

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 47

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Summer 1998

## Record Entry For BVAF Championships

A record entry of over 750 for the BVAF Open Track and Field Championships promised a great week-end's sport at Newport. What a shame that the weather spoiled it.

In his message in the programme, BVAF Chairman Keith Whitaker said that he was sure that the weather would be better than the last time the Championships were held in Wales in 1988. How wrong he was! The forecast was dire, and the weather forecasters were spot on. The early birds on the first morning had the best of the conditions as strong winds, with a few showers, greeted the competitors, but heavy rain had set in by lunchtime and the wind became stronger. The second day proved to be even worse, with heavy rain all morning and the strong wind had become a gale. Conditions were so bad that some entrants decided enough was enough, and did not compete.

The sprinters suffered most, due to the headwind along the home straight, and it is not surprising that sprinting records were hard to come by. Only one Championship Best Performance, by Allan Meddings, was recorded. Most age group records were set in the field events despite competitors having to contend with slippery surfaces and wet implements. Although the number of age group records was fewer overall than normal we were still treated to one World Record and 18 British Records, fantastic under the appalling conditions. In her first year in the W65 age group, Rosemary Chimes equalled the World Record of 10.90m in the shot, easily eclipsing the previous British Record of 9.09m, and went on to establish British Records in the high jump and the discus.

There was some good sprinting, despite



Jeremy Hemming

**Eyeballs out finish! M45 1500m: Kevin Archer [172] battles to keep Mike Bumstead [179] and Pete Molloy [230] at bay. Behind are Keith McGeoch and Bernard Wareing [263]**

the wind, with Kwadwo Ansah, Stephen Peters, Charlie Williams, Allan Meddings, Len Watson, Viv Bonner and Maureen Lewington all recording double wins. Peters made it a triple by also taking the M45 400m in 51.88. Alan Harrison ran a good race to beat a strong M40 400m field in the good time of 51.4, while in the women's W35 Alison Brown had to run a fast 58.24 in order to overcome Angela Beadnell. Also at 400m, Dorothy

Fraser [73.84] and Andrew Blackman [64.50] stormed home to British Records in the W70 and M65 groups respectively. The hurdles produced some fine running. One of the highlights was expected to be the duel between Mike Coker and Howard Moscrop in the 400m hurdles. Coker won in a fine time of 54.84, after Moscrop had faltered when hitting a hurdle in the home straight. Other highlights were British Records from Diane Clark, who ran a very fast 65.3 W40 400m hurdles and another BR from Jean Hulls in the W55 300m hurdles.

The middle distance events provided some of the best racing. Kevin Archer won a well judged 800m but had a real battle on his hands to win the 1500m from Pete Molloy and Mike Bumstead. It was neck and neck along the home straight with Archer just keeping his nose in front with a 4:19.8 run. Runner up Molloy and third placed Bumstead were only a stride behind. In the M50 800m Hugh Morten finished only inches clear of Mike Erith in 2:15.36, while the M40 event saw two seconds cover the first five runners to finish, won by Dave Wilcock in 2:03.61. The most exciting of the women's events was the W35 800m, as Sharyn Aitken and Lesley Felton battled it out, with Aitken just nosing ahead. Debbie Howard, Nancy Hitchmough and Pat Gallagher all achieved good doubles.

[continued on page 2]

## WAVA Entry Details Now Available

Entry details are now available for the 11th World Veterans Track & Field Championships, to be held in the North East of England from July 29 - August 8, 1999.

This is the first time that the World Veterans Track & Field has been held here and it will be the largest athletics event ever held in Britain, with up to 10,000 competitors expected from all over the World. The Championships will be centred on the famous Gateshead Stadium, but Monkton Stadium at Jarrow and the Riverside Stadium at Chester-Le-Street will also be fully utilised. As well as a full programme of track and field events for all veteran age groups there will be cross country events, marathon and road walking events.

The Championships are open to all veteran athletes who are members of organisa-

tions affiliated to the World Association of Veteran Athletes. All intending competitors must, therefore, be members of clubs or associations affiliated to BVAF and entries from athletes who are not members of BVAF will not be accepted. Many veteran athletes who are not at present BVAF members will want to take part in this once in a lifetime experience and members are urged to inform them to join BVAF now [entries will close in April].

Full details of the Championships, including the entry forms, can be obtained from Gateshead Metropolitan Borough Council, Leisure Services Dept, Civic Centre, Regent Street, Gateshead, NE8 1HH. Telephone no. is 0191 - 477 - 1011.

Entries must be returned to the BVAF Overseas Entries Co-ordinator [address on page 6], not to Gateshead MBC.





Jeremy Hemming

A group in the W50 5000m: Felicity Garland [751], Margaret Auerback [742], Judy Norris [760], Sheila Adkins [741], Carolyn Billington [743] and Pauline Rich [768]

### BVAF Championships

[continued from page 1]

Of the distance events, the 10,000m was ruined by the gale on the Sunday but in Saturday's slightly more favourable conditions the 5,000m events provided some good racing. Midland vets were not surprised to see Ian Furness setting a hot pace, as he had run a lifetime best and broken the Midlands M40 record a month previously. Nicky Lees and Steve May went with him but, with three laps left, Lees had to retire due to a hamstring injury and Furness surged away from May over the last two laps to clock 14:57.37, some six seconds slower than his run in the Midlands Championships. Nigel Gates went even faster in the M45 race and was timed at 14:49.4, only five seconds slower than his recent Brit-

ish Record.

It had been predicted that Steve James might set new marks in the M60's but although he easily took both the 5000m and 10,000 to add to the 1500m gold he had already won, the weather conditions were against him. In the M65's John Roberts lost the 5000m silver medal when he dropped out at the bell, thinking he had finished, but he had the consolation of a gold in the 10,000m on the following day.

The outstanding competitor in the women's distance events was new vet Hayley Nash. In pouring rain, she gave a superb display of front running in the 5,000m, running away from the field to set a Championship Best of 16:55.30. Behind her, Alison Fletcher and Lynne Marr battled for the minor med-

Only inches between them: Hugh Morten [337] wins the M50 800m from Mike Erith



als, with Fletcher winning comfortably. Further down the age groups Eleanor Robinson had no trouble in taking a double gold in both W50 distance events, as did Zina Marchant [W45] and Pam Jones [W60].

The walks had a good entry. Noel Carmody, M40, was over a minute clear of the nearest contender in his age group in the 3,000m, although M50 Bob Care was only 25 seconds behind. In this event Brian Gore set a M60 CBP, two minutes ahead of his closest rival. W50 Ann Lewis set CBP's in both the 3,000m and 5,000m events, as did Anne Von Bismark in the W70 category.

A number of the jumpers excelled. Alan Bateman, M60, collected two British Records at long jump [5.25m] and high jump [1.61m]. Rosemary Chrimes added a British Record in the W65 high jump to her World Record shot of the previous day. Sean Power took the M55 triple jump with a magnificent leap of 12.81m. Consistent Jenny Brown, in her last year in the W35 category, was still good enough to win gold at all three jumps, taking the long jump with 5.02m, the triple jump with 10.46m and the high jump with 1.50m. Others to do well with double wins were W50 Marlene Simmonds [long and triple jumps], M40 Trevor Wade [long and high jumps], Ajit Kalirai M70 [high and triple jumps], Irene Holder [W55 long and high jumps] and the evergreen Mary Wixey [W75 long and high jumps].

At pole vault, Jenny Cunnane took advantage of the best weather on the Saturday morning to record 3.00m, just short of her World Best which she set at Reading last October. Bernard Thomas, M70, and Jenny Lyon, W35, both recorded British Records.

Four British Records were set in the hammer throw. Probably the best contest was in the W35's where Jenny Earle and Diane Smith fought a keen battle, with Earle coming out on top with a 42.49m effort to Smith's 41.91m. The other Records went to M65 Peter Barber [40.05m], M65 Bill Kingsbury [31.85] and Evaun Williams, now in the W60 group and who threw an impressive 39.95m. The longest throw was by M48 Paul Dickinson, the BBC sports commentator, who recorded 51.00m. In the shot, Neil Griffin was only just behind the British Record at M45 with a 14.45m effort and Evaun Williams set a CBP with a majestic 11.61m.

Thanks are due to the officials, most of whom stood for two long days in atrocious weather, to the W.V.A.A. and Newport Harriers A.C for their excellent organisation, and to Newport County Borough Council for the excellent facilities

Geoff Ashby

### Results, pages 12 & 13

### Championship Trophy Winners

#### Track

W35 Alison Brown, 400m, 58.24  
O/40 Tony Wells, 110m, H 15.9  
O/50 M.Lewington, 100m, 13.47  
O/60 Allan Meddings, 100m, 13.71

#### Field

W35 Jenny Earle, Hammer, 42.49m  
O/40 Paul Dickinson, Hammer, 51.00m  
O/50 Sean Power, Triple Jump, 12.91m  
O/60 Rosemary Chrimes, H/Jump, 1.25m

Jeremy Hemming



## France Wins International - Report by Stephen Peters

It was with great pride that I accepted the invitation to be the men's captain for the British veterans team competing against the Belgian, Dutch and French teams at Calais. Jenny Brown accepted the captaincy of the women's team.

As a merry crew we ate our way across the channel into France. Apart from missing our original ferry, and having an unscheduled tour around Calais before arriving in the youth hostel, our journey was uneventful. Well, not quite true, as Mr. Ross and Mr Elderfield failed to note which deck the coach was on and did not return in time, so we had to wait to pick them up. It felt like the usual school trip with the obligatory reprobates.

On to the athletics, however. The conditions were fair, but a fairly strong headwind down the home straight made it hard work for the track athletes and also affected many of the field events. Some athletes were not deterred by the conditions, and, in the hammer throw, Jenny Earle set the tone for the women by throwing the second best ever effort at 41.18m, pushing back by one place Jennifer Cunnane, who threw a creditable 41.18m. Unfortunately, our girls were edged out in the discus by the strong French competitors, with Claire Cameron just missing out on top spot with a throw of 39.72m. Jenny Brown typically shone, and won the high jump with an impressive 1.68m, and Carole Filer won the long jump.

On the track, there were some enthusiastic efforts from the girls. Heading this was the 100m hurdles with a win for Joselyn Harwood, who looked well on form, and Gaye Clarke was a comfortable second. Hurdles success continued with Jane Low winning the

400m. The 1500m saw a very good time of 4:43.22 for Julie Swan, who deserved better than second place! Jan Thomson was close behind. The French produced an unbelievable woman sprinter who left Angela Mullinger and Joselyn Harwood to battle for the next two places. Angela edged in front on a photo finish. Probably the most exciting finish was that of the women's 400m. Angela Beadnell dominated the race until the final straight, and then came the French onslaught. To screams of encouragement from the rest of the team, Angela held on to win the event and lift the team spirit higher, leaving the two French runners stunned. This heralded well for the 4 x 400m relay, which the women won and the men went on to match this.

Competition continued keenly for the men. Sean Power would have set a British Record in the men's triple jump had the wind speed not been over the permitted limit. He did go on to perform an outstanding high jump and set a M50 British Record at 1.70m. A creditable field performance was achieved by Trevor Wade in winning the long jump. Noticeably, a personal best as a vet was recorded by shot putter Steve Archer. It bodes well for the future. Neil Griffin backed him up with a very commendable 13.01m, hot for M50.

In the men's hurdles we saw Mike Coker storming away from any competition and setting a British Record in 54.57. Roger Honey followed him in to gain second place and then went on to take first place in the high hurdles later in the afternoon, with Mike finishing second. The 100m was very fast and won by Philippe Duféal of France, with Viv Oliver in very close contention in second. Viv did extremely well into a head wind to clock 11.28,

and went on to take the 200m later in the day. Again, this was a good run into a head wind. I can personally verify that as he left me in his wake!

David Elderfield won the 400m in an impressive 51.82, not bad considering that he has been injured for most of the current season. Our middle distance men were headed up by David Wilcox, who made winning look easy. Tony McDonald proved his worth as an up and coming talent with a near miss at winning the 1500m.

The most memorable part of the week end was the team spirit. It also provided me with a very embarrassing moment. At the opening ceremony, a small delegation stood in front of the crowd representing each country. As the British National Anthem was played the wind blew into our faces and my eyes began to water. I am sure that the video captured the tear which trickled down my face. And they thought it was only footballers who were patriotic! It must be said that the teams from the other countries were, as always, friendly and encouraging throughout the competition.

Many thanks go to our team manager Winston Thomas for all his efforts and also for offering to loan me one of his ties to meet the Mayor of Calais, which turned out to be a non event. If I am lucky enough to be selected for next year's competition in Holland I shall look forward to the week end. If you receive an invitation to compete I strongly recommend that you make the effort. It is good fun! The competition eventually turned into a France v Britain match, which France won. Next year, I hope that the result can be reversed.

### European Indoor Championships

The Second European Indoor Championships are scheduled to be held in Malmo, Sweden, from March 4 -7. The event has to be approved at the EVAA General Assembly but it is expected that entry booklets will shortly be available.

Closing date for entries is expected to be early December. Interested members should send four first class stamps to the Overseas Entries Co-ordinator, 12A Salisbury Road, Grays, Essex, RM17 6D.

**BVAF Champs: Andrew Blackman, M65, British Records at 100m and 200m**



Jeremy Hemming

## Trackside Chat From Newport by Alastair Aitken

**Lynne Marr**, now 37, from Tynedale won the W35 10,000m: "It was only my second track race and so it was still a learning experience. I knew that Zina Marchant [W45] was good competition so I just sat there and slowly plugged away and pulled them all back. I was worried about being out there on my own so I did not want to take it on."

Marr is running better now than for several years and is enjoying veteran competition. She believes her best veteran performance was in winning the European Indoors 3000m and thinks it was her best tactical race. Marr has been running for 13 years and trains alone, twice a day. "I run five miles each morning and five miles in the evening and also swim. I do my speed sessions at swimming, rather than running as I find it much easier"

**Diane Clarke**, W40 200m winner, from Puma - TVH: "I was apprehensive because it was so windy, and I knew that I would have to go hard and maintain it. I have been running since 1974, but had a break for 15 years. My best times in my younger days were 24.4 [100m] and 52.3 [400m]. Since starting again my greatest pleasure was in running a 55 seconds 400m after the 15 year break." Clarke's coach is Ron Rodden, the man behind Linford

Christie. She describes him as very supportive but will not stand any messing about. She trains with a group of about 10 women, from a larger squad of about 30. Her best time this year for 200m is 25.3

**Archie Jenkins**, 46, from Cambuslang, won the M45 3,000m Steeplechase and finished 2nd in both 5,000m and 10,000m: "I did not make up my mind to compete in the steeplechase until one hour before the 9.15 start. With Nigel Gates running in both the distance races I knew I could not win those, but I thought I could be competitive in the 3,000m chase and that is the way it turned out. The last time I ran in a steeplechase was five years ago at Jarrow, when I was 4th in 10:10. I ran 10:38 here at Newport, but the conditions were so bad. It was so wet out there. In the 5,000m I was pleased to outkick Peter Molloy and finish 2nd, but I knew that I was in good shape. Three weeks ago I ran 15:45 in the 5,000m in the International match at Calais."

Jenkins started running at school but did not take running seriously. He was a social runner until he was in his 30's, when he recorded his best times. He then ran 1:55.5 [800m], 3:50 [1500m], 14:28 for 5,000m and 9:01 for the steeplechase.



# THE MALTA 10K FOR VETERAN ATHLETES



ORGANISED BY THE MALTA AMATEUR ATHLETIC ASSOCIATION

SUNDAY 17TH JANUARY 1999 START: 10.00HR

Saturday 16th January - Track & Field Events from 14.00HR

**4th Edition** These competitions are being run under the rules and regulations of the World Association of Veteran Athletes. This event is open to all men born on or before the 17th January 1959, and all women born on or before the 16th January 1964.

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

**Late Entries** No applications will be accepted after Tuesday 12th January 1999.

**The Course** The race will start from opposite the Jerma Palace Hotel, Marsascala and then turn left towards St. Thomas Bay. The runners would then make their way towards the centre of Marsascala village, running towards and along the fishponds. On reaching the central square, they would go up the road and turn right into St. Anne Street towards the church. Arriving at the square they would then turn left and up La Sengle Road and continue going towards Zabbar. Arriving at Zabbar, they would go around the small roundabout in Sanctuary Street and then run back on the same route to the centre of Marsascala. From the centre of Marsascala, they would follow along the sea front and finish in front of the Jerma Palace Hotel, covering a distance of 10 kilometres.

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

Cash prizes, for both male and female athletes, will be presented as follows:-

2nd best technical performance: GBP 90;

3rd best technical performance: GBP 60;

4th best technical performance: GBP 30.

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

The course best times to date were:-

Carol Galea (Malta) (w 35) 35:37.0 and Ed. Knockaert (Belgium) 37: 37.0

Trophies will also be given to the winner in each five year category, the runners up in every category where there are at least five finishers. A third prize will be given in each category having eight finishers.

## TRACK & FIELD MEETING FOR VETERAN ATHLETES

Saturday 16th January 1999, first event starting at 2.00 pm

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

Shot; Javelin; High Jump and Long Jump and the 3000m walk (all events for Male and Female competitors).



## YOUR TRAVEL ARRANGEMENTS

For details of a special travel and accommodation package put together for participants and accompanying persons contact The Official Tour Operator for the MAAA:- Belleair Holidays.  
Tel: 0181 785 3266 or 0345 581 141. Fax: 0181 780 0833.  
Please identify yourself as a Malta 10K for Veteran Athletes participant. All prices shown below are in pounds sterling per person.



## YOUR ACCOMMODATION

### JERMA PALACE HOTEL

FOUR STAR HOTEL IN MARSASCALA  
INCLUSIVE PACKAGE PRICE  
BED & BREAKFAST IN A TWIN INLAND ROOM

DEPARTURE DATE	NIGHTS		
11 - 15 JANUARY inc.	*3	7	10
PRICE	£219	£276	£316
SUPPLEMENTS PPN			
Half Board		£4.00	
Full Board		£11.00	
Seaviews		£1.00	
Twin for sole use		NIL	
REDUCTIONS		3rd Person Share £4.00	

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

### ETVAN HOTEL

THREE STAR HOTEL IN MARSASCALA  
INCLUSIVE PACKAGE PRICE  
BED & BREAKFAST IN A TWIN INLAND ROOM

DEPARTURE DATE	NIGHTS		
11 - 15 JANUARY inc.	*3	7	10
PRICE	£189	£221	£240
SUPPLEMENTS PPN			
Half Board		£2.75	
Twin for sole use		NIL	
REDUCTIONS		3rd Person Share £1.50	

### HOLIDAY PRICE INCLUDES:

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Midweek flights departing from Gatwick (Other airports + days see supps)

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In a twin inland room with private facilities on a bed and breakfast basis

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**FREE** return transfers on 16 January to Track & Field Event venue to all clients when travelling with Belleair Holidays

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INCLUSIVE PACKAGE PRICE SELF CATERING

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	FROM 11 - 15 JANUARY			PER PERSON PER NIGHT			
NIGHTS	7	10	14	FOR 4	FOR 3	FOR 2	FOR 1
3 IN ONE BEDROOM	£203	£214	£223	-	-	£2.50	£7.50
5 IN TWO BEDROOM	£198	£206	£212	£1.00	£2.00	£4.00	-

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



## YOUR FLIGHTS

Other flights and airports available at a supplement

Departure Airport	Day of Departure	Departs UK	Supplement Add to holiday price
Gatwick	Mon - Thur	11.30	NIL
Gatwick	Fri/Sat/Sun	11.30	£34.00
Heathrow	Mon /Thur	17.55	£35.00
Heathrow	Mon - Thur	11.25	£39.00
Heathrow	Fri/Sat	20.30	£32.00
Heathrow	Fri/Sat/Sun	11.25	£49.00
Manchester	Sat	11.20	£29.00
Glasgow	Thur	11.50	£29.00
Birmingham	Thur	16.05	£19.00



## HOW TO BOOK

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All holidays are subject to Belleair Holiday Booking Conditions on page 34 of the Winter 1998/9 Information Insert of the brochure.



## YOUR TOUR OPERATOR



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

## APPLICATION FORM

Closing date for entries: 12th January 1999



Surname

First Name

Sex

Nationality

Address

Post Code

Country

Date of Birth

Category M/F

Telephone Number /Fax

Please enter me for the following

Entry Fees:

Malta 10K for Veteran Athletes

GB £5

T & F Events: ( ) GB £1 per event

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

Date

Signature

Entries and remittances to be addressed to:- Tony Chircop, President MAAA, "Primrose" 25, Spring Street, Qormi QRM 10, Malta.

Enquires: Tel/Fax: (356) 487704

VAM



**RESERVATIONS : CONTACT BELLEAIR HOLIDAYS  
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## The World Multi Throws Championships

This year the Games were to be held in Lower Pannonia. Hungary has, from its earliest days as a Roman province, been subject to violent attack and disorder, defeat by the Turks in 1536 and even during the First Crusade in 1096 when King Kaloman gave permission for the Crusaders to cross his country, subject to undertakings about good behaviour. His kindness was rewarded with a riot by the Crusaders, which turned into a pitched battle. All this started over the price of a pair of shoes, and culminated with the storming of a citadel and the slaughter of four thousand Hungarians. The Crusaders behaved with a savagery which betrayed their alleged religious beliefs. No wonder that they fled the country, fearing the wrath of the King! Our British team behaved impeccably. As a result of this and our visits in past years, permission has been given to us as individuals to stay and train, a privilege only normally given to accredited teams.

The World Multi Throws Championships at Tata traditionally open with the Georg Glockner Throwers pentathlon, as was the case this year, and in 36°C heat. Merrik Bousfield and Terry Lalley competed in a strong group with the Polish world champion and two very good German medallists. They had their usual close competition, finishing 5th and 4th respectively. Merrik was pleased with his results in shot and javelin and Terry with his hammer. In multi events, it is essential to make all throws, especially the first, count. Having started the first event, the discus, with a no throw, I put myself under unnecessary pressure, but rallied to finish third behind the former Korvetten Kapitän, Gerd Glaser, whom I was never to beat, except in the hammer. I scored 4452 points and was well satisfied.

The Dunsfords, Wendy and her mother Barbara, competed. Wendy was in a strong international group and so could not match Barbara's bronze. Events not undertaken in their country, the Schockorama [three weights thrown discus style from the stand], and Shotorama [five weights from the stand, followed]. These events favour the large and strong, so Merrik [2nd] and Terry [3rd] improved positions.

I enjoyed the hammer triathlon [three dif-

ferent weights on a 50 cm chain], finishing 2nd with 61.63m, slightly further than last year. Colm Murphy finished 4th, and so was unable to add to his 2nd place medal which he won in the Shotorama. Terry and Merrik [2nd] continued their struggles in the iron sling ball [who, in this country, has ever seen one, let alone thrown one?], whilst Colm, Wendy, Barbara and I collected place medals. In the heat and humidity, my enthusiasm for activity was starting to wain, so it was something of a relief when Sunday dawned cooler to allow the Steinstossen [shot putting on the run] to take place. Again Colm [1st], Terry [1st] and Merrik [2nd] collected medals. I think that the rest of us were somewhat relieved that we did not have to compete. Would you relish throwing a 15 kilo weight?

Lasting impressions? The heat and the sight of the East German Trabants chugging along in what looked like factory undercoat. Now that Hungary is becoming more prosperous their numbers grow less. I wonder how many of you know what, or rather, who a Trabant was? In fact, a Trabant was a black coated guard employed to protect German settlements in the western part of Hungary during t On the first day of competition there was a novel and slightly dangerous event - throwing the discus across the path of the hammer. Despite the 20 acre site, there were so many competitors throwing so far that it was difficult to find sufficient space! Talk about needing eyes in the back of one's head, thankfully every one had!

Half the enjoyment comes in renewing acquaintances, and in making new friends amongst like minded people. Looking at the former iron curtain competitors, I wonder what tales they could tell. There was Laslo, the policeman from Hungary; Klaus, the former member of the East German hammer squad; another Klaus whose mother in law survived Belsen, and Helmuth, deportation to Germany. I enjoyed the party in the hunting lodge, the barbecue in the garden with the traditional goulash and fish soup [and the mosquitoes ate well, too]. It is always a pleasure to stay at the Edzotabor, fifty years old,

lovely surroundings, good and varied food. Unfortunately, they have realised that due to their special facilities, they are in a seller's market. This was witnessed by the dramatic rise in the cost of full board. Increases elsewhere were much more modest.

As Merrik and I continued our stay for a few days, we were invited, with the South Africans, to visit Babolna. Originally founded in 1789 to provide horses for the Austro Hungarian cavalry, there was a change of object and the centre then specialised in crossing the best British and Arabian bloodstock. These aims continue today in the historic wooded setting.

Finally, as Colm Murphy reminded me, exactly 50 years ago on July 23 1948, Imre Nemeth set up a world record in the hammer with a throw of 59.02m, beating that previously held by Erwin Blask at Stockholm 10 years earlier. However, Pat O'Callaghan had previously beaten both of these distances in 1937 at Fermoy with a throw of 59.59m but, as Ireland was suspended from the I.A.A.F, this throw was never accepted as a world record.

This year, with wives and friends, there were nine of us. Who would like to come next year, during August, to share an unforgettable experience?

Hugh Richardson

## European Road Championships

The European Road Running and Walking Championships, held every two years, will take place on the week end of June 26-27, 1999 at Bruges, Belgium. The event will replace the annual Bruges Veterans Grand Prix. On Saturday 26 June there will be the 10Km run. The walkers will have the 20k Walk for women and 30k Walk for men. On Sunday 27 June the Half Marathon run will take place.

The entry booklet can be obtained by sending two first class stamps to the Overseas Entries Co-ordinator, 12A Salisbury Road, Grays, Essex, RM17 6DQ. Please note that this is the address of the new O.E.C, Wendy Dunsford. All entries must be returned to the address shown above and must not be sent to Bruges, as all entries have to be verified by the O.E.C. As the event is a European Championships, all British entrants must be members of BVAF. More details in next issue.

**BVAF Champs: Below, left, W40 1500m: Winner Nancy Hitchmough [723] takes the lead from Anne Darby [716] and Anne Pugh [697] Below, right, Mike Coker [33] and Hopward Moscrop fight it out for the 400m hurdles title**



Jeremy Hemming

Jeremy Hemming



# Veteran Athletics

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## Track & Field Notes

In the International at Calais on June 20 the British team came 2nd overall and in both men's and women's matches. Through late injuries we lost a few athletes, but covered all the events. We saw some good performances from our athletes, particularly from Mike Coker with a British Record 400m hurdles [54.57], and Sean Power who set a M50 triple jump record 12.61m. We were in the lead throughout most of the meeting and only in the later stages were we overtaken by the French. Well done, and to Bob Sexton, who assisted me, as I also acted as track judge. Team results: Men: France 294, England 211, Belgium 165, Holland 136. Women: France 241, England 197, Belgium 161, Holland 130. Overall: France 535, England 408, Belgium 326, Holland 266.

