

VETERAN ATHLETICS

The Newspaper of the British Veteran Athletics Federation

Number 52 April 2000

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Indoor records tumble at NIA

BVAF Indoor Championships, February 26, NIA Birmingham: **Pete Mulholland reports.**

In the glorious surroundings of a venue that has been earmarked for an IAAF World Indoor Championship, records tumbled throughout a hectic day's programme.

It was the pole vault runway that witnessed a clutch of new marks with Allan Williams making a close inspection of the arena's rafters as he soared to British best M45 height of 4.32m.

Away from the sport for almost 19 years Williams after a period of being a scratch golfer and a cycling champion has now returned as enthusiastic as ever and feels that the UK best of 4.41m - indoors and out - for any veteran athlete is well within his capability. "I'm regularly clearing 4.40 in training so it's only a matter of time."

Former marathon runner Anne Wainwright who took up vaulting, "Just to get points in the league matches," is now the owner of a W45 record after clearing 2.60m to erase Pat McNab's mark of 2:45m set in 1992.

There was some debate as to whether Noelle Bradshaw's winning W35 vault of 3.35m constituted a world record as announced because she has a pending mark of 3.40m from the recent AAAs championships while Alison Davies has twice recently cleared 3.80.

No mistaking Alf Woods' new M70 British record of 2.40, a marked improvement on his previous listed height of 2.20 - and this was after claiming silver in the high jump.

Elaine Statham takes all surfaces in her stride. A gold medallist in the International cross country race at Bideford last November, she came away from the exacting discipline of 'the boards' with a world best W55 3000m mark of 11:25.18.

Showing skills in the art of board walking were George



Above: Philip Delbaugh (RAF) wins the M40 60m from Kevin Burgess (lane 1) and Ricky Atkinson (47).

Right: Jenny Brown on her way to a world record in the Pentathlon.

Photographs: Jeremy Hemming



Mitchell and Maureen Spelman both credited with new world best times in the 3000m walk. Mitchell claimed the M85 figures with his time of 21:13.8 while Spelman clocked 18:47.2 for a W65 best.

However Beryl Randle, World Champion at Gateshead and all of six years older than Spelman looked impressive with her superior time of 18:42.5

The sprinters made an early return from their winter hibernation and looked sharp in a highly competitive atmosphere

with Herne Hill Harrier's Robert Fraser looking powerful as he strode to an impressive treble.

Current World Champion and record holder Steve Peters admitting to, "A recent bout of 'flu,' made a late decision to run in the M45 200m and had to settle for second place behind 1997 World champion Viv Oliver.

Judging by the quality of Oliver's 400m win later that afternoon, Stevens would have needed to have been at his very best to take the title.

Other Gateshead gold medalists from the British classy sprint stable included John Henson and Alan Meddings who both dominated - and look to do so for a number of years yet - while Dave Burton and John Ross did likewise.

Multi-eventer Jean Hulls had an easier day and came away with a new world best W60 200m time of 31.59, just 100th inside the old hand timed mark.

The final announcement of a brilliantly organised day confirmed yet another world best by Jenny Brown who after a bad ankle injury just prior to Christmas looked set for an absence from the sport.

However, that is all behind the Dartford Harrier as she totalled 4148 pentathlon points to top her own recent W40 mark of 4010 set in the AAA championships. *Results page 17*

TURNING FANTASY INTO REALITY

Tom Petranoff was the highest profile athlete to compete at the World Veterans Championships last year, **writes Alastair Aitken.**

In June he was second in the USA championships at Eugene with 75.21, a performance that would have given him a place in the IAAF World Championships had he chosen to motivate himself for that event.

"I threw 73.72 to win the World Vets title but I think I can throw in the mid-80s next year," he said at Gateshead. "This was a test year; a test to see if my body could handle the stress and I passed the test. I have got to get serious and drop ten kilos to be ready for the Sydney Olympics. That is my aim."

Petranoff, born in Illinois on 8th April 1958, now lives at Cranston, Rhode Island with his wife and four daughters. He has his own company which recently pioneered the Turbo javelin, an implement to assist in the mechanics of the event.

"I have demonstrated it (*the Turbo Javelin*) among the young in the South African townships and feel that even veterans could find it of use."

As I sat in blazing sunshine at the Gateshead Stadium drinking a few beers with Tom Petranoff and fellow American field eventers, he spoke of his role in veteran athletics.

"I supposed if you had asked me ten years ago if I would be involved in veteran athletics I may have said I'll worry about that when I get there or not have taken it seriously as I have done."

"I have got a lot out of the sport and enjoyed 20 years where the sport has done a lot for me. I just feel I owe the sport something in return and the very people

Tom Petranoff:
"I enjoy what I am doing."

Photograph:
Jeremy Hemming



that were my fan base are the very people sitting here right now."

"It is also about having fun; it's about friendship; it's about camaraderie; it is about making fun of each other, harassing each other - having a beer together and the social life. These people take their athletics very seriously."

He added: "I just enjoy the buzz of it. I caught the buzz in '97 in South Africa. I retired in 1993 from the mainstream of competition and then I got a second wind when I moved back to the States in 97-98. To cut a long story short, I am enjoying what I'm doing."

Petranoff placed 10th in the Atlanta Olympics in 1984 but competing in South Africa in 1988 led to him being banned from the Olympics of that year.

Settling in South Africa where he took up citizenship in 1991, Petranoff was rejected, however, by that country's National Olympic Committee for the 1992 Games in Barcelona. He was Grand Prix champion in 1985 and placed second in the World championships

of 1983 and 1992 before returning to the States, admitting, "I was tired of the politics."

The career performance that stood out for Petranoff was at Westwood on 15th May 1983 when he hurled the javelin (old style) out to 99.72 for a world record.

"I went from a 90m javelin thrower to almost a 100m javelin thrower in one toss. I sort of lifted the event up to a new level that created a wind tunnel effect for a lot of throwers both in the States and worldwide. I was on a streak there in 83-84 - except for the Olympics."

Petranoff has some astonishing stories of other competitions, including the time in 1991 when he threw close to a world record to set a South African record of 89.16 (new javelin). Among the 30,000 spectators in Pretoria that March were Primo Nebiolo and Ed Moses who at the time were looking into the possibility of allowing South Africa back into international competition.

Once in 1983, in Turku, Finland, he was offered a

bonus to exceed 90m and such were his throws that one landed among the high jumpers at the far end of the stadium - which surprised Dwight Stones!

Offering advice to budding javelin throwers, Petranoff advises that, "For the javelin you need flexibility, a lot of swimming and plenty of short stroke medicine ball work. It is a shoulder movement it's not an arm movement. You don't use the elbows when you are throwing medicine balls, you use the shoulders."

Although he considers Jan Zelezny the greatest javelin thrower of all time with more throws over 90m than anyone, he would not endorse his style of throwing. Although his torque version is twice as fast as any other top thrower Petranoff feels there is a risk he takes with his reckless abandonment which could end up with Zelezny risking paralysing effects on his body. The style of throwers he admires includes those of Steve Backley, Arki Parviainen, Boris Henry and Costas Gatsioudis.

Lastly I asked Petranoff what advice he would give to aspiring javelin throwers wishing to reach the top.

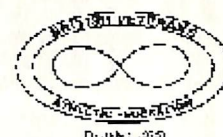
"It does not matter what you want to do in life, if you want it bad enough you must be willing to work hard for it. You are going to want it so bad you can taste it, smell it, touch it, feel it and dream it. If you can't do that, then you can't do it."

"If you can't dream it, smell the grass and feel the goose pimples on the back of your neck; turn that sort of fantasy into reality then you are not looking in the right area, no matter what your sport is. I think javelin throwing is one of the harder events. You have to be an all-round athlete in order to handle the punishment javelin does to your body. Zelezny describes it as running into a brick wall. You are trying to run with all your energy and transfer it into that specific spot of leverage that you have got to hit. If you miss it ...!"



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VETERAN ATHLETES' CLUB

ISLE OF MAN MARATHON / HALF MARATHON



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Incorporating the BVAF 2000 Marathon Championships

SUPPORTED BY THE ISLE OF MAN DEPARTMENT OF TOURISM & LEISURE

9:00 A.M. SUNDAY 13TH AUGUST, 2000

- RUN ON QUIET COUNTRY ROADS
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 - FREE 'T' SHIRTS
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 - ❖ WALKERS WELCOME IN HALF-MARATHON
- AWARDS:-
- (a) OPEN MEN - FIRST 3; OPEN WOMEN - FIRST 3; VETERANS BVAF GRADE 1
- ❖ TEAMS (MARATHON ONLY):-
 - ❖ 1ST 3 FROM EACH CLUB
 - ❖ FREE RETURN TRANSPORT BETWEEN DOUGLAS AND START AT RAMSEY
 - ❖ CERTIFICATES AVAILABLE ON REQUEST
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CLOSING DATE FOR ENTRIES, 31ST July, 2000

Details from Race Organiser:

Peter Cooper, Woodheights, Knockshanny, German, Isle of Man. IM5 2AG
Tel/Fax: 01624 842477 www.woodheights.freeseerve.co.uk

SOLIHULL CHAMPIONSHIPS

Norman Green Stadium, Sunday 20 August 2000

BVAF & MVAC PENTATHLON CHAMPS	£8	PLUS 50p TO COVER
BVAF 10K TRACK WALK	£4	FIRST AID
MVAC 10,000m CHAMPS	£4	ATTENDANCE
OPEN 100m, 200m	£1.50 per event	
FIRST EVENT 11am (WALK AND PENTATHLON)		

ENTRY FORM

Surname First Names

Address

D.O.B Age Group (ie: W40) Tel. Number.....

Club Veteran Club Veteran Number.....

Please enter me for the following events

Enclose entry fee of £..... payable to MVAC and 9" x 4" SAE

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

Tel: 0121 453 4809

Closing date: 20th July 2000

SUN BROUGHT OUT THE BEST

The British Throwers' Pentathlon Championships took place at Burton on 12th September under sunshine and blue skies which only goes to show that the sun does sometimes shine on the righteous!

Throwing got under way shortly after 11 o'clock with Phil Drage and his many officials in place and I am delighted to say that the pegging system which characterises this meeting was used throughout, including all three shot putt events, without incident or difficulty. This system engenders real interest amongst competitors, officials and spectators who were encouraged to get as close to the throwing as everyone else. There is little point remaining 60 yards away when they could be part of the action.

I am delighted to say although there were more competitors at this meeting than ever before the competition was completed in a record time. I have never seen three pools of thirteen to eighteen competitors rotate so rapidly that no time at all was wasted standing about and waiting for someone else to finish.

I think all competitors admire the tenacity of Janis Gerics and Norman Carter who graced the 75 and 70 age groups. When watching them in action we had our secret thoughts and just wondered.

Eight competitors in the 65 group were headed by Gordon Hickey with a 13.16 metres shot putt and 3337 points, followed by John Watson (who felt that he had blown his chances in the discus) and the British record holder in the hammer, Peter Barber.

This writer won the M60 competition and I was delighted to see my longest standing friend in veteran athletics, Brian Sumner close behind. We welcomed back the ever smiling John Conboy after a two year absence in the wilderness and he celebrated by winning the M55 group with Chris Melliush (hammer throw 45.50) second and Peter Duckers third.

As Merrik Bousfield found out

in coming second, the M50 group usually produces tough competition and whilst we enjoyed the return of Bill Renshaw from Rotherham he could not prevent a good win by Mike Hazlewood with 3676 points.

Mike Small put in his usual first class performance in the M45 group. Twice this year he has improved his British record and this time he beat Roy Steventon - the 'giant from Telford' - and John Wild. As Mike faces a major change of direction in life coupled with an academic course, we all wish him well in this and hope that he will still find time to train and throw.

Anthony O'Malley was unopposed in the M40. We will have to do something about this for next year!

What of the ladies? Margery Swinton who threw very well and Barbara Dunsford were unopposed in the W55 and W60 age groups whereas daughter Wendy found Diana 'The Hammer' Smith and Karen Hewett a bit too much for her in the W35 group.

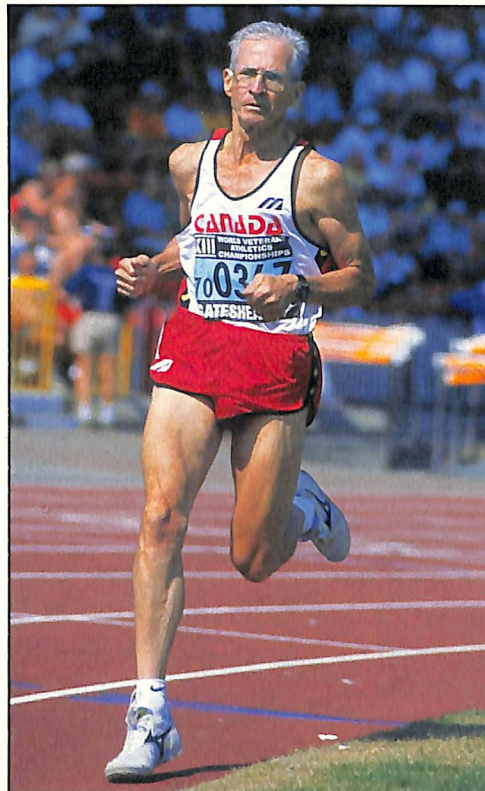
Jenny Earle threw well to beat Sheila Owen in the next age group whilst Jennifer Clark beat Christine Smith, Jennv Denvey and the British record to head the 45-year-olds.

Barbara Terry celebrated her return to the fold with a very good win and 2890 points - good to see her back. She was followed by Margaret Woodger and Vivienne Kirkland.

Norman Carter presented two trophies in memory of his wife Pamela, the ladies' trophy was won by Margery Swinton just 30 points ahead of Jenny Earle whilst I was lucky enough to win the mens' trophy, just ahead of Gordon Hickey.

There was talk of a possible change of venue but as Burton is so strategically placed and the members are such good, efficient hosts - backed by excellent catering, announcement and computer wizardry - that no one saw the slightest reason to change. As a result the usual invitation was issued to all veteran throwers to celebrate the 12th of the annual championships.

Hugh Richardson



EARL FEE - AN ATHLETIC WONDER

Canada's Earl Fee was probably the athlete who raised more eyebrows than anyone else at Gateshead last year, writes Alastair Aitken. His fluent action over 400/800 - for a man who many would consider to be in the autumn of his life - was simply amazing to see.

At 70 years of age Fee, a tall man from Toronto, ran 2:21.95 in the M70 800 metre final to shatter the age best of 2:27.57, in itself a highly considered record, set by Californian James Lytjen back 1991.

Fee has set thirty world marks but one in particular satisfies him: "The M65 800m at the Buffalo 1995 WAVA Championships. It was a very windy day, I was 66 and ran 2:14.33 and it was age rated 101%. I think that was best."

Other notable runs he points at: "I ran 2:17 indoors in 1998 at age 68 which was rated 102%. Mind you, it was on a beautiful bouncy track at Boston. (In 1999) I ran 61.3 for 400 at Boston which was

memorable because the blocks slipped, I got cramp and they called back. I started cautiously after that because of the cramp and came home very strongly. I learnt something from that!"

As a young man, Earl Fee was on the University of Toronto team that equalled the Canadian 4x 400 relay record and he had a best flat time of 51 seconds.

He then obtained a scholarship to England where he injured himself. "My testicles swelled up and I had to have an

operation. I thought: 'I don't want this to come back,' so I did not run for 33 years. (Eventually) my doctor said it would be OK to take up jogging. When I was 57 - after a year back - I started breaking veteran world records and ran 56.9 for a World indoor 400 best."

As a vet he has run 100m, 300 hurdles, 1500/mile and cross country but now specialises in the 400 and 800. What are the secrets behind this truly phenomenal runner?

"When I am fit I feel like a -year-old," he remarked. Fee worked as a Nuclear scientist for the Atomic Energy of Canada before retiring. He promptly started to train twice a day. In the morning he did things like running in the water, stretching and weights and in the evening intervals or other running workouts.

"I do running in front of a mirror with fast arms. I learned the trick when I was at University. When you are standing still you can move the arms much faster. It trains and relaxes you. I work a lot on my form."

Something to note is that Earl Fee has just written a book. 'How to be a Champion from 9 to 90' should be quite well equipped to answer many of the questions posed in that.

Searching for a haven

Steve Peters captained the British team at the annual Interland match

Friday morning. Our hopeful athletes met at Euston Station and with the gathering of familiar and new faces, I felt a sense of belonging to a group that knew what team spirit meant. At no point, in the weekend that followed, was I disappointed. As the shot putters, hurdlers and jumpers took their places, it brought home to me what pride you can feel from contributing to and accepting the strengths of others as part of a team.

So the journey began fairly smoothly, although the inevitable missed train through tunnel happened as we got caught in traffic in Central London. Then on through France, into Belgium and straight into a motorway traffic jam. There we sat, occasionally crawling forward, for well over an hour.

As we hit the ring road around Antwerp, the gang became restless and tired. It soon became evident that we had turned on to the ring road and were now heading in the wrong direction. A swift turn onto a minor road by Lee, our ever helpful coach driver, took us into an industrial complex and onto very minor roads - very, very minor roads.

Rather foolishly I took it on myself to read the map and didn't find the town Haven anywhere on the map yet everywhere we turned seemed to lead to 'Haven'. Dave Willcock joined me and together we tried to get back on track, despite Dave not being able to see without his glasses.

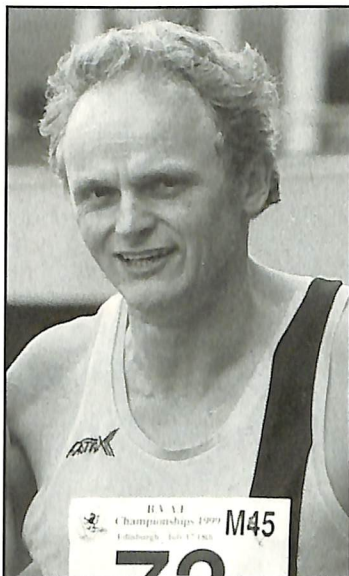
We failed miserably trying to avoid Haven. In an effort to avert anger I offered a guided tour over the intercom on the passing industrial estate but the team did not receive this very well.

After an hour it dawned on Dave and myself that 'Haven' meant 'Port' and we were surrounded by them. Eventually we got onto the correct road. Unfortunately, after another thirty minutes it emerged that we were travelling in the wrong direction - back to France.

I do apologise for laughing so much while trying to offer a

commentary to my fellow athletes. I tried to relieve some of the tension by offering to play a game of 'spot the miserable beggar' which had to be abandoned as it was too easy.

By midnight, a city centre trip through Antwerp, and many disgruntled comments later we arrived at the hotel. This journey from Hell was our excuse for why we were annihilated the following day.



