

# VETERAN ATHLETICS

The Newspaper of the British Veteran Athletics Federation

No 59 JANUARY 2002



**CROSS  
COUNTRY  
ISSUE**

**RELAYS  
NATIONAL  
INTERNATIONAL  
CHAMPIONSHIPS**



# BVAF OPEN INDOOR TRACK & FIELD CHAMPIONSHIPS

Kelvin Hall International Sports Arena, Glasgow.

Sat/Sun 16th-17th March 2002

(Under IAAF/WMA Rules)

## FIRST EVENT 10.00am

**SAT:** 60m, 400m, 1500m, 60mH, Shot, Long Jump, High Jump(W), Pole Vault(W/M60+), 3000m Walk, Pentathlon.

**SUN:** 200m, 800m, 3000m, Triple Jump, High Jump(M), Pole Vault(M40 - M55), 4x200 Relays.

Provisional Timetable together with Hotel Accommodation details are posted on website: ([www.bvaf.org.uk](http://www.bvaf.org.uk))

Entry Fee: Non-affiliated £10.00 first event. Affiliated: £7.00 first event.  
£5.00 each extra event.  
Pentathlon £12.00 (Non-affiliated £15.00)  
Relays (Clubs) £5.00

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO  
'BVAF - TRACK & FIELD CHAMPS.'

Postal stamps are NOT acceptable as payment of entry fees

.....  
PLEASE USE CAPITAL LETTERS

MALE ☐

FEMALE ☐

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age Group for Event \_\_\_\_\_

Telephone No. Home \_\_\_\_\_ Work \_\_\_\_\_

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SCVAC ☐ VAA-NE ☐ VAC ☐ WVAA ☐ (Please tick)

Membership Number \_\_\_\_\_

## FOR NON-AFFILIATED ATHLETES ONLY

I enclose a copy of my driving licence / copy of my Birth Certificate / copy of my Passport  
(delete that which does not apply)

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## Volume 1, Number 59

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**Cover:** Anne Keenan-Buckley  
photograph: Jeremy Hemming

## 300 CLUB PRIZE DRAW WINNERS

**AUGUST:** £125 to D Shepherd (Aberdeen). £10 each to M Waddell, P Duhig, V Sharpe, J Barlow and Mike Boyle.

**September:** £125 to D A Burns (Coventry). £10 each to P King, H Craven, H Stewart, J Quantrell and D Towers,

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



BVAF CC CHAMPIONSHIP, OCTOBER 6th, SINGLETON PARK, SWANSEA

# FRONT RUNNERS

Report: **Martin Duff**, Athletics Weekly.



**Julian Critchlow takes early command of the M40+ race**  
**Inset: Sheila Allen displays her hard won gold medal**

**'C**ome rain, come shine' was the catchphrase as the delayed 2001 BVAF Cross Country championships finally got under way over an undulating course made tougher by recent heavy rain. Although the overall women's winner, Sheila Allen, complained about the heat, M40 champion Julian Critchlow would have had more cause to comment about the deluge that saturated the field midway through the final race.

First away was the women's all-age group event over two-and-a-bit laps of the park. BVAF 10km champion Alison Hirst was off the pace on the first lap, as the over-40's ruled the roost. Sheila Allen, as ever, was first up the opening hill, followed by 1999 champion Viv McConnell and Frances Gill, W40's both, and the pattern of the race was established.

After a lap, the three still led, as the W35's were content to let their older sisters do the work. Leisa Lavender, Sharon Coyne and Hirst were all close enough to challenge for overall

victory, but it was Allen, 1996 champion, who broke clear on the final lap to win by 30 yards. McConnell, 45 a few days later, was a clear second but, in the rush for the line, Hirst got up for third and the W35 gold, while Gill, Coyne and Lavender followed.

Chiltern Harrier Josie Heffernan was always well clear of the W50's and only one W45, eventual group winner Sue Cooper, headed the veterans' cycling world-champion, who was chased home by W55 winner Pat Gallagher. Anne Roden, 55 a couple of weeks later, was second W50, while the W65 winner Pam Jones headed all the W60's.

With the race being run in glorious sunshine, winner Allen said: "It was hard but it was the heat that was difficult". Hirst followed up her 10km victory with another W35 gold and was philosophical about being beaten by older runners: "I tried to start sensibly then pick it up". The Headington runner also revealed that her main aim had been to make the England squad for the International at Falkirk.

John Taylor, the double world road champion from Malta back in May, headed the over-70's which was run in conjunction but they were a bit lost in a big women's field. Perhaps the time has come to run them in a separate race?

Julian Critchlow had taken a fine silver in Malta but here won his first BVAF medal, as the weather changed during the afternoon. The Watford Harrier, who a week later was to become the first veteran to win a race in Division 1 of the Chiltern League, was up the opening hill ahead and that was how it stayed. Throughout the four laps and four further climbs, the 40-year-old was never troubled. Even the down-pour only served to whet his appetite for the task.

