

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 49

The Newspaper of the British Veterans Athletic Federation

Winter 1999

"The" World Championships

This year is the opportunity of a lifetime for BVAF members to take part in the World Championships, as we will be on home territory. This year's event will be the 13th since they were inaugurated in Toronto in 1975, so thirteen is lucky for British veterans, who have always had to travel round the world to compete. At last, we are the host nation!

The World Championships will be the largest track and field meeting ever held in this country and will cover every Olympic event including the marathon, plus others such as cross country and the weight pentathlon. Although we expect over 8,000 competitors, in total we may even pass the 10,000 mark. As the last three championships have been held outside Europe [S.Africa, U.S.A. and Japan], and the 14th one in two years time will be held in Australia, veterans from all over Europe will make this year in Gateshead a must. From further afield, we are already getting a great response, especially from the U.S.A, Canada, Australia and New Zealand, where many have family connections and are taking the opportunity to compete and visit the original home country.

We already have entries from title holders of previous world championships, as well as some well known past Olympians. In the next issue of V/A, which will be published after the entries closing date, I will be able to highlight some of the mouth watering clashes in store which should generate a spate of world records during the nine days of competition. After our very successful performances in last year's European Championships, we should see many of our medal win-

ners on the rostrum again, joined by some of our best athletes who have not previously competed overseas. The Championships, however, are not just about superlative performances by top athletes, thrilling though they may be to watch, but also about taking part in the most magnificent festival of veteran athletics possible.

I quote the words of Baron Coubertin at the 1908 Olympics: "The most important thing is not winning but taking part. The essential thing in life is not conquering but fighting well", may seem a little tarnished in today's athletics scene, but remain apt for veteran athletics, where the majority are competing purely for personal satisfaction and enjoyment. Veterans, in the main, have passed the peak of younger years, but still train hard to perform to the best of their abilities. It is the pushing back of the age barriers in company of like minded people which creates that special camaraderie for which veteran athletics is renowned. A world championship is an extra special event and is an experience not to be missed at whatever level of personal performance. It is not simply for the elite. That is why there are no entry standards. It is open to all, so do not miss out.

The logistics in setting up the administration were daunting, but once Gateshead had been given the strongest vote of confidence at the General Assembly in Buffalo four years ago, the Gateshead Metropolitan Borough Council have shown total commitment to making sure that the organisation will be first class throughout and will make it an event to be proud of. The Local Organising

Committee have been meeting every month to advise and to monitor progress. Recently there was a meeting of over 20 top officials [Chief or Grade 1] to discuss plans. This was the first time that any of them had ever known of such a previous meeting. It is intended to set up several teams, each under senior officials, to cover shifts of morning and afternoon, with the teams taking turns at the different venues. This will involve a total of around 600 officials, plus another 600 volunteers for a range of other duties.

Besides the competition, there are other areas of admin. such as accommodation and transport. WGT Ltd have been retained by Gateshead M.B.C. to handle accommodation. A total of 10,000 bed nights have been retained and most of the hotels nearest to the International Stadium are already booked by foreign teams. Transport is in the hands of an independent coach company, Arriva. They plan to have 35 coaches covering 10 routes from the accommodation centres to Gateshead Stadium and then a permanent shuttle between the three tracks, going both clockwise and anti clockwise. There will also be emergency back up with mini buses.

Plans for catering, entertainment, sight seeing tours etc. are all well in hand. All we need is a big response from British athletes. At the time of writing we already have 500 British entries and, as many leave entries to the last minute, there are many more to come.

Keith M. Whitaker, BVAF Chairman

World Championships Entries

Entries for the World Championships at Gateshead close on April 28, when entries have to be in the hands of the organisers. Prior to that, entries have to be checked, verified and sent to the organisers by the BVAF Entries Co-ordinator. If you have not yet obtained an entry booklet they are available from World Veterans Athletics Championships, P.O. Box 18, Gateshead NE8 1EA.

Entries must be sent to BVAF Entries Co-ordinator, 71, Hillside Crescent, South Harrow, Middlesex HA2 0QU to arrive by April 18. Of the entries received so far only about one third have enclosed proof of date of birth. This is mandatory for all entrants for World or European Championships. If proof of date of birth is not shown with entries, it will cause problems and delays when collecting numbers at the championships, as proof will have to be shown then and competitors may not have it with them. British entrants must include their veteran club and membership number.

Some members are sending incorrect fees, omitting the WAVA registration fee of £10. Entries cannot be accepted without the correct fee. If you want acknowledgement and/or return of copy of birth certificate please enclose a stamped addressed envelope.

BVAF Indoors: M40 400m: Howard Moscrop wins, from Alan Harrison and Mike Coker



Jeremy Hemming

Gateshead Possibilities by Jack Fitzgerald

As the entries for the 11th WAVA Championships do not close until April, it is impossible to estimate which top personalities will take part. At this stage, therefore, one can only guess the likely medallists, or even finalists. Comparisons are always odious so, although the most recent prestigious events, the European Champs in Italy last September and the U.S. Masters at Orono last August, offer some guidelines on European and American form, it must be remembered that many significant competitors were not able to get to either meeting. Also, because of different seasons, antipodean form is unknown. As we know from past performances, the Aussies and the New Zealanders usually make an impact on the World Championships, even though they are out of season.

Some indication of 1998 American form can be assessed by recent annual awards. The U.S. Masters Long Distance Running awards went to 41 year old Ruth Wysoki for performances ranging from one mile in 4:42 to 10 miles in 57:21, and to Bill Rodgers [50] whose best performance was 8k in 26:23. The male T & F award went to 68 year old Jim Stookey whose efforts included a 13.19 100m, a 27.5 200m, 47.96 300m hurdles, 1.40m HJ, 4.89 LJ and 10.24 TJ. Equally versatile was the female winner Leonore McDaniels [71], with world records for 300m hurdles [76.50], HJ [1.21m] and PV [2.10m], plus a 3.47m LJ and 7.17m TJ. The outstanding single performances for 1998 were adjudged to be Larry Stuart's [60] javelin of 65.18m and Lesley Lehane's [35] world record 2000m steeplechase [6:30.83]. It would be nice if all these outstanding athletes could be persuaded to appear at Gateshead, plus the 1984 inaugural Women's Marathon Champion Joan Benoit-Samuelson, who returned to competition in 1998 at 41 as first vet in the New York Marathon.

Our sprint successes in Italy will instill confidence in our fast men, but customary U.S. form cannot be disregarded. Kwadwo Ansah and Steve Peters will, no doubt, take note of Martin Kruee's 11.04 and Bill Collins' 11.15 for the short sprint, and Kevin Morning's 22.32 and Collins' 23.03 [the M45 record holder at 21.86] at 200m. Stan Whitley's 11.38 at the age of 52 is impressive. Both Stookey and our own Charlie Williams will be 69, so will have to look over their shoulders for a top class intruder from the present M60 ranks, while Allan Meddings's chief M70 rival from Orono is Bill Melville, who was quite a bit slower in both disciplines. In the women's sprints, Angela Mullinger's 13.01 in Italy was bettered by Cindy Steenbergens' 12.88 at Orono. Pat Peterson's 16.24 100m is almost as impressive as the evergreen Paula Schneiderhan's new W75 16.20 world record. The latter also ran a sizzling 35.23 200m in Italy.

Our top one lappers Alan Harrison and David Elderfield should note that Ray Blackwell managed 49.15 for 400m at the Masters while Steve Peters and Joe Caines may be alarmed to know that M40 world record holder Rolf Gisler [Switzerland] takes his talent into M45 for Gateshead. John Henson's 54.53 puts him firmly in the M55 frame, particularly as he disposed of European record holder Guido Muller. Andrew Blackman's M65 61.09 in Italy even superceded the great Earl Fee's 61.50 at Orono. On the distaff side, Brunhilde Hoffman is still the outstanding W55 400m runner and will remain in W55 for Gateshead, missing W60 by a few days. W60 record holder Norwegian Ase Nyland at 64.71 definitely

moves up to W65 and the British W55 record holder Jean Hulls [66.36] moves to W60.

As usual, the 800m will be interesting. M40 world record holder Pete Browne moves into M50 to challenge fellow Brit Les Duffy, who won well in Italy, and present M50 record holder Ron Mercelino of Holland. New M55 European record holder Reg Phipps won his speciality event in Italy. Earl Fee, current M65 record holder with 2:14.4, also ran faster at Orono [2:22.50] than Britain's Mike Fox did in Italy [2:24.32]. If all three outstanding M75 runners are present the race should be worth watching. Archie Messenger ran 2:52.65 at Orono, while in Italy Toiva Vikman [Finland] and N.Ireland's Jimmy Todd ran 2:53.13 and 2:54.73 respectively. The outstanding British women middle distance runners will undoubtedly be W50 Pat Gallagher, who always rises to the big occasion, and the recent W55 world record breaker Carolyn Oxtan, not forgetting our other record holders, steeplechaser Tina Colebrook and Toni Borthwick [800m].

The outstanding 5000 and 10000m runners in Italy were Germany's Skinkitz and Portugal's Gonzalez. Their 10000m race was an epic, with the German winning by a stride in 29:49.58. The most notable women are Nicole Leveque [France], who holds both W40 and W45 5000m records with 15:51.7 and 15:55.71, and W.Pohl, who holds W55 and W60 records. Steve James's main M60 opposition will probably be Portugal's Aldegaga, who was runner up to Steve at 5000m and who won the 10000m. Les Presland is a borederline case. I think he just misses out on M60 and will be one of the oldest M55's, but that will not worry Les. Alison Fletcher, W35 winner of the 10000m is expected to compete. Distance runners who were at neither meeting, but who usually perform well at top level include Nigel Gates, Ron Robertson [NZ], M70 Derek Turnbull [NZ], M75's Warren Utes [USA] and John Gilmour [Australia], Jean Van Onselen [Belgium], K Stahl [Sweden], G Mielke [Germany], L.Aquarone [Italy], and our own Elaine Statham and Eleanor Robinson.

In the short hurdles, the best over the two recent championships were Austria's M40 Herbert Kreiner [14.67] and M50 Helmut Huebl [15.20], Britain's Barry Ferguson with a magnificent 15.19 at M55, M60 Charlie Miller [USA] 15.36 and M75 Ed Lukens [USA] 15.50. According to Keith Whitaker, David Hemery has also expressed interest in competing, so we may see him in his first love, the short hurdles.

On recent form, Howard Moscrop's 53.77 in Italy is superior to the Orono winner Ray Blackwell, who only managed 55.49. Bob Stevenson took the European M45 title in 59.02. Bill Cheadle won the US title in 60.60, so both winning times were well short of Muller's record of 55.18, set up as long ago as 1986. Muller won the M55 title in Italy but will be in M60 at Gateshead. His main rival there will be fellow German Walter Holder, whose 300m hurdles win in Italy took 46.65, faster than Miller's 47.10 at Orono. M65 Peter Field was another Briton to win a 300m hurdles [51.43] title in Italy, and he is one of the dwindling number of current competitors who ran in the first World's at Toronto in 1975. Probably the best hurdler, male or female, in Italy was the great Corrie Roovers [Holland]. She won the W60 300m in 57.54 and still holds the W55 and W60 world records and would be a very popular figure at Gateshead.

In the high jump, current world M40 record holder Jim Barrineau [2.11m] would start as favourite, judging by his 1.95m in the Masters. We saw world records in Italy, however. Hana [Czech] set M50 figures of 1.83m, Nevru [Slovakia] cleared 1.48 to claim the M70 record officially, although he has a 1.50m awaiting ratification, and C.Smalbruch [Germany] set a new W60 mark with 1.38m. Britain's Bob Brown had already set an M65 pole vault record back in 1997, so it was no surprise that he won his European gold with 3.40m. The M40 winners at both meetings, Barela [USA] and Sigurdsson [Iceland], cleared 4.60m.

The only long jump record [3.52m] in the Europeans was achieved by the W75 Paula Schneiderhahn, but Britain's popular Carole Filer had a satisfying win. Further up the age scale, regular international jumpers Klimmer [Germany], Joaniquet [Spain], Jarvinen [Finland] and Sobrero [Italy] won well at M60. 65, 70 and 75 respectively. The only US Master to compare with their distances was M75 Ed Lukens. Backlund [Finland] holds the M55 record of 13.85m, set in 1995, so his 12.95m was just another day at the office, but our Sean Power must have been delighted with silver. Edith Graff [Belgium] is another hardy annual in international events and in the W55 class she just beat her great rival Erika Springmann by 9.51 to 9.50m. Inevitably, Smalbruch shaded them both with a W60 9.52.

Ivacic [Yugoslavia], 16.20m, Kivi [Finland], 14.05m, and Eriksson [Finland], 12.91m, all broke world records at M60, 70 and 75 shot put. Britain's Evaun Williams had a narrow but satisfying win over reigning world record holder Kofink of Germany. In America the best performers in this discipline were M45 Shumaker [14.59m], M65 Palmer [13.71m] M70 Gaynor [14.21m] and W40 Carol Finsrud [13.48m].

Britain's Peter Gordon and Neil Griffin were European discus champions at M45 and M50, while Germany's regular internationals Liedtke and Speckens won their M55 and M60 groups. Marianne Hamm broke the W70 record with 25.97m. Although not present at the Europeans, Rosemary Chimes had earlier snatched her W65 world record with 34.34m. However, some of the Masters had done even better, with M50 Tom Fahey throwing 55.39m, M60 Joe Keshmiri 58.43m, M70 Arnie Gaynor 45.31m and Carol Finsrud 41.80m.

In the hammer, M60 Lothe [Norway], 60.22m, and W50 Faldager [Denmark], 51.36m, both broke world records in Italy. Evaun Williams had an easier win at W60, although W65 champion Schaeffer [Germany] exceeded her 40.13m with a 40.25m. Superior marks at Orono were set by M55 Tom Gage [57.22m], M80 Tom McDermot [29.99m, and W35 Marilyn Senz [46.88m].

The only official world javelin record to be broken in Italy was credited to W65 Kaliediene [Lithuania] with 34.49m. Arguably, a better performance was that by Austria's Schonair, 40.52m, close to her 41.28m world record. Noreborn [Sweden] was credited with an M70 world best of 48.91m, but his 49.20m from 1997 had already been recognised. Kowalczyk [Germany] threw a European best with 57.56m. It was unfortunate that Britain's Jo Ogden was unable to go to the Europeans, as her best throw of 28.19m would easily have won gold. However, the most interesting competitors, should they appear at Gateshead, could be Larry

[continued on page 9.]

All Set For Gateshead by Ron Bell

The closing date for entries to the World Veterans Championships draws closer and members should have either already entered, or have their entries ready to post to our entries co-ordinator Barbara Dunsford. To those who are undecided, I would urge them to enter, as, for many, it may well be the only chance they will have to take part in such an event. Never again will it be so near and so cheap to enter. Yes, I use the words "cheap to enter". It certainly is, compared to the next championships, to be held in Brisbane.

I fully accept that the North East of England may not be the first choice holiday destination for many, but be assured that Gateshead Metropolitan Borough Council is doing everything possible to make the championships memorable. To our members who have never experienced a veterans world championship I would say that there is no need to worry about the words World Championships. No athletes will be disgraced by their performances. There are no qualifying standards, so all athletes are good enough, whatever their ability.

The World Veterans Championships is the world's largest track and field event. There will be new experiences and friendships, camaraderie with athletes from overseas and, of course, competition against athletes from all over the world. We anticipate that over 100 countries will be represented and, again, the championships have shown that sport has no political barriers, with enquiries received from war torn Lebanon.

Events will start on July 29th at all three athletic stadia and also the cross country at Chester-Le-Street. All venues will be dressed and equipped to a very high standard, with a tented village proposed for Gateshead Stadium. All three stadia will have supporting

BVAF Indoors [see p.4] Below, Beryl Randle, W70 World record in 3000m Walk. Below, t: Paul Edwards, British M40 shot record



Jeremy Hemming

facilities such as retailing, food outlets and medical provision. Interpreters speaking French, German and Spanish will be on hand to help foreign guests. I am not aware of any one translating from Geordie into English!

For those who fancy a non stadia event the cross country offers a challenge over 10km, with the picturesque Maiden Castle and River Wear as a backdrop. Road walkers will be facilitated at Team Valley with an almost flat 2.5km loop course. Marathoners will have a course that offers tourist attractions, flat course, local heritage and a steep hill at 25 miles. The marathon consists of a fast start from Gateshead Stadium, using part of the famous Great North Run course before dropping down to the riverside. The descent is down the same hill that will be met at the 25 miles mark. From there the course crosses the River Tyne on the "swing bridge" and into Newcastle. Runners will complete a two lap circuit following the Scotswood Road made famous in the Blaydon Races song, the national anthem of the North East. You will find yourself singing it before you leave the championships.

I know from past experience that some of our athletes enjoy a good "knees up". The International Party on August 4th will provide the perfect opportunity. You will have the opportunity to join in the many national dances demonstrated by visiting National teams. Fancy a samba with the Brazilians?

I stated earlier that the North East would not be every one's first choice holiday destination. That may be so, but you will be amazed at some of the magnificent scenery and areas of outstanding natural beauty waiting to be discovered. Market towns, castles, beaches, national parks, heritage centres, roman history and riverside walks are all on the doorstep. Finally, for those who have never experienced Geordie hospitality, there will be the ever popular "host a vet", where visiting athletes from around the world are welcomed into the homes and lives of the local people. Do not be a mug and miss out! A lot of people have worked hard to make these championships memorable and enjoyable for every one. It is waiting for you! **Ron Bell**



Jeremy Hemming

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Great Performances, But Less Exciting

Yet again, a host of great performances in the BVAF Indoor Championships in Birmingham emphasised the continually rising standards of veteran athletics. About 25 individual World and British records were set or equalled. Around 450 competitors entered, one of the highest ever entries, but the no show rate was also very high, with an average of 30% entrants withdrawing. This, no doubt, contributed to the lack of atmosphere compared with previous championships.

One of the stars of the day must have been Howard Moscrop. He equalled the British M40 Record in the first event, the 60m hurdles, with a run of 8.49. Forty minutes later he was lining up for the 800m and, to the surprise of many, in a tight finish beat Tony McDonald into second place in 1:59.6. When did a hurdler last go on to win an 800m? To complete a magnificent treble, Moscrop won the 400m against a top ranked field in one of the best races of the day.



Sean Power, World record 12.33m triple jump

In the sprints, Kevin Burgess had a clear win in the M40 60m and Stephen Peters had snatched an M45 victory over John Browne with a late surge. Records set at 60m were a W50 British record, 8.14, for Helen Godsell and a World best, 9.98, at W70 for Jo Ogden. At 200m, Eric Smart, the runner up in the M40 short sprint, won by a good margin. The most emphatic victory, however, was that by Peters. Going for a British M45 record of 22.82, he finished over one and a half seconds clear of second placed Wal Franklyn in 23.20. Isle of Man runner Alan Connor's close win over John Steede at M50 saw the most exciting 200m finish. Allan Meddings still produces runs that many half his age envy. The 71 year old ran 27.89, which beat the existing World record, but he has a 27.40 awaiting ratification.

At 400m, the M40 race proved to be the best. In the absence of David Elderfield, who had to drop out from his heat when well in the lead, European champion Alan Harrison was the favourite. He was in the lead until

the home straight but Moscrop engaged a higher gear to win by three metres in 52.17 for his third gold of the day. The M45 race was interesting. Favourite Alasdair Ross set a cracking pace and was well clear, but Doug Lucas clawed his way back on the last lap. Ross crossed the line just ahead of Lucas but was disqualified for breaking lanes too early. He did not believe it, but the video proved the decision was correct. Tony Wells crowned a busy day with a M50 win, after setting a 60m hurdles British record and winning the 200m earlier in the day. New vet Helen Daniel, wife of Ray Daniel who finished sixth in the M40 race, ran a cracking 59.77 to win the W35 event. She had already won the 800m in 2:18.7 and looks set to make an impact as a veteran. Dorothy Fraser extended her recent good form with a British record in the W60 400m [75.98].

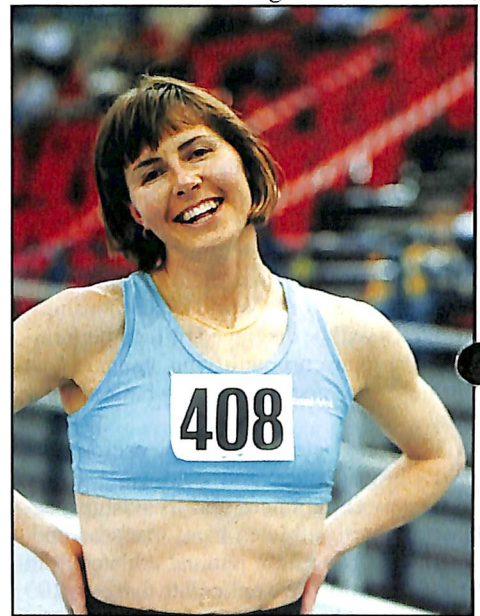
Among top middle distance performances were Dave Wilcock's 800m and 1500m wins. He set off from the gun to out run the opposition and did so. He won the M45 800m by nearly eight seconds in 1:58.9 and won the 1500m, beating Kevin Archer, the winner at Newport last summer, by almost six seconds. John Potts displayed a last lap sprint to take the M50 1500m in impressive style and Reg Phipps had to use his renowned finish to edge in front of his old rival Vic Smith. John Newcombe, NVAC, clocked 2:16.9 and knocked over four seconds off the M60 British record in the 800m, and was only 0.25 of a second off the world best. W40 Debbie Howard and W45 Nancy Hitchmough both did the double in great style.

