

veteranATHLETICS

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BRITS BAG SPANISH GOLD

The 5th WAVA World Road Racing Championships, 13th/14th May, Valladolid, Spain. **Pete Mulholland reports.**

Bill Foster looked to be on the way to opening a few celebratory cans of his namesake lager as he led a posse of five - confident that his track speed would have a telling effect - into the finishing straight at the WAVA 10K Road Championships in Valladolid, Spain. But it wasn't to be. Foster was powerless to react to Frenchman Phillip Monnier as he surged by the Blackheath Harrier just metres from the line, settling for second and the consolatory defeat of European veterans' champion Johan Hopfner who placed third.

Not surprising, with the warm conditions and championship medals to vie for, the early pace was steady as a group of nine began to dominate by the 2km mark, more with an eye for each other rather than the clock. Leading the way were Hopfner, Monnier and Foster, accompanied by Westbury's Mick O'Doherty (representing Ireland here) and - already looking secure for the M45 - Nigel Gates. In the pack was a Spanish trio of Juan Espino, Jose Gonzalez and Beringo Fernandez, busy sewing up the team gold as the nine leaders passed half way in 15:38. Gerry Carr of Ireland led the pursuers some five seconds adrift.

It was still 'steady as you go' until the 8km point when Foster attempted an injection of pace but couldn't shake clear of Monnier, Hopfner, Gonzalez and O'Doherty. Surprisingly, Gates seemed content to let them go.

Onto the Plaza Mayor in the heart of Valladolid with the temporary grandstand in sight, Foster warmed to his task but the speed wasn't there.

"Perhaps I've got too many marathons in my legs," Foster reasoned later after having no reply to Monnier's swoop.



Above: Janette Stevenson easily won the W50 10K, placing second overall and leading the British W50 team to gold medals. Above right: another British winner, Karen Marshall also led the W45 team to a resounding victory. Photographs: Jeremy Hemming.

"When I heard that he had recently run a 29:10 10K, I didn't feel too bad about losing."

Gates' gold in the M45 category almost led the Britons to team honours as with Keith Davies sixth in 33:36 and Stan Owen ninth in 34:01 they missed out by just 12 seconds in aggregate to the home-based Spanish.

The M70 runners were led by the remarkable Willy Marshall whose winning time of 39:57 was over five minutes clear of runner up Carlos Socchi of Argentina. Marshall carries out the bulk of his training in the less than warm climes of his native Scotland and confided, "The warmer it is, the better I like it." Fellow Scotsman Henry Morrison was one of the

few Britons to secure a top-ten placing with his eighth position in the M65 event but Harry Clayton saw his 38:03 good enough to finish fifth M60.

Probably one of the performances of the day was by Janette Stevenson who placed second overall to easily take the W50 honours and lead the team to gold. The double gold medallist at Gateshead over 5000m and 10,000m, Stevenson led the race early on but later admitted, "Although I felt good today, she (Spain's Garcia Mingorance) was too strong for me."

Second W50 was track specialist Pat Gallagher who found it tough going and confessed "That was too far for me today, I think I'll stick to

800m and 1500m in the future". Margaret Auerback took fourth to complete the successful trio.

The W45 team was even more dominating as Karen Marshall, confirming the form that saw her win the International cross country in Bideford, won in 38:02 from Diane Marsh and Judy Brown, second and third respectively.

Not in the kind of shape that saw her take the W35 title in Japan two years ago, Alison Fletcher started the race on a "I'll see how it goes" basis, ran better than she expected to take fourth.

Two individual silver medals came courtesy of the consistent Pam Jones in the W60 event while Joyce Goody did

ROY WEBB COMPLETES SET

WAVA ROAD RACING CHAMPIONSHIPS continued

likewise in the W65 category. Val Hancock almost secured a bronze medal as she finished just five seconds adrift of Germany's Heidelore Bensch.

HALF MARATHON

Three individual gold medals came Britain's way as Trudi Thomson (W40), Pam Jones (W60) and Roy Webb (M65) ignored the hot and humid conditions that increased as the race progressed. Almost from the start it was a battle between Malta's Carol Galacea and Thomson with the Scottish athlete taking the race on to lead by five seconds as the pair went through 5km.

A little after 9km Galacea went ahead as the effect of diarrhoea over the previous two days began to tell on Thomson. "I started to feel dehydrated and couldn't get enough fluid on board," she admitted later.

10km passed by with Galacea just two seconds ahead in a time of 36:08 - almost a minute faster than the 10K winning time on the previous day - with the rest of the field way back in the distance.

Revelling in the conditions similar to her homeland, Galacea sped on to a winning time of 77:27. Second in 78:16, Thomson believed she had been, "in form for a 75 minute performance," which her 2:40:40 as first W40 in the Flora London Marathon suggested.

Taking silver in the W40 category was World Veterans' Marathon winner at Gateshead, Joy Noad who admitted that, "It wasn't a good run," but still came away with a team gold as she and Thomson combined with Alison Fletcher - fourth in the lower age group - to claim W35 honours.

The British women continued to supply the goods as Diane Marsh added a bronze to her 10km silver to combine with Judy Brown (4th) and Scott Gayleen (10th) to secure a W45 team victory. Like Brown, another to gain a higher step on the winner's podium was Ilford's Pam Jones who followed her silver in the 10km with an individual gold.

The highlight for the British

men was Roy Webb who proved an A runner in both his club's name and by his style of victory. A delighted Webb said afterwards, "I've now completed the set to go with my European and British title," and also confessed, "I was also surprised to beat Mick Ward."

Ward, who has captured five BVAF titles during the past year, had to settle for fourth, a 'just off the medal position' also achieved by Stan Owen (M45) and Vince Hancock (M55).

TEAM MEDALS GALORE

The Walks by Jack Fitzgerald

There is a school of thought that maintains that actual competitors in a race shouldn't be reporting on that particular event. In the main I can see the logic in that argument, but when you are at the rear of a field that needs to circumnavigate a circuit 15 times, what better position to watch the progress of the leaders than actually being continually lapped.

I was in fact lapped by the early leader Chris Maddocks soon after the completion of my second return to the start line, although I did notice that he didn't steam away from me quite so quickly on the many other occasions that he lapped me. In fact he must have slowed down considerably (not surprising with the temperature in the eighties on a sunny afternoon) and was caught by the first M45, Portugal's Rodrigo Malgahaes, at about 24 kilometres, who then went on to win the race in 2:27:48.

Although over four minutes behind the eventual winner, the West Country's 50km Olympic selection for Sydney won the M40 gold by five and a half minutes from Stephan Wogerbauer of Austria, who in turn was beaten into overall fourth place by Frenchman Jean Bonnefoux, the M45 runner-up. Another French ace, Gerard Lelieure was first M50 was in fifth place overall, one position and five minutes clear of first M55, Valber Sgardello.

Further down the field, British walkers were winning them-



Chris Maddocks on his way to the M40 30K gold. Maddocks will be making his fifth Olympic appearance in Sydney

selves medals of one colour or another with Bob Dobson revelling in the conditions to finish 20th overall as M55 silver medallist. Peter Hannell could also record satisfaction with the bronze in this category, while Brian Gore took the M60 bronze behind Dieter Zschiesche of Germany and Herber Molisch of Austria.

Colin Young in his new M65 age group was well satisfied with silver, the gold of course going to the great Gerhard Weidner, who in 16th place overall, almost achieved the best age-graded percentage with 91.91%. This still wouldn't have entitled him to enter the Stock Exchange London to Brighton race a week later!

Denis Withers, competing in the M70 group, was another bronze medallist while, of course, being the only one to start, I only had to avoid the eagle eyes of the judges to win the M75 group.

Meanwhile the women's 20km race was in progress, starting half an hour later than the men's and, in most cases, finishing ahead of them. The only W35 to compete was Spain's Amadora Ramos who duly won in 1:56:27, 85 seconds ahead of the first W40, Dominique Alvernhe of France.

Once again the most impressive for me was Heidi Maedor the magnificent W55 Swiss

walker who was third overall in an excellent 1:58:19. Fourth, but first W45, was Natalia Sapounova of Italy, also inside the magic two hours.

British walkers were a little further back. Ann Lewis continued her very successful international career with the W50 gold while Margaret Spelman proved to be the female equivalent of Weidner with the W65 gold ahead of the W60 winner Josette Sommier of France. Pam Phillips took the W50 silver, while Pam Fricken was unlucky to have three good W55 walkers ahead of her. Finally Anne Von Bismarck added to her considerable international medal collection by winning the W70 gold.

Britain also won team medals in abundance. Colin Young, Eric Horswell and Denis Withers placed second in M65. Brian Gore, Ed Shillabeer and Dave Stephens placing second in M55 while Keith Phillips, Dave Kates and Bill Wright were third in the M50, the same position as Charles Ryan, Chris Hobbs and Denis Sheppard in the M45.

The women's teams did even better with their two sets of gold medals. Margaret Spelman, Pam Ficken and Anne Von Bismarck won the W55 while Ann Lewis, C. Reader and Pam Phillips took the W45 honours.

Results page 16



**SOUTH WEST
VETERANS
ATHLETIC
CLUB**



BRITISH VETERANS ATHLETIC FEDERATION NATIONAL OPEN 5K ROAD CHAMPIONSHIPS

PROMOTED BY SWVAC IN CONJUNCTION WITH CITY OF PORTSMOUTH A.C.

SUPPORTED BY PORTSMOUTH CITY COUNCIL

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1.30 pm. M40-49; 2.00 pm. M50-59; 2.45 pm. W35-44, W45+ and M60+; 3.30pm. AWARDS

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M60+ THREE TO SCORE
W35-44 & W45+ THREE TO SCORE

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I enclose cheque/PO payable to SWVAC for £ _____, and 9 x 6 SAE for number.

Please tick if travel and accommodation details required ☐

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I declare that I am fit to compete in this event and will abide by the UK Athletics Rules.

I agree to my details being stored on computer.

Signed: _____ Date: _____

MAX JONES - Bronze medallist M70 marathon in Gatehead - considers the case against Kathy Jager

THE HONESTY TRAP

In the early 1990s, the then WAVA President, Cesare Beccali, persuaded his Council that a closer liaison with the IAAF would be to WAVA's benefit. One of the conditions of IAAF patronage was that WAVA should comply, in full, with the IAAF and IOC regulations covering Drugs in Sport.

Kathleen Jager, an American grandmother, recorded WAVA's first ever positive at its 13th World Games in Gateshead last August. She had set a new W55 100m World Record and she was selected for testing after the first round of the 200m the following day. In May, it was confirmed that she has been suspended from all track and field competition for two years.

The presenter of Trans World Sport, a programme which goes out every week on BSkyB and Channel 4, reported that Jager had "survived a challenge from fellow competitors that she was a man but it now transpires that she was abusing testosterone". So, just another drug-cheat caught, confirming what the IOC says on its "No Doping" web-site that "doping is spreading at a terrifying rate"?

Well, no, actually. But, before rushing to judgment, let us first take the unusual step of establishing the facts. Among these are:

1. THE CRIME

The IOC definition of "doping" which was operating in 1999 listed two crimes. First: "the administration of or use by a competing athlete of any substance foreign to the body or any physiological substance taken in abnormal quantity or taken by an abnormal route of entry into the body with the sole intention of increasing in an abnormal and unfair manner his/her performance in competition".

The second: "when necessity demands medical treatment with any substance which, because of its nature, dosage, or application is able to boost the athlete's performance in competition in an artificial and unfair manner, this too is regarded as doping".

Apart from when an athlete refuses to take a test or is accused of tampering with the urine sample, these are the only two crimes in the IOC's book. As of the beginning of June, I understand that Kathy Jager has not been charged with either of them. What she has been arraigned for, however, is:

2. THE EVIDENCE, NOT THE CRIME

There are dozens of substances banned by the IOC - over a hundred, if one includes the catch-all "and related substances" clause - but fewer than 10 of them have a specified threshold which qualifies the test as "positive". For example, caffeine is alleged by the IOC to be performance enhancing if ingested in quantities over the equivalent of four cups of strong coffee.

Zero Tolerance is right at the heart of the anti-doping policy of the IOC. There are the listed substances with a specified level for a positive test but for all of the "related substances", the faintest trace will condemn the athlete to the full sanctions contained in the IOC and IAAF Book of Rules. That being so, the IOC-accredited laboratory carrying out the analysis does not report the actual amount of the substance found in the urine. Indeed, it neither has to determine nor to report even approximately how much there was in the sample.

How then does the IAAF know that the enhanced performance of the athlete was because of taking the drug and not merely following taking it? The answer to that is:

3. PERFORMANCE ENHANCEMENT IS IRRELEVANT

The IAAF has never sought to correlate the amount of the banned substance found in the urine sample with any measure of performance - good or bad. For instance, Diane Modahl, a 1:57 racer at her best, was positive after running second - in 2:02 - in a low-key race in Lisbon but negative seven days later after winning the Europa Cup 800m in 2:00.

The out-of-competition testing programme of the IAAF has, by

definition, nothing whatsoever to do with performance in competition". Likewise, the issue on which its Doping In Sport 'policy' is built is a matter on which the IOC has never had anything to say - until the report on the February, 1999 Lausanne Conference was published. The whole e-connected world can read:

4. THE IOC "NO DOPING" WEB-SITE

The several pages begin <http://www.nodoping.org/>. The page which shocked me the most was compiled after the conference from questions and comments resulting from a questionnaire. It is therefore reasonable to believe that this, far from being a snap answer to a questioner on the floor of the Conference hall, was a considered and vetted statement of the IOC position.

(Pages /faq_e.html)

Question 9: "Is doping in sport actually effective?"

Answer: "The effectiveness of doping is far from being proven in all the cases which have come to light."

And...

"It is not certain that doping leads necessarily to higher rankings."

And later...

"Insofar as it always endangers athletes' health, 'effective' doping does not exist."

The IOC answer concludes with: "the fact (is) that there is no treatment capable of turning an average athlete into a world-class champion".

5. THE FIRST-EVER WAVA DRUG POSITIVE

So much for the stage-setting, now to the playing out of the tragedy of Kathy Jager.

She's a "drug-cheat" because, in her urine sample there was a synthetic testosterone which, though not itemised in the IOC Index, is banned via the catch-all "and related substances" clause. The amount - "traces" - means that it was in the order of *one thousandth* of the amount of testosterone which the IOC allows before the IAAF declares that "a doping offence has been committed".

This tiny, tiny quantity was contained in a medication called Estratest, prescribed by her

physician in Glendale, Arizona, and thus covered by the other IOC catch-all clause that "When necessity demands medical treatment... this too is regarded as doping". Estratest contains oestrogen and testosterone, two hormones that women require for living normal, female lives.

In Kathy Jager's case this medication was prescribed for HRT, a condition for which a range of medications is taken by millions of older women and by younger ones who have had a hysterectomy which also has involved the removal of an ovary.

It is the IAAF's responsibility, as the prosecutor, to prove, beyond reasonable doubt, that "traces" of methyltestosterone, "because of its nature, dosage or application, (were) able to boost the athlete's performance in competition in an artificial and unfair manner", not Kathy Jager's responsibility to prove that it didn't.

The IAAF banned her simply because she is a post-menopausal woman.

6. WHY AND HOW DOES THE IAAF DO THIS?

The original objective of the (anti-)doping policy of the IOC was to stop Soviet men and East German women stealing Olympic golds in the 1980s. The men at the top of the IOC at that time - such as Prince Alexandre de Merode who has been head of the IOC Medical Commission since its inception - would have been unlikely to tax their agile minds over problems which might arise in the distant future with post-menopausal athletic grandmothers on HRT.

There had been no research done, moreover, into the performance enhancing effects of any of the drugs which the medical profession was developing for the restoration to normal health of sick patients.

So, desperate to do something, the IOC renamed testosterone and its substitute anabolic steroids as "athletic performance enhancers" - diuretics and anti-diuretics as "masking agents". And, because there was no



March, rather than fabricate quantities - which would be open to challenge - for the dosages which it alleged would increase athletic performance, the IOC simply wrote "zero" on its tablets of stone.