Expected contenders Mark Burnhope, Steve Murdoch, Martin Rees, Steve Brace and Andy Wilton were all there but were peeled away as the race wore on, leaving Critchlow 150 yards clear, a margin that was reduced only on the final circuit, a parade lap for the new champion. Of his lead the winner said: "When you are in a

position like that you can't lose it," before admitting that his "main aim was to get in the top two" to ensure England selection for the international.

Andy Wilton had a good second half to take M40 silver, while former overall winner Dave Neill also came through. Fell runner Neill upset the M45 favourite, Martin Rees on his home course, to snatch the gold while minor medals went to Ieuan Ellis and Murdock.

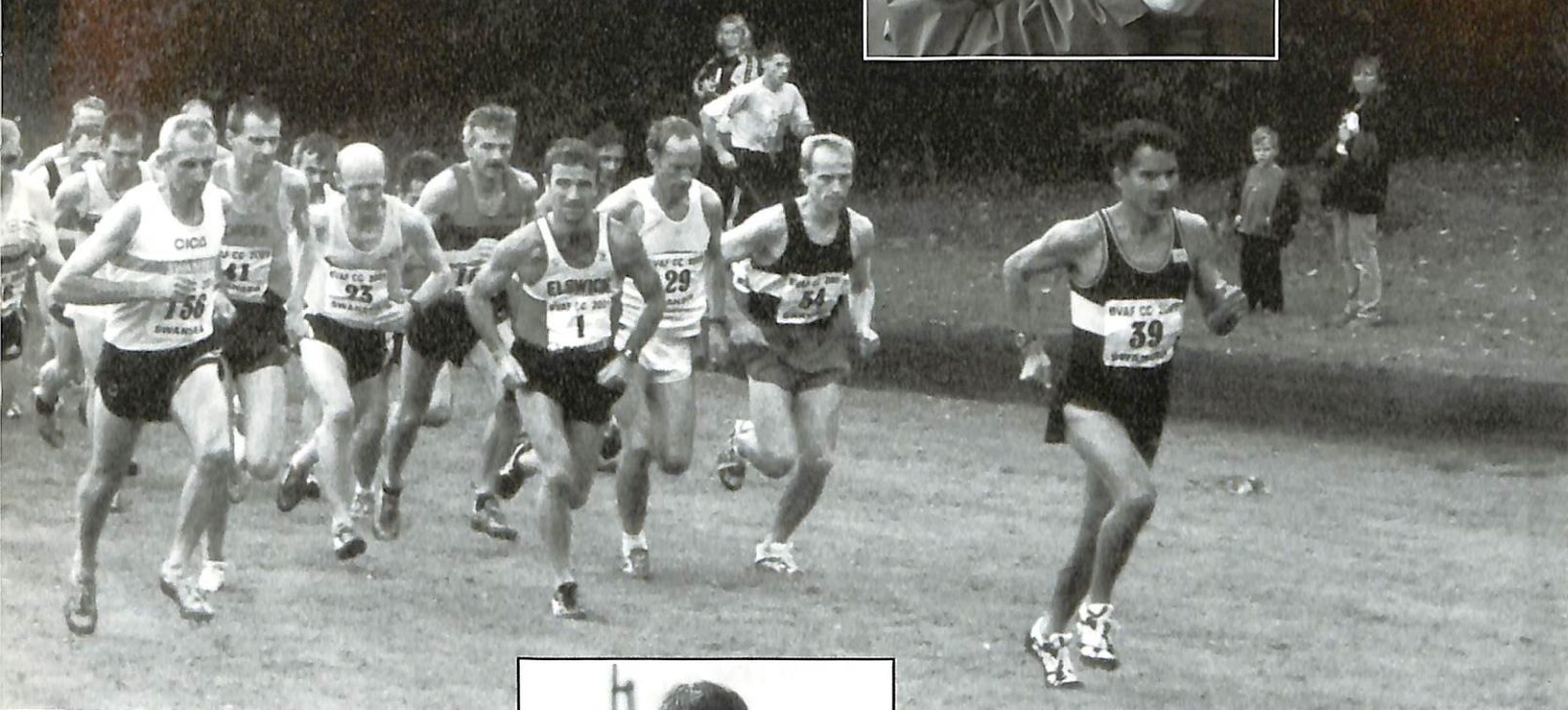
The M50 to 69 event saw Peter Hyde lose for the first time in his five year tenure in the group. Graham Tuck made a welcome return to top class competition. The Isle of Wight milkman who was out of the sport for ten years after a series of knee operations but who had kept himself fit on his milk round, revived the same 'blast it from the front' tactics that used to be the forte of the Tuck twins. Brother Grenville has remained in the sport over the years and was the better in their senior international days back in the early 70's but had no answer as Graham blasted up the opening hill.