The next day came and brought fantastic sunshine with just a slight head wind down the home straight. The conditions were perfect for most events, though I suspect that the distance runners and walkers may have suffered a little. The teams from Holland and Belgium had combined so that the match became a triangular event, with Britain and France completing the line up.

The match opened with the men's Hammer and despite PBs from both of our athletes, Chris Melliush and Bill Gentleman, a precedent was set with Belgium and France taking the lead. The track events began with the walk and France began her domination in earnest.

France presented us with some unbeatable performances, such as the women's 100m in a time of 12.22, the men's pole vault being won in 4.70 and the men's 400m in 49.41, which is better than the British record. We were not downcast, however, and fought on bravely with many PBs set and

many excellent British performances.

Lesley Hopkins showed typical British spirit as we saw her flee the blocks in the 100m, leaving the rest of the field trailing. Amazing pickups, however, left her to struggle into last place but with a creditable PB.

The quality continued with Joslyn Harwood and Gaye Clarke destroying the field in the high hurdles. Joslyn took the standard to new heights with a 14.72 performance. Mike Coker was on form taking both of the hurdles with an excellent time of 54.91 in the 400H. Backing him up was newcomer, Tony Mitchell. Tony came in a good second in 55.31, showing the determination of an athlete who means business for the future. There is a lot more to come.

This was reminiscent of the other Tony who came along last year - Tony McDonald arrived a little raw last year and I recall writing that he had more to come - he has greatly backed that hunch this year. An amazing lifetime PB in the 800 metres of 1:57.24 was achieved, but the French competitor replied with a mean 1:53.99. (Tony had also set a lifetime PB in the 1500 metres a week earlier). I think I think we will see a great deal more from both Tonys.

Not be out done, the perennial Dave Willcock, despite not being able to help me to read a map, came in third in the 800m in a M45 best of 1:57.55. The women's 800m saw a PB for Debbie Howard in 2:15.16 to split the French runners. Likewise Jane Low split the French in the 440 metres hurdles in 66.7.

The women again drew blood in the 400m with a systematic carving up of the French attempt to hold us at bay. Virginia Mitchell gave a stunning performance with 57.02 to take the event and looked very powerful into the home straight. Angela Beadnall, although trying to get back into fitness, still looked impressive in third place.

The 1500m pair never stood a chance against the French woman, Isabelle Delavaud

who stormed home in a time of 4:38.74 and is someone to watch for in the next Worlds.

Evaun Williams was outstanding in the W60 women's hammer, throwing an age best 35.22. Captain, Jenny Brown, took the high jump.

Mike Girvan set a 5000m M45 of 15:08.17 in the face of very tough competition. Carole Filer suggested that Glyn Harvey should have dipped in the 1500 metres as he was in third place with a gap of a few metres. If you want to increase your chest by that much, I suggest you work very hard on those pecs, Glyn or alternatively take an enormous dose of oestrogen.

Carole (again) did her best to deflate Tim Creese, our latest javelin recruit. As he marched proudly out for Britain she casually asked if he was the coach driver. Unfortunately the competition didn't bring out the best for Tim, the current British champion, up against an incredibly strong field. I sympathise as it happened to me last year.

Fellow heavy, Steve Archer, gave his best in the shot with a season's PB of 12.70 but was no match for the two French men who both achieved over 14 metres. Trevor Wade leapt an eye opening 6.39 in the long jump to win, and Sean Power at M55 made a 12.65 triple jump to maintain our credibility as jumpers.

As the relays brought the competition to a close, we still fought on. Tony Mitchell, our anchorman in the 400metres showed British spirit right to the finish. He took the team to victory with a striking split of 50.44 depicting the ever-present potential and optimism of our athletes.

It only leaves me to say a big thank you to Winston Thomas, our team manager, without whose dedication and efforts the event would never have happened. I was very proud to be the men's captain again and received our third place trophy with some pride and a lot of ridicule. Many thanks also to Mike Coker who stood in to receive the congratulatory kisses. So next year we must return again and if the team spirit is as good and we enjoy ourselves as we did this time then there are no losers.

Congratulations and many thanks to all who participated.

RECIPES FOR SUCCESS

We've all met them - people who when they find out you are interested in athletics say, "I used to be good at running". Running up large food bills is more like it... with the social skills of Vlad the Impaler. They continue: "Of course, you're all on drugs now".

I never get annoyed at such remarks, - fortunately, I always take my Prozac before leaving home. But I do have to concede that most keen athletes, will look for ways of "getting the edge". These vary from perfectly legitimate to down-right dodgy. Don't dare tell any serious athlete that the struggle is more important than the victory (unless you enjoy hospital food).

Some will swear by unorthodox training methods or special diets. Others, by the process of experimentation, have found a new way to do their event. Sometimes the will to win has spiralled out of control and given way to downright cheating. We've all heard about drug abuse and blood doping, and can understand when athletes are motivated by the promise of material rewards. The spirit of amateurism has long since been abandoned.

Even at the time of the Ancient Olympics, athletes strove systematically to improve their performances. Greek athletes were supervised by whip-wielding trainers, who were paid for their efforts (as if the fun wasn't payment enough!). Athletes experimented with diets of dried figs and honey or large quantities of meat. Long jumpers increased their distances by the use of hand-held weights. A four-day training cycle became popular, which included exercises to breaking point.

One Ceranus, an Egyptian wrestler, fell foul of this system. In a regional athletics contest in 209 AD, he had won first prize, and had celebrated by going on a three-day binge. His trainer, showing little sympathy for his hangover, insisted that

he immediately resume the exercise regime. It is said that he dropped dead from the exertion.

Percy Wells Cerutti, who coached several world-class athletes in the 1960s, made them run up and down sand dunes at his Portsea training camp in Australia. He strongly disapproved of refined or 'dead food' and his recruits ate uncoked oatmeal, fruit and nuts. He was ahead of his time in condemning excessive salt and animal fat intake. Using such seemingly bizarre methods, he produced world record breakers such as Herb Elliott and John Landy.

Don Thompson, known as 'The

Little Mouse', trained for the 1960 Rome Olympics by turning his bathroom into a sauna. He raised the temperature to 100 degrees Fahrenheit by using pans of hot water and oil heaters. He then exercised to exhaustion but it wasn't until later that he realised that the carbon monoxide from the oil heaters could have killed him. However, the risky training method paid off when he won the 50km Walk, becoming Britain's only gold medalist.

Road running yields many instances of one-upmanship, strange diets and training methods. Ron Hill propounded the 'carbo-loading' theory in the 1980s, in which the runner had some days of depletion,

followed by eating large amounts of complex carbohydrates. However, some entrants in the New York and London Marathons found it easier just to let the underground train take the strain. This form of cheating has been minimised by the use of video cameras, and microchips laced onto the runners' shoes.

Even computer chips are not foolproof. In a recent case, twin brothers ran only part of the Comrades Marathon each, swapping running kit, number and chip in roadside toilets. It might have worked had not a sharp-eyed observer noticed that they were wearing different-coloured watches.

Ingenuity in athletics reigns supreme and there are some notable individuals who have broken the mould. For good in 1968, Dick Fosbury shocked the spectators at the Mexico Olympics by 'flopping' over the High Jump bar on his back. He set a new World Record of 2.24m. Forty years earlier, a fellow American, Clarence Houser, had revolutionised the Discus Throw with Speed Rotation, producing a World Record of 48.20m. In 1929, The Ohio sprint star George Simpson claimed a World Record for the 100 yards of 9.4 but was rejected by the IAAF because he had used an illegal piece of equipment to give him a faster start - starting blocks.

Psychological one-upmanship is now quite popular. It is possible that Charlie Paddock, a brilliant sprinter in the 1920s, invented the pre-race ritual. The crowd loved his superstitious regime in which he would walk round the track looking for some lucky wood. He would knock on it three times, cross his hands, and return to his mark.

Sometimes, an athlete can be embarrassed by over-partisan officials. In 1987, at the Rome World Championships, Italian long jumper Evangelisti was not doing well and looked unlikely even to get the bronze medal. An Italian official decided to help matters along. He pre-recorded a jump of 8.38m on the Seiko measuring device and made sure that the actual mark of about 7.91m. was hurriedly erased. Unfortunately for him the whole incident had been recorded on a head-on video camera, which he overlooked.

Rosemary Champion

A Champion through the Age Groups

Peter Browne has the distinction of having competed against the best in the World as a teenager, as a senior and as a veteran. Last year in the WAVA M50 800m Final, he went into an early lead and held his nerve to surge again and win in 2:05.04.

"I was amazed to win," he exclaimed, "I have only been running a month following gym work. As a chief accountant I have been working twelve hours a day and when I get to the track at night there is quarter of an hour left. I also had niggles and scares leading up to the race."

His only race leading up to Gateshead was an 800m won in 2:04.02 (CBP) at the BVA Championships. Peter thought he had a chance but did not think he could win.

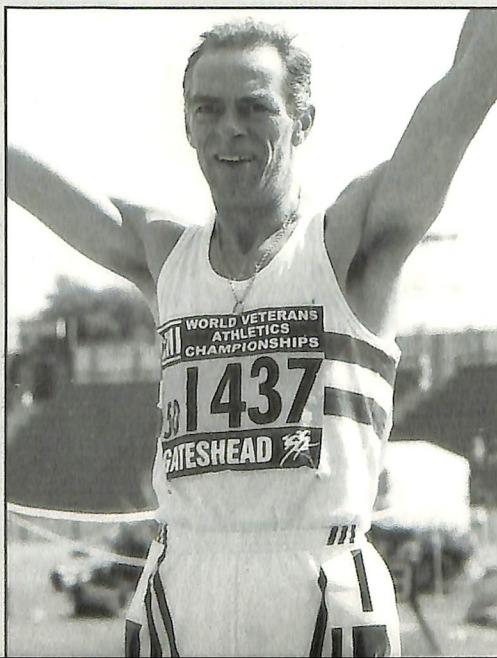
Browne's record is impressive. He ran 48.00 for

400m as a nineteen year old and won the AAA Senior 800m in 1971 with 1:47.5. That year he was fifth in the Helsinki Europeans in 1:47.0.

"Besides the AAA win there was one race in Ireland where I beat Noel Carroll for the very first time and my whole family was there. That gave me satisfaction."

Peter Bowne still holds two veteran world records; M40 800m - 1:51.25 and M45 indoors 800m - 1:57.32.

Alastair Aitken



BRITISH MASTERS ATHLETIC SPORTS THERAPY CONFERENCE 2000

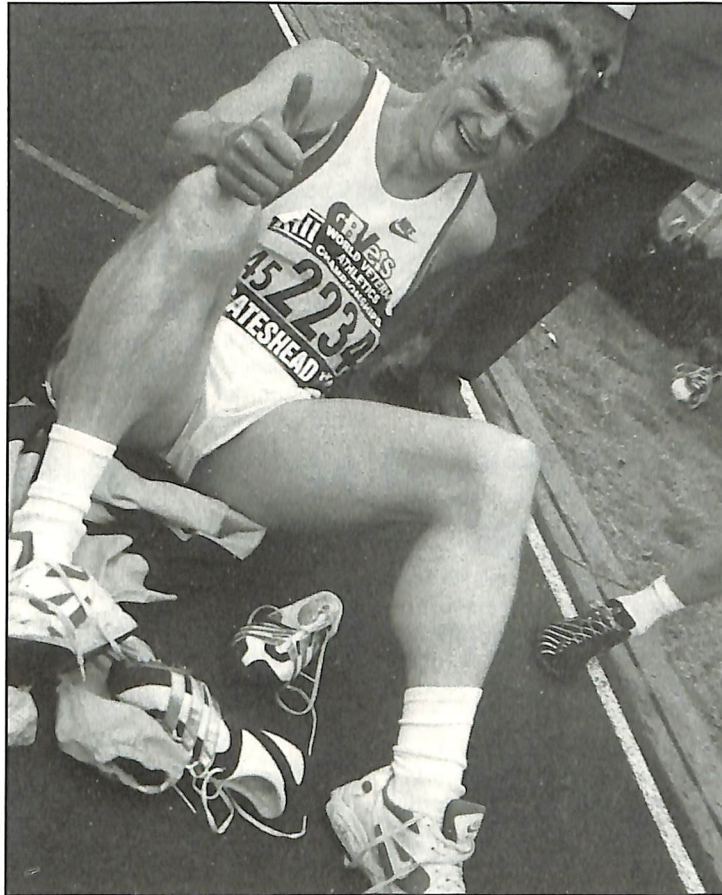
This first conference, held at Wortley Hall near Sheffield over the weekend of 22-23rd January, was judged a great success by all who attended, *writes John Henson*. The conference was the brainchild of world champion and world record holder Steve Peters and was masterfully organised by Steve and his team of professional specialists who freely gave of their time and expertise.

After the welcome address from the conference chairman, *Johnston Thomas*, the first afternoon opened with a statistical analysis of injuries broken down into: complaint presented, chronicity, age, gender and event - a review prepared by Dai Skippings which laid the background for the contributions which were to follow. Next was a fascinating and informative illustrated lecture from Fiona Jacobs entitled, "Nutrition in Sport - Eating for Health, Healing and Performance".

Fiona outlined the principles and practical application of the latest knowledge in this vital area and, through a combination of common sense and humour, dispelled many of the myths surrounding this subject.

A valuable contribution by Dani Dimambro followed which consisted of a useful guide to basic anatomy looking at the main muscle groups and their function in relation to the skeleton. This part of the proceedings involved the conference participants being asked to identify the location in the body of certain muscles, which resulted in much hilarity as certain muscles had, it seemed, migrated to unlikely parts of the anatomy.

Dai Skippings then returned with a look at the type of acute injuries that occur, how these are assessed and treated, and how rehabilitation and return to competition is effected. The first day's formal proceedings ended with a practical session on stretching conducted by Dani Dimambro. This session involved a demonstration by Dani on a willing Steve Peters followed by small groups work-



Sports Therapy Conference organiser, Steve Peters gets a new angle on rest and recuperation.

Photograph: Carina Graham

ing through these stretches under the supervision of group tutors. Much useful information was gained from the latest thinking and research in this area.

A welcome and satisfying evening meal followed and the day concluded with a social evening complete with pop quiz devised and compered by that well known DJ, Steve (In the Afternoon) Peters.

The proceedings on Sunday began with two presentations from Steve Peters. The first entitled "Medication in Sport", consisted of an overview of banned substances and their side effects plus a review of allowed medication and practical methods of application of these treatments.

The second talk on Psychology in Sport looked at the developmental and psychological forces in human beings and the application of these principles to competitive sport. Both pre-

sentations prompted considerable discussion and much food for thought.

After lunch, Dai Skippings gave another illustrated talk, this time on chronic injuries, their assessment, treatment and rehabilitation which provided a close link with his earlier talk on acute injuries.

The final conference session consisted of demonstrations on muscle assessment by Dani Dimambro, leading to small groups working through these assessments under the supervision of group tutors. This proved so interesting and popular that there was no time for the projected open forum.

Our thanks and congratulations go to Fiona, Dani, Dai, Winston and, above all, to Steve Peters for the massive amount of work that went into staging such a successful conference.

Hopefully, the first such annual event.

300 PLUS CLUB PRIZE DRAW WINNERS

APRIL 1999. £125 to Val Sharpe (Stroud), £10 each to A. Brooks, A. Newman, L. Venmore, P. Mander and R. Williams.

MAY 1999. £125 to J. Swannell (Yateley), £10 each to M. Eldridge, M. Browne, K. Carnett and B. Johnston. The £10 cheque erroneously sent to the late W. Moss was generously returned as a donation.

June 1999. £125 to Peter King (Carlisle), £10 each to M. Waddell, J. Johnstone, C. Knowle, Nina Pinkerton and Lorraine Branch.

July 1999. £125 to R. C. Ewen (Croydon), £10 each to D. Allum, M. Rezin, Nanette Cross, M. Butterly and Betty Keepax.

August 1999. £125 to Jack Braughton, £10 each to R. Mitchell-King, R. Whitehead, H. Piper, Shelagh Adkins and Ursula Duckworth.

September 1999. £125 to D. Blythe (Teddington), £10 each to J. Bennett, G. Jackson, Ursula Duckworth, and Pauline Whitc. The £10 cheque erroneously sent to the late W. Sinnott was generously returned as a donation.

October 1999. £125 to B. Gouldthorpe (Humberside), £10 each to D. Allenby, M. Ford, A. Clevett, R. Goodwin and Sally Gandee.

November 1999. £125 to R. Saines (Norfolk), £10 each to C. Kelly, J. Norman, E. Hall, P. Carmichael and J. Evans.

December 1999. £125 to J. Wiseman (London NW8), £10 each to V. Plank, R. Best, N. Carter, Sally Gandee, and Pam Storey.

The following have made donations to the BVAF:

R. Weatherborn, R. M. Smith, E. Yates, Jim Charman, Tony Rawlinson, Sid Hood, M. Caudwell, A. Bundy, H. E. Richardson, Mike and Julie Abell, Graham G. Smith, H. L. Milss, Tony Rawlinson (again).

The BVAF always welcomes and appreciates donations.

YOUR LETTERS

The letters column of VETERAN ATHLETICS is open to all to express their opinions on any subject of interest to our readers. The editor reserves the right to shorten any letter - without altering the meaning - for space reasons. Please address your letters to: The Editor, Veteran Athletics, 208 Lampits, Hoddesdon, Herts EN11 8DU. E-mail: geoffh@london-marathon.co.uk

BEER LABELS

Whilst walking round the registration area in Gateshead, I was approached by a fellow athlete from Estonia.

We had one of the many thousands of similar conversations in Gateshead at this time, between individuals who had no idea of the language of the other speaker, inevitably punctuated by expressive and expansive gestures. This particular exchange was ended by him giving me the following note:

Dear Sir,
My name is Benno Vuzandi and I live in Estonia. I am a beer label collector. I collect them from all over the world. Can you help me and find me some contacts in your country?

Yours sincerely,
Benno Vuzandi
Hajzu 2-3
EE 69701 Mustla
ESTONIA

I don't quite know how he managed it, but Benno picked on one of the few teetotallers in the whole of Gateshead during this period of time!

Anyway, I thought that if I passed this message on to the magazine, it could be within the realms of possibility that there are some readers who are not abstainers or who are able to suggest appropriate contacts which may be able to help Benno out in his quest.

Sean Power, Cardiff

BVAF WEBSITE

The BVAF have a website at www.veteran-athletics.freemove.co.uk, and I have taken over as webmaster. The site includes sections on veteran clubs, fixtures, rankings, records and results. And there is plenty of opportunity for the scope to be increased.

However what I need is for members, please, to supply me with information. I particularly would like to receive results of championship races,

but also details of forthcoming events. I will do what I can with any information I receive. The preferred format is as a Word or an HTML attachment, but if that is not possible, send it as a hardcopy.

Also I would like to receive ideas on what else you would like to see on the website. Would you like to see more news? Do you want a feedback section? Visit the website and email your views to: bvaf@veteran-athletics.freemove.co.uk.

