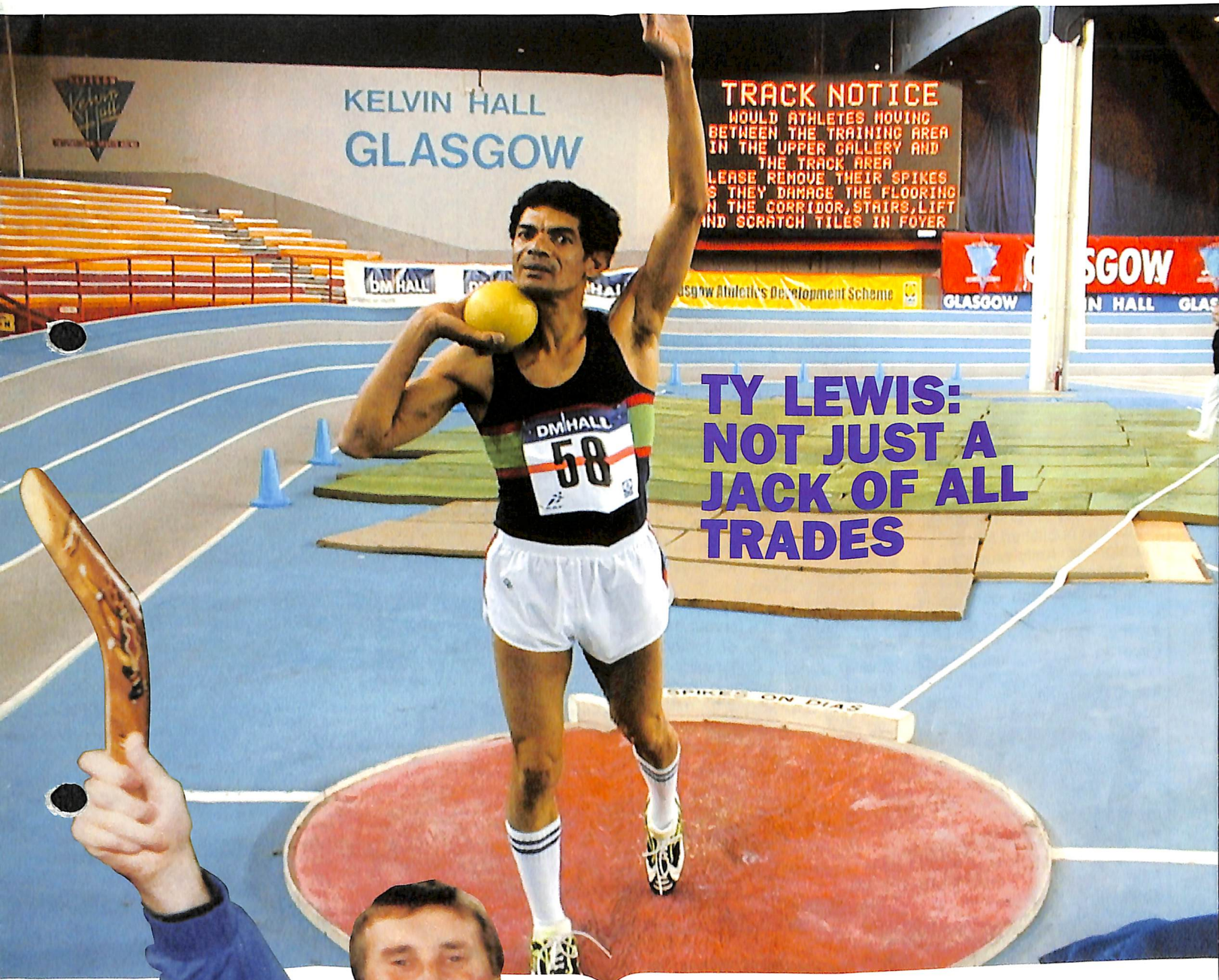


VETERAN ATHLETICS

The Newspaper of the British Veteran Athletics Federation

No 58 October 2001



**TY LEWIS:
NOT JUST A
JACK OF ALL
TRADES**

**BRISBANE REPORT
BVAF ROAD
CHAMPIONSHIPS
MULTI EVENTS
CHAMPIONSHIPS
RESULTS**

PROFILE

ARTHUR COMES FULL CIRCLE

Pete Mulholland with Geoff Harrold

At the age of eighty Arthur Keily has at last decided to hang up his racing shoes. To celebrate he has published a pictorial record of an athletic career that stretches back to the 1930s when, as a ten-year-old, he finished third in a three-mile walking race.

This is not the first time that Arthur has published a book. In the eighties, Keily produced a fascinating account of his running career which detailed a punishing racing and training regime. The earlier book also gave an alarming insight into how the athletic authorities of the day viewed their athletes, communicating with them as though they were backward children and rarely giving explanations for their decisions.

VA editor, Geoff Harrold, met Arthur for the first time at the 1982 Goldenlay Poly Marathon, long after Keily had retired and was surprised to see that the driven, wiry, racer - who had sported the Brylcreemed hairstyle of an earlier generation of footballers - had become the relaxed, convivial, white haired - and much more substantial - figure that we know today.

The new book contains pictures of Arthur's childhood and visions of World War II. He reveals that, but for fate's intervention, "I would have been on the ill-fated Lancastria which went down with the loss of 5000 lives."

Joining Derby & County AC in 1949 after a spell as a top class amateur footballer, Arthur soon tasted success, particularly with the Derby Railway team. Arthur's marathon

career, peaking when selected for the 1960 Rome Olympics, began on the Doncaster to Sheffield road where he placed 12th in 2:46:22. A bid for the 1956 Olympics was foiled by the selectors in spite of finishing third in the Polytechnic Marathon, the designated trial.

Four years later, Arthur won the Poly Marathon in June with a world leading 2:19:06, then the third fastest time ever. However, the selectors refused to confirm his selection until early August, just five weeks prior to the Games.

Between those two Games, Arthur raced with a fervour that would have some of today's athletes shaking their heads in astonishment, winning races ranging from 15 to 40 miles and setting numerous world bests and course records. During this time he also captained Derby & County AC teams that included various combinations of his five brothers and were virtually unbeatable over road and country.

After the 1960 Olympics, Arthur put his athletics on hold until, nearing the age of 70, the itch took hold again with the 1991 London Marathon as a target. Arthur won the M70 title in 3:24:22 by over 22 minutes - the biggest winning margin in the history of the event.

Over the next ten years numerous M70 and M75 records were set before what he admits "was my swansong". This year Arthur came full circle from those early days as a 10-year-old walker by winning the M80 3000m track walk at the BVAFA Championships at Eton.

"80 Years of a Happy Healthy Life in Pictures" by Arthur Keily is available at £10.00 + £3.00 p&p from Arthur at 21 Donnington Drive, Sunnyhill, Derby DE23 7NA

"For weeks up to the BVAFA Championships, I was worried that I might be pulled out in my 3000m. How did Jack Fitzgerald get pulled out in both races? The rules want sorting out as regards older veterans."



BVAF MULTI EVENT CHAMPIONSHIPS, SHEFFIELD, 8-9 September

SECOND DAY RUSH BY SLAUGHTER TAKES THE TITLE

Pete Mulholland makes a pilgrimage to Sheffield

300 CLUB PRIZE DRAW WINNERS

MAY: £125 to W Muller (Bodmin). £10 each to S Powell, C McDowell, S Stone, P Lewis and T Stephenson.

JUNE: £125 to N Webber (Bonfleet). £10 each to J Brett, D Calder, C Chataway, P Acton-Phillips and J Rambridge.

JULY: £125 to E Wheeler. £10 each to W Marshall, L Vialls, P Scully, M Grant Stevens and C Bathgate.

Cheques (payable to Veteran Athletics) should be sent **Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbott, South Devon TQ12 6YB.**

WINNING four out of five events on Day One of the B V A F

Multi Events Championship appeared to have put Andrew Waddington in the driving seat but the consistency of Eastbourne's Brian Slaughter paid dividends as he came through to take his third consecutive title in this event.

John Mayor, second last year, was considered by many as a primary challenger and a clear victory in the hurdles to open the second day put him a mere point behind Waddington with Slaughter hanging on with a 56 points deficiency.

A winning discus saw Slaughter in the lead for the first time, followed by a season's best pole vault of 3.10m to consolidate his advantage. Meanwhile, Ken Lyon had vaulted 3.50m to ease into third place, seven points behind Mayor as Waddington tumbled to fourth.

Colin Hayton who, following his wins in both pole vault and javelin, was making a late charge from the lower ranks but the points deficit was too large to make a serious impression.

Early leader Waddington came good again to win the 1500m but it was all too late as Slaughter eased his tired frame towards a winning margin of 550 points while Lyons, with points in the bank, took second. Mayor, just a further 29 points adrift, was third.

On a blustery weekend that saw a record turnout for the event, Slaughter was just one of five competitors who mounted a successful defence

of their titles. Mike Corden proved the most dominant as he took the M50 title by a massive 705 points margin despite a disastrous hurdles which saw him fail to finish!

Hasan Kasap looked a clear winner for the M45 title with four disciplines remaining but Ray Ashford came back into contention with wins in the discus and pole vault before Kasap came good in the javelin. However, Ashford's dominance in the 1500m paid dividends as he snatched victory by the margin of 39 points.

Dan Luklinski was another successful defendant, whose victory was never in doubt as he won the first eight disciplines on his way to M55 honours ahead of Brian Loten. Tony Rawlinson, enthusiastic as ever, unsurprisingly lacked opposition as he retained his M85 title.

Two champions of last year had to settle for second as Scotsman John Ross lost out to John Howe in spite of a 1500m that saw the former gain 683 points. Meanwhile veteran stats man Dave Burton's aspirations were hindered as a no height in the pole vault allowed Colin Shaffo to take the M65 title by 213 points.

Christine Pates, from her opening win in the 100mH - just 3/100ths of a second from eventual runner up Dorothy Orr - stormed away in each of the remaining six events of the W35 heptathlon for a dominant title defence.

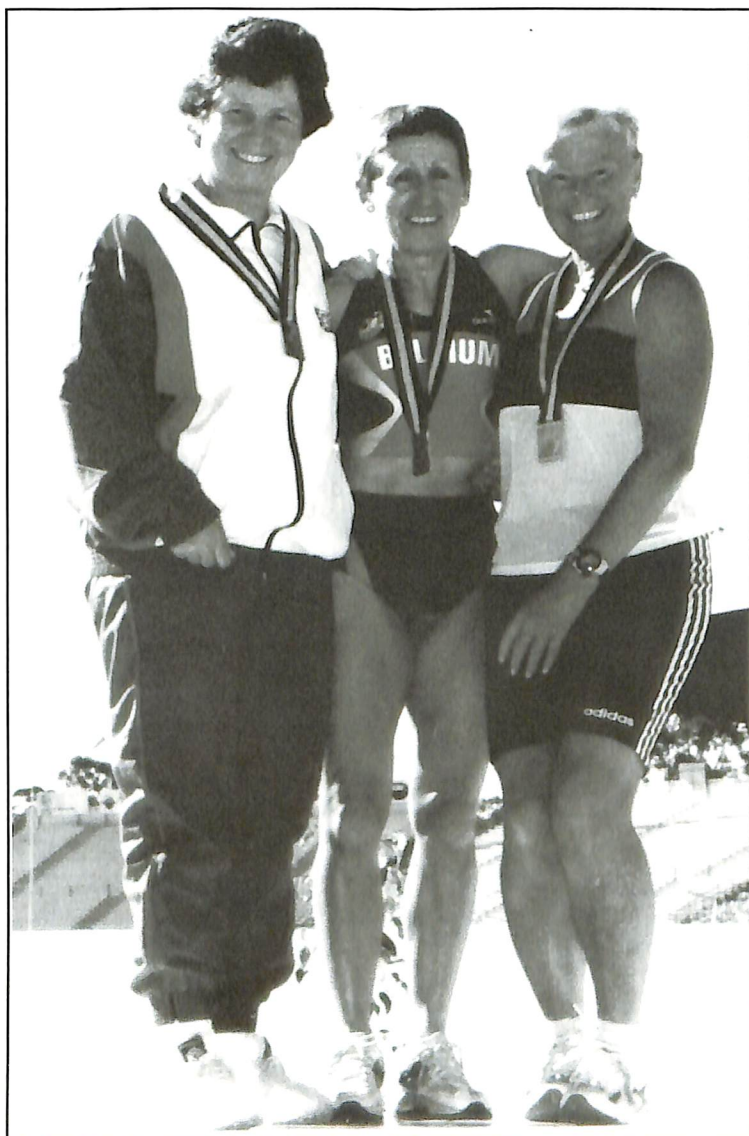
Spare a thought for Jackie Charles; she scored over 200 points more than when winning last year but this weekend came up against the consistent Pat Oakes.

Level pegging throughout

much of the competition, Oakes eventually settled matters with the final event, the 800m, with a differential of 78 points to annex the title by a mere 18 points.

● Results start on page 15

Pat Oakes (left), silver medallist in WAVA W50 triple jump.



BVAF 5km ROAD CHAMPIONSHIPS, MILTON KEYNES

BOYLE'S BONANZA

Martin Duff and **Pete Mulholland** witnessed Mike Boyle conclude a highly successful summer campaign in his first year as a veteran

MIKE BOYLE went to the top of the M40 rankings for the year after dominating the main M40-49 race over three-and-a-bit laps of traffic free roads within the University complex, writes *Martin Duff*, while Shaftesbury Barnet's Jo Newcombe won her first veteran title.

Boyle had earlier this summer won the BVAF 10,000 metres track championships and was second in the Half Marathon but here, a forcing piece of front running gradually saw off the rest of the field, including double M50 world road champion Mike Hager who had elected to run in the M40-49 race in an attempt to beat the British M50 road best of 15:11. The opening kilometre was run in under three minutes and the 40-year-old Boyle had Steve Murdoch, Jim McMahon, Steve Robinson and Mike Hager all in contention.

Boyle was still ahead going through 3km in 9:03 with now only Murdoch for company. Hager had lost contact although he just remained on schedule to break Ahmed Amraoui's 15:11.

The Herne Hill runner came home 25 metres clear in 15:09, as Murdoch held second; Hager slipped to 15:30 and Laurence Hellawell came through for third M40.

Stan Owen led the M45 age group for the first three kilometres before Dave Griffin came through in the last mile to win in 16:05.

With Hager out of the way, Peter Hyde chalked up his fourth M50 5km title in a row in the separate M50-59 race. The 54-year-old took charge once Des Michael had dropped back and saw off Brian Hilton and Charlie Dickinson in the last 2km, to win by 30 metres in 16:31. Martin Ford came through in the second half to head Mick Welland who had

led the M55s in the early stages of the race while Peter Beacham returned after injury to take third.

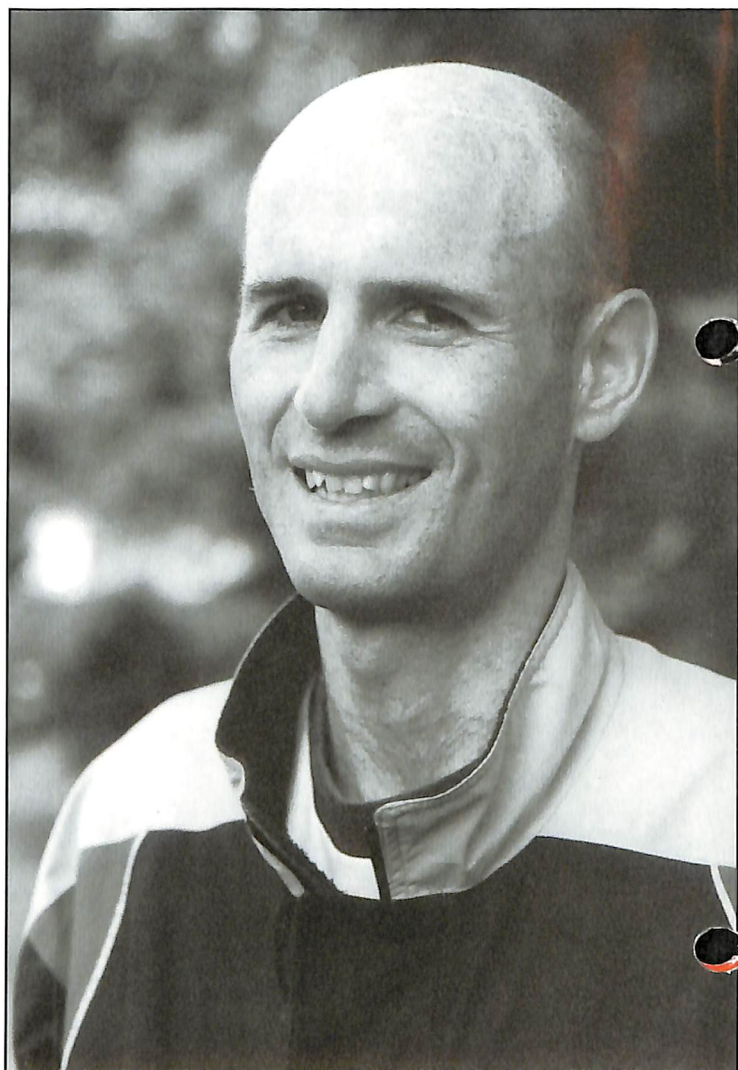
The closest race of the day was in the M60+ event, where Les Presland just held off a very late challenge from Fred Gibbs after Michael Conway had been the early challenger. Presland won in 17:50 with Gibbs just a second down after being 50 metres in arrears with a kilometre to go.

West country men Gordon Wiltshire and John Taylor - the double World road champion from Malta back in May - took the M65 and M70 titles respectively while Frank Copping and Bruce Davidson were also on the gold standard.

Jo Newcombe led from start to finish first in the younger women's race but at one kilometre (3:22) Jane Clarke, Frances Gill, Sharon Coyne, Sally-Ann Cox and Surrey champion Janet Ray were all there. The Shaftesbury Harrier began to go clear in the second kilometre (6:50) while Coyne and the two W40 contenders, Clarke and Gill, were 10 metres down. At 3km (10:20) they had split and Newcombe was now well clear of Clarke, who was going away from last year's W40 silver medallist Gill.