Going further away, the for-



# DO WIN

Photographs: **Jeremy Hemming**



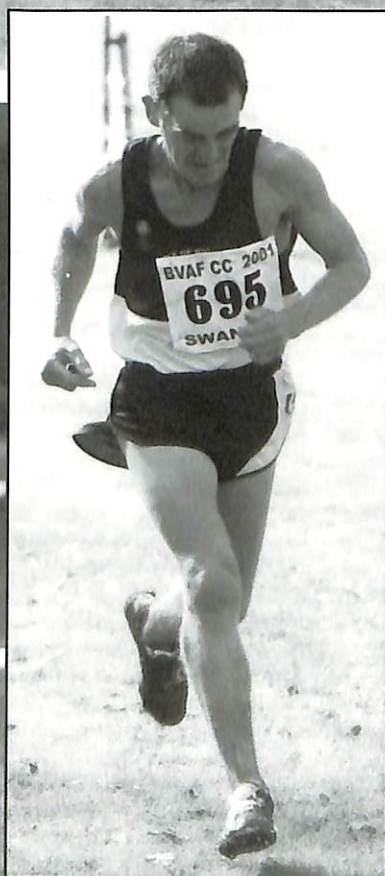
mer Inter-County fifth placer (1972) was not to be caught. Owen Lewis and Brian Lloyd did their best but their chase was only for the silver and bronze.

Graham Wootton has been looking for his first BVAf cross-country title for many-a-year, despite taking a first place in the Vets' International. Perhaps it is the time of the year that suits best but the Woodford man had no trouble, winning by 18 seconds from the ever-consistent Hugh Arnold.

Thinking that his membership of Vets AC would see him in the England team for Falkirk, Arnold was pleased with his effort, but word later had it that his membership had lapsed!

Fred Gibbs overturned his defeat at the hands of Les Presland in the road 5km at Milton Keynes a month early, by sticking to the Aldershot man throughout the race for the M60 title, before pouncing near the end for a narrow victory. Favourite Keith Spacie was never in trouble in the over-65 event, going on to beat Dennis Hayes by nearly 150 yards.

Results start page 15



**Above:** Graham Tuck back in athletics with a national title.  
**Right:** Fred Gibbs (left) and Les Presland battle for the M60 crown.



## BVAF CC RELAY CHAMPIONSHIPS, OCTOBER 27th, DARLINGTON

**Philip Lee**, BVAF CC Secretary reports that the BVAF CC Relays were

# POORLY SUPPORTED - FIERCELY COMPETITIVE

**O**n a flat, grassland course the 6th BVAF National Cross Country Relay Championships were held in Darlington on a sun-drenched Saturday, October 27th. Although not many clubs supported the event, perhaps due to the close proximity of the BVAF Cross Country Championships on the 6th October, some international runners used it as a training opportunity before competing in the International CC in Falkirk.

Ron Hill Cambuslang made the long journey from Scotland with a strong squad and ran away from the opposition to win the Men's 40+ title. Bingley Harriers completed a double by winning the Men's 50+ and 60+ titles. Local team Houghton and Peterlee won the W35+ title while Clayton-le-Moors Harriers was the only club to compete in the W55+ event. Supporting all the races, the Clayton-le-Moors club was rewarded with a first, a second and two third places.

### **WOMEN 35+**

With only two teams this was not going to be an exciting race but Anna Kelly of Clayton-Le-Moors went into an early lead and was over one minute ahead after the first leg. However, strong running by Kelly Bentley (15.33) and Sheila Allen (13.48) over the next two legs ensured that Houghton and Peterlee finished over four minutes ahead of their rivals.

### **WOMEN 55+**

Clayton-Le-Moors found that they were the only club to contest this age group but nevertheless gave it 100% and deserve their title. Hopefully next year will be better (*Editor*).

### **MEN 40+ 1st LEG**

The surprise of this race was that after the first leg, Ron Hill Cambuslang were down in 5th. The race was led by Darlington Harriers for whom Nigel Orr had put in a fast run of 11.56 for a 15 second lead over Tony Chewd of Clayton - Le - Moors. Rob Rush of Sunderland Harriers, Tony Mellor of North Shields Poly and Gerry Reid of RHC had opened up a gap on the rest of the field.

### **2nd LEG**

For local club Darlington their moment of glory was over. They were quickly over taken by the clubs breathing down their necks. Dave Dymond of RHC, put in a fast 12.02 lap and was in front at the end of the second leg.