Finally, are there any clubs other than Isle of Man, Eastern and South West that have set up their own sites? If so, I can include a direct link to them.

Chris Jager,
chrisjager@cwcom.net

EDWIN DID FINISH

Reading Jack Fitzgerald's summary of the Road Walking events at Gateshead and his comment concerning Edwin Grocock's mysterious non-appearance on the M70 20 kilometre result sheet, prompted me to turn to the results also printed in VA.

Lo and behold, Edwin had just as mysteriously re-appeared in fifth place which apparently gave Great Britain the team award instead of a dnf. As an assistant team Manager at Gateshead I had requested a formal check of the finishing sheets and video as Edwin insisted he had completed the course but I never heard any more of the issue.

Through the good offices of Ron Bell and Barbara Dunsford, I am pleased to say that I now have been able to confirm the correct result and have forwarded Karl Abolins, Edwin Grocock and Terry Simons their deserved Gold medals.

Maurice Morrell, Wirral

NO LACK OF FIRST-AID

It was with some dismay that I read a letter in the last issue complaining of an "apparent lack" of First-Aid at the BVAF Championships in Edinburgh.

As a co-ordinator of the meeting arrangements I can assure Mr Shields that treatment of injuries to both athletes and the general public was high on our list of priorities. On both days of the meeting British Red Cross staff were on duty in the First-Aid room opposite

the athletes declaration area, trained physiotherapists appointed by the Scottish Athletics Federation were available in the physio room overlooking the track near the presentation area (with adequate supplies of ice) and a chiropractor service was on hand in the concourse warm-up-area. The official programme listed First-Aid and Physiotherapy and our registration desk in the concourse would have pointed out where these were to be found.

Ian Steedman, Edinburgh

NATIONALISM Vs....?

I have just sent off my entry for the Euro Champs in Finland this summer and would like to make the following comments.

I have already made comments regarding the 'over-charging' for accommodation by the official agency in Finland, Traventa. I trust this will be raised with the appropriate authorities at some time.

Further to the above, I also have a long standing objection to the request to state 'Country you Represent' on official entry forms for World and European Veterans Championships. In my opinion this is absolutely unnecessary in this day and age of globalisation, particularly when we all enter individually, pay our own expenses and, in effect, represent ourselves. This emphasis on misguided 'nationalism' merely panders and encourages those bigoted, blinkered, individuals in the worldwide athletics community who seem unable to recognise the performances of any other than those of their own country people.

The same principle should apply to the opening ceremonies which I feel should involve a collective march past if that is required and not a 'patriotic' demonstration. Medal presentations could, if necessary, say 'from' rather than 'representing' whichever country.

I think there should be a proper debate about this in Veteran Athletics.

John Henson, Sheffield

NOT SO MULTI EVENTS

The Gateshead reports missed perhaps the most outstanding performance of the meeting

the 8726 points score by Rolf Geese (Germany) in the M55 decathlon. This was an all-age group World Record.

The M85 decathlon was a bit of an oddity. Colo (Italy) won with 4771 from Ishikawa (Japan) 4312, yet neither completed the ten events. Colo did not finish the hurdles and did not even start the 1500, while Ishikawa did not start the 400 or 1500.

Isn't this like having a race in which none of the runners finish but the winner is the one who dropped out last? Or do the multi-event people have a different philosophy to the rest of us.

Gerry Robertson,
Sutton Coldfield

LOST PROPERTY

In February I competed in the BVAF Indoor Championships at Birmingham. Unfortunately, I left my fleece jacket together with a View From shower proof jacket behind. On my return I home I telephoned the NIA but the jackets had not been handed in to Lost Property. If anyone picked them up could they please send them to the address below. I will be happy to pay the post and package.

Sharyn Aitken
142 Foxknowe Place
Eliburn, Livingstone
EH54 6TZ

VIDEO WANTED

Last August I completed the WAVA Marathon with my John Brewer (M40). John had a bad time and I caught up with him about 200 metres from the finish and we crossed the line together. Being assured that all finishers would be included, we ordered the marathon video from the official suppliers. We were very disappointed when the video and our individual finish was not on it. I have telephoned the company concerned and their initial response was encouraging but my follow up letters have not been answered. Could it be that the copy with our finish has been sent to someone else, has anyone else had a similar problem? Our bib numbers were: John Brewer M40 2671 in mainly red strip with yellow stripes (he competed under the Hong Kong flag), Jack Brewer M35 1419 in the GB Vets 1999 strip.

Jack Brewer, Northern Vets.

XII EUROPEAN VETERANS' ATHLETICS CHAMPIONSHIPS

JYVASKYLA, FINLAND

6TH-16TH JULY 2000

**Entry forms and information
can be obtained from Wendy Dunsford, 12A
Salisbury Road,
Grays, Essex RM17 6DQ**

**Please enclose four first class
stamps when applying**

**THE CLOSING DATE FOR ENTRIES IS
SATURDAY 15th APRIL 2000**

NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

**SATURDAY 20th MAY 2000
HEATON PARK MANCHESTER**

Open to all UK Athletics affiliated clubs. Medals to first three teams.
Championships will be held on the established 5km course

CHAMPIONSHIP	STAGES	START
Women over 35	3	11.00 am
Women over 45	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

ENTRIES CLOSE 22ND APRIL 2000

Teams must be declared 30 minutes before the start. All competitors must wear club colours.

Entry form from:
**BRIAN BUCK 58 SMETHURST STREET
MIDDLETON
MANCHESTER M24 2BA**

(PLEASE INCLUDE SAE x 2 @ 9" x 6")

VETERAN ATHLETICS Vol 1 No 52

67 Goswell Road, London EC1V 7EN Tel: 0208 677 1303 Fax: 0207 251 9045

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Tel 01223 -234856

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7RH (General) Dennis Williams, 82 Prince Georges Avenue, London SW20 8BH. Tel 0208 543 6112

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4AF (Membership) Dave Walsh, 129 Queensway, Coney Hall, West Wickham, Kent. BR4 2DT.

Tel 0208 462 7554

VAA of England: Mrs. I. Nicholls, Rainbow Cottage, 15 Meadow Lane, Alvechurch, B48 7LH

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(Affiliated to International Amateur Athletic Federation)

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Women's Delegate: Bridget Cushen, 156 Mitcham Road, West Croydon, CR0 3JE. Tel 0208 6833 2602.

SECRETARY'S REPORT

The BVAF Annual General Meeting this year will be held on Saturday evening, 29th July, immediately after the last athletic event in Bedford (see advertisement on page 23). As your Chairman confirmed in the last issue, he will not be seeking re-election, nor will our Track & Field man, Winston Thomas.

Out there amongst our burgeoning membership, currently over 8,000, I know we have an able enthusiast with the necessary flair and management skills to lead the BVAF further along its successful path. The Track & Field secretary's job is also a key one but we have some very experienced athletes. This year we celebrate our 25th Anniversary. Are you just the right person to lead the BVAF from strength to strength? Nominations for election of officers of the Federation need to be received in writing by the Honorary Secretary 30 days before the AGM, accompanied by the signatures of at least two affiliated members.

Drug Test

There was one positive drug test from Gateshead - not involving a British athlete. However, if the offender's appeal is unsuccessful, Britain's overall medal haul will be increased. We will keep members informed.

IAAF Rules & Regulations

The Women's 20,000m race walk will be added to the World Record list.

Following research conducted as to whether the new javelin for women affected the distance thrown and subsequently the points scored in the heptathlon, (see Summer 1999 VA) there was no clear evidence of a consistent loss in distance and therefore no need to change the world record. **Bridget Cushen**

NOTICE

I hereby give notice that the AGM of the BVAF shall be held on Saturday, 29 July 2000 at Bedford Stadium

Bridget Cushen
BVAF Secretary

Any amendments to the Constitution or proposals must reach the Secretary at 156 Mitcham Road Croydon CR0 3JE by 13th July 2000.

Veteran ahead of her time

Bronwen Cardy-Wise, 48 in January of this year, makes a habit of winning World Veteran events and beating much younger age category winners. In 1992, as a 40 year old, Cardy-Wise came home first overall in the IGAL World 10km in Birmingham with the W35s well in her wake and this year the WAVA cross country in the North East saw her take the first of her three World titles by convincingly beating all the W40 runners.

Both occasions presented no easy task. In the May before her 1992 World title, Cardy-Wise underwent a hysterectomy, leaving her with only seven weeks to prepare. And last year she had problems before her latest successes with many interruptions in her build-up. Early in the year she managed some successful races in the Bath Half Marathon and at Exeter but her Achilles went in the Taunton race.

"About three years ago I became semi-retired and trained three or four times a week with my training partner John Hudson. I did not want to race much because, although (an Achilles tendon) operation was successful - for about fifteen months to two years - the tendon has shortened again now and it has had a knock on effect. I can't run on anything uneven and I can't do hills anymore. If it is a true cross country I can't do it. I treated the World vets cross-country more as a road run because I can run better on the road, I can get a better rhythm going but, I did have some pain and needed ice afterwards."

Cardy-Wise explains that she has given up teaching after 25 years and now has a job as a prison officer at a closed women's prison where the inmates can be volatile.

"I sometime do shift work for a 13 hour stretch which really knocks you out for a few days and puts paid to training for a while. It is interesting work and I don't have homework preparation to do."



As a Pre-vet, Bronwen put together some very good results, winning an Inter-County and Welsh titles and then, as a W35 in 1989, took four golds at the World Vet's Championships in Eugene. It is obvious, though, that there is still more to come from this prolific gold medal winner. **AA**

THANK YOU

The Dunsford family wish to thank the latest contributors to Barbara's Medical Fund

R Franklin, W Marshall, B Ellison, Mr and Mrs E Nyman, Mrs P Wilson and Anon.

Barbara is off again to Texas, USA for her first yearly check-up and her fifth treatment. The change in her in only one year has been remarkable.

Thank you for all your help.

IN BRIEF

● **PAN AMERICAN MASTERS GAMES** - Kamloops, BC, Canada
17-20th August 2000

Cath Reader has a few details packs if anyone is interested in going to these Games.

Contact: Cath Reader,
42 Wimbotsham Road,
Downham Market,
Norfolk PE38 9PE
Tel: 01366 388168
email:
cathreader@paston.co.uk

● **OPEN VETERANS' T&F inc. HERTS COUNTY VETERANS' CHAMPIONSHIPS**
Stevenage, 23 July 2000

Details from:
Sally Gandee, 4
Westfield Road,
Hertford, Herts SG14 3DJ
Tel: 01992 582208
Fax: 01992 505723

Photograph: Jeremy Hemming

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FULL PAGE	£165.00
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ENGLAND'S GOLD

Athletics Weekly's Veteran's Correspondent, **Pete Mulholland** at the International Veteran's C

In both the weather and the quality of racing, Glorious Devon lived up to its name on the playing fields of Grenville College, Bideford.

Nigel Gates and Anne Keenan-Buckley, both world champions over the country in the BVAF World Championships at Gateshead, justified their status as pre-race favourites for their races in the Veterans International Cross country - and how! Each treated the spectators to a powerful display in the art of front running.

First away were the women and the smoke hadn't cleared from the starter's gun before Keenan-Buckley had already pulled clear of twins, Marina Stedman (defending champion) and Shireen Barbour on the open expanse of the rugby pitch. Completion of the first 2000m, after the runners had circuited the twisting paths of the college gardens, saw Keenan-Buckley with a five seconds advantage over Stedman and Trudi Thompson in third.

Barbour had dropped to fourth, three seconds clear of a chasing pack consisting of Viv McConnell, Frances Gill, Sheila Allen, Helen Burrell, Karen Marshall and Ann Carroll.

Around the second full circuit Keenan-Buckley charged away to lead Stedman by some 30 seconds but Thompson, in third, was full of running as these three looked set for individual honours.

At this stage Barbour was a lonely fourth, 10 seconds adrift of Thompson but eight ahead of McConnell who in turn was being tracked by Marshall on her way to a conclusive W45 victory, having the race of her life as she headed Gill, Allen and Carroll.

The final stages had Keenan-Buckley going further away to arrive at the finish 350m to the good while Thompson, leading home the W40 category, had stormed through to pass Stedman with just 500m remaining for her third runners-up position in this event.

Barbour stayed fourth as fast finishing Allen snatched fifth and edged Marshall in the process.

After what was her first race of the winter over the country, Keenan-Buckley admitted, "I was pleased with that but found the going a bit tricky over some of the course."

Jane Davies confirmed her medal winning performances at Gateshead, by heading Pat Gallagher to take the W50 honours while Elaine Statham put aside her team manager duties to convincingly lead team-mates Valerie Hancock and Pam Jones (stepping down an age group) to a 1-2-3 in the W55 results.

The men's race certainly had a hard act to follow and although Nigel Gates' win - first overall although competing in the M45 - was by the lesser margin of 200m the manner in which he brought it about was just as impressive.

Gates went to the front immediately and on completion of the first full lap he had fellow M45 team mate John Rye for company, the pair being five seconds clear of the trio of David Neill, Mike Girvan and Scotland's Colin Donnelly.

Another solid pack in the shape of Andy Weatherill, David Wilson-Evans, Boyd Varney, Tommy Payne and Bernie Jones battled along ten seconds later.

Over the next half mile Rye began to tire as Gates charged on and Donnelly slipped into second with Girvan fourth as he edged clear of Neill.

Around the second circuit Gates went 14 seconds clear with Donnelly now a secure second, six seconds ahead of Neill with Girvan in close attendance.

By now Rye was a solitary fifth seven seconds behind Girvan as Wilson-Evans and Varney, racing as one, followed 11 seconds behind.

The final stages saw no change in the positions as a relaxed looking Gates eased

further away to the finish while Donnelly maintained second ahead of Neill with Girvan a lonely fourth.

Rye, as third M45, found sufficient reserves to hold off both Wilson-Evans and Varney to snatch fifth.

An elated Gates not surprisingly admitted to, "Being pleased with the run" adding, "I felt good today," before dashing off to help organise a another procession - a torchlight version - close to home.

Donnelly, who as first M40 provided the only non-English win in the men's races, was content with his performance saying, "After 14 World mountain championship races the variations in the course made me feel at home."

Peter Hyde as first M50 home was always in the thick of the action as a host of M40 competitors finished immediately ahead. Together with Harry Matthews, John Willoughby and Charlie Dickinson, the powerful M45 England squad obtained the minimum score of ten.

Graham Patton dominated the M55 group to finish almost a minute clear of Scotland's Bob Young who was closely followed by Arthur Egan in third, the highest individual Welsh placing for the men.

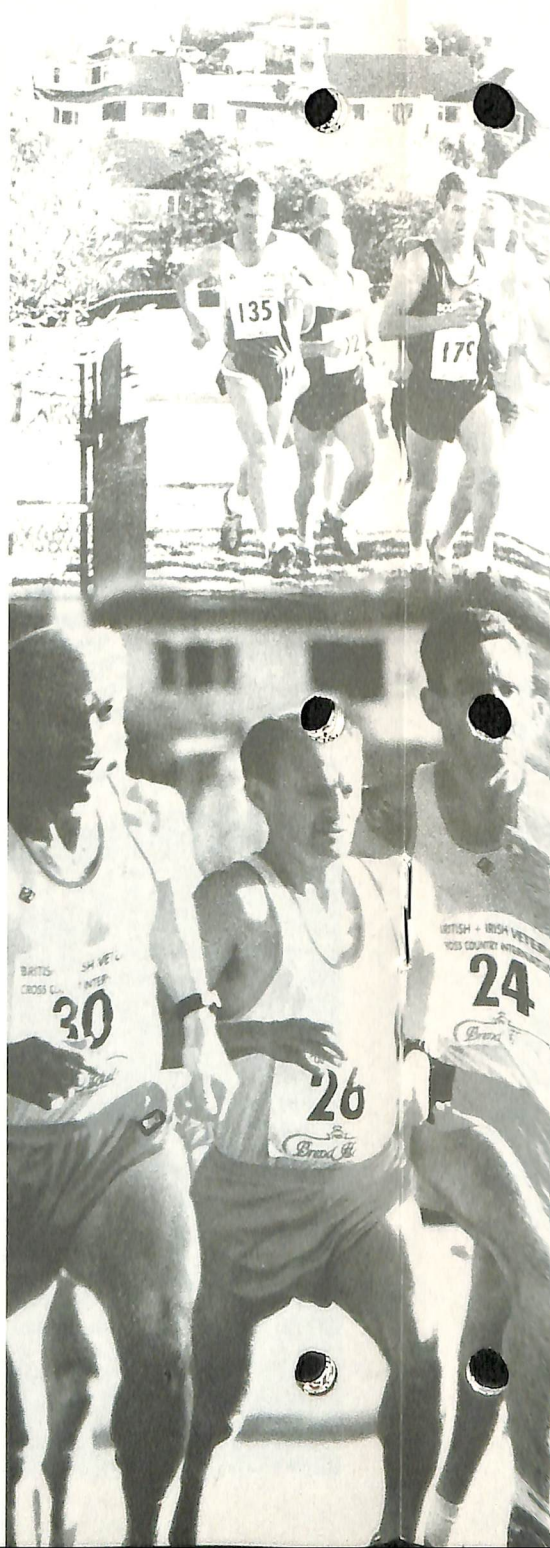
Fred Gibbs clearly led home a strong M60 English contingent as he, Steve James and Harry Clayton took the first three places.

Ron Higgs, a close second last year in the M65 event had to settle for the same position as Mike Ward led him home by a more conclusive margin of some 350m.

The evening presentations at the conclusion of a brilliantly organised day saw team gold presented to English teams for all 11 age groups contested. Thanks were also giving to the Brind Hotels group for their magnificent support and sponsorship giving next year's event to be held in Navan a hard act to follow.