7. A PROBLEM WITH ASTHMATICS

This stance was not without its perils. Multi-national pharmaceutical companies produce drugs which impinge on some of the most important aspects of sporting competition. Such as breathing. In the UK today, one child in every seven is asthmatic. There are many drugs which have been designed to open up closing airways in an asthmatic's lungs; there is even a condition known in the trade as EIA, exercise induced asthma.

I imagine that the IOC must have decided that it could not

bar all asthma sufferers from competing in Olympic sports, but, by the same token, it could not allow non-asthmatics to benefit "unfairly". It is a central tenet of IOC thought that drugs developed by medical research to *control or improve* a patient's clinical deficiency will, when ingested by a super-fit athlete, act as a *supplement* even when there is a surplus of the stuff in the athlete's body already.

So, rather than issuing instructions to all its accredited labs that they have actually to measure the quantities of these anti-asthma drugs in the urine, the IOC maintains zero tolerance by requiring all asthmatic athletes to register with their national governing bodies.

I recall a young Paula Radcliffe winning the Junior World cross-country in the Boston

snows. "Where's my puffer," was the first thing she said. Let us hope that her asthma gets no worse. If she were to need more powerful medication, she would have to withdraw from top-class athletics because tablets and injections - 10 to 20 times the strength of the inhaled drugs - are banned.

8. A PLAY WITHIN THE PLAY

It is essential to the success of the IOC's anti-doping campaign that those doing the sampling, the testing and the reporting are all above reproach. The irony is, should any question be asked about their work, they cannot prove their innocence any more than the athletes can prove theirs. The Gateshead positive is a case in point.

UK Sport, formerly the UK Sports Council, is the (Government) body which oversees these procedures in the UK and so was responsible for Doping Control in Gateshead.

A matter for inquiry should be the timing of Jager's urine sampling in relation to her setting the 100m W55 WR and her accusation by fellow athletes. The sequence of events was that the heats of the W55 100m were on the first Friday, followed by the semi-finals and final on the Saturday. The heats of the 200m were on the Sunday, with the semi-finals and final on the Tuesday.

Jager was *not* called for a urine test after setting her World Record, as IOC - and hence IAAF - protocol requires for ratification, but after her 200m heat on the following day.

Had her case been like that of Ben Johnson in Seoul after his 100m WR - the result would have been known on the Monday at the latest and she would not have been allowed to compete in the 200 in front of the Press on the Tuesday.

Her case was not like Johnson's.

As we have seen, the IOC anti-doping policy was never designed to expose a big bad wolf masquerading as a 56-year old grannie on HRT. She had been prescribed Estratest, a new American formulation because she was clinically deficient in testosterone as well as suffering the more usual oestrogen shortage.

Estratest is not yet available in the UK.

The "mass spectrometer" analyser works by comparing the width and darkness of lines - very much like supermarket barcodes - with those of "standards" which have been loaded into the apparatus in advance. But because there are no post-menopausal women on the IAAF Grand Prix Circuit and methyltestosterone is not even listed in the index of the British National Formulary (the NHS doctors' prescribing bible) the laboratory analysing Kathy Jager's sample had to take several days to have got the "standard" for it loaded. It was in fact over a month, not just the usual one day, and into September before she was told that she had failed the drug test.

Might we assume that if she were a real drug-cheat she would not have told the sample takers that Estratest was among the medications she was taking and UK Sport would not therefore have found it in her sample *because the equipment was not set up to do so*.

In Kathy Jager's case, honesty was *not* the best policy.

I have no reason to be in the least suspicious of the integrity of the staff of UK Sport. I would sympathise if they were accused of "going fishing" (not permissible as it presumes the athlete to be guilty) as a direct consequence of a unsubstantiated allegation.

UK Sport is thus in a lose-lose bind of someone else's making. What they should do is to concede gracefully that the conditions for making a mistaken judgment did exist and that, as a consequence and without prejudice, as lawyers say, the IAAF should withdraw all charges against Kathy Jager.

That is what the IAAF should do. However, it won't.

Last April commenting on Mary Slaney's lawsuit against it, the IAAF claimed that they do "not recognise the jurisdiction of a court in Indiana" and that its Council's Rules "are valid and enforceable for all 209 countries and members affiliated to the IAAF". (*Athletics Weekly*, April 24, 1999)

PERSEVERANCE

JOHN HENSON, the World Vets M55 200m Champion is always on the go, athletically, writes Alastair Aitken.

Henson, a founder member of Sheffield AC, coaches the youngsters in the club and, like his friends ex-Olympian Mike Corden and veteran decathlete John Charlton, competes in the area and Sheffield leagues for their club. Henson was born in Rotherham on the 21st of July, 1942 and his interest in athletics dates back to when he was nine years old.

As a senior he was fifth in the AAA 200 Final and third in the Inter-Counties 400m with best times of 21.4/48.00. It was as

an M40 competitor at the 1984 European Vets Championships in Brighton that he won the 400m in 49.91 - the only electronically recorded sub-50 400m by a British veteran.

Although the years have rolled by and he is now in his 50s, Henson still loves competing and is encouraged to do that by his second wife Annette. How does he cope with the training for competition these days?

"Realistically, I am now at an age where I have to listen to my body. If it is telling you to rest or take it easy, then you have got to obey it. When you are younger you can do more

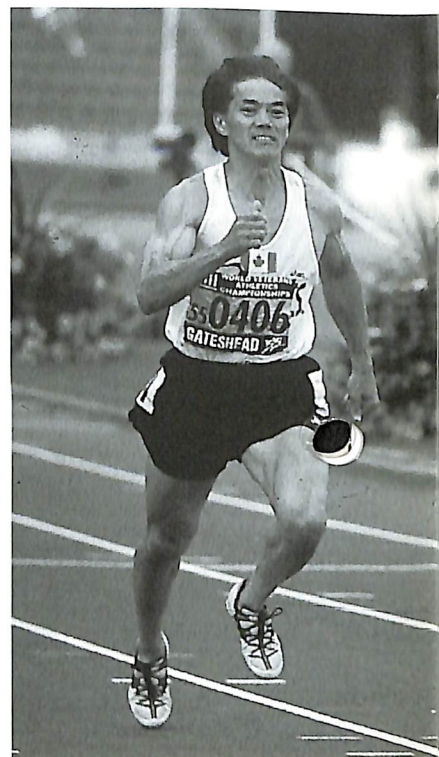
work. Now I stick to a lot of preparation and lot of conditioning work and not so much actual running. Coaching the youngsters helps in that regard - it's really fun."

Harold Morioka (Canada) beat John in the M55 400m but had to give way to Henson in the 200m.

"I know Harold from way back. We always have good races together, sometimes I win, sometimes he wins. This time it was my turn."

Henson was referring to his 200m gold at Gateshead. Although he has won medals at every major vets championships he has been to, this was the first World gold in his collection.

Not bad for someone whose athletic career started with impromptu races in the school playground.



Vitamin E is the Key

ROD PARKER, the US M80 World sprint champion at 100m and 200m, considers vitamin E to be the key to longevity in athletic competition.

After his clear cut victories at Gateshead, he claimed that this is not just due to genealogy and heredity but the fact that he has been taking Vitamin E since 1946.

"If you look around at some of my colleagues sprinting in their 80s, you realise quite a few have had heart surgery, bypass surgery or pacemakers put in. That has never happened to me because, years ago I read a book by a respected dietitian in which he said that Vitamin E was essential, especially for athletes."

Rod Parker, who was born near Monterey Bay in California on the 9th November 1918, did athletics at Salinas High

School before starting a career in dentistry. He actually saw some the greats of American sprinting in action, stars like Frank Wycoff, Eddie Tolan, Jesse Owens, Charlie Paddock and Willy Carr.

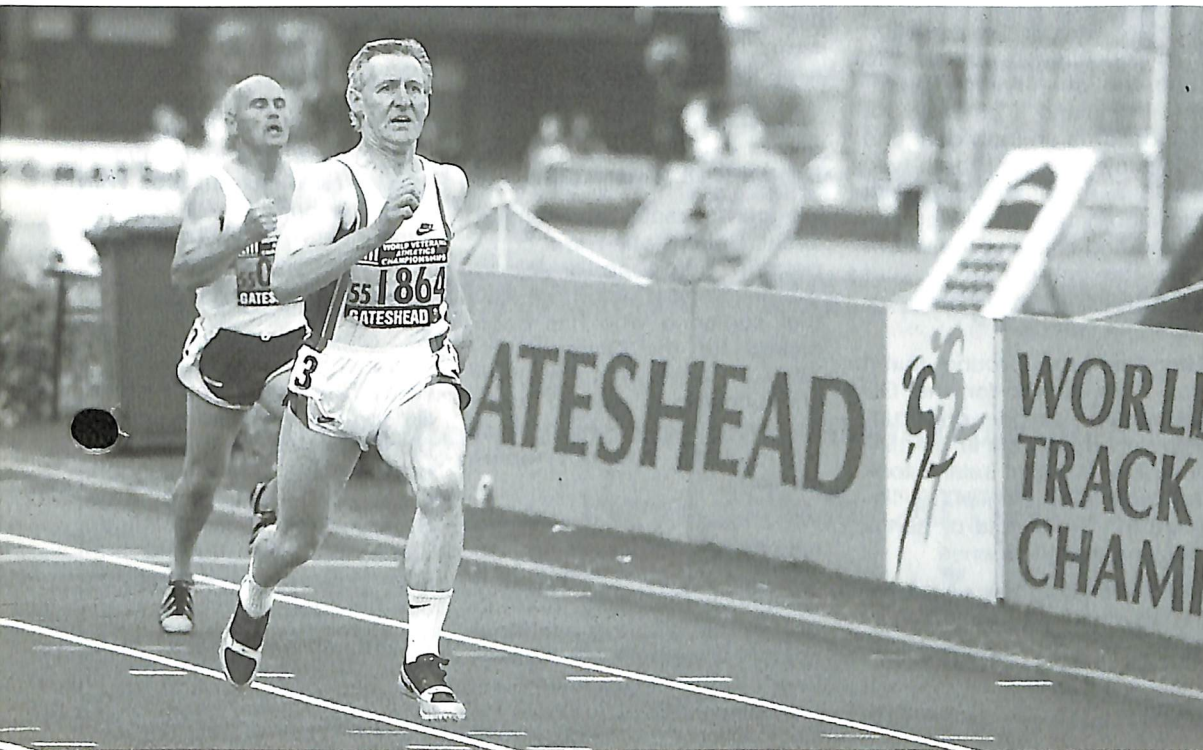
When he was 45 he decided he did not want to become a fat man with heart trouble so took up athletics again.

As a 79 year old he achieved three single year age world records before going on to take three M80 indoor Masters titles in the USA.

Parker will sometimes train with his daughter, Regan Ogden, and has a 200 metre grass track only fifty metres from his home in Arkansas. Surprisingly he does not use blocks in competition. "I don't use blocks because I feel I can get just as good a start without them"



PAYS OFF



Above: John Henson holds off Harold Morioka in the WAVA M55 200 Final. Left: doing battle with old rival Winston Thomas in 1994

Surrey Veterans Track & Field Championships, Kingsmeadow, 27th May

TERRY TAKES ON ALL-COMERS

Terry Bissett, the 56 year old Epsom & Ewell runner was the star of the championships. Bissett lined up against all age groups between M45 and M60, yet beat all the younger men over 100/200m and only lost the 400m by one tenth to over M50 competitor Graham Pope. His time in the 100m was 13.3 into a -5.2 wind. Only 2/10ths separated the first four home in that event.

Tony Mitchell was a clear winner in the younger age group 100/200/400/ and long jump but has had to give up hurdling because of an aggravated spinal fusion.

The hurdling honours were snatched up by David Moles who has represented the Metropolitan Police in British league matches.

Steve Badgery has, over the years, been one of Surrey's top distance runners. In 1971 he

ran 2:15:44 for the marathon but on this occasion he was celebrating his 57th birthday at Kingsmeadow.

Badgery was a key member of the then Mitcham AC's victorious National Junior cross country team and won Surrey cross country titles in the Boy, Youth and Junior age groups, coming back years later to take the Surrey M50 CC championship.

Steve ran round the 5,000m at Kingsmeadow in 17:32.9, despite a straining a calf muscle with four laps to go.

Mike Small who won the discus, shot and hammer has been unable to do much training of late due to his full-time maths teaching commitments but, like Chris Melluish in the over M50s, looked set to improve as the season progressed.

Val Parsons was victorious in the W50 age group sprints and

should be a strong contender for medals at the World Championships in Brisbane next year when she will graduate to the W55 age group.

Pete Hannell was dominant in the M55 3000m walk again and Janet Smith looked good in the W35 hammer and discus.

Alastair Aitken

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WORLD CHAMPIONS

The difference between being 89½ and 90 is immense in terms of veteran competition. Ireland's PATRICK 'PADDY' WHELAN was 90 on the 12th January 2000 which meant he had to run in the over M85 100 metres at last year's WAVA championships, coming last in his heat with a time of 23.86. Yet, if he had run in the M90 Final that time would have been a good enough for first place, Karl Trei of Canada winning in 24.24.

Paddy Whelan worked for the Irish Railways for fifty years, starting at the very bottom eventually rising to senior executive and railway supervisor for all Ireland. "I never smoked or drank and never had a day off for illness," he recollected.

There is more to this interesting man. He was All Ireland lightweight boxing and wrestling champion. Paddy who is no man's fool, found time to go on his free railway pass to do some boxing in various places. He managed to save £915 from his many bouts and bought his house with the proceeds. It is now valued at £150,000.

JOHN EMMETT FARRELL, (born 4.6.1909), won WAVA gold medals at M90, even beating the outstanding 91 year old Alipio A Santos of Portugal in the 5000m with 36:13.91 which slashed the listed World best by American Paul Spangler (37:39.8).

Farrell and fellow Scot David Morrison who holds the M50 world best 5,000m, did some vital build-up work for John's heroic attempt on the world record while staying at Morrison's house.

Farrell says his most most satisfying victory was the first of his two Scottish National cross country titles, 1938 and 1948. "The first time because it's never the same (again). My wife had never seen a race till that first one (when) I beat 300 people (so) it's a sentimental thing."

His best International Cross Country was the one when he was seventh, second UK runner behind winner Jack Holden - at 43, winner of both the European and Commonwealth marathons.

Why does John continue? "You meet such nice people."

AA

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

MULTI-EVENTERS

Firstly let me praise the content, layout and photographs in Veteran Athletics. Can I reply to Gerry Robertson's letter about multi-eventers in VA April 2000. While sympathising with the M85 competitors who did not start various events, I believe the rules state that their scores should not count... you must at least start each event. I'm glad Gerry pointed out the amazing world record in the M55 decathlon, as he says, probably the most outstanding performance of the champs but not given the recognition it deserves. Finally, I think John Henson makes a

lot of sense in downplaying nationalism at international events.

Julian Kennedy SWVAC

HENSON IS RIGHT (1)

Having run the World 10K road race in Valladolid, I retrospectively read the letter from John Henson in your April edition which questioned the need to state the country you represent in Finland. I entered for Valladolid as an individual and made my own way there with the idea of meeting up with two clubmates travelling from Ireland and enjoying the weekend. The entry form did not request a country of representation, as I recall.

After the race I found that I was third scorer for the GB M40 team, despite only running semi-seriously in 36 minutes. The fact that Ireland took the team silver while GB finished 6th led to lots of gentle mocking at my expense.

While accepting this as par for the course. I was nonetheless

bemused to find myself in that position without my opinion being sought, given that I have more Irish blood in me than British.

I would proudly represent either country if invited, but absolutely do not want representation by default.

It is an issue which would be easily resolved were it to be accepted as an issue.