### **3rd LEG**

The positions of the first four remained unchanged on third leg although Ronnie Bruce with a 12.03 leg increased RHC's lead over Sunderland. Adrian Rusworth of Bingley Harriers put in a strong run to take 5th place as Darlington slid back to 7th. Phil Lancaster, an M60 England International ran in the M40 race to put in a creditable 13.23 leg for North Shields Poly. This time would have given him the third fastest time in the M60 race.

### **4th LEG**

The first four places remained the same but the fastest leg of the day, 11:46 by Colin Donnelly, increased RHC's advantage over its nearest rivals. A 11.58 run from Mark Aspinall helped Clayton-Le-Moors to close to within 11 seconds of second placed Sunderland. Bingley's stay in the top five ended when a leg of 13.08 from Jon Ireland enabled Kingston upon Hull to swap places with Bingley.

### **5th LEG**

The RHC machine drove relentlessly on as Frankie Barton put in the fastest leg 5 time of 12.13 to further increase their lead. Sunderland and Clayton-Le-Moors continued to battle it out for second place with John Watson's 12.45 against Paul Brannon's 12.58 slightly increasing Sunderland's lead. Further down the field, Kevin Dobson ran 13.03 compared to the 13.37 from Steve Milson and Bingley and Kingston upon Hull swapped places.

### **6th LEG**

With a lead of over 2 minutes only a miracle could stop Ron Hill Cambuslang winning the M40+ race and miracles were in short supply in Darlington that day. With the 3rd fastest leg overall, Ross Arbuckle (11.51) put in another quick circuit of the now muddy course to further increase the lead and to bring RHC home three minutes ahead of their nearest rivals. Sunderland in turn held off the efforts of Clayton-Le-Moors Harriers. An 11.48 leg from Steve Robinson - the second fastest of the race - could not help Bingley Harriers to close the gap on fourth-placed North Shields Poly.

### **MEN 50+**

Although only nine clubs took part in the Men 50+ race, the excitement was not diminished - at the end only twenty-one seconds separated the first three teams.

### **1st LEG**

Gordon Wilding's leg of 13.16 ensured that Steel City Striders led the first leg from Bingley's Neil Robson who had put in a 13.20 while Ian Richardson was third for North Shields Poly with 13.36. Only 16 seconds separated the first five teams.

### **2nd LEG**

Steel City Striders maintained their lead over Bingley but a strong run from Keith Elliott - 13.02 the fastest of the leg - moved Sunderland up from sixth to third place. A 13.42 run by Jim Robinson raised Richmond and Zetland to fourth from seventh.

### **3rd LEG**

This was the leg when the slumbering giant awoke and the race was thrown completely on its head. Elswick Harriers had been running in 8th and 6th places for the first two legs, nearly a minute and a half down on the leaders. Then Jimmy Bell entered the fray and, with the fastest overall leg of 12.19, took over a minute out of the teams in front. So devastating was this run that Elswick moved into second place. Up front Bingley was also putting on the pressure and a 13.14 leg from G. Bell had moved them into first place while Sunderland kept grip on third place. The losers were Steel City Striders, dropping to fourth place and Clayton-Le-Moors who went to seventh.

### **4th LEG**

With only 35 seconds separating the first four teams the fourth and final leg looked to be a cracker. It certainly lived up to expectations. England International Harry Mathews was running the final leg for Elswick and eating into P. Probin's 21 seconds lead with every stride and the watching crowd waited with baited breath. Coming into the last 400 metres, Mathews was obviously gaining with every stride but Probin had enough strength left to hold off the final challenge and lead Bingley to victory by the slender margin of 4 seconds. Further down the



## COACHING FORUM

**Clive V James**, UK Athletics Senior Coach, PG Dip (Sports Coaching)

# THE ACQUISITION OF SKILLS

**S**kill differs from technique which is basically patterns of movement; skill enters into other areas and could be described as technique applied to a competitive situation. A good technique in training may not convert into a good skill in the competitive situation.

## Coaches need to have knowledge of:

- the event and its technical demands
- the athlete's capabilities and potential
- the techniques used by other successful athletes
- relevant and varied coaching progressions

There are many definitions of skill; in athletic terms it consists of the ability to bring about an end result with maximum certainty and minimum outlay of energy or of time and energy, therefore the athlete seeks to achieve a well-defined goal by:

- maximising the achievement certainty
- minimising physical/mental energy costs of the performance
- minimising the time taken

## There are 3 critical elements to the mastery of skill:

- perceiving the relevant environmental features
- deciding what/where and when to do it
- producing organised muscular activity to generate movements

We must now classify skills. It is generally accepted that, without being too complicated, we should define two classifications as: Open and Closed.

**Open:** the environment is variable and unpredictable; sports such as football, wrestling, basketball and tennis.

**Closed:** the environment is stable and - fairly - predictable; sports such as archery, swimming, gymnastics and lane sprinting in athletics.