Bill Foster followed up his good runs in the Europeans in Italy with an outstanding display of even paced front running in the M40 3000m. For a time it looked as though Mike Girvan and Mike Bliss would stay with him, but the pace was relentless and Foster finished well ahead in 8:42.6. Down the age groups, the M50 was a good race as Neil Robson and John Exley battled it out, before Robson put in a sustained last two laps to clinch it. Fred Gibbs recorded a superb 10:29.25 in the M60's. Willie Marshall, [M70], ran 11:17.61, slightly faster than the ratified World best, but almost two seconds slower than his pending record he ran in this event last year at Kelvin Hall. Best of the women distance runners was Cath Wheeler who ran a W35 championship best 10:37.30.

Bob Care was again the fastest walker with 13:27.60, but down the age groups we saw Brian Gore's British M60 record of 15:04.5, Percy Wright's M85 World record of 22:59.10 and Beryl Randle's W70 World record of 18:23.0. Beryl beat the old mark by over two minutes.

The shot put produced no less than seven records, two World and five British. Rosemary Chrimmes improved on the W65 World record held by Jo Ogden, but Ogden, now in W70, put her name back in the book by claiming her second World record of the day. The star of the event was, however, new vet Paul Edwards. He entertained spectators and athletes alike with some great throws and set a

British record of 17.05m, to improve the old mark by 0.95m. Other British records went to M50 Neil Griffin, 15.27m, M55 David Myerscough [14.10m], M65 Gordon Hickey [12.47m] and M75 Janis Gercs with 9.21m. Throughout most of the age groups the standard in the shot was very high. We saw intense competition in the women's groups, particularly at W35, where Alison George finally won her duel with Wendy Dunsford, Hazel Barker and Manddy and Wendy Laing. Claire Cameron had a good win at W40,



Helen Daniel, winner of W35 800m and 1500m while Evaun Williams scored a 11.36m, just short of the W60 record.

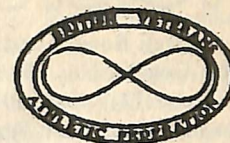
The triple jump aroused plenty of interest, especially when Sean Power set a World M55 best with 12.33m. This effort was only beaten by one other competitor on the day, Albert Earle, winner of the M40 group. Another World best was achieved in the W55's, but by a guest from Namibia, Hella Kuppe, who jumped 8.76m. She had a good day, as she also beat the World best in the high jump. Rosemary Chrimmes was another to take home two World records, as she cleared 1.25m in the W65 high jump. M60 Tony Bateman, 1.60m, and Sean Power, 1.65m, also beat the British high jump records. The best high jump competition was at M40, where the first three cleared 1.70m, but Trevor Wade won the gold with less faults. Wade also took the long jump, 6.29m, and Ajit Kalirai improved the M70 British record to 4.16m.

In the M40 pole vault John Taylor, with 3.80m, was well ahead of his rivals, while Glyn Sutton, 3.60m, and Eamon Fitzgerald, 3.40m, had a good battle at M50. Alf Woods improved the M70 mark to 2.20m and Jenny Cunnane was on form when clearing 3.00m. Margaret Coombe and Dorothy McLennan set new British records at W55 and W60.

Jenny Brown was aiming to improve her own W35 world record in the pentathlon and go above 4000 points. She did improve it, but just failed to beat the second target in scoring 3993. Jean Hulls set a W60 World record with an impressive 4229 points, while John Charlton scored a British M50 best of 4040, during which he set a long jump record of 5.91m. **Results p.18** **Geoff Ashby**

BVAF OPEN NATIONAL TRACK AND FIELD CHAMPIONSHIPS

[WAVA / BVAF / UKA Rules and SAF Permit]



Saturday 17th & Sunday 18th July 1999
MEADOWBANK STADIUM, LONDON ROAD, EDINBURGH

Edinburgh Leisure

Entries by SATURDAY JUNE 19th to Henry Morrison, 40 Arden Street, Edinburgh, EH9 1BW
Acknowledgement of entry and event timetable will be sent approximately 10 days before the Championships.
CHEQUES or POSTAL ORDERS in UK STERLING must be made payable to "SVHC, T&F 1999". Postal stamps are not acceptable as payment. Entries received after the closing [19/6/99] will not be accepted. British entrants who are NOT members of a BVAF Area Club [e.g. Midlands, Scottish, Eastern, VAC, etc.] must send proof of age: - copy of Passport or Birth Certificate or Driving Licence, and pay the non-affiliate fee of £7.50 for their first event. Members of Area Clubs must be fully paid up and give membership number on the entry form.

* * * * *
YOU REQUIRE INFORMATION ON ACCOMMODATION PLEASE SEND 9" x 6" SAE MARKED "ACCOM" TO HENRY MORRISON AS SOON AS POSSIBLE.
* * * * *

PROVISIONAL PROGRAMME: PROBABLE 9.30 am START EACH DAY.

SATURDAY 17th: 100m, 400m, 1500m, 5000m [M50/M55/W35+], 10000m [M40/M45/M60+], 3000m Walk, 300m/400m Hurdles, Pole Vault, Long Jump, Shot [W], Javelin [M], Hammer

SUNDAY 18th: 200m, 800m, 5000m [M40/M45/M60+], 10000m [M50/M55/W35+], 80m/100m/110m hurdles, 2000m/3000m Steeplechases, High Jump, Triple Jump, Shot [M], Discus, Javelin [W], 5000m Walk

CHAMPIONSHIP ENTRY FORM: PLEASE USE CAPITALS

MALE

☐

FEMALE

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FIRST NAMES: _____ SURNAME: _____

MAILING ADDRESS: _____

POST CODE _____

TELEPHONE: [DAY] _____ [EVENING] _____

DATE OF BIRTH: [D] ____ [M] ____ [Y] 19 ____ AGE GROUP: [as at 17/07/99] _____

BVAF AREA: _____ MEMBER NO _____ 1ST CLAIM CLUB _____

PLEASE ENTER ME FOR:

EVENT	PB 1998/99	EVENT	PB 1998/99	EVENT	PB 1998/99
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PAYMENT ENCLOSED FOR ENTRIES:

First event: £7.50 [non-BVAF affiliated] £ _____

£5.50 [BVAF affiliated] £ _____

Subsequent events: £4.00 each event £ _____

TOTAL £ _____

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I HEREBY AGREE that the organisers shall not be liable for any accident, injury, loss or damage as a result of my participation in the 1999 BVAF Track and Field Championships.

SIGNED _____ DATE _____

Veteran Athletics

Vol 1 No 49

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

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

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WAVA Championship Accommodation - Book Early Or Lose Out

In the last issue of V/A, I outlined the accommodation reserved for British veteran athletes at the WAVA Championships at Gateshead. Following discussions with Simon Hainsworth of WGT, I must stress the need for athletes to book accommodation early.

WGT have been appointed by Gateshead MBC to handle the accommodation for all athletes attending the Championships. This represents some 100 different countries. Already many of those countries' travel agents have pre booked their trip to the U.K., resulting in an acute shortage of accommodation. One thousand beds have been reserved for BVAF members on a first come, first served basis. However, there is already an increased demand for extra accommodation from overseas.

The dilemma facing WGT revolves round the BVAF allocation. WGT wish to offer the best service to our members but cannot guarantee accommodation on the chance that it MAY be booked by British athletes, when they know it WILL be booked by overseas visitors. It is vital that BVAF members book their accommodation early and not, as is frequently the case, leave it until the last minute.

Delays in booking will result in our members being miles away from the competition venues, fragmented as a group and, worst of all, if the accommodation is not booked through WGT there will not be any transport from those hotels to the stadiums. Extra accommodation can be found, but it will be well away from competition venues, as all accommodation close by has already been booked. North Eastern England has an excellent road structure, but suffers from heavy traffic, particularly in the rush hour periods and in Newcastle. Accommodation to the north of Newcastle, such as Morpeth, to the west of the city towards Hexham, and east towards Sunderland, will certainly increase the travelling time to the venues, especially in the case of the Riverside Stadium at Chester Le Street. It is feasible that, as the competition draws closer, available accommodation will be 20-30 miles from the venues.

I urge you to book accommodation early, as you would for any overseas trip. Do not assume that because the championships are in this country you will get accommodation at any time. **YOU WILL NOT! Ron Bell**

Newspaper Support Fund

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

J.M.Abell, Joe Ball, Allan Sowden, Don Turner, Stan Erlam, Ted Cooper, Rob Walker, Ann Martin

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

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



From the Chairman

This year is likely to be the most important year for BVAF since our formation in 1975, with two

major, but very different matters, at the forefront. The most obvious is that, for the first time, Britain is the host country for the World Veterans Championships. The other, which could be even more significant for the future of veteran athletics, is the relationship with the new governing body U.K.Athletics.

The World Championships are featured in various parts of this magazine, so I will not comment further on the administration set up by Gateshead M.B.C, other than to say that I could not have asked for more effort and attention to detail than has been demonstrated over the last 18 months. These championships will be ones to be proud of!

There is one area of activity which is not being covered by Gateshead M.B.C. and that is Team Management for the British athletes. This has to be the responsibility of BVAF and whereas I have been able to act as Team Manager, with assistance from two or three volunteers for specific events, at the last four World or European Championships, the numbers of British athletes involved has not been more than 300. Entries will close in April and until then we can only estimate a team of at least 1,000 British competitors. It could be more, however, and I will be tied up on other duties. We need a number of volunteers and, although we shall be discussing what is involved at our Executive Officers meeting, it will also be on the agenda for the Delegates meeting at the end of March.

As I see it, we will need one person in overall charge, but also at least two people at each of the three tracks. One assistant would have to look after any track problems and the other would be responsible for the field events. Additionally, we will need help with cross country, the marathon and the walks. There are team managers meetings held each day of competition, with a representative from each country in attendance, so that they can brief their athletes on any important matters or any changes to the organisation, plus an opportunity to raise and solve problems experienced by athletes. In our case the Team Manager or deputy could attend the meeting and pass relevant information to the Assistant Team Managers. Volunteers, please drop me a line.

Regarding the relationship with UK Athletics, I am pleased to report that, with four of our Executive, a meeting was held with David Moorcroft and we had a wide ranging discussion on issues involving veteran athletics. Although he sees the role of the new body as primarily to form policy and strategy for the future, and that a programme to develop athletics to the elite level is important both for funding and public perception, the new body should also take note of needs of the average club member and the recreational runner, which includes veterans.

He has only recently formally been appointed Chief Executive and is facing the

enormous task of setting up a completely new structure to replace the one which has ceased to exist. UK Athletics has become the body to represent the U.K. at the IAAF, and there will be significant changes in the way that the domestic scene is administered. There have been a number of workshops, attended by those whom it was considered could have some relevant input, but these have involved few with veteran interests, and so it was a good opportunity to bring up the position of veterans.

Current thinking is that the best approach to administration is to have separate sections, such as PAS for the elite athletes i.e. internationals and potential [which is already in being]. Others may be for coaching and the different disciplines of Road, Track & Field etc. Veterans, however, cut across all sections and to have a section for veterans only, which is basically what BVAF is, does not fit that structure. He is, however, very aware that veterans comprise a large section of the sport, often half the membership of many clubs, and over half the entry in road races. He therefore

sees it as very important to find a way of catering for the different needs of veterans.

BVAF is the only organisation staging U.K.Championships for veterans, although other bodies at regional and county level are staging some of their own veteran championships, but not necessarily following WAVA rules and not catering for all age groups. The future probably needs a co-ordinating or advisory body under the authority of U.K.Athletics. BVAF is in a position to provide the expertise for any such U.K.Athletics body, and would look for representation. However, this would have to be debated by a much wider audience and found acceptable by all veterans, not just by BVAF members.

Although it was not discussed, I feel that in order to get more general acceptance and pull in a greater proportion of all veterans, we may have to consider changes in our own structure. I am not sure what changes might be necessary, but in any case changes would have to be approved by our existing membership. The meeting was, however, a most useful exchange of views, and nothing was decided or even tentatively agreed, other than there will be further discussions.

Keith M. Whitaker

WGT Travel

I am concerned that, over the past few months, there has been criticism of the prices charged by our official travel operator WGT. Comments have been made at committee meetings and in the press, suggesting that cheaper deals could be obtained, but not giving any specific details. Sadly, WGT, following one article in "Athletics Weekly" which stated "some groups have undercut WGT significantly", felt that they had no alternative but to threaten legal action and asked for proof or a retraction. After further research, Athletics Weekly printed a retraction and apologised to WGT for the misleading nature of the statement printed.

It is, of course, always possible to shop around travel agents and ask if they can quote a lower price than one already published, and most agents will try to do so, even if only by a small amount in order to secure the business. This may be by reducing their commission or, alternatively, providing a lesser service.

Following the European Championships in Italy last year, when the name of one company had been mentioned as an example of giving a cheaper deal, a comparison was made. For a 14 day half board package in the same hotel, WGT had charged £572, whereas the rival company had charged £569, but were using a charter flight. Although cheaper it was only marginally so. Against this, WGT were using scheduled flights which provided greater flexibility, with more options and therefore a better overall deal for many.

Repeatedly, it has been emphasised that when comparing travel costs make sure that what is being offered gives the same level of service, i.e. comparing like with like. On one occasion, however, an advertisement was placed on behalf of another company, but with no prices quoted, and before the WGT brochure had been issued.

BVAF Indoors: Alf Woods sets a British M70 pole vault record



BVAF negotiated a contractual agreement with WGT and, whilst they provide BVAF with a number of benefits based on the amount of bookings, their prices have to remain competitive, as once their brochure is out they know they are open to be shot at. Individual members can go elsewhere to try and get a cheaper deal and are fully entitled to do so. They may not get the same service, however, and there is no benefit to BVAF. Please do not accept loose talk, but check just what service is being offered.

Ron Bell

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

In the last issue there were a couple of errors in the reports on the European Championships. Although Steve Peters won the 100, 200 and 400, as he did in Malmö in 1996, he did not retain his titles. He was M40 in Malmö, and M45 in Italy. Olaf Beyer, silver medal at M40 800m in Italy, was not a medalist in the Moscow Olympics. He went out in the semi final. The Beyer who won a medal in Moscow was Udo, who won bronze in the shot. They are not related. Olaf's claim to fame is that he beat both Coe and Ovett when he won the European 800m in 1978.

Malcolm Robertson made some interesting points in his letter on medal standards, some of them difficult to refute. The reason for having them, however, goes back to some of the early world championships, when one or two people made a mockery of the winning of medals. Here is one example. In the 1977 World Championships an M75 American competed in 14 events, one of them a pentathlon. He won 10 golds, a silver and three bronze. He did all the throws, all the jumps bar the pole vault, all of the track races from 100m to 800m and both hurdles events. The fact that he could get over hurdles at all at his age is commendable, but there was no other competitor in those two events.

Of course, there are two ways of looking at it. You could say that it was one of the most outstanding performances in veteran athletics, or you could say that he simply took advantage of the lack of any real competition and used the championships as a playground. WAVA took that view and introduced standards.

Wilf Morgan

Many athletes will feel grateful to Barbara Dunsford and her family for their extensive administrative work and organisation of veteran's travel abroad over a period of 10-20 years. The Dunsfords currently have a rather different journey on their minds. Their younger daughter [also called Barbara] needs expensive medical treatment in Texas. This once adventurous sportswoman is now confined to a wheelchair after years of illness. The treatment will cost many thousands of pounds, but promises to enhance Barbara's life enormously.

Perhaps readers, especially those who have benefitted from this family's huge contribution to our sport, would wish to offer financial assistance towards Barbara's treatment and travel expenses. Jim Day has kindly agreed to administer a trust fund set up for this purpose. Donations may be forwarded to Jim at 22 Langland Gardens, Shirley, Croydon, Surrey CR0 8DW. Cheques [crossed] made payable to "B.Dunsford Trust Fund", with a contact address on the back.

Pat Oakes

Winston Thomas's remarks in V/A 47 [p.6] about a rude javelin thrower at the BVA F Champs is, I assume, a reference to myself, so let me shoulder the blame and relieve other spear chuckers of guilt by association! I call my behaviour justifiable annoyance.

Firstly, all the javelin events were brought forward by one day after entries had been received. This was very awkward for me, having a long standing event booked for the Saturday afternoon, which I had to leave early to travel to Newport for the early evening start. As a result, my wife, who was receiving chemo-therapy treatment, had to travel with me in that atrocious weather. We arrived in good time before the sign on time so my wife stayed in the car until my event was due. I was thinking I had plenty of time to get changed and warm up properly when I was informed that my event had been brought forward and was due to start in 15 minutes.

Apparently, some of the other throwers had agreed to an early start on behalf of all. A rushed change and some arm flapping had to make do for a warm up and I dashed to the throwing area to find that the first round was almost over. I demanded to know who was responsible for the change and was ignored at first. Eventually, as it was obvious that I was not going to shut up, I was told to "like it or lump it", and if I kept on I would be disqualified! Responsibility, of course, lay with the Field Referee. Winston, nearby, advised me to stop moaning and get on with it! I replied that the athlete's rights were being ignored.

I won the event, but by 5 metres less than I had hoped for. Understandable in the circumstances, which included a half length run up. During the competition another javelin age group was throwing from the other end of the ground - not a sensible arrangement. After the competition, two people arrived to watch me throw. My wife struggled into the stand and was puzzled by the lack of activity, as was Jeremy Hemming, who had arrived to take photos for a future article. Both were not amused!

I have mentioned this to both athletes and officials since and, without exception, they commented that events should never be brought forward without the agreement of all competitors. By contrast, the organisers at the Reading Veterans T & F in October wanted to bring the javelin event forward, but announced that they would not start until all competitors were happy with their warm ups.

I hope that officials do not try to enforce earlier starts too often. Competitors travel long distances, with a definite start time in mind, allowing enough time for preparation on arrival. Over the years, I have suffered from errors by officials, mainly abroad, but also in the U.K. Usually, when the event goes without a hitch, I am the first to thank the officials. However, rogue incidents are all too frequent. Suffice it to say that all throwers, and athletes in other events too, ask for is fair officiating within the laid down rules, especially after travelling far and paying out plenty of dosh. I hope that the officiating at Gateshead will show all countries competing how it should be done!

Joe Phillips

I read with interest Team Manager's Keith Whitaker's comments in V/A 48 [page 5] and his reference to the M65 4x400m relay in the European Championships. The young lad arrived as the race was about to start was myself! I allowed time to arrive one hour before the event, but I was not aware that the start had been brought forward by one hour. I cannot agree with Keith's inference that we would have won the race if I had been informed of the earlier start.

I had walked to the track and even had time for a few 30m strides before the off. There was no time to get nervous! As for my leg [the third] of the relay, I recall feeling totally relaxed and for the first 300m stayed just behind the German, Neumann. Bearing in mind that he is the European record holder at 400m, it would have been folly to pass him until I was confident of being able to maintain the pace for the rest of the leg. I passed him about 80 metres before the change over and handed over the baton in the lead. I believe that I ran a tactically correct race and neither any change here, nor my late arrival, affected the outcome of the race. There was a slight chance of a more favourable result had the order of running been different, but this had been impossible when I arrived late.

Keith's honesty in admitting that he misunderstood the timetable alteration is to be admired. He had an impossible job as team manager, responsible for a team of around 300. Mistakes will occur! It was unfair to expect him to select 18 relay teams and then for some to criticise his decisions. The solution is in our own hands. Each age group should appoint one of their number to select the relay team[s], after obtaining a consensus of those available, and report the decision to the team manager. The latter should become involved only if there is not a consensus. This should obviate many of the relay problems which occurred in Italy and give time for some baton practice.

I agree with many of the comments made on page 8 by my relay team mate Mike Forster. "GB patch" in the stand would be useful, where members could obtain advice from other athletes or officials, or just congregate together. In Italy, Mike's exhortation to "stuff em" worked wonders for many in our team. Such words are far more potent in producing team spirit than if every one wears the same style or colour track suit. In my view, where peaceful pursuits are involved, it is not in the British make up to be regimented. Let us wear whatever track suits and vests we prefer for individual events, although when representing our country in relays or team events we should be proud to do so and wear the GB colours.

I would be interested to know how other athletes felt when they were required by the Italian officials to line up in single file and be escorted from the perimeter fence to the start of the events. My feelings were of being regimented and being led to an execution. Needless to say, I broke ranks when at the rear of the column, much to the annoyance of the escort. No slight was intended to the Italian officials, who did an excellent job. My special thanks go to the two young ladies at the competitors registration tent for their charm and patience.

Andrew Blackman

Letters Continued

"For me to help you - you must help me". It was a ridiculous statement for Maurice Hogan to send out, and I will not detail the innuendoes and hurt that this and a circulated letter caused. Maurice was part of the team management in Italy and if he had inclinations of problems from athletes and their spouses he should at least have discussed them with the team manager before making such sweeping statements, especially with the mention of monies and the complaints from people on which the article in Athletics Weekly was printed and then retracted.

As I am the BVAF Track & Field Secre-

tary he should also have had the courtesy to contact me to talk about it. Maurice is some one whom I have always held in high regard, and as he was part of the set up in Italy I suggest that he and the "farts" he was talking to should put their complaints to the BVAF in a dignified manner, and not increase the aggravations that he says exists, especially concerning Durban where BVAF had a good set up and team management.

Finally, as the Technical Manager of the European Championships, I would be pleased to know about the changes in the programme of events in Italy that he mentions, as well as who made them.

Winston Thomas, Sec. Track & Field.

Gateshead Possibilities

[continued from page 2]

Stuart and Tom Petronoff who threw 76.20m at the Masters. Another with a better mark than the Europeans was M50 Russ White, with 55.93m.

The 5km track walk times were similar at championships. In M50 Friedlander's 23:27 was 22 seconds faster than Britain's Bob Care, while at M55 Don De Noon was over a minute faster than his European counterpart Sgardello. In M60 Dave Romansky's 24:22 was superior to Russia's Korchagin, 25:17. However, there was no denying the superiority of the great Gerhardt Weidner [Germany], with a M65 world record of 25:27.41. America's Victoria Herazo and Lyn Brubaker were in a class of their own among the younger women with 24:36 and 23:28, but Britain's Ann Lewis clocked 27:33.54 to easily head her counterpart by a minute at W50.