The National Track & Field at Newport was a well organised event, but spoiled by the weather with wind and rain on both days. Thanks to WVAA and Myfanwy Loudon, Ian Thomas and the officials for all their efforts and patience, and also to most of the athletes for their patience. There had to be some minute changes to the timetable and, on the day, changes had to be made to the javelin due to the deterioration in the weather. This was unfortunate and caused some problems, which left one athlete being very rude to the officials. This will not be tolerated in veteran competition, even though we may see it elsewhere. Should such behaviour happen again then the athletes concerned can expect to be severely reprimanded and possibly expelled from the competition. Whilst athletes can always complain about conditions and officials, it would be nice for those who complain to take a look at what the officials have to do. They have to stand out in the rain event after event, listening to the complaints, with little time to have a break and a change of clothing; so let us start to think about others when we are inconvenienced.

There were some very good performances in the conditions, mainly on the first day when the weather was better at the start. Bourne Sports was there with the new BVAF kit, which went down very well and many orders were placed for the track suits and other kit. The AGM saw the trophies proposals defeated, but I hope to make some arrangements to change the awards of trophies in the future. The proposed medal standards will be reviewed and a new set published in the spring. I have taken your letters and comments into consideration and, with David Burton, will produce a revised set of standards.

Following talks with the SVHC, the 1999 Track and Field Championships will be at Meadowbank on July 17-18. For the Indoor Championships, I am considering February 13 or 14 at the National Indoor Arena. We will not be allocated a date until October, so full details will be published in the next issue of this magazine.

Thanks to all those who took part in the raffle and thanks for the many donations. The winners names will be in the next issue of V/A. To those who do not wish to take part in raffles, please do not send the tickets back - just bin them. The tickets are inserted by machine and it is not possible to separate those who do wish to take part. You are not obliged to take part, but thanks to all those who do so. Winston Thomas, Sec, Track & Field





## From the Chairman

Another AGM completed and I am now starting my sixth year in office. Only one change was made to the list of Executive Officers. Phillip Lee was elected to replace Mike Wrenn, who wished to stand down as Cross Country Secretary. Otherwise, the same team, including Eric Shirley who is serving a second time as President, is continuing in office. I would like to thank them all for their support over the last year. One important change, not involving the Executive, is in the key position of Overseas Entries Co-Ordinator, where Barbara Dunsford also wished to stand down. I was delighted that she was able to recommend a successor in her daughter Wendy, who has been assisting Barbara for some time, and the AGM readily accepted that recommendation. I would like to record thanks to Barbara, on behalf of all members, for the enormous amount of work she has done so well over so many years.

There is always much work for the Executive to do, but this year will be the busiest yet, with two major matters on hand. Firstly, the ongoing one of the position of veteran athletics, as the future of the administration of British athletics is still not known. I have reported latest information in previous issues of V/A and have written to the clubs, requesting a straw poll of member's views. The majority favour that we should push for a specific role for veterans in what ever new structure evolves and that we should not seek to go it alone unless all else fails. Most agree that it is essential that we are not pushed to one side as in the past, and whatever influence members have with their open clubs should be used to further our cause.

Secondly, at a more parochial level, the preparations for the World Veterans

Championships at Gateshead are going on at some pace. I have been concerned that, despite Ron Bell and myself being on the main organising committee, the problems of numbers may not have been fully appreciated. A particular worry to me is the difficulty in obtaining enough officials to cover three venues over nine days of competition [with two rest days]. This needs long term planning! I am pleased to say that appropriate contacts are now being made, and a campaign is under way at local level to recruit volunteers for a whole range of other jobs such as admin, interpreting, stewarding, driving, etc.

The next issue of V/A will carry an article asking for volunteers. Do not think that this can be just left to the North Eastern V.A.C. They are already involved! All who feel that they can help:- qualified officials who live too far away to be considered under normal circumstances; others without qualifications, but knowledgeable and prepared to help at events such as the 5,000/10,000m, where we will need a pool of lap scorers; people to assist in the field events where a number of competitions will be taking place at the same time and in different age groups; people to assist in raking the pits etc. We do, of course, want competitors, but volunteer helpers will be able to make an enormous contribution to the success of the championships.

I was disappointed with the number attending the AGM. The weather may have been a factor, but it has been some years since there has been a large attendance. However, a proposal to change the date of the AGM away from the T & F Championships to some other venue in an attempt to get better representation was defeated. Personally, I could not envisage more members wanting to stay for an AGM, possibly well into the evening, after one of

our other championships, compared with those prepared to attend the AGM when they are already staying overnight for the T & F Championships.

If there should be a matter of strong controversy, may be more would want to attend, but even the proposal to increase the levy paid to BVA by the clubs to £3 per member was passed with little comment. Unlike BAF, we are solvent, but the existing levy was no longer covering the expenses involved in the Delegate and Officers meetings, two of each being held during the year. This increase will, however, also give us a little in hand, should we need it, if the new structure of British Athletics leaves us out in the cold. Other items at the AGM were:-

A proposal to ask clubs to contribute to the cost of computer equipment bought by the Secretary was deferred and I agreed to write directly to the clubs giving more information. A proposal to increase the number of team runners from three to four in the over 60 category in the Road Relays was lost, as was a proposal to cease awarding the championship trophies. There was also a proposal for a change in the rules of walking to apply to veteran competitors only, but I thought that this could not be dealt with at the AGM. I pointed out that it was similar to the one rejected at last year's AGM, but we have to abide by the IAAF rules, other than those agreed and amended by WAVA. Therefore, the proposers needed to submit their case to WAVA.

It was agreed that next year's AGM would be July 24 1999, being the first day of the weekend earmarked for the 1999 T & F Championships, but the date for the championships has been changed to one week earlier because of problems with the availability of track and officials. The Championships will be held on July 17-18 in Edinburgh, with the AGM on July 17. There were comments at the AGM that the original dates were too near the start of the WAVA Championships at Gateshead on July 29, and, although that date would encourage tours by overseas groups to take in both meetings, it would reduce entries from our own members.

Just to keep me busy, I shall soon be packing for the European T & F Championships in Cesenatico, Italy, where I hope that, even though we have around 300 British entries, I will have an easier time as Team Manager than I did in Durban.

Finally, special commiserations to the Welsh Veterans A.A., who put in so much effort for this year's T & F Championships, only to be met by such foul weather conditions. Competitors did well in braving the elements. For me, however, the heroes were the officials who worked on to the end and our thanks are due to each and every one of them.

Keith Whitaker



**Bridget Cushen**

## Secretary's Report

At last! The results from Durban have been pushed through the letterbox of those members who ordered the results book when they submitted their entry, due to the sterling work put in by Monty Hacker, Rex Harvey and their team, who have successfully tackled a daunting task. Those athletes who paid for the results during their stay in Durban will have to wait whilst lists are being checked. The video has been produced and we await copying and distribution. We are retaining the receipts which many of you sent in.

T & F Championships and the AGM.

Inclement weather spoiled an other-

wise perfect week-end in Wales. The programme ran to schedule despite a record entry and the weather conditions. Newport Harriers extended real Welsh hospitality to all comers. We are indeed grateful to all involved for a very successful championships.

The AGM was, understandably, not very well attended. Nevertheless, there was some lively discussion. We welcome two new members to the BVA Council. Philip Lee, Eastern VAC, takes over as Cross Country Secretary, and Wendy Dunsford takes over from her globe trotting mother as Overseas Entries Co-ordinator. We are all indebted to Barbara for her loyalty and willingness to take on any task since the first time that she organised the team to travel to New Zealand in 1981. She has done sterling work for the BVA.



## 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

### Reply From WGT Travel

I note Mr Ferguson's comments in his letter published in V/A 46 and would apologise for the failure to meet his hotel only requirements. In most instances, WGT have to commit funds ahead of receipt of any bookings, in order to secure both the best available hotels [at the most competitive prices], and also flights seats on the dates when we anticipate most competitors/families wish to travel.

In doing this, we commit monies on all equal basis allowing for complete packages to be sold and, should we subsequently receive many requests for accommodation only, as we did for this event, then we are simply left holding airline seats on which we have paid deposits and this money is lost.

However, having arranged travel for Durban, and now Cesenatico, we understand that there is a requirement for accommodation only options. We will ensure that this option will be provided for within our brochure for future events.

I also wish to assure all members of the BVAF and affiliated clubs that WGT is committed, and will remain committed, to providing the best available travel product at the best range of prices for all those who wish to attend overseas championships.

**Simon Hainsworth, Director  
WGT Travel Management Limited**

### 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.  
**April 98:** £125 to D.Roe [Sheffield]; £10 to P.King, B.Loten, B.Keepax, P.Stiles, B.Ford  
**May 98:** £125 to J.Leitch [Fife]; £10 to J.Frewer, B.Woodroffe, R.Mannings, E.Page, R.Goodwin  
**June 98:** £125 to P.Burt [Doncaster]; £10 to J.Quantrell, D.Calder, J.Lawton, B.Tyndall, I.Sesnan

### Tributes to Officials and Organisers

Having recently competed in the BVAF Championships at Newport, I would like to congratulate the officials who showed great spirit and fortitude in the very bad weather conditions. Some of them spent hours in wind and rain so that others such as myself could compete. They should all be gold medallists!

**Brian Bartholomew, Brighton**

The bad weather at the BVAF Track and Field Championships is best forgotten. We shall remember the hospitality and the welcome we received from the Welsh Veterans Athletic Association and Newport Harriers A.C.

The organising committee is to be congratulated and our thanks should go to them and their many helpers. The track and field officials were so thoughtful, helpful and accommodating in the wind and pouring rain. A special mention for the ladies and men of the refreshment staff who, in the friendly and warm atmosphere of their club room, kept us supplied with hot food and drinks.

The postal results service was, as usual, excellent. From a grateful competitor.

**Mary Wixey, Cheltenham**

### Newspaper Support Fund

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

Brian Davis, George Scutts, Sid Hood, M.Leathly

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.

**BVAF Championships:** Hayley Nash, runaway winner of the W35 5000m, is tailed by Maggie Statham during the early stages of the race.



### Record Form Error

The form for claiming a record in track or road events published in V/A 44 [Autumn 1997] contains a basic error. The starter and referee are required to state that IAAF rules were applied. World records need to apply world [IAAF] rules, but British records need to apply British [BAF] rules. Some rules are the same, but there are some differences. For example, IAAF rule 132.9 states "starting blocks shall be used for all races up to and including 400m". Therefore, if you run in a sprint race and some people do not use blocks, you cannot claim a record!

Could BVAF British Records be according to British rules, please?

**Jeanne Coker, Highgate H & SCVAC**

### 1999 Merit Standards

Ref the women's 3000m and 5000m Walks, do BVAF want fewer competitors in their championships? Even women who competed in this year's walks and go to an age category will not be able to reach the new standards, [published in V/A 46.]

I do not mind having to race hard to reach the new standards, but if I have no chance at all I will not bother to enter again, as it is already an expensive week end. We could easily finish up with no more than six competitors in the women's walks and that is not the way to promote more competition. I believe that this could also happen in other track and field finals.

**Sheila Bull, MVAC**

### Copy Deadline

The next issue of V/A will be published in early December. The deadline for copy is: Results, October 31

Round the Regions notes, October 31.

Advertisements, November 10

Other copy, November 16

Results submitted will be published if possible, but BVAF, International and Representative events will take precedence, followed by Area Championships.



**EUROPEAN VETERAN'S  
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Most of those who travelled with us in 1998 have already booked for 1999, so don't leave your booking too late.

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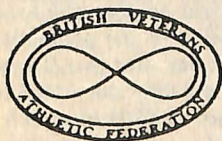
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## Loss of BVAF Stalwart

After a fairly long illness Bryan Doughty died on July 9 in the Isle of Man. Bryan was an early member of Manchester AC and a founder member of the Northern Veterans AC. He was NVAC's first Chairman and President. Always a staunch supporter of veteran athletics, he at one time held the post of General Secretary of IGAL, the International Association of Veteran Long Distance Running, before WAVA took over.

In 1973 Bryan organised the World Vets 25 Km Road Race Championships in the Isle of Man. Until his illness made it impossible he ran on most days of his life. Bryan and his wife, who pre-deceased him, moved to the IOM in 1965/66 and became very involved with the Lifeboat Institute. A memorial service will be held in the IOM in August.

I am sure that every one who had met Bryan would agree that he was a real gentleman. Our condolences go to his daughter, Sheila.

Arthur Walsham, Gen. Secretary, NVAC

## And a Tribute by Jack Fitzgerald

In the beginning there was IGAL, or Interessen Gemeinschaft Alterer Langstreckler Laufer, which translates to Association of Veteran Long Distance Runners. The British veteran distance runners first became aware of this Association when copies of the German magazine "Condition", edited by Meinrad Nagele, infiltrated the athletics bookstalls. In one issue we read of the first ever veterans marathon to be held at Baarn, Holland, in May 1968. Accordingly tours were arranged and the British trio of Jim Smith, Ron Franklin and Tom Buckingham duly returned with the winner's team medals.

Among these pioneers was Bryan Doughty, President of the newly formed Northern Veterans AC and an enthusiastic supporter of the Maxol Marathon, Manchester's equivalent of the Poly Marathon. I got to know Bryan better at the second marathon championships at Skovde, Sweden, in 1970, to which we both travelled with the Northern Veterans tour under the auspices of their secretary, Norman Ashcroft. Undoubtedly, together with Scots Walter Ross and Dale Greig, Bryan Doughty was the greatest British influence on the Association, which went on to hold further marathon championships in even years and 25 km championships during odd years.

Bryan was instrumental in staging the 1973 25km event at Douglas in the Isle of Man. This was one of the most memorable championships. In fact, Tom Buckingham and I enjoyed the hospitality so much that we stayed an extra week to run in the 40 miles race over the T.T. course.

When WAVA was formed in 1977, there was speculation whether two veteran organisations could survive side by side. That they did so successfully was very much due to Bryan's diplomacy and skill as Secretary-General, and later as Vice President. Later, the name was changed to WIGAL, and it survived until, by mutual agreement, WAVA formulated World and European Road Championships.

Although I believe that Bryan's original athletic achievements were on the track, in the twilight of his career he was much happier to be involved with the long distance fraternity and was also a Past President of the Road Runners Club. Always a great motivator, he was

## The Future of the BVAF Marathon

I write this article as a participant in the Lochaber Marathon, which hosted the BVAF Championship, and as a concerned observer of the BVAF Marathon over the past four years.

I enjoyed the Lochaber Marathon as an event. It was a well run small marathon over a quickish course, in surroundings which are difficult to emulate. The way the race was run within the context of the local community was reminiscent of the past veteran marathon championships at Stone. If any reader wants a good, small marathon but lives some distance away, then I recommend this race to them and to take a holiday in Lochaber.

As my wife and I drove to Fort William, and later during the heat stressed miles of the race, I asked myself how I came to be running in this event. It was certainly not part of any long term plan. I had been training well and looking forward to a good race in London, but illness a few weeks before had put paid to that idea. On resuming training I appeared not to have lost too much fitness, so I looked for another race. How fortuitous that the BVAF Championship was being held at such a convenient time for me this year! I knew that it would be a good course and, being semi-retired, my wife and I could afford the time and expense to have a short holiday as well.

I did not expect a large increase in its normal entry just because it was also the BVAF Championship, and so it turned out. Its location and timing close to the London would keep numbers down. Most people who are serious about a good Spring marathon will go for London, unless they have particular reasons. It is London which has shown us the strength in depth and level of commitment to marathon running in this country. The standard of performance has been declining gradually among regular athletes since the mid 80's as fewer have participated on a regular basis. The same trend was seen everywhere, including the Stone event, until its demise in 1994.

I had hoped that Lochaber would provide good competition, leading to a good time, but for me the race became a long, hot training run. There were enough athletes around to make a race of it, including one in my age group, until he, like many others, pulled out or walked or jogged because of the conditions.

As a Championship there were good individual performances from the leading men and woman, but further down the field competition in age groups is best described as patchy, with many age groups lacking strength in depth.

one of the prime movers in the formation of the Isle of Man Veterans AC, now an integral part of the BVAF.

His last international appearance was at the World 10km Road Championships in Birmingham in 1992, when, at the age of 86, he ran with his great friend Maurice Herriott, silver medallist in the 1964 Tokyo Olympics. He had hoped to repeat this with a run in the M90 category at Brugge in 1996, but the cancer which he had been fighting for many years had developed to such an extent that even his great fighting spirit could not overcome the physical barriers. His last two years were clouded by frequent visits and, finally, total dependency on his local hospice. Sadly, he passed away on July 9, much mourned by those of us who knew him so well.

It was not a satisfying championship age group for me to win, because much of the potential competition had been elsewhere three weeks before and I could not run a comparable time in that heat. Some may say, "So what, you won the Championship". but I feel differently. For me, the satisfaction of winning, or doing well, is racing in a competition when one might expect every one to be there who is fit enough to take part at that time. For me, the quality of the Championship is determined to a large degree by the numbers who wish to participate and not just the winning performance, no matter how good that may be!

This brings me to the main point of this article, the "axe" that I intended to grind, which is to give my views about when and where the BVAF Marathon Championship should be in future years. The potential number of participants needs to be maximised if we are to restore it to become a truly valid Championship, as it used to be before the demise of Stone after 16 years.

Firstly, assuming the BVAF Championship does not and/or cannot be incorporated into London [a point of view that some might consider valid], then it should always be about six months away from London in the Autumn. Perhaps it needs stating, what marathon runners know from experience, is that a properly run race every six months is as much as any person can sustain in a year, especially as one gets older. The recovery and lead in times for marathons is greater than events of shorter duration. The date should not dodge up and down the calendar, as it has in the past four years. Imagine the outcry from T & F if their championships moved between May and September on an apparently random basis!

Secondly, it should be a central location, near a large proportion of the population, to attract solid support year after year. Those living further away know they can attend in the years which suit them and expect a good field to be taking part.

The above two points are the keys to produce a valid Championship. The following are also important, but depend on the venue and how the Championship becomes established, if a home is found.

The third factor is a quickish course with potential for record breaking if the Autumn weather is kind. One does not often get the opportunity to break age group marathon records. It could be your only chance. Age group records were set at Stone, including World level. Fourthly, the start should facilitate a quick get-away for all. This is not difficult in small races, but in large races it may not be able to do this. London has its own special start for vets. Fifthly, the organisers need specialist expertise to cater for vets in older age groups. Some do this, but it is not always practicable. Sixthly, it is nice to be able to present the awards immediately after the Championship, but this might be difficult, if not impossible, in a large marathon.

Complaints have been recorded in this paper over the last few years about the suitability of recent championship venues and the lack of support. This is not the fault of the existing races that were chosen to host the event. It is the ignoring of the basic criteria which has re-

[Continued on page 11]



## Road Walking Records

Compiled by David Burton

### 10K ROAD

#### BRITISH

M40 I Richards 44:53  
M45 A Callow 45:52  
B Adams 45:52  
M50 A Callow 47:44  
M55 D Stevens 49:02  
M60 G Chaplin 51:16.9  
M65 T Simons 59:32  
M70 L Creo 59:29  
M75  
M80  
M85

#### EUROPEAN

W35 H Elleker 47:265  
W40 K Braznell 48:36  
W45 S Brown 53:25  
W50 A Lewis 55:41  
W55 M Worth 57:28.2  
W60 M Worth 59:05  
W65 M Worth 63:04  
W70  
W75  
W80  
W85

#### WORLD

M Jobin 40:39  
G Little 43:44  
G Little 42:20  
A Nokela 47:55.9  
C Bomba 47:48  
R Jones 55:23.4  
T Daintry 54:17  
T Daintry 58:39  
A Theobald 66:24  
G Conway 82:44.p  
Veremeychuk 45:32  
S Griesbach 47:07  
S Griesbach 48:45.2  
V Heikkila 52:01.2  
O Meyer 54:30  
O Meyer 55:58  
B Tibbling 58:41  
B Tibbling 60:17.6  
B Tibbling 67:46  
M Lingren 78:26  
M Lingren 83:49  
S Griesbach 47:07  
Griesbach 48:45.2  
V Heikkila 52:01.1  
O Meyer 54:30  
O Meyer 55:58  
B Tibbling 58:41  
B Tibbling 60:17.6  
B Tibbling 67:46  
M Lingren 78:26  
M Lingren 83:49

### 20K ROAD WALK

M40 D Jackson 89:42  
M45 D Stevens 94:59  
M50 A Smallwood 96:06  
M55 E Shillabeer 101:13  
M60 G Chaplin 107:41  
M65 C Colman 116:02  
M70 J Grimwade 118:10  
M75 J Grimwade 116:02  
M80 J Grimwade 124:49  
M85  
M90  
W35 I Bateman 100:45  
W40 K Braznell 106:02  
W45 S Brown 108:46  
W50 A Lewis 120:47  
W55 M Worth 122:45  
W60 M Worth 124:34  
W65 R Scott 144:32  
W70  
W75  
W80  
J Marin 82:56  
K Degener 88:34  
G Widner 93:35  
G Widner 96:20  
G Widner 97:46  
A Sturmi 113:52  
J Grimwade 118:10  
J Grimwade 116:02  
J Grimwade 124:49  
A Theobald 146:07  
A Theobald 154:01  
V Herazo 95:39  
Nitiagovskaya 107:10  
V Heikkila 108:25  
V Heikkila 108:25  
H Maeder 109:17  
W Seiler 113:45  
M Worth 124:34  
O Meyer 132:02  
M Gordon 147:57  
U Theune 148:50  
U Theune 159:46  
J Luther 205:09

### 50K ROAD WALK

#### BRITISH

M40 D Jackson 4:03.08  
M45 D Jackson 4:11.46  
M50 E Shillabeer 4:29.39  
M55 E Shillabeer 4:52.00  
M60 P Worth 5:13.43  
M65 L Creo 5:32.55  
M70 C Colman 5:33.21  
M75 J Grimwade 5:19.34  
W35 L Millen 5:01.52  
W40 S Brown 4:50.51  
W45 S Brown 4:56.27  
W50 A Sayer 5:45.02  
W55 J Green 5:48.59

#### WORLD

J Marin 3:49.06  
W Sawall 3:59.48  
G Wiener 4:14.37  
G Wiedner 4:29.47  
M Gould 4:59.58  
L Creo 5:32.55  
C Colman 5:33.21  
J Grimwade 5:19.34  
L Millen 5:01.52  
S Brown 4:50.51  
S Brown 4:56.27  
M Hoernecke 5:37.24  
J Green 5:48.59

### 30K ROAD WALK

#### [EUROPEAN RECORDS ONLY]

M40 J Marin 2:10.26  
M45 G Lelievre 2:29.02  
M50 B Binggeli 2:31.44  
M55 D Zschiesche 2:37.44  
M60 R Pelicia 2:49.36  
M65 R Schoukens 3:01.53  
M70 C Bomba 3:21.11  
M75 C Colman 3:20.38  
M80 J Grimwade 3:24.40

## The Future of the BVAF Marathon

[continued from previous page]

sulted in athletes voting with their feet and not taking part. I keep going on about the Stone Marathon, but that is because it served us well for 16 years and perhaps we realise now what we have lost. The Championship seems to have almost been "brought into disrepute", a sort of constructive dismissal, because so few seem interested any more. I suggest three alternatives to remedy the situation.

1 We need to go to the Stone Master Marathoners with a slice of humble pie and ask if they will reinstate their race as the home of the BVAF Championship. This will not be easy to do, as this race involved their community up to country level of support.

## Veteran Athletic Association of England

VAAE invite all veteran athletes who wish to be considered for selection for the England Cross Country team, which will compete in the British and Irish International match at St. Asaph, N.Wales, on Nov.21 1998, to contact the VAAE Secretary or their area representative for further details. Men's teams will be selected for 40+, 45+, 50+, 55+, 60+ and for the first time 65+. Women's teams will be 35+, 40+, 45+, 50+, and for the first time 55+.

Selection criteria is based on BVAF events, especially the Cross Country and 5k & 10K Road and Track races. World and International events, such as Bruges, will be considered. Current form at the time of the selection meeting [Oct. 24] will also count. If selected, athletes must be prepared to pay their own travel and accommodation expenses. A running vest will be supplied. Forms can be obtained from and must be returned to your area club representative as follows;

EVAC: Philip Lee, 85 Parlour Close, Histon, Cambridge, CB4 4XR

MVAC: Peter Ronan, 12 Penns Wood Drive, Sutton

Coldfield, B76 8HZ

VAC: Bob Belmore, Torbay, Prestwick Lane, Grayswood, Hazelmere, GU27 2DU

NVAC: Arthur Walsham, 12 Thornfield Rd, Heaton Moor, Stockport, SK4 3LD

NEVAC: George Routledge, 5 St. Hildas Ave, Holy Cross, Wallsend, NE28 7AB

SWVAC: David Lord, Old Lord Nelson, 52 North St, Wareham, Dorset, BH 20 4AQ

I.O.M: Christine Bathgate, Kerrowglass, Kirk Michael, I.O.M. IM6 1HP

SCVAC: Winston Thomas 67A Waterside, Kings Langley, Herts WD4 8H

### Inter Area Club 10K Road Challenge

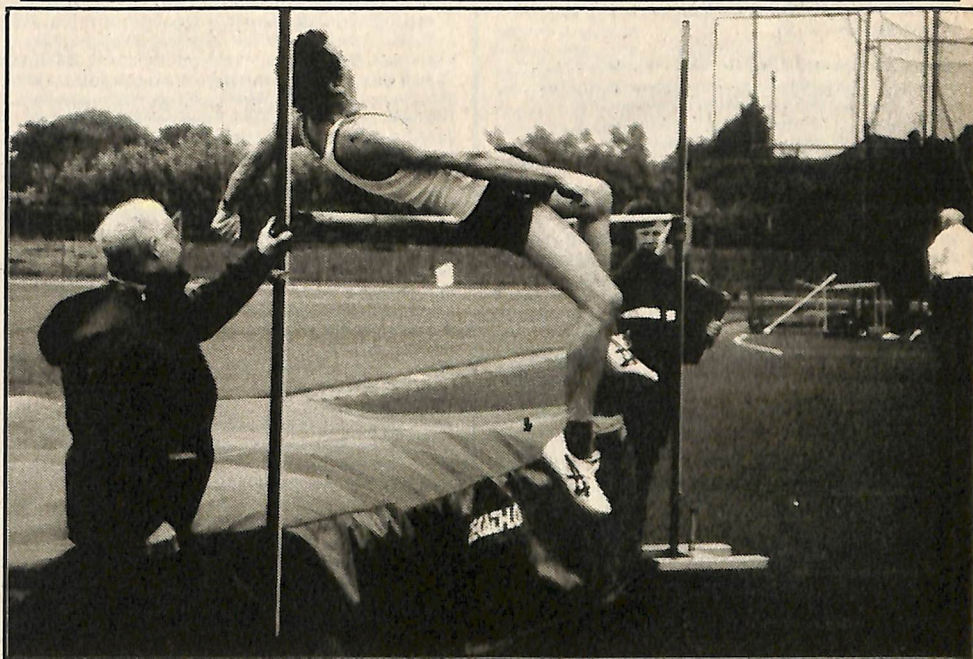
English Inter Area Clubs have been challenged by Eastern Vets AC to a match on Sept 27 1998 at Comberton in Cambridgeshire. The race is a revival of a fixture which was held annually until 1995. Clubs are asked to field teams from the following categories: M40-49, 50-59, M60+, W35-44, W45-49, W50+.