We do, perhaps, need to

enlarge on these classifications just a little. Skills can be discrete, ie: easily defined beginning and ending and of brief duration, the classic example would be the clean and jerk in weightlifting. They can, of course, be continuous with no particular beginning or end and can last for a considerable time, examples would be long distance swimming, marathon running etc.

Other classifications could be grouped as **Motor skills**; skills involving quality of movement and subsequent decision of that motor skill action as in Long and High Jump. Perhaps, not of too great importance to an athlete but we must not forget **Cognitive skills** where decisions are critical - the classic example would be a chess or snooker player. At this stage, do not confuse cognitive skills with tactical consideration, that's another story!

## So what are the factors in acquiring skills?

There are five main categories, with in some cases sub divisions:

**Arousal** - coaches and athletes will be aware of the 'inverted U principle', basically increased arousal improves performance but only to a point, after which any further

increase in arousal would be seen to degrade performance. As coaches and athletes we have all observed the 'over the top' parent. It must be said that the same can apply to coaches.

**Attention** is serial, that is, it shifts from source to source over time and is limited in capacity, it is effortful and directly related to arousal. It can have a serious effect on co-ordination and can limit the capacity to perform certain parts of tasks together. Only the advanced coach/athlete would 'mix' technique and speed in the same coaching session, I am particularly thinking of hurdle events.

**Memory** - simply the storage of various information and the process thereof. This does need to be subdivided into Short Term Memory, which as the name implies is limited in capacity and held only as long as attention is directed to it, eg: centering.

Long Term Memory is the process of very well learned information gathering over time (ever tried to learn a language?). Of course, there is a process in place that allows a switch between STM to LTM either simultaneously or over time.

**Visual skills** are very impor-

tant, one especially so for football/rugby players is 'optical flow' which provides for stability and balance leading to the 'eye on the ball' theories. Another is the vital need in some sports for visual dominance and visual capture, eg: The golfer who must keep his head still, concentrating on the ball whilst he controls the rest of his/her body. Snooker players are masters of this skill.

To the disbeliever, it is always pertinent to show a short example of motor skills, by way of a simple limb test. Using a well-known palindrome ask your athlete to write "Able was I ere I saw Elba" with his or her dominant hand and time the action; also check for quality. Then ask them to repeat this with the non-dominant hand, time it and compare quality. They could also try it with the pen in their mouth. Why this test? It demonstrates that although their memory is the same, the learned skill is not - it may even be nonexistent.

In this brief summary on the acquisition of skill we must consider the **accuracy/quality** aspect. In technical terms, we are guided by Fitts Law, which states:

'Movement time is linearly related to the index of movement difficulty'

Translated that means that, basically, haste makes waste or faster is less accurate. So we must balance newly acquired skills to effect a speed/accuracy trade off - in football terms, short passes are more accurate than long passes.

Finally and, probably, most importantly, do not confuse Ability with Skill. Ability could be genetic and, whilst certainly helping in acquiring skills, must not be confused with skill. **Skill always comes with practice.**

field a run of 12.30 from John Kerr enabled Steel City Striders to pass Vin Tindle of Sunderland and claim third spot.

## M60+ 1st LEG

Seven teams competed in this three leg relay. Morpeth Harriers went into an early lead thanks to a 14.40 leg from Walter Ryder but only 30 seconds separated the first five

teams. Hallamshire Harriers were in second place, a position they were destined to occupy throughout the race.

## 2nd LEG

Bingley Harriers moved into the lead after John Firth put in a 14.24 leg, the second fastest of the race. Meanwhile local rivals Gosforth and Morpeth fought out a battle for fourth spot as Stuart Jarvis moved

Clayton-le-Moors up to third spot with 15.15, the second fastest time on this leg,

## 3rd LEG

Bingley led by 47 seconds which, with Fred Gibbs executed a quick 13.22 leg, meant that the race, with only 24 seconds separating the next three teams, was for the minor medals. The fastest leg of the race, 12:27 by Bob Toogood,

selected to represent England at Falkirk in November, ensured that Hallamshire would not relinquish their second spot. Clayton-Le-Woods maintained bronze medals as a strong run by Bernie Cordes enabled Morpeth Harriers to beat Gosforth to fourth and the consolation of being the best of the North East teams.

*Results start page15*



# INBRIEF

## BVAF Open Indoor Track and Field Championships

Saturday 16th and Sunday 17th March 2002 at the Kelvin Hall International Sports Arena, Glasgow.

## ACCOMMODATION AND TRAVEL

BVAF has secured accommodation at Jurys Glasgow Hotel, Great Western Road, Glasgow G12 0XP, a 3 Star hotel, in the West End of Glasgow, 1 1/3 miles from the Arena. The rooms, either Doubles or Twins have private bathroom, colour TV, tea and coffee tray etc. and guests have free use of the heated indoor swimming pool, Jacuzzi and fitness room.