Terry McCarthy

HENSON IS RIGHT (2)

We are not really representing Great Britain when we compete in European or World Games, at least not in the way that someone who has been picked for the Olympics is. Yes, I agree that stadium announcements should state that so-and-so is from what ever country and not representing it.

We should try to play down nationalism as much as we can. But we can't eliminate it altogether. I am very much in favour of wearing national colours because it helps spectators to identify athletes. Can you imagine what it would be like if relay teams wore a motley collection of vests?

One of the Brits in the cross-country at Gateshead wore his sponsor's vest in an event in which he should have identified himself as a member of a team. I believe this was against the rules and, had the officials been on the ball, should have meant the disqualification of the team.

So should we eliminate relays and all other team events in international championships in order cut out nationalism? I don't think so and I don't believe, as John appears to, that many vets are guilty of blinkered nationalism; most athletes are egoists not nationalists.

A letter in VA 51 complained about the quality of the announcers at Gateshead. If my delivery did not come up to scratch then I apologise. The problem is that announcers are not given a very high priority in the scheme of things.

While track and field officials have to pass examinations, announcing is considered non-technical and no qualifications are necessary. No attempt has ever been made to grade announcers. It's simply a

matter of opinion, that's why.

If anybody has any ideas on how I can improve my style I'm willing to listen.

Wilf Morgan

Some of the announcing at Gateshead did fall below the standard veterans have come to expect at World Championships but that standard has been set by, among others, Wilf Morgan. I am sure that the correspondent in issue VA 51 - if he could have identified individual announcers - would have exempted Wilf from his criticism of "British announcers". The Editor

NATIONAL ROAD RELAY

As race organiser of the National Veterans Open Road Relay Championships I would like to thank the following people who acted as timekeepers on the day: Chris Hallandon, Colin Robinson, Joe Salt, Stuart Pearce and Alison Lamb; recorders Arnold and Brenda Bradshaw and starter Jim Shields.

As the above stepped in at short notice when others pulled out due to unforeseen circumstances, they were not in the programme.

I would also like to thank Bridget Cushen, Eric Shirley and Keith Whitaker for attending on the day, and to all the unsung marshals for helping to make sure runners did not go astray.

Brian Buck

NOT SO RETIRING

To emphasise how popular our retiring chairman, Keith Whitaker, has been over the years, may I quote from the biography of 'Gordon Pirie - The Impossible Hero'. In the chapter dealing with Pirie's wedding in 1956 we read: "... Keith Whitaker came down from Yorkshire to act as best man and, according to one newspaper, it took ten policemen to hold back the crowds..."

An enduring act!

Maurice Morrell

REUNITED!

Further to my letter in VA52, 'Lost Property', I would like to say a very big "Thank you" to Judi Stafford who kindly returned my jacket that I had left at the national Indoor Arena.

Sharyn Aitken

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Saturday 9th/Sunday 10th September 2000, 10am

Please enter me for the Decathlon/Heptathlon Championship

Please write in CAPITALS

Date of Birth. D M Y Age 9/10 Sept Years

Age Group (M40/W35 etc)

Name in full (Family name) (First name)

Address in full

.....

.....

.....

Name of First Claim Club.....

Veteran Club/AssociationNumber.....

(All competitors must be a member of the BVAf or one of the Regional Associations)

I enclose entry fee of £10.00 (please make cheques payable to John Charlton)

Signature Date.....

Please indicate if you require accommodation

☐

Please indicate if you require travel directions

Please enclose SAE for travel/accommodation details

Entries to: John Charlton, 11 Wulfric Road, Eckington, Sheffield S21 4GE

VETERAN ATHLETICS Vol 1 No 53

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FROM THE EDITOR

Many of you may have been wondering when this issue of *Veteran Athletics* was going to appear. Believe me, I was as much in the dark about that as you - and I know the reasons for the delay.

I will not not bother you with those reasons. Isn't that a useful phrase? It makes you appear solicitous and apologetic but also says, "Don't confuse me with some one who cares".

I've borrowed this phrase from the chairman of a committee I'm on. When said chairman turned up half an hour late for a meeting he had, he claimed, three reasons for being late but, "I won't bother you with them". Great, eh! If you ask for maybe just one little reason you are going to appear obstructive and bad tempered.

So I don't want any letters about this issue's tardiness. OK?

Actually, I am aware - and regret - that the lateness of this issue has created problems for a lot of people who wanted to advertise their events. By the time you read this, the new Chairperson of the BVAF will have been elected. Both candidates had sent me their manifestos but I was unable to publish them because I didn't know when this issue would appear.

However, whoever has been chosen will be hard put to match Keith Whitaker - the outgoing Chairman - whose term of office coincided with a period of growth and development in British veteran athletics and fittingly ended with a highly successful World Championships being staged in this country.

Another thing you may have noticed about this and the previous two issues is that they have largely been written by just two people. Do not think that the dynamic duo have a monopoly on these pages - please put pen or inkjet to paper if you have something to say. If you feel that an athlete has been neglected, go out and interview them!

All I would ask is that you try to type your report or interview - but not, please, please, NOT in capital letters!

Similarly, we need photographers. Nature abhors a page with no pictures - you must have heard that. Please send in your transparencies or prints, clearly captioned stating event, place and time, name the people pictured and describe what they are doing. All pictures will be returned, whether they are used or not, if you enclose an SAE.

Unfortunately, we cannot pay you for your contributions; maybe I should have put that in very small type.

Over to you.

Geoff Harrold

A MAN OF THE NORTH EAST

HARRY MATHEWS has been a successful club runner for forty years with Elswick Harriers, writes *Alastair Aitken*.

Although Mick McLeod's exploits were an inspiration to Harry Mathews from within the club, it is Jim Alder, of the local Morpeth Harriers, who he has admired since the beginning.

Jim Alder who won the 1966 Commonwealth marathon, holds this opinion of Harry Mathews: "Mick McLeod is a bigger name but Harry Mathews is Elswick Harriers. There have been some very good runners from Elswick who have come and gone but the runners around the North East always associate Elswick with Harry Mathews."

Harry Mathews was one of six children from a working class background. As a youngster, Harry's family was unable to afford holidays. However, because of his talent for running - second and then first in the county schools' cross country championships - he was able to travel to many

other places in the UK.

Norman Woodcock of Elswick Harriers suggested that Harry should join his club in 1959. Mathews had left Leamington Secondary Modern School without any qualifications and became an apprentice joiner but went back to college to acquire some GCEs.

Later he joined the Northern Echo newspaper and stayed for eight years. Harry's real love, however, had always been to work with young people and he did a full time degree course in Community Work in the late 1970s. He is now a full time Community worker for Gateshead Council.

If you ask Harry to name his best performance he won't pick one where he was the outright winner but rather one where he just made the first twenty!

"If you were a long distance athlete in the North East you just had to do the Newcastle to Morpeth road race on New Years Day, running down the A1 - long before the Great North Run.

"I would take it easy the night before. I would go to bed at midnight and made sure I had a reasonably good sleep. The atmosphere and sense of occasion was fantastic."

Jim Alder recalls: "Some top... world class names that never won the Newcastle to Morpeth would include Basil Heatley, Ron Hill, Brian Kilby, Bill Adcocks and Alastair Wood, to name a few."

Mathews married June in 1969 and has two daughters, Debra (19) and Amanda (16). After a heart operation three years ago he was off competition for fifteen months, but came back strongly to win in the National M50 cross country Championships at Norwich in 1999.

Shortly afterwards he became plagued with injuries to both hamstrings and shins but got back well enough to take second place in the World Vets M50 cross country - timed at 33:42 over the super fast 10K course - behind that outstanding Belgian Omer Van Noten.

You can't keep a Geordie down for long.

MICK HAWKINS

Bromsgrove and Redditch Athletic Club are sad to announce the tragic death of Mick Hawkins in a climbing accident whilst on holiday on the Isle of Skye.

Mick Hawkins was one of his club's most popular runners and despite only taking up the sport in his early forties, his enthusiasm, dedication and commitment soon produced success at all levels. Mick hit a purple patch after turning 50 in 1991. His outstanding achievements include representing England in the Vets International CC, twice winning the M50 category of the London Marathon (1991 and 1993), winning the M50 section of the Tour of Tameside and winning the 1991 European Veterans M50 25K road championship. Mick also set a British M50 one hour track record of 17,284 metres, a record that still stands.

Despite recently struggling with a number of niggling injuries, Mick maintained his enthusiasm and continued to run in his usual rugged style, always giving 100% effort. He was looking forward to turning 60 next April and having another go at the London Marathon.

Mick will be sadly missed. The club expresses its sympathy to Anne, his wife, and sons Peter and Darren.

INTER-AREA TRACK & FIELD GRANTHAM, 24th SEPTEMBER

| | | | | |
|-------|---------------|------------------------|-------|---|
| 12.00 | W45 400 | W35/45 SP M40/50 JT | 16.00 | Women's medley relay 200/200/400/800 (one team per age group) |
| 12.10 | W35 400 | | 16.15 | Men's medley relay 200/200/400/800M (one team per age group) |
| 12.20 | M50 400 | | | Presentations |
| 12.30 | M40 400 | | 16.30 | Men The Bill Taylor Trophy |
| 12.45 | W35/45 1500 | W35/45 LJ M40/50 HJ | | Women The Peggy Taylor Trophy |
| 12.55 | M40/50 1500 | | | Scoring of events: 8,7,6,5,4,3,2,1pts |
| 13.05 | W45 100 | W35/45 DT | | Competitors may only compete in |
| 13.10 | W35 100 | | | one age group on the day. |
| 13.20 | M50 100 | | | Relays: Mixed ages are allowed. One |
| 13.25 | M40 100 | | | team per age group/gender. |
| 13.30 | ALL 2kW | | | Field Trials: 4 each competitor - |
| 13.50 | W45 80mH | | | except High Jump. |
| 14.05 | W35 100mH | M40/50 HT | | Maximum 8 entries available. |
| 14.15 | M50 100mH | W35/45 HJ M40/50 TJ | | First come first served. |
| 14.30 | M40 110mH | | | |
| 14.40 | W45 800 | | | |
| 14.45 | W35 800 | | | |
| 14.50 | M50 800 | | | |
| 14.55 | M40 800 | | | |
| 15.00 | | W35/45 JT M40/50 SP | | |
| 15.05 | W45 200 | | | |
| 15.10 | W35 200 | | | |
| 15.15 | M50 200 | | | |
| 15.20 | M40 200 | | | |
| 15.25 | W35/45 3000 | | | |
| 15.45 | M40/50 3000SC | | | |

Entries close 11th September 2000
Entry Fee £40 per team covers cost of track hire and medals for 1st, 2nd, 3rd places in all events.
Cheques payable to EVAC, entries to: Mr W. Stone, 58 Wycliffe Grove, Werrington, Peterborough, PE4 5DE.
Any offers of help from officials will be welcomed at the above address.

VETERAN ATHLETICS

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|--------------|---------|
| FULL PAGE | £165.00 |
| HALF PAGE | £ 85.00 |
| QUARTER PAGE | £ 45.00 |

Roving reporter **PETE MULHOLLAND** was at Heaton Park, Manchester to witness

Westbury's d

Robin Nash warned us before the event, "Watch out for the Westbury lads," and he was spot on as his team smashed the Heaton Park M40 course record in defeating last year's winners, Ronhill Cambuslang.

The 20th May event was superbly organised by Salford Harriers' Brian Buck and his team and Ilkley's Eddie Irvine set the ball rolling in the M40 race when he led home the first stage ahead of Bingley's Steve Robinson with 'new' veteran Ieuan Ellis a close third for Elswick.

Bingley's Jon Cordingley soon swept into the lead which he held with a fast 15:08 while 25 seconds later Robin Nash - showing a nifty pair of feet after winning the veterans' section of the Flora London Marathon a few weeks earlier - arrived to put Westbury second.

With these clubs now well clear, Barrow in Furness Striders were enjoying their moment of glory as Bob Atkinson took them into third while Cambuslang and Woodford Green - first and second last year, - were coming into the frame as Dave

Dymond and Terry McCarthy gained 20 and 11 places respectively.

It was a case of 'Coming through the Rye' as BVAF 10km champion John Rye hauled Thames Hare and Hounds from the depths by 31 places.

Neil Miller ten proceeded to put Westbury ahead almost immediately, passing Bingley's Paul Ogalbie on the outward stretch. Ogalbie admitted to, "Hanging on," as he held second while Barrow still enjoyed their early fame by holding third.

Cambuslang proved that they were not relinquishing their title without a fight as Colin Donnely, more at home on the mountains rather than the relatively flat environment of Heaton Park, put them ahead at the half way stage as Westbury slipped to fourth.

Two new teams were now in the frame as Greg Wilson and Derek Mullen saw Telford and Sunderland in second and third.

The first sub-15 of the day put Westbury back in front lead as former British 10 mile champion Chris Buckley passed Dave Thom of Cambuslang in the closing stages while the locals, Salford, went third as Eric Williams overhauled Telford and Sunderland.

Putting aside the efforts of placing fourth in the previous week's WAVA Half Marathon, Mick O'Doherty put Westbury in an unassailable position as he pulled away from Cambuslang's Archie Jenkins by over 90 seconds.

"That was tough," the Irishman admitted, "My legs are still shot from last week."

Salford still held third while Gerry Carr put Woodford Green a clear fourth as they



Westbury's Mick Doherty ran the second fastest lap of the day

ran the Woodford Green team into bronze, holding off Swansea's fast finishing Kevin Tobin by just four seconds.

Oxford City AC would probably have caused any book makers foolish enough to offer odds against them to become bankrupt as they ran to their third consecutive M50 road relay title when hacking 28 seconds from Bingley's course record.

Lap record holder Martyn Rouse blasted away on the first stage but it was John Sweeney who brought Stockport in first, just holding sway over Neil Robson of Bingley as the two poured past Rouse with a mile to go.

Stockport held firm as Alan Pover pulled away from Bingley's Neil Jennings with Roy Waterlow gaining seven places to bring Altrincham home third.

The close of lap three had Stockport still leading, Tony Keller maintaining the status quo, but Paul Williams was homing in fast as he put South London Harriers into second when passing Bingley's Terry Lonergan.

Then came another class act, BVAF cross country champion Pete Hyde taking Altrincham from fourth into the lead with 15:49 which equalled Rouse's record. Frank Reilly kept Stockport well placed in second and Roy Treadwell put Oxford into the medals.



Double win

Far left: Pat Gallagher ran the fastest W50 leg and led Westbury to a team win.

Left: Gallagher's club mate, Mick Docherty, ran the second fastest lap.

Below: waiting for the first leg runners.



Ahmed Amraoui, as befits a WAVA 5000m champion, then went to work in style.

Surging into the lead after 800m he then proceeded to run 12 seconds faster than Hyde to claim the record outright and to lead Ken Burgess of Altrincham by 1:46 at the close while the consistent Stockport team were now third.

There was no let up by the Oxford team manager John Exley as he went further ahead to bring his team home over two minutes clear of Stockport's Rob Taylor as both he and Peter Probin of Bingley went well clear of Altrincham's Stuart Graham.

Stockport improved on their M50 second place when taking the M60 honours by seven seconds from Thames Hare and Hounds whose silvers proved to be the only Southern medals of the day.

It was Stockport who led the opening foray as Barry Swindells ran 17:33 for the second fastest lap to be well clear of Morpeth's Walter Ryder with Pete Banner just clear of Dave Attwell as Thames and Altrincham went third and fourth.

Bernie Cordes then took the lead for Morpeth as Chris Bryans saw Stockport into second while Keith Spacie sped around to put Thames a clear third.

The third and final stage saw Stockport regain the advantage as Alan Dunn overhauled Morpeth's Alan Oliver as did Jeremy Denny for Thames.

From a distance, Fred Gibbs was securing the fastest lap of the day with 17:30 as he put Bingley fourth while Steve James was dodging the back markers in 17:35 for third fastest.