If you wish to take part contact your Area Club Secretary.

### Inter Area Club T & F Challenge,

Victoria Park, Warrington, Sept. 27 1998

Contact your Area Club Secretary or T & F Team manager for details.

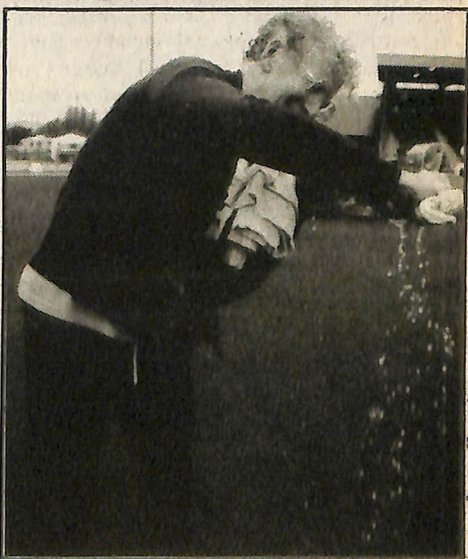


Aspects of the weather at the BVAF Champs: Above, officials hold on to the high jump bar in the gale. Right, Rosemary Chrimes rings the rain from her vest

2 A new permanent home should be found in an established, centrally positioned, Autumn marathon to fulfil as many criteria as possible. Some large marathons have been re-established, eg Manchester, and I hear that Wolverhampton is starting again.

3 We should cut our losses and see if the event can be incorporated into the London marathon. It might halve the opportunities in the year, but at least every one may attend!

No solution will be perfect, but I feel we can do much better than we have done recently. Marathon runners can be patient people by nature and take a long term view. I think we have waited long enough and deserve a good home for our Championship. **Mike Barnes**



Jeremy Hemming

Jeremy Hemming



# BVAF Open Track & Field Championships,

Results compiled by Ian Thomas

## 100metres

**M40** 1 K. Ansah 11.63,  
2 K. Burgess 11.77, 3 M. Leyland 12.19 [ht 12.19], 4 P. McIlpatrick 12.34 [ht 12.29], 5 A. Duncan 12.43 [ht 12.28], 6 P. Hickey 12.46 [ht 12.08], 7 D. Curzon 12.48, 8 J. Davis 12.31, 9 D. Curzon 12.41,  
D. Martindale 12.52, I. Scholes 12.56, R. Cawson 12.57, B. Matthews 12.58, R. Davies 13.06, J. Gibson 13.31, N. Hetherington 13.33,  
J. Pierce 13.34, D. Blunt 13.39  
**M45** 1 S. Peters 11.59, 2 W. Franklyn 11.89, 3 P. Pinnington 12.47, 4 P. Whittingham 12.68, 5 A. Baxter 12.80, 6 M. Applegate 13.05 [ht 12.96], 7 B. Cowley 13.14 [ht 13.03], 8 A. Perry 13.78, 9 R. McClymont 13.93, R. Tassiker 14.59  
**M50** 1 T. Deleiros 12.87, 2 M. Clerihew 12.94, 3 J. Ellis 13.17, 4 G. Austin 13.29, 5 C. James 17.47  
**M55** 1 B. Shearsmith 12.99, 2 R. Austin 13.43, 3 N. Gould 13.61, 4 B. Ferguson 13.72, 5 B. Ariss 13.91, 6 R. Robertson 14.17  
**M60** 1 B. Gray 13.29, 2 D. Burton 13.36, 3 T. Bowman 13.69, 4 C. Field 13.82, 5 A. Mellett 13.96, 6 T. Driver 14.94  
**M65** 1 C. Williams 13.48, 2 A. Blackman 14.00, 3 B. Parnaby 14.14, 4 G. Daborn 14.42, 5 G. Cheetham 14.52, 6 W. Morrow 16.40, 7 P. Yates 17.24  
**M70** 1 A. Meddings 13.71, 2 J. Quantrell 15.41, 3 J. Moran 16.61  
**M75** 1 A. Lovett 16.80  
**M80** 1 L. Watson 19.24, 2 B. Metcalf 19.38  
**W35** 1 W. Stone 13.28, 2 S. McDonald 13.48, 3 J. Lyon 13.80, 4 J. McConaghy 13.82, 5 S. Hooper 13.89, 6 G. Clarke 14.02, 7 D. Timmis 14.09  
**W40** 1 J. Harwood 13.1, 2 A. Mullinger 13.3, 3 D. Davies 13.8, 4 P. Dutton 13.8, 5 E. Roe 14.0  
**W45** 1 V. Bonner 13.61, 2 B. Elliott 14.37, 3 E. McMahon 14.74, 4 V. Kirkland 15.01, 5 O. Codrington 15.78, 6 J. Stafford 16.15, 7 C. Lyon-Green 16.21  
**W50** 1 M. Lewington 13.47, 2 V. Parsons 14.37, 3 M. Nuttall 14.37, 4 Y. Priestman 14.44, 5 V. Bovell 16.56  
**W55** 1 E. Linaker 15.52, 2 I. Holder 15.67, 3 J. Charles 16.57  
**W60** 1 U. Gore 15.72, 2 D. Fraser 16.29, 3 M. Webb 16.94, 4 E. Holmes 17.22, 5 B. Steedman 17.58, 6 J. Burns 19.30  
**W65** 1 R. Chrimes 16.87, 2 B. Green 19.07  
**W75** 1 M. Wixey 19.66

## 200 metres

**M40** 1 K. Ansah 23.49, 2 A. Harrison 24.01, 3 D. Elderfield 24.17, 5 G. Sinclair 24.24, 5 M. Williams 24.43, 6 A. Duncan 24.60, 7 P. Hickey 24.73, 8 M. Leyland 25.74 [ht 25.46], 9 I. Broadhurst 25.64, R. Cawson 26.23, 5 D. Curzon 26.95, A. Loughton 27.42, 4 D. Martindale 27.77, R. Davies 28.06, 6 J. Pierce 28.84  
**M45** 1 S. Peters 24.00, 2 P. Pinnington 26.40, 3 B. Cowley 26.53, 4 A. Baxter 27.44, 5 R. McClymont 29.69  
**M50** 1 W. Thomas 27.40, 2 M. Clerihew 27.75, 3 J. Ellis 28.04, 4 R. Roach 28.22, 5 T. Taylor 28.59, 6 D. Whittaker 29.74  
**M55** 1 J. Henson 26.21, 2 A. Connor 27.28, 3 B. Shearsmith 27.31, 4 R. Sheridan 28.38, 5 R. Austin 28.61, 6 J. Rae 28.66, 7 N. Gould 28.67  
**M60** 1 D. Burton 28.27, 2 C. Field 28.71, 3 T. Bowman 28.82, 4 A. Carter 29.90, 5 M. Schofield 31.56  
**M65** 1 C. Williams 27.45, 2 A. Blackman 28.55, 3 B. Parnaby 29.94, 4 P. Yates 35.84, 5 W. Morrow 37.29  
**M70** 1 A. Meddings 28.42CBP, 2 J. Quantrell 32.16, 3 I. Steedman 34.56  
**M80** 1 L. Watson 42.91  
**W35** 1 A. Beadnall 26.57, 2 W. Stone 27.32, 3 A. Brown 27.35, 4 S. McDonald 28.08, 5 J. Lyon 28.11, 6 S. Hooper 28.53, 7 D. Timmis 29.40  
**W40** 1 D. Clarke 27.43, 2 P. Dutton 28.55  
**W45** 1 V. Bonner 28.43, 2 B. Elliott 30.40, 3 V. Kirkland 32.99, 4 O. Codrington 34.49, 5 J. Stafford 34.51  
**W50** 1 M. Lewington 29.09, equal 2 V. Parsons & Y. Priestman 30.54, 4 M. Nuttall 31.19, 5 M. Hocknell 32.42, 6 R. Champion 35.55  
**W55** 1 I. Holder 33.04, 2 E. Linaker 34.44  
**W60** 1 D. Fraser 34.29, 2 M. Webb 36.39, 3 E. Holmes 36.89, 4 B. Steedman 38.38  
**W65** 1 B. Green 42.29

**400 metres**  
**M40** 1 A. Harrison 51.4, 2 D. Elderfield 52.2, 3 F. Scott 53.0, 4 D. Anderson 53.2 [ht 52.87], 5 D. Cooke 53.7, 6 A. Duncan 55.1, 7 M. Phillips 55.3, 8 M. Williams 56.4 [ht 52.72], 9 I. Scott 53.29, A. Duncan 54.82, B. Matthews 55.00, A. Hutchinson 55.2, 5 J. Rutherford 56.2, A. Loughton 58.74, D. Wilson 59.70  
**M45** 1 S. Peters 51.88, 2 B. McKay 54.43, 3 P. Browne 55.08, S. Mottershead 56.60, 5 A. Baxter 57.90, 6 D. Hayward 58.04 [ht 57.5], 7 D. Bullers 59.05, 8 B. Cowley 61.63 [ht 56.5], 9 J. Watkins 64.7, T. Riordan 61.0  
**M50** 1 T. Deleiros 56.40, 2 G. Pope 57.22, 3 A. Eland 59.36, 4 L. Dunn 59.68, 5 M. Smith 61.03, 6 J. Ellis 62.03, 7 T. Atty 63.16  
**M55** 1 J. Henson 55.93, 2 A. Connor 57.30, 3 R. Sheridan 59.63, 4 J. Rae 61.10, 5 F. Bush 62.17  
**M60** 1 J. Ross 60.8, 2 C. Field 63.2, 3 T. Bowman 63.4, 4 J. Wilson 64.0, 5 M. Schofield 66.2, 6 A. Carter 67.7, 7 J. Baron 69.8  
**M65** 1 A. Blackman 64.50BR, 2 B. Parnaby 65.36, 3 T. Clowry 66.60, 4 P. Yates 81.33  
**M70** 1 J. Quantrell 73.50, 2 N. Baum 74.90, 3 I. Steedman 76.67  
**W35** 1 A. Brown 58.24, 2 A. Beadnall 58.62, 3 L. Pummell 60.16, 4 W. Stone 60.22, 5 J. Brown 60.61, 6 S. Hooper 61.70, 7 D. Timmis 63.56, 8 J. Hicken 68.18  
**W40** 1 P. Dutton 62.76, 2 E. Roe 64.29, 3 A. Mullinger 65.16, 4 C. Benning 65.67, 5 H. Connell 72.30  
**W45** 1 B. Elliott 66.14, 2 E. McMahon 70.40, 3 J. Stafford 72.99, 4 A. Cross 73.40  
**W50** 1 Y. Priestman 67.20, 2 M. Hocknell 70.04  
**W55** 1 J. Hulls 70.41, 2 I. Horsey 76.15  
**W60** 1 D. Fraser 73.84BR, 2 E. Holmes 79.69, 3 M. Webb 89.81  
**W65** 1 B. Green 102.75

## 800 metres

**M40** 1 D. Wilcock 2-03.61, P. Saint 2-04.42, 3 P. Ivans 2-04.80, 4 D. Bedwell 2-05.55, 5 T. McDonald 2-05.99, 6 M. Kelly 2-07.57, 7 A. Dunlop 2-10.96 [ht 2-07.48], 8 R. Murray 2-13.48 [ht 2-07.53] also  
hts R. Daniel 2-09.15, L. Campion 2-09.20, D. Donaghy 2-09.27,  
C. Tidmarsh 2-09.65, P. Milligan 2-10.83, M. Phillips 2-11.87,  
J. Rutherford 2-17.16, M. McGeoch 2-18.83, C. Davies 2-25.37  
**M45** 1 K. Archer 2-06.04, 2 B. McKay 2-08.53, 3 P. Browne 2-09.29, 4 W. Pratt 2-09.97, 5 K. Daniel 2-10.36, 6 S. Mottershead 2-12.88, 7 S. Nelson 2-15.44 [ht 2-12.98], 8 K. McGeoch 2-18.44 [ht 2-13.19] also  
hts J. Cleall-Harding 2-13.25, J. Hancock 2-13.80, E. Connolly 2-14.82,  
T. Chambers 2-15.05, J. Gough 2-17.24  
**M50** 1 H. Morten 2-15.36, 2 M. Erith 2-15.57, 3 J. Potts 2-17.61, 4 R. Scholes 2-19.75, 5 M. Miller 2-19.86, 6 E. Bradshaw 2-21.75, 7 F. Homer 2-22.54 [ht 2-19.18], 8 D. Bastable 2-28.96 [ht 2-21.56] also  
hts J. Douglas 2-21.60, A. Eland 2-22.44, C. Richardson 2-23.59,  
R. Davies 2-26.24, T. Atty 2-26.66, B. Mackay 2-30.52, M. James 2-33.35  
**M55** 1 R. Phipps 2-18.47, 2 F. Bush 2-22.20, 3 A. Young 2-23.47, 4 J. Hodge 2-32.92  
**M60** 1 J. Wilson 2-33.81, 2 B. Bartholomew 2-34.93, 3 A. Kimber 2-35.35, 4 G. Wiltshire 2-44.74, 5 J. Parker 2-45.61  
**M65** 1 S. Herlaar 2-39.08 [NL], 2 T. Clowry 2-42.79, 3 A. Romain 2-58.79, 4 C. Simpson 3-04.81  
**M70** 1 T. Rowley 3-26.36, 2 E. Bowring 3-26.53  
**M75** 1 E. Joynson 4-07.85  
**W35** 1 S. Aitken 2-25.02, 2 L. Felton 2-25.25, 3 S. Wright 2-29.55, 4 C. Wheeler 2-30.74, 5 J. Brown 2-42.99, 6 S. Keranen 2-46.27, 7 D. Batsford 2-51.54  
**W40** 1 D. Howard 2-28.64, 2 L. White 2-42.03, 3 L. Hogan 2-53.48  
**W45** 1 N. Hitchmough 2-27.58, 2 A. Darby 2-36.15, 3 S. James 2-39.39, 4 A. Cross 3-03.79  
**W50** 1 P. Gallagher 2-29.64  
**W55** 1 A. Nally 2-54.35, 2 I. Horsey 2-59.39  
**W60** 1 E. Holmes 3-11.29

**1500 metres**  
**M40** 1 T. McDonald 4-08.28, 2 W. McGrory 4-09.96, 3 D. Wilcock 4-11.83, 4 C. Tidmarsh 4-14.32, 5 B. Gardiner 4-14.96, 6 P. Milligan 4-17.05, 7 L. Campion 4-18.11, 8 D. Crossland 4-18.40, 9 D. Donaghy 4-20.33 [ht 4-17.27], 10 R. Murray 4-32.89 [ht 4-20.10], 11 S. Smythe 4-45.37 [ht 4-22.80] also hts M. Kelly 4-17.54, B. Gardiner 4-17.58, P. Milligan 4-20.20, C. Martin 4-24.45, B. Smith 4-25.41, E. Keranen 4-27.24, N. Goodwin 4-32.79, R. James 4-39.13, A. Newman 4-45.99  
**M45** 1 K. Archer 4-19.18, 2 P. Molloy 4-19.41, 3 M. Bumstead 4-19.44, 4 K. McGeoch 4-20.31, 5 B. Wareing 4-21.02, 6 K. Daniel 4-22.02, 7 S. Halion 4-25.48, 8 J. Hancock 4-31.24, 9 R. Dunn 4-45.35  
**M50** 1 H. Morten 4-26.3, 2 J. Potts 4-28.0, 3 P. Smith 4-28.6, 4 M. Erith 4-36.5, 5 M. Miller 4-37.3, 6 C. Richardson 4-51.3, 7 R. Auerbeck 5-26.5  
**M55** 1 R. Phipps 4-50.15, 2 D. Collins 4-57.52, 3 M. Doogan 5-05.35, 4 P. Fenton 5-13.34, 5 A. Peers 5-15.72  
**M60** 1 S. James 4-47.54, 2 A. Kimber 5-06.04, 3 T. Pugh 5-12.43, 4 C. Portmore 5-14.16, 5 J. Parker 5-17.29, 6 H. Morrison 5-19.49  
**M65** 1 S. Herlaar [NL] 5-02.32, 2 M. Morrell 5-19.28, 3 R. Pitcairn-Knowles 5-24.09, 4 J. Roberts 5-32.38, 5 G. Ashby 5-35.64, 6 W. Davies 5-43.54, 7 R. Smith 5-49.31, 8 R. Stapleford 5-51.33, 9 C. Simpson 6-00.84  
**M70** 1 G. Phipps 5-43.84, 2 G. Meech 6-03.20, 3 R. Hale 6-20.70, 4 E. Bowring 6-38.26, 5 M. McDowell 6-49.13  
**M75** 1 E. Joynson 7-47.52  
**W35** 1 A. Hurford 4-51.89, 2 A. Fletcher 4-53.57, 3 C. Wheeler 4-58.10, 4 S. Wright 5-02.94, 5 S. Keranen 5-30.52, 6 D. Batsford 5-35.52  
**W40** 1 D. Howard 4-55.01, 2 A. Pugh 4-58.47, 3 G. Duckworth 5-17.83, 4 L. White 5-28.42, 5 H. Fenton 5-50.22  
**W45** 1 N. Hitchmough 5-01.41, 2 S. James 5-15.71, 3 A. Darby 5-16.16  
**W50** 1 P. Gallagher 5-04.10, 2 M. Auerbeck 5-21.30, 3 F. Garland 5-26.12, 4 N. Mills 5-58.18, 5 R. Webb 6-11.55  
**W55** 1 I. Horsey 5-57.12, 2 B. Stracey 6-32.05  
**W60** 1 P. Jones 6-03.82, 2 A. Martin 6-36.55

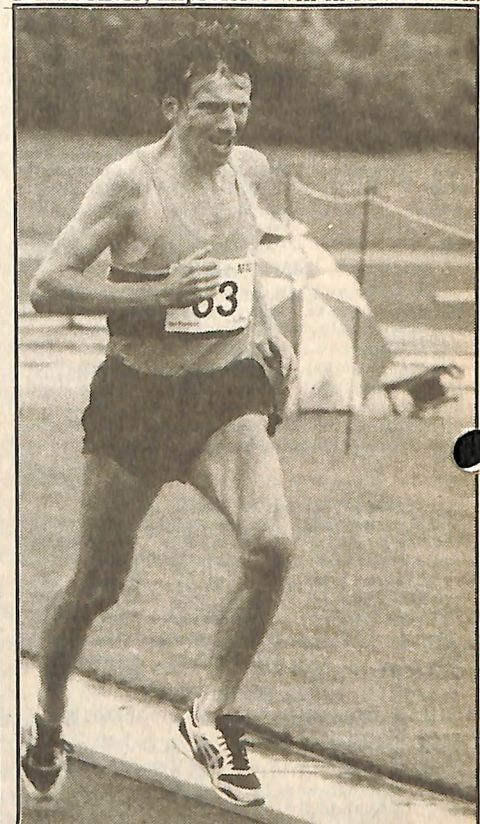
## 5000 metres

**M40** 1 I. Furness 14-57.37, 2 S. May 15-09.87, 3 D. Wilson-Evans 15-18.02, 4 R. Payne 15-33.60, 5 A. Deane 15-35.51, 6 N. Arnold 15-36.76, 7 A. Dent 15-41.97, 8 K. McLellan 15-42.33, 9 M. McGeoch 15-46.13, 10 D. Walsh 15-52.59, 11 M. Flowers 15-56.23, 12 A. Wetherill 16-07.98, 13 D. Jones 16-21.16  
**M45** 1 N. Gates 14-49.4CBP, 2 A. Jenkins 15-42.7, 3 P. Molloy 15-45.4, 4 G. Stewart 15-53.4, 5 S. Owen 16-04.1, 6 A. Catton 16-11.1, 7 G. Dalton 16-37.0, 8 P. Banks 16-50.6, 9 P. Finn 17-29.2, 10 S. Davidson 17-51.7  
**M50** 1 P. Hyde 15-55.93, 2 B. Hilton 15-58.37, 3 J. Willoughby 16-05.39, 4 C. Dickinson 16-16.04, 5 N. Fairbrass 16-27.64, 6 H. Matthews 16-31.08, 7 P. Smith 16-32.20, 8 B. Chapman 16-58.85, 9 M. Smedley 17-06.56, 10 A. Bradshaw 17-12.30, 11 L. O'Hare 17-15.38, 12 M. Duff 18-03.26, 13 J. Aston 18-12.05, 14 D. Walsh 19-17.04, 15 R. Auerbeck 19-42.36  
**M55** 1 D. Voyle 17-37.15, 2 K. Buckle 17-57.14, 3 D. Collins 18-16.38, 4 A. Peers 19-14.99  
**M60** 1 S. James 17-16.2, 2 J. Collins 18-35.1, 3 C. Portmore 19-22.4, 4 D. Rosser 20-13.4  
**M65** 1 R. Pitcairn-Knowles 19-47.9, 2 W. Davies 20-25.6, 3 G. Ashby 20-45.8, 4 R. Smith 21-11.4, 5 R. Stapleford 21-22.7, 6 N. Stuart-Thorn 21-33.9, 7 A. Walsh 21-36.6  
**M70** 1 G. Phipps 20-48.4, 2 G. Meech 22-19.4, 3 M. McDowell 26-00.4  
**M75** 1 E. Joynson 27-26.7  
**M80** 1 L. Jones 26-07.7  
**W35** 1 H. Nash 16-55.30CBP, 2 A. Fletcher 17-33.70, 3 L. Marr 17-41.40, 4 A. Vesey 18-07.14, 5 A. Sloane 18-44.26, 6 S. Wolanski 19-41.17  
**W40** 1 V. McConnell 17-44.93, 2 S. Owen 21-47.12  
**W45** 1 Z. Marchant 18-07.10, 2 M. Statham 18-39.46, 3 C. Duncan 18-43.11, 4 C. Fereday 19-42.59, 5 A. Foster 20-00.95, 6 J. Ricketts 23-

## 39.83

**W50** 1 E. Robinson 18-45.52, 2 M. Auerback 19-07.29, 3 F. Garland 19-09.13, 4 L. White 19-12.14, 5 P. Rich 19-53.76, 6 S. Adkins 20-02.32, 7 J. Norris 20-17.76, 8 C. Billington 20-35.62, 9 R. Webb 22-32.67  
**W55** 1 A. Nally 21-44.01, 2 J. Beckford 21-47.86, 3 M. Farish 23-06.59, 4 B. Cushen 24-45.91  
**W60** 1 P. Jones 21-40.89, 2 A. Dukes 24-22.78

## Ian Furness, impressive win in M40 5000m



Jeremy Hemming

## 10000 metres

**M40** 1 J. Kilsby 32-21.03, 2 S. Robinson 32-29.15, 3 N. Arnold 32-42.53, 4 A. Dent 33-14.76, 5 A. Wetherill 33-15.06, 6 K. McLellan 33-15.18, 7 A. Maddocks 33-30.98, 8 G. Ratcliffe 33-33.45, 9 D. Jones 35-07.39, 10 S. Davies 35-19.18, 11 A. Harris 36-16.60  
**M45** 1 N. Gates 31-48.03, 2 A. Jenkins 33-56.28, 3 G. Stewart 34-04.03, 4 S. Owen 34-44.92, 5 M. Tabor 35-57.08  
**M50** 1 N. Fairbrass 35-26.44, 2 A. Bradshaw 36-38.80, 3 M. Smedley 36-53.89, 4 P. Allen 37-57.38, 5 M. Duff 38-53.72  
**M55** 1 D. Voyle 37-39.64, 2 K. Buckle 37-51.61, 3 P. Meredith 38-29.52  
**M60** 1 S. James 35-50.40, 2 J. Collins 39-15.00, 3 G. Wiltshire 39-36.85  
**M65** 1 J. Roberts 43-31.57, 2 R. Pitcairn-Knowles 43-39.77, 3 A. Walsham 46-55.65  
**M70** 1 G. Phipps 44-31.14, 2 R. Hale 47-19.11, 3 G. Meech 47-23.65, 4 T. Wood 51-53.20  
**M75** 1 E. Joynson 58-15.78  
**M80** 1 L. Jones 57-12.38  
**W35** 1 L. Marr 39-25.90, 2 S. Wolanski 43-12.31  
**W40** 1 D. Wakefield 42-36.79  
**W45** 1 Z. Marchant 39-32.14, 2 M. Statham 39-58.86, 3 C. Duncan 42-23.09, 4 A. Foster 43-17.71  
**W50** 1 E. Robinson 40-23.17, 2 P. Rich 43-44.10  
**W55** 1 B. Stracey 49-04.04  
**W60** 1 P. Jones 47-42.92

**3000m Walk**  
**M40** 1 N. Carmody 12-59.09, 2 C. Hobbs 14-03.14, 3 C. Bradley 14-05.96  
**M45** 1 S. Maidment 15-42.69, 2 J. Gordon 16-08.71, 3 S. Pender 20-22.92  
**M50** 1 R. Care 13-24.39, 2 L. Scrivens 16-30.14  
**M55** 1 P. Hannell 14-47.11, 2 G. Jones 16-03.58, 3 B. Dobson 16-06.58  
**M60** 1 B. Gore 14-37.67CBP, 2 R. Powell 16-36.10, 3 J. Godbeer 17-13.18, 4 D. Mace 17-17.88, 5 C. Stapleford 17-26.95, 6 J. Marshall 18-55.20  
**M65** 1 D. Fotheringham 16-42.72, 2 E. Horwill 18-27.84, 3 P. Burns 18-30.04  
**M70** 1 D. Withers 17-57.63, 2 K. Abolins 18-40.84, 3 P. Sargent 22-20.79  
**W35** 1 K. Ratcliffe 15-10.97  
**W45** 1 S. Bull 18-30.53  
**W50** 1 A. Lewis 16-02.38CBP, 2 C. Brown 18-01.07, 3 J. York 19-35.25  
**W55** 1 J. Langford 18-05.77, 2 J. Evans 18-44.31, 3 P. Ficken 19-52.52  
**W60** 1 P. Horwill 19-02.36, 2 G. Burns 21-06.13  
**W70** 1 A. Von Bismarck 21-16.26CBP