Anne Keenan Buckley (right) and Nigel Gates (No. 29) dominated their respective races at Bideford

Photographs: Jeremy Hemming



OPEN DAY

Cross Country, November 13th 1999



RESULTS

Men M40: 1 C Donnelly SCO 34:19; 2 D Neill ENG 34:25; 3 D Wilson-Evans ENG 34:59; 4 B Varney SCO 35:00; 5 R Wise ENG 35:11; 6 T Payne IRE 35:25; 7 B Jones WAL 35:35; 8 A Rowe ENG 35:37; 9 G Gaffney SCO 35:42; 10 A Wetherill ENG 35:46; 11 D Hannon IRE 35:50; 12 E Coppinger IRE 35:52; 13 A Maddocks WAL 35:53; 14 D Dymond SCO 36:00; 15 B Gardner SCO 36:05; 16 I Lloyd WAL 36:08; 17 I Stewart SCO 36:13; 18 M Flower WAL 36:20; 19 M Watling WAL 36:35; 20 M McGeoch WAL 36:39; 21 R Atkinson ENG 37:06; 22 J Feery IRE 37:21; 23 F Davidson NI 38:12; 24 M Hassett IRE 38:23; 25 P McHugh NI 38:27; 26 V Johnston NI 39:30; 27 D Donaghy NI 40:11

Team: 1 England 18; 2 Scotland 28; 3 Republic of Ireland 51; 4 Wales 54; 5 Northern Ireland 101

M45: 1 N Gates ENG 33:54; 2 M Girvan ENG 34:43; 3 J Rye ENG 34:58; 4 P Carbutt ENG 35:30; 5 K Moss ENG 36:03; 6 E McEvoy IRE 36:11; 7 O Lewis WAL 36:47; 8 P Embleton ENG 37:00; 9 P O'Shea IRE 37:05; 10 S Woods IRE 37:07; 11 F Connor SCO 37:22; 12 F Gerahy IRE 37:31; 13 G Madden IRE 37:33; 14 K Wilkinson WAL 37:43; 15 A McAlinden SCO 37:44; 16 T Murphy IRE 37:55; 17 D Powell WAL 37:59; 18 B Gough SCO 38:00; 19 D Cowie SCO 38:10; 20 R Evans WAL 38:35; 21 P Smith WAL 38:40; 22 K Quinn WAL 39:21; 23 M McCausland NI 39:32; 24 J White SCO 39:54; 25 D Clarke NI 40:37; 26 J Newberry NI 40:47; 27 J Marshall NI 45:27

Team: 1 England 10; 2 Republic of Ireland 37; 3 Wales 58; 4 Scotland 63; 5 Northern Ireland 101

M50: 1 P Hyde ENG 35:56; 2 H Matthews ENG 36:28; 3 J Willoughby ENG 37:11; 4 C Dickinson ENG 37:20; 5 P Murphy IRE 37:42; 6 R Crowley IRE 37:51; 7 R O'Keefe ENG 38:15; 8 D Evans WAL 38:31; 9 P Kelly NI 38:32; 10 J Pointon WAL 38:38; 11 B Sherlock IRE 38:53; 12 F Cashman IRE 38:54; 13 J Llewellyn WAL 38:55; 14 J Bell ENG 38:57; 15 T Eakin NI 39:24; 16 B O'Connor IRE 39:34; 17 R Bowen WAL 39:37; 18 L O'Hare IRE 39:41; 19 G Meredith SCO 39:45; 20 D Davies WAL 39:50; 21 I Seggie SCO 40:54; 22 P Walker WAL 41:25; 23 P Kelly SCO 41:30; 24 J Gourlay SCO 42:12; 25 I Jolliffe SCO 42:58; 26 R Donaldson NI 43:50; 27 R McCullough NI 49:09

Team: 1 England 10; 2 Republic of Ireland 34; 3 Wales 48; 4 Scotland 87

M55: 1 G Patton ENG 37:53; 2 B Young SCO 38:51; 3 A Egan WAL 38:57; 4 L Davis ENG 39:15; 5 L Haynes ENG 39:23; 6 M McHugh IRE 39:57; 7 D Fairweather SCO 40:04; 8 P Cartwright SCO 40:27; 9 B Campbell SCO 40:31; 10 M Ford ENG 40:57; 11 R Williams WAL 41:08; 12 K Buckle WAL 41:37; 13 K Patterson WAL 41:54; 14 W Smith IRE 42:09; 15 P Bonass IRE 42:48; 16 P Convery NI 43:16; 17 G Geddis NI 45:58; 18 S Cooney IRE 46:32

Team: 1 England 10; 2 Scotland 17; 3 Wales 26; 4 Republic of Ireland 35

M60: 1 F Gibbs ENG 39:32; 2 S James ENG 40:46; 3 H Clayton ENG 41:03; 4 J Leonard IRE 41:47; 5 J Collins WAL 42:23; 6 W Ryder ENG 42:27; 7 J Kersting WAL 42:44; 8 J Reid NI 43:12; 9 B O'Gorman IRE 43:20; 10 I Leggate SCO 43:41; 11 T Pugh WAL 44:48; 12 E

Williams WAL 45:05; 13 J McEvoy IRE 45:12; 14 A Shaw SCO 46:35; 15 G Armstrong SCO 47:11; 16 J Roberts NI 47:26; 17 J Taylor SCO 47:28; 18 P Craddock IRE 48:57; 19 F Arthurs NI 50:40

Team: 1 England 6; 2 Wales 23; 3 Republic of Ireland 26; 4 Scotland 39; 5 Northern Ireland 43

M65: 1 M Ward ENG 42:31; 2 R Higgs ENG 44:04; 3 F O'Leary IRE 44:38; 4 R McFall SCO 45:16; 5 L Vaughan-Hodkinson ENG 45:19; 6 J Gibson SCO 45:47; 7 D Rosser WAL 45:57; 8 T O'Reilly SCO 46:23; 9 H Morrison SCO 46:44; 10 D Walsh IRE 46:48; 11 D Adams IRE 47:32; 12 R Pitcairn-Knowles ENG 48:12; 13 A Smith WAL 48:17; 14 R Parsons WAL 49:24; 15 R Davies WAL 49:48

Team: 1 England 8; 2 Scotland 18; 3 Republic of Ireland 24; 4 Wales 34

Women W35: 1 A Keenan-Buckley IRL 17:46; 2 M Stedman ENG 18:44; 3 S Barbour ENG 19:10; 4 F Gill (WAL) 19:21; 5 H Burrell ENG 19:24; 6 B Walters WAL 19:25; 7 A Carroll IRE 19:32; 8 E McBrinn (SCO) 19:43; 9 C Wheeler WAL 19:44; 10 A Gerrard SCO 19:50; 11 H Robinson ENG 19:53; 12 G Butler IRE 19:56; 13 W Edwards WAL 20:08; 14 O Gormley IRE 20:28; 15 L Marr SCO 21:16; L Craig-Souness SCO 23:07

Team: 1 England 10; 2 Wales 19; 3 Republic of Ireland 20; 4 Scotland 33

W40: 1 T Thompson SCO 18:39; 2 S Allen ENG 19:13; 3 V McConnell ENG 19:19; 4 A Nixon WAL 19:45; 5 M Greenam IRE 19:52; 6 G Carr IRE 19:54; 7 K Slater ENG 19:58; 8 S Dodds NI 19:59; 9 P Affleck SCO 20:14; 10 D Mort WAL 20:18; 11 A Whitelaw WAL 20:23; 12 K Davison ENG 20:34; 13 G Gallagher IRE 20:42; 14 R Naish WAL 20:44; 15 S Waterstone IRE 21:24

Team: 1 England 12; 2 Republic of Ireland 24; 3 Wales 25; 4 Northern Ireland 29

W45: 1 K Marshall NI 19:14; 2 B Cardy-Wise WAL 19:28; 3 G Dean ENG 19:42; 4 M Statham ENG 20:06; 5 J Heffernan ENG 20:22; 6 E Turner WAL 20:4; 7 A Pugh ENG 20:43; 8 E Dowling IRE 20:57; 9 C Fereday WAL 20:59; 10 J Waterhouse SCO 21:35; 11 A McGreal IRE 21:57; 12 R Reid IRE 22:18; 13 H Bradley SCO 22:28; 14 M Coffey IRE 22:42; 15 P Hopkins WAL 23:15

Team: 1 England 12; 2 Wales 17; 3 Republic of Ireland 31; 4 Scotland 37

W50: 1 J Davies ENG 20:19; 2 P Gallagher WAL 20:36; 3 F Garland ENG 21:16; 4 L White ENG 21:23; 5 M Auerback ENG 21:37; 6 E McNellis IRE 21:38; 7 A James WAL 21:54; 8 J Coyle IRE 22:04; 9 M Delaney IRE 23:17; 10 P Lemongello SCO 23:21; 11 J Cumiskey IRE 23:46; 12 S Adkins WAL 24:02; 13 S Davies WAL 24:15

Team: 1 England 8; 2 Wales 21; 3 Republic of Ireland 23

W55: 1 E Statham ENG 21:46; 2 V Hancock ENG 22:52; 3 P Jones ENG 23:23; 4 C Lee ENG 23:25; 5 J Byng SCO 23:29; 6 A Woodcock IRE 24:18; 7 M Meredith WAL 25:04; 8 P Thomas WAL 25:15; 9 N Cross NI 25:59; 10 M Gartrell WAL 26:28; 11 B Jones WAL 26:47; 12 B Tracey IRE 27:06; 13 A Keegan IRE 31:08; 14 S Champion IRE 38:07

Team: 1 England 6; 2 Wales 21; 3 Republic of Ireland 27

AROUND THE REGIONS

SCOTLAND

It was a thrill for many of us in Scotland to see 90 year old Emmet Farrell - aided and abetted by his side-kick 85 year old David Morrison - in action in the BBC's long awaited showing of "Old Gold" in January. With our SVHC Hon. President providing companionship and support to that magnificent nonagenarian. I like many others felt that they were the stars of the show! Their completely relaxed and enthusiastic demeanour and marvellous spirit of sportsmanship was "pure dead brilliant" as they say in Glesca. They actually seemed to be enjoying themselves!

It is probably worth mentioning that as a teenager Emmet was gradually introduced to a variety of sports by his fitness conscious father who believed in and practised physical excellence. Swimming, football, boxing and wrestling preceded his introduction in 1933 to athletics at Maryhill Harriers where he is still a member. He was described as "an athlete of some versatility but not likely to make headway in cross country running". Not taking this criticism too seriously, of course, he went on to compete ten times for Scotland in the ICCU (now IAAF) Championships between 1937 and 1953, placing seventh, his highest, in 1939 at Cardiff. On the track he amassed national records and titles at 6 miles, 10 miles and one hour run and also tried (unsuccessfully) for Olympic marathon selection in 1948. However, in 1954 he was second in the SAAA marathon behind Joe McGhee. As this was the trial for the Empire Games in Vancouver, Emmet in retrospect, says he was relieved that McGhee did not have to call off from the Games team as he would then have been Scotland's representative in the heat-wave conditions which brought about Jim Peters' tragic collapse.

When veteran athletics came into vogue Emmet just kept on running. "It was always an addiction for me," he once said. At 70 he swept the world 1,500, 5,000 and 10,000 titles and went on to collect a total of 8 gold medals, including

his two at Gateshead last year, which ranks him fifth (3rd Scot) among British veterans.

- The Scottish Association of Track Statisticians recorded a total of six new Scottish Veterans Best Performances during the 1999 season, three of them during the World Championships. They were : **Men** - 200m 22.65 (wind - 1.3) Mike Williams (M40) semi-final, Jarrow 3rd August 400m hurdles 57.91 Robert Stevenson (M45) Gateshead 1st August; Shot Putt (5kg) 11.95m John Freebairn (M60) Meadowbank 17th July ; Discus (1.5kg) 40.85m Alex Black (M50) Meadowbank 18th July. **Women** - 80m hurdles 11.77 (wind -0.4) Joss Harwood (W40) Gateshead 4th August, Pole Vault 2.66m Janet Lyon (W35) Aberdeen 4th July.

- The Scottish Athletics Federation have announced the dates of the Scottish National Veterans championships for the outdoor season: Track and Field, Aberdeen 10th June and Combined Events (decathlon and heptathlon in conjunction with BI Cup for CE), Grangemouth, 2-3 September. Unfortunately the latter might be too close to the BVAF event at Sheffield. As usual entries for these championships from vets living south of the Border are welcome and entry forms are obtainable from the SAF Office, Caledonia House, South Gyle, Edinburgh EH12 9DQ.

- Scottish Veteran Harriers have been fortunate to obtain assistance from West Lothian Council in making the Indoor Sports Centre at Bathgate available for veterans' "get-togethers" for training and pre-competition warm-up. The first of such meetings was scheduled for 12th February, the four-hour session comprised starting practice, 60 metres sprints, long and triple jumps and shot putt with coaching advice available.

- The annual Christmas Handicap took place at Lochinch on December 12th on a clear crispy afternoon with well over 100 entries - a much better turnout than in 1998 when snow and icy stretches

made conditions tricky. Jack Haggerty (M60) took the handicap prize in a keenly fought finish with M45 Brian Kirkwood running the fastest time over the two-lap course. Brian is one of the very few East of Scotland runners who bother to go through to the West to race. He had already won the Glasgow "800" 10km and clinched the Club's 10km track championship. As well as fastest in the last club event of the old millennium Brian ushered in the Y2K with victory in the SVHC's first event of the year, the .5 miles at Cambuslang in 25:46 on January 16th, the day after finishing as first veteran in the Springburn Harriers' 5.5 miles in 27:20.

While a few of the track men will hopefully have enjoyed the sunshine of Malta in mid-January the distance running fraternity - ably organised by Danny Wilmoth - basked in the Spanish sun for their annual 10km, 5km road races and 100 metres sand sprint (more in next issue).

Ian Steedman

SCVAC

The first of the championship events which count towards the the overall "Grand Prix" awards was the 25km championships held in conjunction with the longstanding Mitcham 25K. The first club finisher was the 1998 Grand Prix winner, Martin Clarke of Ilford AC who was 34th overall and the first M45. Only two places behind him was new member Chris Brittain of Stubbington Green Runners, making his SCVAC debut and winning the M50 Gold. Peter Giles was first M55 in 42nd place overall.

We have become accustomed to seeing Ilford's Pam Jones leading the Club women home despite her 63 years and this occasion was no exception with a time only 37 seconds over the magic two hours. Pam, of course, scored maximum points in the Grand Prix with an age grading of 84.11%. Once again her perennial runner up was Ann Bath of 26.2 RRC.

First M60 Brian Fozard of Reading AC also got off to a flying start in the Grand Prix with an 81.89% grading to secure the coveted maximum 40 points. Altogether 16 male and five female club

members finished the testing 3 lap circuit. Hopefully these figures will be maintained or improved over the remaining six Grand Prix fixtures.

The indoor Track & Field championships at Crystal Palace on February 13th produced its usual quartette of British records. On the track Jean Hulls continued to improve her W60 60m hurdles time with a new mark of 11.2. Her sister Gateshead Heptathlon Gold Medallist, Jenny Brown claimed a new W40 triple jump record of 10.64m. Shot putters Neil Griffin and Gordon Hickey continue to improve their British marks with the former setting new M50 figures of 15.30m and the latter 13.29m for a new M65 mark.

Alf Woods equalled his M70 pole vault record from 1999 with 2.20m. The most prolific of the younger performers was Brian Slaughter with M40 golds in the 60m hurdles, high and long jump, silvers in triple and shot putt and a mere bronze in the 60 metres.

Jack Fitzgerald

VAC

Essex Veteran champion, Richard Gain, a footballer until fifteen years ago, won his first Vets AC title in record time. Ken Daniel and Richard Holland were the first to show ahead of a large group. Gain who was twelfth in the Essex cross country championship, was well into his stride as they went up the first steep hill, something that had to be negotiated on all three laps. The only one hanging on to him, at the time, was last year's winner Geoff Jerwood. After the end of the first lap, Gain was already drawing clear and Tony Pamphilon was securing a strong second position. Gain, an TT Administrator at Chelmsford, gradually increased his advantage right to the finish, to Caesar's Well. Richard Holland eventually came back to overtake Geoff Jerwood for the bronze. Charlie Dickinson (M50) moved through from twelfth early on to seventh overall, just ahead of 49 year old Ken Daniel. "I was very pleased to be fourth over-50 in the Home Vets' International in November" Dickinson remarked afterwards.

There were some other out-

WHAT'S ON/FIXTURES

standing category winners at Wimbledon and they included Peter Brown (M55) - not the TVH 800m man but once a Oyd's man with Polytechnic Harriers in his youth who only took up running again five years ago. He came home eleventh of the 73 finishers. Eton Manor's Tom Everitt who worked for the GPO for forty years, was the first M65, beating all the over 60s. Don Adie, 73, in the absence of Steve Charlton, was the comfortable M70 winner to add to his creditable bronze in Brugges. The first woman in the non-championship race was Sally Dawson

Alastair Aitken

NVAC

October 3rd: despite flooded paths at Edgworth, Salford's Mike Holmes and Warringtons Geoff Rawlinson broke clear of the 47 strong field with the latter, more experienced runner prevailing over the 7 mile course by half a minute in 41:32. David Helps (Leigh) ran home fourth and first M45 in 44:36

A few hardy Northern Vets journeyed to Arran for the BVAF 5km Road Championship. Altrincham's Peter Hyde got the better of Elswick's Harry Matthews in 16:10 in the M50/55 race. Bingley's packing narrowly took the team race from Altrincham.

D A Walton

WALES

The Welsh Veterans CC Championship was held at Brecon over a heavy and slippery courses with the men's 10K route taking undulating rough pastureland. Ifan Daniels took advantage of the absence of 1998 winner Kenny Davies to run away to a clear cut win. In-form Bernadette Walters won convincingly from Ann Nixon and Alison Whitelaw. **John Collins**

The first road championship of the New Year, incorporated in the Old Father Time race, was won in 25:59 by Kevin Tobin after making a decisive break on the second lap. CC champion Ifan Daniels edged away from team-mate Oggie Lewis to take second place for Swansea to claim a clean sweep of the medals. Delyth Jones was a clear winner of the Women's race.