Newcombe crossed the line in 17:21, then said: "That was my quickest for two years. It felt comfortable in the early stages, so I thought I'd open it out". The 36-year-old later echoed the sentiments of 2000 winner Zara Hyde-Peters, by saying that she believed women should not be veterans at 35, but added that she needed a race and this was convenient.

Clarke, in only her third year of serious running, took second and the W40 title in a new lifetime best of 17:37 which raised her to the top of the W40 rankings for the year. Gill came home third overall in 17:44 and grabbed the W40 silver for the second year in a



Mike Boyle: on the gold standard

row while Cox passed Coyne to chase Gill home for the W35 silver medal. Sue Cooper took the W45 title in 18:33 but W50 winner Josie Heffernan (19:25, ahead of Anne Roden) completed a busy few days after winning two silver medals in the veterans World cycling championships in Austria on Wednesday and Thursday.

The W55+ competitors ran with the older men's age groups and Pat Gallagher, who had missed the World Veterans Championships in Brisbane after being diagnosed with

deep vein thrombosis, won in 19:25. The Westbury runner had set a new British W55 best of 19:18 at Bitton the previous week.

A fast start (3:39 at 1km) saw Gallagher clear and she proceeded to open up 80 metres on Val Hancock before slowing towards the end. Gallagher, however, was inside the old British best, as was Hancock who, in second, was well clear of Pauline Rich. Fourth placed Pam Jones took the W65 title in 22:40 ahead of all of the W60 runners who were led by Eva Osborn. Betty Forster, the only W70 on show, posted a new British best 28:28.

Results start on page 15

BVAF 10km ROAD CHAMPIONSHIPS, BROCKWELL PARK, HERNE HILL



Mild local interest is aroused as (LtoR) Steve Knight, Daphne Ellmore, Pete Marsh, Clive Rutland, Peter Newton and John Shirley gallop by.

Photographs: Jeremy Hemming

COMPETING on home territory, Mike Boyle confirmed his status as 'The New Vet on the Block' by taking his third successive BVAF title to match his 10,000m and 5km titles, *writes Pete Mulholland.*

Speeding through the opening mile in a fast 4:50, courtesy of a long downhill stretch, Boyle was already pacemaking, closely followed by Steve Murdoch and Mark Burnhope while Mike Hager, who later admitted, "I couldn't cope with the fast start," led the next group three seconds later.

Half way saw Boyle pass through in 15:40, with Murdoch a clear second but 80m in arrears with Burnhope trying to hold the pace a further 10m behind. By now Hager had fallen away by some 120m but looked to have the M50 title secure.

Strung out, washing line style, were Lawrence Hellawell, Alex Rowe and Peter Thompson, all three having gone well clear of a lonely Vince Stamp. Hugh Arnold (M55), Fred Gibbs (M60), Keith Spacie (M65) and Steve Charlton (M70) were all apparently heading their respective age groups.

By around five miles, Boyle had increased his lead to 20 seconds but Burnhope had overtaken Murdoch in a mode that saw him 12 seconds clear

of the Border Harrier while Hager was making a late charge attempting to close.

However, the placings were settled and Boyle came home with only one worry left. Whether his beloved Chelsea FC "would beat Tottenham Hotspur this afternoon".

"I felt good all the way," said the Herne Hill Harrier, a winner previously over this course in his own club's promotion, the Frank Harmer 10km, "and today's tactics were right for me as I always like to go out hard."

Commitments will probably keep Boyle away from the BVAF cross-country championship, "But hope I've done enough for International selection."

Burnhope, who passed Murdoch uphill on of the second of the three main laps, put his run down to "a good solid performance, especially as I'm still coming off back problems. I'll have a low key winter but may try for the senior Tipton team just to keep the youngsters on their toes".

Stan Owen, always ahead in the M45 category to add to his silver in the recent 5km, said, "It went well and recent hill sessions came in handy today."

Hager, dominating the M50 category, equalled his winning European 10K time from Malta in continuing his purple patch. As Hager pointed out he "...did 31:32, my best for four years,

in Cardiff last week. What with that and a 15:45 for third in yesterday's Tipton 5km, meant it was tough today".

Hugh Arnold, admitting "I'm still building up a base after injury," was first M55 to cross the line but lack of membership of a veterans club gave the title to Vince Hancock who, with his best time as an M55, added to his 10 mile title secured here last December.

Gibbs, after easily taking his third consecutive BVAF 10km title, said, "I ran better today than in the 5km at Milton Keynes," where he lost by just one second to Les Presland while Spacie continued to prove he is in a class of his own as M65.

Competition doesn't get any easier when competing as an M70 as once again Charlton came good against tough opposition to defeat John Taylor, winner of both the 10km and half-marathon in the Europeans this year.

Attaining M75 status in two weeks time, Charlton may be adrift of his UK M70 record of 37:55 set in this event four years ago but, in spite of admitting to "leg problems", looks set to be untouchable in his new category.

While the men's event was settled early, the women's race was not decided until, with 600m remaining, Allison Hirst sped past Daphne Ellmore to take her first BVAF title.

Ellmore took the race on to

lead Val Hancock and Hirst by 16 seconds after a mile with a similar margin being in effect at the halfway stage.

Hirst, then went second, later admitting "I didn't have a clue what was happening up front". Ellmore, belying her W50 status, appeared to be heading for a clear win as she and Hirst both pulled away from Jane Georgiou who was on her way to W45 victory.

"Then she (Ellmore) came into view and I thought, 'I must go for it'." And go for it she did, storming up the closing hill to the finish.

A member of the Headington team that won the AAA title at Cheltenham the previous week, Hirst's immediate reaction after crossing the line was: "That was tough, hilly and windy".

Ellmore, an M45 silver medallist when aged 49 at the 1999 Gateshead World Championship 5000m, said, "I was working hard and tried to tuck in behind the guys but knew she (Hirst) was coming for me," but was rewarded with M50 gold.

Sally Dawson, W35, and fourth overall gained her second silver medal of the weekend after her run in the Surrey County 10,000m the previous day.

A unique W55 result was Val Hancock claiming gold to match the medal won by V Hancock in the M55 event.

NB: Chelsea beat Tottenham!

IN BRIEF

● TY LEWIS, subject of this issue's centre spread, has sent Veteran Athletics some thoughts on the Brisbane World Championships

"Excellent facilities. The decathlon was well organised, with changes made in consultation with the athletes and at the request of the athletes.

"Two weeks before Brisbane I fell onto the concrete around the pole vault (bed) at Bromley, Kent and was unable to put any pressure on the left foot due to a sore and swollen ankle. I arrived in Brisbane on Monday 2 July and did my first training session since the accident the next day. I did a pole vaulting session so that I could select a pole from the stadium's pool for the competition.

"On Wednesday 4 July, I found out that I was in the 3rd pool with the 'better' athletes in Pool 1. I was not given an explanation and I could not find a GB Team Manager (to help).

"My 100m of 12.73 was poor by my standards. I was not really concerned about the dull ache in my left foot (although) if it became unbearable I would have pulled out rather than take pain killers. My pain killer was to look at all the British athletes lying on the physio benches at the end of the back straight on the number 2 track and briskly walk by shouting, 'Good morning, sick people!'

"There was an incident in the long jump when I felt that a Team Manager would have been helpful. The judge accidentally put up a red flag and then declared a valid jump, the officials had raked the pit but somehow managed to find a mark to measure! I finished the day with a sub-57 400m and (was) third (overnight) in the competition.

"The next day I was promoted to Pool 1 but it meant an extra 3½ hours wait in the Stadium for Pool 1 to turn up as I had mustered for Pool 3 and had started my warm-up. I believe that this affected my performance more than my injury.

"My hurdles (race was) OK. I did not have to modify my start as my right leg is at the front but I am a left leg lead. It was a little painful putting weight on the left foot in the discus. I have always been aware of the stresses on the left foot of a right handed decathlete and have prepared for this. The vault was going well until I aborted a vault by stopping myself from taking off at the moment of plant but 3.40 was reasonable.

"The javelin was another left foot plant event but my last throw brought me closer to the leaders. I was in the bronze position going into the 1500m. I took the lead for the first lap so that I could open a gap on the holder of the silver medal position. At 400m I began to feel a dull ache from my left ankle and backed off the pace. It was a little less painful but only for about 200m and (then) it (came) back. I did not enjoy one moment of (the 1500m) but it did take me up to the silver medal position."

● **OOOPS!** There were several errors in Alastair Aitken's report of the BVA F T&F Championships at Eton. We apologise to Virginia Mitchell for calling her Jenny, to Josie Heffernan for calling her Jose and to Joe Phillips for calling him Bob, although Joe must be some athlete because he apparently throws an 800lb javelin! Janette Stevenson has also emailed to tell us that her winning time in the W50 Euro Non Stadia 10km was 36:57 not 38:57, taking her winning margin to *three* minutes

● **Joe Phillips** himself has written to point out that not one of the 600g javelin records - published in VA and on the BVA F website - which were listed before April 1999 can now be correct due to the specification change at that time. The US Masters, he adds, publish a booklet of single age world and USA records some of which are not covered by other listings; for example, there are listings for M60+ with the 800g javelin. Joe holds the M63 record with 42.93m and the M65 with 42.06m.

Joe also points out that the WAVA (WMA) percentage system does throwers no favours. Quite often a record throw comes out at a lower percentage than a mediocre track performance. Comparison with the Decathlon/Heptathlon points system shows up the anomaly. For instance, Joe's 600g javelin throw of 46.12m from 2000 equates to 81.35m or 1003 points but only gets 80% on the WAVA (WMA) system.



AROUND THE REGIONS MIDLANDS

The Midlands won both the Men's and Combined Trophies, with Eastern Veterans taking the Women's Trophy, in this event dedicated to Joe Gibson, a founder member of Midland Veterans.

There were many fine performances on a fine late September afternoon, pride of place going to Edinburgh Commonwealth Games Discus Champion Rosemary Chimes who beat the listed World Record in the W65 discus to record 34.44. Rosemary, however, has a 34.95 performance, set at Nuneaton in August, awaiting ratification. Earlier in the afternoon Rosemary also added a centimetre to her high jump British Record so had a most successful day.

Jan Lawson (Eastern Vets) had a great day winning both sprints and the hurdles, her three wins being matched by Northern Vets' Wendy Laing in the W35 hurdles, high and long jumps. John Browne was in great form, winning both sprints from Ricky Husskinson and a very close 200 metres from Steve Peters. Robert Shaw and Bryan Shearsmith also completed sprint doubles in the 50 and 60 plus group. Julie Money also recorded a convincing sprint double for the North.

Darrell Maynard only joined the veterans ranks a few weeks ago but Kermit Bentham's British 400m records looked to be in danger when the four times Welsh champion cruised to a 50.0 victory.

The day's other double winners were Sean Power, Tony Crocker, Joan Lazenby Yvonne Priestman, Mandy Laing, Fiona Crompton and Evaun Williams.

Special thanks go to Mrs Gibson - who presented the commemorative medals - the Midlands Veterans committee and Mick Smedley for putting the event together at very short notice.

Brian Owen

At Solihull on 12th August, John Charlton was an outstanding winner of the M50 Pentathlon, scoring over 1,000 points more than the second placer. Brian Slaughter and Brian Loten also had convincing wins in the M40 and M50 groups whilst, in the Women's event Pat Oakes, Nanette Cross and Kay Koppel set new

British bests in the W55, W60 and W65 events

The Men's Walk, dedicated to Bill Rawlins who died during the previous week, was won by Philip Stanley 56:42.6 while Ann Lewis was the quickest lady in 59:18.6.

An outstanding winner in the Midland Veterans 10km Championship, Nigel Share (Wolverhampton) recorded a useful 32:56.0.

WALES

On August 12th Cardiff hosted the Welsh Veterans T&F Championships at Leckwith Stadium, writes Mary Webb. Although the weather was unkind, those that did attend enjoyed the company and competition and, with entries from Ireland and Jersey, we can now claim it to be an international event, also several athletes from England crossed the Severn Bridge to compete.

The most successful of these were Mary Wixey (Cheltenham) who competed in the 100m, long and triple jump and Cath Warhurst (Lincoln AC) who won the W35 800m and 1500m. Of the Welsh bred athletes Kevin Tucker (Brecon), John Evans (South Shields), Brian Williamson (Cardiff), Sue Hooper and Mary Webb (Cardiff) had wins in the sprints.

In the middle distance events Phil Crane (Neath), Eric Hughes (Bridgend), Trefor Pugh (Newtown), William Davies (Manchester) were all successful and at the longer distances Paul Allan (Halesowen), Alan Mann (Les Croupiers) and Jim O'Brien (Port Talbot) all won gold. In the field Rhondda AC dominated the men's throws with Glyn Pugh, John Loney, John Howe and Bill Kingsbury winning medals in their respective age groups. Alyson Hourihan (Cardiff) starred in the ladies' throws and other notable performances came from Nance Halling (Rhondda) and Dorothy Morgan (Pembroke).

In the jumps and pole vault Sean Power, Stewart Powell (Cardiff), Ed Thompson (Brecon), Keith Powell (Newport) and Chris Berry (Basingstoke) were medallists.

The Welsh Veterans Men's League came to an end on August 12th. After four meetings Cardiff were confirmed as

SECRETARY'S REPORT

Congratulations to the London-based long and triple jumper Ajit Singh Kalirai who received an MBE in the Queen's Birthday Honours for his services to his community and athletics. James Todd from Belfast received an MBE for his services to veteran athletics, the first member to be honoured in this way. The late Len Jones did receive an MBE for his services to athletics and fund raising for the Macmillan Nurses.

At the WAVA General Assembly in Brisbane, Keith Whitaker and Barbara Dunsford received an Honorary Bronze Pin for exceptional work for veteran athletics over many years, Keith is a founding member of the BVAF and, of course, our President. Barbara is a senior walking judge at WAVA championships, a competitor and official. Nominations go through the regions and only 17 Pins were awarded.

John Dunsford is one of nine athletes who have competed in all WAVA World Championships since 1975. They received a special presentation in Brisbane from Marlene Mathews, the 1956 Olympic double bronze medallist and multi-record-holder. The ubiquitous Ron Franklin entered all the championships but was injured in Turku and Mike McDowall has missed two.

The Brisbane City Council's Events team who bid for the World Championships, were so impressed by the organisation at Gateshead that they appointed four British officials to key positions in Brisbane.

Ester Linaker (Scottish VH) clocked 14.26sec in her semi of the W60 100m in Brisbane. In Edmonton a 22 year old male (*shot putter*) was timed at 14.28 in his heat!

Did you hear Ester and Val Parsons being interviewed on Radio 4 Woman's Hour on 13 September? Look out also for our super M70 sprinter Charlie Williams in a BBC2 scientific documentary "How to Build a Human"

winners ending Neath's two year dominance. On average sixty-five athletes from ten clubs compete in each of the four matches and its popularity is growing. Brecon and Rhondda, under the guidance of Bill Kingsbury are expected to be next year's challengers.

Although enjoyment is high on the list of priorities, competition is fierce and athletes from all clubs have performed consistently well at all four matches. In the M40 sprints, Kevin Tucker and Adam Doughty (Brecon) have dominated with Glyn Sutton (Newport) and Brian Williamson (Cardiff) doing the same in the M50+.

Over the longer distances, John Rees (Neath). Alan Perkins and Anthony Hollings (Port Talbot) have scored heavily in the lower age group with Jim O'Brien, Mel James (Port Talbot) and John Collins (Swansea) doing well in the 50+ age group.

In the M40 field events, Martin Thomas (Cardiff) threw the javelin well and Glyn Pugh (Rhondda) dominated the shot, discus and hammer in all four meetings. Sean Power, John Walters (Cardiff), John Davies (Port Talbot) and Bill Kingsbury (Rhondda) also scored heavily for their clubs in the M50 events.

Frantisek Dráp (Czech Republic) 2nd M50 javelin with a throw of 62.27, tested positive at the European championships in Finland. No British athlete is affected. There is also one positive drug test from Brisbane.

The World Association of Veteran Athletes will in future be known as World Masters Athletics. A new logo is being designed. There are now 137 countries affiliated to WMA.

Race walking rules may revert back to the "heel first" rule (good news for older athletes?). The IAAF will supply specially designed shoes to 30 top walkers to gain their opinion and feed back.

The following changes were made at the IAAF Congress in Edmonton and take immediate effect: the Chief Walking Judge now has extra powers which will enable him to disqualify any walker he/she judges to have infringed the rules - *regardless of whether the competitor has previous warnings* - in the last part of the race, ie: between the circuit and the stadium and on the track right up to the finish.

When an event takes place exclusively on road or track, the Chief Judge will have this extraordinary power *only in the final 100m of the race*.

There will also be an Assistant to the Chief Judge on the circuit and he also will be able to pronounce the disqualification of athletes if they have received three warnings. As of now, the warnings will be given on yellow rather than white cards.

We need an enterprising person to run our raffle. The work involves seeking items as prizes, either through donation, sponsorship or purchase, and printing raffle tickets. The profits have been used very effectively in the past, on the Interland meeting etc. Contact the Chairman or myself. **Bridget Cushen**

The last event at the final meeting at Cardiff was a 60m for the throwers. The Time Keepers and Track Judges were paid danger money and the track took a pounding measuring 6.8 on the Richter Scale.

The Ladies League found Cardiff again too strong for the opposition, winning by a big margin from Rhondda. In the lower age group, Sue Hooper (Cardiff) scored well with Rose Coleman (Brecon) also doing well. Nance Halling (Rhondda) excelled in the throws while in the higher age group, Mary Webb (Cardiff) was unopposed.

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67 Goswell Road, London EC1V 7EN Tel: 020 8677 1303 Fax: 020 7251 9045

Editor: Geoff Harrold, 208 Lampits, Hoddesdon, Herts EN11 8DU. Tel: 01992 443904;
email: geoff.harrold@ntlworld.com

Editorial Board: Jack FitzGerald, Sylvester Stein, Les Brown, Pat Green, Bridget Cushen

Advertising: Bridget Cushen Tel: 020 8683 2602. **Production/Design:** Geoff Harrold

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BRITISH VETERANS ATHLETICS FEDERATION

Website: www.bvaf.org.uk

President: Keith Whitaker. **Life Vice Presidents:** Norman Ashcroft, Bridget Cushen, Barbara Dunsford, Jack FitzGerald, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker, Tom Wood.

Chairman: Mick Statham, 6 Farman Close, Blythe Bridge, Stoke on Trent ST3 7RE.
Tel: 01782 394366; email: mick.statham@virgin.net.