**5000m Walk**  
**M40** 1 C. Bradley 25-02.6, 2 C. Hobbs 25-34.6



# Newport, 11-12th July, 1998

M45 1 S.Maidment 27-28.0, 2 J.Gordon 27-44.5  
 W50 1 R.Care 23-44.8, 2 L.Scrivens 28-41.8  
 W51 1 B.Dobson 27-31.2  
 M60 1 B.Gore 26-01.9, 2 D.Stevens 28-29.6, 3 R.Powell 28-54.5, 4 J.Godbeer 29-54.4, 5 D.Mace 30-01.5  
 M65 1 D.Fotheringham 29-13.1, 2 E.Horwill 31-49.4, 3 P.Burns 32-28.0  
 M70 1 D.Withers 31-30.3, 2 K.Abolins 33-01.1, 3 P.Sargent 38-45.4  
 W35 1 K.Ratcliffe 26-58.7  
 W40 1 C.Reader 29-10.4  
 W45 1 S.Bull 32-32.9  
 W50 1 A.Lewis 27-58.1 C.B.P. 2 J.York 35-33.3  
 W55 1 P.Ficken 34-34.6  
 W60 1 P.Horwill 33-24.1, 2 G.Burns 36-37.5  
 W70 1 A.Von Bismarck 36-46.9 C.B.P.  
**3000m S/C**  
 M40 1 W.McGrory 10-09.6, 2 P.Boxshall 10-13.4, 3 S.Allen 10-19.5, 4 D.Carrington 10-33.1, 5 S.Nice 10-49.7, 6 S.Bunn 11-10.2  
 M45 1 A.Jenkins 10-38.9, 2 M.Bumstead 10-47.4, 3 P.Weatherhead 11-05.4, 4 M.Wakefield 11-38.  
 M50 1 D.Mitchell 11-30.9, 2 A.Stedman 11-39.3, 3 H.Matthews 11-44.1  
 M55 1 M.Doogan 12-47.1  
**2000m S/C**  
 M60 1 T.Pugh 8-52.0, 2 D.Rosser 9-19.23  
 W35 1 A.Hurford 8-41.58  
 W45 1 J.Ricketts 10-53.96BR  
 W50 1 M.Auerback 9-16.64BR  
**110m Hurdles**  
 M40 1 M.Coker 14.9CBP, 2 P.McIlfatrick 15.1, 3 I.Scholes 16.1, 4 T.James 16.2, 5 P.West 16.8, 6 A.Laughton 17.5, 7 C.Pengelly 18.0, 8 J.Burwick 20.3  
 W45 1 T.Wells 15.9CBP, 2 T.Hall 17.9, 3 G.Daniel 18.2  
**50m Hurdles**  
 M50 1 A.Cronin 15.3, 2 R.Groves 17.9  
 M55 1 J.Howe 16.4, 2 B.Hancock 18.1, 3 B.Loten 18.6  
 M60 1 C.Shafro 16.3CBP, 2 J.Day 19.4, 3 T.Driver 20.6, 4 C.Sheppard 20.7  
 M65 1 G.Daborn 19.0  
 W35 1 W.Laing 15.7, 2 J.Brown 16.6, 3 G.Clarke 24.0  
**80m Hurdles**  
 M70 1 I.Steedman 15.5  
 W40 1 J.Harwood 14.6  
 W45 1 J.Ricketts 17.9  
 W50 1 P.Oakes 15.5  
**400m Hurdles**  
 M40 1 M.Coker 54.84CBP, 2 H.Moscrop 55.50, 3 R.Daniel 58.90, 4 A.Laird 59.94, 5 P.West 60.92 [60.02], 6 T.James 62.81 [60.95], 7 P.Smith 63.66 [61.23], 8 A.Laughton 64.29 [61.73] also hits  
 I.Broadhurst 63.56, D.Talbot 70.17, C.Pengelly 64.01, J.Burwick 69.75  
 M45 1 T.Wells 60.54, 2 J.Molloy [AUS] 62.37, 3 T.Hall 64.78, 4 J.Taylor 68.39, 5 G.Daniel 69.65  
 M55 1 F.Bush 65.54, 2 M.Simmonds 72.71, 3 B.Arris 76.85, 4 B.Charles 78.32  
 W35 1 W.Laing 67.76, 2 A.Hesketh 69.74, 3 S.Page 69.94  
 W40 1 D.Clarke 65.33BR, 2 C.Filer 69.99  
 W45 1 J.Stafford 84.87, 2 J.Ricketts 89.37  
**300m Hurdles**  
 M60 1 J.Baron 51.24  
 M65 1 G.Daborn 51.64, 2 G.Feast 54.53  
 M70 1 I.Steedman 59.01CBP  
 W50 1 M.Hocknell 52.84  
 W55 1 J.Hulls 55.20BR  
**High Jump**  
 M40 1 T.Wade 6.10, 2 D.Murrie 5.80, 3 S.Smith 5.76, 4 M.Leyland 5.52, 5 P.McIlfatrick 5.44, 6 R.Ashford 5.32, 7 P.Kinston 5.26, 8 K.McClymont 5.09, 9 J.Gibson 5.03, 10 D.Blunt 4.45, 11 R.Davies 4.51, 12 S.Harvey 4.45  
 M45 1 D.Wallington 5.86, 2 P.Pinington 5.82, 3 G.Lekie 5.77, 4 P.Oakes 5.74, T.Hall 5.48  
 M50 1 M.Clerhew 5.50, 2 J.Rayner 4.94, 3 G.Austin 4.71, 4 J.Ellis 4.23  
 M55 1 C.Green 5.13, 2 B.Hancock 4.95, J.Parish 4.87, 4 B.Charles 4.51  
 M60 1 A.Bateman 5.25BR, 2 C.Field 4.73, 3 R.Sykes 4.36, 4 G.Wilkinson 4.36, 5 T.Driver 4.33, 6 C.Sheppard 4.21  
 M65 1 W.Morrow 3.43, 2 N.Carter 3.27, 3 J.Christie 3.08  
 M70 1 A.Kalirai 4.28  
 M80 1 L.Watson 2.50  
 W35 1 J.Brown 5.02, 2 D.Herron 4.87, 3 W.Laing 4.86, 4 D.Timms 4.38  
 W40 1 C.Filer 4.94, 2 D.Davies 4.71, 3 P.Dutton 3.96, 4 C.Love 3.81  
 W45 1 E.McMahon 4.48, 2 J.Ricketts 3.86, 3 C.Lyon-Green 3.58  
 W50 1 M.Simmonds 3.97, 2 P.Oakes 3.89  
 W55 1 I.Holder 3.89, 2 J.Charles 3.65  
 W60 1 D.Fraser 3.84, 2 E.Williams 3.74, 3 B.Steedman 3.26  
 W75 1 M.Wixey 2.31  
**Triple Jump**  
 M40 1 T.Wade 12.40, 2 M.Leyland 11.84, 3 P.Kinston 11.58, 4 S.Smith 11.58, 5 P.McIlfatrick 11.55, 6 I.Broadhurst 10.35, 7 D.Blunt 10.09  
 M45 1 P.Pinington 12.07, 2 D.Folgate 11.99  
 M50 1 A.Cheers 10.83, 2 M.Clerhew 10.75  
 M55 1 S.Power 12.81BR, 2 B.Loten 9.79  
 M60 1 T.Crocker 9.94, 2 T.Driver 9.41, 3 C.Sheppard 8.20  
 M65 1 N.Carter 6.65  
 W35 1 A.Kalirai 9.09CBP, 2 B.Thomas 8.43  
 W45 1 J.Brown 10.46, 2 D.Herron 10.33, 3 S.Eyles 9.12  
 W40 1 D.Davies 9.42, 2 C.Love 8.62  
 W45 1 J.Stafford 7.92, 2 C.Lyon-Green 7.88, 3 J.Ricketts 6.68  
 W50 1 M.Simmonds 7.77, 2 P.Oakes 8.71, 3 G.Meneer 7.17

W55 1 J.Charles 7.91  
 W60 1 E.Holmes 6.89, 2 B.Steedman 6.78  
 W75 1 M.Wixey 4.75  
**High Jump**  
 M40 1 S.Gill 1.75, 2 C.Hesketh 1.75, 3 R.Smith 1.70, 4 T.Wade 1.70, 5 D.Blunt 1.55  
 M45 1 S.Faulkner 1.57, 2 J.Reece 1.51, 3 T.Thompson 1.33  
 M50 1 R.Groves 1.60, 2 G.Austin 1.39  
 M55 1 C.Green 1.36, 2 B.Hancock 1.36, 3 B.Harlick 1.30, 4 R.Farr 1.18  
 M60 1 A.Bateman 1.61BR, 2 T.Crocker 1.50, 3 C.Shafro 1.50  
 M65 1 C.Taylor 1.26, 2 N.Carter 1.23  
 W35 1 J.Brown 1.50, 2 W.Laing 1.45, 3 J.McConaghy 1.40  
 W50 1 P.Oakes 1.20, 2 M.Simmonds 1.10, 3 C.Rafferty 1.10  
 W55 equal 1 I.Holder & J.Hulls 1.20  
 W65 1 R.Chirries 1.25BR  
**Pole Vault**  
 M40 1 B.Jones 3.60, 2 T.Fortes 2.20, 3 David Blunt NHC, 4 K.McClymont NHC, 5 J.Taylor NHC  
 M45 1 A.Ross 3.00, 2 B.Hendrie 3.00, equal 3 Paul Oakes, T.Ojasoo & T.Thompson 2.60  
 M50 1 J.Bradley 3.00, 2 R.Warren 2.50  
 M55 1 G.Benson 3.40, 2 B.Chillery 3.10, 3 B.Harlick 3.00  
 M60 1 J.Day 2.80, 2 P.Ferguson 2.40  
 M65 1 R.Brown 3.30CBP, 2 A.Woods 2.40, 3 N.Carter 1.90  
 M70 1 B.Thomas 2.40BR  
 M80 1 T.Rawlinson 1.90CBP  
 W35 1 J.Lyon 2.50BR, 2 D.Singleton 2.30  
 W40 1 J.Cunane 3.00CBP, 2 S.Owen 1.80  
 W45 1 J.Stafford 2.20  
**Shot**  
 M40 1 M.Small 12.77, 2 S.Archer 12.73, 3 J.Drzewicki 8.80  
 M45 1 M.Bousfield 11.94, 2 J.Little 11.73, 3 J.Edwards 11.59, 4 J.Stevenson 11.33, 5 N.Hooker 10.79, 6 J.Stevenson 11.33, 7 N.Hooker 10.79, 8 T.Lalley 10.46, 9 A.Richards 10.34, 10 W.Renshaw 10.30, 11 J.Edgar 9.35  
 M50 1 N.Griffin 14.45, 2 W.Fuller 13.90, 3 M.Ferne 11.70, 4 R.Richards 10.87, 5 M.Hazlewood 10.87, 6 B.Hatch 10.37, 7 P.Cramp 10.03, 8 T.Taylor 7.41  
 M55 1 J.Scott 12.52, 2 G.Negus 11.23, 3 J.Walters 10.81, 4 W.Gentleman 9.82, 5 J.Gilbert 9.48  
 M60 1 E.Kitney 11.71, 2 W.Whyte 11.42, 3 B.Strange 11.00, 4 R.Sykes 10.38, 5 C.Brand 10.21, 6 B.Webb 9.79, 7 B.Sumner 9.73, 8 D.Rafferty 9.29, 9 N.Fullick 7.28, 10 J.Dunsford 7.10  
 M65 1 M.McGarry [IRE] 10.40, 2 J.Watson 9.91, 3 C.Taylor 9.80, 4 J.Hanus 8.54, 5 P.McEvoy 7.44, 6 J.Christie 5.72  
 M70 1 E.Cheetham 9.20, 2 J.Parker 8.98, 3 B.Kingsbury 7.66  
 M75 1 R.Spikes 6.09  
 M80 1 B.Metcalf 6.23  
 W35 1 A.Hourihan 11.40, 2 C.Cameron 10.93, 3 M.Laing 10.62, 4 W.Dunsford 10.59, 5 W.Laing 10.10, 6 J.Brown 9.92, 7 J.Earle 9.12, 8 A.Simmons 8.30, 9 S.Moulton 7.48  
 W40 1 J.Wright 9.55, 2 S.Hall 8.87, 3 B.Russell 8.57  
 W45 1 J.Clarke 6.84  
 W50 1 B.Terry 9.91, 2 V.Bovell 9.37, 3 M.Simmonds 8.88, 4 E.Mee 7.75, 5 C.Rafferty 7.29, 6 G.York 4.97  
 W55 1 N.Cross 7.42, 2 Y.Miles 5.89  
 W60 1 E.Williams 11.61CBP, 2 A.Martin 7.89  
 W65 1 R.Chirries 10.90WR  
**Discus**  
 M40 1 M.Small 38.69, 2 J.Drzewicki 38.11, 3 S.Archer 36.29, 4 N.Groves 36.25  
 M45 1 J.Little 38.18, 2 W.Renshaw 34.89, 3 T.Lalley 34.10, 4 A.Richards 33.84, 5 N.Hooker 33.72, 6 J.Edwards 33.71, 7 M.Mayo 32.37, 8 J.Edgar 30.58  
 M50 1 N.Griffin 46.60CBP, 2 M.Ferne 40.13, 3 C.Ellis 36.76, 4 M.Hazlewood 36.65, 5 R.Warren 35.30, 6 G.Leak 32.99, 7 R.Richards 30.57, 8 B.Hatch 30.11, 9 P.Brooks 27.22, 10 R.Roach 26.02, 11 G.Pratt 23.34  
 M55 1 W.Gentleman 34.09, 2 J.Walters 31.82, 3 G.Smith 31.40, 4 J.Powell 29.87, 5 B.Harlick 28.20  
 M60 1 R.Sykes 37.20, 2 B.Strange 35.95, 3 C.Brand 34.84, 4 E.Kitney 33.65, 5 B.Sumner 31.54, 6 B.Webb 27.44, 7 N.Fullick 23.75  
 M65 1 M.McGarry [IRE] 36.38, 2 J.Watson 35.20, 3 J.Hanus 33.58, 4 P.McEvoy 30.87, 5 E.Horwill 23.04, 6 N.Carter 22.61, 7 J.Christie 20.39  
 M70 1 B.Kingsbury 25.73, 2 J.Parker 23.52, 3 E.Cheetham 20.89  
 M75 1 R.Spikes 18.81  
 M80 1 B.Metcalf 16.71  
 W35 1 C.Cameron 39.23, 2 A.Hourihan 37.06, 3 K.Heweth 31.68, 4 W.Dunsford 30.22, 5 S.Moulton 29.62, 6 J.Earle 29.30, 7 A.Simmons 24.71  
 W40 1 J.Wright 35.43, 2 S.Hall 23.54, 3 B.Russell 23.03  
 W45 1 J.Clarke 20.18  
 W50 1 V.Bovell 25.61, 2 R.Champion 21.10, 3 G.York 13.12  
 W60 1 E.Williams 26.97CBP, 2 A.Martin 17.27  
 W65 1 R.Chirries 28.66BR  
 W75 1 M.Wixey 10.27  
**Javelin**  
 M40 1 T.Creese 48.36, 2 M.Bollands 44.60, 3 P.Kinston 30.50  
 M45 1 R.Green 43.99, 2 P.Oakes 42.36, 3 A.Richards 39.24, 4 M.Bousfield 38.86, 5 T.Lalley 30.26  
 M50 1 R.Richards 49.91, 2 L.Hatton 3 M.Hazlewood 43.56, 4 P.Cramp 41.50, 5 P.Owen 38.38, 6 R.Warren 34.84  
 M55 1 M.Turner 45.62, 2 G.Smith 37.22, 3 J.Webster 36.43, 4 B.Harlick 32.83  
 M60 1 J.Phillips 42.59, 2 G.Ratcliffe 39.93, 3 C.Brand 36.35, 4 T.Driver 33.07, 5 B.Webb 30.28, 6 D.Rafferty 28.18  
 M65 1 M.Morrell 33.75, 2 C.Taylor 25.53, 3 N.Carter 21.59  
 M70 1 J.Parker 19.04  
 W35 1 D.Smith 33.34, 2 J.Brown 31.10, 3 A.Hourihan 30.60, 4



Jeremy Hemming

## Jennifer Cunane, W40, in world record form, despite the weather conditions

M.Laing 30.45, 5 W.Laing 27.76, 6 D.Herron 26.84  
 W40 1 C.Morris 28.32  
 W45 1 K.Workman 23.75, 2 J.Clarke 14.54  
 W50 1 C.Rafferty 26.31, 2 P.Oakes 21.63, 3 M.Woodger 21.32, 4 R.Champion 20.99, 5 G.York 9.81  
 W55 1 N.Cross 19.80  
 W60 1 E.Williams 28.21, 2 E.Holmes 18.38  
**Hammer**  
 M40 1 M.Small 45.47, 2 N.Groves 44.63, 3 J.Drzewicki 35.99, 4 P.James 35.22  
 M45 1 P.Dickenson 51.00, 2 A.Woods 46.07, 3 T.Lalley 45.50, 4 M.Bousfield 37.71, 5 J.Stevenson 30.36, 6 J.Edgar 29.97  
 M50 1 C.Melluish 50.52, 2 M.Hazlewood 38.90, 3 R.Warren 38.83, 4 J.Rayner 30.36, 5 I.Taylor 29.82  
 M55 1 W.Gentleman 48.79, 2 J.Kee 43.65, 3 J.Gilbert 35.63, 4 G.Negus 31.50  
 M60 1 D.Bayes 39.70, 2 B.Sumner 35.66, 3 D.Rafferty 30.71  
 M65 1 P.Barber 40.05BR, 2 J.Watson 36.69, 3 P.McEvoy 33.94, 4 M.McGarry [IRE] 32.99, 5 J.Hanus 31.45, 6 D.Birch 24.33, 7 N.Carter 20.10  
 M70 1 B.Kingsbury 31.85BR, 2 J.Parker 28.11  
 M75 1 R.Spikes 15.03  
 M80 1 B.Metcalf 14.15  
 W35 1 J.Earle 42.49BR, 2 D.Smith 41.01, 3 C.Cameron 34.32, 4 W.Dunsford 33.85, 5 D.Singleton 27.80, 6 S.Moulton 23.43  
 W40 1 J.Cunane 41.80CBP, 2 B.Russell 29.02, 3 K.Weaving 24.19  
 W45 1 J.Clarke 34.32, 2 C.Smith 31.09, 3 A.Foster 16.47  
 W50 1 L.Shroobree 37.49, 2 B.Terry 30.33, 3 M.Cowap 24.98, 4 E.Mee 23.71, 5 V.Bovell 23.61, 6 M.Woodger 21.69, 7 C.Rafferty 20.74, 8 G.Meneer 17.68, 9 G.York 16.11  
 W55 1 L.Fogg 26.35, 2 Y.Miles 21.46  
 W60 1 E.Williams 39.95BR, 2 A.Martin 22.62, 3 B.Dunsford 22.32

## Karen Ratcliffe, winner of both W35 Walks, powers ahead through the deluge



Jeremy Hemming



## Basil Nielson - Consistency Personified - a tribute by Jack Fitzgerald

I first met Basil when we competed in the London Business Houses Road relays in the 1950's. At the time I did not realise his potential at middle distance track events and, until I saw his passport when he joined my 1975 tour to the USA and Toronto, I was not aware that he was a New Zealander. Born on August 10 1923 in Pahiatua, North Island, the product of a Scotswoman and a Dane, he was educated at Palmerston North, a town he later visited as a competitor in 1981. He was inspired by the great Jack Lovelock, the 1500 metres gold medallist at the infamous 1936 Berlin Olympics, who visited his school in 1937.

In 1942, he was conscripted into the army, serving in Egypt and Italy. He made his debut as a runner for the New Zealand Army against the British Army and RAF in Udine in 1945. On demob he joined his local club and won the New Zealand Interservices 100 yds at Wellington.

In 1948 Nielson came over to witness the Olympics at Wembley, and stayed. He could not get a return berth for two years and, as he had been given a ticket for the 1950 Wimbledon finals he cancelled his return trip. He worked for 43 years for GEC at Wembley, joined Finchley H [later Hillingdon AC] and eventually became their track captain.

Nielson's veteran debut came in 1974 in the BVAFA Champs at Copthall Stadium, finishing 3rd in the M50 400m [62.3] and winning the 800m in 2:19.6. The following year he found the M50 competition tough at the World Masters Champs [later WAVA] at Toronto in 1975, and could only finish 5th in the 400m semi finals [60.4] and ran 2:18.2 in the 800m heats.

As often happens, he found his best form on moving up to M55 in 1978, when, at the first European Vets Champs at Viareggio, he won the 800m in 2:17.73. Continuing in this vein, he won his first WAVA gold in the 1500m at Hanover in 1979. He actually crossed the line in 2nd place behind Louis Torres, but the organisers had misread the Puerto Rican's birth certificate and had entered him in the wrong age group, and belatedly placed Nielson in first place. He followed this up with a bronze at 800m in 2:13.6.

We all know how hard it is to sustain peak form towards the end of an age group and the next three years were barren as far as international medals were concerned. None the less he persevered and, at the 2nd European Champs in Helsinki in 1980, he was 5th in the 800m [2:15.8] and 4th at 1500m [4:40.05]. Returning to his native soil at Christchurch the year after, he would have loved to have performed well, but the M55 competition was so good that he had to be satisfied with 7th at 800m [2:16.9] and 8th at 1500m [4:42.36]. However, in the WIGAL road

races held at the scene of his schooldays, Palmerston North, he finished 2nd British M55 in the 10K.

The 3rd European Champs were at Strasbourg and, at the very end of his age group, he finished 5th at 800m [2:17.44] and 4th at 1500m [4:40.76]. Geared up for a new age group in 1983 at San Juan, Puerto Rico, he was again beaten by his old rival Vikman at 800m, finishing 2nd in a new British M60 record of 2:20.10, but he turned the tables on the Finn to take the 1500m gold in 4:49.60. 1984 saw the European Champs on home soil at Brighton and Vikman again beat him into second place in both 800m and 1500m. Nielson's times were 2:21.5 and 4:40.30 and, either by sheer coincidence or just solid training, these were exactly the same times that he achieved at the WAVA Champs in Rome the following year, again finishing 2nd in both.

Malmo was the venue for the 5th European Vets Championships. Basil Nielson, centre, on the podium after his European win at Budapest in 1990



ropean event in 1986. Now 63, Nielson managed a bronze at 800m [2:24.96] and was 5th at 1500m [4:57.22]. Prior to that he had won the 800m and 1500m at the BVAFA Indoors, including a British M60 best of 5:08.6. He missed out on going to Melbourne in 1987, but the following year, as consistent as ever, he proved that he could run longer distances. In the BVAFA Half Marathon at Welwyn he celebrated another change of age group by taking the first M65 spot, ahead of such prolific performers as Norman Paul, Jack Braughton and John Fraser.

The M65 competition at Eugene, Oregon, in 1989 was as hot as ever and he had to settle for 4th in both the 800m [2:32.03] and the 1500m [5:15.70]. However, he finished his fantastic international career on a high note, as he won the Eu-

ropean gold medal [2:34.38] in Budapest in 1990 and was 5th at 1500m.

By any standards, these have been the most consistent series of international results over 15 years, and, at many of these venues, I have been privileged to share accommodation with this modest self-effacing character with a very caustic sense of humour.

His loss of form could not be attributed to age alone and, although he tended to put it down to a bad case of sciatica, he was diagnosed earlier this year as suffering from cancer of the colon. An operation was deemed to have been successful, and he had even entered for this year's European Champs in Italy, when he would have moved into yet another age group. However, his condition deteriorated and he passed away on July 6. His sister was over from New Zealand to accompany him to Italy, so at least she was with him when he died. Sleep on sweet prince.

## Durban Results

The videos and results booklets of the WAVA Championships at Durban, which were pre-ordered on the entry forms, have finally arrived, and have been sent out by Barbara Dunsford.

They were impounded by Customs until clearance, handling and storage charges were paid. Barbara had to wait for three hours at the Customs office at Heathrow and pay the charges. Although BVAFA have re-imbursed Barbara, it is money that the BVAFA can not afford. It is suggested that members in receipt of the videos and booklets could each contribute £1 + postal charges towards the costs, cheques to be sent to Barbara, payable to BVAFA.

Readers who ordered videos and results books while in South Africa are asked to let Barbara know, as the organisers in Durban have lost the names and addresses.

William McGrory, 3000m Steeplechase winner at BVAFA Championships





## Gateshead: Light Hearted Advice from Trevor Driver

So, some of you want to know how to prepare for next year's World Track and Field Championships at Gateshead. Quite simply, you have to get two things ready, your mind and your body. Hopefully, both are functioning within the definition of normality, and at the same time.

The mind is all important, and most top class performers nowadays have a personal psychologist who has one message - think positively. If you cannot afford a professional helper then take your pick from the many amateurs whose lack of knowledge does not hamper their belief that they can help you [golfers will know what I mean]. The upshot is that excuses are not allowed. I have heard some good ones in my time.

"I fell down some brothel steps", - my reasonable assumption was that he was collecting the takings.

"My biorhythms have a dysfunction", - I like that one but I have no idea what it means.

"I am going to an H.A. meeting", - My welcome question regarding the meaning eventually revealed that H.A. stands for Haemorrhoids Anonymous.

"I have a repetitive strain injury", - he did not say what part of his body had suffered from overuse, but I bet that it was not his brain!

If excuses are not allowed, we accept the tweaks and twangs and concentrate on everything else which is working without excuses. We have to be positive and optimistic.

To avoid an inferiority complex, never train with older athletes [who may beat you], or ladies [who probably will beat you]. To be impartial I have to advise the ladies to train with men and reap the benefit of the satisfaction gained from any triumphs.

Rehearse the event in your mind [for pole vaulters it is about the only place]. Long, high and triple jumpers can lie in bed and think about it. The throwers can twist and turn in an imaginary circle. The sprinters can think of the tunnel and the stamina boys can relax and think of rhythm.

Now that the mind is sorted out, let us concentrate on the body. "We are what we eat" is a well held belief but my friend's favourite food is "Spotted Dick", and I have to say that I cannot furnish any evidence in support, or otherwise, of that theory. A varied diet seems to be the popular choice, and we in the North have changed over the years by having mushy peas, curry or even garlic mushrooms with the fish and chips.

Training programmes are essential. With, or without, help you have to produce a schedule of exercises which will give you a gradual build up to the big day. Gym, track, weights, stretching, cross country, plus rest. As far as rest is concerned I am talking days, not months. Cycling is an alternative, and even swimming, but let me add a word of caution to the over ambitious.

Two years ago I thought it would be fun to enter a triathlon. My starting time was 8.27

am and 600 competitors had entered. To conform with regulations I arrived early to have my bike checked. They said they had never seen a three speed Sturmey Archer before but it would be allowed. I changed for the swimming and found there was a rip in one of the sleeves of my costume. Undeterred, I set off, with my white cap, on the half mile swim up lane six. To my surprise I was passed in 30 seconds by some one doing tumble turns! I was passed within 10 seconds on the 15 miles bike ride by some one with a streamlined helmet and elbows by his side. I was passed immediately in the six miles run by some one who could stagger faster than I could. I will always remember the words of the official who caught my collapsing body at the end and who said, "Well done Grandad. You have qualified for the final this afternoon". For the rest period after that triathlon we are talking months, not days!

Variety in training is important. Have a go at other events, but remember that a sudden impulse to impress some one by hurling the javelin the way you did at school may result in your elbow telling you that it should have had a couple of years notice.