WOMEN'S RACE

Derby Ladies, who have swept all before them this season, finally won, as the team admitted, "This was the one we wanted after our second place two years ago."

It was Frances Gill who set the first stage alight as she put Neath ahead with 17:07 for the day's second fastest time finishing 1:12 clear of Jill Cunningham of Derby who was busy holding off Alison Whitelaw of Wrexham.

Neath still held the lead after stage two but defending champions Les Croupiers had gone second as Delyth Jones passed Yvonne Crawley of Derby.

It was all change on the third and final lap as Wendy Roethenbaugh swept into the lead but it was close as making a late charge from way down was Cecillia Greasley who

brought Macclesfield into second just three seconds away from repeating their victory when competing here in 1996.

In what proved to be a close race - just 14 seconds covered the first five teams - Heather Knight was bringing Altrincham into fifth with 16:42, the fastest lap of the day.

The W45 race saw Westbury win what was to prove the club's second set of gold medals as Pat Gallagher set them off with what was to be the fastest lap of the day by some 94 seconds.

Maureen Coffey increased the lead on stage two leaving Marilyn Palmer to run the 'glory leg' as she led home by 1:40. Janice Street who in seeing home Rotherham into second was an even wider margin clear of Royal Sutton Coldfield who placed third almost three minutes adrift. **Result page 16**

BVAF HALF MARATHON CHAMPIONSHIPS
To be held in conjunction with the Carver Wolverhampton
Half Marathon on Sunday 3rd September 2000
APPLICATION FORM

Surname.....First name.....
Address
Town.....County.....
Postcode..... Telephone
Affiliated ClubBV club.....
Veteran Number.....
Date of birth.....Age group.....

Entry fee

Affiliated to BVAF £12.00 Unaffiliated to BVAF (proof of age required eg: copy birth certificate) £14.00

Entries close 25th August - no late entries accepted for these championships

**Send entries with cheque made payable to CARVER WOLVERHAMPTON MARATHON plus
large SAE to: Marathon Office, Littles Lane, St Patricks, Wolverhampton WV1 1JY**

I hereby declare that I am an amateur according to the eligibility rules of the BAF or UK Athletics and am medically fit to run and will do so at my own risk and agree not to hold the organisers responsible in any way for any injury, accident or action, claim, cost or expenses which may arise in consequence from my participation in the event

Signature.....Date

Travel 2001

WGT, the official travel agent of the British Veterans Athletic Federation are again offering special arrangements and competitive costs for the three major events to be held next year

European Indoor Championships - Bordeaux, France 7th-11th March

European NonStadia Championships - Malta 28th and 29th April

World Athletics Championships - Brisbane, Australia 4th-14th July

Brochures for all the above events will be available during July

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WHAT'S ON/FIXTURES

INTERNATIONAL

- 18 November International Cross Country, Navan, Republic of Ireland
8-11 March Euro Indoors, Bordeaux, France

NATIONAL

- 13 August BVAF Marathon, Isle of Man
20 August BVAF Pentathlon and Track Walks, Solihull. Entries to Maurice Priestman
28 August BVAF 5K Road, Portsmouth
3 September BVAF Half Marathon, Wolverhampton
3 September BVAF 10K Road Walk, Leicester. Details P Adams, 3 University Close, Syston, Leics LE7 2AW
9/10 Sept BVAF Decathlon, Sheffield. Details J Charlton

NORTH

- August NVAC monthly 10K roads and paths run. Irlam Steel Rec & Soc Club, Liverpool Road, Irlam. Noon start
17 September NVAC Fell Race, Ponderosa Cafe, Head of Horseshoe Pass, 5 miles out of Llangollen, N Wales. Noon start
8 October 7 mile run, Edgeworth Reservoir from Barlow Institute, Edgeworth
29 October NVAC 10K Road Championships, Padgate College, Crab Lane, Warrington
12 November NVAC monthly run, 7 miles cross country, Great Harwood, Change at Mercer St Baths, Great Harwood, Lancs. Noon Start
19 November NVAC 10K road and path run. Leigh Harriers HQ, Holden Road, Leigh. Event followed by AGM

NORTH EAST

- 9 August Venmore Meeting - Vets 1 mile and field events, Jarrow, 6.30pm
13 August Jarrow Open Meeting - Vets events, Jarrow
20 Aug Throws Meeting, Silksworth, 11.30am
September NE Inter-club Cup Championships. 12 noon
September Yorkshire Veterans - Open Meeting and Championships, South Leeds
9 or 16 Sept Scottish Vets v NE Vets (Provisional)
20 September NE 10/5K Track Championships and Open Field Events, Jarrow, 6.30pm, cd 4/9
1 October NE Pentathlon Championships, Jarrow 12 noon, cd 18/9
8 October Veterans Throws Meeting, Jarrow, 12 noon
15 October Throws Meeting, Silksworth, 11.30am
29 October Throws Meeting, Silksworth, 11.30am

MIDLAND

- 20 August MVAC and BVAF Pentathlon and 10K, Solihull
17 September MVAC 10 miles Road Race, Nuneaton
10 December MVAC Christmas Handicap, Solihull
21 January MVAC Cross Country Championships, Northampton

EASTERN

- 6 August EVAC 5K, Grantchester, Cambridge (inc EVAC Road Race Championship) Open to all Vets, Entry £10 for series of 3 races or £4 each event
20 August Half Marathon Championship in conjunction with Gt Yarmouth Half Marathon

SOUTH

- 9 August VAC Track and Field, Battersea, 7pm

- 22 August VAC 5.2 Mile Road, Battersea Park, 7pm + 6M Walk
26 August VAC and SCVAC Track and Field Championships, Mountbatten Stadium, Portsmouth. Entries £3 first event £2 subsequent.
3 September SCVAC Half Marathon Championships and Grand Prix in conjunction with Slough Half Marathon
3 September SCVAC Track League Finals, Colindale
6 September VAC 10,000m Championships, Battersea, 6.30pm
10 September Middlesex Veterans T&F Championships, Barn Elms. Details: Jeanne Coker, 210 Chaplin Road, Wembley, Middlesex HA0 4UT. (Non-Middlesex entries: John Curtin, 6 Silverdale Drive, Sunbury on Thames, Middlesex TW16 6HD) £2 per event, cd 28/8
16/17 Sept Kent Veterans T&F Championships, Julie Rose Stadium. Details: Barry Ferguson, 18 Bearstead Rise, London SE4 1RG
24 September Inter Vet Club Track & Field, Grantham Lincs
1 October (Prov) Reading Open Vets T&F
22 October (Prov) SCVAC and VAC 5K Road Championships, Eastway Cycle Circuit, Leyton
4 November Cross Country Relays, Princethorpe, Rugby

SOUTH WEST

- 28 August SWVAC-BVAF 5Km Championships, Portsmouth 1030hrs
3 September SWVAC 10K Championships, Calne. Wiltshire. 1100hrs
17 September SWVAC Great South 10M, Portsmouth, 1030hrs
15 October SWVAC Grand Prix 10K, Basingstoke
5 November SWVAC Championship Half Marathon, Salisbury
3 December SWVAC Grand Prix 5M, Portsmouth
10 December SWVAC Grand Prix 10K, Christchurch
26 December SWVAC Grand Prix 10K, Poole

SCOTLAND

- 13 August Glasgow 800 10K Road Race, Lochinch, 2pm
10 September SVHC Half Marathon Championships, Inverclyde
8 October SVHC Handicap Half Marathon, Ayr Swimming Pool, 12 noon
15 October 6M Andy Forbes Track Race, Coatbridge, 1.00pm
15 October Annual General Meeting, Coatbridge, 2pm

ISLE OF MAN

- 13 August IOMVAC Isle of Man Marathon/Half Marathon (inc BVAF Half Marathon Walk Championships). Contact Peter Cooper 01624 842477. Cd 31/7
13-18 August IOMVAC Grand Prix of Road Running, 5 races in 6 days Contact Terry Bates 01624 672820
24 September IOMVAC Open 10 Mile Walk. IOam NSC Douglas
5 November Syd Quirk Marathon & Walk 10.15am, Castletown
18 November IOMVAC Autumn Handicap Races - 6 mile Run, 5K Walk. Members only. 10.30am. NSC Douglas

RESULTS

March 26
BVAF CHAMPIONSHIPS (report page 20)
Grimsbly

MEN
M40 (10km)
1 N Gates (B&H, M45) 32:40; 2 B Foster (B'htl) 32:49; 3 C Donnelly (Rhridly) 33:07; 4 M Burnhope (Tip) 33:11; 5 A Wetherill (Red) 33:12; 6 B Atkinson (Barr) 33:49; 7 S Robinson (Chelt) 33:52; 8 B Kirkwood (Miz, M45) 33:56; 9 E Martin (Bas) 33:58; 10 N Ballard (Newb) 34:02; 11 D Hollins (PMAC) 34:03; 12 P Merrison (Walls) 34:04; 13 E Irvine (Ilk) 34:08; 14 T Livingstone (New M) 34:08; 15 T Owen (Nene V, M45) 34:14; 16 J Foster (Llis) 34:16; 17 R Nash (West) 34:22; 18 A Mdoocks (Red) 34:24; 19 I Cooke (Hart) 34:27; 20 M Girvan (Warr, M45) 34:28; 21 O Lewis (Swan, M45) 34:30; 22 I Lloydde (Swan) 34:32; 23 E Whittaker (PMAC) 34:34; 24 A Rowe (Wesh) 34:37; 25 P McHugh (Colc H) 34:50; 26 S Rennie (Hull) 34:58; 27 R Gaine (Colc H) 35:07; 28 M McDevitt (Warr, M45) 35:10; 29 A Buckley (Holm, M45) 35:13; 30 I Van Lokven (Mil K) 35:15; 31 P Roberts (Salf); 32 M Barnsdale (Nene V, M45) 35:21; 33 B Gardner (Calne) 35:24; 34 L Brookman (Warr) 35:29; 35 J Collins (Swan, M45) 35:30; 36 G Wilson (Tel) 35:33; 37 S Davies (Mans) 35:36; 38 D Wilcock (Barn, M45) 35:38; 39 P Roberts (Roth) 35:40; 40 R Wallis (West) 35:41; 41 A Chell (Roth) 35:44; 42 J Clarke (NVAC, M45) 35:44; 43 P Stafford (Mans) 35:45; 44 W Gristwood (ESM) 35:46; 45 M Eustace (Tip) 35:49; 46 N Watkins (Mans) 35:52; 47 D Rubery (Tip) 35:53; 48 M Bliss (Over) 35:54; 49 T Seakins (Colch H, M45) 36:02; 50 G Ratcliffe (Warr) 36:05; 51 S Spooner (Brid) 36:08; 52 R Holland (WG&EL) 36:12; 53 K Tobin (Swan) 36:15; 54 E White (Colc H) 36:18; 55 P Willacy (Barr) 36:18; 56 G Rawlinson (Warr) 36:19 M Packer (Louth) 36:20; 58 T Rawstone (Red) 36:22; 59 N McGuinness (Red) 36:25; 60 R Payne (RAF) 36:31; 61 A Grice (Tip, M45) 36:33; 62 P Neal (Roth) 36:36; 63 P Chase (unatt) 36:45; 64 G Coulam (Clee) 36:50; 65 G Bell (N Down, M45) 36:54; 66 G Pendlebury (Wesh, M45) 37:01; 67 M Jackson (E Hull) 37:06; 68 C Hunsley (Clee) 37:09; 69 R Ibbs (unatt) M45; 70 P Jones (Mil K) 37:19; 71 N Miller (West) 37:20; 72 R Hicks (E Hull) 37:21; 73 J Crehan (Warr, M45) 37:22; 74 T Wood (Tip) 37:24; 75 P Thompson (Nene V) 37:25

M45: 18 D Rawlings (Barr) 37:34; 19 R Carruthers (Barr) 37:47; 20 P Williams (PMAC) 37:55; 21 M Strange (Tip) 37:57; 22 N Goodwin (Clee) 38:00; 23 J Haines (Clee) 38:14; 24 P Spick (Nene V) 38:25; 25 P Pidgeon (Notts) 38:38; 26 I Whitmore (Med) 38:39; 27 B Drawbner (Thorn) 38:43; 28 J Barker (Clee) 38:48; 29 G Bell (Bing) 38:54; 30 I Mitchell (Long) 39:20

TEAM: 1 Swansea 131; 2 Warrington 132; 3 Redhill Road Runners 140; 4 Colchester H 155; 5 Tipton 157; 6 Barrow & Furness Striders 220; 7 Rotherham H 271; 8 Mansfield H 289; 9 Cleethorpes 301; 10 Potteries Marathon AC 344

M50 (10km)
1 P Hyde (Alt) 34:59; 2 A Amraoui (Oxf C) 35:16; 3 J Kerr (Steel) 35:34; 4 P Witcombe (B&H) 35:37; 5 D Overton (RAF) 35:38; 6 C Dickinson (Belg) 35:43; 7 J Willoughby (QPH) 36:18; 8 B Lloyd (Tel) 36:22; 9 H Matthews (Els) 36:28; 10 B Hilton (Leeds) 36:34; 11 N Robson (Bing) 36:44; 12 J Bell (Els) 36:54; 13 G Wootton (WG&EL) 37:08; 14 G Patton (Mass F, M55) 37:08; 15 J Exley (Oxf C) 37:12; 16 A Daglish (Vaux) 37:17; 17 E Ranicar (Bolt) 37:30; 18 P Probin (Bing) 37:43; 19 I Barnes (Poole) 37:34; 20 I Emery (WSE) 37:48; 21 M Smedley (Derby) 37:55; 22 A Johns (Poole) 37:57; 23 P Lancaster (Els, M60) 38:00; 24 M Rouse (Inv EK) 38:05; 25 P Wallace (Med) 38:08; 26 N Scuton (Scar AC) 38:09; 27 T Culshaw (Inv EK) 38:13; 28 L Hayne (Bing, M55) 38:16; 29 F Gibbs (Bing, M60) 38:28; 30 R McCall (Alt) 38:39; 31 B Gore (NVAC) 38:41; 32 J Potts (Bir, M55) 38:44; 33 R Treadwell (Oxf C) 38:45; 34 C Russell (Mans) 39:02; 35 S James (S'port W, M60) 39:05; 36 G Wilding (Steel) 39:08; 37 T Weston (Clee) M55) 39:10; 38 M Dixon (Ver, M55) 39:12; 39 C Rutland (Oxf C) 39:13; 40 R Waterlow (Alt) 39:15; 41 V Hancock (HW, M55) 39:16; 42 G Scott (Poole) 39:19; 43 B Pickersgill (Long) 39:26; 44 D Dowd (Bolt) 39:29; 45 R Britton (Staffs M) 39:37; 46 R

Parker (Leeds) 39:43; 47 P Kelly (Els) 39:50; 48 J Gregory (Steel) 39:56; 49 H Todd (Steel) 40:02; 50 J Munro (Red) 40:07; 51 T Hawkins (Mans, M60) 40:12; 52 R Dover (Bing, M55) 40:15; 53 S Mann (Ver, M55) 40:24; 54 B Swindells (Stock, M65) 40:39; 55 W Ryddell (Morp, M60) 40:47; 56 R Pike (Leeds) 40:48; 57 J Taylor (Tip) 40:50; 58 G Harrold (E&H, M60) 40:53; 59 B Robinson (Blay) 40:58; 60 K Buckle (Chelt, M55) 41:00

M55: 10 M Barnes (Bolt) 41:01; 11 M Carter (Cant) 41:50; 12 A Peers (Spec) 42:05; 13 W Wade (Holm) 42:08; 14 A Fowlie (Hull) 42:21; 15 P Howard (C&C) 42:30; 16 K Temperton (Donc&S) 42:31; 17 M Smith (Bing) 42:52; 18 D Wray (unatt) 43:09; 19 K Mayor (Bolt) 44:21; 20 J Dwyer (Alt) 44:25