The package comprises £35.00 per head per night for bed, full Scottish breakfast and three course evening meal, in either the double or twin bedded rooms. (Single supplement £20.00 per night but please see below in reference to sharing).

There is also free accommodation for young children when sharing room with parents but with £4.00 breakfast/£6.00 dinner supplements.

We have provisionally booked 100 rooms for both Friday and Saturday nights - but you are still advised to book early, because at these prices we are competing against football supporters and there is a football cup final in the city that weekend. You also need to book early to ensure you get the cheap flights.

## HOW TO BOOK

Ring 0141 334 8161 ask for Group Reservations, and quote Ref. BVAF to get these great value rates.

To save the £20.00 single supplement - if you are prepared to share - contact Maurice Doogan on 020 7795 2233, you will be given contact numbers for other competitors, also willing to share. Unfortunately, this cannot be guaranteed.

## TRANSPORT

For those travelling by plane, train or coach, BVAF is proposing to lay on Shuttle Buses on both days (and possibly Friday evening). They will be between Glasgow Airport (NOT Prestwick), the central Railway and Coach/Bus Stations and

the Arena, and then onto the Hotel. (I have not done the sums yet but the initial proposal will probably be a £1.00 charge per person per stage. The single fare from the Airport is £3.20 to the City Centre Bus Station, so it should be good value). Updates will be posted nearer the date on the BVAF Website, as we firm up the proposals.

There are dozens of things to do and see in Europe's City of Culture 1990 when you are not strutting your stuff at the Arena.

## PLEASE NOTE

We will not be able to meet every single plane, train, coach or bus but will run a regular pick up service.

## PROVISIONAL TIMETABLE

Saturday 16th March  
1000 to 1800 Hours

### TRACK

- 1000: 60m Hurdles M&W (incl. Pentathlon) H/F
- 1100: 3000m Walk M&W Finals
- 1200: 60m M&W H/F
- 1345: 400m M&W (straight finals) H/F
- 1515: 1500m M&W (straight finals) H/F
- 1645: 400m M&W SF/F
- 1715: 1500m M&W Finals
- 1730: 800m W Pentathlon
- 1735: 1000m M Pentathlon
- 1755: 400m M Finals

### FIELD

- 1000: LJ M60+
- 1000: SP W W45+
- 1100: HJ W50+ (incl. Pentathlon)
- 1100: SP M60+
- 1115: LJ M55 M50
- 1200: HJ W45 W40 W35 (incl. Pentathlon)
- 1215: LJ M Pentathlon
- 1230: SP W40 W35
- 1330: SP W Pentathlon
- 1330: LJ M45 M40
- 1415: SP M Pentathlon
- 1415: PV M60+/W
- 1430: LJ W50+ (incl. Pentathlon)
- 1530: SP M55 M50
- 1545: HJ M Pentathlon
- 1600: LJ W45 W40 W35 (incl. Pentathlon)
- 1630: SP M45 M40

Sunday 17th March  
1000 to 1445 Hours

### TRACK

- 1000: 200m MW (straight finals) H/F

1130: 800m MW (straight finals) H/F

1230: 3000m

M70+&W Finals

1245: 200m M&W Finals

1315: 3000m M Finals

1415: 800m M&W Finals

1430: 4x200 Relays

M&W(Club teams) + BVAF

Teams(Records) Finals

## FIELD

1000: TJ W

1000: HJ M65+

1000: PV M55 M50 M45 M40

1130: TJ M55+

1130: HJ M45 M40

1300: TJ M50 M45 M40

1300: HJ M60 M55 M50

Maurice Doogan

## MULTI-EVENTS SPECIAL

It wouldn't be right to simply provide information about next year's bi-annual GB v USA Multi-Events Challenge Match, writes **John Charlton**, without reference to the terrorist attacks in New York and Washington. A matter of hours before the tragic events, I telephoned Tom Thorne on Monday evening, 10 September, to confirm 20th and 21st July 2002 as the dates for the match. I later found out that Tom's son Tim, who many readers will have met at previous matches in the US, had been called up as a Military Reservist for duty in Egypt. Tom asked for you to pray Tim and other US servicemen during these difficult times.

Seeing the television pictures of the Twin Towers being hit and collapsing and the carnage that followed will stay with us forever but Tom's simple request to pray for his son who has been called to war really brings home the enormity of the consequences of the worst terrorist attack in history.

Transatlantic flying will clearly never quite be the same again after the events of 11 September 2001 but Tom and I are determined that we must continue these GB v USA matches which have brought so much friendship and camaraderie between British and American people.

With such a background, I would ask all multi-eventers to participate next year in the GB v USA Challenge Match and

put on the best competition possible as a mark of respect for our friends in the USA.