Mick McGeoch

INTERNATIONAL

- 13/14 May World Road Racing Championships, Valladolid, Spain
- 16-16 July European Track and Field Championships. Jyväskylä, Finland. CD 30/4
- 2 July 27th Grand Prix 10K and 25K Brugge, Belgium

NATIONAL

- 26 March BVAF Cross Country Championships, Grimsby
- 20 May National Veterans Open Road Relays, Heaton Park, Manchester
- 29/30 July BVAF Track and Field Championships, Bedford
- 20 August BVAF Pentathlon & Track Walks, Solihull Entries to Maurice Priestman

NORTH

- 19 March NVAC 20 miles Road Championships inc. Rochdale 20 10.30am. CD 13/3, £4
- 19 Apr(prov) Monthly run. 10K Road, Wallasey. Changing at Wallasey RUFC, Cross Lane, Wallasey - noon start
- 19 April Track and Field League Meeting, Stretford Stadium Charlton-cum-Hardy. First event 7pm. Enter on night. All vets welcome
- 23 April Monthly run. 10K Road & Path. Sankey Sports Ground, Hood Lane. Warrington Noon start.
- 7 May NVAC 10k Road Championships. Edisford Bridge Clitheroe, 1pm. CD 24/4 £3
- 14 May NVAC Track and Field Championships. Burnley AC Track. Burnden Lane, Burnley. 12 noon. Cd 1/5
- 28 May NVAC half Marathon Championships. East Cheshire HQ, Richmond Street, Ashton-under-Lyne. 11am £4.50 CD 17/5
- 11 June NVAC track and Field Meeting. Wythenshawe Park, Manchester. Noon start to 3pm £1 for up to 3 events
- 18 June NVAC 10K Track Championships, Burnley AC Track, Burnden Lane, Burnley 1pm £3 CD 5/6

MIDLAND

- 16 April MVAC Track and Field Warm-up, Redditch. Entries to Irene Nichols
- 30 April MVAC Road Relay + AGM. Tamworth. Entries to Irene Nichols
- 11 June MVAC Track and Field Championships, Solihull. Entries to Maurice Priestman
- 20 August MVAC and BVAF Pentathlon + 10K, Solihull

SOUTH WEST

- 9 April SWVAC Taunton Half marathon. 1030hrs
- 7 May SWVAC Newquay Playgroup 10M. 1030hrs
- 28 May SWVAC Grand Prix Half Marathon, Plymouth
- 4 June SWVAC Grand Prix 10K, Poole
- 6 June SWVAC Grand Prix 5M, Newquay
- 18 June SWVAC Track and Field Championships, Exeter Arena 1000hrs

SCOTLAND

- 9 April SVHC Championship Tom Scott 10 miles Road Race
- 29 April Glen Bash 10k Road Race, Fort William
- 30 April SVHC Championship, Lochaber Marathon, Fort William

ISLE OF MAN

- 22 April IOMVAC Manx Mountain Marathon, Ramsey, 8am
- 13 August IOMVAC Isle of Man Marathon/Half Marathon (inc BVAF Marathon Championships). Contact Peter Cooper 01624 842477
- 13-18 Aug IOMVAC Grand Prix of Road Running, Contact Terry Bates 01624 672820

SOUTH

- 12 April VAV Track and Field, Kingston 7pm
- 17 April SCVAC T&F League, various venues 6.30pm
- 26 April VAC 10,000 track walk inc. Belgrave H, Surrey and Middlesex Championships, Kingsmeadow 7pm
- 1 May Ted Pepper Memorial 10K inc. SCVAC Champs and Grand Prix. £4 plus \$1 champs entry. CD 27/4. SAE to 59 Sutherland Ave, Biggin Hill Kent TN16 3HG
- 10 May VAC T&F Kingsmeadow 7pm
- 22 May SCVAC T&F League, various venues 6.30
- 6 June VAC 5 mile road run and walks Championships Battersea 7pm
- 19 June SCVAC T&F League, various venues 6.30
- 21 June VAC T&F Kingsmeadow 7pm
- 4 July VAC 5 Miles run and walks Battersea 7pm
- 12 July VAC T&F Battersea 7pm
- 19 July VAC T&F Battersea 7pm
- 24 July SCVAC T&F League, various venues 6.30
- 1 August VAC 5 miles run and walks Battersea 7pm
- 9 August VAC T&F Battersea 7pm
- 26 August VAC & SCVAC T&F Championships, Portsmouth

RESULTS

September 19
NORTHERN VETERANS AC 4M FELL,
Horseshoe Pass
 1 P Weatherhead Wirr, M45 28:26; 2 P Aldersley (NVAC, M50) 28:30; 3 F Fielding Gloss, M45; 4 J Linley NVAC, M50 31:48; 5 S Charman Helsby, W45 37:43; 6 D Wilcock Sale, M55 38:55; 7 J Beswick Helsby, M65 39:27; 8 M Trickey Sale, W50 39:42; 9 R Fellows NVAC, M60 40:21; 10 P Collier Tod, W50 40:29; 11 B Hargreaves Tod, M55 41:28; 12 J Wilson Sale 41:28; 13 R Ashby Sale, M55 47:11; 14 A Peers Spec, M55 47:11; 15 J Newby Tod, M65 52:52; 16 K Dillan Man H, M45 59:54

December 12
WELSH VETERANS' CROSS COUNTRY
CHAMPIONSHIPS - Penlan, Brecon
Men (10km)
M40 unless stated
 1 I Lloyd (Swan) 37:48; 2 A Maddocks (Red RR) 38:00; 3 B Jones (Wrex) 38:21; 4 E Roberts (Enryr) 38:40; 5 K Tobin (Swan) 38:45; 6 O Lewis (Swan, M45) 38:52; 7 D Davies (S Tans) 39:03; 8 P Jones (Neath) 39:15; 9 M McGeoch (Les C) 39:39; 10 J Foster L'wey 39:48; 11 M Watling (B'htth) 40:02; 12 S Davies (Mans) 40:10; 13 N Webb (Griff Tn) 40:24; 14 H Roberts (Brid) 40:49; 15 J Pointon (Pont, M50) 40:54; 16 K Wilkinson (S Dom, M45) 40:58; 17 T Harries (Neath) 41:09; 18 A Kerr (Brid) 41:15; 19 P Dyson (Swan) 41:20; 20 A Egan (Wrex, M55) 41:22; 21 S Brown (Chelt, M45) 41:38; 22 R Morris (S Dom, M50) 41:47; 23 M Adams (Trots) 41:59; 24 D Jones (unatt) 42:07; 25 R Jones (Swan) 42:14; 26 J Llewellyn (Swan, M50) 42:19; 27 H Richards (Swan, M45) 42:34; 28 R Barmsey (Neath, M45) 42:41; 29 R Hacketts (Neath) 42:58; 30 R Pattinson (Brig) 43:01; 31 P Deacon (Swan) 43:05; 32 J Rees (Neath, M45) 43:07; 33 M Tabor (S Dom, M45) 43:08; 34 D Powell (Griff, M45) 43:11; 35 R Jones (Peg) 43:15; 36 A Orrince (Griff, M45) 43:16; 37 A Stedman (Ver, M50) 43:18; 38 D Williams (Enryr, M55) 43:23; 39 K Jones (P'tyn) 43:29; 40 A Griffiths (L'elli) 43:41; 41 H Carpenter (Neath, M45) 43:49; 42 D Scarborough (Brid) 43:56; 43 R Bowen (Neath, M50) 44:40; 44 K Buckle (Chelt, M55) 44:48; 45 J Embling (Brid) 44:50; 46 R Fowler (Amman, M50) 45:01; 47 M Davies (L'werry) 45:13; 48 K Patterson (Peg, M55) 45:20; 49 S Davidson (Swan) 45:28; 50 S Walker (Wrex) 45:30; 51 B Griffiths (Swan, M55) 45:49; 52 J Collins (Swan, M60) 45:51; 53 D Bainton (Aber'y, M50) 45:56; 54 J Morris (Buck) 46:10; 55 L Chapman (Amman, M55) 46:12; 56 I Jones (Wrex, M50) 46:14; 57 J Kersting (Swan, M60) 46:16; 58 B Parham (Griff, M50) 46:25; 59 G Parsons (Chep) 46:31; 60 K Mills (Wrex) 46:45
Team (Clubs) M40: 1 Swansea 30; 2 Neath 69; 3 Bridgend 89; 4 Griffithstown 110; 5 Wrexham 122; 6 Lliswerry 140
M50: 1 Swansea 62; 2 Amman Valley 64; 3 Neath 66; 4 Wrexham 89
Team Regional M40: 1 West 22; 2 North 60; 3 South 73; 4 East 97
M50: 1 West 35; 2 South 41; 3 North 53; 4 East 104
Women (5.2km)
W40 unless stated
 1 B Walters (Card) 19:32; 2 A Nixon (Chep, W40) 20:19; 3 A Whitelaw (Wrex, W40) 20:30; 4 R Naish (Bro Dys, W40) 20:37; 5 A Saxena (Newp, W40) 21:16; 6 C Fereday (Newp, W45) 21:18; 7 E Turner (Les C, W45) 21:27; 8 J Williams (Orion) 21:54; 9 D Kenwright (S Helen, W40) 22:08; 10 W Huggins (Swan, W40) 22:11; 11 A Whitehouse (Neath) 22:34; 12 J Scholey (Les C, W40) 22:47; 13 F Williams (Card, W40) 22:53; 14 G Davies (Bro Dys) 23:37; 15 G Waring (P'tyn) 23:52; 16 M Docking (Wrex, W45) 24:00; 17 V Ellis-Jones (Wrex Tr) 24:10; 18 S Adkins (Card, W50) 24:17; 19 L Clarke (Les C, W40) 24:21; 20 H Jones (B'end) 24:29; 21 J Gange (Neath) 24:44; 22 M Hodges (Spa T) 25:00; 23 D Ottley Pont 25:03; 24 C Jones (P'tyn) 25:07; 25 D Walford (Card, W45) 25:22; 26 A Parry (Amman, W40) 25:28; 27 R Harrison (Pres) 26:07; 28 J Younger (unatt) 26:18; 29 B Jones (Bro Dys, W55) 26:23; 30 P Thomas (Trots, W55) 26:40
Team (Clubs) 1 Cardiff 40; 2 Les Croupiers 51; 3 Lliswerry 85; 4 Amman Valley 95
Team: (Regions)
W35: 1 North 38; 2 South 57; 3 West 62; 4 East 70
W45: 1 East 40; 2 West 55

January 9
OLD FATHER TIME 5 MILE ROAD
Pontcanna, Cardiff
M40 unless stated
 1 K Tobin (Swan) 25:59; 2 I Lloyd (Swan) 26:25; 3 O Lewis (Swan, M45) 26:31; 4 M McGeoch (Les C) 26:38; 5 J Foster (L'werry) 26:52; 6 A Kerr (Brid) 27:13; 7 T Harris (Neath) 27:22; 8 K Wilkinson (San Dom, M45) 27:28; 9 N Webb (Griff) 28:00; 10 D Scarborough (Brid) 28:03; 11 P Dyson (Swan) 28:04; 12 D James (Card) 28:07; 13 R Morris (San Dom, M50) 28:14; 14 H Carpenter (Neath, M45) 28:37; 15 D Davies (Neath) 28:41; 16 R Jones (Peg) 28:48; 17 P Deacon (Swan) 28:50; 18 M Tabor (San Dom, M45) 29:03; 19 K Sullivan (Les C, M45) 29:08; 20 J Huggins (Les C) 29:18; 21 S Davidson (Brid, M45) 29:21; 22 J Richards (Neath, M45) 29:38; 23 B Plain (Card, M50) 29:42; 24 A Garrett (Card, M60) 29:55; 25 M Davies (L'werry) 30:11; 26 J Plain (Les C, M50) 30:34; 27 E Davies (Card, M55) 30:38; 28 D Jones (S Tans, W35) 31:03; 29 J Collins (Swan, M60) 31:08; 30 N Clements (P&D) 31:30; 31 M Hodges (S Tans, M45) 31:51; 32 D Cogan (Peg) 31:54; 33 P O'Brien (P Tal, M60) 32:11; 34 P Morris (Les C) 32:17; 35 B Blandford (Neath, M60) 32:53; 36 A Whitehouse (Neath, W35) 32:51; 37 D Roberts (Les C, M50) 32:54; 38 M Davies (Fred, M45) 33:09; 39 J Evans (Neath, M60) 33:16; 40 T Caveney (Les C) 33:56; 41 I Swanson (P Tal, M45) 34:10; 42 W Turner (Les C, M50) 34:16; 43 A Smith (Swan, M65) 34:33; 44 C Pineda (Les C, M50) 34:54; 45 J Scholey (Les C, W40) 35:43; 46 A Williams (WVAA, M50) 36:03; 47 P Owens (unatt) 36:24; 48 P Thomas (Les C) 36:34; 49 Y Bullen (Les C, W35) 36:50; 50 M Hodges (S Tans, W40) 37:11; 51 W Lacey (Neath, W40) 38:04; 52 A Thomas (Les C, M60) 39:55; 53 S Caveney (Les C, W35) 40:18; 54 E Adams (Les C, W40) 42:00; 55 P Morgan (Les C, M50) 42:32; 56 J Blacker (Les C, W45) 42:57; 57 E Amblin (Les C, M50) 47:09; 58 H Bennett (Les C, W40) 47:16; 59 J Moore (Les C, W40) 47:51; 60 G Quinn (Les C, W45) 47:51
Team (M40): 1 Swansea 6; 2 Neath 36; 3 Bridgend 37; 4 San Domenico 39; 5 Les Croupiers 43
Team (M50): 1 Cardiff 13; 2 Neath 22; 3 Les Croupiers 27
Welsh Veterans AA Championships:
W35: 1 A Whitehouse; 2 Y Bullen
Team: Les Croupiers
W40: 1 J Scholey; 2 W Lacey
W45: J Blacker
M40: 1 K Tobin; 2 I Lloyd; 3 M McGeoch
Team: Swansea
M45: 1 O Lewis; 2 K Wilkinson; 3 H Carpenter
M50: D Davies; 2 B Plain; 3 J Plain
Team: Cardiff
M55: E Davies
M60: 1 A Garrett; 2 J Collins; 3 J O'Brien
M65: A Smith

January 16
NORTHERN VETERANS MONTHLY RUN -
CROSS COUNTRY 5.5M
Leverhulme Park, Bolton
Men
M40 unless stated
 1 S Williams (Salf, M45) 29:44; 2 K Hutton (Liv H) 30:31; 3 G Rawlinson (Warr) 30:56; 4 E Ranicar (Bolt, M50) 32:00; 5 A Peers (Leigh, M45) 32:21; 6 D Helps (Leigh, M45) 32:27; 7 M Lister (Harr, M50) 32:42; 8 B Gore (NVAC, M50) 32:54; 9 K Burgess (Alt, M55) 33:33; 10 T Carson (E Ches, M50) 33:50; 11 P Wilkinson (Skip, M55) 34:16; 12 D Walton (Alt, M55) 34:34; 13 E Parker (Alt) 34:23; 14 M Pope (Alt, M45) 34:48; 15 A Fielding (Bolt, M50) 36:06; 16 J Linley (Wrex Tr, M50) 36:12; 17 G Large (NVAC, M50) 37:23; 18 B Atkinson (NVAC, M60) 37:49; 19 S Almond (Bolt, M50) 38:12; 20 T Mannion (Leigh, M45) 38:40; 21 P Garrity (NVAC, M45) 38:52; 22 D Howarth (Leigh, M65) 39:16; 23 P Spratt (Liv PS, M65) 39:46; 24 J Rhodes (NVAC, M55) 40:51; 25 P Dibb (Long, M65) 41:25; 26 R Silver (Helsby, M65) 41:34; 27 R Henshaw (Wesh, M55) 42:32; 28 D Wilcock (Sale, M55) 43:57; 29 D Attwell (Alt, M60) 44:01; 30 A Higginson (Bolt, gst, pre-vet) 44:03; 31 J Betney (CleM, M65) 44:17; 32 K Clark (NVAC, M65) 44:25; 33 J Lawton (NVAC, M70) 46:08; 34 K Dillon (Manc H, M45) 47:12; 35 R Packer (NVAC, M65) 47:37; 36 B Lister (NVAC, M65) 50:25; 37 D Mason (NVAC, M70) 60:20; 38 J Loftus (NVAC, M70) 64:40

Women
 1 K Williams (Salf, W40) 39:08; 2 L Gore (NVAC, W50) 40:08; 3 J Adams (NVAC, W45) 41:25

January 23
SOUTHERN COUNTIES VETERANS AC
25km ROAD CHAMPIONSHIPS
 (Held in conjunction with Mitcham 25km)
Carshalton, Surrey
M40: S McDonald 2:24:33
M45: 1 M Clarke 1:40:24; 2 K Donald 1:43:39; 3 N Hemming 1:47:31; 4 L Howicki 1:54:14; 5 G John 1:57:15; 6 R Sargent 2:05:07; 7 S Pender 2:07:33
M50: C Brittain 1:40:35
M55: 1 P Giles 1:42:01; 2 A Matson 1:45:29; 3 W Crawley 1:51:08
M60: 1 B Fozard 1:47:13; 2 P Jordan 2:04:45
M65: J Gordon 1:56:34
M70: J Borland 2:20:22
Grand Prix Points: 1 Fozard (M62) 81.89% (40pts); 2 Giles (M55) 80.67% (39); 3 Brittain (M53) 80.48% (38); 4 Matson (M56) 78.71% (37); 5 Gordon (M65) 77.62% (36); 6 Clarke (M47) 76.85% (35)
W45: C McDonald 2:05:35
W50: 1 A Bath 2:04:29; 2 P Storey 2:18:21
W55: P Seabrook 2:26:04
W60: P Jones 2:00:37
Grand Prix Points: 1 Jones (W63) 84.11% (40pts); 2 Bath (W51) 71.97% (39); 3 P Seabrook (W59) 66.40% (38); 4 McDonald (W41) 65.41% (37); 5 Storey (W51) 64.76% (36)

February 6
NORTHERN VETERANS MONTHLY RUN -
10km Road
Stockton Heath, Warrington
Women
 1 R Adams (WVAA, W40) 41:03; 2 L Gore (NVAC, W50) 42:32; 3 K Hutton (WVAA, W35) 42:57; 4 G Davies (WVAA, W35) 44:31; 5 M Docking (WVAA, W40) 45:48; 6 H Dirksen (WVAA, W50) 46:49; 7 M Bradshaw (NVAC, W55) 47:03; 8 C Jones (WVAA, W35) 47:12; 9 S Charman (Helsby, W45) 47:15; 10 M Gartrell (Wrex, W60) 48:48; 11 J Gent (Wigan P, W55) 51:01; 12 C Quennell (Warr, W40) 54:05
Team: 1 Welsh Vets 13; 2 Northern Vets 28
Men
M40 (unless stated)
 1 L Brookman (Warr) 33:05; 2 S Davies (WVAA) 33:58; 3 K Ellis (WVAA) 34:10; 4 A Harris (Rad) 34:41; 5 E Ranicar (Bolt, M50) 34:55; 6 N Price (Alt, M50) 34:57; 7 A Lewis (WVAA) 35:14; 8 R McGall (Alt, M50) 35:19; 9 K Ogden (Mid'n) 35:22; 10 J Crehan (Warr, M45) 35:24; 11 S Bellis (WVAA) 35:26; 12 F Reilly (Stock, M50) 35:54; 13 B Gore (NVAC, M50) 35:57; 14 D Williams (WVAA, M55) 36:15; 15 I Carson (WVAA, M45) 36:43; 16 K Fowler (Bolt, M45) 36:52; 17 S Graham (Alt, M45) 37:19; 18 D Walton (Alt, M55) 37:24; 19 K Jones (WVAA) 37:54; 20 B Buck (Salf, M50) 38:35; 21 P Simpson (Liv H, M50) 38:57; 22 K Culshaw (NVAC, M50) 39:22; 23 J Dwyer (Alt, M55) 39:27; 24 L Vaughan-Hodkinson (Warr, M65) 39:32; 25 S Sacks (Salf, M60) 39:38; 26 L Linley (Wrex, M50) 39:45; 27 B Aldcroft (Warr, M45) 39:46; 28 A Fielding (Bolt, M50) 39:48; 29 F Slavov (NVAC, M45) 40:39; 30 T Mannion (Leigh, M45) 40:41; 31 B Atkinson (NVAC, M60) 40:51; 32 D Bettles (NVAC, M50) 41:22; 33 D Attwell (Alt, M60) 41:29; 34 P Garrity (NVAC, M45) 41:39; 35 P Dibb (Long, M65) 41:44; 36 K Mayor (Bolt, M55) 41:50; 37 J Bradshaw (NVAC, M55) 41:54; 38 P Spratt (Liv PS, M65) 41:59; 39 D Jones (Sale, M45) 42:31; 40 B Stone (B Vue, M45) 42:43; 41 J Small (NVAC) 42:53; 42 D Sheeran (unatt) 42:56; 43 G Large (NVAC, M50) 43:23; 44 D Howarth (Leigh, M65) 43:31; 45 S Bailey (Dee S) 44:09; 46 P Norman (WVAA, M60) 44:50; 47 D Baron (Prest, M60) 45:17; 48 B McGuigan (Warr, M70) 46:15; 49 M Morrell (Warr, M65) 46:40; 50 T Parr (Bolt, M60) 48:20; 51 G Mullane (Salf, M65) 48:44; 52 K Clark (NVAC, M65) 48:51; 53 B Boothroyd (Long, M65) 49:13; 54 A Singh (Long, M65) 49:30; 55 D Wilcock (Sale, M55) 49:39; 56 W Smith (Warr, M65) 50:11; 57 K Dillon (Manc H, M45) 50:41; 58 D Gent (NVAC, M55) 51:01; 59 G Perkins (NVAC, M75) 52:05; 60 R Dalley (NVAC, M55) 52:25; 61 B Lister (NVAC, M65) 56:22; 62 A Fearnley (Bolt, M75) 58:20; 63 L Heald (NVAC, M75) 70:10; 64 B Mathieson (Long, M80) 78:35
Team: 1 Northern Vets 34; 2 Welsh Vets 37