There is nearly a year to go to the Gateshead Championships. Decide your events, look at qualifying times and distances. Keep your eyes peeled for the entry forms. I am sure that, mind and body permitting, there are lots of you out there who could do yourself and Britain proud. I have given you all the advice you need - the rest is quite simply up to you.

## What Is Magnotherapy?

As you will see from my advertisement I am a distributor for Bioflow products. A little about myself first! I am a former Cheshire, R.A.F. and Inter Services mile champion of the 60's. I also won various titles at cross country, 3000m steeplechase and track 6 miles. My best time for the mile was 4:07, 6 miles 29:45 and 10 miles 51:15. As I am 60 shortly and training 5 days per week at present, I hope to get among you in the Autumn. I am a Vice President of the British Milers' Club and a former member of Surrey A.C. and Wirral A.C.

What is magnotherapy? For years, physiotherapists have used electromagnetic equipment to ease the pain of injuries, or to build up the muscles and tendons after operations. Centuries ago, along with acupuncture, the Chinese used magnets to ease pain, and apparently with great success. This technology has now become more widely available as science has become involved. The Bioflow, in the form of a magnetic wristband, is now producing the answers to the curing of aches and pains and assisting athletes in their recovery periods during training. The magnet, within the wristband, reduces pain and accelerates recovery time by stimulating the blood as it flows through the veins in the wrist. The magnets assist the body to heal itself by increasing the blood's capacity to carry oxygen and nutrients around the body, and to remove waste products and toxins from the system.

It would appear that the dawning of the power of magnets is now here as the therapy of the future. With anti inflammatory tablets difficult to tolerate, due to irritation of the lining of the stomach, and NHS queues increasing, it is now more sensible to organise, and attempt to cure, your own minor health problems by wearing a bioflow 24 hours a day.

Who knows, but that by wearing a Bioflow Classic or Reflex, you will soon be congratulating yourself on purchasing your new secret friend on your wrist, as your P.B's begin to tumble. Incidentally there are two tremendous guarantees with the Bioflow products:

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## Around the Regions

### ISLE OF MAN

Thirteen local vets were among the 21 strong field in the Island's 10 Miles Road Championships in July. The event was run over the undulating [very hilly] "Western 10" route based in Peel, and, with a head wind for the last two miles, was a true championship course. The race quickly split into groups with Murray Lambden [Manx H] holding his own with three senior men in the leading group of four. The group quickly established a 800m lead from the chasing group of M40 Mike Gellion and M45's Terry Bates and Alan Bagley.

As the battle was joined up front, so several dices established themselves further down the field with Bagley, M45 Peter Cooper, M50 Martin Bell and M55 Ray Shooter keeping close order. By the 6 miles mark and highest point on the course, Murray had begun to lose ground in 4th place and Terry had drawn away from his group to take 5th spot. These positions remained unchanged, so Murray took the M40 honours in 60:28 and Terry the M45 in 61:49. Steve Kelly was 7th overall and 2nd M45 [63:24], followed by 2nd M40 Mike Gellion [64:48], 3rd M40 Alan Bagley [69:30] and 3rd M45 Peter Cooper [70:39]. The crowd at the end were treated to a sprint finish between Ray Shooter and Martin Bell, with the latter just edging out Ray to take the M50 prize in 70:43, with Ray gaining the M55 in 70:45. The event was organised by Western AC in their usual friendly and efficient way and their efforts were appreciated by all. Just before the race began competitors, officials and spectators bowed their heads in silence as a mark of respect for Bryan Doughty who had passed away the previous day, aged 92.

Records abounded in what has become the Island's mass participation event. A record 595 brave souls entered the ultra distance Parish Walk, a mere 85 miles stroll around the 17 parish churches of the Isle of Man. As it also incorporated the Centurion 100 miles walk, a truly international field was assembled. Thirty five walkers, again a record, completed the Parish Walk course, with 11 of those going on to complete the 100 miles in the 24 hours limit and so become Centurions. The husband and wife team of Richard and Sandra Brown took 1st and 2nd places in both events. Richard finished the 85 miles in 15:59.44 and the 100 miles in 19:22.26. Sandra was not too far behind and was ahead in the early stages. Her times were 16:16.36 and 19:32.26. First local to finish the 100 miles was postman Ray Hughes, who also earned the distinction of becoming the first new Centurion of 1998, an achievement to be recognised at the Centurion's AGM in London. Other Centurions were Arie Boertjes, Marleen Radder, Chris Flint, Jill Green, Anthony Kneale, Luc Nicque, Hans Van der Knaap and Simon Cox.

The Veterans walk is to German Parish Church in Peel, 32.5 miles, and saw a close race between overall winner Richard Brown, ex Olympian John Paddick and Terry Bates. In the final 5 miles Terry took a lead and held on to win in 5:39.10 and record his first victory after two previous 2nd's. Richard was 2nd [5:40.07] and John 3rd [5:40.30]. Veteran women were led home by Sandra Brown [5:40.21, followed by Marleen Radder [6:17.05] and Jill Green [6:21.20], all going on to complete the 100 miles. **Terry Bates**

### MIDLANDS

Despite overcast conditions and one heavy down-pour there were some excellent individual performances at the 23rd MVAC Championships, held at Solihull on June 14. Twenty five records were set or equalled and, subject to ratification, there were two British Records and one European and World record.

Pride of place must go to Rosemary Chimes who, competing in her new W65 age group, set a World Record for the discus [34.34m], a British Record shot put of 10.60m and, for good measure, a Championship Record in the high jump. Sheila Owen, W40, competing in the pole vault, established an age group best of 1.90m, as did W45 Cathy Lyon-Green [7.63m] and W75 Mary Wixey 5.00m in the triple jump. New figures were set in the hammer throw by Christine Smith [W45], increasing the old mark by some 8 metres, and also by Angela Moore [W65]. In the long jump, Peter

Duckers, M55, and Tony Crocker, M60, both set new marks, as did M45 Jim Edwards in the discus. The Field Event Performance Trophy went to Rosemary Chimes.

On the track, the M40 800m produced the finish of the day, with Peter Ivans and Don Randle crossing the line in an equal time of 2:00.3. Peter got the verdict on the dip. Viv Oliver [M45] and Maureen Lewington [W50], equalled present records, while W40 Pamela Dutton, competing in her first MVAC Championships, equalled the 100m record and set new figures for the 400m. Viv also clipped one tenth of a second off his own 200m mark established last year.

Alan Meddings set new times for the M70 100m and 200m, knocking a full second off the old 200 mark set in 1987. Joe Caines [M45] and Reg Phipps [M55] reduced the 400m figures in their age groups, as did Nancy Hitchmough [W45] and Eleanor Robinson [W50] at 1500m. New marks were set by M50 Bob Abdy [100m] and Jacky Charles at W55 300m.

Ian Furness annihilated the old M40 5000m record set in 1992 when he ran a superb race to win in 14:51.1, beating the old mark by 34.2 seconds. Steve Robinson, second in the race, was also inside the previous best. For Ian's performance he was awarded the Best Track Performance Trophy. **Maurice Priestman**

### EASTERN

#### EVAC T & F Champs, Peterborough, 7/6/98

Track & Field is a strange phenomenon. Much activity seems to be taking place, but little seems to happen. If your attention is distracted you can easily miss something important. Runners can be strung out around the track and if you lose count of the laps you find you have missed the finish. Some one dashes out from the throwing cage trailing a tape measure - you are not sure if it was a new record until the results are announced later, or whether they are avoiding a wayward implement. This is, of course, a jaundiced view, and certainly not that of the 100 or more EVAC members who took part in the championships. There was well contested competition in both track and field.

Twenty four new records in various age groups were set on the track and 17 in the field. Multiple record breakers were Wendy Stone in the W35 100m and 200m, Iris Hornsey [W55 200m, 400m, 800m, & 1500m], Ursula Duckworth [W60 800m, 1500m & 5000m], and George Phipps [M70 1500m & 5000m]. Malcolm Fenton and Jo Ogden in the shot and hammer were the only dual record breakers in the field events.

It was pleasing to see George Phipps competing. He assisted in the formation of Eastern Vets and was

#### W60 British Record for EVAC's Dorothy Fraser



allocated membership No. 1. Also there, as a time keeper, was Fred Wright with membership No. 3. Number 2 seems to have gone missing. Was it Bill Taylor, the first Chairman?, or perhaps Arthur Bowden, the person who idea it was to form a club in the Eastern area? Perhaps some one could tell us? The outstanding record of the day was set by Dawn Fraser with a one lap record of 74.9 in the W60 group, which I believe is a British record.

The best supported events on the track were the 200m, with 34 taking part, and the middle distances with 21. In the field, the discus had 27 and the long jump 14. The jumps were not that well supported and the javelin was depleted. As it was the last event and running late, a number of entrants scratched. Regarding the javelin, Carol Morris, Hilary Vogel and Mary Holmes, [all Cambridge & Coleridge], between them hold all the javelin records up to W60. The only other record is held by W65 Jo Ogden.

The outstanding competitor in the field was Malcolm Fenton, who set a new M40 hammer record for the third year in a row and also broke the long standing 1984 shot record. Sally Gandee was unlucky not to break the W55 record. She threw 10.86m with a 4kg implement, the record standing at 12.94m with a 3kg. Unfortunately, the correct weight was not available on this occasion. Although the competition was late in starting, and there was a severe shortage of field event officials, the whole programme was completed by 5pm. The weather, apart from the wind and a couple of showers, was reasonable. There must go to the field event judges who were extremely active throughout the day, dashing from one event to the next as soon as the previous one had been completed. The judge with the discus tape measure probably covered more ground than many a middle distance runner.

**Peter Chaplin**

### NORTH EASTERN

NEVAC celebrated it's 21st anniversary when staging the Track & Field Championships on a rain soaked, windy Monkton Stadium on June 27. Although the usual headwind in the home straight slowed most times, we saw 23 Championship Best Performances and six Club Records. Bob Peart, now in the M70's, recently moved back to the north and is re-writing the NEVAC record books. Many younger runners envy his 2:49.3 [800], 5:38.1 [1500] and 11:55.0 [5000]. M40 Eric Smart recorded a sprint double [12.1 & 24.3], as did Mike O'Donovan in the M45 [13.1 & 26.5]. Henry Lyall, too, took M50 golds [13.1 & 26.5]. M55 golds were shared, as Bob Smoult won the 100 and John Steede the 200.

Although Reg Checkley won gold at M60 200 & 400 he had to settle for bronze and silver in his favourite events, as Ian Barnes won both 800 & 1500. The outstanding M65 performers were Barry Pamaby who set a club record at 400m [65.3], and Alf Clinton who did a sprint double. Denis Field, Club Chairman, had a fine day in the field, winning the shot, discus, javelin and hammer. Denis's great mate and rival, Bob Laidler, has now moved into the M70's and is throwing well in the shot, discus and javelin. M75 Jim Johnston set new marks at 800 [3:46.9] & 1500 [7:17.4]. The championships would not seem right without M80 Lenny Watson's four wins in the 100, 200, 400, & long jump.

The youngsters were not to be outdone as M40 Steve Gill cleared 1.65m in terrible high jump conditions, but he has his sights set on BVA & NEVAC records in the future. His club mate, Alan Dent, took M40 gold at 1500 and 5000. Peter Saint, M40, won the 800 in 2:06.7, less than an hour after running 1:56.9 in the BMC 800m race. New M45 Kevin Archer just beat Archie Jenkins at both 800 and 1500, although Archie collected a well deserved win at 5000m.

Top M50 distance man Jimmy Bell continued his brilliant form from the cross country and marathon seasons to win 1500 [4:28.9] & 5000 [16:15.5], setting CBP's in both. Fresh from their National Relay success, Elswick team mates Harry Matthews, Steve White and Mark McNally shared the minor placings. Top M50 Cumbrian Albert Eland was very impressive in winning at 400 and 800. The outstanding field performance was Peter Gordon's 52.38m discus. Others went quietly about their business collecting well earned golds, Ray Partridge [M40 SP & DT], John Wild [M45 SP & HT], Terry Hudson [M50 SP, DT & HT], John Charlton [M50 JT], Robin Syles [M60 SP, DT and LJ]. David Murrie re-



corded 5.62m to win the M40 long jump.

The ladies, too, were well represented and accounted for 25% of the entries. Recent world record maker Jocelyn Harwood won the 300m hurdles. Angela Beadnell set a W35 CBP's in the 100 [13.2] & 200 [26.4]. Carolyn Bowman repeated last year's W35 800 epic tussle, beating Barbara Woods by 2:33.8 to 2:35.1. The W35 BVAf cross country champion Lynne Marr took the 3000 gold to beat her great rival Heather Robinson and add to her convincing 1500 win.

In the W40's Gill Dobson collected five golds, the best being the 800 [2:41.2], shot [7.16m], discus [24.92m] and javelin [29.06m], setting club records in both of the long throws. Chris Courtney continued to dominate the local hammer throwing with a W40 CBP [24.66] to add to her two silvers and one bronze in the other throws. Ever presents Hazel Simpson and Mary Avery shared all W55 golds, rounding off another excellent championships. We hope that the next 21 years will be just as good.

NEVAC staged the annual 10k and 5k track championships on July 22. The "Jarrow Wind" slowed times and affected the turn out, leaving many silver and bronze awards unclaimed. M40 champion Alan dent [32:42.0] was tracked all the way by Archie Jenkins [32:53.5]. M50 champion Jimmy Bell had a brilliant solo run to finish almost 5 minutes ahead of all opposition. The consistent Ian Barnes easily took M60 gold. The 5k race it was good to see Eric Appleby back from injury to win M65, and in the M70's founder member Bob Peart smashed the club record with 19:49.0.

W35 Lynne Marr beat rivals Susan Abbiss and Heather Robinson to take gold in the respective age groups. This fixture has been held in May and September in recent years and, with another poor entry, members must decide where and when they want it in the future. On the same programme, four throwing events were well supported, with new M75 Tom Henderson of Sunderland setting three NEVAC Records within a couple of hours, discus [24.07m], javelin [16.28m], shot [7.61m]. The M50 Hammer Record went to Terry Hudson with a 39.21m effort to round off a fine competition.

George Routledge

### WELSH

The final match of the Vet's League brought our T & F season to an end. Fifty two athletes competed in this fixture at Cardiff. Nine points were all that separated the top three teams at the end of the evening, with Neath the winners, five points ahead of Cardiff, and Swansea 3rd another four points behind. The accumulated totals from the four meetings showed Cardiff to be the league winners by 12 points from Neath, with Swansea 3rd. In the women's section, Cardiff ladies made it a club double by clinching the title. They were far too strong for the other clubs, winning the title by over 400 points over the four matches, with Newport in 2nd and Swansea 3rd.

A posse of Swansea athletes travelled to Exeter for the SWVAC Championships. Terry Lalley had C.B.P.'s in the hammer and the discus, and Glyn Sutton, John Howe, Bill Kingsbury and John Walters returned with gold medals in their events. The Welsh Vets Championships were held at Wrexham on Aug 1-2. The field events were contested on the Saturday and the track events on the Sunday. This may have led to a disappointing turn out, but those who did travel to North Wales had a great time. Terry Lalley, one of our most competitive athletes, virtually drove from a throws competition in Hungary to compete at Wrexham. He also took part in the Welsh Senior Championships, finishing a creditable 7th in the hammer and discus.

Several members are worthy of a mention for their contribution to Welsh veteran athletics. Sean Power, Terry Lalley and John Howe regularly travel abroad to compete. Sean and Terry, along with John Walters, are still competing in the British League, Division Two. Bill Kingsbury, whose enthusiasm for the sport is infectious, and who regularly coaches veteran throwers, is also responsible for a talented group of young hammer throwers who compete for Wales at junior level.

To all those who travelled to Newport for the BVAf Championships I would like to apologise for the appalling weather they had to endure. Brian Webb

### NORTHERN

At the end of a dull, wet summer, it is good to recall the conditions for our annual 20 miles event at Rochdale on March 22. It was sunny, still and not too warm, perfect for Alex Rowe to warm up for the London marathon, with a scintillating 4th overall in 1:54.24 for this tough two lap race. David Mellor also had an excellent run to get the better of Peter Weatherhead, who was making a rare sortie at long distance, in the M45 group. Other good runs came from sprightly Stan Fitzpatrick, 1st M55, and Jean Mann [Wigan], who won the women's event by over 10 minutes.

Conditions were cold and blustery for the monthly run by the sea at Wallasey on April 18, and the field dwindled to a mere 48 diehards. Liverpool's Geoff Rawlinson won the battle with David Gaynor, whilst a rare appearance by Judith Witterick [W50] saw her get the better of Jackie Cordingley by 44 seconds.

Two weeks later on a sunny day at Warrington the field had swollen to 56 finishers, with Dave Gaynor returning to his winning ways, beating Robbie McGill by 15 seconds in 35:49 for the 10K of grass, paths and tracks. In a race of older men, we had to wait for 15th position for the 1st M40 runner, Altrincham's Andy Chapman, almost 5 minutes down on the winner. Anne Fortune, a regular face at the monthly runs, led the ladies home in a time of 46:03 on one of her local courses.

At the East Cheshire Half Marathon on May 31, Alex Rowe was once again to the fore, heading Mike Higginbottom by over a minute, with yet again Dave Mellor taking the M45 award in 76:58. Bingley's Fred Gibb, soon to be 60, was a clear winner at M55 with 77:42, and Mike Cunningham scooped the M50 trophy by almost 5 minutes in 78:21. Stockport's Joan Daily put in a fine performance to beat Denise Wakefield by almost one and a half minutes.

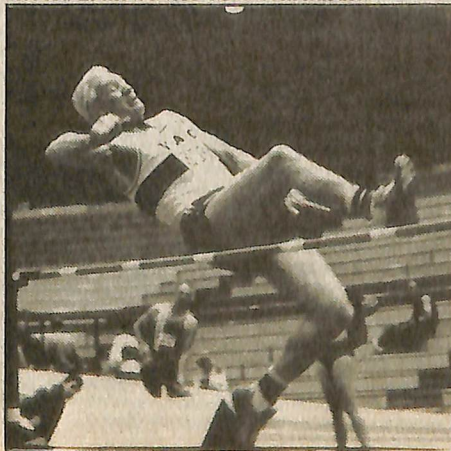
In the 10K Road Champs on July 5 at picturesque Edisford Bridge it was a typical English summer. With low cloud over Pendle Hill and a strong wind it was hard work on the early climbs. Only Alex Rowe could keep up with local Roger Brewster, losing out to him by a mere 11 seconds at the finish. Roger won in 32:23, over a minute faster than last year's winning time at the same venue. Ken Moss showed his class in M45's, taking 3rd overall in 33:27, making up for his disappointing run in the BVAf 10 Miles. Brian Hilton, M50 winner, was only half a minute in arrears in 4th. In the women's race, Denise Wakefield was on form, beating Kathy Howe by nearly half a minute. At the rear of the field the incredible Bob Mathieson continues to amaze with his feats in M80 class. On this tough course, this graceful Scot from Longwood H only lost out to his mate Les Heald by a minute, recording 67:26, an inspiration to all as the years roll on. Derek Walton

### SOUTHERN

#### SCVAC

If records are the criteria for the success of a championship, then 6 British Records and 34 Championship Best Performances were the hall mark of the SCVAC T & F Champs at the Peel Centre, Hendon on June 14. However, the committee like to see members enjoying themselves regardless of individual aims and thanks to the many officials recruited on the day and a

**Versatile athlete Len Williams also set a British Record in the SCVAC M75 80m hurdles**



special effort from supreme Steve Matthews. Hopefully this was achieved. The sole British Track Record went to one of the most senior members present, Les Williams, who made the journey up from Cornwall to break the existing M75 80m H mark with 17.7.

Two field event specialists managed a brace of British Records, Neil Griffin putted the shot 15.08m and threw discus 51.49m, both marks in excess of the former M50 bests. Having recently moved into the W60 group, it was all Lombard Street to an orange that Evaun Williams should start taking those records apart. She duly achieved new bests in the hammer [41.58m] and javelin 33.35m. The final record was not quite as predictable when Peter Barber threw the hammer 41.58m to set new M65 figures. The best of the championship best performances was also by a hammer thrower when Malcolm Fenton reached 60.14m, a British mark only surpassed by the great Howard Payne as a 40 year old.

There were also some excellent track performances, not least being Kwadwo Ansah's 11.3/22.8 sprint double, great 400/88m running by Walwyn Franklyn, Chris O'Neill, Dave Foley and Peter Browne and some very good women's middle distance running by Leslie Felton and Carol Russell. The longer distance events were better supported than in recent years, with great performances by the Ilford duo of Andy Catton and Martin Clarke, Martin Duff getting his act together in M50, the two Jones's whom others fail to keep up with, Len, 82, and Pam, 61, in the 5000m, and Steve Allen, Stuart Nice and Mike Bumstead in the s/chase. Add to these Brian Gore's fine sub 15 minute 3000m and it all adds up to a renaissance. Steve Charlton's M70 5000m CBP of 20:09.8 was adjudged to be the best M70 performance of the championships, while Maggie Statham's 19:08.9 was also a W45 CBP.

Jack Fitzgerald

#### VAC

A veritable guest night in Battersea Park threatened imminent collision between runners, cars, walkers, cyclists and guest runners in swarms at the road race. Miraculously, no one made contact, despite pushy driving by visitors eager to get parked and attend some gathering of a dressed up nature in a distant part of the park. Appropriately, it was guest John Rye of Thames H & H who readily won the 5 miles race in 25:57. This is equivalent to about 27 minutes on the full 3 lap course, so it was not surprising that he was unchallenged in a year when 28 minutes, by 45er Terry O'Neill, has been the best. Bench mark performer Mike Nouch was 1st VAC and Liam O'Hare 2nd, the clear top 50 of the series, making a sustained return to form.

Secretary Dennis Williams, who was able to run away from the congestion around the finish, was the top ranked man to complete all 5 races. Further clean sweepers were Stephen Edwards, two of the home club, Kim Washington and Ken Tuson, and one Serpentine runner, Joyce Goody, who also won the first voucher for the series. Sure to bid for top of the national 5M rankings was M65 Ron Higgs [Barnet]. He ran 29:55 for 20th place in race, two and a half minutes clear of in form Richard Pitcairn-Knowles. Higgs went on to be 1st 65 at Liverpool BVAf Half Marathon recently.

In this vein, Pam Jones's 35:08 was very close to Mary Anstey's 35:00 last year, and more than a minute better than Pam's own mark in last year's table. First woman on the day at Battersea was Pauline Rich. Her 33:14 was well off her rankings 2nd place of last year, 31:55 in Victoria Park, but still placed her 3rd in the all age local table, behind Sanderson and James.

John Hay [Brighton] held on to his long time lead in the club's Snow Cup with 5 points from 1st in 70 group, for a deserved win. The B & H life member and former president used to run sprints in VAC, but now contents himself with C.C. Road and the odd track race.

Thirteen contested the Mile, where Kieron Fennelly, 5:04, held off a guest from Tiptree and Martin Miller [3rd]. Another guest, Carolyn Oxton, ran 5:25. At track, new sprinter [age 65] Don McKenna, won the Gibson points cup by finding out that he could do it, and improving each time he ran. This initiative was of little help to the consistent scratch man, David Curzon, who found it less feasible to beat himself, in the unusual absence on Wednesday nights of any of the sub twelve men.