On the road, Herazo and Brubaker again controlled the younger age groups with 48:28 and 48:29. Lewis was arguably the best female performer overall with 56:28. At W70, America's Miriam Gordon [72:43] was nearly two minutes faster than Britain's Ann Von Bismarck, but Mary Worth would have beaten this time, had she been there. Weidner was again the best 20k walker with a world record of 1:48.41.

Please do not interpret these ramblings as predictions. They are merely some indications of current form. I apologise for not mentioning many other good performers in both championships, and neglecting other regular British medal winners in past championships, such as Una Gore, Marjorie Hocknell and Carina Graham. In the 50th edition of Veteran Athletics, published a few weeks before the championships, we will have had an opportunity to study the entries and Gateshead Possibilities can be updated to Gateshead Probabilities.

Prize Draw

Jose Waller, the organiser of the 300 Club Prize Draw, reports that she is feeling much better and wishes to thank all who have written to wish her well. As Jack Fitzgerald said in the last issue: "The news of her death was greatly exaggerated [Mark Twain]". Jose has received lots of post and is amazed at the variations of address that people writing to her have used. The Post office have come up with the right address when letters have been addressed to "The fastest little lady in Newton Abbott", to quote just one example.

Could we ask subscribers to the 300 Club to kindly make their cheques payable to BVAF, and not to Jose Waller, 300 Club or various other payees as this causes considerable administrative problems to the treasurer.

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.

Oct. 98: £125 to G.Lloyd [Ellesmere Port] £10 to G.Griffiths, M.Clark, E.Shillabeer, K.Bushell & L.Williams.

Nov. 98: £125 to D.Thomas [Chislehurst] £10 to M.Grant-Stevens, D.Fotheringham, J.Leith, P.White & P.Stanley.

Dec. 98: £125 to R.Hopcroft [Sunbury] £10 to G.Brindley, D.Bradley, J.Costard, S.Duxbury & Betty Gash.

BRITISH VETERANS ATHLETIC FEDERATION 20TH DECATHLON & 12TH HEPTATHLON CHAMPIONSHIPS WOODBOURNE ROAD STADIUM, SHEFFIELD SATURDAY 11th/SUNDAY 12th September, 1999 AT 10.00AM

Please enter me for the Decathlon/Heptathlon Championships

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

Address in Full: _____

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

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

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

I enclose my entry fee £ _____

Signature _____ Date _____

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

Important Notes

1} Entry with fees to John Charlton, 11 Wulfric Road, Eckington, Sheffield, S21 4GE

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

3} Certificate of Birth to be produced if required

4} Please enclose stamped addressed envelope for acknowledgement of entry and directions

5} Entries Close - Friday 3rd September 1999

Gateshead Gamesmanship

Included in my post this morning were three letters from Readers Digest stating that I was about to win thousands of pounds, one letter from the Inland Revenue saying I had to pay them hundreds of pounds, three letters from unknown financial advisers suggesting that if I paid them thousands they could save me hundreds of pounds, and one letter from an athlete new to the veteran scene who asked if I could give him my views on gamesmanship, and what would be allowed in the forthcoming World Championships at Gateshead. I decided to deal with the last letter on the grounds that it involved only a small amount of money.

Let me say that I do not approve of unfair tactics, or any form of gamesmanship unless it enables you to beat a foreign competitor. You have to be subtle, however. Giving an influential official a £20 note has to be accompanied by an indication that you have just seen it drop from his back pocket. I have said in previous articles that you must not use excuses, but to inform fellow competitors that three weeks ago you had ripped both Achilles tendons off the bone but you will still be giving it a go, will usually invoke sympathy and complacency which will be hard to overcome when you explode into action.

Props and assistance will be needed. You should have a bottle of smarties, with a large label on the bottle marked steroids. Display this frequently and your opponent will not know whether to report you to the authorities for testing or accepting that you are bound to have an advantage. [This does not apply to those actually taking steroids, of course].



Jeremy Henning

International Cross Country [see p.21]: In the middle of the pack. Sam Mcananey, 122, Paul Murphy, 125, [both N.Ireland], Colin Miller, 224, [Scotland], John Willoughby, 88, [England]

In an international competition you always have to target specific nationalities. Always have a beef sandwich ready to offer the Germans. Get some one in the crowd to shout "Come on the Don", [in Italian if possible], and this will certainly put the wind up any one from Italy. Have a T-shirt for the Americans which says "Monica blew it, but I won't", and tell the Aussies that in their free days you will arrange some unusual and out of the way routes for them, and just watch their faces. I usually ask the French [in confident French, of course] if my aunt's pen is still on the ta-

ble. Their confusion and mis-understanding will help you no end. Always appear helpful and smile a lot when directing them to the wrong stadium, jumping pit or throwing circle, and if they ask for an interpreter, find the nearest native Geordie.

One final point is that the breaking of wind when in the "Set" position is an art which needs a lot of practice and could backfire on you.

I am indebted to Tony Mackay for providing me with most of the material for this article.

Trevor Driver



Bord Lúthchleas na Éirann

B.L.E. NATIONAL VETERANS TRACK & FIELD CHAMPIONSHIPS

Overseas Entry Form

Saturday, 14th August, 1999

Tullamore, Co. Offally

Starting Time: Field events 11.00, Track events 13.00

SURNAME _____ FIRST NAME _____

CLUB _____ COUNTRY _____

DATE OF BIRTH _____ REG. NO _____

[Please tick]

WOMEN	W35 <input type="checkbox"/>	W40 <input type="checkbox"/>	W45 <input type="checkbox"/>	W50 <input type="checkbox"/>	W55 <input type="checkbox"/>	W60 <input type="checkbox"/>	W65 <input type="checkbox"/>	
MEN	M40 <input type="checkbox"/>	M45 <input type="checkbox"/>	M50 <input type="checkbox"/>	M55 <input type="checkbox"/>	M60 <input type="checkbox"/>	M65 <input type="checkbox"/>	M70 <input type="checkbox"/>	M75 <input type="checkbox"/>

Please tick below each event you wish to enter:

Men:	100 metre <input type="checkbox"/>	200 metres <input type="checkbox"/>	400 metres <input type="checkbox"/>	800 metres <input type="checkbox"/>	1500 metres <input type="checkbox"/>
	5000 metres <input type="checkbox"/>	5Km Walk <input type="checkbox"/>	High Jump <input type="checkbox"/>	Long Jump <input type="checkbox"/>	Shot Put <input type="checkbox"/>
	Discus <input type="checkbox"/>	Javelin <input type="checkbox"/>	Hammer <input type="checkbox"/>		
Women:	100 metres <input type="checkbox"/>	200 metres <input type="checkbox"/>	400 metres <input type="checkbox"/>	800 metres <input type="checkbox"/>	1500 metres <input type="checkbox"/>
	3Km Walk <input type="checkbox"/>	High Jump <input type="checkbox"/>	Shot Put <input type="checkbox"/>		

Entry Fees: £10.00 first event, £5.00 each additional event. Cheques/money orders payable Competition Secretary

Closing date for receipt of entries: MAY 1st 1999

Completed entry forms to: Comp. Secretary, B.L.E., 11 Prospect Road, Glasnevin, Dublin 9, Ireland

SOLIHULL CHAMPIONSHIPS

Norman Green Stadium, Sunday 4th July 1999

BVAF & MVAC PENTATHLON CHAMPS £7
 BVAF 10K TRACK WALK £4.50
 MVAC 10,000m CHAMPS £3
 OPEN 100m, 200m £1.50 per event
FIRST EVENT 11.00 AM [WALK & PENTATHLON]
 Measuring for Discus and Javelin will be by pegging system

ENTRY FORM:

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

Please enter me for the following events: _____

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

Entries to M.V.Priestman, 57 Maple Road, Rubery, Birmingham, B45 9EB

Tel. 0121-453-4809

Closing date 13th June 1999.

12TH NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

SATURDAY, 22 MAY, 1999 AT SUTTON PARK, BIRMINGHAM

By kind permission of Birmingham City Council

Open to all Affiliated clubs

Promoted by Midland Veterans A. C. for the British Veterans Athletic Federation

Championships will be held over a traffic-free three-mile course

CHAMPIONSHIP	STAGES	START
Women, over 55	3	11.00 am
Women, over 45	3	11.00 am
Women, over 35	3	11.00 am
Men, over 70	3	11.00 am
Men, over 60	3	11.00 am
Men, over 50	6	11.00 am
Men, over 40	8	1.30 pm

Medals to first three teams and three fastest individuals in each championship

ENTRIES CLOSE ON 23 APRIL. Entries from B teams will **not** be accepted.

Entry form and other details from: DENIS WITHERS, 33 BARKER ROAD,
 SUTTON COLDFIELD, B74 2NZ (PLEASE INCLUDE 9" x 4" S.A.E.)

The Effect Of Mood States On Athletic Performance

As a result of many factors such as better living conditions, greater levels of health care, and healthier lifestyles including diet and exercise, there is a trend for the population to live longer. Naturally, there is increased interest in what effect this has on a number of aspects of society. For example, how will the increase in an ageing population affect the demands placed upon the health service? How will this financial burden on the State be reflected in other facets of society and how can they be ameliorated? Are there lifestyles which people can adopt which will avoid the State having to meet the enormous financial commitment which this growing sector of the population is going to require?

The government has been aware for some time of this growing demographic change in the population and major research is being commissioned from universities to study the likely future effects of this trend on aspects of society. Work is being undertaken on the effect of regular exercise on the health of the older population. On a far smaller scale, one or two people [including Professor Tony Crocker of the Midland Vets and myself from the Welsh Vets] have indicated an interest in examining a group of the older population who not only exercise, but take their sport seriously and seek competitive outlets. Naturally, we are interested in veteran athletics and, with funding, we will undertake a series of studies within the area with colleagues at our institution, the University of Wales Institute Cardiff [UWIC]. Initially this will involve veteran track and field athletics.

Until recent managerial responsibilities overtook my time at UWIC, I was responsible for Sports Psychology. This should not come as a surprise to those who have read my mate Trevor Driver's amusing barbs, lauded in my direction, in a recent edition of *Veteran Athletics* [comments which I feel I bore silently and stoically]. There is no chance of being pompous when Trevor is around! However, when fortunate enough to compete in last year's veterans T & F International at Calais, I saw this as an opportunity to do a little investigation.

Since the 1970's researchers like Bill Morgan have suggested that success in sport seems to be dependent in part on psychological personality traits, and the psychological states of mind people find themselves in. One of the areas that Morgan particularly looked at was athlete's mood states. Researchers assembled mood state profiles of successful and unsuccessful competitors. Morgan identified what he called an "iceberg profile" of mood states associated with highly successful competitors. This meant that when scores were examined for each of the mood states tested, all the negative elements of tension, depression, anger, fatigue and confusion typically had scores below 50%, while in the middle of these the one positive element of vigour was well in excess of 50%, hence the iceberg shapewhen plotted.

Examples of this are shown by the difference between those who made the 1972 USA Olympic wrestling team and those who did not from the USA elite squad [Fig 1], and for the wrestlers of the 1976 USA Olympic team [Fig 2]. This was shown to be a constant pattern across a number

of sports. When you plot the profiles of those who were selected for: the 1972 Olympic wrestling team, the 1974 USA heavyweight rowers, and being among the top USA marathoners and milers in the USA in 1974, the same pattern emerges [Fig 3]. Arising from his work as one of the main sports psychologists working with US Olympic teams, Morgan began to extoll the virtues of the Profile of Mood States in predicting the quality of athletic performances.

Figure 1.
Psychological Profiles of successful and unsuccessful U S Wrestlers in 1972.

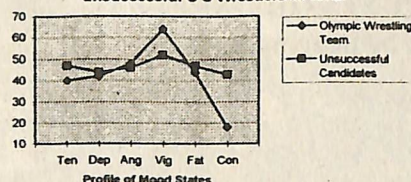
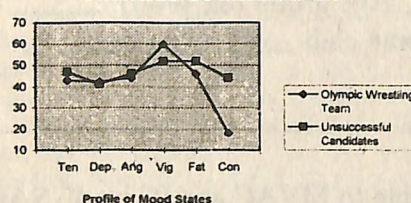


Figure 2.
Psychological Profiles of successful and unsuccessful U S Wrestlers in 1976.

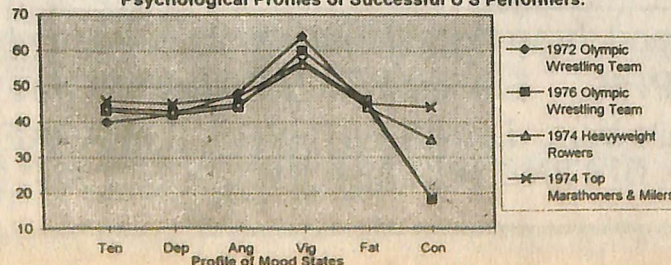


Morgan's results have been replicated by other researchers in a whole variety of sports. Some years ago when working as the Sports Psychologist with the Gt. Britain long and triple jump squads, as well as with other international athletes who went to the Olympics and World Championships, I also found the same "Iceberg Profiles" emerging from the data I collected.

When I went to the Veterans International in Calais, I took the opportunity to look at a group of veteran athletes [19 females and 21 males] who could be considered to be elite performers, and to look specifically at their mood states. On the coach going to Calais I explained to a captive audience what I was trying to do, and all responded by answering a short questionnaire. A marvellous response and I thank them for it. This was on the day before what was a very important competition. After all, it was an international and we were representing Gt Britain. I mention this because one might expect people to perhaps display some negative mood states in relation to things like tension and anxiety. They were asked to take the previous 7 days including the travel day into account. Some individuals may have had a difficult week which may have affected the questionnaire results, but as a group, they represented probably the most positive set of results I have ever gathered [Fig 4].

What does this show? One has to be care-

Figure 3.
Psychological Profiles of Successful U S Performers.



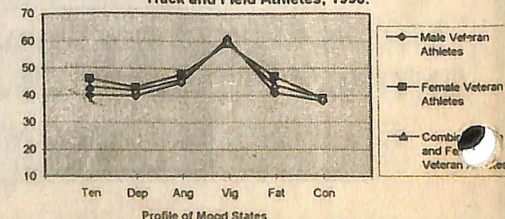
ful about interpreting such data as it was collected on an isolated occasion, whereas Morgan's results and my own data referred to earlier were collected over a long period of time. The data showed that the most successful athletes tended to have an enduring positive mood states profile, an enduring "iceberg profile". Their positive mood state profiles tended to remain constant over an extended period. Nevertheless, it may be possible to surmise that those who are considered to be older athletes, and who are still successful enough to compete at a fairly high level, also display mood state profiles which are no different to those senior athletes who were considered to be successful at the highest levels. Obviously, mood states are likely to vary across a period of time, and one of the things I tried to do as a sport psychologist when working with athletes, was to try and get them to optimise their athletic potential by teaching them the psychological skills which would help them to train and perform to the best of their ability. If they were able to do this, one hoped that one of the things that would occur would be that they would display a fairly positive mood states profile.

A fair bit of research has been undertaken on the effects of aerobic type of exercise on mood states with the general population, that is those who are not in the same category as veteran athletes. Researchers such as Patricia Castell and James Blumenthal have shown that exercise had a positive effect on alleviating depression in patients with coronary heart disease. Other researchers have shown that acute aerobic exercise [e.g. 45 minutes of jogging and other physical activities] involving different groups, young as well as middle aged, showed that compared with groups which did not undertake such exercise, mentally they felt significantly less anxious, depressed, angry and fatigued after they had exercised.

Veteran athletes not only train but compete regularly, and for as many years as they possibly can. Might it be, therefore, that because of this we actually display positive mood states on a constant basis? Perhaps this affects the quality of our lives and the way that we feel. Therefore, not only does the actual physical exercise assist us to attain a more robust state of health, but that the mental effects of this exercise and competition also has a positive effect on our health and lives generally. As a result, we are less likely to become a burden on the State and those around us as we grow older. Admittedly, I have now travelled a long way down a path of surmising from one set of results collected on the way to a veteran's international track and field competition in France, but perhaps it is a good place to start, if not for me, then for some one else. We shall see!

Sean Power, Dean of Resources
Faculty of Education and Sport
University of Wales Institute Cardiff

Figure 4.
Psychological Profiles of successful U K Veteran Track and Field Athletes, 1998.



The Best Is Still To Come

When Alex Rowe reached veteran age in 1997 he did not think he had a need to join a veterans club and was under the impression that joining a vet club would conflict with his first claim commitments to Wesham Road Runners. He joined Northern Veterans AC in 1998, primarily to compete in the BVAF Cross Country Championships at Croydon. Since then he found that he could run in veteran events in first claim colours, and believes that being a member of NVAC has been a strong motivator. He would like to see others rejuvenated by joining veterans. Rowe has improved beyond expectations over the last two years and has produced PB's at most road distances.

Rowe, born at Croydon in 1957, discovered that he could run at primary school and was the best at cross country during his secondary school days. With little encouragement, however, he drifted away from running and he was 28 when he tentatively took up jogging. The following year he entered a fun run and a year after that three half marathons, best time 1:24.53. It was not until 1988, after changing his job and relocating to Lytham St Annes, that his performances started to improve. Joining Wesham in 1991, his first and only club, he soon brought his half marathon best down to 1:15.37 and reduced his 10k best by five minutes to 33:55. With extra competition from his new club mates and taking part

in many more races, 1994 was a purple patch for Rowe, refining his 10k time to 31:46 and half marathon to 1:11.05. The death of his father from cancer in 1993 gave him the incentive to improve his marathon and raise sponsorship from his efforts. He finished 139th in the 1995 London in 2:33.12.

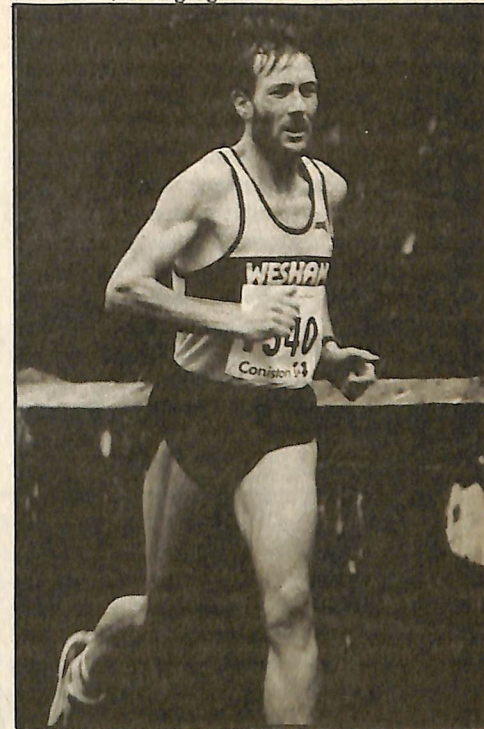
Becoming a veteran in 1997 was a turning point and an inspiration. One of his first races was the London Marathon, where he improved to 2:32.49, but found that running in veteran competition was no pushover and this was only good enough for 13th veteran overall.

Early in 1998, after several performances which were below expectations, Rowe decided to apply some science. Previously he had got by with training three or four days a week, totalling about 30 miles, but now decided to follow a structured training schedule devised by Bruce Tulloh. A few months later the results were apparent. He produced a host of good performances, including winning the Lancashire 10k Championships and a veteran course record in the Manchester to Blackpool Relay. Rowe's immediate aim was to win a place in the International Veterans Cross Country and tried for a fast time in the Inter Area 10k in East Anglia. He won in 31:47, but was only selected as reserve for the England team. Shortly after this he won the Lancashire 10 Miles Championships.

Rowe has got off to a good start in 1999 with a 7th overall place and first vet in the

Morpeth to Newcastle race. He has set his sights on the London again and all of this year's BVAF Road Championships. The World's at Gateshead is also beckoning. Alex Rowe believes that the best is still to come and will be aiming to prove it this year.

Alex Rowe, having a good run in the Coniston 14



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+44 [0]1483 851 366
Mobile: +44 [0]410 901 140
Website: <http://www.back-pain.co.uk>
E-mail: info@back-pain.co.uk



THE BACK-RACK

What is it?

The Back-Rack is an orthopaedic spinal support designed for the relief of different severities of back pain.

What does it do?

The Back-Rack provides welcome relief from back pain and is safe to use as part of any back care programme

- It reduces pain and stiffness
- It increases mobility and flexibility in the vertebral column
- It increases soft tissue elasticity
- It stimulates the nervous system and improves circulation
- It relieves muscle tension and releases psychosomatic stress
- It prevents skeletal deterioration through wear and tear.



The Back-Rack works by applying pressure to the facet joints along the vertebral column, decompressing them. The diagram to the right shows a schematic of this.

How does it do it?



All the patient has to do is to lie on the Back-Rack for about 15 minutes. The spine is aligned with the central channel and the knees are bent so that the lower spine is supported correctly.

Direct to you

You can order a Back-Rack now. Each Back-Rack costs just £85 plus VAT and postage. The Back-Rack is zero rated for VAT for qualifying persons. You will qualify if you live in the UK and are chronically sick [Note 1] or disabled [Note 2] due to a mechanical disorder of the spine causing back pain. For other people, VAT will be charged at the current rate [17.5%]. Postage within the UK is £9.00. Postage prices for other countries may differ. Contact us and we will send you an order form and VAT declaration to complete, or you can order through our website. Orders will be processed on receipt of payment. Please allow up to 28 days for delivery.

NOTES

Chronic is defined as suffering from the same complaint for a period of more than 3 consecutive months. 2. Disability can be caused by a hereditary defect, accidental damage, age or lifestyle. 3. If you have a pre-existing medical condition, you should consult your doctor before using the Back-Pack.

[UK and Worldwide patents pending. Patent application number 972670.4]

Mr. Lucklinski is well known to many BVAF members. He has been very successful in BVAF Championships in recent years, winning medals in the Decathlon and also in the individual hurdles, high jump and pole vault.