The Challenge Match will double as the 2002 BVAF Decathlon and Heptathlon Championships and will be held at Woodbourne Road Stadium, Sheffield on Saturday 20 and Sunday 21 July 2002. The date has been set to suit our American guests whose school holidays start earlier than ours, many go back from mid August onwards. A date after the European Pentathlon was therefore not feasible and I reasoned that a good month would be necessary between the Challenge Match and the European Pentathlon (18 August) to recover and compete well in Potsdam. The date also avoids the BVAF Track and Field Championship.

Entry forms can be obtained by sending a stamped addressed envelope to: John Charlton, 11 Wulfric Road, Eckington, Sheffield, S21 4GE.

A reception/buffet will be arranged to welcome the American athletes and accompanying families on the evening of Saturday 20 July. Your early confirmation of entry and, particularly, attendance at the reception would be very helpful to make the appropriate catering arrangements.

## OBITUARY



Welsh athletics was saddened by the death of Dave Williams in October. For the past four years he was

the Chairman of the Welsh Veterans Association and took an active part in running Welsh Athletics. Dave was a Cardiff AAC senior coach and over the years had worked with several Welsh international athletes, including Bernie Plain. For eleven years he was the manager of the Welsh team and led them at the Commonwealth Games at Edinburgh in 1986 and Auckland in 1990. He also managed the successful Cardiff British League team in the 1970s. During latter years he embraced veteran athletics and his knowledge and friendship will be greatly missed.



## PROFILE

# SELF-MADE WORLD CHAMPION

Howard Moscrop had reached his late-30s and was contemplating giving up athletics.

**Alastair Aitken** relates how the double World champion came to carry on.

**H**OWARD MOSCROP entered veteran athletics with a bang. The Maths teacher grabbed the BVAF Indoor M40 400m title with a 52.17 run in 1999, beating Alan Harrison (second with 52:90) and rival and friend, Mike Coker (53:37).

Moscrop carried his indoor form to Gateshead and the WAVA Championships, winning one of that year's most exciting finals. Peter Grimes (USA) was the firm favourite for the 400m hurdles after demonstrating a smooth and professional display of hurdling in the heats. Grimes went away from the start, trying to improve on the existing World record of 52.7; however, Grimes had underestimated the tremendous fighting spirit of Howard Moscrop. The UK athlete started to put pressure on the American in the back straight and came off the last hurdle ahead, giving Grimes no chance to retaliate. (1st Moscrop 53:20; 2nd Grimes 53:75.)

Last year Moscrop regained the World title in Brisbane. (1st Moscrop 55:31; 2nd Blanco [ESP] 55:40; 3rd Hermann [GER] 58:57.) Howard Moscrop, father of four (oldest 9), explained: "I was not initially going to the World Championships but the school kindly gave me a week off so I was able to do the 400m hurdles".

Moscrop came into athletics at Secondary school but it was not until 1976 that he started to enjoy doing the sport.

"It was probably when I went to Loughborough to do Physical Education and Maths that I took it a little bit more seriously. I decided that I wanted to do athletics alone when I left Loughborough. There I had been playing football at county standard as well but I realised you cannot do both."

Howard Moscrop was born in Ripon, Yorkshire but spent a lot of his early years in

Brighton, competing for Brighton & Hove AC and then Crawley AC before settling down with Swindon. His father Brian was a cricketer and his mother Sawyer a swimmer which did not hinder his interest in competitive sport.

It was after Loughborough, filling in for someone in the 400m hurdles a couple of times, that it dawned on him that he could become a hurdler.

"I found I had a nice sort of rhythm and my hurdling developed from there."

He nearly made the Commonwealth Games in 1982, finishing sixth in the final selection race.

"Through most of the 80s, I got medals in the UK and Southern Championships. I was in the top 10 for two or three years and then the top 20 or so for the rest of the 80s - that was the limit of my achievements."

Moscrop also ran the high

hurdles in a windy 14.6 and 14.8 in the early 80s but now thinks "I suffered from not having any serious coaching. A lot of it was self-determined. There are a number of things I picked up that I have used in my later years and that is why I am still running fairly good times. It is because I am learning from previous experiences".

Howard's lifetime 400mH best is 51:4 from 1984; he ducked under 52 seconds in 1982 and then every year through to 1986. After that "I went off the boil. We moved to the Forest of Dean in Gloucestershire where it was a long way to a track and motivation was difficult. I moved through job changes and joined Swindon AC in 92 or 93".

Although Moscrop was still able to run 54 to 55 seconds when he was 37-years-old he debated whether he should give up athletics. Then two sig-

nificant things happened.

One, he joined Swindon AC when the club was doing well in the Southern League and enjoyed the competition against younger athletes in the friendly club environment.

Two: he realised that people like Mike Coker whom he had run against for years were doing veteran competition.

So Howard plunged into veteran athletics and two world titles followed.