Assistant Chair-Policy Administration for Home and International Affairs (Vice Chair):
Ron Bell, 25 Llwyn Menlî, Ruthin, Clwyd, N.Wales LL15 1RG.

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Tel: 020 8683 2602; email: Bcushen@aol.com

Women's Representative: Chris Courtney, 10 Milner Crescent, Winlaton, Tyne & Wear NE21 6BN. Tel: 0191 4145604; email: w.courtney@cablenet.co.uk.

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Website Administrator: Chris Jager, Topspot, Hudson Road, Malmesbury, Wilts SN16 OBS.
Tel: 01666 823778; email: chrisjager@cwcom.net

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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: Geoff Harrold, 208 Lampits, Hoddesdon, Herts EN11 8DU.
E-mail: geoff.harrold@ntlworld.com

BRISBANE 2001 WAVA CHAMPIONSHIPS

Having travelled to Brisbane, competing as well as helping with the technical officiating, it was great to see the largest GB&NI vets team to compete abroad do so well and the camaraderie within the team.

So firstly - although I only had a massage - a big thank to the medical team including Carol Filer, for all the work that they carried out and the athletes they managed to put back together again. A big well done to all the athletes who won something or did a personal best, commiseration's to all those who did not do so well and to those that were not able to compete.

The greatest thanks must go to the 'British rent-a-crowd' led by Angelia Mullinger and Lesley Hopkins ably backed by just about everyone who had finished their event, was not competing or wanted to be part of the team. I am sure that any athlete who came down the home straight at the Area to hear their name or "Come on GB!" being shouted got that extra boost, as I did when I was desperately limping to a second place in the 400m.

A well done to my team members in the M55 4x100 and, particularly, the 4x400. Richard (what a great 1st leg) Barrington, Albert (you are not passing me) Eland, Allan (I am staying with you) Stirling - what a great run fellas. Yes, we did it.

Well done to our other relay teams and to the W35 4x400 squad who smashed the record - already held by GB.

Finally, thanks to Maurice Doogan and Stephen Peters both of whom did some sterling work for the team in the different roles. I think that many athletes should give

Thanks to Steve and be glad that he was not able to compete all the time. Well done GB&NI!

Winston Thomas

MAX JONES CORRECTS SOME ERRORS

There are some corrections to make to my article, "No Drug Cheats..." (VA57). I found a copy of the Dubin Report on the Ben Johnson drug-bust in Seoul 1988. I was mistaken in thinking that "with the sole intention of increasing in an artificial and unfair manner his/her performance..." was the IOC definition of doping back in 1969. There was, in fact, no definition at all then and none, I believe, until 1999.

A couple of years ago I had found in UK Sport's "Competitors' and Officials' Guide to Drugs and Sport" that the first Chairman of the IOC Medical Commission Sir Arthur Porritt, had proclaimed: "To define doping is, if not impossible, at best extremely difficult. Yet everyone who takes part in competitive sport or who administers it knows exactly what it means. The definition lies not in words but in integrity of character".

On page 78 of his report, Canadian Commissioner Dubin wrote, "IOC Doping Definition and Banned List. The Olympic Charter, rule 29A, states: Doping is forbidden. The IOC Medical Commission shall prepare a list of prohibited classes of drugs and of banned procedures" followed by, "The IOC defines doping in terms of *pharmacological classes of doping agents* (my italics) which are banned. Six classes of doping agents are banned in the 1989 IOC list: stimulants; narcotics; anabolic steroids; beta blockers; diuretics; peptide hormones and analogues".

As one would expect of a judge, Dubin had first to establish what crime Ben Johnson had committed. One can scarcely imagine what he thought when, a year after Seoul '88, he discovered that there was no crime as such in the IOC's Black Book, only a list of substances which the

IOC had banned for neither a given nor an apparent reason.

He was quite open about it. On the page prior to the extract I have reproduced above, under the heading 'Doping Definitions' he wrote: "A comprehensive definition of doping has proved impossible to achieve. The IOC itself moved away from attempting such a definition to simply classifying doping agents and related substances and forbidding their use. Indeed, disagreements and debates about the proper definition of doping serve to obscure the real issue".

He then quoted Sir Arthur Porritt, word for word.

My conclusion is that when Dubin revealed the awful truth that Johnson had been convicted of the evidence as well as by it, the USOC had to invent a definition quickly or else the whole Drugs In Sport policy would be blown away by a civil court challenge in the country which employs 70% of the world's lawyers.

It is known that nandrolone (lower case 'n') does occur naturally in very small amounts, although in many individuals no detectable level is present. It is a hormone and not a metabolite. Moreover, a Dutch company called Organon - the main producer of the anabolic steroid Nandrolone (upper case 'N') - speaking out on behalf of the Dutch national soccer team's captain Frank de Boer, reported: "It is generally accepted that nandrolone is naturally present in the body at a level of 1ng/ml in urine in men and 5ng/ml in women. Independent studies had indicated that the natural level could be as high as 2ng/ml in men and that it could increase by a factor of between two and four times after exercise".

I wonder if Professor Christiane Ayotte, head of the IOC-accredited lab in Montreal "generally accepts" the figure of 5ng/ml in women? After all, she claimed that "it is not possible, based on our research (on "males including sportsmen"), for there to be more

than 2ng/ml in the urine other than by taking the drug"!

And an error of my own, 2ng/ml is 2 parts per BILLION, not million. Sorry about that.

Max Jones

SHAFTO PUTS THE RECORD STRAIGHT

I have been asked several times, since Brisbane, why I did not turn up for the relays. I have even been told because of my non-appearance one team was left a man short and could not run.

I arrived in Brisbane with an injury and did not expect to be fit to run in a relay, so I did not put my name down on the list of possible contenders for relay places.

After aggravating the injury whilst running my individual event, running a relay was out of the question. If a team was left short of a runner I am sorry but at no time did I put myself forward as a relay possibility.

Colin Shafto

Shipton by Beninborough

BRITISH TEAM MANAGEMENT

A lot has been said and written about the British team management at Brisbane and I feel it is time to draw some conclusions and to learn from mistakes.

Anybody who is taking on the position of team manager deserves credit for putting his/her name forward. It is no doubt a demanding task to look after a large number of athletes and it is impossible to please everyone.

The British team manager at Brisbane had obviously taken the position for the first time. To help future team managers do their jobs well, may I suggest to issue them with a list of duties (a sort of job description) in order to let them know what is expected of them:

- make yourself known, visible and available
- be at a certain place at a certain time each day and let people know
- display a medal table on the notice board and update it daily
- use the British notice board

fully and communicate with your team

- let your athletes know where you are staying and leave a contact number
- carry a mobile phone and let everybody know your number
- carry an IAAF rule book at all times
- promote team spirit.

Also, I would suggest that the team manager stays where ever the majority of the his/her team is (at Brisbane I guess it would have been the University) rather than a hotel.

These are just some points which come to mind and which were not covered at Brisbane. Being a team manager is coupled with duties and responsibilities - it should not be seen as a cheap holiday.

**Eva Osborne
Wymondham**

MERIT MEDALS

I would like to congratulate everybody on an absolutely wonderful weekend at the marvellous Thames Valley Centre. The very hard working officials who stood in the scorching sun on both days, all deserve a special medal.

Talking about medals, I think the BVAf merit standards should only be used to qualify for a merit badge and not to earn a medal. Athletes pay good money to enter but if they come second or third without achieving the merit standard and the entry is not big enough they won't qualify for a medal.

I think this is very damaging to people, especially older veterans.

On another subject. For weeks I was worried that I might be pulled out of my 3000m. Why did Jack Fitzgerald get pulled out of both races? The rules want sorting out as regards older veterans. To see Jack suffer this indignity is appalling.

**Arthur Keily
Derby**

NOT GEORGE

Maybe I should point out that the G Armstrong who wrote "Heartfelt plea" (VA57) was not George Armstrong.

**Garth Armstrong
Maidenhead**

BRISBANE REPORT

OVER 40 NEW WORLD RECORDS

Ex-Olympians find competition tough. **Bridget Cushen** reports

A record 408 British athletes entered the 14th World Veterans Track & Field Championships held in Brisbane from 4-14 July, the third largest entry behind the host country's 1346 and Germany with 437 competitors. For some it was the trip of a life time, a few got caught up in team awards controversy, but most if not all returned home with happy memories of a well organised championships. The 4976 athletes from 80 countries found Brisbane a warm, friendly and welcoming city with lots of good restaurants, pubs and interesting places to visit.

Interestingly, the sprinting and hurdling in the younger age groups was actually faster than some of the times recorded by athletes in their twenties at the IAAF World Championships in Edmonton! Of the 41 new World records set, only six were achieved by the under-45 age groups. The striking, tall black-clad figure of New Zealand's Ron Robertson, with his now fading golden locks, accounted for three in the M60s. He won the 1500m in 4:27.65 and the 5000m in 16:16.51, erasing the names of the reknown Derek Turnbull and our own Steve James from the record books. Incredibly, he then took 24.10sec off Australia's Alan Blandford's 2000m steeplechase record with 6:30.21.

London-born Canadian, Ed Whitlock set new World marks in the M70 5000 (18.33.38) and 10,000m (38.04.13). Jenny Brown has lost her W40 world heptathlon record to Marie Kay of Australia who scored 5995pts, Rosemary Chrimes' W65 shot put record was broken by Sigrun Kofink, Germany, with 11.35m and the USA quartet took our W60 4 x 400m with a swift 4.56.74sec.

Notable British performances came when Christine Amede, Jennie Mathews and Maureen Miller sprinted to 1,2,3, in the W35 400m. Tracey Smedley, Maureen and Carole-Ann Grey did likewise in the 800m. Together with Claire Haslam they brought home 19 medals between them! Alison Fletcher pocketed a W40 gold and 3 silver. Add to that W45 Carole Filer's haul of five medals, Bronwyn Cardy's two golds, two silvers plus a gold she controversially lost. Olia Inak-Price no doubt enjoyed her first

Worlds bringing back four medals. MVAC's Yvonne Priestman had superb championships, winning the W55 300mH, 400m and finishing second to Woking's Val Parsons in the 100 and 200m. Evaun Williams won the W60 increasingly popular weight pentathlon plus three silver medals in the javelin, shot and hammer.

David Elderfield struck gold in the fiercely competitive M45 400m with 50.23 and in the 4 x 400 relay, silver in the 100m and relay and bronze in the 200m. Such is our present depth in this age group that

four of the eight who fought through to the final were British and that Viv Oliver, Stephen Peters or Alasdair Ross did not compete!

Howard Moscrop took the M40 400mH in 55.31 with David Moles 4th. Michael Coker, a strong medal prospect, carrying a heavy plastered left arm still managed 5th and Charles Moody 7th. Tony Wells got the M50 in 60.48 from a truly top international field.

Dave Wilcock won the M45 800m in 1.57.91 from Alastair Dunlop. Alastair, a



Teacher living in the Outer Hebrides where there isn't a single athletic track, surely deserves the most meritorious award?

Kermit Bentham, who set a British M40 400m record (49.55) at Eton, found 49.91 only good enough for 4th in a nail biting final. Francis Scott, 7th in 52.12 and Alan Harrison, 8th in 52.19 did well to be there.

Britain shone against the expected strong opposition from the Australians and New Zealand in the individual and team cross country races, held out of town on the St Lucia golf course on the very first day of competition. One of the most thrilling races was the clash between the Olympian Ron Dixon (NZ) and Omer van Noten (BEL) in the M50 race. An American, Gary Romesser, took them on from the gun and ran home a comfortable winner by 22 seconds from Dixon. Dixon was later disqualified from the team results for not wearing national colours.

On the final day, six gold, five silver and three bronze medals rolled in from the relays, Winston Thomas, now back to form after a frustrating period of injury, judged his attack perfectly to anchor the M55 team to victory.

Out of the stadium the marathon was

run on a twisting course alongside the river and through the botanical gardens. Alan Carroll at 54 won the M50 title in 2:41:40 leading Pete Marsh, 2:51:53 and Eric Cusack 2:53:59 to team gold. We got team bronze in the M40, M55 and M60. The indestructible Jack Fitzgerald and Sq-Ldr Bernard McCarthy finished 7th and 8th in the M75. What a pity we had no A N Other for a team gold. Computer and chip problems prevented a proper team medal presentation taking place within reasonable time after the finish. After such a gruelling event, they deserved to be recognised as world champions.

Celia Greenwood picked up W55 silver in the in 3:40:54, but Anne Martin (W65) just missed out with 3:57:07 in fourth.

One of the best and eventful World records came in the M40 110m hurdles where three Americans went clear of the field. Lloyd Jeremiah took a crashing fall at the penultimate barrier bringing Dannie Jackson down with him, Karl Smith went on to win in 13.96sec

In the W40 80mH both the Canadian Leslie Estwick, winning in 11.25, and Anke Moritz (GER) 11.40, were inside the old world record.



Above: Hey Jimmy!

Left (LtoR): medals galore! Howard Moscrop, David Moles, Charles Moody, Peter West, Tony Wells and David Anderson; (kneeling) Michael Coker (who broke and arm when falling over a hurdle) and Jennie Mathews.



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NOT JUST A JACK ALL TRADE

Dr Julian Kennedy profiles the athlete of Ty Lewis, known in veteran circles as a decathlete but who started out as a ste

TYRONE LEWIS

WAVA CHAMPIONSHIP RECORD

1995 Buffalo	M45	Bronze
1997 Durban	M45	8th
1999 Gateshead	M50	4th
2001 Brisbane	M50	Silver. 7209pts PB

BEST DECATHLON AND INDOOR HEPTATHLON SCORES.

DECATHLON BRISBANE 2001

100m	LJ	SP	HJ	400m
12.73	5.47	9.36	1.55	56.9
86.7%	78.8%	50%	79.5%	86.9%
110mH	DT	PV	JT	1500m
15.46	27.30	3.40	38.01	5.09.07
87.5%	41%	73%	56.6%	76.5%

Total 7209pts (7553 year grade)
4th all-time UK M50 rankings

INDOOR HEPTATHLON GLASGOW 2001

60m	LJ	Shot	HJ	60mH
7.98	5.43	9.72	1.50	9.50
89.8%	78%	52%	77%	87.5%
PV	1000m			
3.50	3.14.65			
77%	75%			

Total 5380pts World Record



OF ES

athletic career
is a supreme
steeplechaser!



Tyrone Lewis was born on 9th October 1948 in Georgetown, St Vincent, West Indies, the eldest of six children, three boys and three girls. His parents emigrated to the UK in 1955 and he followed them at age 11 in 1960 with his uncle and two sisters and they all settled in the Southampton area where the other three children were born.

Ty's first exposure to athletics was in secondary school where the science teacher wished to test his theory that a skinny boy could beat a fat boy in a race and recover more quickly. Ty was the skinny boy who shot off round the track and duly proved the theory correct!

Some time later in the school sports Ty showed his naivety by allowing his 400m competitors to catch him up on the final bend and then tried vainly to pass them! At this time in his life his main interest was cricket and at age 13 he played at senior level team with Gordon Greenidge and the current international umpire, John Holder.

A very significant event was his joining the Royal Navy in 1964 where he had the opportunity to learn the techniques of athletics and start to train seriously. His first choice event was the 1000m steeplechase in which he won his first county title, the Suffolk youth steeple championship in 1965. He was never beaten and his best of 2:59 is still the Royal Navy record! He then moved up to 2000mSC and ran 6:20 at age 18.

In January 1966 he moved to Cornwall where he came 7th in the County senior cross country championships. That year he represented Cornwall in the Senior Inter Counties at Blackpool.

Other cross country performances include a bronze in the South West Junior Cross Country Championships. On the

road his best performance was 9th in the Plymouth 10 miles, recording 56 minutes at age 20.

He moved to Dorset in 1969 and the 800m became his speciality, representing his new county and running 1:54.8 at the South Western Counties Championships. Ty has won county medals in a variety of events and has held the county 400 and 800 metre records. He ran the 400m in 51 seconds bare footed on cinders.

In one afternoon at the County Championships of 1971 he won the senior 400m, 800m, 1500m and 3000SC. Later that evening he was arrested and accused of stealing the silver ware!

Since then he has won countless county titles at senior and veteran level and still holds many championship records including some of SWVAC!

Tyrone married Lorna in 1971 and he has two grown-up children and a granddaughter. In the Royal Navy he was an Aircraft Engineering Mechanic and an instructor at the RN Air Engineering School, but he also directed RN Athletics as the RN Athletics Coach for the Director of Naval Physical Training and Sport.

Ty's first multi-event competitions were done for fun and roughly coincided with those of the great Daley Thompson. He took part in the AAA senior championships when Daley was winning the AAA junior championships. His all-time best mark as a senior was 5800pts while in individual events he has registered 15.8 for 110mH, a 50m javelin throw and an 800 in 1:54.8.

Ty left the Royal Navy in 1986 age 38 but continued to represent Southampton AC as a senior in both hurdles and pole vault not entering vets events till age 44. As an M40 he vaulted 3.95m, went under 60s for 400mH and did 52s for 400 flat. Apart from competing

Ty has huge experience in coaching (taking several athletes to international level) track and field judging and athletic administration; at one time he managed Corby's Rockingham Triangle Stadium.

Among his achievements Ty has golds from World Veteran Championships, Pan-American Games, BVAf indoor and outdoor championships and, until recently, represented Weymouth AC. However, as a veteran athlete, multi-events are where he has shone, despite his 9 stone 6 pound lean, wiry frame. In February 2001 Ty won Scottish Indoor Heptathlon champs setting a new World Record.

He has strong views on drugs in athletics and was angered when told that he would never make it without steroids. He believes that once the cheats are caught they should never be allowed in the Olympics, World or any other major Championships. Certainly they should not be allowed back into veteran/masters athletics. He himself would rather not even take analgesics for pain.

What of the future? He says he is getting tired of lugging poles around and wants to do a couple of good 800s next year and go one better at the World Championships in Puerto Rico, 2003.

In training Ty listens to his body and will only do what he feels capable of doing. A typical week's training would consist of two long runs (maximum 4 miles) and track intervals (100-500m) with his training group.

Technique sessions come while he is coaching and he also does two sessions of fast, light weight pyramids.

Ty stands as the best all-round male athlete that SWVAC (and St Vincent) have ever had and his career looks set to continue for many more years.