Back-Rack Ltd. sales and agency enquiries

Mr. B.M. Lucklinski
31. Merrow Woods,
Guildford,
Surrey,
GU1 2LP

Commemorative Clothing

The BVAf is negotiating a deal with Gateshead MBC which allows our sports-wear supplier Bourne Sports to produce a range of commemorative sportswear specifically for our members. The official clothing contract was awarded by Gateshead MBC to T.S.M. Ltd [our previous supplier before Bourne Sports], but BVAf officers felt that our members may like the opportunity to purchase a range of commemorative clothing dedicated to them. Clothing will be advertised and available until July 29 via mail order and also available at events where Bourne Sports are present. It will feature the popular British Bulldog, featured on previous items of clothing.

At present it is unclear if the clothing will be on sale at the World Championships, due to contractual difficulties, so be on the lookout and order in good time. Let us prove to the world that we not only have the best athletes but also the best dressed. The normal range of BVAf kit is also available.

Track & Field Notes

Having taken the entries for the BVAf Indoor Championships and received some complaints and queries in the process, I will take this opportunity to answer the most frequently asked question which is: "Why do I have to keep sending confirmation of my personal details?" There are two answers. Firstly, you do not need to send proof if you are entering a BVAf Championship and you are a member of a BVAf Club. For World and European Championship events then proof of personal details are necessary, as the BVAf do not have a complete membership list containing it's member's personal details.

I have been trying for the last three years to complete a BVAf membership list, which would solve many problems and make entering championships easier, but due to opposition from some BVAf Clubs, in particular SVHC, VAC, NEVAC and WVAA, I have been unable to complete this task. I can say that some of the queries and complaints have come from those clubs. Members of the above clubs should therefore ask their club secretaries to furnish me with the information. Better still, fill in the form below and send it to me. Thanks to the club secretaries who have answered my membership check list.

The coming months will see various events taking place in what will be an expensive year for some competitors. We have the Indoors at Birmingham and the European Indoors at Malmo the following week. Make sure your entries are sent in for the World Championships at Gateshead. The first outdoor track and field event for the BVAf will

Training Tips For Multi Eventers

Athletes who compete successfully in decathlon, heptathlon or pentathlon are, arguably, the fittest all round athletes and the fittest sportsmen. Generally, they are speed and power merchants, with a weakness in stamina, hence their loathing of the 800m or 1500m. During last year's indoor championships I was sidelined, having pulled a hamstring a few days prior to the event while running a 60m hurdles [my weakness]. I therefore took the opportunity to gain a cross section of views from other multi eventers.

Since a multi eventer needs to be an all rounder, his or her training needs to cover all the basic elements of fitness. These are the four S's, speed, stamina, strength and suppleness, plus the hardest to improve, skill or technique. Generally, it is believed that an aerobic/strength fitness base is laid down over the winter months by running on various surfaces and doing weights and/or circuits. For weight training to be beneficial it

must be progressive, with increased weight and less reps and some done fast. Jackie Joyner Kersey used large weights to build up leg strength and did eight sessions weekly. Fine if you are a professional athlete!

As spring approaches, more speed work should be done, although many maintain that it should be an all year round activity. To improve speed, resistance runs up hills or with a harness and tyre can supplement the usual starts, acceleration runs, intervals, etc. Aerobic runs need to be of top quality i.e. lactate threshold, or 80% maximum heart rate or 5km pace. It is true that you will only achieve in competition what you can do in training. Technical training, particularly in your weak events, must be done with a coach, or video for the self coached. No matter how well conditioned you are, if your technique is poor your result will be poor.

Plyometrics [bounding] and medicine ball work are helpful in increasing power in jumping and throwing. Track or grass sessions normally consist of intervals from 60m to 600m at varying speeds, with a full or partial recovery. It should be stressed that after a heavy track or weights session there should be a recovery day, with an easy run or cycle or swim. Veteran athletes are much more likely to break down with an injury through overtraining.

As competition approaches weight sessions may be curtailed, although some may increase them in the month before the championships. On competition days make sure that you have all your shoes, kit, scoring tables and calculator, and plenty of food and drink.

Finally, I have not written anything about suppleness. Perhaps that is because I, like most other athletes, neglect it and hate doing it. Stretching before and after sessions in the gym or on the track, indeed before all sessions, is vital to maintaining mobility which, along with speed, is the fitness aspect lost most rapidly as we age. Note the fall off in hurdles, jumps and sprint results compared with the phenomenal achievements maintained up to and over 60 years of age in longer distance running and in throwing. To all who are "jack of all trades and master of none" in the athletics world may I say: "May the 1999 season see new PB's and improved scores as you work hard at the greatest athletic test of all - multi-events". **Julian Kennedy**

European Road Championships

Entries for the European Road Running and Walking Championships, to be held in Bruges on the week end of June 26-27, close on April 28. Events are 10k and half marathon running and 30k/20k walks. Entry booklets may be obtained by sending two first class stamps to Wendy Dunsford, Overseas Entries Co-ordinator, 12A, Salisbury Road, Grays, Essex, RM1 7BQ. Entries must be returned to Wendy and not sent direct to Bruges, as they have to be verified by BVAf. As this event is a European Veterans Championship all British entrants must be affiliated to the BVAf.

be our invitation to Holland for the Interland international event, June 19th. I am still awaiting the venue and full details. I suspect that with the current strength of the pound the cost will be about £140. As usual, I will be sending letters to the top four athletes in most events [six in the 5000m as we have four runners in this event]. Any one else who is interested please drop me a line. I am sorry that you missed it Chris [letters page V/A 48], but it has always been mentioned in at least two issues of V/A [44 - 45 - 46]. The events will be 100m, 200m 400m, 800m, 1500m 5000m, 400mh, 100mH, 3000mW [W], 110mH, 3000mSC, 5000mW [M], 4x100m, 4x400m, HJ, LJ, TJ, HT, DT, JT, SP, PV [M].

In July will be the Track & Field Champs at Edinburgh [see entry form p.5]. The SVHC have arranged some cheap accommodation, so please get your entries in early, so that they can look after you. We will be having many guests from other countries who will be booking early, so let us do the same. After that comes Gateshead and team managers will be appointed for this [see the Chairman's column]. As there is no overseas travel involved, BVAf will not have access to funds from WGT to cover medical provision [see Medical article on p.7] We will be arranging for cover at all three stadia and a booking clerk to stop the abuse in the system as outlined in Allan Medding's letter in V/A 48 and in several more letters sent to me by other members. Otherwise we will have to use the services provided by the organisers.

Winston Thomas, Sec. Track & Field

BVAf MEMBERSHIP LIST

Please use capital letters MALE ☐ FEMALE ☐
Club: EVAC, IOM, NIAC, NVAC, NEVAC, SCVAC, SVHC, SWVAC, VAC, WVAA
Surname _____ First Name _____
Address _____

Post Code _____
Telephone No Home _____ Date of Birth _____

[Note: The BVAf is a registered body under the Data Protection Act]
To: Winston Thomas, 67A Waterside, Kings Langley, Herts, WD4 8HE

The 10th European Throwers Decathlon

So you thought that it only rained in New-
t! It served me right. I had entered for the
DVAF Championships but, having heard the
adverse weather forecast, I did not go. This
time I had no escape. I had to go to Mulheim
for the 10th European Throwers Decathlon.

The circles were under water on the Sat-
urday. It was no better further north, where
Barbara and Wendy Dunsford, with Jenny
Earle, were taking part in the German
Slingball Championships. There were 40
women competitors in this dynamic event so
popular in Europe. In the various age groups
Barbara was 4th, Wendy 1st and Jenny 2nd,
the British Throwers Club coming 3rd. It
rained for the whole three hour period of the
competition and was little better in the after-
noon for the Steinstossen, shot putting on the
run with three different weights. There was
similar success in that event.

I secretly wondered how our gallant trio
would manage after their strenuous activi-
ties of the day before. I need not have wor-
ried, because we had the same weather con-
ditions that had obviously suited them so
well. Although most of us managed to com-
plete our event in the dry, afterwards the heav-
ens opened and the temperature dropped.
After four hours in the wet most of the throw-

ers were thoroughly chilled. It became im-
possible to compete in some of the events at
the scheduled times. Brushing the water
away was useless and trenches in the all
weather areas had to be dug. Goodness
knows what the groundsmen would make
of it. Inevitably performances dropped, al-
though there were no retirements and after 6
or 7 hours rain the weather cheered up, but
too late. A great pity that such a marvellous
event should be so savaged by the weather.

John Dunsford had acted as team man-
ager and the girls spoke highly of his efforts,
although Merrik Bousfield and I could not
remember being brought umbrellas, chairs
and hot coffee! Merrik started well in the
early events with four P.B's and had great
hopes of breaking the 6000 point barrier. Un-
fortunately, the weather decreed otherwise
and he finished a close second overall.

John Fairbairn, although troubled by a
knee injury, enjoyed his first decathlon, es-
pecially the Slingball and the Stein, although
he would have been happier with a few more
points. His strength and Highland Games ex-
perience were clearly of great help, as was
his unofficial coaching. For the benefit of the
non throwers, in events such as these we all
help each other. Barbara impressed by her

improvement in the Stein and Kugelschocken,
again ably coached by one of her rivals.

I enjoyed the rotational events, winning
all of these in the M60 category. One of my
rivals suggested that I was doing four turns
in the hammer. I told him that it merely ap-
peared so, as I was going so fast because of
the under foot lubrication! I finished 2nd over-
all and John was 3rd. The heavenly twins,
Wendy and Jenny, enjoyed their usual close
competition, even though in different age
groups, finishing 2nd and 1st respectively,
excelling in shot and hammer.

Jenny Piercy, recently recruited from the
legions of runners, competed for the first time,
performing well with the club, as did pole
vault coach Maureen Jones. Both were eager
to learn but realised that things were more dif-
ficult than at first appeared. They agreed, as
did we all, that this event was a great way to
end the season, fun, relaxing and friendly.

Hugh Richardson

1998 Track & Field Rankings

1998 Veterans T & F Rankings lists are
available from the statisticians. Please send
£3.00 + A5 SAE [31p stamp]
Men: David Burton, 22 Chandlers Way,
Steyning, West Sussex, BN44 3NG.
Women: Sally Gandee, 4 Westfield Road,
Hertford, Herts, SG14 3DJ.

OSWESTRY OLYMPIANS CALENDAR of EVENTS for 1999

Race Title	Date	Day	Time	Type of Event	£	Venue
Oswestry 10	May 9	Sunday	1.00pm	Open 10mile road race with vets team prizes	£4 club £5 u/a	Whittington Cricket Club, Near Oswestry
Castell Dinas Bran 6	May 15	Saturday	12.00 1.00pm	youngsters, off road Sen.6 miles, Hilly/Road	£1 £3 club, £4 u/a	Dinas Bran School, Llangollen
Mynydd Myfyr Hill Run	May 31	Monday	12.30pm 11.00am	Youngsters off road 1 mile Approx. 4 miles fell	£1 £2 club, £3 u/a	Trefonen, Nr Oswestry
Ellesmere [Shrops] 10k *	June 13	Sunday	1.00pm	Road 10k "T" Shirts for all finishers	£4 club, £5 u/a	Lakelands School, Ellesmere, Shrops
Dick Whitt- ington Dawdle *	June 25	Friday	6.15pm 7.15pm	Youngsters off road 1m Fast road 5 miler	£1 £3.50 club, £4.50 u/a	Whittington Cricket Club, Near Oswestry
Park Hall relays	July 9	Friday	7.15pm	6 x 2.25 miles 4 x 2.25 miles 3 x 2.25 miles	6 - £12 4 - £8 3 - £6	Park Hall Showground, Nr Oswestry
Park Hall 5k *	July 23	Friday	6.15pm 7.15pm	Youngsters off road Fast 5K	£1 £3 club, £4 u/a	Park Hall Showground, Nr Oswestry
Gobowen 5 *	Aug 6	Friday	7pm	Fast 5 miles	£3 club, £4 u/a	Playing Fields, Gobowen, Nr Oswestry
Rhiwlas Show Fell Run	Aug 28	Saturday	12.45pm 1.30pm	Youngsters Approx 6.5 miles	£1 £2 club, £3 u/a	Approx. 5 miles NW of Oswestry
Penegwely Round The Reservoir	Sept 11	Saturday	1pm	Approx. 6 miles fell run	£2 club, £3 u/a	Approx 3 miles NW of Oswestry
Puma Cell Half Marathon, Lake Vyrnwy	Sept 19	Sunday	1pm	Fast, scenic half marathon	£5.50 club £6.50 u/a	Powys
Chariots of Fire *	Sept 25	Saturday	T.B.A. 12 noon	Youngsters off road Seniors 5k Road	£1 £3 club, £4 u/a	Park Hall Showground, Ne Oswestry

* 1999 Pentathlon Series -Best 4 Races To Count - T Shirts To All Finishers

ENTRY FORM [use for any of the above]

NAME _____ SEX M ☐ F ☐ AGE ON RACE DAY _____

CLUB or STATE IF UNATTACHED _____

ADDRESS _____

_____ TEL. NO _____

I wish to enter _____ on _____

Space for any comments. _____

The organisers of the above named event will not be responsible for any loss, damage or injury suffered in connection with the
above named event. Signature _____

Please enclose a 9" x 6" S.A.E. for reply etc.

Enquiries/entries to Doug Morris, 27 Whittington Road, Oswestry, Shropshire, SY11 1JD Tel. 01691 653338

Around the Regions

EASTERN

For the second year the park at Arrington was the venue for the EVAC Cross Country Championships, held on Jan.24. This was the 21st staging of the event, the first being at Hinchbrook Park, Huntingdon, in March 1979.

David Walsh of Luton U was a clear winner, having led virtually all the way, from Peter Thompson [Nene Valley]. David Laynes was first over 45 in 3rd position. Mansfield HAC took both sets of team medals and Bedford and County the silvers. Nene Valley were again unfortunate, as last year, they missed out by not closing a fourth scorer, who was forced to drop out after the first lap.

Our latest recruit Jane Pidgeon, Notts AC, who only became a veteran on the day before the event, was a clear winner in the women's race, beating Wendy Jones [Royston R]. She was followed by Vikki Green of the local Cambridge club, the first women over 40.

George Phipps, the 1st over 70, also ran in the first race in 1979. David Smith, another 1979 competitor, was there watching his wife and daughter run, as was the secretary who was watching his son, not forgetting our club newsletter editor and official photographer Tony Challis.

The course was not as long as the organiser had hoped, but it was quite hilly for the Cambridge area and, as far as could be gathered, there were no complaints from the older members, or the young vets either.

Peter Chaplin

ISLE OF MAN

The I.O.M Half marathon Championship on Nov. 1 drew 26 competitors to the essentially flat two lap course in the south of the island. First veteran home and 3rd overall was M40 Murray Lambden who slipped back after an early challenge to record 1:18.43. Terry Bates, after clocking 2:57 in the Dublin Marathon 6 days earlier, was a tired 5th and 1st M45 in 1:21.24. Doug Corkill won M50 in 1:31.24 and John Grady the M55 in 1:32.20. Our "overseas" member Bill Hooke became M60 champion, covering the two laps in 1:43.52. The women's event went to Carol Bates, who tired badly during the last two miles, finishing in 2:17.11.

The event was rounded off by a welcome buffet, where Al Hodgson was awarded the trophy for the most meritorious achievement as he took the M70 prize in 2:03.38, just 7 days after completing the Snowdonia Marathon in under 5 hours. The IOMVAC team of Mike Gellion, Peter Cooper, Ian Crawford and Terry Bates received the bronze medals they won in the BVAFA Half Marathon Champs at Liverpool. This was the first time our club had competed in such a championship and to finish 3rd was very satisfying.

The club's own Autumn Handicap, run over 6 miles round the perimeter road of the NSC, Douglas, was supported by 17 starters on the blustery morning of Nov.21. The race was handicapped in age bands, with the eldest starting first and the M40's 15 minutes later. The man in form was Terry Bates who had a 13.30 deficit but ran through the field to finish 1st in a time of 35:15. The 2nd was M50 Alan Postlethwaite and M40 Ian Crawford was 3rd. Of the 4 ladies taking part, W35 Lorraine Stigant was the first to finish in a creditable 45:35, ahead of W60 Collette Chrystal, W40 Sue Furner and W45 Carol Bates. This formed the 2nd leg of the series to decide the winner of the Skillicorn Trophy and, following a 3rd place in the Spring event, the overall winner was Terry Bates.

Terry received his trophy at the Annual Dinner held the same night and this rounded off a once in a lifetime year, as he also received the Vet's Mile Trophy, 10 mile Champion's Cup and the coveted Veteran's Road Running Shield. Other major prize winners were Maureen Cox and Simon Cox in the Race Walking League and Ruth Callin and Brian Cowley were Track & Field Champions. The Dowty Award for Club Person of the Year went to Barbara Bagley, whose help on the sidelines has been invaluable. Many thanks to Moira Hall and friends who organised the evening so well that they have been volunteered to do the same next year. Such is the price of success!

Strange as it may seem, but the 1st race of the 1999 season was the 10 miles walk from Peel to Douglas on Dec 6 1998. Of the 30 starters, 17 were vets and shows the depth of commitment on the island. With three senior men racing away at the front, it was left to four vets to make a race of it for the minor places. Simon Cox, Colin Halsall and Terry Bates kept close company for the whole of the race with the prospect of catching the former Commonwealth Games walker Allan Callow as a spur to a fast time. Eventually, Allan's class showed as he finished 4th in 88:42, with Simon and Terry joint 5th in 88:52. Colin Halsall dropped off the pace with two miles left was 7th in 90:14. W45 Maureen Cox, returning after injury, was first women and 12th overall, finishing in 98:39.

Terry Bates

NORTHERN

Gale force winds prevented new records at the 10 miles Champs at Padgate on Oct. 25. Alex Rowe was an outstanding winner, by over three minutes, from Liverpoolian Geoff Rawlinson in 54:05. It was closer at M45 as Alan Hudson [58:48] was only 38 seconds clear of Neil Price. Due to the conditions, only 6 runners finished inside the hour. Derek Walton won comfortably at M55 from Dave Edge in 63:56. Evergreen Brian Gane had a gargantuan struggle with Les Vaughan-Hodkinson before winning the M60 by a mere 25 seconds in 67:54. Eight women finished, with Denise Wakefield on top in the W40's recording 68:46.

On Nov. 8 at Great Harwood the monthly cross country took place in fields more like paddy fields. Winner Mike Girvan reckoned they were the muddiest he had encountered, but his even paced drive over the 4 laps were good enough for almost a minute spare over M50 Frank Reilly. Fell specialist Steve Breckell ran well to win the M45's. The popular handicap awards gave all a chance of a prize and Bill Shaw and Adrian Harris finished 5th and 6th to win prizes. Kath Maycock, W45, led the women home.

While Alex Rowe was winning the next monthly run at the end of November, other NVAC members were enjoying success in Cyprus. Irish international Frank Reilly was the most successful. In the Aphrodite Half Marathon he was 18th and 1st M50 in a field of 350. He clocked 78:03, excellent in the humid conditions.

On the next two days an enterprising local created the "Cyprus Challenge", two races totalling an exact half marathon distance again. Frank won both events. The first race was at a mountain village, over an undulating 9.1km road course. Not far behind was the rejuvenated Fred Gibbs who had wisely forsaken the half marathon. He was rewarded with 3rd place overall in 36:20, excellent for a 60 year old. Also successful were Peter Wilkinson, Derek Walton and Peter Taylor, all laden with ornate trophies, as is the habit in Europe.

The temperature was in the mid 70's for the 2nd race on a flat 12km, out and back road and track course at Limassol. Frank romped home again by over a minute in 42:53, with Eric Wilson in 3rd and Fred 4th. We hope to repeat this event in 1999.

The annual yacht handicap at Christmas was held in the right spirit on Dec 13. Conditions were ideal for the 59 hopefuls over the 10km course, organised as efficiently as usual by Martin McGann and John Pajak and their East Cheshire helpers. M65 runner Derek Gill, one of 13 in this group, was the one to confound handicapper Peter Dibb, as he caught stalwart Dennis Mason, passing him on the track to win by 15 seconds. Fastest was Chris Henry in 33:33, duplicating his performance of 1997. Next was 56 year old Ken Burgess with an excellent 36:16, one second quicker than club mate Robbie McGall.

Derek Walton

WELSH

The WVAA held their AGM on Nov 24 at Cardiff. President Tom Wood and Secretary John Kirstin were re-elected. Myfanwy Loudon stood down as Chairperson. The position will be taken by Dave Williams.

Also in November, a presentation evening was held at the Aberdare Hall, Cardiff. A superb meal was provided by the catering students of Cardiff University. Cardiff AAC received both the women's and men's League Cups. Awards were given to the top points scorers in the leagues. Winners were Sue Hooper [W35] and Mary Webb [W45], both of Cardiff, and in the

men's league they went to John Davies [M40] of Port Talbot and Brian Barrett [M50] of Neath. Bill Kingsbury then presented the Matt Cullen Veteran Throws Shield to an ecstatic Brian Webb [Cardiff]. The evening came to an end with a presentation of a silver salver to Myfanwy Loudon for her contribution to Welsh veteran athletics, in particular her chairing of the organising committee for the BVAFA Championships at Newport in July.

St. Asaph, Denbigh, was the venue for the cross country international. The standard continues to rise in this event. Wales suffered from the absence of key athletes, so they knew it would be tough. Excellent runs from Francis Gill and Pat Gallagher maintained their excellent records in this event. For the men, Tony Simmons, Steve Brown and Hefin Richards had off days, but newcomer John Foster had a great run. The W50, M55 and M60 quartets won silver medals. An interesting fact came to light at the award ceremony. Brenda Jones, who ran in the W55 group, is the mother of Steve Jones, the steeplechase international. It must be unique in Welsh athletics for a mother to gain international selection 15 years after her son!