M60: 7 J Edwards (Linc W) 41:32; 8 J Clare (B'htl) 41:45; 9 I Leggett (Living) 42:08; 10 N Bush (Ilk) 42:15; 11 B Cordes (Morp) 42:22; 12 D Pickering (E Hull) 42:23; 13 G Griffin (E Hull) 43:06; 14 D Spencer (Barr) 43:10; 15 T Laybourn (Mil K) 43:12

M65: 2 M Ward (Osw O) 42:23; 3 L Vaughan-Hodkinson (Wirr) 42:50; 4 G Oliver (MVAC) 42:57; 5 I Barnes (Darl) 42:58; 6 R Higgs (Barn) 43:02; 7 T Everitt (Eton M) 43:53; 8 A Prouse (Gos) 43:59; 9 I Addison (VoA) 46:35; 10 D Howarth (Leigh) 46:57

TEAM (M50): 1 Elswick 44; 2 Oxford City 50; 3 Bingley 57; 4 Altrincham 70; 5 Poole RR 82; 6 Steel City Striders 85; 7 Leeds City 107; 8 Invicta East Kent 110; 9 Bolton 116 10 Bingley B 151

TEAM (M60): 1 Morpeth 47; 2 East Hull 52; 3 Wirral 59

M70 (5km)
1 L Foster (Barn) 24:01; 2 T Cooper (Norw) 24:24; 3 A Sutcliffe (NVAC) 24:48; 4 J Hayward (WG&EL) 25:07; 5 C Simpson (SSH) 25:26; 6 J Lawton (NVAC) 26:47; 7 L Lyon (Wold) 26:48; 8 R Jones (Wrex) 34:56

M75 (5km)
1 J Caddy (M&C) 28:09; 2 E Nichols (B&R) 28:09; 3 F Copping (lps J) 30:00; 4 J Johnstone (Coquet) 32:09

M80 (5km)
D Blyth (C&C) 38:11

WOMEN
W35 (5km)
1 M Boleman (Sale, W40) 20:04; 2 S Heath (SB) 20:13; 3 H Burrell (Red) 20:17; 4 M Whitmore (Holl S, W45) 20:24; 5 K Slater (Keigh, W40) 20:30; 6 W Roethenburgh (Derby L) 20:33; 7 A Ford (Red, W45) 20:35; 8 J Pidgeon (Notts) 20:47; 9 C Wheeler (Over) 20:51; 10 A Hurford (Bris) 20:52; 11 K Armstrong (SB) 20:54; 12 J Jackson (Derby L, W45) 21:05; 13 J Cunningham (Derby L) 21:06; 14 D Marsh (Norw, W45) 21:07; 15 G Brown (Stoke, W40) 21:09; 16 A McNally (lps, W40) 21:10; 17 B Sampson (Gloucs, W40) 21:12; 18 A Bell (Linc W) 21:15; 19 D Ellmore (Wold, W45) 21:18; 20 C Duncan (Norw, W45) 21:23; 21 K Davison (Els) 21:24; 22 C Wright (Imp) 21:17; 23 B Murray (Macc, W40) 21:39; 24 L Cole (SB) 21:50; 25 J Ayers (Donc S) 21:53; 26 L White (Cov, W50) 22:11; 27 J Chambers (Hall, W45) 22:17; 28 J Lowton (Red, W45) 22:19; 29 J Griffiths (D Peak) 22:21; 30 S James (Padd W, W45) 22:29; 31 K Warhurst (Linc W) 22:34; 32 D Fellows (C&S, W55) 22:37; 33 C Wadford (Hull S, W45) 22:37; 34 B Wood (Bor) 22:46; 35 E Hudson (JStock) 22:54; 36 M Moody (unatt, W50) 22:58; 37 G Bunker (Roth, W45) 23:01; 38 V Naylor (Sutt H, W55) 23:03; 39 J Witterick (Shrop, W50) 23:04; 40 S Burton (Roth) 23:05

W40: 8 S Cord (WG&EL) 23:11; 9 P Fisher (Roth) 23:47; 10 S McCarthy (WG&EL) 23:54

W45: 12 A Foster (Horw) 23:06; 13 D Priestley (Ken) 23:27; 14 J Young (SB) 23:34; 15 C Marler (Otlej) 23:35

W50: 4 M Coffey (West) 23:12; 5 P Rich (Serp) 23:32; 6 J Norris (Holb) 24:18; 7 L Gore (NVAC) 24:33; 8 G Kersey (Padd W) 24:41; 9 S Barnett (C&C) 24:53; 10 B Hutcheon (Norw) 24:55

W55: 3 V Hancock (Dur) 23:48; 4 C Lee (Gos)

24:28; 5 J Bryan (C&S) 25:37; 6 C Daniels (Mil K) 25:57; 7 P Brooks (Scun) 26:04; 8 H Morath (Abbey) 26:26; 9 R Armstrong (Donc & S) 27:15

W60: 1 E Osbourn (Wym) 25:04; 2 M Gartrell (Wrex) 27:32; 3 D Fraser (Linc W) 29:49; 4 A Caudwell (Mans) 30:16

W65: 1 B Smith (Kett) 30:13; 2 J Powell (Wold) 31:42; 3 B Forster (SB) 32:55

TEAM (W35-40): 1 Derby Ladies 28; 2 Redhill Road Runners 31; 3 Shaftesbury Barnet 32; 4 Lincoln Wellington 75

May 13/14
WAVA ROAD RACING CHAMPIONSHIPS
(report page 1)
Valladolid, Spain

MEN 10km
M40: 1P Monnier FRA 31:16; 2 W Foster GBR 31:19; 3 J Hopfner GER 31:19; 9 S Anning GBR 32:59; 50 T McCarthy GBR 36:24; 56 O Morkel GBR 37:18; 82 K Hough GBR 42:13; 98 N Robinson GBR 46:41

TEAM: 1 Spain 1:35:14; 2 Ireland 1:37:13; 3 Germany 1:39:25; 6 Great Britain 1:39:25

M45: 1 N Gates GBR 31:41; 2 M Bayon ESP 32:40; 3 F Molina ESP 33:08; 6 K Davies GBR 33:36; 9 S Owen GBR 34:01; 21 J Kerley GBR 35:56; 45 R Sargent GBR 40:41

TEAM: 1 Spain 1:39:06; 2 Great Britain 1:39:18; 3 Austria 1:41:18

M50: 1 F Herzgsell GER 33:46; 2 V Aristov RUS 33:50; 3 P O'Shea IRL 33:59; 16 D Cordwell GBR 36:48; 27 M Bruce GBR 39:25; 30 P Duhig GBR 39:57; 32 A Harvey GBR 40:08; 38 A Stevenson GBR 40:44; 43 J Tussler GBR 41:12; 47 R Marshall GBR 41:55; 51 H Collins GBR 42:30

TEAM: 1 Ireland 1:43:23; 2 Spain 1:44:38; 3 Germany 1:45:20; 4 Great Britain 1:56:10
M50: 1 M Carvalho POR 34:05; 2 F Fernando ESP 34:22; 3 E De La Camara ESP 34:32; 11 A Jefferies GBR 38:34; 26 P Howard GBR 42:11; 29 J Neville GBR 42:26; 37 S Harris GBR 45:26; 39 R Saines GBR 46:42; 42 M Boughton GBR 47:09

TEAM: 1 Spain 1:44:16; 2 Portugal 1:52:26; 3 Ireland 1:57:04; 4 Great Britain 2:03:11
M60: 1 J Saiz ESP 36:19; 2 V Kioun RUS 36:20; 3 A Prysyazhnyuk UKR 36:43; 5 H Clayton GBR 38:03; 18 M Sawyer GBR 41:45; 28 F Whitworth GBR 44:13; 37 M Caudwell GBR 47:14; 41 P Donaghy GBR 49:01; 44 I Gibbs GBR 51:20

TEAM: 1 Spain 1:54:08; 2 Russia 1:36:20; 3 Germany 2:02:06; 4 Great Britain 2:04:01
M65: 1 F Duss SUI 39:51; 2 C Castillo ESP 39:59; 3 G Sitsky RUS 40:34; 8 H Morrison GBR 44:27; 11 F Hartas GBR 47:03; 14 R Davidson GBR 48:21; 21 A Byers GBR 53:54; 23 A Plummer GBR 55:31

TEAM: 1 Spain 2:05:21; 2 Great Britain 2:19:51; 3 France 2:24:43

M70: 1 W Marshall GBR 39:57; 2 C Socchi ARG 45:13; 3 E-F Rathgeb GER 47:04; 5 K Crooke GBR 55:07; 7 M Copeland GBR 57:17

TEAM: 1 Great Britain 2:26:30

M75: 1 Y Nishimura JPN 48:18; 2 T Izuishi JPN 50:53; 3 J Caddy GBR 51:16; 4 F Copping GBR 52:35

M80: 1 F Baumann GER 49:57; 2 E Pauwels BEL 52:48; 3 H Colsmann GER 58:54

TEAM: 1 Germany 2:58:31

M85: 1 A Obrechts GER 69:40

WOMEN 10km
W35: 1 C Mingorance ESP 37:33; 2 F Moffen ITA 37:51; 3 M Delavaup FRA 38:09; 4 A Fletcher GBR 38:23

TEAM: 1 Spain 1:57:00; 2 Ireland 2:03:26; 3 Italy 2:04:19

W40: 1 A Perez ESP 37:45; 2 I Bielsa ESP 38:35; 3 A Sullivan IRL 38:46; 20 A Otto GBR 46:33; 31 T Hartas GBR 55:29

TEAM: 1 Spain 1:56:08; 2 Ireland 2:00:53; 3 Czech Republic 2:26:17

W45: 1 K Marshall GBR 38:02; 2 D Marsh GBR 39:19; 3 J Brown GBR 40:29

TEAM: 1 Great Britain 1:57:50; 2 Germany 2:07:20; 3 Spain 2:10:08

W50: 1 J Stevenson GBR 37:39; 2 P Gallagher GBR 39:29; 3 E Raap NED 41:45; 4 M Auerback GBR 42:48; 6 S Barnett GBR 46:31; 14 S Gibbs GBR 55:49; 18 P Jefferies GBR 71:28

TEAM: 1 Great Britain 1:59:56; 2 Spain 2:23:10

W55: 1 C Bravo ESP 41:29; 2 M Pruede FRA 43:01; 3 H Bensch GER 44:06; 4 V Hancock GBR 44:11; 11 B Cushen GBR 54:55

TEAM: 1 Spain 2:25:32; 2 Germany 2:33:35; 3 Romania 3:47:14

W60: 1 G Van Kooten NED 45:07; 2 P Jones GBR 47:19; 3 F Gonzalez (ESP) 47:49

W65: 1 R Tena ESP 53:59; 2 J Goody GBR 56:43; 3 M Rodriguez (ESP) 59:09

W70: 1 M De Preter BEL 56:43; 2 H Glet FRA 59:04

W75: 1 J Cahill USA 54:21; 2 M Dahinden SUI 64:29; 3 V Munoz ESP 78:13

WALKS
Men 30km
M40: 1 C Maddocks GBR 2:31:53; 2 S Wogerbauer AUT 2:37:23; 3 R Cortinovis 2:47:38

TEAM: France 8:35:30

M45: 1 R Magalhaes POR 2:27:48; 2 P Bonnefoux FRA 2:35:37; 3 D Duosco FRA 2:51:33; 5 C Ryan GBR 2:56:58; 8 K Hobbs GBR 3:11:31; 12 D Shepherd GBR 3:15:38

TEAM: 1 France 8:37:16; 2 Italy 8:50:05; 3 Great Britain 9:24:27

M50: 1 G Lelievre FRA 2:38:57; 2 H Koscholler GER 2:49:52; 3 B Binggeli SUI 2:55:33; 5 K Phillips GBR 3:00:22; 10 D Kates GBR 3:09:34

TEAM: 1 Germany 8:56:08; 2 Switzerland 9:12:01; 3 Great Britain 9:31:22

M55: 1 V Sgardello ITA 2:43:58; B Dobson GBR 2:56:40; 3 P Hannell GBR 3:05:3; 10 W Wright GBR 3:21:27; 13 R Deacon GBR 3:38:08

TEAM: 1 Germany 9:22:02; 2 Great Britain 9:40:19

M60: 1 D Zschiesche GER 2:53:37; 2 H Molisch AUT 3:07:23; 3 B Gore GBR 3:10:01; 4 E Shillabeer GBR 3:16:10; 5 D Stevens GBR 3:22:35

TEAM: 1 Germany 9:41:23; 2 Great Britain 9:48:46

M65: 1 G Weidner GER 2:55:07; 2 C Young GBR 3:17:59; 3 G Parodi ITA 3:19:52; 8 E Horwill (GBR) 3:29:54

TEAM: 1 Italy 10:11:18; 2 Great Britain 10:24:26

M70: 1 O Bolkoric CZE 3:29:14; 2 J Eveno FRA 3:34:08; 3 D Withers GBR 3:36:33

M75: 1 J Fitzgerald GBR 4:02:44

WOMEN 20km
W35: 1 A Ramos ESP 1:56:27
W40: 1 D Alverne FRA 1:57:52; 2 D Saavedra ESP 2:05:13; 3 G Piscart FRA 2:05:28

TEAM: France 6:30:10

W45: 1 N Sapounova ITA 1:59:43; 2 R Ojeda ARG 2:00:31; 3 A Silva POR 2:01:02; 5 C Reader GBR 2:09:41

TEAM: Great Britain 6:42:34

W50: 1 A Lewis GBR 2:08:48; 2 P Phillips GBR 2:24:05; 3 M Ulrich GER 2:32:20

TEAM: Germany 7:42:13

W55: 1 H Maeder SUI 1:58:19; 2 W Seiler GER 2:01:54; 3 F De Wolf BEL 2:16:17; 4 P Ficken GBR 2:23:35

TEAM: 1 Great Britain 7:20:45; 2 Germany 7:32:02

W60: 1 J Sommier FRA 2:14:57; 2 L Hatz 2:16:42; 3 T Knaringer GER 2:41:39

TEAM: France 7:21:54

W65: 1 M Spelman GBR 2:14:05; 2 D Leclerc FRA 2:18:10; 3 Z Lobareva UKR 2:38:55

W70: A Von Bismarck GBR 2:43:05

W75: O Chub UKR 3:09:14

HALF MARATHON

M40: 1 F Guerra ESP 68:13; 2 C De La Fuente ESP 68:53; 3 S Fernandez ESP 69:07; 70:39; 25 S Anning GBR 74:29; 94 S Smythe GBR 81:02; 178 R Sheppard GBR 91:53; 216 K Hough GBR 100:01

TEAM: 1 Spain 3:26:13; 2 Ireland 3:33:27; 3 Italy 3:39:33; 5 Great Britain 4:07:24

M45: 1 A Bungger ITA 70:09; 2 F Requina ESP 71:33; 3 M Silva POR 72:55; 4 S Owen GBR 73:49; 64 J Kerley (GBR) 84:39; 104 R Sargent GBR 90:47

TEAM: 1 Spain 3:42:31; 2 Portugal 3:48:45; 3 Great Britain 4:09:15

M50: 1 K Urbbschat GER 72:14; 2 F Hernandez ESP 74:11; 3 M Abreu POR 74:36; 70:39; Wallace GBR 83:39; 71 A Harvey GBR 85:49; 79 J Tussler GBR 93:30; 95 R Marshall GBR 96:15; 96 B Collins GBR 96:23; 128 G Robbins GBR 108:45

TEAM: 1 Spain 3:46:57; 2 Portugal 3:52:16; 3 Ireland 3:54:19; 5 Great Britain 4:29:35

M55: 1 I Veith ITA 77:59; 2 A Schaur GER 78:55; 3 J De la Cruz ESP 79:11; 4 V Hancock GBR 81:54; 11 A Jefferies GBR 85:49; 29 N James GBR 92:52; 33 D Brice GBR 94:05; 64 R Saines GBR 112:03; 68 M Statham GBR 117:34; 69 L Cooper GBR 117:43