Jeremy Hemming



# RESULTS • RESULTS • RESULTS •

## BNVAF Marathon Champs, Lochaber, 17/5/98

**M40** 1 M.Girvan 2:30.46, 2 F.Clyne 2:33.46, 3 N.Maltman 2:36.43, 4 G.Rawlinson 2:40.22, 5 K.Varney 2:40.46, 6 A.Stewart 2:40.51, 7 T.Coyle 2:46.39, 8 S.McCabe 2:47.53, 9 P.Walsh 2:48.37, 10 D.Craggs 2:52.16, 11 I.Brown 2:52.39, 12 L.Hill 2:54.39, 13 A.McClatchie 2:57.15, 14 D.Reid 3:02.45, 15 C.Skaife 3:08.47, 16 J.Owens 3:22.09, 17 P.Burns 3:25.46, 18 A.Robson 3:31.56, 19 G.Kennedy 3:35.30, 20 I.Allen 5:06.08

**M45** 1 A.Johns 2:37.46, 2 J.Stewart 2:45.38, 3 R.Stow 2:52.04, 4 G.Roberts 2:53.24, 5 B.Howie 2:57.31, 6 D.Cartwright 2:58.20, 7 I.Tack 2:59.34, 8 E.Sanders 3:03.11, 9 I.Cuthbert 3:10.46, 10 T.Feeney 3:14.46, 11 E.Dickson 3:17.33, 12 F.Thom 3:21.18, 18 T.Weavers 3:57.15

**M50** 1 D.Fairweather 2:43.37, 2 R.Young 2:43.58, 3 C.Martin 2:54.59, 4 W.Begley 3:02.00, 5 I.Jolliffe 3:02.45, 6 E.French 3:06.17, 7 B.Campbell 3:10.50, 8 A.Barker 3:14.15, 9 P.Kelly 3:16.19, 10 H.Watson 3:19.29, 11 A.Nicol 3:21.51, 12 J.Gala 3:28.56, 13 G.Stewart 3:49.01, 14 D.Francis 3:58.38, 15 J.McArthur 4:24.23

**M55** 1 M.Barnes 3:04.32, 2 R.Wilson 3:24.10, 3 R.Stark 3:24.18, 4 G.Inglis 3:30.46, 5 D.McKirdy 3:32.35, 6 G.Armstrong 3:33.27, 7 J.Robertson 3:48.02, 8 M.Briggs 3:55.07, 9 H.Turner 5:00.22

**M60** 1 A.Shaw 3:10.50, 2 A.Cotton 3:12.48, 3 J.Gormley 3:18.34, 4 W.McCaskey 3:38.05, 5 D.Wood 3:41.48, 6 J.McNally 3:56.08, 7 J.Foster 4:22.09

**M65** 1 R.McFall 3:34.50, 2 M.Ball 3:45.09, 3 W.Hamill 4:40.04

**M70** A.Graham 4:27.14, 2 A.Duncan 5:52.01

**W35** 1 C.Pauzers 2:50.12, 2 M.Creber 3:17.14, 3 C.Lisle 3:55.27, 4 L.Hanley 4:43.44

**W40** 1 Y.Thomas 3:26.36, 2 M.Stafford 3:30.32, 3 A.Dudek 3:40.47, 4 P.Donald 3:45.22, 5 K.Robson 4:08.58, 6 K.Derrick 4:17.24, 7 D.Lucas 4:27.31, 8 C.Webster 4:39.13, 9 K.Quinn 5:25.06

**W45** 1 K.Todd 3:16.23, 2 C.Cadger 3:33.35, 3 I.Wilson 3:55.21

**W50** 1 S.Beauchop 3:39.16

**W55** 1 K.Wingate 5:21.34

**W60** 1 E.Noble 4:53.21

**Teams:** M40-49 1 Metro Aberdeen 45, 2 Poole 64, 3 Springburn 268

**W35+ Portobello**

## NVAC T & F Champs, Solihull, 14/5/98

**100m:** M40 1 C.Moven 11.9, 2 K.Lovelock 12.7, 3 T.Wall 12.9 M45 1 V.Oliver 11.5 CBP, 2 J.Caines 11.5, 3 A.Baxter 12.6, 4 G.Felton 13.2 M50 1 B.Abdy 12.8, 2 P.Drake 14.1 M55 1 B.Taylor 13.5, 2 B.Arris 13.9, 3 G.Hudson 14.9, 4 B.Shearsmith 14.9 [g] 12.7 M60 1 D.Burton 13.1, 2 T.Crocker 13.5, 3 D.Brown 14.9, 4 J.Elliott 16.0

**M65** W.Morrow 16.2 M70 1 A.Meddings 13.6 CBP, 2 J.Quantrell 15.8 M75 A.Lovett 16.7 W35 S.McDonald 13.3 W40 1 P.Dutton 13.3 CBP, 2 P.Churchill 15.1 W45 1 V.Kirkland 15.0, 2 C.Lyon-Green 15.7, 3 M.Langston 15.7 W50 1 M.Lewington 13.5 CBP, 2 Y.Priestman 14.5 W75 M.Wixey 20.0

**200m:** M40 1 G.Sinclair 23.6, 2 K.Lovelock 25.2, 3 C.McDonald 27.4, 4 S.Jeavons 28.2 M45 1 V.Oliver 22.8 CBP, 2 A.Baxter 25.2, 3 B.Hendrie 26.7 M50 1 M.Smith 28.5, 2 P.Drake 30.2 M55 1 R.Phipps 27.0, 2 B.Taylor 27.4, 3 D.Hoare 28.4, 4 B.Arris 28.7, 5 S.Jones 29.4, 6 B.Charles 29.5, 7 G.Hudson 30.9, 8 B.Shearsmith [g] 25.8 M60 D.Burton 26.9, 2 D.Brown 31.7, 3 J.Elliott 32.7 M65 1 W.Morrow 35.9, 2 N.Carter 37.0 M70 A.Meddings 28.1 CBP, 2 J.Quantrell 31.9 W35 S.McDonald 27.2 W40 1 P.Dutton 28.1, 2 P.Churchill 31.0 W45 1 V.Kirkland 31.7, 2 C.Lyon-Green 32.3, 3 M.Deacy 32.8 W50 1 M.Lewington 27.5, 2 Y.Priestman 29.3 W55 J.Charles 34.3

**400m:** M40 1 P.Ivens 55.1, 2 P.Holland 53.4, C.McDonald 62.9 M45 1 J.Caines 52.2 CBP, 2 A.Baxter 58.5, 3 J.Taylor 60.2 M50 1 L.Dunn 59.7, 2 M.Smith 62.7, 3 R.McDonald 65.7 M55 1 R.Phipps 58.2 CBP, 2 D.Hoare 64.0 M60 1 M.Fox 65.4, 2 J.Elliott 71.7 M65 1 T.Clouery 66.7, 2 T.Wyer 77.1, 3 N.Carter 87.9 M70 J.Quantrell 76.7 W40 P.Dutton 62.3 CBP, W45 1 M.Deacy 74.3

**800m:** M40 1 P.Ivens 2:00.3, 2 D.Randle 2:00.3, 3 P.Holland 2:13.2 M45 1 S.Nelson 2:03.9, 2 S.Hall 2:10.3, 3 T.Chambers 2:11.3, 4 J.Fry 2:13.5, 5 D.Higgins 2:15.6, 6 J.Hill 2:20.1 M50 1 P.Smith 2:14.0, 2 J.Hassell 2:17.9, 3 R.McDonald 2:19.9 M55 1 R.Phipps 2:14.2, 2 A.Gilmour 2:35.4 M60 1 M.Fox 2:27.2, 2 R.Carney 2:53.3 M65 1 T.Clouery 2:35.5, 2 R.Smith 2:48.1, 3 T.Wyer 2:52.7, 4 C.Simpson 2:53.8 M75 J.Keilly 3:50.0 W35 D.Batsford 2:40.6 W40 1 S.Weatherburn 2:33.9, 2 W.Boughie 2:42.2 W45 N.Hitchmough 2:25.9 W50 S.Carey 28.2

**1500m:** M40 1 T.Meehan 4:26.9 M45 1 B.Waring 4:23.1, 2 R.Weatherburn 4:25.5, 3 J.Hill 4:58.4 M50 1 P.Smith 4:28.3, 2 R.McDonald 4:55.9 M55 R.Phipps 4:48.3 M60 G.Ashby 5:33.8 M65 1 R.Smith 5:50.3, 2 C.Simpson 5:51.1, 2 R.Stapleford 5:54.9 M75 J.Keilly 7:28.3 W35 D.Batsford 5:49.1 W40 1 S.Weatherburn 5:13.4, 2 S.Owen 5:35.5, 3 W.Boughie 5:42.5 W45 N.Hitchmough 4:59.4 CBP W50 E.Robinson 5:17.7 CBP

**5000m:** M40 1 I.Furness 14:51.1 CBP, 2 S.Robinson 15:11.6, 3 A.Weatherill 15:40.4, 4 M.Flowers 15:41.9, 5 A.Maddocks 16:00.3, 6 D.Jones 16:21.9, 7 S.Davies 16:33.5, 8 S.Jeavons 20:48.0 M45 J.Fry 17:51.1, 2 N.Wonfor 18:40.5 M50 1 P.Smith 16:46.3, 2 M.Smedley 16:53.8, 3 J.Heywood 18:05.4 M60 1 G.Ashby 20:31.0, 2 B.Nelson 23:29.8 M65 1 M.Huggins 21:15.1, 2 R.Stapleford 21:37.2 M70 E.Nichols 23:50.2 M75 J.Keilly 27:44.7 W40 M.Jeavons 23:46.3 W45 J.Witterick 26:35.2 W50 1 E.Robinson 18:40.4, 2 L.White 19:39.5

**100m H:** M50 B.Abdy 16.4 CBP, M55 B.Charles 20.8

**110m H:** M40 T.Wall 19.0

**300m H:** W55 J.Charles 64.5 CBP

**400m H:** M40 P.Smith 63.5 M55 1 G.Jephcott 73.9, 2 B.Charles 74.3, 3 B.Arris 74.4 W45 M.Deacy 83.4

**5000m Walk:** M45 J.Steven 27:42.2 M50 1 R.Care 23:19.9, 2 L.Scrivens 28:17.0 M55 1 G.Jones 28:06.3, 2 A.Gilmour 28:53.6

**M60** 1 D.Mace 30:17.0, 2 B.Rawlins 31:01.3, 3 J.Marshall 32:13.1 M65 D.Fotheringham 29:06.2 M70 1 D.Withers 30:41.5, 2 K.Abolins 31:32.4, 3 J.James 36:44.0 M80 G.Mitchell 35:08.8 40 E.Worth 30:07.6 W45 1 J.King 30:30.0, 2 S.Bull 31:24.8 W55 J.Langford 30:42.9

**Pole Vault:** M40 T.Wall 3.15 M45 B.Hendrie 2.80 M50 1 J.Bradley 3.15, 2 B.Abdy 3.00 W40 S.Owen 1.90 CBP

**Hammer:** M40 G.Fullwood 36.37 M45 1 J.Edwards 37.63, 2 R.Lambourn 34.95, 3 R.Stevenson 31.16 M50 M.Taylor 32.03, 2 I.Taylor 30.23, 3 G.Blythe 19.36 M55 P.Duckers 30.37 M60 1 B.Sumner 34.13, 2 D.Rafferty 29.25 M65 G.Roberts 23.65 M75 J.Gers 25.72 W45 C.Smith 28.56 CBP W50 1 E.Mee 23.24, 2 C.Rafferty 18.08 W65 A.Moore 16.67

**High Jump:** M40 1 T.Wall 1.50 M45 J.Rjee 1.45 M50 B.Abdy 1.56 M55 C.Green 1.35 M60 T.Crocker 1.40 W35 P.Fullwood 1.25 W50 C.Rafferty 1.13 W65 R.Chimes 1.15 CBP

**Javelin:** M40 1 T.Wall 31.75 M45 1 R.Stevenson 35.34, 2 G.Felton 31.27, 3 R.Lambourn 26.48 M50 1 P.Owen 35.97, 2 B.Abdy 35.70 M55 P.Duckers 33.53 M60 1 D.Rafferty 27.74, 2 B.Sumner 24.74, 3 J.Elliott 15.44 M65 1 N.Carter 23.32, 2 W.Morrow 19.32 M75 J.Gers 23.66 W50 C.Rafferty 26.53

**Long Jump:** M40 1 T.Wall 5.39 M45 B.Hendrie 4.62 M55 1 P.Duckers 5.38 CBP, 2 C.Green 4.92, 3 G.Jephcott 4.72, 4 B.Taylor 4.70, 5 B.Charles 4.11 M60 1 T.Crocker 4.68 CBP, 2 D.Brown 3.7, 3 J.Elliott 3.51 M65 1 W.Morrow 3.29, 2 T.Wyer 2.34 M75 A.Lovett 3.29 W45 C.Lyon-Green 3.86 W55 J.Charles 3.63 W75 M.Wixey 2.21

**Discus:** M40 1 G.Fullwood 29.69, 2 T.Wall 29.43 M45 1 J.Edwards 35.35 CBP, 2 R.Stevenson 29.07, 3 R.Lambourn 28.09 M50 1 M.Taylor 31.89, 2 B.Abdy 31.19, 3 P.Owen 29.19, 4 G.Blythe 25.62, 5 I.Taylor 24.38 M60 1 B.Sumner 30.86, 2 P.Clarke 25.24, 3 J.Elliott 19.28 M65 1 N.Carter 23.57, 2 T.Wyer 22.99, 3 W.Morrow 16.13, 4 G.Roberts 15.23 M75 J.Gers 25.76 W40 S.Hall 23.11 W45 C.Smith 20.44 W50 1 E.Mee 19.09 W65 1 R.Chimes 34.34 CBP, 2 A.Moore 17.35 W75 M.Wixey 9.78

**Shot:** M40 1 T.Wall 10.33 M45 1 J.Edwards 11.90, 2 R.Stevenson 11.56 M50 1 B.Abdy 11.34, 2 T.Taylor 9.33, 3 G.Blythe 7.87 M60 1 B.Sumner 9.56, 2 D.Rafferty 9.39, 3 P.Clarke 7.66 M65 1 N.Carter 6.55, 2 W.Morrow 5.39, 3 G.Roberts 5.45 M75 J.Gers 8.85 W40 S.Hall 8.51 W45 1 C.Smith 6.46, 2 V.Kirkland 6.17 W50 1 M.Lewington 9.01, 2 E.Mee 7.83, 3 C.Rafferty 7.06 W55 J.Charles 7.12 W65 1 R.Chimes 10.60 CBP, 2 A.Moore 7.25

**Triple Jump:** M40 1 T.Wall 11.53 M50 B.Abdy 10.41 M55 1 G.Jephcott 10.31, 2 C.Green 10.12, 3 B.Taylor 9.95 M60 T.Crocker 10.02 W45 C.Lyon-Green 7.63 CBP W55 J.Charles 8.12 W75 M.Wixey 5.00 CBP

## SCVAC T & F Champs, Hendon, 14/6/98

**100m:** M40 1 K.Ansah 11.3 [CBP], 2 K.McConaghy 12.2, 3 R.Davies 12.7 M45 1 W.Franklyn 12.0, 2 J.Allen 12.2, 3 R.Watkins 12.5, 4 D.Legg 12.6, 5 A.Perry 13.7 M50 1 R.Austin 13.2, 2 R.Bruck 13.9 M60 1 B.Gray 13.2, 2 C.Field 13.7 M65 1 A.Blackman 15.3, 2 D.McKenna [g] 15.7 M75 L.Williams 16.2 W35 J.McConaghy 13.5 W40 E.Roe 13.6 W45 1 E.McMahon 14.3, 2 A.Le Piongeon 14.9 W50 1 V.Parsons 14.2, 2 R.Champion 16.0 W55 U.Gore 15.2 W65 B.Green 18.5 [CBP]

**200m:** M40 1 K.Ansah 22.8 [CBP], 2 D.Elderfield 22.7, 3 R.Davies 26.7 M45 1 W.Franklyn 24.3, 2 J.Allen 25.2, 3 R.Watkins 25.8 M50 M.Martineau 29.4 M55 1 R.Austin 26.4, 2 R.Bruck 29.2 M60 C.Field 27.6 M65 A.Blackman 27.5 M70 L.Williams 34.5 W40 1 E.Roe 28.0, 2 H.Connell [g] 32.4 W50 1 V.Parsons 29.7, 2 R.Champion 33.3 W55 U.Gore 32.2 W65 B.Green 40.2

**400m:** M40 1 C.O'Neill 55.2, 2 D.Foley 56.2, 3 J.Ratcliff 57.9 M45 1 W.Franklyn 54.1, 2 P.Browne 55.2, 3 D.Legg 58.2, 4 E.Davies 62.8 M55 R.Austin 64.0 M60 1 C.Field 64.6, 2 A.Kimber 66.4 W35 L.Felton 61.5 W40 1 E.Roe 64.6, 2 E.Batty 71.6

**800m:** M40 1 D.Foley 2:02.7, 2 C.O'Neill 2:03.4, 3 P.Stiles 2:05.4, 4 P.Green 2:13.2 M45 1 P.Browne 2:03.9 [CBP], 2 G.Chalstrey 2:15.4 M60 1 A.Kimber 2:31.4, 2 R.Stewart 2:38.2 M70 M.McDowell 3:28.6 W35 L.Felton 2:22.6 W40 1 C.Russell 2:36.2, 2 E.Batty 2:40.5, 3 J.Searle 2:49.1 W45 C.Jousiffe 2:51.1 W60 P.Jones 3:01.8 [CBP]

**1500m:** M40 1 M.Burnstead 4:27.5, 2 M.Clarke 4:48.6 M60 1 A.Kimber 5:10.7, 2 B.Fozard 5:12.9, 3 J.Stewart 5:26.9 M65 M.Stanton 7:10.8 M70 1 R.Hale 6:24.1, 2 M.McDowell 6:40.7 M75 G.Cunning 7:12.8 M80 L.Jones 7:15.9 [CBP] W40 C.Russell 5:25.9 W50 1 J.Kimber 6:14.1, 2 R.Webb 6:19.9 W55 B.Cushen 6:46.6 W60 P.Jones 6:00.3 [CBP]

**5000m:** M40 1 A.Catton 16:32.1 M45 M.Clarke 17:00.8 M50 1 M.Duff 18:24.2, 2 A.Vink 18:34.8, 3 W.Crawley 19:08, 4 R.Purchase 20:19.1 M60 1 B.Fozard 19:19.4, 2 M.Rosbrook 19:47.8, 3 R.Heywood 20:07.2, 4 B.Shave 21:59.6 M65 1 J.Cleaverly 20:13.6, 2 D.Porter 23:20.2 M70 1 S.Charlton 20:09.8 [CBP], 2 R.Hale 22:28.3, 3 D.Thompson 24:57.1, 4 R.Franklin 25:20.3, 5 M.McDowell 25:43.7 M75 G.Cunning 27:16.4 M80 L.Jones 26:12.14 [CBP] W45 M.Statham 19:08.9 W50 R.Webb 23:27.3 W60 P.Jones 22:16.8 [CBP]

**80m H:** M75 L.Williams 17.7 [BR] W50 P.Oakes 15.4

**100m H:** M55 eq J.J.Howe & B.Ferguson 16.4 [CBP] M60 1 J.Day 19.3, 2 C.Sheppard 20.4

**110m H:** M40 R.Honey 15.00 [CBP] M45 Y.Ballard 19.4

**400m H:** M40 D.Talbot 65.00 M50 M.Martineau 86.8 W40 H.Connell [g] 83.00

**3000m S/C:** M40 1 S.Allen 10:20.2 [CBP], 2 S.Nice 10:32.8 M45 M.Burnstead 10:47.6 M50 A.Steadman 11:47.4

**3000m Walk:** M45 R.Deacon 18:32.4 M60 1 B.Gore 14:59.2 [CBP], 2 R.Powell 16:27.7 M70 1 D.Thompson 19:17.5, 2 H.Jaquet 21:17.0 M75 J.Fitzgerald 20:09.5 [CBP] W50 1 R.Alexander 20:09.3 [CBP] W70 A.Von Bismark 21:25.5 [CBP]

**HJ:** M40 1 R.Smith 1.70, 2 T.Wade 1.70, 3 D.Talbot 1.60 M45 Y.Ballard 1.50 M55 1 J.Howe 1.38, 2 B.Harlick 1.35 M60 J.Day 1.34 [CBP] W35 J.McConaghy 1.45 W50 1 P.Oakes 1.23, 2 M.Coombe 1.07

**PV:** M45 A.Ross 2.90 M50 M.Joyce 2.60 M55 1 J.Howe 3.10, 2 B.Harlick 3.00 M60 1 J.Day 2.80, 2 P.Ferguson 2.40 M65 A.Woods 2.30 W40 C.James 2.20 [CBP]

**TJ:** M40 1 T.Wade 12.51, 2 S.Smith 11.37, 3 M.Ruff 11.59 M59 1 J.Vernon 11.29, 2 A.Cheers 10.71, 3 R.Ruff 9.51 M60 1 J.Day 8.22, 2 C.Sheppard 8.15 M70 A.Kalirai 8.34 [CBP]

**LJ:** M40 1 T.Wade 6.18, 2 S.Smith 5.72, 3 R.Davies 5.00 M45 1

L.Thompson 5.54, 2 A.Cheers 4.67, 3 M.Martineau 4.40 M55 B.Ruff 5.17, 2 R.Bruck 4.45 M60 1 C.Martin 4.46, 2 C.Sheppard 4.47 M70 A.Kalirai 4.07 [CBP] W45 1 E.McMahon 4.53 [CBP], 2 A.Le Piongeon 3.95, 3 V.Thompson 3.32 W50 P.Oakes 4.09

**SP:** M40 1 M.Small 13.45 [CBP], 2 M.Fenton 13.14 M45 A.Richards 11.18 M50 N.Griffin 15.08 [BR], 2 P.Cramp 11.33, 3 R.Richards 11.13, 4 B.Hatch [g] 10.69, 5 G.Leak 10.11, 6 J.Gilbert 10.11 M55 J.Howe 9.21 M60 1 W.Whyte 11.83, 2 E.Kitney 11.45, 3 B.Strange 10.89, 4 C.Brand 10.44, 5 J.Dunsford 7.28, 6 N.Fullick 7.16 M65 1 A.Woods 9.19, 2 J.Hanus 8.91, 3 I.Briggs 8.37, 4 P.McEvoy 7.90 W35 1 W.Dunsford 10.93, 2 J.Earle 8.47 W40 K.Weaving 6.51 W45 1 Thompson 9.75 W50 1 B.Terry 9.71, 2 A.Smith 7.86, 3 R.Alexander 7.00, 4 S.Gladman 6.39 W55 1 C.Derrien 7.25, 2 Y.Miles 6.43 W60 1 E.Williams 11.49 [CBP], 2 B.Dunsford 6.24 W65 M.Grant-Stevens 6.47

**DT:** M40 1 M.Small 42.88 M45 A.Richards 38.14 M50 N.Griffin 51.49 [BR], 2 R.Richards 38.75, 3 G.Leak 37.79, 4 P.Cramp 36.62, 5 B.Hatch [g] 35.71, 6 J.Gilbert 30.45 M55 1 B.Harlick 31.81, 2 J.Howe 31.42 M60 1 E.Kitney 36.91, 2 C.Brand 36.72, 3 M.Strange 33.89, 4 N.Fullick 24.41 M65 1 I.Briggs 34.57, 2 P.McEvoy 34.06, 3 J.Hanus 33.70 W35 1 W.Dunsford 30.03, 2 J.Earle 28.89 W50 1 B.Terry 22.72, 2 R.Champion 22.45 W60 1 W.Williams 30.45 [CBP], 2 B.Dunsford 14.78

**HT:** M40 1 M.Fenton 60.14 [CBP] M50 1 C.Mellhuish 52.62, 2 J.Gilbert 35.04, 3 G.Leak 32.26 M55 1 J.Kee 42.29, 2 E.Figueroa 34.58 M60 1 D.Bayes 41.43, 2 T.NcNab 37.03, 3 M.Strange 31.71, 4 N.Fullick 24.82 M65 1 P.Barber 41.09 [BR], 2 P.McEvoy 34.28, 3 J.Hanus 33.06, 4 D.Birch 27.08 W35 1 J.Earle 41.65 [CBP], 2 W.Dunsford 32.02 W40 K.Weaving 24.81 W45 1 Thompson 24.99 W50 L.Shrobes 39.16 [CBP], 2 B.Terry 30.37, 3 A.Smith 30.10, 4 S.Gladman 24.51 W55 1 C.Derrien 31.44, 2 Y.Miles 23.04, 3 B.Keepax 19.73 W60 1 E.Williams 41.58 [BR], 2 B.Dunsford 14.78

**JT:** M40 1 M.Small 41.77 M45 1 R.Green 46.66, 2 M.Bennet 46.06, 3 A.Richards 35.54 M50 1 M.Turner 45.73, 2 W.Hudson 33.93, 3 B.Harlick 31.54 M60 C.Brand 37.66 M65 M.Stanton 22.32 W45 1 V.Thompson 25.96 W50 1 R.Champion 24.15, 2 M.Coombe 21.86, 3 P.Oakes 21.72 W55 B.Keepax 17.21 W60 1 E.Williams 33.35 [BR]

**NVAC T & F Champs, Wavertree, 31/5/98**

**100m:** M40 1 P.Hickey 12.1, 2 R.Buckley 12.5, 3 M.Phillips 12.6, 4 I.Broadhurst 12.7, 5 R.Hall 12.7, 6 M.Crosley 13.1, 7 D.Bannister 14.0 M45 1 M.Singleton 12.9, 2 B.Cowley 13.2, 3 K.Gibson 13.4, 4 G.White 13.5 M50 1 J.Ellis 13.1, 2 A.McCleod 13.5, 3 J.Creaby 13.7 M55 1 B.Shearsmith 12.8, 2 A.Connor 13.3, 3 J.Newcombe 13.6, 4 T.Ridsdale 15.0 M60 1 T.Bowman 13.8, 2 P.Matthews 14.0, 3 J.Wilson 15.5 M65 1 J.Crehan 16.7, 2 L.Testrow 18.2 M70 J.Moran 16.6 M75 B.Parkinson 18.4 W35 1 H.Barker 14.0, 2 W.Harrison 14.4, 3 C.Danby 14.6, 4 J.Hicken 14.7 W40 1 V.Rutter 15.0, 2 E.Lloyd 16.8 W45 1 J.Ricketts 16.5, 2 V.Ricketts 18.6 W50 1 M.Williams 15.3

**200m:** M40 1 P.Hickey 23.7, 2 I.Broadhurst 24.3, 3 M.Phillips 24.7, 4 R.Hall 25.6, 5 R.McAvoy 25.9, 6 M.Crosley 26.1, 7 S.Boardman 26.8 M45 1 M.Singleton 25.0, 2 B.Cowley 25.7, 3 K.Gibson 26.7, 4 G.White 27.2 M50 1 J.Ellis 26.8, 2 J.Creaby 28.0 M55 1 A.Connor 25.4, 2 B.Shearsmith 25.8, 3 J.Newcombe 27.1, 4 T.Ridsdale 31.3



# RESULTS • RESULTS • RESULTS •

157.4 D. Bannister 4.48 M45 1 K. Gibson 4.99, 2 B. Gardt 4.88 M50  
Mcleod 4.66, 2 B. Chapman 4.41, 3 J. Ellis 4.20 M55 1  
Newcombe 4.87, 2 J. Parish 4.75 M60 1 M. Schofield 3.83, 2  
D. Utley 3.60 M65 1 J. Crehan 3.78, 2 L. Testrow 3.09 W35 1  
W. Laing 4.99 CBP, 2 H. Barker 4.53 W40 E. Lloyd 2.98 W50  
M. Williams 3.51

**Triple Jump:** M40 1 R. Morley 10.99, 2 B. Broadhurst 10.64,  
D. Murrie [g] 10.99 M50 1 B. Chapman 8.95 M65 1 J. Crehan 8.54, 2  
L. Testrow 6.93

**High Jump:** M40 D. Gardt 1.30 M45 1 B. Gardt 1.45, J. Soloms [g]  
1.45 M50 1 R. Groves 1.56, 2 A. McLeod 1.35, 3 B. Chapman 1.25  
M60 C. Shafio 1.53 CBP W35 W. Laing 1.53 W40 V. Rutter 1.40 W50  
M. Williams 1.25 CBP

**Pole Vault:** M40 1 B. Jones 4.00 W40 J. Cunnane 2.90  
**Hammer:** M40 1 L. Lindley 25.83 M45 1 M. Bousfield 39.57, 2  
W. Renshaw 31.29, J. Soloms [g] 37.77 M50 M. Hazlewood 37.99, 2  
J. How 35.25, 2 D. Webster 25.88, 4 G. Woods 22.99 M55 J. Smith  
25.47 M65 J. Watson 38.65 M70 1 E. Cheetham 29.37 CBP, 2  
A. Novak 23.85 W35 1 D. Smith 41.18, 2 K. Heweth 24.24 W40 1  
J. Cunnane 42.20 CBP, 2 E. Lloyd 20.16 W45 1 V. Ricketts 18.69, 2  
A. Foster 18.11

**Shot:** M40 1 L. Lindley 12.87, 2 D. Gardt 10.32, 3 R. McAvoy 8.39  
M45 1 M. Bousfield 12.31, 2 W. Renshaw 11.31, 3 C. Senior 8.15,  
J. Soloms [g] 9.51 M50 1 M. Hazlewood 11.67, 2 J. How 10.37, 3  
D. Webster 9.41, 4 G. Woods 9.39 M55 J. Smith 10.00 M60 D. Utley  
7.85 M65 1 J. Watson 10.70, 2 W. Mann 8.76, 3 L. Testrow 7.77 M70  
E. Cheetham 9.09 CBP W35 1 W. Laing 10.23, 2 H. Barker 10.12, 3  
M. Laing 9.90, 4 K. Heweth 9.30