The Welsh Cross Country Championships were held at Brecon in December. Kenny Davies [Swansea] was first home and M40 winner. Other male firsts were M50 Dic Evans [Cardiff], M55 Ken Parry [Thrift Green], M60 John Collins [Swansea] and M65 Doug Morris [Oswestry]. Bridgend took the team award from Neath and Swansea. In the women's event Francis Gill [Neath] was 1st overall and W35 winner. Other winners were W40 Ann Nixon [Chepstow], W45 Edwina Turner [Les Croupiers], W50 Shelagh Adkins [Cardiff] and W55 Brenda Jones [Bro Dysynni]. The team award went to Les Croupiers, with Cardiff 2nd, followed by Les Croupiers W45.

Brian Webb

SOUTHERN

VAC

New vets have been joining the fray confidently at Camp Road, in the Vets AC series. In the second October race 10 out of the first 12 were in 40 class, which, believe it or not, is something of a record, and the consecutive first six home. Mark Watling, who tabled the fastest time of the series, was then winning his second race. It was right, therefore, that the new cross country champion was one who turned 40 in October, Geoff Jerwood, a Herne Hill Harrier. He won convincingly in 26:32, a time comparing favourably with Watling's, when allowance for muddy conditions are made. Second, only 14 seconds behind, was former middle distance athlete Kevin Jennings, who got the better of a rare battle with his Hercules club mate, the durable Grenville Tuck, 48, on the last hill. The former international name took his 3rd M45 title.

Geoff Jerwood, VAC C. Country Champion



Jerwood winning

Regions [continued]

Also battling at the front with these two was Steve Smythe, the journalist, who took M40 bronze, clear of other club vet, Richard Holland from Harlow. First in 6th place, was a pleasantly surprised Charlie Dickinson, a former champion who held off fellow Belgravian Mike Nouch and challenging 50s Liam O'Hare and Dave Mitchell. Stu Littlewood and Andy Murray gained the minor medals in 45, while Bob Graham made a welcome comeback in 55 class. First 65 was national character Ron Higgs, back on song after retirement from 20 years in the print industry. Tom Everitt's hat trick in 60 class was also a reminder of the loss of Laurie O'Hara, who had won this group and broken Tom's chance of scoring five on the run. Mike Waine, not in the champs this year, still made his presence felt in two duels with Grenville Tuck earlier.

Josie Heffernan, 45, was deservedly the women's champion, after a close race. She finished an assured 20 seconds clear of Maev Johnston, who secured the 35 trophy. No records changed and the only one to be reset this season has been the W50's. Here, Margaret Auerback, fresh from St. Asaph, improved Pauline Rich's 31:59 to 31:23. The Ranelagh member had held the record in W45, and was full champion before. Minor distaff medals were well contested, and Eila Mansfield, the Finnish born first 60 from the Chilterns, finished ahead of 5 younger runners.

Steve Boxshall, prominent in the Kent Vets, won the latest race, with one more to come. Yet against this apparently ideal scene a cloud is gathering over the popular meet. Like ever increasing road traffic, pressure from other users of Wimbledon Common has built up. Discussions have been held with unhappy golfers, while horse riders on the trail have at times been bumping and boring and were the cause of a minor diversion.

Jeremy Hemming

SCVAC

The first championships of 1999 was the 25k, held in conjunction with the Mitcham 25k Road Race on Jan

24. Outstanding SCVAC runners were Owen Phipps, whose 94:48, at age of 52 gave him 84.68% age grading for maximum 40 points in the Grand Prix and his Ilford compatriot, Pam Jones, who covered the 3 lap course in 2:00.19 for an a.g. of 83.43% at 62. Gold medals also went to Andrew Fletcher [M40], David Gray [M45], Alistair Matson [M50], Barry O'Gorman [first 60 in the race], Roy Webb [1st 65 in the race], Alison Fletcher [W35], Ann Bath [W50] and Ann Gray [W55].

Seven days later, a complete change of terrain saw the Indoor Champs at Crystal Palace, almost certainly the last time we will be able to hold them there. Four British age records were recorded here. The only one on the track came from Jean Hulls, with 11.6 for the 60m hurdles, the fastest yet for a British W60 indoors. Alf Woods has recently moved into M70 and his 2.20m pole vault also amended the record books. However, the shot was probably the most prolific event. Neil Griffin beat the M50 mark with 14.82m and Gordon Hickey at last pushed the great Doctor Macsymzyk out of the record books with a 12.26m for new M65 figures.

Finally, on Feb 20 the cross country champs were held at Horsenden Hill, Perivale, on a muddy and hilly course. This was held in conjunction with an Ealing, Southall and Middlesex inter club race and, to the surprise of some of the younger runners, veterans were 1st & 2nd. Mark Watling [Blackheath] won the M40, with guest Neil Miller of Westbury close on his heels. Again, the M50 winner Owen Phipps scored maximum points towards the GP. Other good male winners were Andy Catton [M45], Ted Broad [M55], Mike Rosbrook [M60], Ian Addison [M65] and the ubiquitous Ron Franklin [M70]. Not to be outgunned by her Ilford team mate, Pam Jones also scored maximum points with her usual win in the W60 5000m race, with Sue James [W45], Ann Bath [W50] and Pam Lucas [W55] the other female gold medallists.

Jack Fitzgerald

Right: International C. Country: Diane Mort [Wales] leads team mate Rose Naish

Wrong Caption

On page 4 of the last issue of V/A we published a photograph of the winning British M65 4x400m team in the European Championships. The caption indicated that a member of the team was Alan Bateman. It should have read Andrew Blackman. Our apologies for the error.



Jeremy Hemming



Slough

Borough Council

PRESENTS

SLOUGH HALF MARATHON, WHEELCHAIR HALF MARATHON & FAMILY FUN RUN

incorporating SCVAC Half Marathon Championships & Grand Prix
SUNDAY 5th SEPTEMBER 1999

UPTON COURT PARK, UPTON COURT ROAD, SLOUGH

START TIMES

9.00am - Wheelchair Half
9.45am - Half Marathon
10.00am - Family Fun Run

FEES

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£8.00/9.00 - Non-affiliated
£1.00

PRIZES

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

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Grade 1

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British & Irish Veterans Cross Country
International, St Asaph, Wales, 21-11-98

Men's race: 10km

1 N. Gates M45 [E] 35:17, 2 J. Estall M40 [E] 35:35, 3 M. Hassett M40 [R.L.] 35:47, 4 J. Rye M40 [E] 35:58, 5 E. Coppinger M40 [R.L.] 36:02, 6 R. Wise M40 [E] 36:03, 7 M. Hager M45 [E] 36:06, 8 T. Payne M40 [R.L.] 36:28, 9 D. Wilson-Evans M40 [E] 36:36, 10 A. Jenkins M45 [S] 36:46

M40 8 J. Kilsby [E] 36:50, 9 K. Varney [S] 36:53, 10 G. Gaffney [S] 36:58, 11 B. Gardner [S] 37:04, 12 M. Shields [N.I.] 37:10, 13 I. Stewart [S] 37:16, 14 G. Newhams [W] 37:26, 15 J. Foster [W] 37:30, 16 B. Mitchell [N.I.] 37:38, 17 G. Carr [R.L.] 37:39, 18 M. Watling [W] 37:46, 19 M. Flower [W] 37:50, 20 N. Lees [E] 38:06, 21 J. McNally [R.L.] 38:11, 22 A. Maddocks [W] 38:13, 23 M. McGeeoch [W] 38:19, 24 D. Kerr [R.L.] 38:27, 25 T. Anderson [S] 38:21, 26 C. Miller [S] 38:43, 27 S. McAnaney [N.I.] 38:46, 28 L. White [N.I.] 38:48, 29 P. Murphy [N.I.] 39:01, 30 N. Cahoon [N.I.] 39:40

M45 4 K. Moss [E] 37:00, 5 P. Flavell [E] 37:02, 6 R. Curran [N.I.] 37:17, 7 S. Owen [E] 37:21, 8 P. Witcombe [E] 38:17, 9 P.O. Shea [R.L.] 38:24, 10 A. Murray [R.L.] 38:38, 11 J. Hanratty [S] 38:58, 12 A. McLinden [S] 39:08, 13 B. Gough [S] 39:17, 14 T.O. Neil [R.L.] 39:23, 15 K. Wilkinson [W] 39:26, 16 F. Connor [S] 39:28, 17 J. Newberry [N.I.] 39:30, 18 D. Cowie [S] 39:48, 19 J. Todd [R.L.] 39:58, 20 G. Bell [N.I.] 40:07, 21 K. McGeeoch [W] 40:27, 22 G. Jones [W] 40:38, 23 B. Donican [R.L.] 40:47, 24 P. Ryan [R.L.] 40:55, 25 I. Spiers [N.I.] 41:01, 26 D. Clarke [N.I.] 41:17, 27 J. Pointon [W] 41:25, 28 J. Robinson [N.I.] 47:57, 29 S. Brown [W] 45:21

M50 1 P. Hyde [E] 37:17, 2 J. Buckley [R.L.] 37:57, 3 H. Matthews [E] 38:02, 4 D. Evans [W] 38:16, 5 B. Hilton [E] 38:33, 6 P. Murphy [R.L.] 38:37, 7 J. Willerby [E] 38:42, 8 G. Meredith [S] 38:50, 9 P. Reilly [R.L.] 38:53, 10 J. Exley [E] 39:31, 11 J. Bell [E] 39:51, 12 P. Kelly [N.I.] 40:23, 13 L.O. Hare [R.L.] 40:35, 14 J. McAllister [S] 40:40, 15 J. Llewellyn [W] 40:43, 16 C. Thomas [W] 41:22, 17 D. Fairweather [S] 41:30, 18 G. Fleming [E] 41:53, 19 D. Davies [W] 41:57, 20 J. Hayes [N.I.] 42:28, 21 L.O. Leary [R.L.] 42:33, 22 A. Duncan [S] 42:41, 23 H. Watson [S] 42:44, 24 A. Egan [W] 42:47, 25 B. Campbell [S] 42:51, 26 W. McCracken [R.L.] 42:55, 27 R. Donaldson [N.I.] 45:29, 28 J. Gallagher [N.I.] 46:54, 29 R. McCulloch [R.L.] 47:14

M55 1 L. Davies [E] 40:11, 2 R. Young [S] 40:51, 3 M. Ford [E] 41:05, 4 L. Haynes [E] 41:52, 5 A. Jones [R.L.] 41:55, 6 K. Parry [W] 42:00, 7 A. Garrett [W] 42:14, 8 P. Lancaster [E] 42:37, 9 D. Williams [W] 43:20, 10 E. Campbell [N.I.] 43:23, 11 K. Buckle [W] 43:24, 12 P. Cartwright [S] 43:39, 13 J. Leonard [R.L.] 44:03, 14 M. Edwards [S] 44:22, 15 A. Fowley [S] 45:30, 16 R. Corry [N.I.] 45:36, 17 B. Brannigan [N.I.] 45:46, 18 C. Creagh [R.L.] 46:55, 19 G. Geddis [N.I.] 48:17

M60 1 S. James [E] 40:31, 2 F. Gibbs [E] 41:53, 3 H. Clayton [E] 43:12, 4 D. Hayes [E] 44:00, 5 J. Collins [W] 44:06, 6 J. Reid [N.I.] 44:36, 7 J. Kersting [W] 44:45, 8 T. Pugh [W] 46:08, 9 R. McFall [S] 46:40, 10 P. Norman [W] 46:57, 11 J. McEvoy [R.L.] 47:09, 12 P. Brennan [R.L.] 47:22, 13 A. Shaw [S] 47:27, 14 H. Morrison [S] 47:36, 15 J. Roberts [N.I.] 49:33, 16 P. Craddock [R.L.] 50:07, 17 J. Parker [S] 51:52, 18 F. Arthurs [N.I.] 52:05, 19 M. Conway [R.L.] 59:33

M65 1 W. Neenan [R.L.] 44:49, 2 R. Higgs [E] 44:52, 3 G. Spink [E] 45:51, 4 D. Walsh [R.L.] 46:48, 5 G. Ashby [E] 48:21, 6 R. Pitcairn-Knowles [E] 48:35, 7 R. Parsons [W] 49:02, 8 A. Smith [W] 49:57, 9 D. Morris [W] 50:36, 10 W. Davies [W] 51:17, 11 W. Dunne [R.L.] 52:14, 12 B. Early [R.L.] 56:30

Teams: M40 1 England 16, 2 Rep. of Ireland 29, 3 Scotland 43, 4 Wales 66, 5 Northern Ireland 83
M45 1 England 12, 2 Scotland 39, 3 Rep. of Ireland 52, 4 Northern Ireland 68, 5 Wales 85
M50 1 England 16, 2 Rep. of Ireland 30, 3 Wales 54, 4 Scotland 54, 5 Northern Ireland 45
M55 1 England 8, 2 Wales 22, 3 Scotland 28, 4 Rep. of Ireland 36, 5 Northern Ireland 45
M60 1 England 6, 2 Wales 20, 3 Scotland 36, 4 Rep. of Ireland 39, 5 Northern Ireland 39
M65 1 England 10, 2 Rep. of Ireland 16, 3 Wales 24

Overall Men's Team 1 England 25, 2 equal Scotland & Rep. of Ireland 15, 4 Wales 14, 5 Northern Ireland 6

Women's race: 5km
1 M. Steadman W35 [E] 19:31, 2 T. Thompson W35 [S] 19:42, 3 F. Gill W35 [W] 20:01, 4 C.O. Rourke W35 [R.L.] 20:11, 5 K. Marshall W45 [N.I.] 20:12, 6 J. Hough W40 [R.L.] 20:17, 7 S. Allen W40 [E] 20:17, 8 M. Grehan W40 [R.L.] 20:20, 9 L. Higgs W35 [E] 20:21, 10 J. Carr W35 [R.L.] 20:26

W35 7 L. Harding [S] 20:28, 8 S. Armitage [S] 20:29, 9 O. Nolan [R.L.] 20:31, 10 N.O. Sullivan [R.L.] 20:33, 11 C. Wheeler [W] 20:49, 12 W. Edwards [W] 20:52, 13 L. Marr [E] 21:07, 14 K. Davison [E] 21:23, 15 D. Mort [W] 21:38, 16 B. Moore [N.I.] 22:06, 17 L. Hughes [S] 22:21, 18 C. Moran [N.I.] 22:26, 19 L. Wilson [N.I.] 25:14

W40 4 M. Eldridge [E] 20:33, 5 A. Nixon [W] 21:00, 6 J. Moorskite [E] 21:05, 7 S. Sheir [R.L.] 21:25, 8 M. Jennings [R.L.] 21:29, 9 S. Dodds [N.I.] 21:29, 10 A. Whitelaw [W] 21:31, 11 R. Naish [W] 21:42, 12 A. Pugh [E] 21:55, 13 E. Reed [S] 22:43, 14 D. Kenwright [W] 23:12, 15 H. Morton [S] 23:27, 16 C. Thompson [S] 23:53, 17 M. Oliver [N.I.] 26:40, 18 N. Cross [N.I.] 30:30

W45 2 G. Dean [E] 20:33, 3 Z. Marchant [E] 20:34, 4 M. Statham [E] 20:45, 5 C. Kilkenny [E] 20:48, 6 E. Turner [W] 21:30, 7 D. Dowling [R.L.] 21:46, 8 S. Patrick [N.I.] 22:08, 9 R. Reid [R.L.] 22:11, 10 A. Lynum [R.L.] 22:13, 11 A. James [W] 22:23, 12 A. McGreal [R.L.] 22:28, 13 J. Waterhouse [S] 22:32, 14 C. Faraday [W] 23:14, 15 L. McGarry [S] 23:22, 16 H. Bradley [S] 23:39, 17 K. Chapman [S] 23:53, 18 C. Guy [N.I.] 28:33

W50 1 P. Gallagher [W] 20:53, 2 J. Davies [E] 21:36, 3 L. White [E] 21:53, 4 M. Auerbach [E] 22:04, 5 F. Garland [E] 22:12, 6 S. Adkins [W] 23:26, 7 S. Davies [W] 23:29, 8 P. Hopkins [W] 23:35, 9 M. Robertson [S] 23:46, 10 P. Lemoncello [S] 24:02, 11 J. Comisky [R.L.] 24:15, 12 J. Byng [S] 24:27, 13 J. Coyle [R.L.] 24:33, 14 J. Hallard [W] 24:52, 15 M. Walsh [R.L.] 25:10, 16 C. Lynch [R.L.] 26:11, 17

S. Bauchop [S] 26:45, W55 1 V. Hancock [E] 23:38, 2 D. Tsakirionios [E] 24:09, 3 P. Jones [E] 24:37, 4 C. Lee [E] 25:04, 5 K. Dempsey [R.L.] 25:19, 6 A. Woodcock [R.L.] 25:36, 7 B. Jones [W] 26:08, 8 P. Thomas [W] 27:28, 9 A. McGee [R.L.] 28:09, 10 M. Maher [R.L.] 28:26, 11 M. Gartrell [W] 29:29, 12 S. Jones [W] 30:10

Teams: W35 1 Scotland 17, 2 Rep. of Ireland 19, 3 England 19, 4 Wales 26, 5 Northern Ireland 53
W40 1 Rep. of Ireland 11, 2 England 12, 3 Wales 26, 4 Scotland 44, 5 Northern Ireland 44
W45 1 England 9, 2 Rep. of Ireland 26, 3 Northern Ireland 28, 4 Wales 31, 5 Scotland 45
W50 1 England 9, 2 Wales 14, 3 Scotland 28, 4 Rep. of Ireland 36
W55 1 England 6, 2 Rep. of Ireland 20, 3 Wales 26

Overall Women's Team 1 England 17, 2 Rep. of Ireland 16, 3 Wales 13, 4 Scotland 8, 5 Northern Ireland 4

BAVA Open Track & Field Indoors
Championships, Birmingham, 27-2-99

60 metres
M40 1 K. Burgess 7.19, 2 E. Smart 7.34, 3 D. Elderfield 7.35, 4 B. Morris 7.46, 5 M. Leyland 7.52, 6 B. Scott 7.65, 7 D. Murrie 7.75, 8 P. Hickey 7.79 heats: K. Murch 7.79, A. Harrison 7.82, P. Clayton 7.83, R. Cawson 7.84, B. Matthews 7.84, C. Briggs 7.85, B. Slaughter 7.85, K. McConaghy 7.87, D. Martindale 7.90, I. Scholes 7.91, D. Curzon 7.91, M. Bramhall 7.91, T. James 7.93, N. Hetherington 8.09, C. Pengelly 8.17, G. Fallon 8.39, A. Newell 8.43, S. Boardman 8.62, A. Fouracre 8.73

M45 1 S. Peters 7.33, 2 J. Browne 7.36, 3 W. Franklyn 7.48, 4 R. Watkins 7.82, 5 D. Wallington 7.93, 6 P. McIlfatrick 7.97, 7 M. Applegate 8.01, 8 S. Ball 8.04 Heats: A. Baxter 8.08, 7 M.O. Donovan 8.14, J. Marchant 8.14, S. Mottershead 8.46, D. Talbot 8.53, B. Williamson 8.71, D. Hay 9.07

M50 1 T. Cox 7.95, 2 G. Barratt 8.00, 3 M. Cleirihew 8.05, 4 B. Hendrie 8.18, 5 T. Wells 8.21, 6 A. MacLeod 8.49, 7 D. Hobbs 8.66, 8 G. Karim 8.80, 9 J. Ellis dnf

M55 1 I. Foster 7.87, 2 J. Steede 7.90, J. Henson 7.91, 4 B. Shearsmith 8.07, 5 S. Sealy 8.09, 6 T. Bissett 8.27, 7 R. Smout 8.55 Heats: R. Rudd 8.37, R. Robertson 8.55, B. Ferguson 8.58, D. Hoare 8.60, W. Oliver 8.69, B. Roebuck 8.70, B. Taylor 8.72, J. Mills 8.76, E. Frost 8.81, W. Gentleman 8.94, J. Seed 9.01, G. Hudson 9.42, T. Ridsdale 9.50

M60 1 B. Gray 8.14, 2 D. Burton 8.31, 3 B. Ariss 8.43, 4 A. Carter 8.91, 5 D. Herman 8.94, 6 J. Driver 9.20 M65 1 A. Blackman 8.81, 2 G. Cheetham 9.08, 3 C. Taylor 9.73, 4 W. Morrow 9.78 M70 1 A. Meddings 8.58, 2 J. Steedman 9.69, 3 J. Quantrell 9.80, 4 R. Clark 10.13, 5 J. Moran 10.16 M80 1 C. Fahey 10.80

W35 1 W. Stone 8.14, 2 L. van Rensburg NAM (G) 8.31, 3 L. Hopkins 8.38, 4 J. Low 8.42, 5 J. Thomas 8.42, 6 G. Clarke 8.43, 7 D. Timmis 8.56, 8 J. McConaghy 8.62 Heats: H. Barker 8.62, D. Channing 8.65, D. Murch 8.88

W45 1 H. Godsell 8.14BR, 2 J. Lawson 8.33, 3 E. McMahon 8.86, 4 V. Kirkland 9.10, 5 L. Ahmet 9.41, 6 B. Baker 10.47 W50 1 Y. Priestman 8.92, 2 M. Nuttall 9.06 W55 1 E. Linaker 9.28, 2 M. Axtell 9.30, 3 H. Kuppe NAM (G) 9.91, 4 K. Stewart 10.34, 5 N. Cross 10.36

W60 1 E. Williams 9.69, 2 D. Fraser 9.92, 3 C. Graham 10.10, 4 M. Webb 10.24 W65 1 E. Kear 10.02, 2 B. Green 11.92 W70 1 J. Ogden 9.98WR 47:51 M. Wixey 12.21