TEAM: 1 Spain 4:07:34; 2 Italy 4:09:57; 3 Germany 4:19:54; 4 Great Britain 4:20:35

M60: 1 A Prysyazhnyuk UKR 81:12; 2 L Didier FRA 81:18; 3 V Kioun RUS 82:56; 7 H Clayton GBR 84:11; 37 F Whitworth GBR 102:40; 40 M Caudwell GBR 104:42

TEAM: 1 Spain 4:12:28; 2 Germany 4:22:06; 3 France 4:22:18; 5 Great Britain 4:51:33

M65: 1 R Webb GBR 89:37; 2 L Fourlanger FRA 89:54; 3 G Sitsky RUS 90:21; 4 M Ward GBR 91:22; 12 H Morrison GBR 101:51; 20 A Byers GBR 123:22

TEAM: 1 Great Britain 4:42:50; 2 Spain 4:45:00; 3 Germany 5:24:43

M70: 1 H Hofrichter GER 98:20; 2 S Agnoli ITA 99:41; 3 R Berge FRA 106:16; 13 M Copeland GBR 134:28

TEAM: 1 Spain 5:16:48

M75: 1 H Gutbier GER 99:17; 2 Y Nishimura JPN 113:17

M80: 1 F Baumann GER 117:03; 2 E Pauwels BEL 124:54

WOMEN

W35: 1 C Galca MLT 77:27; 2 T Estoso ESP 82:16; 3 M Bergada ESP 82:31; 4 A Fletcher GBR 87:35

TEAM: 1 Great Britain 4:10:07; 2 Spain 4:12:32; 3 Argentina 4:50:50

W40: 1 T Thomson GBR 78:16; 2 J Noad GBR 84:16; 3 D Teygeman BEL 85:14

TEAM: 1 Austria 4:36:03; 2 Spain 4:38:30; W45: 1 B Combes FRA 86:45; 2 A Barrio ESP 92:12; 3 D Marsh GBR 92:42; 5 J Brown GBR 94:06; 10 S Gayleen GBR 99:09

TEAM: 1 Great Britain 4:45:57; 2 Spain 4:48:49; 3 Germany 4:51:37

W50: 1 R Gesto ESP 90:02; 2 K Risch GER 90:45; 3 S Sawicki FRA 92:45; 10 G Hough GBR 107:32

TEAM: 1 Spain 4:44:33; 2 Czech Republic 4:54:07; 3 Great Britain 5:06:28

W55: 1 AN Other ??; 2 E Statham GBR

92:17; 3 C Charras FRA 98:15

TEAM: 1 Spain 5:16:57

W60: 1 P Jones GBR 106:39; 2 I Wieland RSA 117:09; 3 Y Washida JPN 125:31

W65: 1 R Tena ESP 126:28; 2 E Kruger GER 128:36

W70: 1 M De Preter BEL 145:14

May 20

13th NATIONAL OPEN VETERAN'S ROAD RELAY CHAMPIONSHIP (report page 12)
Heaton Park, Manchester

M40 (8 x 5km)

1 Westbury 2:06:09. (G Eagle 15:37; R Nash 15:13; N Miller 16:53; R Hooper 16:48; C Buckley 14:52; M O'Doherty 14:54; R Wallis 16:01; M Cowman 15:51); 2 Ronhill Cambuslang 2:06:44. (F Connor 16:24; D Dymond 25:40; F Hurley 16:19; C Donnelly 15:31; D Thom 15:39; A Jenkins 16:32; E Stewart 15:23; F Barton 15:16); 3 Woodford Green with Essex Ladies 2:08:56. (G Wootton 16:26; T McCarthy 16:33; S Murray 17:04; P Chase 15:46; R Holland 16:05; G Carr 15:03; C Brogan 16:12; T Pamphilon 15:47); 4 Swansea 2:09:00. (R Jones 16:18; J Theophis 16:24; J Collins 16:11; I Lloyd 16:18; P Dyson 16:57; K Davies 15:44; O Lewis 15:31; K Tobin 15:37). 5 Salford 2:09:37. (S Williams 15:34; B Peatfield 16:17; M Deegan 16:27; G Davies 16:44; E Williams 15:27; M Higginbottom 15:53; M Neary 16:17; S Curran 16:58); 6 Trentham 2:10:26. (A Simpson 16:54; D Colclough 16:26; R Ibbis 16:27; M Baggaley 17:06; D Hollins 15:38; E Whittaker 15:46; R Keefe 16:13; M Roberts 15:56); 7 Telford 2:12:36. (A Jones 15:44; 2 B Lloyd 16:19; R Hayley 16:27; G Wilson 15:43; J Cooper 17:02; S Needs 15:59; J Hassall 17:39; C Bell 17:43); 8 Middleton 2:12:57. (R Howarth 16:16; S Lowe 16:57; E Shaw 16:33; J Reilly 16:50; I Newcombe 16:27; G Chesters 16:34; A Brocklehurst 16:16; S Carley 17:04); 9 Redhill RR 2:13:10. (T Rawserne 16:09; S Pascoe 17:08; B Johnson 17:21; P Mellors 17:18; D Gibbons 17:20; N McGuinness 16:47; A Maddocks 15:52; A Wetherill 15:15); 10 Bolton 2:13:28. (D Clamp 17:09; P Reid 17:40; A Higginson 16:04; P Turner 16:14; K Fowler 17:43; T Duffy 15:26; I Shakeshaft 16:34; J Bentley 16:38); 11 Tipton 2:13:36. (M Strange 16:40; T Wood 16:20; R Bentley 18:38; S Barker 16:03; G Cox 17:27; M Burnhope 15:08; A Grice 16:29; R Rubery 16:51). 12 Chelmsford 2:14:03. (C Purse 16:21; R Woodley 16:45; D Wigmore 18:16; S Vines 16:16; G Hart 16:55; P Tillett 16:25; B Thorpe 17:10; D Griffin 15:55). Sunderland 2:14:12. (P Roper 16:22; G Forster 16:23; J Stephens 16:17; D Mullen 15:14; R Wills 16:45; F Judson 17:30; V Emmett 17:49; J Maddison 17:52); 14 Rotherham 2:14:43. (P Roberts 16:13; A Gregory 17:35; S Gaines 16:57; M Herrington 18:17; M Connolly 16:24; J Atkinson 16:51; P Neal 16:01; C Beighton 16:25); 15 City of Portsmouth 2:14:51. (G Rhimes 16:21; V Stamp 15:48; D Walker 17:13; D Thompson 15:44; I Andrews 18:09; M Flower 15:48; J Pike 17:55; D Bower 17:53); 16 Mansfield 2:15:03. (P Stafford 16:08; J Wilcoxon 17:32; J Cardwell 17:19; P Carlan 17:01; S Davies 16:29; R Huntingdon 17:10; J Morley 17:06; N Watkins 16:18); 17 Clayton Le Moors 2:15:17. (G Gough 16:31; R Brewster 15:36; P Brannon 16:25; G Cunliffe 16:37; J Hickie 17:41; J Roche 17:25; B Horrocks 17:33; J Hartley 17:02); 18 Neath 2:15:47. (R Bowden 17:29; J Williams 17:08; H Carpenter 17:36; D Davies 16:55; R Bamsey 17:11; G Jones 17:01; T Harries 16:29; P Jones 15:58); 19 Rossendale 2:15:51. (T Taylor 17:37; R Rawlinson 17:16; M Aspinall 16:14; D Hebden 17:21; D Schofield 17:27; S Duxbury 16:23; P Taylor 16:01; N Gotts 17:32); 20 East Cheshire H 2:16:27. (G Matthews 15:49; A Carrol 16:24; K Parker 17:29; R Smith 16:51; D Mellor 17:41; J Fletcher 16:32; P Pearson 18:14; P Sinnott 17:27); Colchester H 2:16:38. Altrincham 2:16:41; 23 Aldershot, Farnham & Dist. 2:16:52; 24 Wirral 2:17:00; 25 Southampton RC 2:17:52; 26 Stockport 2:18:00; 27 Thames Hare & Hounds 2:18:00; 28 Barnsley 2:18:02; 29 City of Sheffield 2:18:46; 30 Les Croupiers 2:18:48; 31 Tipton 2:19:03; 32 Blackburn 2:19:07; 33 North Fylde 2:19:09; 34 City of Hull 2:19:39; 35 Wakefield 2:19:50; 37 Southport Waterloo 2:20:26; 38 Wrexham 2:20:33; 39 Derby & County 2:21:56; 40 Barrow in Furness 2:22:10; 41 Elswick 2:22:59; 42 Ilkley 2:24:03;

43 Holmfirth 2:24:20; 44 Warrington 2:26:13; 45 Wesham 2:27:05

Fastest: 1 Buckley 14:52; 2 O'Doherty 14:54; 3 Carr 15:03; 4 Cordingley 15:08; 5 Burnhope 15:08; 6 Nash 15:13; 7 Mullen 15:14; 8 Rye 15:15; 9 Wetherill 15:15; 10 Barton 15:16

M50 (6 x 5km)

1 Oxford City 1:40:21. (C Rutland 17:25; M Welland 17:07; G Jones 17:15; R Treadwell 16:29; A Amraoui 15:37; J Exley 16:28); 2 Stockport 1:42:28. (J Gweeney 16:34; A Pover 17:13; T Keller 17:14; F Reilly 16:57; J Wharf 17:47; R Taylor 16:43; Bingley 1:42:51. (N Robson 16:35; N Jennings 17:27; T Loneragan 17:34; P Moon 17:12; R Daver 16:21; P Probin 16:21); 4 Altrincham 1:43:45. (D Telford 17:03; R Waterlow 17:15; R McGall 17:30; P Hyde 15:49; K Burgess 18:02; S Graham 18:06); 5 Elswick 1:44:15. (S White 18:41; P Lancaster 16:58; K Graham 16:54; H Taylor 18:01; H Matthews 17:22; J Bell 16:19); 6 Rotherham 1:44:53. (M Palfreyman 16:48; B Harney 18:39; N Masters 17:33; T Hawley 17:44; J Spencer 17:45; K Williams 16:24); 7 South London 1:45:38. (J Quaintance 17:02; R Marsh 18:07; P Williams 16:04; D Kent 17:44; B Gevers 18:10; K Lee 18:31); 8 Invicta, East Kent 1:45:53. (M Rouse 16:50; E Broad 18:31; B Watson 17:27; G Jenkins 18:19; T Edgely 17:25; T Culshaw 17:21); 9 Thames Hare & Hounds 1:47:25. (C Hughes 16:54; R Dickson 18:12; H Arnold 17:25; L Cherrington 17:31; M Bostelmann 18:48; P Honniball 18:34); 10 Derby & City 1:47:58. (M Smedley 16:58; D Percy 19:00; R Clayton 19:02; S Tettersall 18:46; A Kean 16:35; J Simmons 17:37); 11 Poole Runners 1:48:26. (D Cartwright 19:01; R Walmsley 18:41; A Dominey 19:11; A Johns 17:01; J Tozer 17:48; I Barnes 16:44); 12 Holmfirth 1:49:49. (R Futrell 17:54; J Plumridge 17:25; P Buttery 17:47; J Pearson 18:45; W Wade 19:03; R Bradley 18:55); 13 Clayton Le Moors 1:50:12. (P McWade 16:59; B Mitchell 17:31; M Targett 18:23; G Murray 18:45; R Russell 18:56; I Ramsey 19:38); 14 Bolton 1:50:19. (A Nuttall 18:12; E Ranicar 17:16; D Dowd 17:51; M Barnes 19:08; S Almond 19:19; A Fielding 18:33); 15 Wrexham 1:51:06. (P Walker 17:04; T Snowden 19:09; L Leech 18:26; A Egan 17:53; R Carr 18:41; D Williams 19:53); 16 Hercules Wimbledon 1:51:36; 17 Liverpool H 1:51:48; City of Bath 1:53:11; 19 City of Hull 1:54:31; 20 Ronhill Cambuslang 1:55:25; 21 Les Croupiers 1:55:40; 22 Birchfield 1:56:14; 23 Cleethorpes 1:56:31; 24 Sale 1:56:50; 25 Tipton 1:57:17; 26 Middleton 1:57:18; 27 Northern Vets 1:57:48; 28 Milton Keynes 1:59:23; 29 Salford 2:01:22; 30 Spectrum 2:01:42

Fastest: 1 Amraoui 15:37; 2 Hyde 15:49; 3 P Williams 16:04; 4 Bell 16:19; 5 Probin 16:21; K Williams 16:24; 7 Exley 16:28; 8 Treadwell 16:29; 9 Sweeney 16:34; 10 Robson 16:35

M60 (3 x 5km)

1 Stockport 57:42. (B Swindells 17:33; C

Byans 20:17; A Dunn 19:52; 2 Thames Hare & Hounds 57:49. (P Banner 19:36; K Spacie 18:33; J Denny 19:40); 3 Morpeth 58:27. (W Ryder 18:10; B Cordes 19:36; A Oliver 20:41); 4 Bingley 58:53. (J Smithurst 21:09; D Green 20:14; F Gibbs 17:30); 5 Hercules Wimbledon 59:00. (J Thomas 19:22; J Phelan 20:43; J Roberts 18:55); 6 Wirral 59:50. (R Jones 20:06; M Morrell 20:31; L Carroll 19:13); 7 Derby & City 60:40; 8 Neath 60:44; 9 Milton Keynes 60:50; 10 Clayton Le Moors 60:53; 11 Barrow in Furness S 61:16; 12 Nuneaton H 61:19; 13 Gosforth 61:26; 14 Salford 63:39; 15 Altrincham 64: 51

Fastest: 1 Gibbs 17:30; 2 Swindell 17:33; 3 S James (Stock) 17:35; 4 Ryder 18:10; 5 Spacie 18:33; 6 Roberts 18:55

WOMEN

W35 (3 x 5km)

1 Derby Ladies 55:06. (J Cunningham 18:19; Y Crawley 18:35; W Roethenbaugh 18:12); 2 Maclesfield 55:09. (J Deagan 18:30; P Atkinson 18:51; C Greasley 17:48); 3 Shettleston 55:12. (E McBrinn 18:29; E MacKay 18:58; L Harding 17:45); 4 Shaftesbury Barnet 55:18. (L Cole 19:13; K Armstrong 18:13; S Heath 17:52); 5 Altrincham 55:20. (A Sixsmith 18:34; S Tredell 20:04; H Knight 16:42); 6 Les Croupiers 55:58. (W Edwards 18:48; D Jones 18:04; E Turner 19:06); 7 Neath 57:47. (F Gill 17:07; A Whitehouse 19:15; J Gange 21:25); 8 Rotherham 58:29. (J Hindley 18:42; H Garrison 19:26; S Burton 20:21); 9 Bolton 58:40. (S Selby 18:57; D Shakeshaft 19:16; L Flatman 20:27); 10 Trafford 58:48. (L Gabriel 20:08; S Exon 21:05; J Holt 17:35); 11 Elswick 58:50; 12 Exeter H 59:11; 13 Wrexham 59:58; 14 North Derbyshire 60:15; 15 Thames Hare & Hounds 61:03; 16 Norwich RMI 61:40; 17 Barnsley 62:04; 18 Woodford Green with Essex Ladies 62:43; 19 Clayton Le Moors 63:44; 20 Cleethorpes 64:27

Fastest: 1 Knight 16:42; 2 Gill 17:07; 3 Holt 17:35; 4 Harding 17:45; 5 Greasley 17:48; 6 Heath 17:52; 7 J Harrison (Exe) 18:01; 8 Jones 18:04; 9 Roethenbaugh 18:12; 10 Armstrong 18:13

W45 (3 x 5km)

1 Westbury 60:36. (P Gallagher 18:22; M Coffey 21:06; M Palmer 21:08); 2 Rotherham 62:16. (G Bunker 19:56; P Muller 21:12; J Street 21:08); 3 Royal Sutton Coldfield 64:56. (F O'Brien 21:33; A Roberts 20:49; M Perry 22:34); 4 Middleton H 65:11. (P Williams 21:08; K Moyneaux 21:58; C Brooks 22:05); 5 Salford 65:18. (K Williams 20:18; C Crowther 20:31; H Towell 24:29); 6 Shaftesbury Barnet 65:52. (J Young 21:02; C Gould 21:27; J Smith 23:23); 7 Clayton Le Moors 65:35; 8 Rochdale 67:34; 9 Cardiff 68:15; 10 Barnsley 68:28

Fastest: 1 Gallagher 18:22; 2 Bunker 19:56; 3 K Williams 20:18; 4 J Needham (Roch) 20:22; 5 Crowther 20:31

SPORTS INJURY/THERAPY CONFERENCE 28/29 October 2000, Wortley Hall , Sheffield

I/we would like to attend the Sports Injury/Therapy Conference to be held 28/29 October 2000 at Wortley Hall, Sheffield and enclose my/our cheque for £80 per person made payable to British Masters Medical Services c/o Carole Filer, The Street, Hockering, Dereham, Norfolk, NR20 3AJ.

