	1.15	1.09	1.04
PV	3.85	3.59	3.36	3.35	2.91	2.72	2.53	2.36	2.20
Shot	11.04	9.91	9.78	8.93	8.63	7.75	7.77	6.98	6.26
Disc	38.94	35.56	36.10	32.38	34.85	31.26	28.04	25.15	22.56
Jav	43.30	39.40	35.86	32.63	32.23	29.33	26.69	24.29	22.10
Hamm	40.00	36.04	35.72	32.18	31.77	28.62	28.83	25.98	23.41
100m	13.2	13.7	14.3	14.8	15.4	16.0	16.8	17.7	18.8
200m	26.7	27.8	29.0	30.2	31.5	32.9	34.5	36.5	38.9
400m	59.7	62.0	64.5	67.2	70.4	74.0	78.2	83.2	89.5
800m	2:24.0	2:29.9	2:36.3	2:43.6	2:51.6	3:00.8	3:11.8	3:25.00	3:41.5
1500m	4:58.0	5:10.3	5:23.8	5:38.8	5:55.7	6:15.2	6:38.2	7:05.9	7:40.5
5000m	18:10	18:55	19:24	20:38	21:39	22:49	24:11	25:50	27:53
10000m	39:00	40:35	42:19	44:16	46:25	48:55	51:60	55:22	59:44
80mH		16.0	17.0	17.6	18.7	20.0	21.5	23.4	25.8
100mH	16.7								
300mH				62.0	65.8	70.1	75.3	81.8	90.0
400mH	72.0	75.8	80.0						
S/C	8.60	9.17	9.48	10.22	11.00	11.47			
3k Walk	16:00	16:35	17:13	17:58	18:48	19:45	20:50	22:05	23:33
5k Walk	27:30	28:30	29:37	30:53	32:18	33:53	35:47	37:57	40:27
LJ	4.80	4.47	4.16	3.87	3.60	3.35	3.12	2.90	2.70
TJ	9.20	8.49	7.83	7.22	6.67	6.15	5.68	5.24	4.83
HJ	1.45	1.37	1.29	1.21	1.14	1.07	1.01	0.95	0.89
Shot	2.00	1.85	1.72	1.60	1.49	1.34	1.27		
Disc	10.50	9.92	8.57	8.63	7.52	6.56	5.72	4.99	4.35
Jav	29.50	27.84	24.64	21.81	19.30	17.08	15.12	13.38	11.84
Hamm	28.00	24.64	21.69	22.44	19.75	17.38	15.29	13.46	11.84
	29.50	26.71	24.18	25.27	22.87	20.70	18.74	16.97	15.36



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NEW GB VETS VEST - with embroidered logo, sizes S, M, L, XL, available in ladies sizes 10, 12, 14, 16, **PRICE £12.99**
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PATRIOT MENS TRI-TOP - Pockets in back, royal/print, sizes S, M, L, XL, **£14.75**

PATRIOT MENS TRI-TRUNKS - Colour royal/print, sizes S, M, L, XL, **£13.75**



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With ultra cool inner, available in sizes S, M, L, XL, **£16.75**



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PATRIOT MENS SHORTS - With ultra cool inner, colour royal/print, sizes S, M, L, XL, **£11.75**



LADIES VEST - Ultra cool, colour royal/print, sizes 10, 12, 14, 16, **£11.75**
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ATHLETICS SHOT

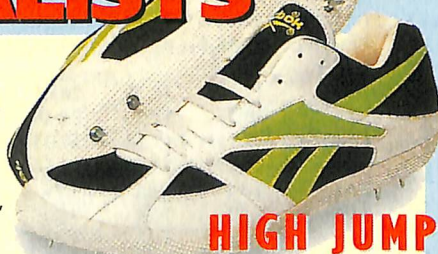
Highly supportive and well cushioned performance shot shoe, colour white/black/liquid lime, available in UK sizes 5, 6, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 12, 13 and 14, usual £49.99, **offer £29.99 - SAVE £20**

ATHLETICS JAVELIN

For the serious javelin thrower demanding the ultimate in the competition shoe that will perform well at the highest level, colour white/black/liquid lime, available in UK sizes 5, 7, 7½, 8, 9, 10, 11, 13 and 14, usual £60, **offer £39.99 - SAVE £20**

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Competition throwing shoe for discus and hammer, colour white/black/liquid lime, available in UK sizes 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 11, 13 and 14, usual £49.95, **offer £29.99 - SAVE £20**



HIGH JUMP

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