200 metres
M40 A FINAL 1 E. Smart 22.90, 2 J. Hamilton 23.23, 3 M. Williams 23.36, 4 J. Shearer 23.52, 5 K. Burgess 23.91, 6 D. Elderfield 23.93 B FINAL 1 G. Sinclair 23.62, 2 P. Hickey 23.98, 3 B. Scott 24.00, 4 I. Broadhurst 24.16, 5 B. Morris 24.32, 6 R. Cawson 25.30 Heats: T. James 24.94, B. Matthews 24.99, M. Bramhall 25.17, C. Pengelly 25.28, C. Pinder 25.46, P. Davey 25.51, D. Martindale 25.53, I. Scholes 25.55, R. Wharton 25.57, C. Briggs 25.73, N. Hetherington 26.45, J. Taylor 26.64, G. Fallon 26.83, R. Davies 27.21, S. Boardman 27.22, A. Newell 27.83, I. Chamberlain 28.38, S. Harvey 28.71

M45 1 S. Peters 23.20, 2 W. Franklyn 24.78, 3 M.O. Donovan 25.39, 4 D. Whitehead 25.48, 5 J. Marchant 25.98, 6 B. Williamson 26.18 Heats: R. Watkins 26.04, 6 A. Baxter 26.22, S. Mottershead 26.47, M. Applegate 26.68, D. Hay 30.36

M50 1 T. Wells 25.41, 2 P. Goulding 26.09, 3 B. Hendrie 26.29, 4 P. Anthony 26.42, 5 D. Taylor 26.82, 6 T. Cox 27.12 Heats: T. Cox 26.83, B. Scott 26.95, P. Toombs 27.72, 5 G. Karim 29.61

M55 1 A. Connor 25.73, 2 J. Steede 25.79, 3 J. Foster 26.06, 4 B. Shearsmith 26.09, 5 T. Bissett 26.24, 6 R. Smout 27.46 Heats: J. Seed 26.91, R. Robertson 28.41, B. Taylor 28.71, B. Roebuck 29.17, W. Oliver 29.19, G. Hudson 31.26, T. Ridsdale 32.80

M60 1 D. Burton 26.69, 2 B. Ariss 27.59, 3 A. Carter 28.24, 4 T. Bowman 28.27, 5 D. Herman 30.70 M65 1 A. Blackman 28.56, 2 G. Cheetham 31.01, 3 W. Morrow 33.67 M70 1 A. Meddings 27.89, 2 J. Quantrell 32.74, 3 J. Moran 34.74 M80 1 C. Fahey 40.02

W35 1 J. Matthews 25.80, 2 W. Stone 26.51, 3 L. van Rensburg NAM (G) 26.77, 4 S. McDonald 27.34, 5 J. Thomas 27.95 Heats D. Channing 27.69, G. Clarke 28.33

W40 1 C. Thomas 27.91, 2 E. Roe 28.55, 3 P. Churchill 29.81 W45 1 H. Godsell 27.33, 2 B. Elliott 28.26, 3 J. Lawson 28.61, 4 D. Klomp NDL (G) 29.78, 5 S. Lyon-Green 31.86, 6 J. Stafford 32.34 Heats: V. Kirkland 32.09, L. Ahmet 32.56, B. Baker 36.40

W50 1 Y. Priestman 28.86 W55 1 E. Linaker 32.63, 2 K. Stewart 34.03, 3 J. Charles 34.84, 4 N. Cross 36.36 W60 1 D. Fraser 32.74, 2 C. Graham 34.69, 3 M. Webb 34.80, 4 J. Burns 36.58

W65 1 E. Kear 35.96, 2 B. Green 43.08

400 metres
M40 1 H. Moscrop 52.17, 2 A. Harrison 52.90, 3 M. Coker 53.37, 4 T. Colman 53.90, 5 G. Sinclair 53.99, 6 R. Daniel 55.33 Heats: R. Wharton 55.51, M. Bramhall 55.78, D. Moles 56.07, C. Pinder 56.30, P. West 56.98, J. Hamilton dnf

M45 1 D. Lucas 53.02, 2 B. Minton 54.69, 3 J. Rutherford 55.39, 4 D. Hayward 56.78, 5 J. Moore 57.13, 6 A. Ross disq Heats: S. Mottershead 57.08, M.O. Donovan 62.62

M55 1 J. Henson 57.98, 2 V. Blanchard 58.33 M60 1 A. Carter 65.65, 2 T. Bowman 66.48, 3 A. Kimber 66.82, 4 M. Schofield 73.45 M65 1 A. Blackman 67.60 M70 1 I. Steedman 76.24, 2 J. Quantrell 81.79

M80 1 E. Warwick 126.86
W35 1 H. Daniel 59.77, 2 L. Hopkins 60.54, 3 Hesketh 61.76, 4 S. Hooper 61.96, 5 D. Timmis 63.17, 6 L. van Rensburg NAM (G) 63.68 W40 1 C. Thomas 62.13, 2 E. Roe 65.93 W45 1 C. Marler 62.96, 2 D. Klomp NDL (G) 64.88, 3 B. Elliott 65.10, 4 L. Robson 68.22, 5 E. McMahon dnf W50 1 Y. Priestman 69.77 W55 1 K. Stewart 77.11

W60 1 D. Fraser 75.98BR

800 metres
M40 1 H. Moscrop 1-59.6, 2 T. McDonald 2-00.1, 3 G. Brewster 2-01.6, 4 R. Daniel 2-04.3, 5 R. Holland 2-08.0, 6 G. Armitage 2-09.5, 7 P. Smith 2-10.2, 8 G. Fallon 2-10.8, 9 J. Barker 2-11.5 M45 1 D. Wilcock 1-58.9, 2 B. Minton 2-06.4, 3 J. Rutherford 2-06.7, 4 B. Waring 2-07.3, 5 W. Pratt 2-08.9, 6 P. Maddison 2-09.9, 7 J. Hancock 2-11.3, 8 P. Duhig 2-14.6, 9 S. Littlewood 2-18.3 M50 1 L. Duffy 2-10.4, 2 W. Silto 2-12.4, 3 J. Fry 2-13.3, 4 J. Exley 2-14.8, 5 G. Chalfrey 2-16.9, 6 R. Somers 2-23.8, 7 M. Fitzgibbon 2-30.6

M55 R. Phipps 2-16.5, 2 H. Gott 2-23.3, 3 D. Cowgill 2-26.0, 4 B. Mackay 2-28.4, J. Garber 2-29.5, 6 T. Faulkner 2-33.7 M60 1 J. Newcombe 2-16.9BR, 2 J. Wilson 2-26.7, 3 J. Smithurst 2-37.2 4 M. Schofield 2-38.5 M65 L. V. Hodgkinson 2-40.3, 2 G. Ashby 2-42.5, 3 D. Howarth 2-44.4, 4 T. Wyer 2-50.6 M70 1 G. Phipps 2-50.6, 2 J. Farrar 3-28.7 M80 1 E. Warwick 4-37.7

W35 1 H. Daniel 2-18.7, 2 S. Aitken 2-23.7, 3 S. McGladdery 2-28.4, 4 D. Batsford 2-48.0 W40 1 D. Howard 2-20.5, 2 C. Smith 3 W. Boughy 2-45.3 W45 1 H. Hitchmough 2-25.4, 2 C. Marler 2-28.5, 3 R. T. Hope 2-45.3 W50 1 P. Gallagher 2-27.6 W55 1 I. Homsey 2-52.6

1500 metres
M40 1 M. Girvan 4-12.69, 2 T. McDonald 4-13.96, 3 P. Ivans 4-15.56, 4 J. Thomson 4-19.73, 5 D. Donaghy 4-20.63, 6 G. Harvey 4-25.82, 7 K. McLellan 4-25.84, 8 R. Holland 4-27.82, 9 S. Smythe 4-41.91, 10 B. Worthington 5-14.03, 11 K. Dillon 5-17.35 M45 1 D. Wilcock 4-14.46, 2 K. Archer 4-20.40, 3 M. McCausland 4-22.98, 4 R. Weatherburn 4-23.37, 5 S. Littlewood 4-37.28, 6 P. Duhig 4-41.44

M50 1 J. Potts 4-38.07, 2 W. Silto 4-43.49, 3 M. Smedley 4-45.87, 4 D. Wardle 5-11.60 M55 1 R. Phipps 4-40.68, 2 V. Smith 4-41.03, 3 H. Gott 4-51.09, 4 L. Haynes 4-56.29, 5 J. Garber 5-23.12, 6 D. Cowgill 5-31.67 M60 1 F. Gibbs 4-57.10, 2 A. Kimber 5-13.57

M65 1 L. V. Hodgkinson 5-17.44, 2 M. Morrell 5-25.76, 3 D. Howarth 5-39.54, 4 L. Forster 5-41.47, 5 T. Wyer 6-00.59, G. Ashby dnf

M70 1 G. Phipps 5-48.59 M80 1 E. Warwick 9-40.98

W35 1 C. Wheeler 4-54.16, 2 S. Aitken 4-57.25, 3 L. Marr 4-58.04, 4 Y. Hill 5-07.06, 5 K. Warhurst 5-19.05, 6 S. Tawney 5-24.44

W40 1 D. Howard 4-52.37, 2 S. Crehan 5-23.56 W45 1 N. Hitchmough 4-55.00, 2 G. Flanagan 5-56.35 W55 1 B. Stracey 6-41.47

3000 metres
M40 1 B. Foster 8-42.16, 2 M. Girvan 8-53.43, 3 M. Bliss 8-56.07, 4 B. Jones 9-02.88, 5 G. Harvey 9-17.18, 6 D. Donaghy 9-23.44, 7 K. McLellan 9-28.77, 8 H. Roberts 9-40.61, 9 J. Thomson 9-40.73, 10 C. Sykes 9-43.76, 11 S. Smythe 9-54.88, 12 V. Hutchins 10-53.88

M45 1 D. Wheeler 9-32.99, 2 V. Rollason 9-40.80 M50 1 N. Robson 9-25.14, 2 J. Exley 9-30.25, 3 J. Treddwell 9-55.26, 4 M. Smedley 10-11.19, 5 S. Bach 10-31.55 M55 1 L. Haynes 10-25.05, 2 R. Harvey 11-05.88, 3 B. Mackay 11-27.47 M60 1 F. Gibbs 10-29.25

M65 1 P. Morris 11-26.91, 2 M. Morrell 12-10.05 M70 1 W. Marshall 11-17.61, 2 G. Phipps 12-24.54

W35 1 C. Wheeler 10-37.30, 2 L. Marr 10-40.55, 3 Y. Hill 10-44.83, 4 A. Fletcher 10-45.66 W40 1 H. Fenton 11-26.53, 2 S. Crehan 11-50.51

W50 1 P. Rich 11-24.89 W55 1 B. Stracey 14-01.97

3000m Walk
M40 1 N. Carmody 13-36.6 M45 1 S. Pender 17-44.9

M50 1 R. Care 13-27.6, 2 C. Turner 15-53.5, 3 D. Fall 18-22.2, 4 T. Taylor 19-37.8 M55 1 G. Jones 16-17.5, 2 A. Gilmour 16-28.1, 3 W. Wright 16-35.8, 4 J. Whyte 16-53.0

M60 1 B. Gore 15-04.5BR, 2 D. Stevens 16-25.0, 3 B. Nelson 18-43.7

M70 1 K. Abolins 18-28.1, 2 J. Farrar disq M80 1 G. Mitchell 20-31.1 M85 1 P. Wright 22-59.1WR

W40 1 A. Wheeler 17-16.5 W45 1 J. King 17-26.3 W60 1 B. Nelson 18-43.7 W70 1 B. Randle 18

RESULTS • RESULTS • RESULTS •

1.80BR

Jump

100m 1 T.Wade 6.29, 2 S.Smith 5.68, 3 D.Murrie 5.53, 4 I.Chamberlain 4.99, 5 C.Briggs 4.87, 6 R.Davies 4.86, 7 A.Newell 4.42 M45 1 D.Wallington 5.64, 2 P.Pinnington 5.60, 3 D.Folgate 5.36 M50 1 M.Clerihew 5.39, 2 A.Cheers 4.94, 3 R.Cutler 4.90, 4 D.Hobbs 4.68, 5 L.Dunn 4.54, 6 A.MacLeod 4.50 M55 1 C.Green 4.78, 2 B.Taylor 4.61 M60 1 A.Bateman 5.08, 2 G.Wilkinson 4.50, 3 J.Drehan 4.34, 4 C.Sheppard 4.02, 5 L.Lambourne 3.95 M65 1 J.Crehan 3.99, 2 W.Morrow 3.27, 3 J.Christie 3.11 M70 1 A.Kalirai 4.16BR

W35 1 W.Laing 4.98, 2 D.Herron 4.71, 3 G.Clark 4.68, 4 J.Low 4.66, 5 L.van Rensburg NAM (G) 4.64, 6 D.Tinnis 4.60, 7 J.McConaghy 4.54 W40 1 E.Restorick 3.88 W45 1 E.McMahon 4.41, 2 C.Lyon-Green 3.76 W50 1 M.Nuttall 4.11 W55 1 H.Kuppe NAM (G) 4.16, 2 J.Charles 3.54, 3 K.Stewart 3.25 W60 1 D.Fraser 3.59, 2 E.Williams 3.33 W75 1 M.Wixey 2.30

Triple Jump

M40 1 A.Earle 12.89, 2 M.Leyland 11.80, 3 J.Druce 11.75, 4 P.Kingston 11.38, 5 I.Broadhurst 11.07 M45 1 D.Folgate 11.91, 2 P.Pinnington 11.45 M50 1 M.Clerihew 10.91, 2 A.Cheers 10.60, 3 R.Cutler 10.02, 4 D.Hobbs 9.81 M55 1 S.Power 12.33WR

C.Green 9.97, 3 E.Chambers 8.77 M60 1 T.Crocker 9.82, 2 J.Driver 9.28, 3 J.Evans 8.18 M65 1 J.Crehan 8.52 M70 1 A.Kalirai 9.14 W35 1 L.van Rensburg NAM (G) 9.93, 2 D.Herron 9.67 W45 1 J.Stafford 7.96, 2 C.Lyon-Green 7.58 W50 1 M.Nuttall 8.20 W55 1 H.Kuppe NAM (G) 8.76WR, 2 J.Charles 8.03 W75 1 M.Wixey 4.55

Shot Put

M40 1 P.Edwards 17.05BR, 2 L.Lindley 13.78, 3 M.Small 13.05, 4 S.Archer 12.34, 5 A.Muschette 11.47, 6 R.Windhill 10.01

M45 1 J.Edwards 11.38, 2 A.Richards 11.21, 3 W.Renshaw 10.55

M50 1 N.Griffin 15.27BR, 2 M.Bousfield 13.44, 3 B.Lockley 12.52, 4 J.Gillo 12.47 M55 1 D.Myerscough 14.10BR, 2 E.Barker 12.64, 3 W.Gentleman 10.80, 4 J.Howe 9.33 M60 1 J.Walters 12.02, 2 B.Sunmer 10.24, 3 B.Webb 9.94, 4 D.Rafferty 9.72 M65 1 G.Hickey 12.47BR, 2 C.Taylor 9.86, 3 J.Watson 9.29, 4 J.Christie 5.63

M70 1 A.Woods 10.32 M75 1 J.Geres 9.21BR

W35 1 A.George 10.99, 2 B.Harker 10.31, 3 W.Dunsford 10.31, 4 M.Laing 10.26, 5 W.Laing 9.97, 6 D.Murch 9.18 W40 1 C.Cameron 10.84, 2 J.Cunnane 9.48, 3 J.Earle 9.18, 4 C.Blower 7.27

W45 1 J.Beebe 11.44, 2 C.Marler 8.81 W50 1 B.Terry 10.09

W55 1 J.Smallwood 8.14, 2 J.Phillips 7.57, Carol Rafferty 7.24, 4 N.Cross 6.74 W60 1 E.Williams 11.36, 2 A.Williams 7.61

W65 1 R.Chrimmes 10.61WR W70 1 J.Ogden 7.98WR

4x200 Relay M40 1 Walton AC 1-44.02WR, 2 Notts AC 1-48.51

4x200 Relay W35 1 Lincoln Wellington 2-06.40WR

NVAC C.C. Champs. Perry Park, Bham, 10.1.99

M40 [10km] 1 S.Robinson 31:40, 2 A.Weatherill 32:02, 3 M.Cadman 32:09, 4 B.Jones 32:50, 5 S.Jennings 33:19, 6 E.Malcolm 33:28, 7 K.Bright 33:36, 8 M.Flowers 33:56, 9 I.Redford 33:56, 10 P.Hurcombe 34:12, 11 K.Spare 34:13, 12 T.Potter 34:16, 13 S.Sheard 34:20, 14 S.Clews 34:25, 15 H.Fowler 34:35, 16 P.Ivens 34:48, 17 S.Johnson 34:55, 18 B.Acford 35:38, 19 A.Grant 36:04, 20 A.Bryant 36:23, 21 B.Thompson 36:24, 22 R.Meek 37:05, 23 J.Stott 37:10, 24 G.Maguire 38:43, 25 S.Parkes 41:10, 26 S.Jeavons 43:03 M45 1 M.Hager 31:35, 2 P.Garbutt 33:16, 3 K.Swadkins 33:49, 4 B.Banks 34:01, 5 J.Peavoy 34:04, 6 A.Grice 34:43, 7 V.Rollason 34:51, 8 T.Meeham 35:22, 9 T.Akins 35:34, 10 K.Braiford 35:43, 11 J.Millard 36:50, 12 R.McIlreavy 38:01, 13 A.Chambers 38:13, 14 P.Croxford 38:36, 15 D.Jackson 38:43, 16 N.Munroe 38:56, 17 J.Haden 41:42, 18 M.Sharland 42:04, 19 J.Adams 44:35, 20 D.Calder 45:15, 21 S.Hawes 47:23 M50 1 K.Green 35:19, 2 P.Allen 35:40, 3 J.Gouldwell 35:54, 4 J.Potts 36:02, 5 B.Russell 36:38, 6 M.Smedley 37:29, 7 M.Robinson 37:39, 8 S.Bach 37:46, 9 J.Heywood 37:51, 10 S.Tattersall 38:47, 11 A.Jenkins 38:53, 12 K.Aston 39:22, 13 R.Davies 39:30, 14 K.Willetts 39:43, 15 B.Holmes 39:56, 16 J.Griffiths 41:45, 17 D.Burns 43:51, 18 A.Simmonds 44:03, 19 G.Smith 44:44

M55 1 G.Patton 35:02, 2 E.Cockayne 36:34, 3 M.Hawkins 36:53, 4 A.Elliott 39:54, 5 R.Suddens 40:18, 6 T.Woodward 41:14, 7 T.Preston 41:59, 8 T.Jukes 42:24, 9 G.Latham 42:34, 10 A.Gilmour 42:35, 11 D.Cowley 42:50, 12 D.Fownes 42:57, 13 G.Kidman 42:58, 14 M.Rogers 46:05, 15 M.Stanley 47:23 M60 1 M.Butterley 40:34, 2 D.Lyons 41:17, 3 M.Knight 42:54, 4 J.Powell 48:26 M65 1 P.Morris 38:42, 2 G.Oliver 40:09, 3 G.Ashby 41:02, 4 C.Sloan 43:36, 5 W.Aston 45:50, 6 C.Simpson 46:51, 7 G.Chapman 48:58

M70 [5km] 1 G.Phipps 23:29

W35 [5 km] 1 Y.Crawley 20:16, 2 K.Searff 21:36, 3 K.Haley 22:29, 4 D.Batsford 23:58, 5 H.Freeman-Matthews 25:54 W40 1 L.Lappage 19:55, 2 M.Jeavons 22:58 W45 1 M.Deacy 22:29, 2 G.Hough 23:22

W50 1 L.White 21:16, 2 S.Carey 21:44, 3 B.Parkinson 22:48, 4 J.Witterick 23:04, 5 K.Preston 23:52 W55 1 J.Beckford 23:17, 2 J.Bryan 24:16 W60 1 M.Sloan 29:54

Teams: M40-49 1 Tipton H 15, 2 Massey Ferguson 69, 3 Derby & C 79 M50-59 1 Birchfield H 15, 2 Derby & C 32, 3 Bromsgrove & Redditch 40 M60+ 1 Solihull & S.Heath 17 Women 1 Coventry 18

NVAC Cross Country Champs. Arrington, 24.1.99

M40 1 D.Walsh 26:01, 2 P.Thompson 26:22, 3 M.Barnsdale 26:46, 4 P.Hough 27:09, 5 B.Suman 27:13, 6 P.Carlan 27:17, 7 P.Curse 27:43, 8 P.Bevilaqua 28:01, 9 L.Stone 28:02, 10 P.Davidson 28:26, 11 H.Cardwell 28:29, 12 M.Cowley 28:31, 13 R.Lands 28:55, 14 P.Stafford 29:04, 15 P.Hall 29:17, 16 D.Neal 31:12, 17 P.Firmage 31:15, 18 M.Chaplin 31:51, 19 J.Newman 33:01, 20 J.Lawrence 36:13

M45 1 D.Laynes 26:38, 2 R.Huntingdon 26:54, 3 R.Scott 28:16, 4 D.Findel-Hawkins 28:26, 5 P.Duhig 28:34, 6 C.Russell 29:18, 7 J.Holmes 29:26, 8 B.Harris 29:37, 9 G.Thomas 29:52, 10 G.Brown 30:06, 11 P.Dancoer 29:57, 12 P.Serry 30:21, 13 S.Bowen 30:27, 14 J.Dowsett 30:47, 15 M.Ernst 32:23, 16 H.Collins 32:33, 17 D.Stearn 33:35 M50 1 B.Webb 30:41, 2 R.Wadeley 31:26, 3 J.Turner 32:13, 4 R.Thompson 32:21, 5 S.Galloway 33:03, 6 M.Duggan 33:14, 7 A.Forrest 33:46, 8 T.Woolard 36:01, 9 D.Stubbins 38:21 M55 1