See page 6

CHAIRMAN'S REPORT



THE National track and field championships at Eton had a big turnout and were well organised as well as having good weather. Healthy signs for the Federation.

The BVAf had the largest number of athletes attending a World Track and Field Championships at Brisbane in July. Reports indicate that there was a good friendly atmosphere at the Games and our athletes had some excellent results. Congratulations to all who participated and particularly to those who won medals.

I have recently attended a number of events including the Half Marathon Championships in East Kilbride and the 5km in Milton Keynes, both had a good turnout with excellent organisation.

In September, Elaine and I again competed in the World Duathlon Championships in Rimini. There were a number of BVAf members in the GB team some of whom are to be congratulated on winning medals (see report page 22).

The tragic events of the 11th of September in the States have cast a shadow over all our lives. Our thoughts must be with our American friends and those closely affected in the UK and elsewhere.

We are now looking forward to the winter's events with the rescheduled cross country championships in Swansea and the International Cross Country in Falkirk on the 10th of November. Take care with your training, stay healthy and enjoy your sport.

Mick Statham

WHAT'S ON/FIXTURES

INTERNATIONAL

- Nov 10 British and Irish Veterans Cross Country International, Falkirk
- 2002**
- Jan 12 Malta International 10km road race.
- Jan 13 Malta International Track & Field meeting
- May 24/26 World Masters Athletics Non Stadia, Italy (tbc)
- Jun 23 Final Brugge 10km and Half Marathon
- Aug 15-25 European Veterans T&F Championship, Potsdam
- 2003**
- July WMA World T&F Championship, Puerto Rico

NATIONAL

- Oct 27 BVAf Cross Country Relay Championships, Darlington

NORTH

- Nov 11 7 Mile Cross Country, Great Harwood
- Nov 21 NVAC 10 Mile Championships, Padgate College, Warrington
- Nov 25 Monthly run, Leigh
- Dec 16 Christmas Handicap, Ashton-u-Lyne

MIDLAND

- Dec 9 Christmas Cross Country Handicap, Solihull
- 2002**
- Jan 20 Midland Cross Country Championships, Northampton
- Feb 3 Midland 10km Road Championship, Chelmsley Wood
- Apr 21 Midland Road Relays, Tamworth
- Jun 9 Midland Track & Field Championships, Solihull

SOUTHERN

- Oct 20 VAC & SCVAC 5km Walk championship, Cambridge Harriers HQ, Glenhurst Avenue, Bexley, Kent. 2pm start
- Oct 21 SCVAC Marathon Championships (+ Grand Prix), Abingdon Marathon, PO Box 57, Abingdon OX13 6XR
- Oct 27 VAC CC (from Belgrave Hall) Wimbledon Common. 2.30pm start
- Nov 4 SCVAC Half Marathon Championships (+ Grand Prix), Harrow Half Marathon. Entries: £8.00, Harrow Charity Marathon, PO Box 299, Harrow, Middlesex, cd 12 Oct late entries £2.00 surcharge
- Nov 18 SCVAC Indoor Pentathlon, Thames valley Centre, Eton. Entries: £3.00 (non-SCVAC £5.00), Jim Day, 22 Langland Gardens, Shirley, Croydon, Surrey
- Nov 18 VAC 10 Miles Road Championships, Epsom 10. 10am Epsom Racecourse.
- Nov 24 SEAA Veterans CC Championships (postponed from March), Parliament Hill Fields
- Nov 24 (Provisional) SCVAC 7 miles walk Championships, Belgrave Hall, Wimbledon. Details (SAE): Carl Lawton, 50 Bramblewood Close, Carshalton, Surrey SM5 1PG
- Dec 1 VAC CC (from Belgrave Hall), Wimbledon Common, 2.30pm start
- Dec 22 VAC & Open Women's CC (from Belgrave Hall), Wimbledon Common, 2.30pm start
- 2002**
- Jan 12 VAC CC Championships (from Belgrave Hall), Wimbledon Common, 2.30pm start
- Feb 3 SCVAC Indoor Championships, Crystal Palace
- Feb 9 SCVAC CC Championships, Lloyd Park, Surrey

SOUTH WEST

- Oct 28 SWVAC Grand Prix 10km, Egdon, Weymouth
- Nov 4 SWVAC Grand Prix 10km, Ilminster
- Dec 2 SWVAC 5M Championships, Victory, Portsmouth
- Dec 9 SWVAC Grand Prix 10km, Christchurch
- Dec 30 SWVAC Grand Prix 10km, Exeter

IN BRIEF

●The World Association of Veteran Athletics (WAVA) has changed its title to **World Masters Athletics (WMA)**.

●**Ken Rushton** is the new BVAf Secretary for Road Running and Walking; contact him at 6 Gardenholm Close, Lightwood, Stoke on Trent ST3 7YQ, Tel: 01782 330853, email suken@run222.freemove.co.uk.

●New WMA officials: **Rex Harvey** (67744 Connecticut Colony Cir., Mentor, OH 44060) replaces Jim Blair as Vice President (Stadia). **Marina Hoernecke-Gil**, (Les Oblades 3, La Mont Goda, E-17310 Lloret de Mar, Spain) replaces Bridget Cushen as Women's Representative.

RESULTS

July 4-14 2001
WAVA CHAMPIONSHIPS
BRISBANE, AUSTRALIA
M40**100 m**

4 P Delbaugh 11.57 (11.55sf, 11.66ht)

in semis:

B Scott 11.93 (11.87 ht); M Williams 12.12 (11.87 ht); J Lal Ubhoo 12.19 (12.15 ht); P Ilo 12.38 (12.10 ht)

in heats:

S Boardman 13.53

200m

6 K Bentham 23.16 (23.35sf, 23.43 ht); 7 M Williams 23.47 (23.55 ht, 23.63 ht)

in semis:

A Harrison 23.73 (24.06 ht); B Scott 24.54 (24.26 ht)

in heats:

I Scholes 25.32; S Boardman DNF; M Wilson dnf

400m

4 K Bentham 49.91 (50.59sf, 50.98ht); 7 F Scott 51.12 (50.98sf, 51.50ht); 8 A Harrison 52.19 (51.01sf, 52.11ht)

in semis:

M Williams 52.64 (51.95 ht); M Coker 54.68 (54.69 ht)

in heats:

D Crossland 2:01.66 (2:02.11 ht); R Holland dnf (2:04.60 ht)

in heats:

G Starrs 2:05.89; P McKerracher 2:20.44

1500m

9 D Crossland 4:08.36 (4:08.03 ht); R Holland DNF (4:11.20 ht)

in heats:

G Starrs 4:15.16; S Smythe 4:29.35

5000m

3 W Foster 14:52.52; 18 R Jenkin 16:14.04; 22 P Gray 16:18.16; 29 S Smythe 16:38.35; 41 P McKerracher 17:38.53; 43 A Wythe 17:44.27; 45 L Richardson 17:53.18

10,000m

4 W Foster 31:51.64; 13 R Jenkin 34:11.05; 20 S Smythe 35:10.75; 25 L Richardson 37:34.44; 28 A Wythe 39:18.04

in heats:

P Gray dnf

110mH*in heats:*

M Coker 16.26; I Scholes 16.50

400mH

1 H Moscrop 55.31 (56.65 ht); 4 D Moles 59.27; (60.61 ht); 5 M Coker 60.46 (59.96 ht); 7 C Moody 63.84 (61.47 ht)

3000mS/C

14 A Wythe 11:40.76

PV

3 J Taylor 3.70

LJ

L J Scott 4.96

2 R Farquharson 14.53; 4 R Cameron 14.05;

SP

8 J Painter 14.18; 12 G Herrington 11.97;

14 J Davis 11.70; 16 N Winchcombe 11.18

DT

1 G Herrington 50.04; 6 N Winchcombe 37.87; 7 J Painter 37.75; 9 J Davis 35.67

JT

12 J Davis 45.88; 22 M Finn 14.84

HT

3 N Winchcombe 52.10; 6 G Herrington 45.91;

11 M Wilson 20.00

DEC

9 J Mayor 55.85 (13.02 5.98m 8.37m 1.62m 55.98 17.40 24.63m 2.55m 31.13m 4:53.68); 19 C Berry 3308 (15.35 4.18m 8.49m 1.50m 71.74 21.63 21.42m 2.10m 30.25m 5:56.79)

Wt Pent

6 N Winchcombe 3023 (43.30m 11.53m 37.79m 35.06m 12.45m); 7 J Moreland 2874 (35.80m 11.45m 45.89m 34.44m 9.92m) 8 J Davis 2845 (32.82m 11.11m 35.94m 45.32m 10.84m)

20KW

14 I Statter 1:59:59

4x100m

3 GBR 44.17 (Scott, Bentham, Williams, Delbaugh)

4x400m

1 GBR 3:24.59 (Williams, Harrison Scott, Bentham)

100m

2 D Elderfield 11.55 (11.61sf, 11.88ht);

3 S Peters 11.64 (11.61sf, 11.89ht);

5 W Franklyn 11.71 (11.65sf, 11.72ht)

in heats:

R Cawson 12.43

200m

2 S Peters 23.14 (23.20sf, 23.77ht);

3 D Elderfield 23.50 (23.51sf, 24.34ht);

5 W Franklyn 23.72 (23.80sf, 24.10ht)

400m

1 D Elderfield 50.23 (51.21sf, 51.91ht);

2 W Franklyn 51.60 (52.80sf, 53.80ht);

4 D Anderson 53.18 (53.36sf, 54.44ht);

5 D Cooke 53.61 (53.66sf, 54.67ht)

800m

1 D Wilcock 1:57.91 (2:00.58sf, 2:04.05 ht);

2 A Dunlop 1:59.08 (2:01.47sf, 2:05.81 ht);

in semis:

K Archer 2:05.97 (2:04.86ht)

in heats:

J Golder 2:54.03

1500m

3 D Wilcock 4:06.83 (4:09.12 ht); 7 K Archer 4:11.75 (4:12.16 ht); 9 A Dunlop 4:12.59 (4:13.66 ht)

in heats:

K Dillon 5:50.56; J Golder 5:58.42

5000m

6 R O'Hara 16:08.74; 35 P Jones 17:03.25;

61 D Johnson 19:24.24; 63 B Worthington 19:36.58; 67 R Sargent 20:28.41; 71 M Lippitt 20:37.41; 76 K Dillon 22:27.05

10,000m

12 R O'Hara 34:58.25; 28 B Worthington 39:09.42; 30 R Foskett 39:50.59;

39 R Sargent 43:48.24

110mH

3 P West 16.79 (17.10 ht); T Hall dns (19.45 ht)

in heats:

D Talbot 20.48

400mH

1 D Anderson 58.41 (59.24 ht); 3 P West 59.22 (59.52 ht);

in heats:

T Hall 66.40; D Talbot 69.68

HJ

2 D Talbot 1.55

LJ

5 T Wade 5.47

SP

5 S Archer 12.87

DT

5 S Archer 35.93

5K Walk

9 C Bradley 24:42.79; 19 D Sharpe 29:41.85

20KW

5 C Bradley 1:46.48; 6 C Ryan 1:47.53;

16 D Sharpe 2:14.43

Wt Pent

7 S Archer 2754 (26.25m 12.61m 34.41m 32.77m 8.74m)

DEC

4 P Oakes 2844 (1st day score); 8 B Gibbs 2480 (1st day score); full results currently unavailable

4x100

2 GBR 44.79 (Elderfield, West, Franklyn, Peters)

4x400

1 GBR 3:30.31 (Elderfield, Anderson, Franklyn, Dunlop)

M50**100m***in semis:*

P Pinnington 12.66 (12.61 ht); M Clerihew 12.87 (12.68 ht)

in heats:

D Wallington 12.84; T Wells 13.09

200m*in heats:*

P Pinnington 25.95; P Anthony 26.05;

D Wallington 26.49; M Clerihew 27.14

400m

6 R Minting 54.34 (54.33 sf, 55.17ht)

in semis:

B McKay 55.99 (56.55ht); S Mottershead 56.53 (56.91 ht); P Anthony 57.23 (56.65 ht)

in heats:

G Chalstrey 59.85; S Rees 60.11

800m

5 R Minting 2:05.02 (2:06.26sf, 2:10.17ht)

in semis:

B McKay 2:07.76 (2:09.75 ht); S Halion 2:08.22 (2:10.91 ht)

in heats:

K Daniel 2:12.67; J Harris 2:22.27; J Shirley 2:23.77

1500m

6 S Halion 4:18.04 (4:36.36 ht); 9 K Daniel 4:21.40 (4:28.34 ht)

in heats:

J Shirley 4:50.59; A Bradshaw 4:54.11;

J Harris 4:56.66; W Robinson 4:59.11

5000m

3 C Dickinson 16:12.74; 13 M McNally

17:12.59; 19 P Marsh 17:32.04; 42 A Bradshaw 19:03.62; 49 A Hill 19:29.18

10,000m

3 C Dickinson 33:51.13; 9 M McNally 35:09.87; 16 P Marsh 35:51.10; 34 A Rich 39:48.51; 41 E Thornhill 40:42.53; 46 R Devitt 41:46.42

100mH

2 T Wells 14.51 (14.84ht); 7 T Lewis 15.96 (15.50ht)

400mH

1 T Wells 60.48

LJ

11 M Clerihew 5.28; 12 P Pinnington 5.28;

13 D Wallington 5.28

TJ

9 D Wallington 10.75

SP

2 N Griffin 14.94; 4 B Holden 13.51;

22 J Edgar 10.41; 26 P Bramford 9.81

DT

1 P Gordon 56.97; 4 N Griffin 48.49;

25 P Bramford 34.21; 22 J Edgar 30.90

JT

12 M Stoneman 43.07; 14 P Bramford 41.39;

15 C Arnold 40.45; 22 P Wainwright 34.03

HT

6 P Gordon 54.02; 22 J Edgar 33.47

Wt Pent

6 N Griffin 3974; 21 J Edgar 2606

DEC

2 T Lewis 7209 (12.73, 5.47, 9.36, 1.55, 56.90, 15.46, 27.30, 3.40, 38.01, 5:09.07)

50kmW

9 K Philips 27:07.02

4x100

5 GBR (Pinnington, Wallington, Lewis, Clerihew) 50.46

4x400

3 GBR (McKay, Anthony, Wells, Minting) 3:45.17

M55**100m***in semis:*

J Steede 12.94 12.81ht)

in heats:

G Barratt 12.88; R Garrad 13.22; B Ferguson 13.53

200m*in semis:*

W Thomas 26.00 (25.96 ht)

in heats:

G Barratt 26.95; B Ferguson 27.71

400m

2 W Thomas 55.69 (25.96sf, 57.93 ht))

in semis:

A Eland 61.73 (60.80 ht)

in heats:

A Sterling 61.21; M Balch 65.71

800m

5 M Smith 2:15.68 (2:18.23sf, 2:17.90ht)

in semis:

A Eland 2:18.47 (2:18.04 ht)

in heats:

M Balch 2:38.68

1500m

3 M Smith 4:34.14 (4:41.05ht)

in heats:

G Ward 8:21.78; V Smith dnf

5000m

4 R Young 16:57.41; 11 M Welland 17:24.67;

15 G Scott 17:45.98; 28 I Donnelly 18:43.78;

45 D Walsh 19:49.42; 54 D Mullane 20:30.33;

57 D Hindley 20:47.36; 62 K Black 20:59.55

10,000m

3 R Young 35:46.81; 4 M Welland 35:57.16;

19 D Walsh 40:53.11; 24 D Hindley 42:59.20;

26 K Black 43:05.42; 27 D Mullane 43:14.72;

35 P Torre 45:54.57

110mH

4 B Ferguson 16.18 (15.64 ht)

400mH

6 A Barrington 66.31 (66.66ht)

3000m S/C

11 J Walker 13:30.89; V Smith dnf

LJ

16 R Garrad 4.31

TJ

16 R Garrad 9.85

SP

6 B Gillo 12.40

DT

17 B Gillo 33.72; 24 G Arnold-Pinchin 19.28

JT

4 D Kuester 43.58

Wt Pent

20 D Kuester 2832

5kmW

12 P Hannell 27:35.67

4x100

4 GBR (Thomas, Steede, Barratt, Garvey) 49.81

4x400

1 GBR (Thomas, Eland, Stirling, Barrington) 3:53.02

M60**100m***in semis:*

M Garvey 13.37 (1

◀ RESULTS continued from page 15

HJ
3 A Bateman 1.43; 14 C Taylor 1.22
PV
4 J Day 2.60

LJ
4 A Bateman 4.89
SP
22 C Taylor 9.80; 30 J Dunsford 7.45
JT
2 J Phillips 42.74

HT
21 A Williams 20.88
W Pent
22 C Taylor 2632
5kmW
6 D Stevens 28:57.38; 7 E Hall 29:19.45;
18 P Ray 32:38.40; 25 K Livermore 34:32.00 ;
30 R Marchant 36:53.00
20kmW
16 P Ray 2:18:58; 22 K Livermore 2:27:31;
J Marshall disq

Dec
18 K Ficken 4298 (15.31, 3.71, 6.95, 1.22,
83.97, 21.02, 29.54, 1.55, 18.99, -)
4x100
2 GBR (Bowman, Meddings, Feast, Burton)
53.61
4x400
disq (Baron, Burton, Fest, Bowman)

M70
100m
4 A Meddings 13.90 (13.93sf, 14.02ht)
in semis:
G Cheetham 14.48 (14.37 ht)
in heats:
A Das 17.99
200m
5 A Meddings 28.57 (28.66sf, 29.19ht);
8 G Cheetham 30.32 (29.76sf, 30.19ht)
in heats:
N Carter 37.49

800m
6 D Howarth 2:43.60 (2:47.51sf, 2:50.90 ht)
1500m
4 D Howarth 5:32.82 (5:48.57 ht)
in heats:
T Wyer 6:11.13; K Crooke 6:30.61; S Ward
8:20.85
5000m
19 K Crooke 24:25.07; 22 S Sonerson
27:12.10; 23 A Walsham 27:15.25;
27 R Franklin 28:18.71; 28 S Ward 31:42.77
D Howarth dnf

10,000m
8 K Crooke 50:41.01; 12 A Walsham 53:59.19;
14 R Franklin 55:30.78
80mH
in heats:
P Field 18.97
300mH
7 P Field 63.28 (59.85ht)
in heats:
A Das 78.26