**Discus:** M40 1 D. Abernethy 42.30, 2 L. Lindley 32.35, 3 R. McAvoy  
26.50, 4 D. Gardt 24.93 M45 1 W. Renshaw 35.24, 2 M. Bousfield  
33.22, 3 B. Gardt 31.66, 4 C. Senior 23.86, J. Soloms [g] 28.32 M50 1  
Hazlewood 36.90, 2 D. Webster 35.96, 3 G. Woods 26.89 M55 1  
Smith 31.48, 2 J. Smith 28.32 M60 D. Utley 24.84 M65 1 J. Watson  
38.26 CBP, 2 W. Mann 26.24 M70 1 E. Cheetham 21.86, 2 A. Novak  
16.85 W35 K. Heweth 32.23 W40 1 J. Cunnane 33.29 CBP, 2 E. Lloyd  
17.45 W45 J. Ricketts 16.92, 2 V. Ricketts 15.46, 3 A. Foster 15.43  
**Javelin:** M40 1 D. Abernethy 42.30, 2 R. McAvoy 37.20, 3 D. Gardt  
30.45 M45 M. Bousfield 36.42, 2 B. Gardt 35.46, 3 W. Renshaw 24.33,  
J. Soloms [g] 42.88 M50 1 M. Hazlewood 43.48, 2 D. Webster 31.94,  
3 G. Woods 25.78, 4 B. Chapman 24.83 M55 G. Smith 37.67 M60 1  
J. Betney 24.25, 2 D. Utley 23.87 M65 1 M. Morrell 37.28 CBP, 2  
W. Mann 28.19, 3 J. Watson 25.14, 4 L. Testrow 16.28 M70 1  
E. Cheetham 18.10, 2 A. Novak 10.87 W35 1 W. Laing 30.70, 2  
M. Laing 29.70 W40 J. Cunnane 26.27 CBP

## EVACT & F Champs, Peterborough, 7/6/98

**100m:** M40 1 D. Martindale 12.6, 2 R. Wharton 13.0, 3 A. Newell 13.6  
M45 1 J. Moore 13.3, 2 B. Bostock 13.3, 3 T. Woollard 15.0 M50  
D. Hobbs 14.1, 2 N. Moss 14.7, 3 A. Simmonds 14.8 M55 1 J. Jeckells  
13.6, 2 W. Oliver 14.2, 3 J. Seed 15.3 M65 1 P. Parmenter 18.1, M75 1  
J. Swinton 19.5, 2 G. Keeling 20.0 M80 C. Fahey 19.1 W35 1 W. Stone  
13.3 CBP, 2 D. Timmis 14.0, 3 M. Strachan 14.0 W40 J. Stafford 16.5  
W45 1 J. Lawson 13.9 CBP, 2 H. Wells 15.4, 3 H. Vogel 15.6, 4  
M. Waters 15.9, 5 J. Grainger 16.7, 6 L. Blackmore 17.2, 7 S. Woollard  
18.4 W60 1 D. Fraser 16.8, 2 M. Holmes 17.5 W70 J. Oden 17.0 CBP  
**200m:** M40 1 D. Martindale 25.8, 2 G. Green 26.4, 3 J. Barwick 27.8, 4  
A. Newell 28.2 M45 1 J. Moore 26.2, 2 B. Bostock 26.3, 3  
C. Hopkinson 27.0, 4 P. Monk 29.5, 5 P. Branton 29.9 M50 1 D. Hobbs  
27.9, 2 N. Moss 29.3, 3 A. Simmonds 30.0 M55 1 J. Jeckells 27.6, 2  
W. Oliver 29.6 M60 L. Cooke 33.3 M65 P. Parmenter 37.1 M75  
G. Keeling 41.0 M80 C. Fahey 41.5 W35 1 W. Stone 27.4 CBP, 2  
G. Clarke 27.7, 3 M. Strachan 28.6 W40 1 J. Chandler 30.0, 2  
J. Stafford 33.6 W45 1 H. Vogel 31.9, 2 H. Wells 32.1, 3 M. Waters 34.1,  
4 J. Grainger 35.4, 5 S. Woollard 39.5 W50 M. Hocknell 32.0 W55 1  
J. Morris 35.7 CBP W60 1 D. Fraser 34.1, 2 M. Holmes 36.4

**400m:** M40 1 R. Wharton 56.0, 2 G. Green 56.9, 3 A. Palmer 65.1  
M45 1 J. Moore 57.6, 2 B. Bostock 59.0, 3 I. Reeve 59.2, 4 P. Branton  
68.7 M50 1 E. Bradshaw 62.4, 2 C. Lawn 62.7, 3 N. Moss 70.6 M55 1  
J. Jeckells 61.2, 2 R. Duffield 75.8, 3 B. Mules 79.2 M70 F. Copping  
93.8 CBP M75 G. Keeling 89.8 W35 W. Stone 60.6, 2 D. Timmis 63.3,  
3 P. Chammis 66.9 W40 1 J. Chandler 64.0, 2 S. Harris 67.7, 3  
J. Stafford 74.9 W45 1 H. Wells 75.8, 2 J. Grainger 77.4, 3 L. Blackmore  
82.0 W55 1 J. Homsey 76.3 CBP, 2 S. Gandee 84.4 W60 1 D. Fraser  
74.9 CBP, 2 M. Holmes 78.9

**800m:** M40 1 S. Bunn 2:12.6, 2 R. Lands 2:19.1, 3 M. Schofield 2:26.8  
M45 1 A. Gibson 2:14.3, 2 P. Branton 2:19.0, 3 M. E. Bradshaw 2:16.8  
M55 1 A. Andrews 2:34.2, 2 M. Parkins 2:41.0, 3 R. Duffield 2:52.5  
M65 A. Hughes 3:13.3 M70 F. Copping 3:36.5 M75 G. Oxbury  
6:39.5 CBP W35 1 P. Chammis 2:35.4, 2 A. Milnes 2:43.5 W40 1  
S. Harris 2:36.7, 2 L. Hogan 2:37.6 W55 1 J. Homsey 2:57.6 CBP, 2  
E. Osborne 3:03.3 W60 U. Duckworth 3:18.3 CBP

**1500m:** M40 1 K. McLellan 4:30.7, 2 R. Lands 4:37.3, 3 P. Firth  
5:05.8 M45 1 P. Branton 5:29.6, 2 J. Fricke 5:30.8 M50 M. Hughes 5:08.5  
M55 A. Andrews 4:51.1, 2 M. Parkins 5:23.2, 3 R. Duffield 5:24.7, 4  
B. Mules 6:16.6 M65 A. Hughes 6:40.7 M70 1 G. Phipps 5:44.9 CBP,  
2 F. Copping 7:09.4 M75 G. Keeling 6:49.2 W35 J. Lazenby 5:07.1  
W45 J. Potts 5:49.2 W55 1 J. Homsey 5:56.6 CBP, 2 E. Osborne 6:01.4,  
3 S. Gandee 6:13.5 W60 U. Duckworth 6:23.4 CBP

**5000m:** M40 1 N. Arnold 15:54.3, 2 K. McLellan 15:55.4, 3 D. Hurren  
16:31.5, 4 B. Drabner 17:29.3, 5 G. Potts 17:59.6, 6 P. Firth 19:17.7  
M45 1 S. Owen 16:34.5 CBP, 2 R. Church 16:37.1, 3 J. P. Atkinson  
19:20.9 M50 J. Hush 19:15.3 M55 1 P. Andrews 17:33.1, 2 R. Duffield  
19:51.6, 3 B. Cameron 20:39.6 M60 C. Weight 20:45.8 M70 G. Phipps  
20:24.2 CBP M75 G. Keeling 25:07.7 CBP W35 A. Milnes 20:21.9  
W40 P. Wheeler 19:49.3 W45 C. Potts 22:41.4 W50 J. Norris 20:49.8  
CBP W60 U. Duckworth 23:48.7 CBP

**10m S/C:** M40 1 S. Bunn 10:51.7 M45 L. Forster 11:21.7  
**10m Walk:** M45 P. Branton 18:41.3 M50 D. Hobbs 15:00.6 CBP  
M55 A. O'Rawe 17:35.8 W40 C. Reader 17:03.3 W45 M. Anness  
22:05.0

**110m H:** M40 1 T. James 16.3 CBP, 2 J. Maylor 16.8, 3 J. Barwick 21.1  
M45 1 T. Wells 16.3 CBP, 2 I. Reeve 19.9  
**100m H:** M50 N. Moss 20.9 M60 A. Mackay 19.2 W35 G. Clarke

15.3 CBP W45 J. Grainger 18.2  
**300m H:** W50 M. Hocknell 54.8 CBP  
**400m H:** M40 T. James 60.4, 2 J. Maylor 64.3, 3 J. Barwick 75.1 M45  
T. Wells 61.3 CBP M50 N. Moss 79.5 W35 S. Page 71.5 W40 1  
J. Chandler 73.1 CBP, 2 J. Stafford 85.6

**High Jump:** M40 J. Maylor 1.68 CBP M55 J. Gandee 1.41 M60  
A. Mackay 1.35 W35 1 G. Clarke 1.38 CBP, 2 M. Strachan 1.35  
Long Jump: M40 1 J. Maylor 5.53, 2 J. Gibson 5.28, 3 K. McClymont  
5.19, 4 D. Martindale 5.01, A. Newell 4.24 M45 1 C. Hopkinson 5.23,  
2 J. Fricke 5.15, 3 J. Reeve 4.85, 4 P. Branton 4.04 M50 1 D. Hobbs  
4.79, 2 A. Simmonds 4.34 M55 1 J. Gandee 4.58, 2 J. Jeckells 4.64  
W35 1 D. Timmis 4.90, 2 M. Strachan 4.80, 3 G. Clarke 4.77 W45 1  
S. Woollard 3.50, 2 L. Blackmore 3.48 W60 D. Fraser 3.56 CBP  
**Triple Jump:** M40 1 J. Maylor 11.47, 2 J. Gibson 11.20, 3  
K. McClymont 10.95 M45 T. Woollard 8.45 M50 D. Hobbs 9.80 M55  
J. Gandee 9.95 W35 G. Clarke 9.13 W40 J. Stafford 8.10 W55  
S. Gandee 5.76 W60 M. Holmes 7.19

**Pole Vault:** M40 1 K. McClymont & P. Monk 2.80 M45 J. Mottram  
2.80 M50 N. Moss 2.20 M60 A. Mackay 3.00 M65 T. Coleman 1.60  
W35 G. Clarke 1.60 W40 J. Stafford 2.00

**Shot:** M40 1 M. Fenton 13.07 CBP, 2 M. Carr 29.64 M45 1  
A. Richards 11.23, 2 R. Lambour 9.30 M50 1 P. Greenall 12.31, 2  
G. Leak 10.19, 3 J. Gilbert 10.07 M60 A. Mackay 11.58 CBP, 2  
L. Cooke 9.16 M65 1 J. Hanus 9.14, 2 T. Coleman 8.52, 3 P. Tomney  
8.40 M70 R. Glover 7.20 M80 C. Fahey 6.43 CBP W35 1 C. Coombs  
6.71 W40 B. Russell 8.68 W45 1 R. Martin 7.81, 2 J. Clarke 6.92, 3  
M. Anness 6.47 W60 1 A. Martin 8.66, 2 D. Fraser 7.08 W70 J. Oden  
8.71 CBP

**Discus:** M40 1 M. Fenton 38.49, 2 M. Carr 29.64, 3 J. Maylor 28.48  
M45 1 A. Richards 11.23, 2 R. Lambour 9.30 M50 1 P. Greenall  
12.31, 2 G. Leak 10.19, 3 J. Gilbert 10.07 M60 A. Mackay 35.16, 2  
G. Ratcliffe 32.98 M65 1 P. Tomney 36.11 CBP, 2 J. Hanus 34.36, 3  
T. Coleman 22.78 M70 R. Glover 16.26 M75 J. Swinton 17.49 M80  
C. Fahey 16.89 W35 J. Coombs 22.77 W40 1 B. Russell 26.00, 2  
S. Harris 19.13 W45 1 R. Martin 25.88, 2 J. Clarke 19.28, 3 M. Anness  
18.69, 4 S. Woollard 14.40 W60 A. Martin 17.54  
**Javelin:** M40 R. Wharton 36.07 M45 1 A. Richards 38.95, 2  
J. Atkinson 36.97, 3 J. Fricke 34.96, 4 R. Lambour 27.80, 5  
T. Woollard 26.36 M60 G. Ratcliffe 39.10 M65 T. Coleman 22.29 W40  
C. Morris 30.35 CBP W45 1 H. Vogel 32.30 CBP, 2 J. Clarke 17.74, 3  
M. Anness 14.39 W60 M. Holmes 19.28

**Hammer:** M40 1 M. Fenton 57.84 CBP, 2 M. Carr 30.82 M45  
T. Lambour 37.18 CBP M50 1 P. Greenall 37.26 CBP, 2 J. Gilbert  
36.12, 3 G. Leak 34.36 M55 W. Oliver 20.71 M65 1 J. Hanus 33.85  
CBP, 2 T. Coleman 19.46 M75 J. Swinton 18.59 CBP W35 1 C. Coombs  
21.94 W40 1 B. Russell 32.23, 2 J. Oliver 19.20 W45 1 J. Clarke 36.68  
CBP, 2 R. Martin 26.30, 3 M. Anness 23.55 W55 S. Gandee 10.86 W70  
J. Oden 24.61 CBP

## BVAF 10k Track Walk Champs, Solihull, 9/8/98

1 D. Turner M40 49:55.3, 2 S. Maidment M45 57:16.7, 3 S. Worth M40  
57:28, 2 G. Jones M55 57:58.8, 5 A. Gilmour M55 58:59.5, 6 T. Collins  
M55 59:06.6, 7 R. Powell M60 59:28.6, 8 D. Hurst M50 1:00:11.9,  
9 D. Mace M60 1:00:48, 10 J. King W45 1:02:07, 11 E. Horwill M65  
1:03:10, 12 W. Rawlins M60 1:03:16, 13 D. Withers M70 1:03:35, 14  
P. Burns M65 1:04:38, 15 D. Fall M50 1:06:09, 16 S. Bull W45 1:06:19,  
17 P. Horwill W60 1:07:51, 18 G. Burns W60 1:12:33, 19 G. Mitchell  
M80 1:13:09, 20 A. Von Bismark W70 1:16:30

## NIAC 10k Track Champs, Solihull, 9/8/98

1 A. Weatherill M40 33:26.3, 2 V. Rollason M45 34:04.4, 3 M. Flowers  
M40 34:14.3, 4 S. Davies M40 34:48.9, 5 M. Smedley M30 36:27.3, 6  
J. Millward M45 37:42.5, 7 J. Heywood M30 38:28.9, 8 C. Kilkey  
W45 38:28.9, 9 H. Clayton M60 38:48.2, 10 G. Oliver M65 41:04.4, 11  
M. Deacy W45 43:42.6, 12 G. Phipps M70 43:48.6, 13 R. Smith M65  
46:53.0, 14 J. Powell M60 49:58.7, 15 J. Keilly M75 1:01:19

## NIAC 10K Road Champs, Chelmsley, 21/6/98

M40 1 D. Hollins 32:15, 2 A. Maddocks 33:39, 3 G. Wilson 33:48, 4  
M. Flowers 33:50, 5 R. Stanier 34:11, 6 S. Davies 34:23, 7 T. Potter  
34:28, 8 C. Goudie 41:51, 9 S. Jeavons 43:58 M45 1 M. Hager 32:40, 2  
K. Swadkins 34:01, 3 V. Rollason 34:17, 4 B. Lloyd 35:16, 5 A. Grice  
36:32, 6 W. Waite 40:08, 7 R. Pollard 40:52, 8 J. Haden 42:20, 9  
B. Durman 49:39 M50 1 P. Smith 35:50, 2 R. Kelly 35:47, 3 M. Parker  
36:01, 4 A. Smedley 36:09, 5 J. Hassall 37:09, 6 M. Robinson 37:39, 7  
J. Taylor 38:31, 8 J. Matthews 40:12, 9 B. Cull 40:24, 10 P. Cross 41:31,  
11 P. Davies 41:43, 12 C. Groom 1:21:57 M55 1 R. Clayton 39:47, 2  
B. Clifton 40:22, 3 M. Knight 43:28, 4 M. Stanley 50:04 M60 1  
R. Cashmore 40:30, 2 M. Buttery 41:28, 3 J. Toy 45:12, 4 K. Williams  
45:58, 5 W. Rawlins 52:02, 6 N. Slide 52:27, 7 P. Pay 54:34 M65 1  
J. Blackburn 43:45, 2 G. Chapman 48:26, G. Vance 58:42 M70  
E. Nichols 53:15 M75 J. Keilly 1:01:36 M80 E. Warwick 1:21:57 W35  
S. Lappage 39:43 W40 1 S. Owen 45:08, 2 M. Jeavons 49:32 W45 1  
C. Kilkey 37:58, 2 J. Walker 42:16, 3 M. McFady 44:19, 4  
D. Robinson 53:07 W50 J. Witterick 43:57 W55 J. Beckford 47:24  
W65 B. Chapman 1:13:24

**Teams:** M40 Tipton H 24 M50 1 Derby & C 18, 2 Birchfield 39  
M60 B. B. & Redd 14

## NIAC 10k Road Champs, Clitheroe, 5/7/98

M40 1 R. Brewster 32:23, 2 A. Rowe 32:24, 3 G. Mason 34:12, 4  
P. Willacy 34:17, 5 W. Fox 34:40, 6 D. Carrington 34:55, 7 G. Cunliffe  
35:22, 8 T. Ryan 35:30, 9 A. Harris 35:39, 10 C. Ireland 35:48, 11  
E. Wilson 36:05, 12 A. Chipman 38:35, 13 M. Blackledge 39:12, 14  
S. Longden 39:34, 15 J. Burtenshaw 40:24, 16 S. Bailey 45:50, 17  
K. Dillon 48:05 M45 1 K. Moss 33:27, 2 A. Hudson 35:38, 3 N. Price  
36:00, 4 C. Wood 36:50, 5 M. Pope 37:22, 6 F. Royle 38:16, 7  
M. Hopkins 39:28, 8 F. McCormack 39:29, 9 P. Thompson 43:16 M50  
1 B. Hilton 33:57, 2 T. Heske 35:26, 3 B. Pickersgill 36:59, 4 K. Horri  
38:10, 5 D. Walton 38:32, 6 A. Waite 39:49, 7 T. Lythe 39:54, 8  
S. Cottle 41:24, 9 B. Sullivan 41:30, 10 D. George 42:19, 11  
M. Buckley 44:02, 12 D. Howe 44:17 M55 1 F. Gibbs 35:52, 2 J. Burton  
38:58, 3 R. Ashby 42:13, 4 H. Henshaw 45:54, 5 D. Wilcock 49:58, 6  
J. Wilson 51:42 M60 1 L. V. Hodkinson 40:04, 2 B. Adams 40:21, 3  
T. Child 40:28, 4 R. Jones 40:36, 5 B. Gane 40:43, 6 W. Atkinson 40:59,

7 P. Brennan 41:37, 8 P. Dibb 41:40, 9 P. Spratt 41:43, 10 D. Scott 43:01,  
11 K. Briggs 44:01, 12 D. George 48:34, 13 D. Pellatt 58:30 M65 1  
B. Rogers 42:47, 2 B. McGuigan 45:10, 3 A. Walsham 45:36, 4 C. Fryer  
46:28, 5 J. Betney 47:27, 6 B. Bister 58:06, 7 B. Chatterton 77:55 M70 1  
B. Heeler 48:04, 2 A. Fearnley 55:01, M75 L. Heald 66:12 M80  
B. Mathieson 67:26 W35 J. Cordingley 44:33, 2 J. Cunliffe 55:38 W40  
D. Wakefield 40:26, 2 S. Crehan 42:05 W45 1 K. Howe 40:52, 2  
S. Charman 45:59, 3 K. Maycock 47:08 W50 M. Trickey 47:48 W60  
K. Garnett 48:34

**Teams:** M40 1 Sale 57, 2 Barrow 66, 3 Blackburn 72 M45  
Altrincham 86 M50 Sale 195 M60 1 Wirral 119, 2 NVAC 134, 3  
Salford 149, 4 L. Longwood 156, 5 Sale 157 W35 & Sale 8

## NEVACT & F Champs, Monkton, 27/6/98

**100m:** M40 1 E. Smart 12.1, 2 J. Angus 12.5, 3 A. Readman 12.6, 4  
P. Davey 12.7, 5 S. Todder 12.8, 6 C. Meite 12.9, 7 R. Partridge 13.4, 8  
T. Cornwell 13.8 M45 1 M. O'Donovan 13.1, 2 R. McClymont 13.8, 3  
J. Loughran 14.4 M50 1 H. Lyall 13.2, 2 T. Page 13.5, 3 T. Taylor 13.8, 4  
R. Jurowski 14.2 M55 1 R. Smout 13.4, 2 A. Steede 13.4, 3 J. Scott  
13.7, 4 S. Walton 13.8 M60 R. Sykes 15.7 M65 1 A. Clinton 14.1, 2  
B. Parnaby 14.1, 3 T. Radcliffe 18.0 M70 T. Henderson 18.5 M80  
L. Watson 19.8 W35 1 A. Beadnell 13.2 CBP, 2 M. Mackay 14.8, 3  
P. Gardiner 14.9, 4 K. Partridge 15.8, 5 F. Pullen 17.8, A. Brown [g]  
13.4, A. Kelly [g] 14.4 W40 G. Dobson 15.3 W55 M. Avery 18.2  
**200m:** M40 1 E. Smart 24.3, 2 J. Angus 24.9, 3 A. Readman 25.5, 4  
S. Forsyth 26.0 M45 M. O'Donovan 26.5, 2 J. Tinkler 28.0, 3  
R. McClymont 28.2, 4 J. Loughran 30.1 M50 1 H. Lyall 26.5, 2 T. Page  
27.1, 3 T. Taylor 27.7 M55 1 J. Steede 26.2, 2 S. Walton 26.5, 3  
A. Steede 27.0, 4 R. Smout 27.0, 5 J. Scott 27.6 M60 R. Checkley 30.9  
M65 1 A. Clinton 29.4, 2 B. Parnaby 29.6 M80 L. Watson 42.6 W35 1  
A. Beadnell 26.4 CBP, 2 J. Tinkler 30.8, 3 K. Partridge 32.8, 4 F. Pullen  
35.9, A. Brown [g] 27.0, A. Kelly [g] 29.9 W40 H. Flynn 37.3 W55  
M. Avery 36.8

**400m:** M40 1 S. Todder 54.4, 2 A. Readman 55.8, 3 S. Forsyth 56.4, 4  
R. Partridge 59.4 M45 1 J. Loughran 58.9, 2 J. Tinkler 61.3 M50 1  
A. Eland 58.9, 2 T. Attey 62.6, 3 R. Jurowski 63.3 M55 1 S. Walton  
60.3, 2 R. Smout 60.6 M60 R. Checkley 65.7 M65 1 B. Parnaby 65.3  
CBP, 2 A. Clinton 70.0 M80 L. Watson 1:42.5 CBP W35 1 J. Tinkler  
66.9, 2 E. Page 71.5, A. Brown [g] 58.7, A. Kelly [g] 66.4 W55  
M. Avery 84.3

**800m:** M40 1 P. Saint 2:06.7, 2 P. Garraghan 2:08.0, 3 T. Watson 2:14.1  
M45 1 K. Archer 2:08.1, 2 A. Jenkins 2:11.1, 3 B. Forbes 2:12.0, 4  
R. O'Donnell 2:20.5 M50 1 A. Eland 2:19.8, 2 J. Warburton 2:21.6, 3  
C. Jones 2:22.0, 4 A. White 2:22.6, 5 T. Attey 2:22.6 M55 R. Harvey  
2:49.5 M60 1 I. Barnes 2:29.0, 2 K. Sutton 2:32.0, 3 R. Checkley  
2:43.8, 4 J. Prudham 2:46.7 M70 R. Pearl 2:49.3 CBP M75 1  
J. Johnston 3:46.9 CBP, 2 E. Joynson 3:55.0 W35 1 C. Bowman 2:33.8,  
2 B. Wood 2:35.1, 3 K. Partridge 2:45.5, 4 F. Pullen 3:08.1 W40 1  
G. Dobson 2:41.1, 2 H. Flynn 3:05.9

**1500m:** M40 1 A. Deny 4:15.9, 2 P. Garraghan 4:18.1 M45 1  
K. Archer 4:16.6, 2 A. Jenkins 4:25.8, 3 D. Alexander 4:35.1, 4  
S. Winter 4:43.7 M50 1 J. Bell 4:28.9 CBP, 2 H. Matthews 4:36.1, 3  
S. White 4:44.8, 4 J. Warburton 4:56.7 M55 R. Harvey 4:29.3 M60 1  
I. Barnes 4:55.8, 2 R. Checkley 5:24.0, 3 J. Prudham 5:27.7 M65  
H. Craven 6:48.8 M70 R. Pearl 5:38.1 CBP M75 1 J. Johnston 7:17.4  
CBP, 2 E. Joynson 7:28.0 W35 1 L. Marr 5:22.0, 2 J. Thompson 6:04.3  
W40 1 M. Dodsworth 5:27.0, 2 H. Flynn 6:07.2 M5 M. Blanden  
5:35.1 W55 H. Simpson 6:26.1

**3000m:** M65 1 E. Appleby 11:55.4, 2 T. Radcliffe 12:52.8 M70  
R. Pearl 11:55.0 CBP M75 1 J. Johnston 14:46.7, 2 E. Joynson 17:30.4  
W35 1 L. Marr 10:34.7, 2 H. Robinson 10:37.1, 3 J. Thompson 12:40.0  
W40 L. Jones 13:31.5 W55 H. Simpson 12:53.1

**5000m:** M40 1 A. Dent 15:51.3, 2 G. Crowe 16:11.3 M45 1 A. Jenkins  
15:56.9, 2 D. Pearson 16:58.0, 3 P. Rees 17:13.0 M50 1 J. Bell 16:1



# **FIXTURES**

## **INTERNATIONAL**

- 21 Nov British & Irish Vets CC Internat'l, St Asaph, Rhyl+ open events, see p. 9  
 17 Jan Malta Veterans Track & Field, see ad p.4  
 18 Jan Malta Veterans 10k Road Race, see ad p.4  
 4-7 Mar European Indoors Championships, Malmo, Sweden, see page 3.  
 26-27 European Road Champs, Bruges, Road Runs 10k & HalfMarathon  
 June Road Walks 30k, men: 20k women, entry details see page 5  
 29 July- WAVA Track & Field Champs, Gateshead, details & entry forms, see p.1  
 8 Aug

## **NATIONAL**

- 27 Sept BVAf Inter Area Track and Field, Victoria Park, Warrington  
 27 Sept BVAf Inter Area 10K Challenge, Comberton, Cambridge, noon  
 11 Oct BVAf 5K Road Champs, Sutton Park, Birmingham, entry form V/A 46  
 Mar BVAf Cross Country Champs, not yet finalised, details next issue

## **NORTH**

- 4 Oct NVAC monthly run, 7 miles round Edgworth Reservoir. noon, Barlow Institute, Edgworth  
 11 Oct NVAC 10K Track Champs, Market Street, Bury. 1pm. See Newsletter  
 25 Oct NVAC 10 mile Road Champs, Padgate College, Warrington. noon.  
 8 Nov NVAC Monthly Run. 10K Cross Country, Mercer Street Baths, Gt Harwood. Lancs. noon.  
 29 Nov NVAC Monthly Run. 10K Road & Paths and AGM. Leigh H HQ. Holden Road, Leigh. Lancs. noon.  
 13 Dec NVAC Christmas Handicap. 10K Road, East Cheshire H. HQ. Richmond Street, Ashton-u-Lyne. noon. Entries to Peter Dibb, 34 Jackroyd Lane, Newsome, Huddersfield HD4 6RD. Tel

## **NORTH EAST**

- 20 Sept Tynedale 10  
 4 Oct Great North Run  
 10 Oct Houghton 10K, Houghton  
 11 Oct Norham 10K, Norham  
 17 Oct NE Harrier League Cross Country,  
 25 Oct Gateshead Cross Country, Gateshead Stadium  
 25 Oct Keilder Run, Keilder  
 8 Nov Heaton Memorial Race, Wallsend

## **MIDLAND**

- 13 Dec MVAC Christmas Handicap Cross Country, Solihull, Info from John Walker, 111 Cooks Lane, Kingshurst Birmingham, B37 6NU  
 10 Jan MVAC Cross Country Championships, Tamworth

## **EAST**

- 27 Sept Inter Area/Club 10K Road Race Challenge, Comberton, Cambridge 12 noon. Open to BVAf Vets. Contact Peter Chaplin  
 25 Oct EVAC Cross Country Relays 3-4 K. The Park, Arrington, Cambs. 40-49 4 per team, 50+ & women 3 per team. £4 & £3 team. Entries P.Chaplin  
 24 Jan EVAC Cross Country Championships, Arrington, Cambs.