Name:

Share room with:

Address:

Telephone No:

Email address:

AROUND THE REGIONS

VAA ENGLAND

Inter-Area Club Track & Field Challenge - 24 September at Grantham

Eastern Vets have kindly agreed to host this popular challenge this year. They were winners of the overall Bill Taylor Trophy at Watford with their women's team gaining most points during the day.

Northern Veterans were winners of the men's match. In recognition of this Midland Vets have provided the Peggy Taylor Trophy for women and Eastern Vets will donate a similar trophy for the successful men's team in the competition at Grantham. Please support your Area Club and continue to make this a fitting end to your track season.

Winston Thomas will be contacting Area Clubs with further details

Home International Cross Countrv - 18 November. Navan, Eire.

The VAAE wishes to invite runners who are eligible to run for England to apply for selection. Forms are available from Philip Lee, VAAE Cross Country Secretary, 85 Parlour Close, Histon, Cambridge CB9 9XR (include SAE) or from your Area Club representative.

Selectors will meet October 14 to finalise the teams and will take account all BVAF Championship events - particularly cross country relative to known athletes - but also 5000m for women and 10,000m for men, road or track. World and European performances will also be considered as well as notable times over any appropriate distance or surface. It will greatly help your chance of selection if you put up a fast 5k or 10k time in August or September.

Mick Statham, the England Team Manager has nearly completed the VAAE web site which will give full details of the event, selection, accommodation etc. Our web address will be published in the next issue.

Irene Nicholls

SCVAC

The third of the Grand Prix events, the 10K Road Championships, was again

held in conjunction with the Blackheath Harriers' Ted Pepper Memorial 10K on May 1st in rather warmer and sunnier conditions than most had anticipated. However, times were reasonable and resulted in some of the newer members getting amongst the medals.

Cliff Keen took advantage of running on his home ground to finish fifth overall and first M40 in 34:46. He was followed in for the silver by Andy Evans whose wife Carol went one better by leading all the women home in 38:37 and naturally was the recipient of the W35 Gold.

Dave Sifford made his championship debut with a good M45 win just 3 seconds behind Andy with both Walter Hill and Martin Clarke obtaining the subsidiary M45 medals only just behind Kevin Bowles the M40 Bronze medalist. Trevor Edgley who is quite often away at sea in a professional capacity but very rarely on the roads, was a good winner of a very strong M50 section while Arthur Kimber, better known as a middle distance track specialist pulled out all the stops to win the M60 title with a snappy 41:12. Ron Hale was equally impressive with his 49:46 at the grand age of 75.

Ann Bath had her usual gutsy run to win the W50 title ahead of Cheryl McDonald and Bridget Cushen, winners of the W40 and W55 golds.

Edgeley was the men's leader in the age graded stakes with 83.23% with Kimber and Keen next with 81.88% and 81.31% respectively. Carol Evan's time gave her 78.90% for the women's maximum 40 points.

After three events, the overall points couldn't be closer with the 1998 Grand Prix overall winner Martin Clarke on 98 points - one point ahead of Cliff Brittain - and Ann Bath, with 78 points, just two points ahead of Cheryl McDonald. However, as this year's series is based on the best five scores for seven events and with the half marathon, 10 miles, marathon and 5K still to come, anybody could yet emerge from the pursuing pack.

The next event in this series is the Slough Half Marathon on September 3rd. See you there.

Jack Fitzgerald

ISLE OF MAN

The first club event of the new Millennium, the Spring Handicaps, also saw the inaugural running (or should I say walking) of the Ann Brough Trophy. This is a 5K handicapped walk in memory of one of our dearest members who passed away last year.

Fifteen competitors braved the elements for the first of the two race series with Margaret Tasker leading the way. After 6 and a bit laps, it was the husband and wife combination of Mike and Val Kneale who came in 1st and 2nd. Mike having completed the course in a handicap time of 42:35, actual time 32:35, and Val in 43:15, actual 32:15. Close behind in 3rd was John Lelant 43:19, actual 34:49, followed closely by the confusing pairing of Gordon Corrin and Gordon Corran in actual times of 29:57 and 30:05 respectively.

The top six was fittingly completed by Brian Brough (Ann's husband) in an actual time of 33:15. All 15 walkers finished within 3 minutes of each other, which was excellent handicapping especially as the times were worked out on the competitors own stated times.

In the 6 mile run, however, the handicapping system of taking last November's 6 mile time proved how much fitter some people had become to the detriment of those who were either 'flying' last November or suffering this year, as the field of 16 was spread out over 7 minutes at the finish.

First home was the fast improving Ken Watterson whose actual time of 42:58 gave him a race time of 56:58 some 90 seconds in front of 2nd man Martin Bell who is another runner returning to form. Third home and first lady was Maureen Kelly who had been the first to start 59 minutes earlier.

Fourth in an actual time of 36:58 was the ever-competitive Steve Kelly and he was followed into 5th place by the fastest on the night, Richard Radcliffe in an actual time of

35:16. Dave Tasker completed the top six in this race in a race time of 59:56, actual time 43:56.

These results are now carried forward to November 18th for the second round with the start times being dependent on age groups. The two trophies will then be presented that night at the Club's annual dinner.

Congratulations to Dave Anderson who opened his 2000 campaign by taking bronze in the 400m at the BVAF Indoor Championships in Birmingham. His time of 54.76 shows he is well on the way to full fitness and hopefully another successful indoor and outdoor season.

In the Easter Athletics Festival visiting veterans and locals battled it out in the three race series. The Good Friday 5.3 mile road race saw Andy Fox, of the promoting club Manx Harriers, take the M40 prize by finishing 12th overall in an excellent time of 28:45.

Mike Davis, of Cheltenham AC, finished 18th overall to be first M45 in 29:22. First M50 was our own Alan Postlethwaite, 32:13, with City of Hull AC's Alan Fowlie first M55 in a time of 33:46. The M60 prize was taken by Donald Summersgill of Northern Vets AC in a time of 46:29.

The Ladies' race saw new IOMVAC member Jackie Ashman take the major honours by finishing first overall with a time of 32:22 leaving Wigan Phoenix's Susan Waterson to take the W35 title in 37:17.

First W45 was Liz Corran (Manx Harriers) who ran an excellent race to finish in 39:25. The final honour went to Dawn Lock of Lytham St. Annes RR whose time of 52:56 was good enough to give her the W55 title.

Easter Saturday saw the series move to Peel to tackle the 500ft climb up Peel Headland. Again Andy Fox was first M40, putting his cross country skills to good use by finishing 9th overall in a time of 23:29. Sixteenth overall in 24:14 and 1st M45 was Mike Davis. The M50, M55 and M60 prizes were again taken by Alan Postlethwaite, 27:25, Alan Fowlie, 29:36, and Donald

Summersgill, 38:31 respectively. The veteran ladies, on a slightly shorter course, were led home by Jackie Ashman, 2nd place overall with 19:21 while the W35 title went to Susan Waterson in 23:03. The other ladies who braved this demanding course were Tina Lewis (W35) of Clayton Le Moors Harriers in 23:57, Ann Cain (W35) Manx Harriers, 24:54 and Dawn Lock (W55) Lytham St Annes, 33:11.

The ladies were first away on Easter Sunday for their 5K run. Once more Jackie Ashman (W35) led them home in 18:10 with Susan Waterson again 2nd vet in 21:35, just four seconds ahead of Tina Lewis.

Liz Corran again put on her running shoes to complete the course in 22:11 with Dawn Lock once more being 1st W55 in 29:42. Other fine runs were by Ann Cain (W35) in 22:57 and IOMVAC member Carol Bates (W45) in 28:11.

The men's race was 4x5km relay with the IOMVAC team of Robbie Callister, Ian Crawford, Phil Motley and Terry Bates coming a creditable 6th place in a 1:12:59.

Andy Fox well deserved the Best Veteran Prize for the series after showing that he can still mix it with runners some 20 years his junior. The IOMVAC team secured the Best Veteran Team Award by finishing 6th overall after some solid performances in each of the races.

We now look forward to doing even better in the BVAF Marathon event here on the Island in August. **Terry Bates**

EVAC

Road Relays, Sunday 9th April, Hemmingford Grey, St Ives, Cambridgeshire

It looked for the first three laps that Nene Valley Harriers were destined to win the four stage race for the fourth time running,

Stan Owen got them off to a good start with what turned out to be the fastest leg of the day. They managed to hold the lead until the end of the third leg but Chelmsford who were fourth on the first leg made up a place on each of the subsequent legs to win by fourteen seconds.

Milton Keynes AC who had

four runners under 11 minutes were third.

In the M50 race, Phil Lee for Cambridge & Coleridge was second on the first leg behind Peter Dancer (Bedford & County) who clocked the fastest M50 time. Cambridge & Coleridge then lost three places and gained one to finish third in this group which was won by Milton Keynes for whom Hugh Starkey was 9th after the first leg. Hewens made up four places and Mike Bromilow another four to beat Nene Valley Harriers by 19 seconds.

Chelmsford provided half the women's teams and were rewarded for their efforts by taking third place medals behind City of Norwich and Cambridge & Coleridge, only losing the silver to C&C by ten seconds on the last leg. Cambridge's Joan Lazenby ran the fastest leg of the day to gain the silverware for her club.

City of Norwich had the lead on the first leg, dropped one place on the second but regained it on the third.

Peter Chaplin

VAA-NE

From May 1st, veterans athletics championships and affairs in the North East will be organised by the Veterans Athletics Association - North East (VAA-NE) which replaces the North East Veterans AC (NEVAC) as the body affiliated to the BVAF. The NEVAC will continue as a separate first claim club for veterans.

NEVAC has been in existence since 1982, organising club championships for first claim members and second claim members who were first claim for other clubs in the area. This second claim membership is not recognised by the English regional athletic associations and broke the BAF/UKA rule No 9. For years, NEVAC had also been managed by 'illegal' second claim members.

The New Association which is affiliated to the North of England AA, has been established to organise north east counties championships and to comply with UK Athletics' rules which require that clubs must field first claim registered members who have either a) bona-fide residence in or b)

have been born within the counties of Northumberland, Durham, Tyne & Wear or Cleveland.

The Association will have a direct membership of individ-

ual veterans to comply with the BVAF Constitution. Veterans from other areas will be able to compete in NE championships as guests if places are available.

Denis Field

IN BRIEF

● SPORTS INJURY/THERAPY CONFERENCE 28/29 OCTOBER, WORTLEY HALL, SHEFFIELD

Topics for this second conference will include an individual assessment, fitness check/MOT, nutrition/supplements and yoga in relation to sport. Other areas can be covered if time permits, please contact the organiser.

The cost for the weekend will be £80 per person (non-refundable) which includes Saturday evening meal, overnight accommodation, full cooked breakfast Sunday, Sunday lunch, plus tea and coffee breaks.

Back by popular demand, Steve Peters will again host his music quiz on Saturday evening. A jog/walk will take place in the grounds early Sunday morning for those who are interested (and awake!) This will be a good social gathering as well as providing athletes with invaluable information. Closing date 31 August 2000.

Profits go towards providing medical cover for overseas meetings. The small profit from the January conference has already helped towards providing cover for the European Championships in Finland.

Please send details (name, address, telephone, email address) indicating room share details and enclosing a cheque for £80 per person made payable to British Masters Medical Services c/o Carole Filer, The Street, Hockering, Dereham, Norfolk, NR20 3AJ.

● THE WINNING EDGE

The second collection of Alastair Aitken's athletic interviews, 'The Winning Edge', can be obtained from John Bourne Sports or directly from the prolific writer himself at 38 Fitzroy Gardens, Upper Norwood, London SE19 2NP for £4.00 per copy.

The book includes interviews with four current Olympic champions and a triple gold medallist at the World Veterans' Championships at Gateshead. 243 pages with photographs by Mark Shearman and Jeremy Hemming.

● BARBARA DUNSFORD MEDICAL FUND

Barbara Dunsford wishes to thank the following for their contributions to help with daughter Barbara's treatment: Mr and Mrs Fotheringham, Mr and Mrs Hartas, Mr L Creo, Mr B Peat, Mr T Rawlinson, the Galfetti family in Switzerland and Mrs Christine Day in memory of her beloved Mum.

Barbara reports that young Barbara had her first yearly check-up in March and the doctor in Texas was very pleased with her progress. The family is still trying to het the treatments done in the UK but keep coming up against red tape. Barbara has to have three monthly treatments but her mother says that she looks and feels a lot better than 18 months ago which gives them all hope for the future. The family thank everyone who has helped them over the last year and half.

GATES SWINGS IT AGAIN.

Alastair Aitken was at Grimsby for the BVAF Cross Country Championships and saw Nigel Gates' two week peaking programme work its usual magic



Photographs: Jeremy Hemming

M40+ RACE

NIGEL GATES must surely be considered the outstanding distance runner in veteran athletics over the last seven years. He proved that point when he extended his winning streak at the BVAF Cross Country Championships.

"Whereas in 1999 I could not put a foot wrong," he confided after the race. "It has been a real struggle since Christmas and I did not feel good in the week leading up to the race. I knew Eamonn Martin was entered as well. All I did really was to execute my two week peaking programme and it has worked again."

Gates added philosophically. "I will be beaten sooner or later - it might have been today. I'll then ask myself whether I should retire on a good note. But, as for today I am over the moon, it was a phenomenal run for me and I'll carry on."

Gates added, "You have got to respect Eamonn because there are few people (at his level) with the strength of character (to take part) when they are obviously not fit. That is fantastic and no one can take away anything from what he has achieved."

Eamonn Martin was the highest profile ex-international runner to turn up for a BVAF distance event since Mick McLeod won the World Vets 10k road race in 1992. Good news for veteran athletics to say the least.

This underrated BVAF event has been littered with excellent runners who never managed to win at their first attempt, including such luminaries as Allen Rushmer, Alun Roper, Mike Turner and Gerry North, an indication of the intensity of these Championships.

It was unusually good weather at Grimsby, contrary to the TV forecast and therefore the races were run over mostly firm ground that favoured road runners. After the start (which was over a roller coaster of ancient agricultural earth-

works) the leading group included Bob Atkinson, Ivan Van Lokven, Mark Burnhope, Nigel Gates, Andy Wetherill and Eamonn Martin.

After 2½ miles. Gates, Wetherill and Tipton's back-to-form Mark Burnhope, were disputing the lead and Martin had drifted back to the next group.

Gates' confidence grew as the race progressed but coming emerging from down in the thirties was an easy moving Bill Foster.

As they reappeared into view on the second lap Foster was dictating the pace. However, Foster's effort to get up to Gates was costly and the latter took up the pace again, speeding up the final short hill and down the other side, giving Foster little chance to get on terms again and turning into the last quarter mile clear of his rival.