HJ
6 N Carter 1.18; 10 J Christie 1.00
PV
6 A Woods 2.20
LJ
5 A Kalirai 3.84; 7 J Christie 2.82
TJ
5 A Kalirai 8.65

SP
10 J Hanus 10.44
DT
5 J Hanus 34.89; 16 N Carter 23.18
HT
8 J Hanus 36.79

Wt Pent
6 J Hanus 3442; 8 N Carter 2300
5km Walk
3 D Fotheringham 29:00.82
20km Walk
5 D Fotheringham 2:08:22

4x100
dq GBR (Field, Kalarai, Howarth, Crooke)
4x400
5 GBR (Field, Carter, Howarth, Crooke)
5:27.57
M75
1500m
11 J Kennedy 9:24.86
5000m
9 J Caddy 24:51.32; 23 J Kennedy 32:28.92
10,000m
10 J Caddy 52:43.21
20km Walk
J Fitzgerald disq

W35
100m
2 C Haslam 12.76 (12.97 ht); 3 J Money
12.84 (13.02ht)

200m
2 C Haslam 26.06 (26.62 ht); 3 J Matthews
26.22 (26.28 ht); 7 J Money 26.50 (27.11ht)
400m
1 C Amede 56.54 (57.23 ht); 2 J Matthews
57.44 (58.04 ht); 3 M Miller 58.31 (58.94ht)
800m
1 T Smedley 2:13.94 (2:18.27sf, 2:18.20ht);
2 M Miller 2:16.14 (2:22.33sf, 2:21.52ht);
3 C Gray 2:16.86 (2:19.20sf, 2:21.11ht)
in semis:
S Ramage 2:36.09 (2:32.50ht); S Kneill
2:44.14 (2:36.34ht)
1500m
3 C Gray 4:40.24 (4:54.10ht); 4 T Smedley
4:42.19 (4:58.04ht); 11 S Ramage 5:14.04
(5:05.38ht); 12 S Kneill 5:15.82 (5:05.73ht)
5000m
3 S Ridley 17:47.05
10,000m
2 S Ridley 37:12.50
100mH
1 W Laing 14.92; 4 K Hood 16.83
400mH
1 J Matthews 61.73; 3 C Amede 66.52
2000m S/C
2 J Pidgeon 7:17.78
HJ
2 W Laing 1.65; 14 C Pates 1.40
LJ
2 W Laing 5.13
TJ
2 W Laing 10.49
SP
9 B Wilson 6.70
JT
13 B Wilson 10.99
DT
12 J Smith 33.84; 23 B Wilson 19.37
HT
2 J Smith 45.57; 18 B Wilson 16.62
Wt Pent
12 J Smith 2759
Hept
2 W Laing 5118 (15.08, 1.57, 10.57, 27.60,
5.06, 32.75, 2:30.20)
4x100
1 GBR (Haslam, Money, Amede, Matthews)
48.88
4x400
1 GBR (Amede, Matthews, Miller, Haslam)
3:51.51
W40
100m
in semis:
G Barclay 13.88 (13.93ht); D Timmis 13.92
(13.77ht); G Clarke 14.16 (13.97ht)
in heats:
A Beadnall 13.90
200m
7 A Beadnall 27.46 (27.52sf, 27.91ht)
in semis:
D Timmis 28.86sf (28.16ht); G Clarke 28.63sf
(29.01ht)
400m
6 A Beadnall 60.41 (62.23ht)
in heats:
C Smith 63.29; D Timmis 63.67; G Barclay
64.48
800m
3 A Hurford 2:20.35 (2:18.72 ht); 4 C Smith
2:21.84 (2:23.22ht)
1500m
1 A Hurford 4:39.99 (4:51.70ht); 3 J Gray
4:41.12 (4:48.50ht); 8 A Fletcher 4:53.14
(4:53.28ht)
5000m
2 A Fletcher 17:27.38; 3 J Gray 17:40.08;
12 L Marr 19:02.84; 20 D Johnson 20:34.54
10,000m
2 A Fletcher 36:04.8; 5 J Gray 37:50.7;
12 L Marr 40:00.5
80mH
4 M Laing 11.95 (12.08ht); 7 S Stagles 12.53
(12.59ht); 8 G Clarke 12.61 (12.82 ht)
400mH
6 S Stagles 69.09 (68.24ht)
2000m S/C
3 A Hurford 7:35.41
HJ
5 M Laing 1.50; 6 H Barker 1.46
LJ
6 J Pryce 5.12; 8 M Laing 5.01; 9 D Timmis
4.68; 14 G Clarke 4.42; 15 H Barker 4.37;
17 S Stagles 4.22
TJ
5 M Laing 10.96; 6 J Pryce 10.92; 9 G Clarke
9.06
SP
6 A Hourihan 11.07; 9 C Cameron 10.74;
11 W Dunsford 26.49; 14 H Barker 9.11;
15 J Earle 28.35

DT
4 A Hourihan 40.54; 5 C Cameron 38.27;
14 J Earle 28.35; 16 W Dunsford 26.49
JT
3 A Hourihan 33.93
HT
5 J Earle 38.96; 7 C Cameron 33.98;
10 A Hourihan 28.79; 11 W Dunsford 28.74
Hept
2 M Laing 5543 (12.14, 1.49, 10.37, 28.22,
5.16, 34.29, 2:39.37)
W Pent
4 A Hourihan 3357; 8 C Cameron 2975;
10 J Earle 2740; 15 W Dunsford 2371
4x100
4 GBR (Laing, Clarke, Timmis, Beadnall)
51.92
4x400
1 GBR (Timmis, Clarke, Smith, Beadnall)
4:08.35
W45
100m
3 C Filer 13.68 (13.74sf, 13.66ht); 6 E Roe
13.77 (13.77sf, 13.80ht)
in semis:
A Mullinger 14.05 (14.06ht); A Wainwright
14.65 (14.53ht)
in heats:
A Howarth 15.61
200m
4 E Roe 27.96 (28.18ht)
400m
2 O Inak-Price 61.39 (63.35ht); 4 E Roe 61.44
(63.18ht)
800m
2 O Inak-Price 2:25.80 (2:31.16ht)
1500m
2 B Cardy 4:56.24 (5:14.08)
5000m
1 B Cardy 17:34.37; 13 D Underwood
20:05.00; 25 A Lippitt 22:33.11
10,000m
1 B Cardy 36:20.10
100mH
2 C Filer 12.57 (12.73ht)
400mH
3 C Filer 68.80 (70.51ht)
HJ
2 P Garvey 1.40
PV
2 A Wainwright 2.70; 4 J Stafford 2.10
LJ
1 C Filer 5.18; 14 G Howarth 3.78
JT
2 G Dobson 29.79; 3 V Thompson 29.59
5km Walk
11 A Wheeler 29:24.75
10km Walk
13 A Wheeler 1:02:07
4x100
1 GBR (Filer, Roe, Mullinger, Wainwright)
54.12
4x400
1 GBR (Roe, Wainwright, Filer, Inak-Price)
4:13.69
W50
100m
(-0.4) 2 M Lewington 13.57 (13.56sf (0.2),
13.55ht (0.0))
in heats:
A Neil 14.32; O Codrington 15.92;
S McGinlay 17.55
200m
(no wind reading)
3 M Lewington 28.23 (28.53ht)
in heats:
J Browne 31.35; O Codrington 33.23;
S McGinlay 37.04
400m
4 C Marler 65.88 (65.73ht)
800m
5 C Marler 2:35.18 (2:37.49ht)
5000m
27 B Bradshaw 25:55.22
10,000m
15 S Barnett 47:36.70
80mH
(+1.4) 1 J Fail 13.31 (13.43ht); 3 E McMahon
13.84 (14.07ht)
300mH
2 E McMahon 52.15 (53.18ht); 3 J Fail 52.20
(56.42ht)
PV
5 M Anness 2.00; 6 C Eames 1.90
LJ
7 J Fail 4.37; 13 O Codrington 3.74
TJ
3 J Fail 9.19; 7 M Anness 8.29
HT
7 R Alexander 35.73; 12 M Anness 29.76
JT
5 T Stoneman 21.98

Wt Pent
11 M Anness 23.47
Hept
2 J Fail 5041 (13.59 1.26 7.61 30.08 4.58
22.03 3:02.98)
4x100
4 GB 57.99 (Parsons, Priestman, Fail,
Lewington)
5kmW
11 R Phillips 31:42.59
10kmW
15 R Phillips 1:05:52; 20 R Alexander 1:10:00
W55
100m
(-1.0) 1 V Parsons 13.93 (13.99sf (0.00),
14.09ht (0.00); 2 Y Priestman 14.41 (14.35sf
(0.00), 14.28ht(+0.5))
200m
(0.4) 1 V Parsons 28.72 (29.93ht);
2 Y Priestman 29.14 (29.85ht)
400m
1 Y Priestman 65.50 (66.88ht)
1500m
5 V Hancock 5:34.83
5000m
8 P Rich 21:18.83
80mH
4 P Oakes 15.74
300mH
1 Y Priestman 55.41
LJ
2 P Oakes 8.87
SP
7 M Swinton 8.72
DT
16 M Swinton 19.73
HT
8 M Swinton 31.12
JT
13 M Swinton 17.70
Wt Pent
6 M Swinton 3098 (30.80 8.55 20.97 21.83
8.83)
Hept
3 P Oakes 4281 (15.78 1.19 7.84 34.06
3.64 16.18 3:29.29)
5kmW
17 J York 33:16.19; 28 A Lennon 35:37.68
10kmW
21 A Lennon 71:10; 23 J York 71:30
W60
100m
(-1.4) 1 E Linaker 14.59 (14.37sf (-0.8),
14.26ht(0.0))
in semis:
B Colwell 15.62 (15.66ht); Una Gore 15.66
(15.54ht); Mollie Mills 16.45 (16.19ht)
in heats:
Iris Holder 15.44
200m
(-0.2) 1 E Linaker 30.08 (30.45ht); 8 B Colwell
33.14 (32.64ht)
in heats:
U Gore 33.19; M Mills 34.60; D Fraser 34
N Cross 38.44
400m
3 J Hulls 71.72 (72.44ht)
in heats:
B Colwell 79.25; D Fraser 80.89
800m
in heats:
E Osborne 3:09.45; J Royal 3:11.66
1500m
9 E Osborne 6:07.71 (6:03.46 ht); 10 J Royal
6:15.87 (6:21.46 ht)
5000m
6 E Osborne 22:31.65; 10 H Marchant
23:37.79; 17 B Cushman 25:21.68
80mH
(0.5) 5 I Holder 15.39; 6 N Cross 16.34
300mH
3 J Hulls 62.06; N Cross dsq
DT
Result unavailable
SP
2 E Williams 11.61
HT
2 E Williams 38.78; 7 C Derrien 30.46
JT
2 E Williams 32.33
Wt Pent
2 E Williams 4977 (37.00 11.17/29.75 34.78
13.61); 10 C Derrien 3232 (29.50 6.80 21.67
17.36 11.63)
5kmW
2 D Cassels 31.15.11
10kmW
6 D Cassels 65:01
4x100
3 GB (Colwell/Holder/Mills/Linaker) 59.87
4x400
3 GB (Fraser/Osborne/Colwell/Hulls) 5:16.78

W65
5000m
 5 M Anstey 22:17.33; 10 A Martin 23:47.77
10,000m
 10 A Martin 48:32.04
SP
 16 B Dunsford 5.59
HT
 13 B Dunsford 18.17
5kmW
 5 M Spelman 31:43.14

10kmW
 5 M Spelman 1:04:05
W70
1500m
 4 A Ward 9:58.79
5000m
 6 A Ward 35:48.37
5kmW
 10 A Von Bismarck 37:35.92
10kmW
 8 A Von Bismarck 75:25

MARATHON
M40
 20 Steven McConnell Wood 2:54:30;
 25 David Geddes GBR 3:01:47;
 32 David Lloyd GBR 3:11:37;
 40 Eric Brooks 3:23:44
Team
 3 Great Britain
M45
 10 Dave Mann 2:55:12; 16 David Mortimer
 3:00:19
M50
 1 Alan Carroll 2:41:40; 5 Pete Marsh 2:51:53;
 9 Eric Cusack 2:53:59; 20 Bill Begley 3:08:36;
 24 Pete Cooper 3:14:16; 32 Russell Devitt
 3:22:49; 46 Steve Mottershead 3:30:11;
 48 Ernest Thornhill 3:30:21
Team
 1 Great Britain
M55
 5 Robert Young 2:53:01; 8 Ian Donnelly
 3:01:49; 20 Reid Haddow 3:21:20; 25 Dave
 Lesley 3:26:32; 27 Dave Walsh 3:26:46;
 32 Phanos Tavatis 3:32:27; 46 Peter Torre
 3:57:50
Team
 1 Great Britain

M60
 7 James Edwards 3:14:38; 10 Mike Horwood
 3:18:34; 11 George Armstrong 3:21:25;
 34 Bryan Markham 3:56:20; 35 Francis
 Arthurs 3:57:38; 38 Michael Caudwell 4:02:41
Team
 3 Great Britain
M65
 4 Eric Barber 3:22:16; 12 Mike Morgan
 3:51:26
M70
 10 John Marsden 4:30:15; 10 Ron Jones
 5:00:57
M75
 6 Jack Fitzgerald 5:17:35; 7 Bernard
 McCarthy 5:37:35
W50
 19 Sheila Pache-Carroll 4:24:06
W55
 2 Celia Greenwood 3:40:54
W60
 7 Eila Mansfield 4:08:06
W65
 4 Anne Martin 3:57:07

CROSS COUNTRY
 There were individual gold medals for Alison
 Fletcher at W40 and Mary Wixey in the W65
 event as around 100 Britons took part over a
 tough 8km course on St Lucia Golf Course.
 Britain won five sets of team gold medals with
 the women again outperforming the men
 whose solitary gold came in the M55 age
 group. The British women took golds at W40
 (with Bronwen Cardy moving down an age
 group although a new ruling cost her an
 individual medal), W55, W60 and W65.

8km
M40
 1 Johann Hopfner GER 26:07; 2 Julio Vierra
 Da Costa POR 26:32; 3 Rob Spilling AUS
 26:58; 24 Steve Smythe GBR 30:07; 40 Lee
 Richardson GBR 32:25; 47 Stephen
 Cheetham GBR 37:21; 53 Ivor Groves GBR
 40:07
Team
 5 Great Britain (Smythe, Richardson,
 Cheetham)
M45
 1 Marjan Krempel SLO 27:27; 2 Grenville
 Wood AUS 27:32; 3 Ron Peters AUS 27:51;

13 Robert Burn GBR 29:38; 30 Dave Mann
 GBR 31:47; 33 Dave Pitt GBR 32:19; 40 Dave
 Mortimer GBR 32:55; 48 Bill Courtney GBR
 34:00; 51 Don Johnson GBR 34:24
 52 Richard Foskett GBR 34:46; 67 Rob
 Sargent GBR 38:06; 68 Brian Worthington
 GBR 38:19; 70 Martin Lippitt GBR 39:11;
 73 John Armstrong GBR 40:18; 76 Kevin
 Dillon GBR 42:21
Team
 3 Great Britain (Burn, Mann, Pitt)

M50
 1 Gary Romeyer USA 28:05; 2 Rod Dixon
 NZL 28:27; 3 Milan Kotnik SLO 28:41;
 16 Pete Marsh GBR 30:54; 19 Mark McNally
 GBR 31:07; 31 Bill Begley GBR 33:01;
 36 Bill Robinson GBR 33:55; 39 Fred Gormer
 GBR 34:05; 51 Alan Rich GBR 35:18
 58 Russell Devitt GBR 36:13; 67 Alan Hill
 GBR 37:30
Team
 4 Great Britain (Marsh, McNally, Shirley)

M55
 1 Emilio De Camara ESP 29:24; 2 Max
 Dravitzki NZL 29:41; 3 Frank Reilly IRL 29:46
 6 Rob Young GBR 31:08; 9 Geoff Scott GBR
 31:25; 11 Michael Smith GBR 31:36;
 13 Michael Welland GBR 31:55; 27 Ian
 Donnelly GBR 33:36; 33 Peter Howard GBR
 34:46; 44 Dave Lesley GBR 35:59; 55 Danny
 Mullane GBR 37:16; 58 Reid Haddow GBR
 37:57; 59 Ken Black GBR 38:07; 75 John
 Walker GBR 41:01; 80 James Munford GBR
 41:56
Team
 1 Great Britain (Young, Scott, Smith)

M60
 1 Ron Robertson NZL 28:50; 2 Pete Lessing
 GER 29:43; 3 Pete Sandery AUS 31:04; 4 Les
 Presland GBR 31:28; 6 Steve James GBR
 31:37; 24 Michael Sawyer GBR 35:01;
 32 George Armstrong GBR 36:16; 36 Ron Hill
 GBR 36:42
 39 Mike Horwood GBR 37:04
 43 Bryan Markham GBR 37:53
 47 Peter Mein GBR 38:14
 64 Michael Caudwell GBR 41:48
 72 David Smith GBR 43:48
 GB Team 3rd (Presland, James, Sawyer)

M65
 1 Colin McLeod AUS 31:54; 2 Manuel
 Rosales ESP 32:30; 3 Francisco Vicente POR
 32:52; 5 Harry Clayton GBR 33:26; 7 Eric
 Barber GBR 35:24; 9 Trefor Pugh GBR 35:45
 10 Tom Everitt GBR 35:58; 11 Albert Prouse
 GBR 36:19; 24 Henry Morrison GBR 38:09;
 25 Mike Morgan GBR 38:14; 33 Peter
 Kearsey GBR 39:43; 36 Carl Cross GBR
 40:26; 48 Rob Davidson GBR 41:35; 68 John
 Atkinson GBR 49:27
Team
 2 Great Britain (Clayton, Barber, Pugh)

M70
 1 Luciano Acquarone ITA 34:36; 2 John
 Downey NZL 35:49; 3 Walter Bittmann GER
 36:17; 4 Derek Howarth GBR 36:57;
 19 Thomas Wyer GBR 42:50; 22 Ken Crooke
 GBR 43:08; 24 John Marsden GBR 43:44;
 27 Arthur Walsham GBR 45:33; 31 Stanley
 Sorenson GBR 48:19; 33 Ron Franklin GBR
 49:09; 36 Ron James GBR 57:56
Team
 3 Great Britain 0(Howarth, Wyer, Crooke)