T.Hawkins 30:03, 2 G.Charles 30:35, 3 M.Bury 31:21, 4 A.Parker 32:51, 5 G.Garalo 34:25, 6 M.Parkins 34:43, 7 A.Tristram 35:47, 8 M.Turner 35:48, 9 A.Drury 43:58 M60 1 J.Greenall 35:09, 2 W.Billington 35:34, 3 M.Callow 37:06, 4 R.Double 36:25, 5 J.Hutson 38:24 M65 1 M.Ball 33:25, 2 E.Cooper 36:11, 3 D.Sutcliffe 40:06

M70 1 G.Phipps 36:37, 2 M.Copeland 46:44 M75 1 D.Blyth 54:11

W35 1 J.Pigeon 14:29, 2 W.Jones 14:55, 3 J.Stafford 17:33, 4 H.Cotterell 20:41 W40 1 V.Green 15:46, 2 D.Brockway 16:55, 3 J.Bell 21:11, 4 C.Huntingdon 24:33 W45 1 D.Marsh 16:09, 2 C.Potts 16:28, 3 S.Burton 17:24, 4 H.Arch 21:09, 5 J.Hancock 21:26 W50 1 B.Hutcheon 17:29, 2 M.Walters 22:51 W55 1 E.Osborne 19:08, 2 P.Hill 28:11 W60 1 M.Holmes 18:08, 2 U.Duckworth 19:55 W65 1 B.Smith 21:22

Teams: M40-49 1 Mansfield 40, 2 Bedford 44, 3 Luton 85, 4 Ryston 90, 5 Grantham 131 M50-59 1 Mansfield 107, 2 Bedford 118 M60 1 C.of Norwich 178 W35+ 1 Kettering 48

SCVAC 25km Champs. in conj. with Mitcham

25K, 24.1.99

M40 1 A.Fletcher 97:19, 2 R.Sargent 106:03, 3 S.Smythe 106:50, 4 K.Donald 108:42 M45 1 D.Gray 101:26, 2 N.Hemming 104:38 M50 1 O.Phipps 94:48, 2 K.MacDonald 99:47, 3 J.Tussler 106:11, 4 M.Hickman 116:10 M55 1 A.Matson 103:04, 2 M.Thompson 114:02, 3 G.Williams 119:21, 4 T.Merritt 119:36 M60 1 B.O'Gorman 105:06, 2 J.Gordon 118:59, 3 P.Allsop 130:13 M65 1 R.Webb 108:50, 2 B.Taylor 130:04, 3 J.Borland 137:00 W35 1 Fletcher 96:50 W50 1 A.Bath 124:59, 2 P.Storey 136:28 W55 1 A.Gray 135:03, 2 K.Franklin 142:27, 3 P.Seabrook 153:20, 4 P.Lucas 156:00 W60 1 P.Jones 120:19

SCVAC C.C. Country Champs. Perivale, 20.2.99

Men: 9700m: M40 1 M.Walsh 38:00, 2 N.Miller 38:08, 3 S.Allen 40:38, 4 D.Foley 42:16, 5 A.Fletcher 44:29, 6 R.Sargent 47:33, 7 A.Macavoy 47:43 M45 1 A.Catton 40:06, 2 A.Newman 40:52, 3 S.Nice 42:17, 4 P.Finn 42:21, 5 M.Clark 43:15, 6 L.Howick 47:39

M50 1 O.Phipps 41:21, 2 M.Duff 44:01, 3 K.McDonald 44:15, 4 W.Crawley 46:51, 5 J.Tussler 47:49, 6 R.Kebble 50:34, 7 M.Hickman 52:44 M55 1 T.Broad 45:07, 2 M.Thompson 51:30, 3 D.Stead 52:30, 4 G.Williams 55:16 M60 1 M.Rosbrook 49:17, 2 P.Thomas 50:58, 3 T.Austin 52:36, 4 B.Bowering 56:40, 5 J.Mattinson 60:25, 6 P.Fergusson 66:14 M65 1 I.Addison 48:58, 2 R.Blastland 51:56, 3 W.Clapham 52:14, 4 N.Stuart-Thorne 52:48 M70 1 R.Franklin 64:04

Women: 5000m: W45 1 S.James 25:41 W50 1 A.Bath 29:27 W55 1 P.Lucas 33:50 W60 1 P.Jones 27:16

SCVAC Indoor Champs. Crystal Palace, 31.1.99

60m: M40 1 B.Slaughter 7.8, 2 K.McConaghy 8.7, 3 R.Davies 8.3

M45 1 W.Franklyn 7.5, 2 A.Ross 7.7, 3 D.Talbot 8.4, 4 G.Kitchener 8.3

M50 1 G.Pope 8.1, 2 D.Brande 8.2, 3 M.Cole 8.3, 4 G.Karim 9.1

M60 1 B.Gray 8.2, 2 C.Sheppard 9.7, 3 N.Rice 8.7 W35 1 L.Hopkins 8.3, 2 C.McConaghy 8.7 W40 1 K.Kilgallon 8.7, 2 C.Phillips 9.2

W45 E.McMahon 8.8, 2 V.Thompson 10.2 J.Lawson [g] 8.4 W50 1 P.Oakes 9.5, 2 R.Champion 9.9 W55 M.Axtell 9.3 W60 1 E.Williams 9.7, 2 C.Graham 10.3 W65 B.Green 12.0

60mH: M40 1 D.Robinson 9.4, 2 B.Slaughter 10.0 M50 1 J.Rayner 11.9 M55 1 H.Harlick 12.0, 2 B.Charies 12.00 M60 C.Sheppard 12.5

M65 1 Day 11.6 W45 J.Lawson 10.7 W50 P.Oakes 11.5 W60 J.Hulls 11.6 BR

HJ: M40 1 T.Wade 1.70, 2 B.Slaughter 1.55 M45 D.Talbot 1.55 M50 1 M.Cole 1.45, 2 G.Austin 1.40, 3 A.Cheers 1.20 M55 1 J.Robinson 1.35, 2 B.Harlick 1.30, 3 B.Charies 1.20 M65 1 Day 1.25 M70

A.Kalirai 1.15 W35 J.McConaghy 1.40 W55 J.Charies 1.15 W60 J.Hulls 1.15

PV: M40 1 B.Slaughter 2.80 M45 P.Oakes 3.00 M50 1 M.Joyce 2.70, 2 M.Cole 2.70 M55 1 B.Harlick 3.00, 2 J.Robinson 2.00 M65 J.Day 2.60 M70 A.Woods 2.20 BR

LJ: M40 1 T.Wade 6.11, 2 B.Slaughter 5.53, 3 D.Robinson 5.14, 4 K.McConaghy 4.63, 5 R.Davies 4.59 M50 1 J.Vernon 4.97, 2 M.Cole 4.94, 3 J.Rayner 4.65, 4 A.Cheers 4.63 M55 1 N.Rice 4.63, 2 R.Austin 4.53, 3 B.Charies 4.24 M60 C.Sheppard 4.11 M70

A.Kalirai 4.08 W35 C.McConaghy 4.67 W45 1 E.McMahon 4.41, 2 V.Thompson 3.26 W50 P.Oakes 3.74 W55 J.Charies 3.66 W60 1 E.Williams 3.35, 2 K.Koppell 2.90

TJ: M40 1 T.Wade 12.80 M50 1 J.Vernon 10.66, 2 M.Cole 9.55 M55 N.Rice 10.16 M60 C.Sheppard 7.51 M65 1 Day 8.22 M70 A.Kalirai 8.54 W50 1 P.Oakes 8.97, 2 R.Champion 6.20 W55 J.Charies 8.12

SP: M40 1 G.Perriman 14.17, 2 M.Small 12.78 M45 K.Poole 9.04

M50 1 N.Griffin 14.82 BR, 2 M.Joyce 9.83 M55 1 N.Rice 10.51, 2 J.Curtin 9.59, 3 B.Harlick 8.20 J.Walters [g] 11.15 M60 1 E.Kitney 11.13, 2 C.Brand 10.54 M65 1 G.Hickey 12.26 [BR], 2 J.Hanus 8.78

M70 1 Briggs 9.21 W35 W.Dunsford 10.30 W40 J.Earle 8.66 W45 V.Thompson 9.20 W50 P.Oakes 8.43 W60 1 E.Williams 11.17, 2 K.Koppell 6.63

Malta Veterans 10K Road Race, 17.1.99

1st three in each age group + British placings.

M40 1 R.Mifsud 34:35 MLT, 2 M.Spiteri MLT 36:51, 3 L.Fabri MLT 37:48, 4 D.Milnes 45:21 M45 1 A.Camilleri MLT 36:13, 2 G.Farrugia MLT 38:36, 3 G.Cutajar MLT 39:21, 5 D.Marchant 42:23, 9 M.Lippitt 43:46 M50 1 D.Cordwell 36:15, 2 A.Debono MLT 37:58, 3 G.Shrimpton 39:16 M55 1 L.Presland 36:11, 2 R.Elliott 36:13, 3 K.Buckle 38:51, 4 J.Etchells 39:04, 5 M.Parkins 43:58, 7 J.Byrne 48:46, 8 D.Nutley 55:11 M60 1 H.Clayton 37:42, 2 H.Morrison 42:26, 3 L.Essery 43:41, 5 F.Clifton 47:53, 8 D.Bailey 52:5 M65 1 R.Pitcairn-Knowles 42:36, 2 J.Cullingham 43:05, 3 G.Ashby 43:20, 4 L.Forster 44:14, M.Morrell 44:50, 6 D.Morris 44:52, 7 A.Walsham 45:46, 8 S.Mortor 53:44, 9 T.Wyler 55:31, 10 L.Opper 61:23 M70 1 R.Franklin 54:22, 2 H.Mills 56:47, 3 M.Copeland 57:29 M75 1 G.Perkins 50:25, 2 C.Coleman 67:35, 3 E.Joyson 69:33, 4 J.Purcell 72:26, 5 R.Walker 75:29 W35 1 C.Galea MLT 36:12, 2 C.Fenech MLT 40:04, 3 O.Fedotkina MLT 45:29 W40 1 S.McCarthy 44:05, 2 J.Debono MLT 45:54, 3 A.Lippitt 46:44 W45 1 Z.Marchant 38:08, 2 R.Tibone MLT 49:34, 3 H.Delia MLT 53:54 W50 1 M.Piscopo MLT 45:27, 2 M.Cassar MLT 49:31, 3 M.Sultana MLT 63:45 W55 1 D.Scicluna MLT 56:34 W60 G.Torgiani MLT 53:56 W65 1 B.Forster 55:32, 2 B.Norrish 57:58 W70 L.Constanzi MLT 91:27

Malta Veterans Track & Field, 16.1.99

[Winners and British Placings only]

100m: M40 1 J.Chang MLT 13.40 M45 1 G.Morero Italy 12.70 M50 1 P.Madden 13.30, 2 R.Roach 13.60 M55 1 T.Bissett 12.80, 2 R.Austin 13.20 4 M.Parkins 15.9, 5 J.Byrne 19.6 M60 1 T.Crocker 13.80 3 J.Phillips 14.70 M65 1 B.Morrow 15.70, 2 F.Price 16.00, 3 S.Mortor 16.20 M70 1 A.Strube BLG 15.10 W35 1 L.Seragi MLT 14.70 W45 1 J.Sanger AUS 15.60 6.70 W50 1 M.Williams 15.80 W60 1 E.Williams 15.50

200m: M40 1 J.Chang MLT 26.80 M45 1 G.Morero ITALY 26.40 M50 1 R.Roach 26.90, 2 P.Madden 27.30 M55 1 T.Bissett 26.00, 2 R.Austin 27.10, 4 M.Parkins 33.90 M60 1 T.Grech MLT 30.40 M65 1 B.Morrow 33.50, 2 F.Price 33.50, 3 S.Mortor 34.60 M70 1 A.Strube BLG 32.20, 2 H.Mills 45.00 W45 1 J.Sanger AUS 31.90 W50 1 M.Williams 32.30

400m: M40 1 J.Grech MLT 60.60 M45 G.Morero ITALY 63.00 M50 P.Madden 59.90 M55 1 T.Bissett 60.60, 2 D.Nutley 78.90 M65 1 T.Wyler 81.83, 2 F.Price 82.30 W40 1 J.Debono MLT 80.70 W45 1 J.Sanger AUS 78.40

800m: M40 1 J.Grech MLT 2:21.30 M45 D.Tusco 2:23.50 M50 P.Madden 2:27.02 M65 1 J.Cullingham 2:38.90, 2 M.Morrell 2:39.90, 3 G.Ashby 2:40.30, 4 R.Pitcairn-Knowles 2:47.90, 5 D.Morris 3:00.80, 6 T.Wyler 3:05.50 M70 1 H.Mills 3:34.90, 2 A.Norrish 4:28.70 M75 1 E.Joyson 4:30.70

1500m: M40 1 M.Spiteri MLT 4:50.90, 2 C.Milnes 5:40.50 M45 1 G.Farrugia MLT 5:04.90 M55 1 R.Elliott 4:39.30, 2 K.Buckle 5:08.90, 3 J.Etchells 5:13.50, 4 M.Parkins 5:51.80 M60 1 H.Morrison 5:23.70 M65 1 R.Pitcairn-Knowles 5:24.90, 2 G.Ashby 5:26.80, 3 M.Morrell 5:30.20, 4 L.Forster 5:41.00, 5 J.Cullingham 5:51.80, 6 A.Walsham 6:10.50 M75 1 E.Joyson 8:56.50, 2 J.Purcell 9:04.40 W40 1 J.Debono MLT 6:02.50

5000m: M40 1 M.Spiteri MLT 17:32.70 M45 1 M.Lippitt 20:28.50 M50 1 D.Cordwell 17:18.60 M55 1 K.Buckle 18:05.30, 2 M.Parkins 20:51.50, 3 J.Byrne 23:59.60, 4 D.Nutley 25:43.70 M60 1 H.Clayton 18:09.50 M65 1 R.Pitcairn-Knowles 19:40.00 M70 1 R.Franklin 28:25.50 M75 1 E.Joyson 30:04.90 W40 1 S.McCarthy 23:01.50, 2 A.Lippitt 23:14.50 W65 1 B.Norrish 27:17.40

3000m Walk: M40 1 C.Darmanin MLT 19:03.70 M50 C.Zammit MLT 19:06.00 M60 1 P.Fenech MLT 22:19.00 M75 1 C.Coleman 19:17.00 M85 1 P.Wright 22:35.20

HJ: M40 N.Kotikov MLT 1.50 M50 1 R.Roach 1.30 M55 1 C.Mizzi MLT 1.20 M60 1 T.Crocker 1.45, 2 J.Phillips 1.20 M65 1 J.Christie 1.05 W50 1 M.Williams 1.25

LJ: M50 1 P.Bonello MLT 4.74 M55 1 R.Austin 4.81 M60 1 T.Crocker 4.79, 2 J.Phillips 4.25 M65 1 M.Morrell 3.88, 2 B.Morrow 3.33, 3 J.Christie 3.19, 4 T.Wyler 3.04 M75 J.Sanger AUS 3.58 W50 1 M.Williams 3.80 W60 1 E.Williams 3.56

SP: M40 1 N.Kotikov MLT 8.85 M45 1 D.Cauchy MLT 8.07 M50 1 R.Roach 10.20, 2 A.Calleja MLT 8.59 M60 1 J.Phillips 9.58 M65 1 M.Morrell 7.99, 2 S.Mortor 7.14, 3 J.Christie 5.80, 4 B.Morrow 5.80 W60 E.Williams 11.22

JT: M40 1 N.Kotikov MLT 31.38 M45 1 D.Cauchy MLT 20.44 M50 1 R.Williams 32.68 M60 J.Phillips 42.90 M65 1 M.Morrell 34.00, 2 B.Morrow 21.54, 3 T.Wyler 19.54, 4 J.Christie 16.10 W60 E.Williams 33.54

NVAC C.C. Champs. Ashton U-Lync, 21.2.99

M40 T.P.Venables 41:31, 2 M.Girvan 41:55, 3 A.Rowe 42:03, 4 L.Brookman 42:36, 5 R.Atkinson 42:59, 6 P.Muller 43:06, 7 P.Willacy 43:12, 8 G.Ratcliffe 43:18, 9 G.Mason 44:00, 10 S.Eldridge 44:27, 11 D.Carrington 45:02, 12 S.Entwhistle 45:33, 13 L.Ngobongwana 48:38, 14 D.Shaw 48:47, 15 M.Jones 49:17, 16 A.Chipman 49:37, 17 E.Parker 51:29, 18 P.Morgan 54:27, 19 K.Dillon 62:31

M45 1 A.Jenkins 42:00, 2 R.Bailey 44:20, 3 W.Fox 44:59, 4 F.Fielding 46:52, 5 G.Bell 46:58, 6 F.McCormack 48:06, 7 M.Pope 49:03, 8 T.Vallence 49:03, 9 J.Russell 51:08, 10 D.Bailey 53:23, 11 D.Sinnott 53:36, 12 D.Rodgers 55:03

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FIXTURES

INTERNATIONAL

- 26-27 Euro Vets Road Champs, Brugges. See p.14, foot of col. 3
 29 Jul - World Vets Championships, Gateshead. Booklet Gateshead MBC Leisure
 8 Aug Services, Civic Centre, Regent St. Gateshead, Tyne & Wear
 Nov Date TBA British & Irish Veterans CC International, Bideford, Devon

NATIONAL

- 27 Mar BVAF Cross Country Champs, Earlham Park, Norwich. entries closed
 18 Apr BVAF 30K Walk Challenge, Leicester
 2 May BVAF Half Marathon, Exeter. entry form V/A 48
 22 May BVAF Open Road Relays, Sutton Park, see ad p. 11
 30 May BVAF 50K Walk, Bradford
 19 June BVAF 20Km Road Walks
 4 July BVAF Pentathlon and 10K Track Walks, Solihull. see ad p.11
 17-18 Jul BVAF Track and Field Champs, Meadowbank, Edinburgh. see ad p.5
 5 Sept BVAF 10K Road Walk, Leicester
 6 Sept BVAF Marathon, Wolverhampton, details next issue
 11-12 Sept BVAF Decathlon/Heptathlon Championships, Woodbourne Rd Stadium, Sheffield, details from John Charlton, entry form p.9
 12 Sept BVAF 10K with Bingley 10K, details next issue
 9 Oct BVAF 5K, Annan, details next issue
 5 Dec BVAF 10 miles with Nene Valley 10

NORTH

- 11 Apr NVAC Monthly run, 10K Road & promenade, Wallasey RUFC
 21 Apr NVAC T&F Meet, Stretford, Chorlton Hardy. £2.00 max 3 events. 7pm
 25 Apr NVAC monthly run, 10K Road, Hood Lane, Warrington. Noon
 9 May NVAC 10K Road Championships, Clitheroe, Lancs. See Newsletter
 11 May NVAC Track and Field, Victoria Park, Warrington. 7pm
 23 May NVAC Track and Field Champs, Victoria Park, Warrington £3.00 first event, £1.50 each sub. Payable to A.Fearnley, 12 Hazelwood Rd, Smithills, Bolton BL1 6ER by 10/5. No entries on day.
 23 May NVAC Monthly 10K Road & Paths, Hood Lane, Warrington. Noon
 9 June NVAC Track and Field, Wakefield Stadium, Yorks.
 20 June NVAC 10k Track Champs, Witton Park, Blackburn. See Newsletter
 30 June NVAC Track and Field, Cleckheaton. Stadium. 7pm

NORTH EAST

- 17 May NEVAC 4 Throws, Monkton
 24 May NEVAC League No. 1, Monkton.
 2 June NEVAC League No.2, Monkton
 13 June NEVAC 10 miles, Croxdale
 14 June NEVAC League No.3, Monkton
 26 June NEVAC Track and Field Championships, Monkton
 4 July NEVAC League No. 4, Monkton
 24 July NEVAC League No. 5, Monkton
 21 Aug NEVAC League No. 4 Throws Match. Monkton
 Sept Date to be advised, NEVAC - v - SVHC, Monkton
 29 Sept NEVAC 10K/5K Track Races, Monkton

MIDLAND

- 18 Apr MVAC Spring Track and Field Warm Up, Redditch. Info from M Priestman, 57 Maple rd, Rubery, Birmingham B45 9EB
 25 Apr MVAC Road Relay Championships + AGM, Tamworth
 13 June MVAC Track and Field Championships, Solihull. Info from M Priestman
 4 July MVAC & BVAF Pentathlon, Solihull, see ad. p. 11

EASTERN

- 25 Apr EVAC Road Relays. Hemmingford Grey
 8 May EVAC 10K, Wisbech, Cambs
 6 June EVAC Track and Field, Ware, Herts
 4 July EVAC 10K Comberton, Cambs
 3 Oct EVAC Cross Country Relays, Arrington, Cambs
 8 Nov 5M + 5K Walk, Stoke Ferry, open to ALL VETS, Enquiries EVAC Sec

SOUTHERN

- 14 Apr VAC Track Meeting, Battersea, 7pm
 20 Apr VAC 5 miles Run and Walks, Battersea Park, 7pm
 26 Apr SCVAC Track and Field League, Various Venues, 6.30pm
 28 Apr VAC/Counties 10,000m Walk 6.30pm Battersea with 400mH Champs + Field events. Track events 7.45, field events 7pm
 3 May SCVAC 10K Road Champs & Grand Prix. Inc with Ted Pepper Mem. Road Race, Beckenham £4 + £1 for SCVAC Champs c/d 29/4, payable Blackheath H, to Sec, 59 Sutherland Ave, Biggin Hil, Kent TN16 3HG
 5 May Inter-counties Women Vets T&F. Further details from Bob Belmore
 12 May VAC Track, Kingsmeadow, 7pm

- 17 May Southern Vets Track and Field League, 6.30pm. Various Venues
 18 May VAC 5 miles Run and Walks, Battersea Park, 7pm
 29 May Surrey Co Vets Track and Field, Tooting Bec Track, 12 noon.
 £3 per event. Relays £6 to Bob Belmore, "Torbay", Prestwick Lane. Grayswood, Haslemere, Surrey GU27 2DU. c/d 19/5
 7 June Southern Vets Track and Field League, 6.30pm, Various Venues
 13 June SCVAC Track and Field Champs, Colindale 10am. Members £3 1st event, £2 others. Non members £4 1st event, £3 others. Entries to Sec.64 Goddard Ave, Swindon, Wilts SN1 4HS c/d 25/5 +SAE
 15 June VAC 5 miles Run and Walk Championships, Battersea Park, 7pm
 23 June VAC Track and Field, Kingsmeadow, 7pm
 29 June SE Inter-counties Vets Track and Field, Kingsmeadow, 6.30
 5 July Southern Vets Track and Field League, 6.30pm, Various venues
 13 July VAC 5 miles Run and Walks, Battersea Park, 7pm
 14 July VAC Track and Field, Kingsmeadow, 7.00pm
 29 Aug VAC Track & Field Championships, Kingsmeadow - entry form

SOUTH WESTERN

- 2 May SWVAC Grand Prix No. 5, Great West Run inc BVAF Half Marathon Champs, Exeter Arena, 10.30hrs.
 23 May SWVAC Grand Prix No. 6 D.M.L. 13.1m, Plymouth, 1100 hrs
 30 May SWVAC Grand Prix No. 7 Bideford 10K, 1100 hrs
 6 June SWVAC Grand Prix No. 8 Poole Festival 10K, 1400 hrs
 20 June SWVAC Track & Field Champs, Exeter Arena, (Inc AGM) 1000 hrs
 4 July SWVAC Grand Prix No. 9 Portland 10m, 1100 hrs
 11 July SWVAC Grand Prix No. 10 Wellington 10m, 1030 hrs

SCOTTISH

- 5 June SAF Track and Field Championships

WALES

- 12 May SWVAC Track and Field League, Carmarthen 7pm
 9 Jun SWVAC Track and Field League, Aberdeen 7pm
 6 July SWVAC Track and Field League, Neath 7pm
 11 Aug SWVAC Track and Field League, Cardiff, 7pm

ISLE OF MAN

- 15 Aug IOM Marathon and Half Marathon, Ramsey, 9am. Contact Peter Cooper tel/fax 01624 824 477
 15 Aug IOM Grand Prix of Running, 5 Races in Six Days from 15-20 Aug. Details from Terry Bates, 01624 672820

Cross Country International: Leaders at 2 miles: Marina Steadman [Eng], Trudi Thomson [Scot] and Francis Gill [Wales]



Jeremy Hemming

Road Rankings

The 1997 Road Race Rankings can be obtained from the compilers, price £2.00 + 9x6"SAE.