Colin Donnelly, a state registered nurse working fifty hours a week at Bangor District hospital, had moved, like Foster, through the race and was a good third. Behind the top three, only 47 seconds covered the next six: Burnhope, Wetherill, Atkinson, Steve Robinson, Brian Kirkwood (2nd M45) and Eamonn Martin.

Swansea took the team title and were awarded the Omega Sebastian Cup.

The aficionados of the sport present were interested to hear Maurice Morrell explain that the cup had been presented in 1956 to a team of Ken Norris, Fred Norris, Peter Driver, and Derek Walker. The four Englishmen had filled the first four places in Spain, scoring a low 10 points. An illustration of how good we were at cross-country in those days!

M50+ RACE

PETER HYDE who won the BVAF M50 CC race at Croydon in 1998, again had an impressive win. Considering that he had run a pb of 32:25 for 10K on the road three weeks before Grimsby, it was not unexpected.

ed. However - as with the 40+ age group - there was a large number of contenders for the crown. Such runners as Ahmed Amraoui, John Kerr, Pete Witcombe, Charlie Dickinson, Graham Wooton, Duncan Overton, Brian Lloyd, Brian Hilton, and John Willoughby were all in the field as possible challengers.

Nigel Gates' clubmate and Southern Champion Pete Whitcombe, put the boot in the first hill, splitting up the leading group and he repeated that on the next slope.

Hyde later said that he thought, "Is he trying to tell us something?"

Hyde confessed to being a little unnerved by those moves but not completely thrown. Then a new problem set in. World 5,000 track champion, Amraoui was too close for comfort.

At the start of the second lap Hyde, a teacher of biology at Salford University, had a ten metre advantage on Amraoui but then decided to work very hard, particularly as he knew Amraoui could muster up a lethal finish.

Taking no chances with the road and track specialist, Hyde opened up a sizeable gap that took him, reasonably untroubled, to the finishing line. John Kerr was a good third.

The first M55 was Graham Patton in fourteenth place while first M60, leading his club to the team prize, was Elswick's Phil Lancaster from Fred Gibbs. It was good to see Steve James still in the frame, after his injuries of last year.

Barry Swindells won the M65 race; Laurie Forster took the M70 medal and, James Caddy was the M75 winner. Caddy who has been winning indoors this year, remarked: "I am a heavy build so no good in (muddy) cross country conditions but at Grimsby it was firm like the road, so wearing my flats was not a disadvantage."

Below: Diane Marsh (72) tackling Roy's Revenge. Far left: Bill Foster forces the pace in an attempt to drop Nigel Gates



WOMEN'S RACE

The women's race, nearly always, throws up a comparatively new name and this year was no exception. The glory went to an untried cross country runner Margaret Boleman, coached by Maurice Jefferson, mean performer himself in the past.

Boleman first appeared in veterans events at the World Vets

Championships last year but, in 1994, ran 4:28 for 1500 in the Jubilee Cup Final.

Boleman (41) was back in fifth place to begin but took the lead after going over the stream, up through the woods and into Crow Holt Woods. She did not look like losing after that. However, the first four home, which included W35's Sarah Heath and Helen Burrell,

plus Maggie Statham (W45) were all within 20 seconds of each other.

Statham had won the race outright at Burnley in 1993. It was also good to see Ann Ford, supported by her husband Bernie, finishing second W45 and seventh overall.

Well placed amongst the youngsters was first W50 Linda

White in 22nd place and Dot Fellows (W55) was 32nd.

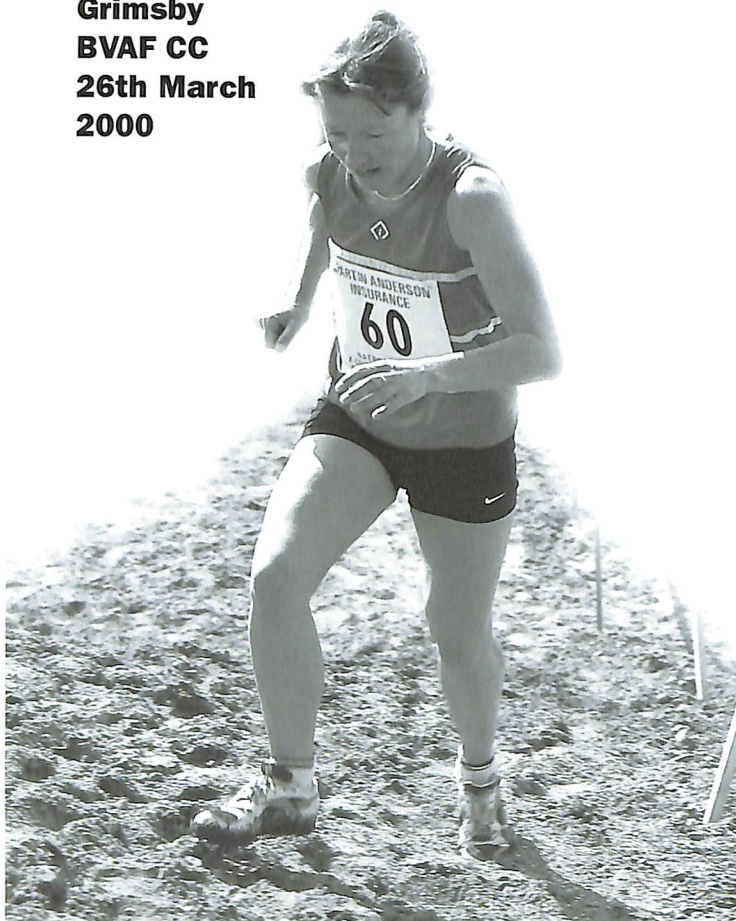
Derby ladies placed their three scorers in the top 13 home, beating the points achieved by Redhill Road Runners and Shaftesbury Barnet.

Roy Saxby and his team worked hard for months to make the occasion a great success.

AITKEN'S NOTEBOOK

There you are, you've run the race of your life, you are on top of the world! Suddenly, you hear a soft voice behind you, continuing a conversation you had six months ago. Yes, it's **Alastair Aitken** and you might be in his next book - or the one after that.

**Grimsby
BVAF CC
26th March
2000**



MARGARET BOLEMAN, overall winner of the BVAF women's cross country at Grimsby, is a Civil Servant:

"My coach is Maurice Jefferson who was a good runner when he was younger - so he knows what he is doing. I did a time trial on the Saturday before Grimsby, round Water Park, which I was quite pleased with. It was just over 3 miles, Maurice held the watch and I ran just under 17 minutes.

"I did that on my own. I train on my own except that sometimes I go on a long Sunday run with my Sale clubmate, Diane Modahl. Diane does about 80 minutes and I do 90. It is nice to go out with somebody you can chat to.

"My Mother died suddenly and unexpectedly over Christmas and for a while my running went to pieces. I had to be patient but I wasn't and I start-

ed training three times a day and got injured."

Margaret's general training consists of: walk to and from work (about a 5 mile trip) plus an hour running lunchtimes. Thursday - track session. Saturday - track session.

PETER HYDE, M50 winner at Grimsby, is a teacher in biology at Salford College:

"I used to run marathons and I did 2:28 in 1990 when I was 43. Over the last 12 weeks I have averaged 60 miles, that is the highest I have managed for a very long time.

"I think every race is hard - I just run as hard as I can. It hurt keeping it going on the second lap at Grimsby but it is the same on the road, just grinding it out. I don't consider that I have got a lot of basic speed,

you see. I can keep a reasonably high tempo going.

"The course at Grimsby was good, despite the fact that you were winding through the trees, you could keep a good rhythm. I don't train in the day anymore, I train with a group at Altringham & District AC on Tuesday, Thursday and Saturday mornings. There is quite a big group of us - young people up to older than me. Heather Heasman and several other girls and young lads are in the group.

"When we do shorter work I drop back to a slower group, partly to protect my hamstrings and calves. Longer stuff, that suits me more, then I run in the top or second group."

EAMONN MARTIN, ninth at Grimsby:

"I had no races for 8 months and then only one run in a relay - purely because I did not want to go into the National Vets without any races. I've had four weeks of really good train-

ing but the whole Winter was patchy due to an injury.

"Overall today I ran to my own form, that is as good as I am. OK, I thought I had a chance but was not sure what that chance would be, whether I could offer a challenge and rise to the occasion. This is my standard at this moment in time, I have no complaints. I have had gaps in my training when my left Achilles plays up and I have to do easy running for two weeks. But I really enjoyed the day.

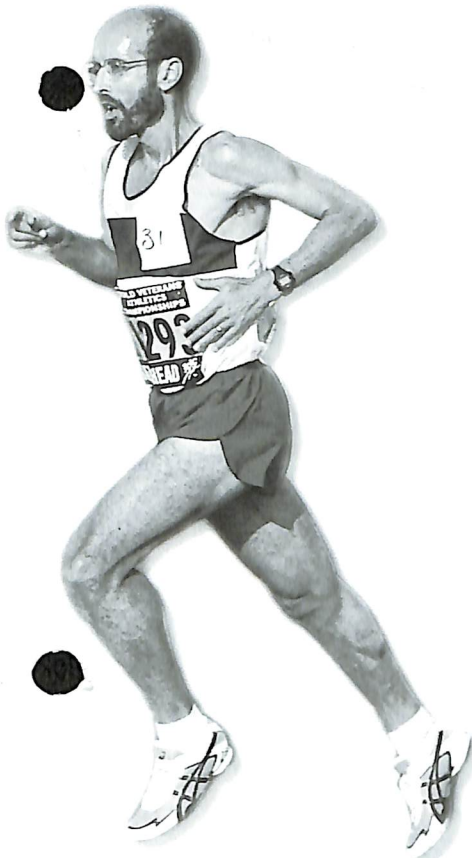
"I knew the National Vets would be tough. I thought I could finish anywhere between first and down to about sixth. I am keen enough and enthusiastic enough about running still and motivated for the future.

"Last year I ran a British vet record for 5 miles and I chose to run the 'National', thinking I had a chance of getting a medal. To finish high up in the men's National as a 40 year old was very motivating and I finished 11th. I had a go and that is what drives me on.

"My favourite races of all time? The first time I won the National (1984, from Roger Hackney and Julian Goater) the British 10,000m rec. (27:23.06) in Oslo, 1988.

"For those two particular races I thought I was in exceptional shape. The London Marathon win in 1993 in 2:10:50 was a good run but does not compare to the other two results. I ran well on the day in the marathon but it was the fame and the things that went with it - plus the fact that it was my first marathon - that was pleasing. But it was a fantastic thrill to win the National because I thought it would always be a struggle for me to win it. Then at Newark (1992) I won it again! I was probably in the best cross country shape I have been in (40:29 from Billy Dee, 40:56) and I went on to finish 17th in the World CC Championship."





AHMED AMRAOUI on his World Championship M50 5,000m win at Gateshead:

"I trained very hard for a good three months. I used to sleep and think about the 5000m and nothing else, whereas at Grimsby I just did it for fitness sake - the day before the cross country I did a track session. My favourite surface is the track or the road. The course at Grimsby favoured me because it was firm under

"Tactically the 5000m at Gateshead was the most outstanding race I've run. Luckily, I spoke to Nigel Gates and Ron Robertson of New Zealand before, they both knew Van Noten and they told me whatever you do make sure he was not sitting at your shoulder with one lap to go because he has got quite a good sprint finish.

"Nigel said, take it on with four laps to go and wind it up, so that was what I did. With four laps to go I just kicked like hell; I was quite pleased that he could not respond.

"That was good tactically but, for me, last year the best run was a 3000m at Exeter when I did 8:46 - my best on the track, ever. It was the first time I have run under 8:50 in my career - even when I was young."

LAURIE FORSTER, M70 winner at Grimsby:

"My favourite result was the 1986 London Marathon when I was 55, I ran 2:34.

"I first came into veteran athletics when I was 52 from veterans' cycling but up to the age of 47 I was smoking twenty cigarettes a day - I was a statistic in waiting for a heart attack. I thought I would do something about it - there had got to be some better life than that.

"I have never really looked back, apart for the time I was self-employed after I had been made redundant which threw me back a bit. I was then out on my own doing physical work which took the edge off my running.

"Once I retired at 65, I was able to get it together again. Derek Wood was the driving force - literally - behind our Barnet M60 squad. He used to take us all around the country, he really pointed the way to higher things for me. Up to then I had been a bit of a fitness man and just a fun runner, he took me under his wing and said, 'Right, we have got a good squad here and we can do things in the M60 category'. We did. He has always motivated me.

"My wife Betty is a few days short of moving into the 70s. I can remember when she first saw me take up running, she thought that I wouldn't be able to do anything like running marathons but, lo and behold, a few years later, there she was winning her age group in the London at 50.

"I would like to take my 20 year old self on now to see what the result would be because I know I was not as fit then."



Peter Hyde strides out at the front of the Grimsby M50 field.

Far left: Margaret Boleman on the hill. Below left: Eamonn Martin emerging from the final ditch. Left this page: Ahmed Amraoui, second M50 at Grimsby

Photographs: Jeremy Hemming

JIM CADDY, M75 winner:

"Basically, I have been running all my life, I did not walk if I could run but I did not

join a club - Middlesborough and Cleveland - till I was 46. My first race was in the National Industrial cross country at Stoke.

"My first race for my new club, Middlesborough, was at South Shields and at first I was last. Once I knew the ropes, however, I went through the field and they must have wondered where this bloke in his forties was coming from.

"I ran every week and ran in Northern vets. Sixteen years ago I got injured and although I never stopped training, it prevented me from racing. Training became more steady and the difference between training for

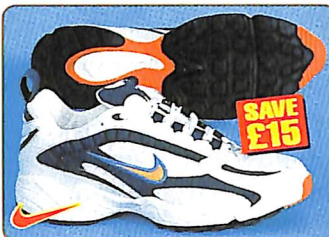
racing and just to keep in trim is chalk to cheese.

"Last year when the Gateshead Games were on, I thought I'd have a go - why not? I started training and did a few races to see how things were going. I couldn't do it all in one jump but the races got better.

"At Gateshead I was within a few weeks of being 75, at the worst end of my group. I did not expect any results but I was basically interested in getting back into it. This year being 75 I am at the best end of the age group; I won the 1500 at the Birmingham indoor, 5K in Annan and the 10K at Bradford.

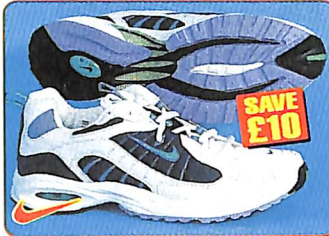
"I now do an hour a day on the roads near my home with a friend. It is good to have somebody to run with, I also have a treadmill in the house which I get on for half an hour a day - not the week leading up to Grimsby, though. I thought I better have an easy week." ●

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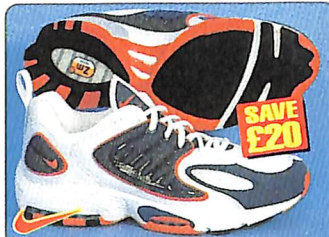
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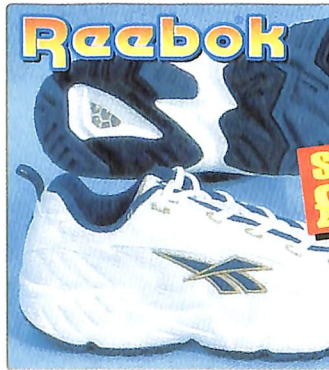
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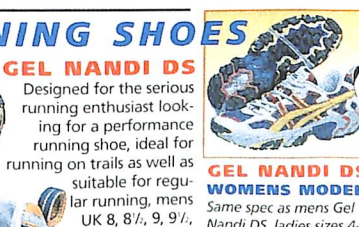


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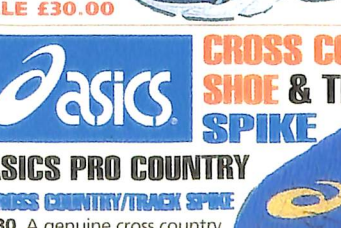
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