M75
 1 Sergio Agnolli ITA 37:15; 2 Vasilii Matveev
 RUS 38:39; 3 Hans Jonsson SWE 39:04;
 8 Reg Ferneyhough GBR 46:49; 15 Bernard
 McCarthy GBR 52:32

M80
 1 Antonio Tejada Vergara MEX 41:37; 2 Emiel
 Pauwels BEL 46:35; 3 Tsan Hsun Wang TPE
 52:22
W35
 1 Chantal Dallenbach FRA 29:13; 2 Corinne
 Debaets BEL 29:56; 3 Glenda Banaghan AUS
 33:16

W40
 1 Alison Fletcher GBR 31:00; 2 Jenny Dowie
 AUS 31:35; 3 Margaret Beardslee AUS 32:08
 8 Lynn Marr GBR 34:13; 21 Denise Johnson
 GBR 37:36; 32 Margaret Finn GBR 40:40;
 35 Anne Lippitt GBR 43:04
Team
 1 Great Britain (Fletcher, Cardy, Marr)
W45
 1 Maureen De St Croix CAN 30:08;
 2 Bronwen Cardy GBR 31:12; 3 Joanne
 Cowan AUS 32:21

W50
 1 Noorte van Kempen NED 34:06; 2 Emily
 Dowling IRL 34:48; 3 Brigitte Ziegler GER
 35:07; 15 Susan Barnett GBR 40:14;
 17 Anne Cross GBR 41:11; 21 Nina Mill GBR

41:52; 37 Carole Brown GBR 46:06;
 39 Jacqueline Markham GBR 47:06;
 44 Maureen Shirley GBR 50:19;
 48 Rosemarie Alexander GBR 52:48
Team
 4 Great Britain (Barnett, Cross, Alexander)
W55
 1 Mizue Matsuda JPN 35:23; 2 Val Hancock
 GBR 35:35; 3 Maria Cruz BRA 35:53
 7 Pauline Rich GBR 38:20; 12 Lesley
 Bowcott GBR 39:56; 13 Maggie Govender
 GBR 40:12; 34 Andrea Lennon GBR 55:50
Team
 1 Great Britain (Hancock, Rich, Bowcott)

W60
 1 Maria Flores POR 37:05; 2 Carol Thompson
 NZL 38:23; 3 Eva Carlsen NOR 39:16; 4 Eva
 Osborne GBR 39:42; 7 Eila Mansfield GBR
 40:47; 8 Joan Royal GBR 40:56; 16 Hazel
 Marchant GBR 44:11; 19 Bridget Cushen
 GBR 44:48; 31 Jenny Evans GBR 50:39
Team
 1 Great Britain (Osborne, Mansfield, Royal)
W65
 1 Mary Anstey GBR 40:15; 2 Anne Marten
 GBR 40:21; 3 Molly Turner CAN 41:07;
 11 Chris Swanson GBR 46:32; 16 Brenda
 Atkinson GBR 51:01
Team
 1 Great Britain (Anstey, Marten, Swanson)

W70
 1 Gerda Bjaastad NOR 44:25; 2 Shirley
 Young AUS 46:19; 3 Josefa Vocos ARG 52:44
W75
 1 Maria Alves BRA 54:36; 2 Louise Adams
 USA 59:12; 3 Dawn Russell USA 61:24
W80
 1 Lenore Marvin CAN 56:00
W85
 1 Margaret Russell AUS 92:40

26th August BVAF 5km CHAMPIONSHIPS Milton Keynes

M40+
 1 Mike Boyle Herne Hill Harriers M40 15:09;
 2 Steve Murdoch Border Harriers M40 15:14;
 3 Michael Hager Tipton Harriers M40/M50
 15:30; 4 Laurence Hellawell Keighley &
 Craven AC M40 15:31; 5 Steve Robinson
 Bingley Harriers AC M40 15:37; 6 James
 McMahon Bedford & County AC M40 15:53;
 7 Paul Pudney Liverpool Pembroke & Sefton
 AC M40 15:54; 8 Peter Thompson Nene
 Valley Harriers M40 16:00; 9 David Griffin
 Chelmsford M45 16:05; 10 Brian Green
 Oxford City AC M40 16:10; 11 Tim Fee Derby
 & County AC M40 16:13; 12 Stan Owen
 Salford Harriers & AC M45 16:14; 13 Gregory
 Wilson Telford AC M45 16:21; 14 Martin
 Flowers Worcester AC M45 16:24; 15 Mike
 Spencer Bideford AAC M40 16:25;
 16 Stephen Davies Mansfield Harriers & AC
 M40 16:26; 17 Mark Farnell Tipton Harriers
 M40 16:29; 18 Keith Donkin Aldershot,
 Farnham & District AC M40 16:31; 19 Philip
 Carstairs Belgrave Harriers M40 16:32;
 20 Chris Clarke Nene Valley Harriers M40
 16:35; 21 Jim Wood Aldershot, Farnham &
 District AC M45 16:37; 22 Peter Gray Oxford
 City AC M40 16:40; 23 Peter New M40 16:43;
 24 Philip Jones Milton Keynes AC M45
 16:49; 25 David Wheeler Oxford City AC M45
 16:52; 26 Andy Phillips Riverside Runners
 M40 16:58; 27 Patrick Carlan Mansfield
 Harriers & AC 16:59; 28 Terry Egan
 Northampton Phoenix M40 17:02; 29 Tim Orr
 Dartford Harriers M40 17:04; 30 Geoff
 Pulman Newbury AC M45 17:10; 31 Nigel
 Watkin Mansfield Harriers & AC M40 17:11;
 32 M Barnsdale Nene Valley Harriers M45
 17:14; 33 Nick Bateson Aldershot, Farnham &
 District AC M40 17:19; 34 Stephen Andrew
 Banbury Harriers M40 17:21; 35 Ian Kiltie
 Derby & County AC M45 17:25; 36 Steve
 Bone Aldershot, Farnham & District AC M40
 17:26; 37 Terry Hedge Watford Harriers M40
 17:28; 38 Martin Clarke Ilford AC M45 17:32;
 39 Kevin Wilson Mansfield Harriers & AC M40
 17:33; 40 David Hartwell SCVAC M40 17:36;
 41 William Taylor Nene Valley Harriers M40
 17:37; 42 Mick Kelly Milton Keynes AC M40
 17:42; 43 Alan Newman Medway AC M45
 17:44; 44 Paul Williams Bury St Edmunds
 Pacers M45 17:50; 45 Stuart Littlewood
 Hercules Wimbledon AC M45 18:10; 46
 Malcolm Cowley Bedford & County AC M40
 18:12; 47 P Bevilacqua Nene Valley Harriers
 M45 18:18; 48 Alan Grice Tipton Harriers
 M45 18:19; 49 Richard Piron Bedford Harriers
 M45 18:25; 50 Ray Prew Lichfield RC M40
 18:28; 51 Andrew Mangeot Cambridge &

Coleridge AC M45 18:35; 52 Martin
 Grimdsdale Watford Harriers M45 18:44;
 53 Phil Feist Milton Keynes AC M40 18:45;
 54 Simon Fisher Bedford Harriers M40 18:49;
 55 Mark Chaplin Cambridge & Coleridge AC
 M40 18:57; 56 Peter Simpson Vegetarian
 Cycling & AC M40 19:10; 57 John Falvey
 Ealing, Southall & Middlesex AC M45 19:12;
 58 S Tate Southend AC M45 19:16; 59 Brian
 McCullen Bedford Harriers M45 19:21;
 60 Denzil Baker West Bromwich Harriers M40
 19:22; 61 Francis Robinson Barnet & District
 AC M40 19:27; 62 David Millett Milton
 Keynes AC M45 19:29; 63 Timothy Smith
 West Bromwich Harriers M40 19:31;
 64 Michael Barnard Bedford Harriers M40
 20:16; 65 Paul Fimage Ryston Runners AC
 M45 20:19; 66 Steve Gardner M40 21:15
 67 Kevin Dillon Manchester Harriers M45
 22:01.

Teams
 1 Nene Valley Harriers 67:26; 2 Aldershot,
 Farnham & District AC 67:53; 3 Mansfield
 Harriers & AC 68:09; 4 Milton Keynes AC
 72:45; 5 Bedford Harriers 76:51
Inter-Area
 1 Midlands VAC 32 20; 2 Eastern VAC 45 15;
 3 Southern Counties VAC 97 10; 4 VAC
 102 5.

Individual
M40
 1 Mike Boyle 15:09; 2 Steve Murdoch 15:14;
 3 Laurence Hellawell 15:31
M45
 1 David Griffin 16:05; 2 Stan Owen 16:14;
 3 Gregory Wilson 16:21.

M50+
 1 Peter Hyde Altrincham & District AC M50
 16:31; 2 Brian Hilton Leeds City AC M50
 16:37; 3 Charles Dickinson Belgrave Harriers
 M50 16:42; 4 Desmond Michael Barnet &
 District AC M50 16:52; 5 Dave Laynes
 Bedford & County AC M50 17:12; 6 John
 Wilkins Invicta East Kent AC M50 17:14;
 7 Nevin Brailsford Derby & County AC M50
 17:15; 8 John Exley Oxford City AC M50
 17:16; 9 Brian Lloyd Telford AC M50 17:24;
 10 David Davies Neath Harriers M50 17:25;
 11 Martin Ford Cheltenham Harriers M55
 17:27; 12 David Parsons Oxford City AC
 M50 17:29; 13 Michael Welland Oxford City
 AC M55 17:32; 14 Neil Robson Bingley
 Harriers AC M50 17:36; 15 Peter Beacham
 Aldershot, Farnham & District AC M55
 17:44; 16 Arthur Johns Poole Runners M50
 17:48; 17 Clive Rutland Oxford City AC M55
 17:50; 18 Vincent Hancock Hercules
 Wimbledon AC M55 17:53; 19 Gordon
 Stewart M50 17:55; 20 Phil Smith West
 Bromwich Harriers M50 17:58; 21 David
 Findel-Hawkins Milton Keynes AC M50
 18:00; 22 Pete Marsh Barnet & District AC
 M50 18:04; 23 Paul Allen Halesowen AC M50
 18:07; 24 Ken Bell Oxford City AC M50
 18:11; 25 Michael Smith Bingley Harriers AC
 M55 18:21; 26 Bill Birmingham London
 Heathstons M55 18:43; 27 Peter Duhig Ryston
 Runners AC M50 18:30; 28 Jeff Taylor M50
 18:34; 29 David Reffin Notts AC M50 18:35;
 30 Keith Best Tipton Harriers M50 18:37;
 31 Victor Wilson Woodford Green AC with
 Essex Ladies M55 18:43; 32 Pete Dancer
 Bedford & County AC M50 18:49; 33 Paul
 Dimmock Leighton Buzzard AC M50 19:03;
 34 Robin Dickson Thames Hare & Hounds
 M55 19:16; 35 Kevin Connolly Milton Keynes
 AC M50 19:23; 36 John Gillespie Milton
 Keynes AC M50 19:24; 37 Alan Rich
 Walthamstow AC M50 19:30; 38 Michael
 Dixon Verlea M55 19:34; 39 Glyn Smith
 Cambridge & Coleridge AC M55 19:36;
 40 David Hanwell Kettering Town Harriers
 M50 19:47; 41 Michael Smedley Derby &
 County AC M50 20:04; 42 Martin Duff
 Aldershot, Farnham & District AC M55 20:05;
 43 John Atkinson North Herts RR M50 20:16;
 44 Ray Tucker Shaftesbury Barnet Harriers
 M55 20:29; 45 P Morgan Folkestone AC
 M55 20:39; 46 John Haden Tipton Harriers
 M50 20:48; 47 Mel Carter Canterbury
 Harriers M55 20:55; 48 Owen Phipps Ilford
 AC M55 21:22; 49 Ron Winter Milton Keynes
 AC M50 21:31; 50 Bill Phillips Charnwood AC
 M50 21:41; 51 Ken Hardcastle Winchester &
 District AC M50 22:13; 52 William Bethune
 Bedford Harriers M55 26:22.

Team
 1 Oxford City AC 70:07; 2 Milton Keynes AC
 74:18.
Inter-Area
 1 Southern Counties VAC 31 20; 2 Northern
 VAC 42 15; 3 Midlands VAC 44 10;

RESULTS continued from page 17

4 Eastern VAC 77 5; 5 VAC 81.

Individual

M50

1 Peter Hyde 16:3; 2 Brian Hilton 16:37;
3 Charles Dickinson 16:42.

M55

1 Martin Ford 17:27; 2 Michael Welland 17:32;
3 Peter Beacham 17:44.

M60+

1 Les Presland Aldershot, Farnham & District
AC M60 17:49; 2 Fred Gibbs Bingley Harriers
AC M60 17:50; 3 Michael Conway Canterbury
Harriers M60 18:02; 4 Arthur Moore Sleaford
Striders M60 19:00; 5 Ian Leggett Lothians
AC M60 19:16; 6 Edmond Simpson
Folkestone AC M60 19:41; 14 Derek Surrey
Shaftesbury Barnet Harriers M60
19:42; 8 Gordon Wiltshire City of Salisbury
ARC M65 19:53; 9 Joe Clare Blackheath
Harriers M60 19:56; 10 Ken Wilford Bedford &
County AC M60 19:57; 11 John Collins
Swansea Harriers M60 20:00; 12 Michael
Wrenn MVAC M60 20:09; 13 Richard Gould
Winchester & District AC M65 20:11; 14 Robin
Campbell Newham & Essex Beagles AC M60
20:16; 15 John Taylor Liss Runners M70
20:36; 16 Mike Rosbrook Orion Harriers M60
20:39; 17 Terry Laybourn Milton Keynes AC
M60 20:50; 18 Derek Howarth Leigh H & AC
M70 20:56; 19 Brian Daniels Milton Keynes
AC M60 20:57; 20 Ted Kimber Barnet &
District AC M60 21:00; 21 Mervyn Huggins
MVAC M70 21:05; 22 Michael Buttery Derby
& County AC M60 21:06; 23 Steve Charlton
SCVAC M70 21:07; 24 Roger Duffield Tiptree
Road Runners M60 21:09; 25 John Greenall
Milton Keynes AC M65 21:28; 26 William
Davies Winchester & District AC M70 21:32;
27 Tony Merritt Burnham Joggers M60 21:48;
28 Brian Shave Herne Hill Harriers M65 22:16;
29 W Billington Bedford Harriers M60 22:19;
30 David Sutcliffe Bedford Harriers M65
22:20; 31 Tom Horne Barnet & District AC
M70 22:46; 32 Laurie Forster Barnet & District
AC M70 23:03; 33 Milford Callow Milton
Keynes AC M65 23:24; 34 Ernest Blackler
Barnet & District AC M70 23:43; 35 Larry
Curley Unattached M60 24:03; 36 Arthur
Walsham Salford Harriers & AC M70 24:21;
37 John Keenan Bedford Harriers M60 24:44;
38 Brian Graves Milton Keynes AC M60
24:52; 39 William Jones Vale of Aylesbury AC
M70 25:51; 40 Frank Copping Ipswich Jaffa
RC M75 26:13; 41 Peter Chaplin Cambridge &
Coleridge AC M70 26:52; 42 William Gardner
Metros M65 26:56; 43 John Quantrell MVAC
M75 27:05; 44 Ernest Bowring Tonbridge AC
M70 28:19; 45 Bruce Davidson New Forest
Runners M80 28:23; 46 Jack Fitzgerald
Sutton & District AC M75 29:09.

Team

1 Milton Keynes AC 65:11; 2 Barnet & District
AC 66:49; 3 Bedford Harriers 69:23.

Inter-Area

1 Southern Counties VAC 13 20; 2 VAC 41 15;
3 Eastern VAC 45 10; 4 Midlands VAC 55 5;
5 Northern VAC 56; 6 South West VAC 66.

Individual

M60

1 Les Presland 17:49; 2 Fred Gibbs 17:50;
3 Michael Conway 18:02.

M65

1 Gordon Wiltshire 19:53; 2 Richard Gould
20:1; 3 John Greenall 21:28.

M70

1 John Taylor 20:36; 2 Derek Howarth 20:56;
3 Mervyn Huggins 21:05.

M75

1 Frank Copping 26:13; 2 John Quantrell
27:05; 3 Jack Fitzgerald 29:09.

M80

1 Bruce Davidson 28:23;

W35+

1 Jo Newcombe Shaftesbury Barnet Harriers
W35 17:21; 2 Jane Clarke Norwich Road
Runners W40 17:37; 3 Frances Gill Neath
Harriers W40 17:44; 4 Sally-Anne Cox
Shaftesbury Barnet Harriers W35
17:45; 5 Sharon Coyne Cornwall AC W35
17:52; 6 Leisa Lavender Aldershot, Farnham &
District AC W35 18:22; 7 Helen Hinsley Bristol
AC W35 18:24; 8 Susan Cooper Southport
Waterloo W45 18:33; 9 Kate Armstrong
Shaftesbury Barnet Harriers W40 18:37;
10 Janet Ray Dorking W40 18:43; 11 Jan Ross
Winchester & District AC W45 18:49;
12 Wendy Jones Royston Runners W35
19:03; 13 A Sloane City of Salisbury ARC
W40 19:12; 14 Fiona Kennedy Ealing, Southall
& Middlesex AC W40 19:16; 15 Sian Monahan
Bristol AC W40 19:17; 16 Gail Duckworth

Leighton Buzzard AC W45 19:17; Josie
Heffernan Chiltern Harriers AC W50 19:25;
18 Lindi Marson Nene Valley Harriers W35
19:38; 19 Susan Walters Oxford City AC
W40 19:40; 20 Jacky Tyler Newquay Road
Runners W40 19:52; 21 Anne Roden South
London Harriers W50 19:54; 22 Lesley
Richardson Newquay Road Runners W40
20:06; 23 Gwyneth Hueter Oxford City AC
SCVAC W40 20:43; 24 Linda White Coventry
Godiva Harriers W50 20:57; 25 Bettina Wolf
Colworth Striders W35 20:59; 26 Sue James
Paddock Wood AC W50 21:04; 27 Georgiana
Barclay Loughton AC W40 21:30;
28 Rosemary Muston Milton Keynes AC W50
21:36; 29 Susan Cord Woodford Green AC
with Essex Ladies W40 21:55; 30 Shelley
Walsh Cambridge & Coleridge AC W45 21:57;
31 Gillian Morgan Shaftesbury Barnet Harriers
W40 21:59; 32 Cheryl MacDonald Ilford AC
W40 22:08; 33 Janice Warren Cornwall AC
W50 22:16; 34 Jill Owen Watford Harriers
W35 22:20; 35 Diane Farmer Milton Keynes
AC W40 22:24; 36 Anne Pugh Altringham &
District AC W45 23:11; 37 Deirdre Bethune
Bedford Harriers W50 25:13.