February 13
SOUTHERN COUNTIES VETERANS AC
INDOOR CHAMPIONSHIPS
Crystal Palace
W35
 60/60H/PV: N Bradshaw 8.6/11.6/3.00

W40
 60/LJ: A Goad 8.8/4.01
 60H: 1 J Brown 10.3; 2 A Goad 11.4
 HJ/TJ: J Brown 1.60/10.46 (UK rec)
W45
 60: 1 H Godsell 8.3; 2 L Ahmet 9.5
 LJ: 1 G Cunningham 4.24; 2 L Ahmet 2.5
 TJ: G Cunningham 9.03
W50
 60/60H/LJ/TJ: P Oakes 9.8/11.6/3.69/8.62
W55
 60H/HJ/TJ: J Charles 12.3/1.15/8.38
W60
 60: 1 J Hulls 9.6; 2 A Koppell 11.4
 60H: J Hulls 11.2 (UK rec)
 HJ/LJ: K Koppell 1.10/2.97
W65
 60/LJ: B Kear 10.1/2.70
M40
 60m: 1 B Morris 7.4; 2 K Skafka 7.6; 3 B Slaughter 7.7; 4 R Davis 8.5
 60H/HJ: B Slaughter 10.4/1.60
 LJ: 1 B Slaughter 5.61; 2 R Davis 4.57
 TJ: 1 B Morris 11.00; 2 B Slaughter 10.75
 SP: 1 G Perryman 13.54; 2 B Slaughter 11.14
M45
 60m: 1 W Franklyn 7.4; 2eq I Turner/D Talbot 8.2
 60H: 1 D Talbot 10.8; 2 J Ratcliffe 11.7
 HJ: 1 D Talbot 1.58; 2 J Ratcliffe 1.40
 LJ: 1 I Turner 4.92; 2 J Ratcliffe 4.78
 TJ: 1 I Turner 1.25; 2 J Ratcliffe 9.61
 SP: 1 M Small 12.85; 2 I Turner 10.10
M50
 60m: 1 R Fraser 7.7; 2 G Kitchener 8.2
 SP: N Griffin 15.30 (UK rec)
M55
 60m: 1 D Brander 8.2; 2 J Rozelaar 8.4;
 Ryan 8.5; 4 B Charles 8.8
 60H/HJ: B Charles 11.8/1.30
 LJ: 1 B Charles 4.64; 2 A Cheers 4.51
 TJ: A Cheers 10.25
M60
 60m: 1 B Gray 8.5; 2 C Field 8.6
 LJ: C Field 4.60
 TJ/SP: E Kitney 8.28/10.57
M65
 60m: R Grubb 9.6
 60H: 1 J Day 12.3; 2 C Sheppard 12.8
 HJ: 1 J Day 1.30; 2 R Grubb 1.25
 PV: J Day 2.40
 LJ: 1 C Sheppard 4.06; 2 N Fullick 3.09
 TJ: 1 R Grubb 8.43; 2 J Day 8.00; 3 C Sheppard 7.78
 SP: 1 G Hickey 13.29 (UK rec); 2 R Grubb 9.18; 3 N Fullick 7.29
M70
 PV: A Woods 2.20
M75
 60m/LJ: L Williams 10.3/3.01

February 19
SOUTHERN COUNTIES VETERANS AC
CROSS COUNTRY CHAMPIONSHIPS
Lloyd Park, Croydon
Women 5km
W40: J Brough (Orion, gst) 31:39
W50: 1 L Newton (Ports) 25:17; 2 G Kersey (Padd W) 26:52
W70: E Quinton (Hors J) 29:48
Grand Prix age gradings: 1 Quinton (70) 69.27% (40pts) 2 Newton (52) 66.43% (39); 3 Kersey (54) 63.74% (38)
Grandprix standings after two events:
 1 Quinton 40; 2 P Jones 40; 3 Newton 39; 4 A Bath 39; 5 Kersey 38; 6 P Seabrook 38; 7 C McDonald 37; 8 P Storey 36
Men 10km
M40: 1 M Flower (Ports) 37:22; 2 (Ford (Over) 38:34; 3 J Dillow (Croy) 39:17; 4 S Allen (Med) 39:30; 5 R Pearce (I&I) 39:32; 6 K Bowles (Med) 39:52;
M45: 1 W Hill (Craw) 40:46; 2 I Whitmore (Med) 40:56; 3 M Clarke (If) 41:20; 4 P Finn (Med) 41:34; 5 N Hemming (Croy) 44:49; 6 R Sargent (Dag 88) 45:35; 7 L Howick (HBS) 49:25; 8 G John (Les C) 52:20
Team: Medway 18
M50: 1 P Wallace (Med) 40:20; 2 T Culshaw (InvK) 41:35; 3 C Brittain (Stubb) 42:23; 4 A Clarke (Worth) 42:40; 5) Phipps (If) 44:47; 6 M Hickman (Hand X) 54:24
M55: 1 J Schutterlein (WHH) 42:05; 2 P Newton (Ports, gst) 43:26; 3 M Duff (AFD) 45:53; 4 D Graves (F&C) 47:46; 5 J Copley (B'htth) 53:27; 6 T Merrett (Burn J) 54:41; 7 A Jackson (VAC, gst) 57:45
M60: 1 L Parrott (Hav M) 46:25; 2 B Fozard (Read) 47:18; 3 M Rosbrook (Orion) 49:11; 4 G Williams (If) 47:18; 5 T Austin (Orion) 53:45; 6 K Vejdani (Ling) 55:44; 7 M Caudwell (Croy) 55:54; 8 T Crowhurst 61:08
M65: 1 N Stuart-Thorn (SWVAC, gst) 53:18; 2 B Clapham (B'htth, gst) 54:05; 3 P Chaplin (C&C, gst) 55:10; 4 B Bowering (Orion) 57:45
M70: 1 D Adie (Dul R) 52:45; 2 R Franklin (TVH) 64:55
Team: Orion 53
Grand Prix age gradings: 1 Flower (44)

76.43% (40 pts); 2 Wallace (50) 74.47% (37); 3 Schutterlein (55) 74.38% (38); 4 Bowles (47) 73.60% (37); 5 Parrott (64) 73.42% (36); 6 Ford (42) 73.30% (35); 7 Dillow (44) 73.02% (34); 8 Culshaw (51) 73.02% (33); 9 Adie (73) 72.84% (32); 10 Whitmore (47) 71.68% (31).
End Pdx standings after two events: 1 Fozard 68; 2 Brittain 65; 3 M Clarke 61; 4 Hemming 47; 5 Sargent 43; 6 Howick 41; 7 Flower 40; 8 Wallace/Giles 39; 9 Schutterlein 38

February 20

NORTHERN VETERANS AC CROSS COUNTRY CHAMPIONSHIPS

Witton Park, Blackburn

10km W35 (unless stated)

1 L Marr (Tyne) 47:24; 2 V Battye (Long, W40) 47:46; 3 S Webb (Horw) 49:16; 4 A Foster (Norw, W45) 49:49; 5 D Wakefield (Sale, W45) 50:26; 6 L Gore (NVAC, W50) 51:53; 7 L Hickey (Alt) 52:53; 8 J Adams (NVAC, W45) 55:19; 9 M Adams (Alt, W40) 57:36

W60 - 5km

1 M Gartrell (Wrex) 29:48; 2 P Parr (Bolt) 35:30; 3 M Roberts (Darwen) 36:39

10km M40 (unless stated)

1 M Girvan (Warr, M45) 38:00; 2 K Moss (Vale R, M45) 38:06; 3 A Rowe (Wesh) 38:15; 4 L Bookman (Warr) 38:42; 5 A Buckley (Holm, M45) 38:50; 6 P Young (Hall) 38:53; 7 G Ratcliffe (Warr, M45) 38:56; 8 K Hutton (Liv H) 39:03; 9 P Venables (Roth) 39:29; 10 M McDevitt (Warr, M45) 39:30; 11 P Roberts (Roth) 39:41; 12 D Colclough (Trent) 39:37; 13 A Chell (Roth) 39:58; 14 G Rawlinson (Warr) 40:02; 15 P Neal (Roth) 40:38; 16 A Jenkins (Warr, M45) 40:45; 17 J Crehan (Warr, M45) 41:00; 18 I Bridgett (Trent) 41:23; 19 J Bentley (Bolt) 41:26; 20 I Mitchell (Long, M45) 41:33; 21 M Bagdaley (Trent) 41:40; 22 P Wood (Trent) 42:02; 23 K Dobson (Bing) 42:06; 24 G Terry (Bing) 42:34; 25 S Entwistle (Gloss) 42:52; 26 D Helps (Leigh, M45) 43:24; 27 R Brownhill (Alt) 43:31; 28 G Bell (Bing, M45) 43:44; 29 K Rushton (Trent) 43:57; 30 G Moorehouse (Trent) 44:12; 31 F Fielding (Gloss, M45) 44:25; 32 M Jones (Alt) 44:30; 33 J Russell (Warr, M45) 45:34; 34 R Eccles (Bing) 47:39; 35 T Mannion (Leigh, M45) 52:00

Team M40: 1 Rotherham 48; 2 Trentham 73; 3 Bingley 109

M45: Warrington 35

10km M50 (unless stated)

1 P Hyde (Alt) 39:02; 2 P Hilton (Leeds) 40:15; 3 N Robson (Bing) 40:25; 4 E Ranicar (Bolt) 40:48; 5 J Davies (Newc S) 41:34; 6 B McGall (Alt) 41:57; 7 P Larkin (Newc S) 42:09; 8 S James (South, M60) 42:25; 9 H Gott (NVAC, M55) 46:32; 10 R Parker (Leeds) 42:44; 11 F Gibbs (Bing, M60) 42:56; 12 L Haynes (Bing, M55) 42:59; 13 K Burgess (Alt, M55) 43:48; 14 B Swindells (Stock, M60) 43:55; 15 R Dover (Bing, M55) 44:37; 16 A Fielding (Bolt) 44:38; 17 T Vallance (Liv H) 44:43; 18 M Barnes (Bolt, M55) 44:45; 19 R Pike (Leeds) 44:47; 20 B Hargreaves (Liv H) 44:48; 21 D Walton (Alt, M55) 45:19; 22 A Roberts (Spec, M55) 45:25; 23 P Simpson (Liv H) 45:40; 24 D Sims (Newc S) 45:58; 25 N Bush (Ilkley, M55) 46:36; 26 M Smith (Bing, M55) 46:54; 27 J Norman (Alt, M55) 47:06; 28 L Vaughan-Hodkinson (Wirr, M65) 47:22; 29 P Henley (Liv H) 47:29; 30 D Barras (Leeds) 47:45; 31 D Quinlan (Bing, M55) 48:09; 32 S Almond (Bolt) 48:11; 33 I Place (Valley S) 48:17; 34 T Hand (Newc S) 48:22; 35 G Garner (Newc S, M60) 48:26; 36 K Mayor (Bolt, M55) 50:47; 37 B Gouldthorpe (Barton, M55) 51:36; 38 P Spratt (Liv PS, M65) 51:47; 39 G Spink (Bing, M65) 53:02; 40 M Scholfield (Alt, M60) 53:23; 41 J Rhodes (NVAC, M55) 53:48; 42 R Silver (Helsby, M65) 54:42; 43 P Dibb (Long, M65) 55:21; 44 P Smith (Bing, M65) 56:21; 45 D Wilcocks (NVAC, M55) 57:08; 46 K Clark (NVAC, M65) 58:08; 47 P Knott (B'pool, M60) 58:33; 48 R Packer (NVAC, M65) 60:15; 49 D Tillstone (Newc S, M60) 60:27; 50 P Madden (NVAC, M65) 60:55; 51 R Burden (Newc S, M60) 61:51; 52 B Lister (NVAC, M65) 64:35

Team:

M50: 1 Leeds 62; 2 Bolton 72; 3 Newcastle Staffs 72; 4 Liverpool H90

M55: 1 Bingley 86; 2 Altrincham 107

M60: 1 Bingley 109; 2 Newcastle Staffs 155

M65: Northern Vets AC 171

5km M70 (unless stated)

1 A Sutcliffe (NVAC) 26:19; 2 J Lawton (NVAC) 28:16; 3 D Kitchin (Hall, M75) 33:47; 4 J Johnston (Coquet, M75) 36:16; 5 B Crook (Tod) 36:45; 6 R Jones (Wrex) 38:04 *+9

February 26

BVAF INDOORS T&F CHAMPIONSHIPS

NIA Birmingham

Men M40

60: 1 P Delbaugh (SCV) 7:15; 2 K Burgess

(EV) 7:29; 3 R Huskinson (EV) 7:31
 200: 1 P Delbaugh (SCV) 23.03; 2 M Williams (SVHC) 23.25; 3 E Smart (NEV) 23.26
 400: 1 L Ramsey (gst) 52.09; 2 G Sinclair (MY) 53.87; 3 C Pinder (gst) 54.05
 800: 1 T McDonald (NV) 2:00.68; 2 L Ramsay (gst) 2:01.61; 3 P Ivans (MY) 2:02.01
 1500: 1 B Jones (MY) 4:09.48; 2 McDonald 4:09.94; 3 K Hutton (NV) 4:11.37
 3000: 1 B Foster (SCV) 8:48.36; 2 Jones 9:09.14; 3 D Miller (MY) 9:12.21
 60H: 1 M Coker (SCV) 8.78; 2 I Scholes (NV) 9.04; 3 P West (EV) 9.23
 HJ: 1 C Hesketh (NV) 1.75; 2 T Wade (SCV) 1.67; 3 G Vorgic (MY) 1.67
 PV: 1 K McClymont (EV) 3.20; 2 C Perry (WVAA) 2.50
 LJ: 1 T Wade (SCV) 6.30; 2 C Coker 5.91; 3 J Rodger (gst) 5.80
 TJ: 1 Wade 12.70; 2 Coker 12.64; 3 S Wallace (SVHC) 11.89
 SP: 1 I Lindley (NV) 14.23; 2 G Perryman (SCV) 13.69; 3 C Smith (VAC) 13.69
 3kmW: 1 C Bradley (WVAA) 13:49.6; 2 P Stanley (VAC) 15:39.6; 3 A Carter (MY) 17:01.3
 4x400: 1 Eastbourne Rovers 3:55.54; 2 Notts AC 4:14.45
 Pent: 1 B Slaughter (SCV) 3618. (9.75, 5.87, 11.56, 1.63, 2:48.48); 2 J Mayor 3361. (9.32, 5.71, 7.93, 1.66, 2:58.11); 3 R Ashford 2902. (10.93, 5.39, 7.98, 1.57, 2:56.93)

M45

60: 1 W Franklyn (SCV) 7.49; 2 P Pinnington (VAC) 7.78; 3 R Buckley (NV) 7.86
 200: 1 V Oliver (MY) 23.24; 2 S Peters (EV) 23.32; 3 Franklyn 23.87
 400: 1 Oliver 52.42; 2 D Lucas (VAC) 53.92; 3 D Anderson (IoMw) 54.76
 800: 1 A Dunlop (SVHC) 2:01.05; 2 D Wilcock (VAC) 2:01.36; 3 D Bedwell (MY) 2:02.00
 1500: 1 Wilcock 4:14.85; 2 Bedwell 4:14.92; 3 D Gee (NV) 4:18.03
 3000: 1 B Kirkwood (SVHC) 9:10.44; 2 A Jenkins (SVHC) 9:20.76; 3 C Beighton (NV) 9:22.89
 60H: 1 Talbot (SCV) 11.12
 HJ: 1 Talbot 1.58; 2 B Redfern (NEV) 1.50
 PV: 1 A Williams (SCV) 4.32 (UK rec); 2 T Thompson (WVAA) 3.10; 3 J Fricke (EV) 2.80
 LJ: 1 B Redfern (NEV) 5.86; 2 P Pinnington (VAC) 5.74; 3 D Folgate (EV) 5.48
 TJ: 1 Folgate 11.90; 2 Pinnington 11.59; 3 I Broadhurst (NV) 10.94
 SP: 1 M Small (SCV) 13.04; 2 S Archer (SCV) 12.99; 3 R Stevenson (MY) 11.47
 3kmW: 1 D Henley (MY) 14:14.1; 2 K Worth (MY) 16:31.8
 Pent: 1 W DuBoise (EV) 3251. (10.38, 5.13, 10.67, 1.51, 3:17.44); 2 J Ratcliffe (SCV) 2860. (11.52, 5.15, 6.87, 1.51, 3:09.11); 3 J Fricke (EV) 2660. (11.94, 5.01, 7.59, 1.48, 3:22.75)
 4 J Kennedy (SWV) 2651. (10.99, 4.43, 9.27, 1.36, 3:24.28)