## **SOUTH**

- 27 Sept Cambridge 10 vet team event. VAC teams all 5 year age groups.  
 27 Sept SCVAC 10 miles Champs & Grand Prix. 10am. The Stragglers Cabbage Patch 10 at Twickenham. Entries £6 + £1 for SCVAC Champs & G.P.  
 3 Oct VAC 4.8M Cross Country. 3pm HQ Belgrave Hall, Denmark Rd.  
 4 Oct Reading Track and Field Open Vets Meeting, Palmers Park, Reading 11am. see advert and entry form V/A 46  
 10 Oct Surrey Co. Vets CC Champs, Richmond Park  
 17 Oct Surrey C.C. League VAC teams. men Epsom, women Tilford.  
 18 Oct SCVAC Marathon Champs & Grand Prix. 10am Inc. in Abingdon Marathon. Entries £7 (chqs. payable to Abingdon Marathon) to PO Box 106, Abingdon OX14 1UZ, cd 4/10  
 31 Oct VAC Camp Rd, Ladies Trophy, over 35, 2.5M 2.30pm; men's 4.8M 3.00pm  
 13 Nov SCVAC AGM, Francis House, London SW1. 7pm  
 14 Nov Surrey Women's League, Brockwell park 3pm  
 14 Nov South of Thames CC (VAC 1st Claim Teams Eligible)  
 21 Nov Surrey men's league, Richmond Park, 3pm  
 28 Nov VAC Cross Country Camp Road, provisional 3pm  
 19 Dec VAC Cross Country camp Road, provisional 2.30pm please note  
 9 Jan Surrey women's league, Richmond park, 3pm  
 16 Jan Surrey Men's League, Lloyd park, Croydon, 3pm  
 23 Jan VAC Cross Country Championships, Camp Road, 3pm [provisional]

## **SOUTH WEST**

- 27 Sept SWVAC G.P. Series No. 14, Marlborough Charity Meeting 10k, 10.30  
 11 Oct SWVAC G.P. Series No.15, Half Marathon Champs, Solent, Hants, 11.00  
 17 Oct SWVAC G.P. Series No 16, 10 mile Champs, Weymouth, 2.00pm  
 25 Oct SWVAC G.P. Series No.17, 10K Road, Denmead, Portsmouth, 10.30  
 22 Nov SWVAC G.P. Series No.18, 10 mile Road, Bournemouth, 11.00  
 6 Dec SWVAC G.P. Series No. 19, 5 mile Road Champs, Portsmouth, 1.30pm  
 13 Dec SWVAC G.P. Series No. 20, 10K Xmas Cracker, 11.00, Weston-S-Mare

## **SCOTTISH**

- 4 Oct SVHC Half Marathon Championship Handicap, Ayr  
 18 Oct AGM and 1 mile Time Trial, Coatbridge  
 22 Nov Rolls Race, Bent Park, Hamilton  
 12 Dec SVHC Christmas Handicap, Lochinch

## **ISLE OF MAN**

- 4 Oct Celtic Marine TT Relay, TT Grandstand, Douglas, 8am. Teams of 4 walkers compete over TT course  
 1 Nov IOMVAC Syd Quirk Half Mara, Janet's Corner, Castletown, 10.15am  
 21 Nov IOMVAC Veterans Autumn Handicap, NSC, 10.30am  
 6 Dec Peel to Douglas Walk, Peel Town Hall, Open Walk 9.30am  
 26 Dec Millenium Relay, Skye Hill, Ramsey, handicap event, 9.30am Teams of four  
 24 Jan Island Cross Country Championships, Ramsey, 2pm

Right: Terry Hudson, NEVAC Hammer Throw record holder [39.21m]



## **BVAf Pentathlon, Solihull, August 9, 1998**

Twenty two male and five female competitors gathered at Solihull under heavy cloud conditions which soon cleared to give a very hot and sticky day. Unfortunately, the day was short lived for John Gibson [M40], who had travelled all the way from Bournemouth only to spike a big toe when achieving 4.71m in the first round of the long jump, the first event, and had to retire. We wish John a speedy recovery.

The outstanding performance of the day was a M60 British Record by John Ross with a score of 3823 points. John belied his 60 years with a fine run of 5:11.5 in the 1500 metres, with M65 Maurice Morrell only just behind in 5:12.4. Maurice missed the M65 record by a mere 35 points. In the women's competition, Carole Filer bettered improved her own W40 British Record to 3783 points and Jackie Charles set an inaugural British mark of 3174 points in the W55 group.

## **Maurice Priestman**

		LJ	JT	200m	DT	1500m	Pts
M40	T.Wall	5.64	36.67	25.00	31.75	4:45.0	3096
	B.Slaughter	5.62	37.02	25.10	31.09	4:49.7	3049
	R.McAvoy	5.23	39.46	25.90	26.43	5:02.0	2774
	J.Mayor	5.58	30.50	25.30	24.45	4:56.8	2755
	R.Ashford	5.43	33.55	25.4	20.47	4:57.6	2662
M45	S.Nelson	4.86	28.51	25.7	20.86	4:40.6	2831
	J.Kennedy	5.05	37.05	27.1	23.07	5:22.5	2731
	B.Gardt	4.81	36.08	27.8	31.12	5:57.2	2597
M50	D.Cowley	5.12	31.78	26.3	27.10	5:28.9	3057
	R.Abdy	5.44	34.67	26.4	27.83	6:49.4	2861
M55	B.Loten	4.71	35.25	28.5	30.37	5:49.9	3194
	B.Charles	4.39	28.52	28.9	20.29	6:08.0	2680
M60	D.Vaughan	4.34	26.79	30.3	25.00	5:45.7	2651
	J.Ross	4.50	45.04	26.7	29.41	5:11.5	3823 BR
	J.Evans	3.65	21.01	31.6	20.50	6:05.1	2259
M65	J.Elliott	3.43	15.98	31.7	17.63	6:00.7	2014
	M.Morrell	3.91	34.84	32.4	22.70	5:12.4	3308
	T.Wyer	2.85	22.52	35.7	23.59	5:55.8	2254
M70	J.Quantrell	3.36	13.90	31.8	17.51	6:24.6	2482
	G.Leete	3.92	19.70	33.1	18.45	8:50.3	2270
		Hurdles	HJ	SP	LJ	800m	Pts
W35	W.Laing	15.40	1.53	10.50	5.01	2:34.3	3585
	G.Clarke	16.24	1.35	6.78	4.72	2:58.6	2668
W40	C.Filer	12.40	1.50	6.79	5.27	2:37.3	3783 BR
W45	E.McMahon	15.00	1.29	7.30	4.59	2:49.7	3277
W55	J.Charles	16.20	1.20	7.45	3.87	3:38.7	3174 BR

BR denotes British Record



## Girvan Wins Marathon Title

The 15th Team Strides Lochaber Marathon, which this year incorporated the BVAF Marathon Championships, the first time this event had been held in Scotland, was held on the very hot Sunday of May 17. A record entry of 321 runners, from as far afield as Cornwall and Ireland, helped to make the event an outstanding success. Ninety three of the finishers were taking part in the BVAF Championship.

On an out and back course, Arthur Johns [Poole] set the pace, with a group not far behind. Shortly after the halfway stage M40 Fraser Clyne, from Metro Aberdeen, took the lead and held it until the 22 miles mark, when M40 Mike Girvan came through strongly and went on to win in 2:30.46. Clyne finished in silver medal spot three minutes behind and bronze went to Nicol Maltman [Teviotdale], a further three minutes back. Johns finished in fourth position overall and won the M45 gold in 2:37.46 from Jackie Stewart [Aberdeen] and Johns' clubmate Robert Stow.

Below: Fraser Clyne, silver medallist



Duggie MacDonald

A group of the top performers at the NEVAC Track & Field Championships



Les Routledge

Cambuslang's David Fairweather won the Lochaber M50 group for the third year in a row, just holding off Clydesdale's Robert Young by 21 seconds. Mike Barnes travelled from Bolton to take the M55 medal in 3:04.32, almost 20 minutes ahead of Aberdeen's Ronnie Wilson. Alistair Shaw [Giffnock] had a good run in M60 group to win by seven minutes from Anthony Cotton, who in turn was less than a minute in front of John Gormley [Bellahouston]. Gold medals in the older age groups went to Robert McFall [Edinburgh] in M65 and Alex Graham, a regular at Lochaber, in the M70's.

Clare Pauzers, W35, made the long trip from Herne Hill in London worthwhile by winning the women's BVAF Championship and finishing 14th position in the race in 2:50.12. This was two minutes inside the old record and was a magnificent achievement on such a hot day. Twenty seven minutes behind her the W35 silver was won by Maggie Creber [Edinburgh W.M.]. Another who made the long trip worthwhile was Yvonne Thomas from Dulwich, who took W45 gold in 3:26.36, four minutes in front of Aberdeen's Margaret Stafford. The second woman to finish in the Championship was Kate Todd [Kilmarnock] in 3:16.23, winning the W45 group from Carol Cadger [Perth]. The older women's gold medals went to W50 Sheila Beauchop [Kinross], W55 Kath Wingate [Widnes] and W60 Aileen Noble [Vets AC].

The men's team event was won by Metro Aberdeen, with Poole in second and Springburn third. The women's was won by Portobello AC, an excellent result by a small club.

As we have a beautiful, scenic route, a flat course and a well organised event we have received many letters of thanks from runners. Lochaber AC hope it will not be too long before we host another BVAF Championship.

**Duggie MacDonald**

**Results page 18**



Duggie MacDonald

**Clare Pauzers, easy women's race winner**

### National Veterans 20km Walk

The annual event was held in conjunction with the Birchfield Open 20km Walk in Sutton Park, Birmingham, on August 1. Times were generally down on last year, for no apparent reason. The weather turned out to be ideal for a distance event.

#### Denis Withers

**M40** 1 S.Utley 107:47, 2 S.Allwood 108:33, 3 C.Bradley 111:17, 4 K.Worth 124:45 **M45** 1 B.Adams 105:15, 2 G.Honnicks 117:41, 3 S.Tyas 122:28 **M50** 1 G.Tranter 114:53, 2 J.Paddick 115:24, 3 B.Armstrong 116:34, 4 T.Morris 123:43, 5 A.Brooks 127:39, 6 D.Fall 136:44 **M55** 1 E.Shillabeer 108:57, 2 B.Dobson 118:15, 3 T.Collins 123:09, 4 G.Jones 124:21, 5 J.Sturgess 133:28, 6 R.Deacon 137:05 **M60** B.Gore 111:56, 2 C.Young 116:50, 3 R.Powell 121:07, 4 D.Mace 130:58, 5 W.Rawlins 130:59 **M65** 1 E.Horwill 127:40, 2 K.Livermore 133:50, 3 P.Burns 134:00 **M70** 1 D.Withers 132:15, 2 K.Abolins 135:44 **W45** 1 M.Wallen 118:14, 2 S.Bull 141:13 **W50** 1 A.Lewis 120:47 **W55** 1 P.Ficken 139:12 **W60** 1 G.Burns 151:36 **W70** 1 A.Von Bismark 160:39

### Help! Videos Wanted

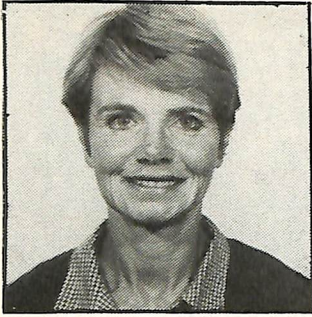
Ron Bell would like to borrow any of the following official videos. If any reader can help Ron, please contact him at his address on page 6.

1993 WAVA Track Champs [Miyazaki]  
1995 WAVA Track Champs [Buffalo]  
1996 WAVA Road Champs [Brugge]

### The Winning Edge

Alastair Aitken's book, The Winning Edge, [reviewed in the last issue of V/A], is now readily available from bookshops. The book's 238 pages cover a wide spectrum of interviews and chat from about 130 athletics stars of today and yesterday. The book is an ideal Christmas present and can be ordered from any bookshop by quoting the number ISBN 1 85776 320 3. It is priced at £10.50.





**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.*

*Martin Leathly retires next year at the age of 60 and, with more time to train, is keen to reverse his slump in form at 10K over the past five years. His best times during that period are: age 55 40.40; age 56 40.55; age 57 41.50; age 58 42.30; age 59 43.44. Can he arrest the decline with more training?*

The question on performance decline and age is an interesting one and is at the forefront of many a veteran runner's mind. How much of a decline is alterable by training is a problem still facing the scientists.

As we age, there are minor structural changes to the heart that affect performance levels: The heart muscle itself loses some of its cells. The elasticity of the cardiac muscle changes, making it less efficient at pumping blood around the body. All this contributes to a decline in heart rate with age at around 1% per year. This means that the heart is less able to take on oxygen and deliver it to the working muscles. Furthermore, the body is less able to redirect bloodflow from the organs to the legs and, also, the muscles are less able to actually use the oxygen once delivered. So far, this makes gloomy reading!

The 10K is primarily aerobic dependent. The aerobic capacity is determined by measuring VO<sub>2</sub>max. This is the term used to mean the maximum amount of oxygen that can be taken up and delivered to the working muscle in a certain time. Training does not actually prevent VO<sub>2</sub>max loss, but it can change the rate of decline. The highest VO<sub>2</sub>max at any age is in those athletes who maintain an intense training schedule and who compete regularly. Studies have shown that whereas maximum heart rate inevitably declines at 10% per decade, loss of VO<sub>2</sub>max could be reduced

to 2-5% in trained runners.

In actual terms, a veteran athlete must still expect, reluctantly, a rate of decline of speed due to the natural decline in maximum heart rate. If all other environmental and training factors remain the same, he can expect to be 30 seconds slower over 10K, and two minutes slower over a half marathon after five years. The more a veteran competes, however, the more often his VO<sub>2</sub>max is taxed, thus slowing down any probable decline.

How, therefore, can we slow down the decline? The answer is training! It has been shown that mileage is not as important as intensity. As long as a training programme includes high intensity workouts, VO<sub>2</sub>max decline is retarded.

Also, there is a significant relationship between muscle mass and VO<sub>2</sub>max. The magnitude of muscle mass has a large bearing on the ability to take on oxygen and use it to supply the legs. Therefore, maintenance of muscle mass should form a serious component of any veteran athlete's training programme.

Muscle mass declines with age, primarily through non use. Unfortunately, women, who tend to have less muscle mass than men, show a greater decline in levels of VO<sub>2</sub>max, but this can be partly preventable by including resistance work

## Obituary: Myra Garrett

Myra Garrett, who died in August after a long cancer illness, was a member of Bexley Borough AC and Veterans AC.

She twice represented England in the British and Irish International Veterans Cross Country Championships, at Sunderland in 1994 when she finished 2nd over 50, and at Malahide, Ireland in 1995 when she finished 3rd over 50. She ran for VAC in the Surrey Cross Country League.

On the road, her successes in the 1995 BVA 10 Miles at Oswestry and the BVA Half Marathon at Lake Vyrnwy, with event age group best times, were the high points of a running career which did not start until she was 42. Her athleticism shone on the track, where she set her lifetime bests at the age of 52. She competed for Bexley Borough in the Southern League, and also for Bromley Vets and SCVAC.

All of her family were keen sports persons, as she told us for a VAC Newsletter profile. Husband Tony was a Kent 800m champion in 1959. Her son Steve won international status at 400m, her daughter Sarah swam in internationals, and younger son Paul swam and played football.

Myra was a lovely person and will be missed by her many friends in Vets AC. We extend our deepest sympathy to her husband Tony and family.

**Jeremy Hemming & Bob Belmore**

within a conditioning programme.

Training also increases the enzymes that produce the chemical reactions providing aerobic energy. Training increases blood supply and capillary density, both contributing to the facilitation of the supply of oxygen and its utilisation by the working muscles.

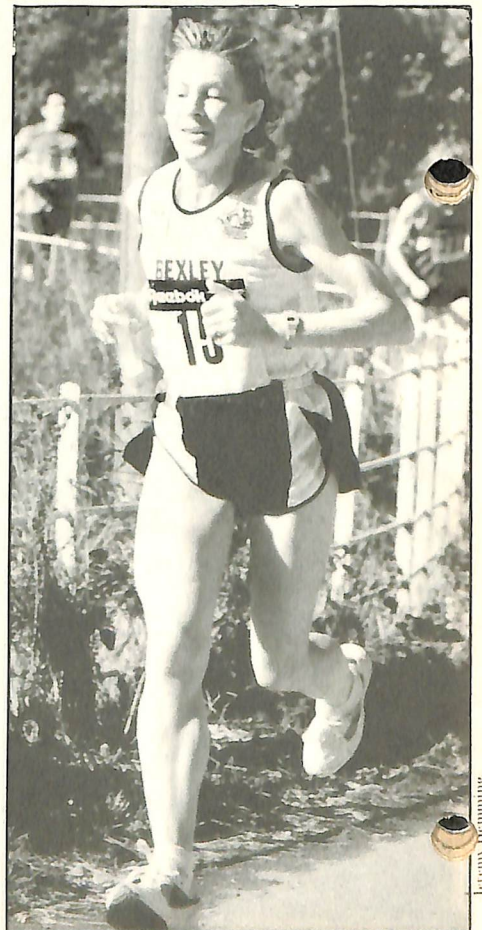
Mileage is needed to maintain enzyme levels and blood volume, but the intensity factor is considered to be equally or even more important. Sports injuries in veterans are more frequently over-use related than of an acute origin. Increased mileage contributes far more to those injuries than an increase in intensity.

Finally, on analysis, your 10K times over the past few years mimic almost exactly what the age graded tables show. These tables enable the veteran athlete to compare his time with those of a younger athlete and, although perhaps lacking in scientific justification, still provide an interesting way to track progress over the years, and enable the athlete to set goals in future years.

Age graded, your times would be: 35:06, 34:57, 35:24, 35:39, and 35:59.

Realistically, therefore, if you would like to achieve your best time again, your aim should be for 42:30 aged 60, and 42:56 aged 61.

**Below: Myra Garrett, winning the W50 class in the BVA Half Marathon, 1995**



Jeremy Hemming



# Surge Ahead With Fartlek

by Derek Parry

Senior Coach

An effective, yet frequently neglected form of athletics training is fartlek. The word is Swedish for "speed play" and it was first used to describe the fast and slow session performed in huge Scandinavian forests fifty years ago by such middle distance heroes as Gundar Haegg and Arne Anderson. Fartlek was the invention of a famous Swedish coach named Gosta Holmer. He recommended workouts of approximately one hour, during which the athlete ran at different paces according to his mood and inclination.

Done in a pleasant outdoor setting, especially along woodland paths and lakeside tracks, fartlek provided mental stimulation and relaxed the muscles. Gundar Haegg, for example, had a 5000m circuit at Volodalen. It wended its way through a forest, then alongside a river and lake to a series of hills of varying degrees of severity. There was a boggy tract of marshland about 600m in length, through which the athlete ran to develop leg strength and the capacity to maintain a good technique and relaxation while tired. The hills were tackled at a fast tempo. Then there was a flat stretch of land which was divided into two separate 1000m sections. The first 1000m was run at a brisk, steady pace, while the second 1000m involved a series of 60m sprints with short recovery jogs. This type of work-out was particularly demanding in winter when the wet ground was covered with snow and slush.

About 15 years later the "back to nature" ideals of Swedish fartlek were transplanted to the sunny beaches of Australia, where legendary coach Percy Cerutti established a training camp at Portsea. Herb Elliott, the 1500m gold medallist of the 1960 Rome Olympics, was the most famous of the Cerutti's many pupils. A typical day at Portsea involved a 5am rise, followed by a 30 minute run along the beach and a swim in the ocean.

It was then back to camp for a breakfast of uncooked food and cereal, before returning to the shore to tackle a one mile course over a sandy, bushy track with two arduous hill climbs. After lunch came weight training. Elliott could press 125 lbs above his head and raise 200lbs in the ordinary dead lift. Afterwards, the athletes returned to the sand dunes, where they ran up an 80 feet high sandhill with a one in five gradient between 40 to 50 times.

Both Holmer and Cerutti demonstrated how athletes can use their own local environments to achieve their sporting ambitions. Their's is a lesson worth remembering when we feel inclined to blame lack of facilities for our failures. Done in natural surroundings and over different terrains, it induces feelings of exhilaration, well being, fitness, and confi-

dence. Athletes become less aware of fatigue.

Fartlek encourages athletes to be more self reliant as there is usually not a coach to supervise sessions. It takes the athlete away from the regimented atmosphere of timed runs, measured distances, set recoveries, and fixed numbers of repetitions. Other advantages are that it reduces the monotony of track training and road running: It can be done anywhere, and it provides a sound endurance base for all events, as well as a considerable amount of anaerobic running. [Note: anaerobic running refers to fast quality efforts performed at a relatively high heart rate. It must be applied very judiciously.]

British Milers Club founder Frank Horwill named some leading fartlek programmes after leading physiologists. For example, Gerschler fartlek was inspired by the coach who guided the great Rudolf Harbig to the world 800m record just before the second world war. Gerschler believed that stamina was best improved by running repetitions of 200m five or six seconds slower than one's best time for the distance, then allowing the heart beat to return to 120 beats per minute before starting the next repetition. The training stimulus occurs during the recovery phase when the heart expands and is filled with oxygen rich blood which it then delivers to the working muscles. A typical Gerschler fartlek session would be 20 to 30 x 30 seconds fast striding, with recovery jogs of between 30 and 90 seconds between each effort. Veteran athletes must remember, however, that their maximum heart rates decrease with age, so they must NOT attempt to equal the rates attained by younger athletes.

Saltin fartlek is named after the physiologist who claimed that oxygen uptake was best improved by running for three minutes at 90% of one's personal best time for 1500m. Thus a typical Saltin fartlek session would be 4 to 8 x 3 minutes fast striding with 3 minutes recovery jog. This form of training develops the body's ability to transmit oxygen through the air sacs of the lungs into the blood and then to the working muscles.

Watson fartlek gets its name from another physiologist who believed that repetitions of 4 minutes at 90% of the athlete's 1500m personal best time was more efficient in improving maximum oxygen uptake [VO<sub>2</sub> max]. A typical Watson fartlek session is 3 to 6 x 4 minutes fast striding with 4 minutes recovery jog.

Astrand fartlek is based on the research of the physiologist of that name, who said that running repetitions of between 60 and 75 seconds at, or slightly faster than, 800m pace, developed the alkaline buffers which combat lactic acid accumulation in the two

lap. Between 4 and 8 repetitions with between 2 and 4 minute recovery constitute a hard session of this demanding form of training.

Harry Wilson, coach to Steve Ovett, was an advocate of fartlek. One of his favourite workouts was 1500m striding on a flat surface + 600m jog + 400m fast with 200m jog [twice], + 600m fast with 200m jog + 1000m fast with 400m jog + 4 x 80m uphill sprints with jog down recovery, + 1500m steady on an undulating surface with 600m jog + 3 x 100m sprint with 100m jog between each sprint, + 600m fast with 200m jog + 400m fast striding up a shallow hill with 400m jog downhill recovery, + 1000m fast striding on a level surface with 1200m cool down.

It is interesting to compare a Harry Wilson schedule with one prescribed half a century earlier by Gosta Holmer. There are noticeable similarities in the following Holmer programme: easy warm up run of 10-15 minutes + hard, steady run of 1000 to 2000m, + brisk walk for 5 minutes + easy running interspersed with 50 to 60m sprints until tired, + easy running with 4 x 100 to 200m fast strides, + fast 150 to 200m uphill run + 60 seconds full effort run.

These sessions are not as complicated as they look. Every athlete and coach can devise work outs to accommodate individual requirements and training situations. For example, athletes can use trees, bushes and benches in public parks as starting and finishing points for alternate fast and slow running phases. On urban streets, lamp posts, telegraph poles and telephone booths can be the markers.

Pyramid or up and down the clock sessions can be initiated. A typical session is 1 minute fast followed by 1 minute jog, + 2 minutes fast with 2 minutes jog, + 3 minutes fast with 3 minutes jog, x 3 sets, concluding with 3 x 30 seconds fast with 90 seconds jog.

Specific race situations involving pace injection can be simulated with sessions such as 3 x 10 x 30 seconds at 1500m/3000m pace with 30 seconds jogging between repetitions and 3 minutes between sets. During the 3 minute interval, the athlete jogs for 1 minute, then performs 3 x 10 seconds sprint from a 10 seconds ease down/ build up, before jogging for another minute. Another variation is to conclude a session with a form of sprint fartlek to accustom the athlete to running hard when tired at the end of a race. For example, a workout of 6 x 3 minutes fast with 3 minutes jog recovery could be ended with 10 secs sprint / 10 secs ease + 10 secs fast / 15 secs ease + 20 secs fast.

The list of options is infinite and the benefits are immense. Fartlek makes training seem like play - speed play.



# GB VETS KIT

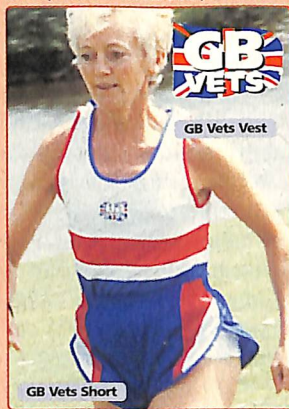
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## BVAF TRACK AND FIELD CHAMPIONSHIPS SOUVENIR SHIRTS



Unfortunately due to the extreme weather conditions and we were not able to set up our stall on day 2 of the championships and many entrants were not able to obtain souvenirs:

**T-Shirt** - Sizes M, L, XL, **PRICE £5**  
**Sweatshirt** - Sizes S, M, L, XL, **PRICE £10**

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