Team

1 Shaftesbury Barnet Harriers 53:43.

Inter-Area

1 South West VAC 32 20; 2 VAC 34 15;
3 Eastern VAC 36 7.5; 4 Southern Counties
VAC 36 7.5.

Individual

W35

1 Jo Newcombe 17:2; 2 Sally-Anne Cox
17:45; 3 Sharon Coyne 17:52.

W40

1 Jane Clarke 17:37; 2 Frances Gill 17:44;
3 Kate Armstrong 18:37.

W45

1 Susan Cooper 18:33; 2 Jan Ross 18:49;
3 Gail Duckworth 19:17.

W50

1 Josie Heffernan 19:25; 2 Anne Roden 19:54
3 Linda White 20:57.

W55+

1 Pat Gallagher Westbury Harriers W55 19:25;
2 Val Hancock Durham City Harriers W55
19:49; 3 Pauline Rich Serpentine RC W55
21:40; 4 Pamela Jones Ilford AC W65 22:40;
5 Eva Osborne Wymondham AC W60 23:41;
6 Christine Daniels Milton Keynes AC W60
23:55; 7 Maureen Fitzgerald Puma TVH W55
24:38; 8 Ursula Duckworth Bedford & County
AC W65 24:46; 9 Anne Martin Wymondham
AC W65 24:57; 10 Kay Franklin Ilford AC
SCVAC W55 25:11; 11 Hazel Marchant
Wymondham AC W60 25:33; 12 Ruby
Campbell SCVAC W60 26:48; 13 Anne Wilford
Unattached W55 27:21; 14 Betty Forster
Shaftesbury Barnet Harriers W70 28:28.

Team

1 Wymondham AC 74:11;

Inter-Area

1 Eastern VAC 22 20; 2 Southern Counties
VAC 26 15.

Individual

W55

1 Pat Gallagher 19:25; 2 Val Hancock 19:49;
3 Pauline Rich 21:40.

W60

1 Eva Osborne 23:41; 2 Christine Daniels
23:55; 3 Hazel Marchant 25:33.

W65

1 Pamela Jones 22:40; 2 Ursula Duckworth
24:46; 3 Anne Martin 24:57.

W70

1 Betty Forster 28:28

September 8/9th

WAVA MULTI EVENT CHAMPIONSHIPS

Sheffield

Men

M40

Dec (100, LJ, SP, HJ, 400, 110H, DT, PV, JT,
1500)

1 B Slaughter 6097 (12.49, 5.61, 10.92, 1.53,
54.66, 18.34, 31.21, 3.10, 42.98, 4:55.61);
2 K Lyon 5467 (12.65, 5.82, 8.87, 1.50, 56.40,
19.91, 27.18, 3.50, 39.55, 5:11.45);
3 J Mayor 5618 (12.65, 5.63, 8.53, 1.65,
56.11, 16.64, 23.80, 2.40, 30.30, 4:50.93);
4 A Waddington 5587 (12.08, 5.86, 6.98,
1.77, 52.77, 20.02, 21.69, 2.10, 29.47,
4:39.76);
5 C Hayton 5405 (13.27, 4.90, 9.67, 1.62,
62.15, 19.47, 30.01, 3.60, 43.25, 5:20.67);
6 M Guest 4851; 7 R McAvoy 4525 (JT:
40.30); 8 W Martin 3870; 9 N Cummings 3655



M45

Dec

1 R Ashford 5561 (13.32, 5.20, 8.23, 1.53,
58.53, 20.11, 24.80, 2.40, 33.38, 4:53.51);
2 H Kasap 5512 (12.80, 5.05, 8.14, 1.53,
57.81, 19.57, 23.60, 2.20, 35.40, 5:15.75);
3 T Hall 4729 (13.37, 5.38, 7.39, 1.47, 61.19,
18.71, 22.63, 2.20, x, 5:26.29); 4 B Gibbs
3710

M50

Dec (100H):

1 M Corden 5846 (13.42, 5.12, 11.42, 1.53,
60.21, dnf, 40.76, 2.80, 38.96, 6:18.06);
2 D Cowley 5139 (13.98, 4.69, 8.64, 1.38,
63.93, 19.45, 26.97, 2.60, 31.89, 6:05.22);
3 L Dunn 14524 (14.19, 4.20, 6.71, 1.35,
63.44, 20.93, 22.44, 2.20, 29.49, 5:43.88);
J Charlton (100 -0.6): 12.75) retired

M55

Dec

1 D Luklinski 6031 (13.75, 4.65, 10.52, 1.41,
67.49, 18.58, 31.99, 2.80, 31.54, 7:03.37);
2 B Loten 5796 (14.16, 4.58, 9.68, 1.26,
67.80, 20.41, 30.33, 2.60, 39.17, 6:12.12);
3 D Graves 4776 (13.86, 3.92, 5.85, 1.14,
62.01, 21.17, 16.95, 2.10, 22.29, 5:13.13);
4 B Harlick 4771 (15.07, 3.92, 8.84, 1.32,
75.53, 21.27, 30.45, 2.60, 30.75, 7:03.28);
5 P Clarke 3922; 6 D Vaughan 2990

M60

Dec

1 J Howe 6862 (13.85, 4.50, 10.94, 1.44,
64.66, 16.76, 35.95, 3.00, 33.32, 7:59.49);
2 J Ross 6589 (13.80, 4.26, 8.13, 1.32, 60.87,
19.40, 30.09, 2.20, 36.79, 5:15.88);
3 B Charles (14.94, 4.20, 8.12, 1.23, 68.55,
21.17, 23.51, 2.00, 29.42, 6:12.55)

M65

1 C Shatto 6151 (15.23, 4.60, 8.84, 1.41,
72.60, 17.32, 22.91, 2.10, 15.92, 6:50.95);
2 D Burton 5938 (13.90, 4.51, 8.07, 1.26,
68.83, 19.78, 25.51, x, 25.25, 6:14.67);
3 J Phillips 5093 (15.80, 3.89, 8.74, 1.20,
77.60, 23.19, 30.18, 1.80, 38.22, 9:06.76);
4 T Bowman 4096 (LJ: 4.08, HJ: 1.20, 400:
67.50)

M70

Dec (80H)

1 N Carter 4600 (17.65, 3.28, 7.13, 1.23,
87.30, 19.44, 23.05, 1.80, 21.30, 7:18.90)

M85

1 T Rawlinson 4124 (20.9, 2.52, 5.45, 1.02,
31.61, 27.66, 15.17, 1.40, 15.15, 10:28.19)

Women

W35

Hept (100H, HJ, SP, 200, LJ, JT, 800)

1 C Pates 3211 (20.09, 1.36, 7.38, 30.50,
4.25, 23.78, 2:50.00);
2 D Orr 2283 (20.06, 1.30, 6.13, 34.23, 3.88,
17.53, 3:14.32)

W40

Hept (80H)

1 S Pickersgill 1790 (25.23, 1.15, 4.55, 35.25,
2.44, 15.56, 2:58.20)

W45

1 G Dobson 4012 (16.79, 1.30, 7.35, 33.03,
3.91, 28.31, 2:55.74);
2 J Ricketts 2406

W55

1 P Oakes 4274 (16.24, 1.18, 7.46, 34.58,
3.80, 20.71, 3:37.44);

2 J Charles 4256 (16.78, 1.18, 7.31, 33.10,
3.71, 18.28, 3:27.87)

W60

1 N Cross 4279 (16.62, 1.06, 7.04, 36.51,
3.21, 20.35, 3:44.51)

W65

1 K Koppel 4516 (19.78, 1.06, 7.35, 38.26,
3.14, 16.84, 3:40.36)

16th September

BVAF 10K

Brockwell Park

Men

1 M Boyle (Herne H, M40) 31:08;
2 M Burnhope (Tip, M40) 31:38; 3 S Murdoch
(Bord) 31:59; 4 M Hager (Tip, M50) 34:08;
5 M Hellawell (K&C, M40) 32:18;
6 J McMahon (Bed C, M40) 32:42; 7 A Rowe
(Wesh, M40) 32:44; 8 P Thompson (Nene V,
M40) 33:01; 9 V Stamp (Ports, M40) 33:26;
10 S Owen (Salf, M45) 33:27; 11 B Green (Oxf
C, M40) 33:43; 12 G Rhimes (Ports, M45)
33:53; 13 A Kelleher (unatt, M40) 33:53;
14 P Gray (Oxf C, M40) 33:55; 15 G Tuck
(HW, M50) 34:30; 16 D Michael (Barn, M50)
34:32; 17 T Seakins (Colc H, M45) 34:46;
18 H Arnold (THH, M55) 34:48; 19 D Wheeler
(Oxf C, M45) 34:55; 20 R Grant (Oxf C, M45)
35:00; 21 P Jones (Mil K, M45) 35:12;
22 P Spiek (Nene V, M45) 35:16; 23 J Ex
(Oxf C, M50) 35:19; 24 P Davoile (Ports, M45)
35:31; 25 L O'Hare (Barn, M50) 35:35;
26 V Hancock (HW, M55) 35:40; 27 M Welland
(Oxf C, M55) 35:51; 28 G Jones (Oxf C, M55)
36:04; 29 B Watson (InvEK, M50) 36:18;
30 C French (E&E, M40) 36:19; 31 D Parsons
(Oxf C, M50) 36:22; 32 K McLellan (Lut, M45)
36:29; 33 G Taylor (DMV, M55) 36:41;
34 F Gibbs (Bing, M60) 36:43; 35 J Godkin
(Dulw, M40) 36:50; 36 J Neighbour (Dulw,
M40) 36:52; 37 P Marsh (Barn, M50) 36:56;
38 T Culshaw (InvEK, M50) 37:35;
39 P Newton (Ports, M55) 37:38; 40 J Shirley
(Barn, M50) 37:51

M50

11 D Hyde (RSC) 39:01; 12 A Davidson (Has
B) 39:43. M55: 8 P Sargent (Newq RR) 39:02;
9 R Black (Barn) 39:22. M60: 2 M Conway
(SC Vets) 38:24; 3 V Goulter (Woking) 40:52;
4 A Lang (Rane) 41:20; 5 P Lane (Vets) 42:27.

M65

1 K Spacie (THH) 39:07; 2 R Gould (Winch)
41:21; 3 L Parrott (Hav M) 41:23; 4 B Shave
(Herne H) 45:42

M70

1 S Charlton (Vets) 42:15; 2 J Taylor (Liss)
42:59; 3 M Huggins (M Vets) 43:27;
4 W Davies (Winch) 44:29; 5 D Adie (Dulw)
45:27.

M75

F Copping (Ips J) 54:48

Team

M40 (4-to-score)

1 Oxford City 2:17:33; 2 City of Portsmouth
2:20:28; 3 Dulwich Runners 2:34:05

M50 (3-to-score)

Barnet & Dist. 147:03; 2 Oxford City 147:14

Veteran clubs team

M40 (4-to-score)

1 Northern Vets 133:44; 2 Veterans AC
133:50; 3 Southern Counties Vets 135:45;

4 Eastern Vets 136:22; 5 Midland Vets 146:14

M50 (3-to-score)

1 Southern Counties Vets 106:50; 2 Veterans
AC 107:57

M60 (3-to-score)

1 Veterans AC 121:22; 2 Southern Counties
Vets 145:20

Women

1 A Hirst (Head, W35) 37:15; 2 D Ellmore
(Wold, W50) 37:27; 3 J Georgiou (Farn, W45)
40:41; 4 S Dawson (Herne H, W35) 40:55;
5 V Hancock (Dur, W55) 40:59; 6 S Walters
(Oxf C, W40) 41:18; 7 M Rayner (W4H, W50)
42:31; 8 R Tabor (Dulw, W50) 44:04; 10 J Quantrill
(S Lon, W45) 44:30

W55

2 J Johnson (Serp) 48:00.

W60

B Cushen (Sutt) 54:08.

W65

P Jones (Ilf) 45:43

####

FROM THE TRACK SECRETARY

Partial replies to the letters from Sean Power, Hugh McGinlay and Garth Armstrong in Issue 57

THE INDOORS

Sean was actually not given the whole story. I wish to clarify the main point, however. The officials working the photo finish were capable of working the equipment. The problem was that the equipment had been tampered with during a supposed 'break in'. It took a couple of hours to diagnose and then locate the loose connection which then solved the transponder problem. However, the camera was loose and had to be continually repositioned with the aid of a broom throughout the meeting.

THE OUTDOORS

The bronze for the failed transport. I had verbal quotes of £450-£600 for a twelve seater coach. Even with 30 people (at the most) needing such transport, £20.00 per head is hardly nominal. Taxis were available at a very reasonable price from station to the track. On the Friday night, admittedly late, I did organise some athletes with not full cars to give lifts to other athletes. As a last resort the hotel porter could get taxis very quickly if anyone was left stranded - still cheaper than the 'coach fare'.

THE SOCIAL SIDE

Garth, you're obviously at the wrong end of the bar. Where were you at Eton? You were not in the Marriott bar on Friday or Saturday night. We can all be boring 'old f**ts' but only if other people let us - just keep changing the subject. If that fails try, "Stop talking and get the beers in, it's your round". For the record - mine's a pint of Fullers Pride (none of this plastic stuff). Hope to see you at the NIA?

Cardiff and Eton did a magnificent job in keeping the paperwork flowing (albeit with the usual hiccup, an ex-international athlete forgetting to declare - whatever next?) and the 'brothers in arms' on the microphones - not quite Dire Straits but just as good in their field. We, therefore, have the core of an exceptional events backroom team which will leave the local organisers to concentrate on the not

inconsiderable local matters and logistics.

However, at the moment we have a 'black hole' to fill. For numerous reasons, some of which are self inflicted, we cannot get enough officials to look after the running of the events at our championships, which means that those that we do get are practically worked to death. That *must* change and it must be with your help. I therefore

intend to cultivate these exceptional officials by keeping them fully advised of our dates and keeping them well attended to whilst they are with us and *not* overused.

We are in competition with much more prestigious meetings but ours are friendly meetings that are just as serious. I also feel that we must not get over-officialled (although it would make a pleasant change) which is where you must help.

As at Eton, we need athletes between events to assist with the menial tasks of each event, mainly in the field. This would allow the officials to oversee the event and do the necessary paperwork and would create a better atmosphere rather than one of, 'them and us'.

Like 'us', 'they' are also giving up their days off work, so let them at least have an enjoyable one - otherwise they might revert to retail therapy. The assistance of athletes will also help to keep costs under control or at least reduce the inevitable increases.

So what have I learnt from my first year? Probably not much more than I already knew but I feel it needs to be expressed as most members will be unaware of the situation.

The veterans' movement, in the main, is run by a handful of volunteers in each area club and on the executive. They are all overworked and put upon. They need both help and funding to reduce their work load and to ensure that we do not lose them or their knowledge on their retirement from the

movement. Their knowledge and expertise must be passed on to younger volunteers who we need to seek out to take

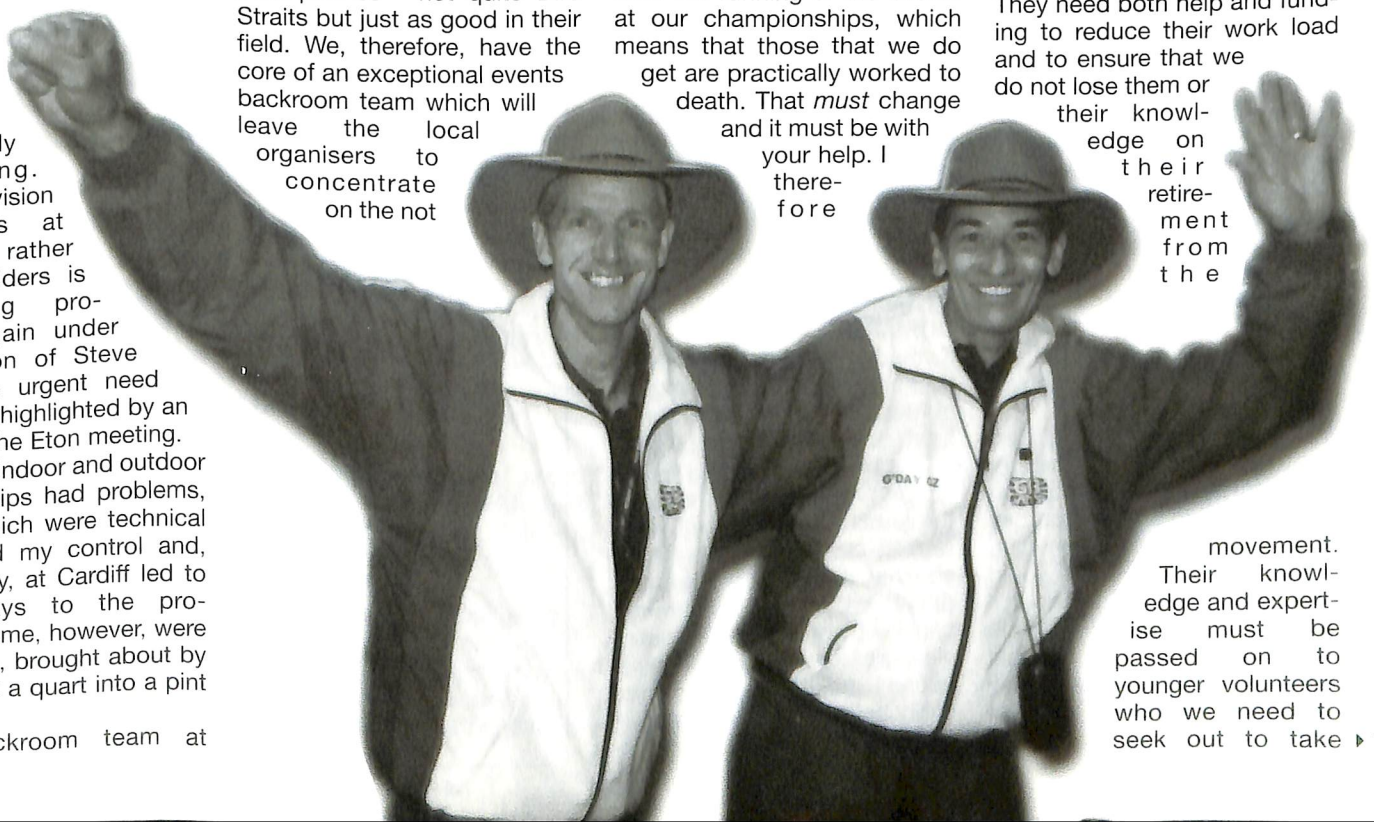
Before anything else, can I please dispel the rumour that the chiropractors, doctors and team managers were on a 'junket' in both Bordeaux and Brisbane. The only funding from central sources for the 13 person trips was three free flights and a one off £500 donation from BVAF. The remaining flights and accommodation was self funded with all personnel taking time away from their own businesses or work as part of their annual leave. It costs them money to provide you with the backup to your competitions that you require. I will come back to this later in the report.