M50

60: 1 R Fraser (SCV) 7.72; 2 R Salter (NV) 7.87; 3 B Williamson (WVAA) 8.05
 200: 1 Fraser 24.81; 2 B Bostock (EV) 25.67; 3 T Wells (EV) 25.99
 400: 1 Fraser 56.37; 2 D Hayward (SCV) 56.87; 3 Bostock 57.00
 800: 1 L Duffy (MY) 2:16.85; 2 E Connolly (VAC) 2:17.90; 3 A Eland (NV) 2:18.46
 1500: 1 R Weatherburn (MY) 4:28.98; 2 P Kelly (MY) 4:33.17; 3 P Smith (MY) 4:40.40
 3000: 1 R O'Keefe (NV) 9:27.92; 2 N Robson (NV) 9:40.35; 3 S Knight (VAC) 9:50.81
 60H: Wells 9.42
 HJ: 1 P Goulding (MY) 1.45; 2 G Austin (SCV) 1.40
 PV: R Morris (EV) 3.10
 LJ: 1 M James (SCV) 5.53; 2 R Morris (EV) 5.20; 3 A Simmonds (EV) 4.50
 TJ: 1 James 11.34; 2 Morris 10.60; 3 D Hobbs (EV) 9.31
 SP: 1 N Griffin (SCV) 15.38 (UK Rec); 2 M Bousfield (NV) 13.51; 3 J Edwards (MY) 12.84
 3kmW: 1 J Crahan (NV) 17:44.8; 2 T Taylor (NEV) 18:26.6
 Pent: 1 D Cowley (MY) 3267. (10.09, 4.83, 8.73, 1.48, 3:24.69); 2 M Robertson (MY) 2304. (13.25, 4.57, 7.99, 1.30, 3:43.55); 3 T Taylor 2071. (13.94, 4.25, 7.25, 1.24, 3:37.72)

M55

60: 1 I Foster (EV) 7.88; 2 J Henson (NV) 7.98; 3 J Steed (SVHC) 8.04
 200: 1 Henson 25.05; 2 Foster 25.85; 3 Steed 26.04
 400: 1 R Phipps (MY) 57.75; 2 V Blanchard (NV) 59.05; 3 T Alderidge (NV) 59.08
 800: 1 Phipps 2:16.40; 2 Alderidge 2:17.70; 3 G Gott (NV) 2:20.14
 1500: 1 D Vaughan (SCV) 4:34.64; 2 M Dixon (SCV) 4:37.42; 3 R Young (SVHC) 4:42.47
 3000: 1 J Potts (MY) 9:49.33; 2 Dixon 9:50.09; 3 Young 9:53.50
 60H: B Shearsmith (NV) 10.39
 HJ: D Myerscough (NV) 1.30
 PV: B Harlick (SCV) 3.00
 LJ: 1 P Duckers (MY) 5.36; 2 A Cheers (VAC)

4.89; 3 J Bartlett (MY) 4.79
 TJ: 1 Cheers 10.45; 2 D Graves (SCV) 9.76
 SP: 1 Myerscough 13.22; 2 G Negus (SCV) 12.17; 3 J Conboy (MY) 11.18
 3kmW: 1 P Hannell (SCV) 14:45.5; 2 C Turner (MY) 15:20.8; 3 A Gilmour (MY) 17:03.6
 Pent: 1 P Harris (EV) 3512. (11.04, 4.99, 7.88, 1.45, 3:20.02); 2 M Joyce (SCV) 3209. (11.15, 4.44, 9.22, 1.39, 3:37.99); 3 B Charles (MY) 3031. (11.59, 4.50, 7.93, 1.30, 3:28.56)
M60
 60: 1 A Penwarden (MY) 8.33; 2 B Gray (SCV) 8.38; 3 C Field (SCV) 8.49
 200: 1 J Ross (SVHC) 27.15; 2 T Crocker (MY) 27.18; 3 Field 27.99
 400: 1 Ross 62.42; 2 J Baron (NV) 64.40; 3 T Bowman (NV) 67.62
 800: A Kimber (SCV) 2:36.31
 1500: 1 S James (NV) 4:52.47; 2 B Swindells (NV) 4:52.67; 3 F Gibbs (NV) 4:53.00
 3000: 1 Gibbs 10:01.17; 2 James 10:01.34; 3 K Wright (MY) 12:14.92
 60H: 1 Arris 10.62; 2 A Bateman (SWV) 10.76
 HJ: 1 Crocker 1.54; 2 Bateman 1.45
 LJ: 1 Bateman 5.18; 2 C Field (SCV) 4.54
 TJ: Crocker 9.91
 SP: 1 W Gentleman (SVHC) 12.02; 2 W Whyte (SCV) 11.23; 3 J Walters (WVAA) 10.91
 3kmW: 1 B Gore (SCV) 15:00.1 (UK rec); 2 E Shillabeer (SWV) 16:06.1; 3 D Stevens (VAC) 16:15.8
M65
 60: 1 D Burton (MY) 8.50; 2 G Cheetham (MY) 9.15; 3 P Field (MY) 9.29
 200: 1 Burton 28.39; 2 Cheetham 31.29; 3 A McManus (SVHC) 33.00
 400: 1 M Fox (MY) 68.45; 2 G Feast (VAC) 71.76; 3 McManus 74.53
 800: 1 L Vaughan-Hodkinson (NV) 2:34.43; 2 M Fox (MY) 2:35.16; 3 P Dibb (NV) 2:39.63
 1500: 1 Vaughan-Hodkinson 5:14.50; 2 M Ward (MY) 5:17.04; 3 B Ashwell (MY) 5:21.39
 3000: 1 Ward 11:15.40; 2 P Morris (MY) 11:33.15; 3 M Morrell (NV) 11:51.79
 60H: 1 J Day (SCV) 11.81; 2 Van-Giezen 12.72
 HJ: 1 C Shafto (NV) 1.30; 2 Day 1.27; 3 C Taylor (VAC) 1.18
 PV: J Day 2.60
 LJ: 1 G Wilkinson (VAC) 4.19; 2 C Sheppard (SCV) 4.16; 3 G Feast (VAC) 4.08
 TJ: 1 Wilkinson 8.95; 2 J Evans (MY) 8.74
 SP: 1 Taylor 9.53; 2 N Fullick (SCV) 7.59
 3kmW: W Rawlins (MY) 18:02.3
 Pent: C Taylor (VAC) 2825. (13.86, 3.77, 9.25, 1.21, 4:19.05)

M70

60: 1 A Meddings (MY) 8.62; 2 A Kalrai (SCV) 9.76; 3 J Quantrell (MY) 9.76
 200: 1 Meddings 28.45; 2 Quantrell 32.14; 3 J Crehan (NV) 35.08
 400: Quantrell 76.85
 1500: D Keogh (MY) 6:36.12
 3000: 1 W Marshall (SVHC) 11:26.41; 2 Keogh 12:33.07
 60H: I Steedman (SVHC) 12.4
 HJ: 1 A Kalrai (SCV) 1.18; 2 A Woods (VAC) 1.15
 PV: Woods 2.40 (UK rec)
 LJ: 1 Kalrai 3.98; 2 B Morrow (MY) 3.22
 TJ: 1 Kalrai 8.62; 2 J Crehan (NV) 8.25
 SP: J Hanus (SCV) 9.85
 3kmW: 1 D Withers (MY) 18:46.3; 2 K Abolins (MY) 18:48.2; 3 T Simons (MY) 20:54.7
 Pent: N James (MY) 2622. (13.90, 3.03, 8.32, 1.21, 4:41.49)
M75
 60: 1 F Buys (NDL) 9.74; 2 L Williams (SWV) 10.20
 200/60H: Buys 34.27/11.6
 1500: J Caddy (NEV) 6:54.44
 SP: 1 J Gercs (MY) 8.89; 2 Buys 7.54
 3kmW: 1 L Creo (MY) 18:48.2; 2 J Snelson (NV) 24:16.20
M85
 3kmW: G Mitchell (MY) 21:13.8 (WR)

Women

W35

60: 1 J Money (NV) 7.95; 2 C Axford (MY) 8.22; 3 G Clarke (EV) 8.59
 200: 1 J Mathews (SCV) 25.88; 2 Axford 26.29; 3 Clarke 28.71
 400: 1 J Mathews (SCV) 57.17 (UK rec); 2 Axford 57.74; 3 L Gabriel (NV) 62.26
 800: 1 Gabriel 2:25.39; 2 S Aitkin (SVHC) 2:26.10; 3 C-A Gray (SVHC) 2:26.45
 1500: 1 J Lassenby (EV) 4:54.00; 2 Aitkin 4:56.73; 3 S Wright (NV) 4:57.50
 3000: 1 K Reeve (MY) 10:43.31; 2 L Marr (NEV) 11:12.27; 3 L Hickey (NV) 11:56.47
 60H: 1 W Laing (NV) 9.26; 2 Clarke 9.70
 HJ: Laing 1.55
 PV: N Bradshaw (SCV) 3.35 (WR)
 LJ: 1 Laing 5.20; 2 D Timmis (EV) 4.75; 3 Clarke 4.66
 TJ: 1 Laing 9.99; 2 Clarke 9.68; 3 A Hesketh (NV) 9.30
 SP: 1 Laing 10.87; 2 A George (MY) 10.85; 3

A Simmons (gst) 8.60
 3kmW: C Watson (VAC) 16:10.3
 Pent: S Turley 2675. (10.70, 1.33, 7.75, 5.07, 2:47.59)
W40
 60: 1 W Stone (EV) 8.24; 2 S Oost (NDL) 8.46; 3 A Brown (NV) 8.62
 200: 1 Stone 26.49; 2 Oost 27.07; 3 W Harrison (NV) 28.15
 400: 1 L Talbert (SCV) 60.73 (UK rec); 2 A Brown (NV) 61.11; 3 C Filer (EV) 65.70
 800: 1 D Howard (MY) 2:26.57; 2 Talbert 2:28.07; 3 L Flatman (NV) 2:32.12
 1500: 1 Howard 4:59.13; 2 Flatman 5:19.16; 3 S Tawney (MY) 5:20.74
 3000: 1 B Sampson (MY) 11:13.92; 2 Tawney 11:38.84
 60H: 1M Laing (NV) 9.24; 2 A Goad (SCV) 11.30
 HJ: 1 Laing 1.50; 2 Filer 1.45
 PV: C James (SCV) 2.20
 LJ: 1 J Pryce (MY) 5.14; 2 Filer 5.02; 3 Laing 4.92
 TJ: 1 Pryce 10.48 (UK rec); 2 Laing 10.30
 SP: 1 Laing 11.15; 2 C Cameron (SVHC) 10.64; 3 A Goad (SCV) 7.59
 3kmW: E Worth (MY) 17:06.7
 4x400: Lincoln Wellington 4:37.90
 Pent: J Brown (SCV) 4148 (WR). (10.18, 1.60, 10.98, 4.94, 2:28.40),
W45
 60: 1 H Godsell (CV) 8.20 (UK rec); 2 J Lawson (EV) 8.45; 3 V Newton (EV) 8.77
 200: 1 Godsell 27.45; 2 Lawson 29.08; 3 A Wainwright (MY) 29.94
 400: 1 C Marler (NV) 63.54; 2 Klomp 65.76; 3 Stafford 69.02
 800: 1 N Hitchmough (MY) 2:29.39; 2 R Townsend-Hope (MY) 2:41.73
 1500: 1 Hitchmough 5:09.25; 2 J Barrus (SCV) 5:23.74; 3 J Morley (NV) 5:50.95
 3000: 1 J Barrus (SCV) 11:33.80; 2 Morley 12:54.18
 60H: 1J Lawson (EV) 10.13; 2 A-G Howarth (NV) 12.04; 3 L Ahmet (SCV) 12.36
 HJ: V Rutter (NV) 1.40
 PV: 1Wainwright 2.60 (UK rec); 2 J Stafford (EV) 2.40; 3 M Anness (EV) 2.00
 LJ: 1 E McMahon (SC) 4.29; 2 F Crompton (NV) 3.74; 3 Howarth 3.72
W50
 60: M Nuttall (WVAA) 9.15
 200/400: L Robson (MY) 30.98/71.96
 1500: D Fellows (MY) 5:41.44
 3000: P Rich (VAC) 12:01.15
 60H: 1 J Fall (SWV) 10.05 (UK rec); 2 P Oakes (SCV) 11.89
 LJ: 1 Fall 4.86 (UK rec); 2 Nuttall 4.13
 TJ: 1 Oakes 8.42; 2 Nuttall 7.98
 3kmW: 1 A Lewis (SCV) 16.47 (UK rec); 2 J King (MY) 17.40.6; 3 J Sampson (gst) 22:31.8
W55
 60: 1 E Linaker (SVHC) 9.37; 2 M Coombes (SCVAC) 11.16
 200: Linaker 32.56
 800: I Hornsey (EV) 2:55.76
 1500: 1K Stewart (NEV) 6:06.00; 2 B Stracey (EV) 6:24.37
 3000: E Statham (MY) 11:25.18 (WR)
 SP: J Smallwood (MY) 7.95
 3kmW: J York (SWV) 19:17.2
 Pent: J Charles (MY) 3069. (12.22, 1.18, 7.58, 3.44, 3:38.39)
W60
 60: 1 R Dykman (NDL) 9.47; 2 D Fraser (EV) 9.94; 3 M Webb (WVAA) 10.32
 200: 1 J Hulls (SCV) 31.59 (WR); 2 Fraser 32.80; 3 L Plat (NDL) 34.06
 400: 1 Hulls 73.55 (UK rec); 2 K Stewart (NEV) 78.16; 3 Plat 78.82
 800: Stewart 3:05.12
 3000: 1 B Stracey (EV) 13:50.09; 2 M Sloan (MVAC) 14:28.34
 60H: 1Dykman 10.77 (WR); 2 Hulls 11.24
 HJ/TJ: Dykman 1.30/9.09
 LJ/SP: Fraser 3.21/7.12
 3kmW: J Langford (MY) 17:59.2
W65
 60: 1 E Kear (SCV) 9.86; 2 B Steedman (SVHC) 10.69
 200: Kear 36.13
 LJ: 1 Steedman 3.13; 2 Kear 2.91
 SP: M Grant-Stevens (SCV) 6.42
 3kmW: M Spelman (VAC) 18:47.2 (WR)
W70
 200: B Green (SCV) 47.66
 3kmW: B Randle (MY) 18:42.5
 W75
 60/LJ: M Wixey (MY) 12.20/2.22

Could contributors to the results column please observe the following guide lines:

TYPE your results on ONE side of the paper only. Please do not type in CAPITALS and do not vary the size of the type faces. If sending results on disk, save as TEXT or for MAC 5.2

WET? It was enough to make a Maltese cross

Malta's Annual veterans' festival in January was under threat when abnormal rainfall at the end of last year left the track and surrounding areas submerged under four foot of water.

However, sterling work over the Christmas period by Tony Chircop and his team saw the removal of five skip loads of mud and rubbish to save the day.

Wally Franklyn set the ball rolling with a powerful display of sprinting, clocking 11.8 in the opening 100m event and followed this soon after with 200m in 23.9 - both performances warranting in excess of 90% on the age graded scale.

Busiest man of the day was Edinburgh's John Ross who won four events with hardly a pause for breath between some of them. If that wasn't

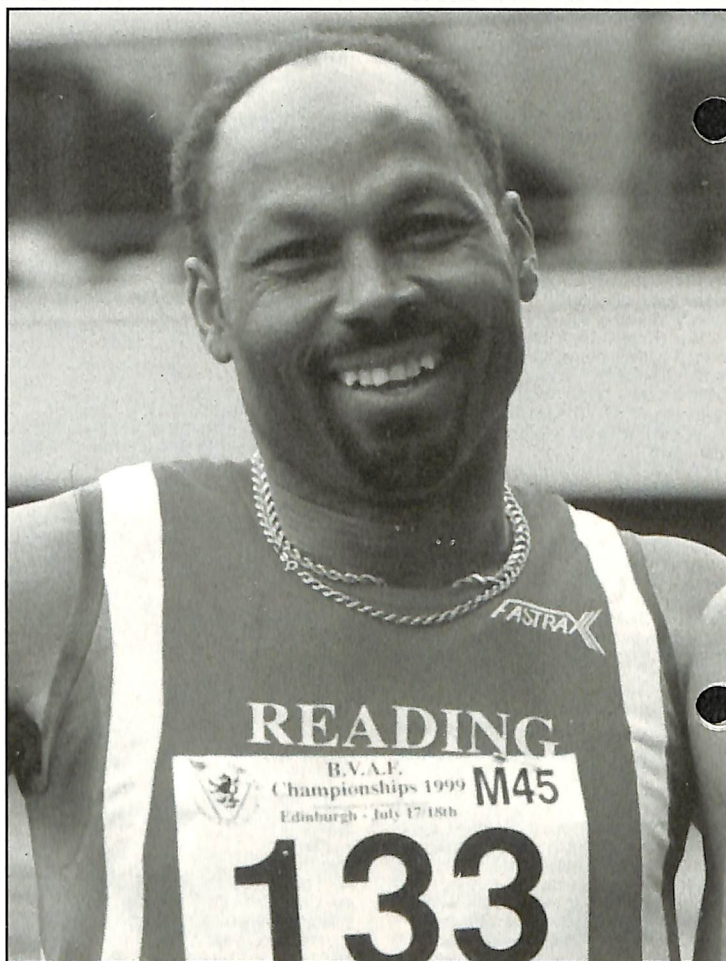
enough he took 44:16 to claim second M60 place in the next day's 10km road race, a distance double the length of his longest training run!

Zina Marchant was also outstanding on track and road with her 19:08.6 for 5000m, before retaining the women's best performance trophy with her 39:50 in the 10km.

With yet another rare outburst of torrential rain causing serious flooding over much of the course this performance was probably two minutes slower than could be expected.

Best field performance of the weekend was Joe Phillips' javelin throw of 37.94 to take the M65 event.

Due to the 'flu epidemic taking its toll there was a smaller than usual British contingent this year but judging by feedback received by the organiser it is still a popular event.



Wally Franklin won both M45 sprints.
Photograph Jeremy Hemming

Slough BOROUGH COUNCIL

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10am Family Fun Run	£1.00	£50 3rd M&F in 1/2 Mar

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RRC Certified Course. British Association of Road Races - Grade 1

Malta will be hosting the European non-stadia events next year and - in contrast, their association secretary Tony Chircop assures - the event will take place in the normal glorious weather enjoyed on the island during the month of April. **PH**

Results

Track January 15

M45
100: 1 W Franklyn Read 11.8;
2 D Wallington B'ht 12.5; 3 A Baxter (Charn) 12.5
200: Franklyn 23.9; 2 Baxter 26.0; 3 Wallington 26.1
LJ/SP: 1 Wallington 5.34/8.62

M50:

100: 3 R Roach (Walt) 14.0
200: 1 Roach 27.0; 2 P Madden Hast 27.5

SP: 1 Roach 9.31; 2 R Williams 7.77

M60

100/200/800: 1 J Ross Edin 13.1/27.1/2:29.3

M65

100/200: 1 J Phillips Wx&B 15.0/31.2

800: 1 M Morrell Wrr 2:56.1
5000: P Abbott Harrogate 25:47.3

LJ: 1 Phillips 4.15; 2 J Christie Vict Pk 2.88

SP: 2 Morrell 7.09; 3 Christie 4.68

JT: 1 Phillips 41.62; 2 Christie 14.24

M70

100: 1 J Cross Tam 16.0; 2 B Morrow Sutt C 16.6

200: 1 Cross 34.5; 2 Morrow 36.9

800: 1 L Forster (Barn) 2:56.8

5000: 1 R Franklin TVH 24:59.5

LJ: 1 Cross 3.48; 2 Morrell 2.88

SP: 1 Cross 8.79; 2 Morrow 4.96

Women

W45

100: 1 A-G Howarth 15.8

5000: 1 Z Marchant Bath 19:09.6

LJ: 1 J Sanger 3.63; 2 A-G Howarth 3.63

W50

LJ: 1 M Williams 3.78

Road 10km January 16

M60:
2 J Ross 44:16

M65
1 H Morrison (Glas) 44:18; 2 M Morrell Wrr 47:17; 3 Abbott 55:53; 4 Christie 1:39:42

M70
1 Forster 46:50; 2 Franklin 51:39; 2 M Copeland 60:39

Women
W45
1 Marchant 39:51

W65
1 B Forster SB 60:40

Update on Brisbane 2001

Ron Bell visits the site of next year's WAVA World T&F Championships

An early inspection trip gave me the opportunity to see how plans are progressing for the 14th WAVA championships. Under the guidance of event general manager David Lloyd, I was shown the three stadiums to be used, the non-stadia venues and a sample of the accommodation.