5KM: Martin Duff, Ramatuelle, Spronketts Lane, Warninglid, West Sussex, RH17 5SA

5M: John Powell, 23 Vicarage Lane, Grasby, Barnetby, S.Humberside, DN38 6AU

10Km: Bruce Davidson, Birch Lea, School Lane, Thorney Hill, Christchurch, Dorset, BH23 8DT

10 M: Dave Sanderson, 37 Reforne, Easton, Portland, Dorset, DT5 2AW
 Half Marathon: M.Duff [address as for 5K]

20 Miles: Roger Gibbons, Zeando, Swannington, Norfolk, NR9 5NW
 Marathon: Max Jones, 14 Montague Drive, Leeds, LS8 2PD

Kissing Gate No Problem for Gates

It was the turn of the Welsh veterans to host the British and Irish Veterans International Cross Country Championships and, on November 21, the course at St. Asaph, North Wales proved to be a strong test of speed and stamina over the three laps. In pre event publicity, the course was described as being a traditional cross country course. Whoever said that must have said it with a twinkle in his eye. True, there was plenty of rough pasture, strength sapping hills and flat, fast running around the playing fields - everything but a ploughed field in fact. There was one extra ingredient, however, which must have affected the results in some of the age groups. About three quarters of the way round the lap there was a kissing gate set in a hedge. Because of overhanging bushes there was no way round it or over it. Runners just had to wait patiently in the queue and go through one at a time. On the first lap in the middle of the field as many as 20 runners were waiting in line to go through and many estimate that they lost half a minute over some of their

hold up, but then the queue started to form. Throughout most of the second lap Gates and Estall shadowed each other, but Gates moved ahead on the flat area after negotiating the gate for the second time, and was never in any danger of being caught on the third lap. Gates became the first M45 to win the race outright since it's inception in 1988. Behind Gates and Estall, the battle was intense. Coppinger had been joined by his team mate Hassett and, together with Nye and Rob Wise, fought for 2nd and 3rd M40 places. Hassett finally went 10 seconds clear with Nye finishing just four seconds ahead of Coppinger, with Wise a couple of metres further back.

Hager finished in sixth place overall and runner up in the M45's, 40 seconds in front of Archie Jenkins [Scotland] and England team mates Ken Moss and Peter Flavell a further 15 seconds back. The M50 and M55 groups were the ones most affected by the delays at the kissing gate. The winner was Peter Hyde who fought his way back to the front after being held up on the first lap. John

Martin Ford [England], 3rd M55, tackles the steep hill



rivals. No wonder that there was an air of aggravation. Even at the tail end of the field, among the M60's and M65's, there was a queue of 10. On the second and third laps, with the field strung out more, there was less of a wait, but by then many of the battles had been decided.

The English men's teams had things all their own way again and won every age group. Scotland's Gerry Gaffney usually sets a fast pace in this event and after 800 metres was about 20 metres in front of Eugene Coppinger [Rep. of Ireland]. He was still in the lead at one and a half miles at the top of the steep hill from the riverside, but by then Coppinger had closed up to him and a group of English runners, which included Nigel Gates, Jim Estall, John Rye and Mike Hager, were only five metres behind. Shortly after the top of the hill came the kissing gate. Nigel Gates made an effort and was first through, followed by Estall, Nye and Coppinger. The first half dozen moved through without any

Buckley [Ireland], after leading the group early on, fell back to finish 30 seconds behind Hyde, with Harry Matthews gaining the individual bronze for England. England's Les Davis made a welcome return to the top by winning the M55 group, running away from the other main contenders, Bob Young [Scotland] and Martin Ford [England] on the last lap. M60 Steve James won his section by no less than 82 seconds, from team mates Fred Gibbs and Harry Clayton. The experimental M65 group was contested by only three teams as Scotland and Northern Ireland declined to enter. England won the team event easily, although Ireland provided the individual winner in Willie Neenan. It is understood that this section will now be a permanent part of the championships and will have a full complement of five teams next year.

England did not have it all their own way in the women's event as Scotland won the W35 team race and the Republic of Ireland won the W40's. England provided the indi-

vidual winner, however, in Marina Steadman. The women's race covered a small lap around the playing fields, followed by one full lap over the country. The kissing gate did not play a major part in the outcome as there were fewer runners and running the small lap first meant that they were strung out more by the time the main pack reached the gate.

First to show were Francis Gill [Wales] and Sheila Allen and Steadman [England]. Halfway round the small lap Gill was in the lead with Sonia Armitage and Trudi Thomson [Scotland], Karen Marshall [N.Ireland], Sonia O'Rourke and Mags Greenan [Rep. Ireland] and Steadman in attendance. At the start of the full lap Thomson was in front of Gill and Steadman, with the chasing group about 25 metres down. At the riverside it was Thomson and Steadman, but on the climb to the gate Steadman forged ahead and was through with about 20 metres to spare. She went further ahead around the playing fields and won by 11 seconds. Thomson finished runner up again, with Gill in 3rd, O'Rourke in 4th and Marshall 5th and also taking the W45 gold. Ireland's Joan Hough finished 6th overall and 1st W40, only a stride in front of Sheila Allen. Pat Gallagher won the W50 for Wales but English runners filled the next four places in this category to take England's first team gold of the day in the women's event. In the experimental W55 group, England had the first four runners with Val Hancock winning by a good margin. Pam Jones, at the age of 62, finished fourth in this section.

The gate excepted, the course and venue were first class and the organisation was excellent. We now look forward to Bideford in Devon, where England will stage this year's event in November. *Results p. 18*

Geoff Ashby

The gate that caused the bottleneck



Photographs Available

Jeremy Hemming contributes many of the photos which appear in V/A. He has large stocks of photos taken at major veterans events in this country, available at very reasonable prices. Contact at [office] 249, Merton Rd, London SW18 5EB tel/fax 0181 871 9989 or [home] 0181 675 4643. email hemming@dircon.co.uk



Veronica Manley

Agony Aunt

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.

Bob Walker, a 47 year old road runner from Birmingham, wanted some advice following chronic plantar fasciitis and associated knee pain.

One of the most common causes of heel pain among veteran runners is plantar fasciitis. Anatomically, the plantar fascia is a dense, fibrous band of connective tissue that lies under the foot. It's role is to support the longitudinal arch of the foot and it acts like a tension band. It increases the push off power during running and jumping.

By repeated loading, such as running or playing squash, compressive forces of two to three times body weight flatten the arch, causing the fascia to stretch beyond it's normal range of movement. This leads to inflammation in the midfoot or at the point where it joins the heel bone. It's particular characteristic is pain under the heel when first stepping out of bed in the morning, but it usually eases after a few steps. The pain appears to worsen after long periods of standing or by continuous repetitive loading such as running.

BVAF Track & Field Update

Scottish Veteran Harriers Club, organisers of the BVAF Track and Field Championships at Meadowbank Stadium in July, already report considerable overseas interest in the event, with groups from Australia and New Zealand having booked accommodation in Edinburgh. In addition, enquiries from France, Russia, Canada, USA, Trinidad and Tobago, and Curacao are being dealt with.

As the Scottish capital is a major tourist attraction, and the opening of the Scottish Parliament in July is expected to bring in extra visitors, it will be busier than ever this summer. In addition to the historic Edinburgh Castle, Holyrood Palace and the Scott Monument [now out of wraps], attention will focus on the newest arrivals on the Edinburgh skyline: the magnificent new National Museum of Scotland, the amazing Dynamic

Plantar fasciitis can occur not only in athletes but also in the general population, especially those who are on their feet all day in non supportive shoes. Other predisposing factors include excessive ankle pronation, flat feet, tight achilles, tight calf muscles, hard running surfaces and overtraining.

The treatment would be, firstly, to provide quick relief of inflammation. Use ice [not very pleasant on feet] and insert a heel lift in your shoe. Then, if no improvement is made even with adequate rest, a cortisone injection may be administered. Secondly, and perhaps most importantly, it is imperative that the predisposing biomechanical factors are corrected.

An arch support may be temporarily needed. Start by stretching the achilles tendon and calf muscles. Also, improve the flexibility of the ankle joint by holding the foot in the hand and rotating it and stretching the muscles that support it. A few rehabilitation exercises that I could suggest include: picking up a pencil with your toes, walking on tip toe, calf strengthening exercises in the gym, and ankle rotations.

The knee problem could be associated with heel pain compensation. It is likely that your running gait is now altered, putting additional and abnormal strain on the knee ligaments. Bursitis is a possible development which would cause pain after running and limit your range of movement as the swelling increases and becomes inflamed.

Finally, when you are advised to rest, this does not mean laying about the house for a few days or even months! An athlete must find alternative exercise. It is known that a three week rest is the absolute maximum that an athlete can afford without losing too much aerobic fitness. Try to include non weight bearing aerobic activities in your training programme, such as rowing, cycling or water running. Maintain muscle strength by working out with weights a couple of times a week. Stretch thoroughly, paying special attention to the calf muscles and foot tendons.

Earth Millenium exhibition [a couple of javelin throws from Meadowbank] and the former Royal Yacht Britannia at the port of Leith.

Accommodation may be heavily booked at the time of the Championships and, although entries do not close until June 19, early application is advisable if you would like us to provide information on guest houses and "B & B's" within easy reach of the stadium, as well as the two camping grounds within the city boundary. University accommodation at the Pollock Halls, beside picturesque Holyrood Park [just a four minute mile from the stadium!] is popular with visiting athletes and will be much in demand.

Great North Eastern Railway is prepared to offer group discounts for travel to Edinburgh [subject to availability], provided that a minimum of 10 people join the train at the same point, outward and return, one ticket covering the whole group. Enquiries to

WAVA Medical Arrangements

The medical arrangements at Gateshead will follow the successful practice of the last world championships at Durban. All emergency treatment will be free, with athletes having the option of a full assessment and course of treatment for a designated fee. A pre purchase voucher and appointments system will operate, with vouchers available at Gateshead Stadium. This service will be offered by Newcastle Sports Injuries Clinic.

In common with previous championships, British athletes will have their own medical support team, again organised by Winston Thomas. Regrettably, the fee has to be increased to £20, as there are no free places from WGT for the medical team, as no tours are involved, and the company is employed by Gateshead MBC, not BVAF.

Members who are interested should send a cheque payable to BVAF, together with name and address to Winston Thomas [address page 6], who will use the funds to supply the medical staff. In return, members will receive a card as a receipt and to be used for treatment. This will be marked with the number of treatments available [probably four]. No card - no treatment, even if you have paid! In the unlikely event of insufficient membership all monies will be refunded.

Please enrol with Winston by the end of May so that he can reserve the accommodation for the medical team. Hopefully, the medical team will be nine in number, allowing three staff for each stadium. The medical team accommodation will be at the university and will be no cheaper than the advertised rate. At past championships the medical service has proven to be very popular and members have received an excellent value for money medical service. As often happens with insurance schemes, the people who do not pay are usually the ones who wish they had joined the scheme!

Ron Bell

Annual General Meeting

The Annual General Meeting of the BVAF will take place after the last event at the Track & Field Championships in Edinburgh on Saturday July 17. Any business and proposal which it is desired to put before the AGM, and nominations for the election of officers, must be received by the Secretary at least 30 days before the date of the meeting, accompanied by the signatures of at least two voting members of the Federation.

Bridget Cushen, Hon Secretary

Indoor Record for Phipps

Reg Phipps, 56, [Royal Sutton Coldfield and MVAC], in the Birmingham Games at the N.I.A. on Jan. 17, ran the 800 metres in 2:08.15 to set a M55 World indoor record, 0.75 seconds inside the previous world best and four seconds faster than the British best.

GNER on 01904 523615, mentioning BVAF Veterans Championships in Edinburgh. Alternatively, Henry Morrison will send a GNER group travel leaflet with your accommodation information [see entry form page 5], in which case please mark your SAE "ACCOM/ TRAIN". Henry's address is 40 Arden Street, Edinburgh, EH9 1BW

Ian Steedman

British Vets Win Age Graded Awards

About 60 British veterans took part in the Malta 10k road race and track and field meeting over the week-end of January 16-17. This event provided it's usual friendly competition and is becoming a regular pilgrimage for some. The weather was mainly sunny, but windy, and daytime temperatures averaged about 60F.

Most of the British party came from the older age groups, the younger vets, no doubt, being more subject to family or financial constraints. The organisers have suggested that this veterans week-end could be moved to early February to coincide with the Malta Carnival and would welcome suggestions and feedback from those who have taken part. A February date, however, could clash with our indoor championships. This year the programme was reversed, with the track and field being held on the Saturday, and the road race, the main event of the week-end, on the Sunday. This year also saw a change in the road race course, ostensibly to make it easier by reducing the steepness of the hill in the first half of the race. Feelings about this were mixed as there was still a long steady climb to the turning point.

From the gun, a hot pace was set by local 5000m: David Cordwell leads Manuel Spiteri



Geoff Ashby

M40 runner Ray Mifsud, who quickly moved ahead of the rest of the field. The group behind comprised W35 Carol Galea, the Maltese female distance runner who finished second overall in this race last year, and two top British M55's, Ron Elliott, making a rare appearance outside his North Wales base, and Les Presland. After one kilometre, timed at 3:12, however, Presland felt that the pace was a bit uncomfortable and eased back slightly to form a group with David Cordwell, M50, and two of Malta's top veterans, Alf Camilleri and Manuel Spiteri. At 4km, 59 years old Presland had moved away from this group and had almost caught up with Elliott and Galea.

At the turn, shortly before the 6km mark, Mifsud was almost a minute clear and, with the downhill section to come, had the race in his pocket. The real battle, however, was taking place behind him as Elliott led Galea by 10 metres, with Presland three seconds further

back and M45 Camilleri grimly hanging on. Cordwell was a further five seconds behind and his Bristol clubmate, M60 Harry Clayton, was having a great race in 8th position overall at this stage. W45 Zina Marchant was also having a good run, second woman in 10th place overall and a long way ahead of the third placed woman, Cecilia Fenech [Malta].

By the 8km mark, both Galea and Presland had caught Elliott, who appeared to be going through a bad patch. With the finish in sight Presland found a bit extra and sprinted clear one second in front of Galea to finish 2nd overall, but more than one and a half minutes behind Mifsud, who finished in a creditable 34:35, in windy conditions, on a course which cannot be described as fast. The intensity of the competition for the minor places can be seen from the times: Presland 36:11, Galea 36:12, Elliott and Camilleri 36:13 and Cordwell, who had moved up well over the last 4km, in 36:15. In 7th place was Spiteri. Harry Clayton, M60, must have been well pleased with his 8th placed 37:47, a time which won him the prize of a return air ticket to Malta for the best technical performance [86.8%] based on the WAVA age graded tables. Winner of the women's prize of a return air ticket for the best technical performance was Zina Marchant, whose 38:08 at the age of 48 scored 85.3%. Presland [86.5%], Elliott [86.4%] and Cordwell [82.8%] all received cheques for winning the 2nd, 3rd and 4th best men's technical performances respectively. The other women's age graded awards went to Maltese runners, Carol Galea, Cecilia Fenech, and Monica Piscopo.

Other British age group winners were Richard Pitcairn-Knowles [M65], Ron Franklin [M70], Geoff Perkins [M75], Stephanie McCarthy [W40] and Betty Forster [W65]. Awards were presented by the Parliamentary Secretary for Sports in Malta, the Hon Jesmond Muglietti, during an evening reception at the Jerma Palace Hotel.

The track and field meeting renewed rivalries from previous years. With their strength in depth, British vets were in control of the M50 and over age groups events. The change round in the programme appeared to be responsible for a much smaller field in the 5,000m. Last year, with the track & field on the day following the road race, there were about 30 starters in the 5,000m. This year, however, most distance runners wanted to save themselves for the 10km road race and opted for the 800m and 1,500m, leaving just an 11 strong field to battle the 5,000m. David Cordwell repeated last year's success in 17:18.60 from Spiteri [Malta], who clocked 17:32.70. Good runs came from M55 Ken Buckle [18:05.30] and M60 Harry Clayton [18:09.50].

The quickest man in the sprints was Italian M40 runner Giuseppe Morero with a 12.70 M45 100m, but the best all round performances came from M55 Terry Bissett with 12.80 [100m], 26.00 [200m] and 60.60 [400m]. Roy Austin also ran well in the M55 100m [13.20] and 200m [27.10]. Tony Crocker again showed the way in the over 60's 100m by running 13.8, from Malta's Tony Grech [14.60] and Joe Philipps [14.70]. Andre Strube [Belgium] clocked 15.10 in the M70 group.

The best effort in the middle distance

events came from M55 Ron Elliott in the combined age group M40-M55 race. He led all the way and was timed at 4:39.30 to score 88.2% on the age graded scale. At 800m, M40 Joe Grech [Malta] won in 2:21.3, with M50 Paul Madden achieving the best British performance with 2:27.02. The M65 group was the most competitive. Maurice Morrell and Geoff Ashby sprinted for home with 200 metres left but both were outkicked by John Cullingham in 2:38.9. Although Henry Morrison won the over 60 1500m event in 5:23.7, again it was the M65 's which provided the most interest. Although this time Ashby got the better of Morrell, he had left it too late to catch Richard Pitcairn-Knowles [5:24.90.]

The best performances in the field events came from M60 Tony Crocker in the high jump [1.45m] and long jump [4.79]. Joe Philipps registered 42.90m in the M60 javelin. There was a disappointing entry in the women's field events. Evaun Williams was the only competitor in the shot put but this did not stop her from achieving a top class 11.22m, and she also threw the javelin 33.54m. The oldest competitor was 85 year old Percy Wright who competed in the 3000m Walk and was timed at 22:35.20.

This was the first time that awards for the best technical performances in track and field events were on offer. The winners were Terry Bissett with 89.1% for his M55 100m [12.80] and Evaun Williams with 85.6% for her W60 100m [15.5]. **Results p. 19 Geoff Ashby**

A good leap by M60 Tony Crocker



Geoff Ashby

Copy Deadline

The next issue of V/A will be published in mid June. The deadline for copy is:

Results, May 10.

Round the Regions notes, May 10.

Advertisements, May 15.

Other copy, May 15.

Results received will be published if possible, but BVAf and International events will take precedence, followed by Area Championships.

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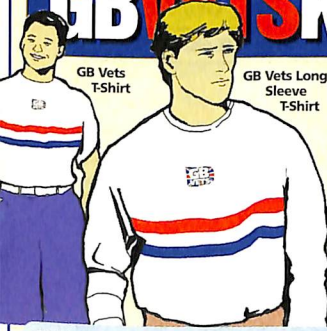
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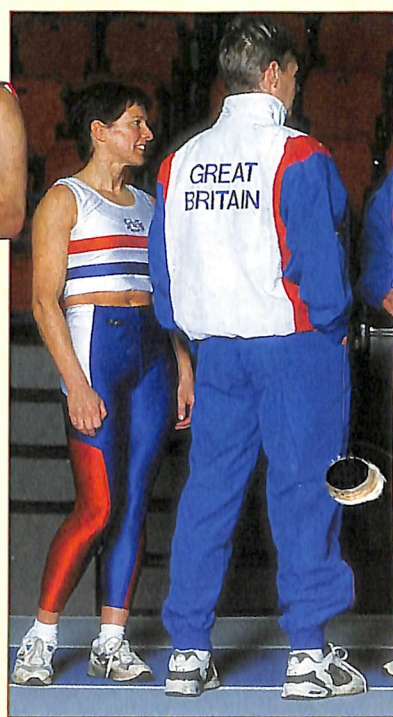
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