Returning to the domestic front, my first year can only be described as a year of crisis management. The honeymoon period, with everything going according to programme, did not last beyond Christmas. The whole set up needed a much more hands on approach, almost on a daily basis, than I had ever envisaged. This has meant that the upgrading of the back up services to athletic championships, both at home and abroad, have progressed slower than I would have wished. I will, however, report on the progress to date.

Following discussions with Steve Peters and Carole Filer last August, the provision of chiropractors and masseurs at the championships are now on a more sound basis and virtually self-funding. The provision of doctors at meetings rather than first-aiders is now being progressed again under the direction of Steve Peters. The urgent need for this was highlighted by an incident at the Eton meeting.

Both the indoor and outdoor championships had problems, some of which were technical and beyond my control and, unfortunately, at Cardiff led to some delays to the programme. Some, however, were down to me, brought about by trying to get a quart into a pint pot.

The backroom team at



FROM THE TRACK SECRETARY

over the reins. This is why we seek funding from the central body just as numerous other veteran movements in other countries are funded. We need an end to ageism (after all we are now supposed to be world masters). The world continues to move on and we must not get left behind although it will not be without cost - I will return to this in my next report.

Returning to the international stage I would report on some of the positive (but to some, negative) achievements at the WAVA (WMA) conferences in Brisbane.

- On the international front we are now 'masters' (WMA) so how long will the term 'veterans' be retained in Britain (but surely not BMA!)?

- San Sebastian won the Vote for 2005, so no excuse about costs - you can get there by train!

- The host cities Carolina, Puerto Rico and San Sebastian have noted the concerns of athletes regarding school holidays and high temperatures. We will continue to press them to ensure the finalised dates are acceptable for all athletes.

- National vests must be worn for all events from now on - club or regional vests are no longer acceptable. You have been warned (put it on your Christmas list).

TRACK SIDE QUERIES FROM BRISBANE

Q. There were too many chiropractors and masseurs but they were not at the cross country.

A. There were not. Following Simon and Phil's marathon shifts in Bordeaux, we vowed that should not happen again. We also took advantage of three of Steve Peter's newly qualified doctors who paid their own fares to Brisbane, extending their vacation to work for the British team. This enabled the team to get an additional day off to recover from their efforts.

The numbers also enabled us to cover the UQ stadium (adjacent to cross country) on all competitive days (a journey of one hour each way pushing a fold up bed). Again, I would emphasise that the chiropractors only get flights, basic accommodation and minimal out of pocket expenses, they are unpaid volunteers. Some of

the money that is raised to fund the flights etc. comes from their work at the domestic championships so, in effect, they are actually paying for their own flights as well. Please let that be an end to the innuendos, we have heard enough.

Q. There were not enough team managers and they were never there when you wanted them.

A. Correct! The lead up problem to the BVAE Eton Championships meant that the proposals for the team management in Brisbane were not implemented prior to departure. On arrival in Brisbane the spread of venues and accommodation centres meant it was impossible to put the intended arrangement in place.

The idea is that, because Team Management is not funded by the BVAE in any way, it will be self funding as far as back up equipment is concerned - mobile phones, transport, computers, team kit etc. Additional members of Team Management will be sought from competing athletes or accompanying partners to ensure that all venues were 'manned' at all times during the competition.

There is, however, an onus of responsibility on you athletes, to seek out the notice boards and acquaint yourselves with the arrangements and information updates. As I write this (23rd July, Ed) there are several team positions, medals, updated results and disputes that are still unresolved but I live in hope, with the help of E-mail.

Q. Will we have greater Team Management presence in Potsdam?

A. You will. Anything will be an improvement and I should be back running by then.

One final point.
COMMUNICATION.

If you compete in the track and field championships at home or abroad and would like to be kept up to date direct, please let me have your e-mail address. I propose to get all the latest information regularly posted on the BVAE website, so that even those without direct access to the internet can keep themselves updated via their local council's internet access facilities or, for the really bold, internet cafes.

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PROFILE

JOY AND TRAGEDY

Record breaker Caroline Marler has had her share of ups and downs in her life and athletic career. She recently revealed some of this to **Pete Mulholland**

IN A LENGTHY career that has ranged from schoolgirl titles to world indoor records as a W50, Caroline Marler has experienced both joy and tragedy but still the enthusiasm shines through.

Born on Christmas Day 1950, Caroline's introduction to a life long love of athletics was at her primary school where, she recalls, "I used to beat all the boys".

Living in Ringwood, as Caroline Hext, she represented Hampshire schools at both 80m hurdles and the long jump and was a frequent winner of senior titles including pentathlons.

Soon after, when competing for Bournemouth AC, boundary changes saw her repeating her championships successes but now for the county of Dorset.

When still at school she met Keith Falla who she later married. "While at college in Eastbourne I joined Keith's club Croydon Harriers second claim and attended Crystal Palace for training where Keith coached by Charles Elliott and trained with Pete Browne." Browne was later to make his own mark as a veteran world record holder for the M40 800m.

Then came marriage to Keith who had represented Guernsey at Edinburgh in the 1970 Commonwealth Games. The couple went to New Zealand for the 1974 Christchurch Commonwealth Games and stayed on afterwards. Caroline represented their new country over 800m but tragedy struck the following year.

"One evening Keith and I," recalls Marler, "were doing a training run in Hamilton with me inside of him in a cycle lane. Then out of nowhere, a driver, later shown to be drunk, drove into us and Keith was killed. I was unscathed."

Caroline was soon to return to England and began to pick

up the threads of her running career. During this time she ran a 3:26 marathon with 400m hurdles international Francie McCall. "I was pleased with that as my furthest training run up to then was 13 miles."

It was at that time, while training at Bournemouth Athletic Club, that she met Nick Marler, an 800m runner with Liverpool Harriers and a member of their victorious British championship 4 x 1 mile team. "Nick encouraged me to really have a go at 800m running."

That year she ran what she recalls "was probably my best ever race", when - with a PB of 2:09.0 - she defeated Monica Joyce, with Christina Boxer third, in a Southern inter-counties match at the then West London Stadium.

Olympic year 1976 saw Caroline as a member of the Olympic possibles 'B' squad alongside the likes of Rosemary Stirling and Wendy Sly. However, in spite of reducing her best to 2:06.9 in the UK 800m trials, the dream had to be put on hold.

In 1997 Caroline and Nick got married and went to live in Bangkok for three years where Caroline regularly competed in the Thai Championships winning the 400m hurdles, shot putt and other events.

Caroline's initial introduction to the veteran scene came in 1986 when, living with Nick in Indonesia, she competed in the Asian Vets' Championships gaining gold in the 4x400m, a feat she was to repeat in the European championships held in Malmo that same year where she also won the 400m (57.6) and 800m (2:13.9).

After that, she was soon among the records with her 2:09.0 800m and 61.6 400m hurdles, both being classified as a W35 UK best.

The following year at the 1987 Melbourne World Veteran Championships, Caroline won the 400m in 57.1 seconds but, unfortunately, tore a hamstring

while warming up for the 400m hurdles and so missed that event and the 800m.

As a W40 Caroline tasted moderate success including, in 1993, a British Veteran Pentathlon title in Sheffield and, in 1994, second in the 800m at the Athens Europeans and second in the British championships 400m. But, it was after attaining W45 status that she really began to click by winning gold at Malmo in the European 800m plus silver in the 400m.

March 1997, the British Championships indoors at Birmingham saw her take both the 400m and 800m titles, a feat she was shortly to repeat at the European Indoor Championship where her 400m clocking of 59.86 proved a world record to add to her 2:19.7 in an open meeting for a brace of world records that stand to this day.

The World Championships held in Durban, South Africa later that year saw silver in the 400m and a fourth place in the 800m.

Fast forward four years to seven weeks after her 50th birthday; there is a sense of deja-vu when she captures world records for both 400 and 800m in her new category at the Cardiff BVAF Indoor Championships. To mirror the 1997 scenario, gold medals soon follow in the same events at the European Indoor Championships in Bordeaux.

Now based near Ilkley, Caroline is a member of Otley



AC who she competes for over road and country but admits that, "there are only two track runners in the club, myself and Peter McGouran. There's no track here so I travel to Leeds or Keighley for training."

Caroline competes for Skyrac AC on the track, "When I'm not injured. It's only the efforts of Janine Midgeley, a physio for the British athletic team, that made it possible to go to Brisbane for the World Veteran Championships."

Immediately prior to her more recent record exploits, Caroline was often to be found trackside on the treatment table and confesses, "Injuries are a major problem for me but I love training and, when it's going well, I love racing too."

What next for Caroline? Steering clear of injuries during the summer is an option. However, her workload as a fitness instructor as well as taking Body Pump (aerobics with weights) classes, abdominal classes plus a running group ensures goes some way to ensuring a basic fitness.

WORLD DUATHLON CHAMPIONSHIPS, RIMINI, 14th to 16th September 2001

GET ON YER BIKE!

BVAF Chairman **Mick Statham** packs his pump and puncture outfit and sets off for Italy

Travelling to a major running championships has no real equipment worries as long as you remember your running shoes and relevant kit. Duathlon requires a bike and for it to be in A1 working order. It is with some trepidation that you open your bike bag and reassemble the machine on arrival at the venue after the flight.

Duathlon, for the uninitiated, is a continuous race of 10km running to 40km bike to 5km run. The course is centred round the transition area where you leave your bike in a rack before the start with your bike shoes and helmet. You are not allowed to ride the bike in the transition area.

The course in Rimini was on the sea front with transition just off a roundabout. To the North

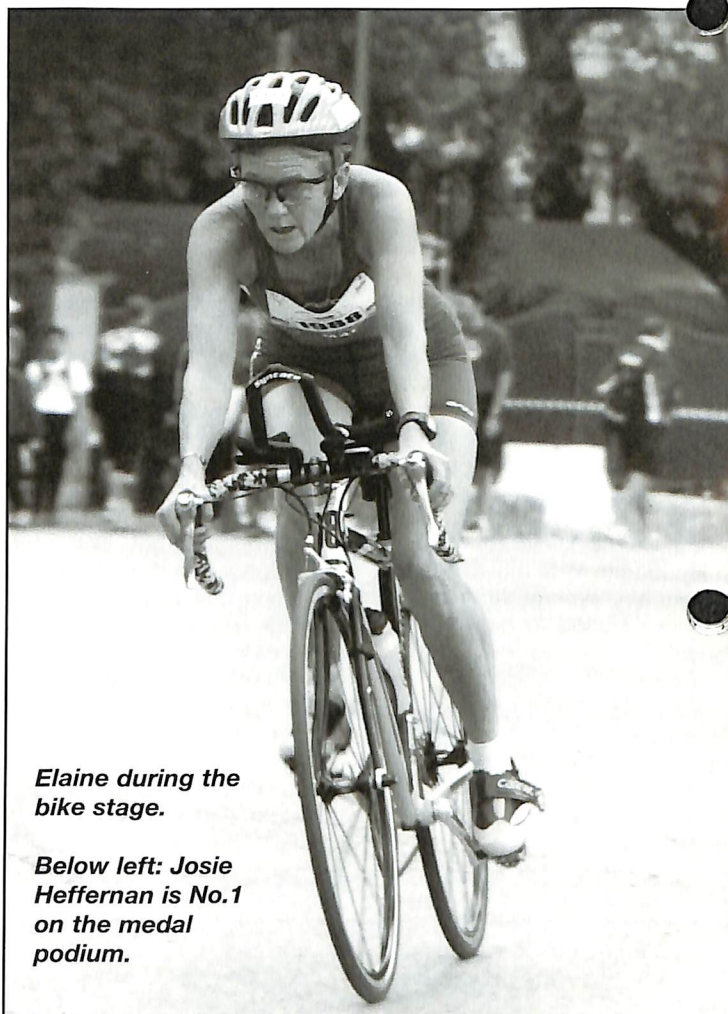
was the run course, a convoluted 2.5km loop. The bike course was to the South running along the road parallel to the beach for just over 2 miles and back to the roundabout. There were three chicanes in the 4.5 mile loop which made for interesting riding. Most of the course was flat out time trailing, all out effort, quite different from the hilly country circuit in Calais last year.

The age group races are "non-drafting". This means you must not cycle within the drafting box of the athlete in front. This is an imaginary box 5 metres from the back of the bike in front and 2 metres to either side. You have 30 seconds to go through the box when overtaking. If the draft buster (on his motor bike) catches you in the box, he will give you a stop and go penalty.

Duathlon races are run in 5 year age groups from 20 year olds upwards. It is quite different to be at a World Championships with young athletes. There are also elite races for the faster duathletes, drafting allowed here.

The Rimini set-up was excellent for spectators as you could see the athletes four times on each run lap and six times on the bike. The older age group races, 40 year olds plus, were held on the Friday with the women at 9.30. The weather was overcast with a threat of rain but the roads remained dry.

I had the chance to watch



Elaine during the bike stage.

Below left: Josie Heffernan is No.1 on the medal podium.



all of the women's race as my age group went at 4pm. Your unbiased reporter did not have much of an eye on any of the age groups other than the W55. I will note that Josie Heffernan ran and biked a brilliant race looking very strong in all three sections.

Elaine was second W55 last year to Elisabeth Onnebiet from Germany. She was not on the start list but when we came to the transition area to rack the bike, Onnebiet was in the next rack.

Last year the German was slower on the running and must have decided she needed to be closer at the start of the bike after she had taken a close look at Elaine's new bike. Consequently, when Elaine led the first run, Onnebiet tried to stay with her for the first two and a half laps but folded and dropped out. Up into second place came an American who had only come into the W55 age group the previous week and last year had been faster than Elaine.

Elaine had a 55 second lead at the start of the bike which

was cut into by some 15 seconds over the first lap. After some suitable words of encouragement, she put her foot down held her for two laps and pulled away to go into the final run 1 minute and 15 seconds in front. Elaine gained another 45 seconds advantage out of her on the second run to win the gold by almost two minutes in 2:27:36. A really exciting race to watch and a very satisfying result after 12 months of hard training and preparation.

The Great Britain team had a very good day with a total of eight medals

- W40 bronze Caroline Wickham
- W45 gold Chris Mawer
- W50 gold Josie Heffernan
- W55 gold Elaine Statham
- M40 gold Tom Davies
- M45 gold Julian Goater
- M60 gold Cyril Leigh
- M60 silver Dave Gardner

"My race?" did I hear you say? Finish time 2:48:14. Enc said!

Really enjoyed it though!

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RONHILL WOMENS MARATHON SHORT Aquaduct Polyester fabric wicks away body moisture for a more comfortable activity, long length style for extra comfort, transfer label to reduce chaffing, colours navy, glacier or black, sizes 10, 12, 14, **£14.99**

HORIZON COOLMAX RUNNING/ CYCLING SOCK SIZES 3-6, 6-9, 9-12, USUAL £5.99 **OFFER £4.99** or 2 PAIRS £9 or 3 PAIRS £12 Arch support to prevent unwanted movement Flat linked toe seam prevents blisters and abrasion Extra padded area for protection Fully elasticated ribbed leg for comfort and fit

Offer £4.99 **SAVE £1**

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45 DEGREE BOTTLE BELT this new design features natural curves of the body and no bouncing, special holder for cellular phone, or food bars etc, also pocket with velcro fastening for keys, money, gels etc. ideal for running, cross training, walking, hiking, cycling, comes complete with 5 litre bottle, **USUAL £11.99 OFFER £9.99**

Offer £9.99 **SAVE £2**

CARDIOSPORT

offer £49.95 **SAVE £40**

Cardio sport HEART RATE MONITOR

Partner Club

Heart Rate to ECG Accuracy - Time of Day (12/24) & Calendar - Daily and Hourly Alarm - Dual Time - Stopwatch Countdown Timer with Auto Restart or Single Run - Calorie Counter for Seven Activities of Two Intensities - Heart Rate Upper & Lower Limit with alarm - Heart Rate Recovery Timing - Water Resistant to 20m - Bike Mount included - Features Contour Line Transmitter with user changeable battery **Partner Club** has a classic design & is simple to use for those needing a combined watch & heart rate monitor for everyday use. With dual time, daily alarm, stopwatch and ability to set a heart rate zone included, Partner Club is perfect for those who travel and went to work out whilst away. The triple row LC1 is clear and easy to see, with one button taking you through the main watch functions. If you choose to use the monitor, the monitor will calculate the Kcalories used for your session. The Countdown timer can be set in minutes and has an autorepeat function. A popular use for this is to time recovery periods between sets in a gym workout. At the end of your workout, select the heart rate recovery function, press the key & the time taken for your heart rate to fall to your pre-set recovery limit will be displayed. Usual £89.95 **OFFER £49.95**



NIKE WOMENS TECH TIGHTS colour black/sky/silver, reflective stripes on legs, generous ankle zip, rear zip pockets, sizes S(8/10), M(12), L(14), XL(16/18), USUAL £49.99 **OFFER £20**

45 DEGREE BOTTLE BELT this new design features natural curves of the body and no bouncing, special holder for cellular phone, or food bars etc, also pocket with velcro fastening for keys, money, gels etc. ideal for running, cross training, walking, hiking, cycling, comes complete with 5 litre bottle, **USUAL £11.99 OFFER £9.99**

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