The main athletics activity will be at the QEII complex, which consists of the state athletic centre and the much larger ANZ stadium. The state facility is a ten lane fully equipped stadium with a seating capacity of 3500 in the grandstand. Adjacent to this track is the ANZ stadium which, by time the championships arrive, will have a new 8 lane full international track facility. The stadium that seats 50,000 was the centrepiece of the 1982 Commonwealth Games and the 1994 World Masters Games. The third track is the Queensland University stadium, which is approximately ten minutes away from the QEII complex.

The cross-country course will be held at the St Lucia Golf Club and offers a challenging course to all competitors. Do not be fooled because it is on a golf course; I can assure you it is not flat, there is a hill, which has to be negotiated on each lap. Both start and finish areas are on a fairway close to the clubhouse, allowing plenty of space at the start and the opportunity for fast finishing. There is a small brook, which has to be negotiated by a bridge. A picturesque course that will be enjoyed by all.

The marathon course is that used for the annual Brisbane marathon with slight changes made to the start and finish areas which have been relocated to the Southbank area of the city. The course is mainly flat and for a large proportion of the route follows the river.

The walks course has not yet been finalised, as the original proposal was unacceptable. It seems that the likely venue will be in the location of Queensland University.

What to expect

There are lots of little extras being planned by the organisers and it would be wrong to disclose them now, however some points are already well known. They include university accommodation that is within walking distance of the tracks, a 5km run/walk get together with a pasta party on the day prior to competition starting. The opening ceremony (now called a welcoming ceremony) will allow the full team to take part in the march past. There will be specially priced meals available at the ANZ stadium club for anticipated price of AUD \$7-10; meals will also be available at trackside dining. All competitors will become members of the club allowing them to use the restaurant, bar and gaming machines.

Proximity of Locations

City to QEII complex 11km, 12 minutes
City to University 6km, 10 minutes
City to Golf Course 6km, 10 minutes
City to Airport 18km

Sightseeing

Brisbane has many attractions and the city is well worth exploring. Being a compact city it is easy to get around. One of the best forms of sightseeing is to use the city catamaran, which acts as a ferry on the river.

Slightly further afield the Lone Pine Koala Sanctuary is well worth a visit and the Woolshed is not to be missed. For me one of the best attractions is the Brisbane Casino which, as severe building regulations were placed on the builders, has the most unusual architecture. Then, of course, there is the rest of Australia!

Climate

Daily temperatures will be around 20c dropping to 10c in the evening. Local residents suggest that a light jacket may be needed in the evening. July on average has only 7 rainy days and humidity is 67% at 9am and 47% at 3pm

Dining Out

The visitor is spoilt for choice with literally dozens of restaurants within walking distance in the city centre with many more on the southbank. One I particularly recommend is the Plough Inn, where you can purchase your steak raw and barbecue it yourself. Good food, excellent location.

Value for money

In general terms Australia is significantly cheaper than Great Britain, enhanced by a favourable exchange rate of £1=AUD\$2.30. On a lot of occasions you will find you are paying a dollar equivalent to a £. For example: a meal in Great Britain that costs £10 will cost AUD \$10-15

Further Information

Entry booklets will be available around May/June and WGT will be offering a selection of packages covering all types of accommodation. Keep an eye on Veteran Athletics!

A surge to the back!

Trevor Driver looks back at his personal World Championship

I must start this piece about the WAVA 1999 World Championships by stating that my performance in the Decathlon has left me severely disappointed. I had been told on good authority that if I bought some creatine I would improve by 30% and would have calves like Steven Peters. I rubbed it on conscientiously for three months but nothing happened!

Talking about Steven Peters' calves, I bet he did not get them on the NHS and I know he does not drink Carling Black Label! The only calves I have seen that were bigger were on the Angel of the North.

But what an athlete - and what a credit to British T&F. Well done also to John Henson and John Charlton who carried the British flag at the opening ceremony.

All the outstanding performances by British athletes are only slightly dimmed by the pain of personal disappointment. The decathlon is an event which begins with optimism, is replaced by realism, and finishes with "Why am I doing this?"

When you are told that in the 100m, "You got away slowly and then faded;" when you appear in the discus circle like a novice on the ice rink; and when it is suggested to you by an official at the pole vault that: "for your own well being and for the safety of every one within ten metres it would be better if you withdrew from the event," any remnants of confidence rapidly disappear. The words "Big girl's blouse" were used frequently.

My psychologist, hired at great expense, was worse than useless. The only advice he gave

me before the event was to, "Not think about sex for three weeks" (as if I would!). Later his so-called help was to give me the telephone number of the Samaritans. Of course, the clever dick was too busy winning a silver medal in the M55 triple jump to worry about me!

The voice that says, "Why bother anymore?" has to be answered. What would I miss? Certainly making new and meeting old, friends, being part of the special atmosphere that intense competition will bring and enjoying (at Gateshead) the splendid Geordie friendship and good humour. Above all, however, there is the realisation that we are all very fortunate to be able to take part.

Nevertheless, after serious consideration, I have decided to retire and spend most of my time training my twin sister, Trevina Driver.

VAULTING AMBITION

Allan Williams made a dramatic comeback into the vets ranks last summer, **writes David Cockledge**. When he failed to make the 1980 Moscow Olympics, Allan retired aged 27 and took up golf and cycling but last spring returned to pole vaulting after 19 years away and enjoyed some success.

With just a handful of training sessions behind him he out-jumped all the British M40 competitors in setting an M45 CBP of 4.21 in the BVAF Championships and then ended the season with a new UK M45 record of 4.41m at Watford in September - again better than any M40 vet in the UK. In between he collected fifth place in the Worlds with a sub-par 4.10 but was competing that day with sore legs and was forced to ration his jumps.

Williams (born Plumstead, SE London on 30.05.1953) had a best of 5.25 during phase one of his pole vault career, during which he gained several GB international vests. As cyclist, he had time trial bests of 20:15 for 10 miles and 53:22 for 25 miles - a pretty decent standard. As a golfer he was good enough to become a club professional. A natural sportsman.

He is now training under his old friend (and former business partner) Brian Hooper who set a British PV record 5.59m in 1980 and currently holds the UK M40 record at 5.01m. Williams explains: "I have now begun making major changes to my run-up and plant technique, trying to run taller with a higher plant and jumping on a straight pole, instead of driving into the pole at take-off. To make the adoption of the changes easier, I have come down from a twelve stride approach to only eight strides; to keep the training sub-maximal. In other words, I am sacrificing short-term gain for long-term improvement. I have only been on this new regime for three weeks (December 1999) and it is definitely working. You can teach an old dog new tricks!

"I honestly believe that by dragging the hips at take-off for greater penetration and embracing the more modern way of vaulting will mean the difference between jumping UK record heights and *World* vet record heights - around 4.80 plus. The new running style and plant is less punishing physically which should prolong my longevity. Already there are signs of significant improvement in my running and take-off and I am amazed to find that my (*top hand*) grip is already close to being where it was off a full approach, simply because the take-off and initial flight phrase of the jump is more efficient.

I will gradually take my run-up back until I am off 14 strides, by which time the transformation will be well under way and I should be holding higher (4.30m on a 15/180 pole) and clearing 4.60 plus by the end of the indoor season. I hope then that a few people will take notice that a British veteran is making some impact as a field eventer in world terms. The British press seem to get excited about middle distance running and very little else.

"The feeling of being back on the runway again with a pole in my hand is just fabulous. I am looking forward to showing some of the young punks who think they have done it all just how little they really know. Apart from winning the European Vets I would love to qualify for the AAA Championships and get in there to mix it with the youngsters - just to make a statement!"

Williams initially only returned to the sport because of his sons, Jonathan (14) and Nicholas (12) who are keen athletes themselves. Never having seen their dad competing as a vaulter in his heyday, they both wanted to see just how he did it.

Williams set an indoor M45 record of 4.32 at the BVAF Indoor Championships; see report on page 1 and Results on pages 16 and 17.



Jeremy Hemming photograph

The 1999 Road Ranking lists are now available and can be obtained from the compilers listed below for £2.00 + 9 x 6" SAE.

5km Martin Duff, Ramatuelle, Spronketts Lane, Warringlid, West Sussex RH17 5SA

5 Miles John Shave, 89 Montgomery Road, Cove, Farnborough, Hants GU14 0AZ

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

10 miles Dave Sanderson, 37 Reforme, Easton, Portland Dorset DT5 2AW

Half Marathon Martin Duff

Marathon Max Jones, 14 Montague Drive, Leeds, LS8 2PD

Track and Field Rankings

The British Vets T&F rankings 1999 booklets are now available. Reserve your copies by sending £3.00 +31p 9 x 6" SAE to;

Men Dave Burton, Chandlers Way, Steyning, West Sussex BN44 3NG

Women Sally Gandee, 4 Westfield Road, Hertford SG14 3DJ

Thereby hangs a tale

In June last year I spotted a query in the Daily Mail which posed the question, "Has a human being ever been daft enough to run (and jump) the Grand National course at Aintree?"

My mind, full as ever of inconsequential facts, took me back to the 1950s when, I recall, a newspaper article recounted how Bob Beecroft, noted Northern cross country runner and fifth ranked UK steeplechaser, had performed such a feat. I awaited correspondents' replies with anticipation.

Much to my chagrin, nobody seemed to settle the argument conclusively, some correspondents came near to what I recalled but most replies were not definitive for my ageing mind.

I went to my local library and there looked up the history of the Grand National by a local historian - lots of horses as one would expect but no humans credited with the feat. I then rang the author of the impressive tome and to my annoyance he had never heard of Bob's feat. I reminded him that allegedly the course had been run circa 1870 by a man called Tom Scott whose father became Mayor of Bootle, near to the course at Aintree. He

agreed that this was documented but nobody could possibly run the course as it stands at present with its enormous drop fences.

I then took off on another tack, annoyed that Aintree itself could not help with my query. I tried Ian Smith of the NUTS, that worthy body of statisticians, Bob Phillips of BBC Five Live who exists on trivia but no joy at all. So I started bothering Clayton le Moors Harriers which I recalled was Bob's only club.

Stan Bradshaw, that legend of the fells, recalled Bob doing his epic and informed me that Bob was living "down South". That's how we Northerners dismiss our effete cousins.

I then had a brainwave. I recalled that Beecroft's coach was the former National Chief Coach, Denis Watts. I tracked him down to his home in North Wales. Denis was quite forthright. "Of course Bob ran Aintree, I still have the cuttings from the News Chronicle. Success!

Denis forwarded to me an item from the long defunct News Chronicle, dated 1st April 1957. An article by Roy Moor, respected athletics reporter, recounted how Bob Beecroft cantered round the Grand National course in an excellent

time - and ended the argument that Aintree was too tough, too cruel for horses. Beecroft was quoted as saying it was "An ideal way to bring variety into athletic training, I can't see why people think the Grand National course is dangerous!"

What Bob did was to try and replicate the time Sundew, the Grand National winner that year had done by keeping himself under pressure for 9 minutes 42 seconds and completing as much of the course as possible.

He covered approximately two thirds of the National circuit (about 2 1/2 miles) in Sundew's time, then cantered the rest of the lap at a more leisurely pace. The horses do, in fact, run two circuits.

It was reported that Roy Moor was race reader, Mrs Mirabel Topham, the legendary owner of Aintree, was Chief Steward, and Denis Watts the trainer. Bob said he enjoyed the event but described Bechers Brook as rather awe inspiring.

Was that it? Not quite, I wasn't happy with the date of the Chronicle report - 1st April 1957! By this time, I felt that I should speak to Bob himself to tidy up the loose ends and ask about those fearsome Aintree fences with their vast spread.

Beecroft happily recalled his epic. No, it wasn't a spoof, he ran the course on Sunday 31st March, 1957, two days after Sundew's victory. But what of the fences? I could imagine a grin on the other end of the phone. Each fence has a running rail over which the brush is assembled; after the race the rail is exposed in many places, so to a competent steeplechaser and noted Northern cross country runner, it was a doddle.

A photo accompanying the Chronicle article showed him taking the chair in grand style, a fast approach, one foot on and a drive up and over - easy!

I must now inform Reg Green, the Aintree historian, of the result of my delvings, and ensure that Bob Beecroft is properly placed amongst the Aintree legends. He could even end up in Trivial Pursuit. **Fido**



The Duke of Edinburgh presents Bill Kinsbury of Rhonda AAC with an award for his five decades of service to Welsh athletics. Much loved and respected in Wales, Bill has dedicated himself to coaching and officiating and also holds British age group records for the Hammer.

IT'S ALL ABOUT CORE STRENGTH

Yvonne Joyce who was 39 when she won the World W35 800m in 2:07.91 last year, is a great believer in core strength. Born in Leicester, Joyce - although she has lived in America for the last 27 years where she is an electrical engineer and a personal trainer - has kept her British citizenship. She runs everything from 200m (best 25.5) to the marathon (3:05) and is aiming for the Boston 2000 marathon.

However, last year she transferred her attentions to the track for the summer and dropped her half marathon runs although Joyce insists that you can combine the two extremes of distance racing. Because she lives in the Valley of Colorado where she gets little competition she runs on her own and is self coached.

"It's all about core strength; you have to be body conscious. You can't just train without understanding everything you are doing. I believe in yoga and strength training, tuning the fast twitch muscles into the way you are going to run and the way you are going to breathe. To strengthen the biceps and have balance. Core strength will give you so much more power." **AA**



Geoff Ashby who edited *Veteran Athletics* for many years, died suddenly and tragically last year. A quiet, introspective person, he will be missed by those who knew him; Geoff performed a valuable service by taking *VA* and transforming it into the format we now know. **GH**



Yvonne Joyce leads the 1999 WAVA W35 800m final from Carol-Ann Gray.
Photograph: Jeremy Hemming

Fired-up again

Guido Mueller who was born in Stuttgart on the 22th September 1938, is probably, over the last 15 years, the most prolific veteran medallist from Germany.

At 47 he set a World best of 55.18 for the M45 400mH and as an M50 he ran a flat 400m in 51.60 for another age record. At the 1999 World Championships he achieved three World titles and wiped away Jack Greenwood's listed time of 43.9 for the 300mH with 42.31. About the latter he claimed, "I thought the World record was a possibility. I tried to do the best I could with a 15 stride rhythm. I made that until the last two hurdles where the wind was very strong and then changed to 17s."

Guido Mueller started running as a child with the Salamander Club in Stuttgart. He had to leave school early in order to work and physically it took some time for him to develop as an athlete and for his talent to come through. It really started to blossom for him when he was eighteen and won the Baden Wurttemberg Province 400m Championships in 51.6. He improved each year after that and got down to a personal best of 47.6 in the final of the German Championships.

At 23 he took up the 400m hurdles but explained: "It was a little too late to learn the

technique of hurdling at twenty three but my club and experts at the time thought 400m hurdles was for a failed 400m runner; but now I look back and I realise it was a mistake as I should have got into the event a lot earlier."

However, he achieved a place in the German Championship final on three occasions but just missed the qualification for the 1964 Tokyo Olympics. After that he had twenty years away from active sport, eventually getting back into athletics by joining a Seniors club just to enjoy training with his friends, with no thoughts of competing again. After a year he found he was much better than the rest of the club. The fire returned for him and he was soon in the thick of it again as a veteran performer.

Mueller, who has been working for himself for twenty-six years in the shoe business, concludes: "When you get older you start slowing down and I cannot do the same training at 60 that I did at 50." He added, "There is a tendency for people, particularly when they are retired with a pension, to be lazy and sit back in a chair but for veteran athletes it is different. They enjoy working out each day, taking up the challenge that old age brings to live life to the full."

Alastair Aitken

PRACTISING WHAT HE PREACHES

Malcolm Fenton, international Mark Proctor's coach for the last ten years is not one of those non-competitive coaches who instruct from the stands. Fenton (43) has been able throw the hammer over 60 metres for the last nineteen years. He won the English Senior Schoolboys hammer back in 1975 and has been self-coached right through to winning the World M40 hammer at Gateshead.

Turning out in the shot, discus and hammer for Ipswich, Fenton has a best hammer mark of 62.42m from 1982 and has seen a weight change over the years.

"At the moment I am just on nineteen stone. When I won the English Schools I was 11stone 6. I have put on seven stone in six years. When you get to middle age it stays on a lot easier. If I stopped training I would lose a lot of weight. For most people it is the other way round.

"I never envisaged keeping on this long but I enjoy it and I am always competitive. I am still in the top 20 in the country as a normal person. I will just keep going. I have had a few nasty injuries but I am not going to be one of those people who says: 'I had to give up because of injury'. That will never happen. I will give up when I have had enough."

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Sat/Sun 29-30th July 2000

(under IAAF/WAVA Rules)

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FIRST EVENT 9.30am

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SUN: 200m, 800m, 5000m, 80/100/110mH, 2000/3000m Steeplechase, Discus(M)(W), Javelin(W), Triple Jump(M), High Jump(M), Triple Jump(W), Pole Vault(W), 5000m Walk(M)(W).

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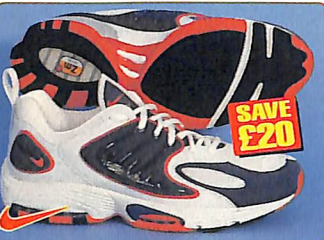
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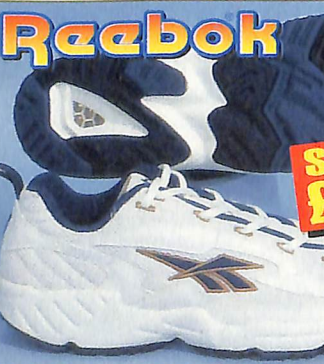
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