However, Moscrop is modest about his abilities: "The problem with a lot of my training is that I have not got a lot of natural speed. My training is endurance based with quite a lot of weights and circuit training - physically demanding in that context rather than sprint oriented. But I can keep going".

**Howard Moscrop (91) and Mike Coker, 2000 BVAF Championships at Bedford.**  
Photograph: Jeremy Hemming





# ROUND THE REGIONS

## SOUTHERN COUNTIES VAC

Club members surpassed themselves at the Abingdon Marathon on October 21st. with 2nd, 3rd and 4th places overall. Out of a large field that also served as the RRC Championships and included many top class distance runners, Tim Jones finished second in 2:38:18 with Brian Vaughan 3rd in 2:38:40 and Godfrey Rhymes fourth in 2:42:04. Walter Hill was also well up with 2:50:10 to win the RRC M45 championship, while John Borland was again first M70 just outside 4 hours.

This being the penultimate event of the "Grand Prix" series, the scene was set for the grand finale at Harrow a week later where the Half Marathon championship would settle the issues. Although Pam Jones was deemed to be invincible in the Women's event, her Ilford AC teammates Owen Phipps and Martin Clarke were locked in mortal combat; the former leading with 129 points but with the latter just 3 points behind. Although Clarke was faster on the day with 82:41, Phipps' 83:55 converted to 81.84% to secure the series. Cliff Keen was first M40 in 75:48 for an AGP of 82.45%.

Pam Jones eclipsed this with an 86.46% performance which meant that she had only dropped three points in the series with 197 out of 200. Marion Rayner also made a welcome return to form with a sterling 93:21 to win the W50 overall prize, in addition to the Club gold medal, a feat also achieved by Tony Merritt in M60.

With the Club AGM looming, the best award Trophies - also determined by age gradings - have now been finalised

and as usual the track performances have, with one notable exception, proved to be superior to the field. As in 2000, Jennie Matthews was adjudged the best female track performer for her 400 metres Hurdle time of 61.1 which, at age 39, converts to 93.48%. Her runners up were those excellent sprinters, Val Parsons whose 13.93 100 metres at 55 equated to 91.60% and Helen Godsell whose 13.17 at 47 was worth 91.11%.

Jon Browne who equalled the M45 100 metres world record of 11 seconds earlier in the season, found that his 98.36% at age 47 was just too good for the rest with the 2000 winner Dave Willcocks - 1:57:91 at the same age next with a mere 96.72%!

Both Men's and Women's Jumps suffered by comparison, although Alan Williams' 4.20 Pole Vault at age 48 was judged to be worth 87.86%, with Ruddy Farquharson's excellent 14.53 Triple Jump at Brisbane close behind with 87.10%. Despite not finding her world record breaking indoor form outdoors, Jenny Brown again ruled the female roost with a 1.60 High Jump at 42, worth 89.88%. Noelle Bradshaw was a worthy runnerup with her 3.45 Pole Vault which equated to 87.12% In the Throws.

Evaun Williams, despite not having things all her own way at Brisbane, achieved the impossible with a 41.81 Hammer Throw at 63 to score (wait for it) an unbelievable 106.19%. No wonder they are reviewing the age gradings! Four of the five best female percentages are attributed to Evaun with 94.31% for her best Shot Putt, 90.01% for her best Javelin and a mere 78.32% for her worst event the Discus. Only Esther Augée intervened with 79.12% for her 51.50 Hammer Throw at 37.

Malcolm Fenton moved into the M45 category with a 59.90 Hammer Throw which equated to 88.55%. Gordon Hickey was next with a 12.29 Shot Putt at 67 worth 87.47%.

The separate indoor best performance trophies will be awarded to Charlie Williams for his 8.52 60 metres at age 70 - which equates to 97.76% - and Jenny Brown's new High Jump world record of 1.69 which equates to 94.94%. Once again the unfortunate Val Parsons just misses out with 94.65% for her 8.6 60 metres, achieved when she was still only 54.

The final Trophy (and many feel the best), the magnificent "Norman Martin Trophy" for the best over-70 performance in the Club Championships also goes to Charlie Williams for his 27.4 200 metres which equates to 95.65%. It is significant that when this trophy was first competed for, we had very few members in this category. This year there was no less than 25 - they shoot horses, don't they?



Anne Keenan-Buckley, in customary solitary state, strides to her third International title.

Over a course effectively marked by what may have been the world's longest curtain remnant, Tommy Murray and Anne Keenan-Buckley graced the occasion with front running at its finest.

Keenan-Buckley set the scene in the manner that she knows best. Hit the front immediately and go from there.

The opening steep hill held no fears for Keenan-Buckley as she opened up by eight seconds only 800m into the race with the immediate pursuers including such luminaries as Viv McConnell, Sheila Allen, Karen Marshall, Noreen Porter

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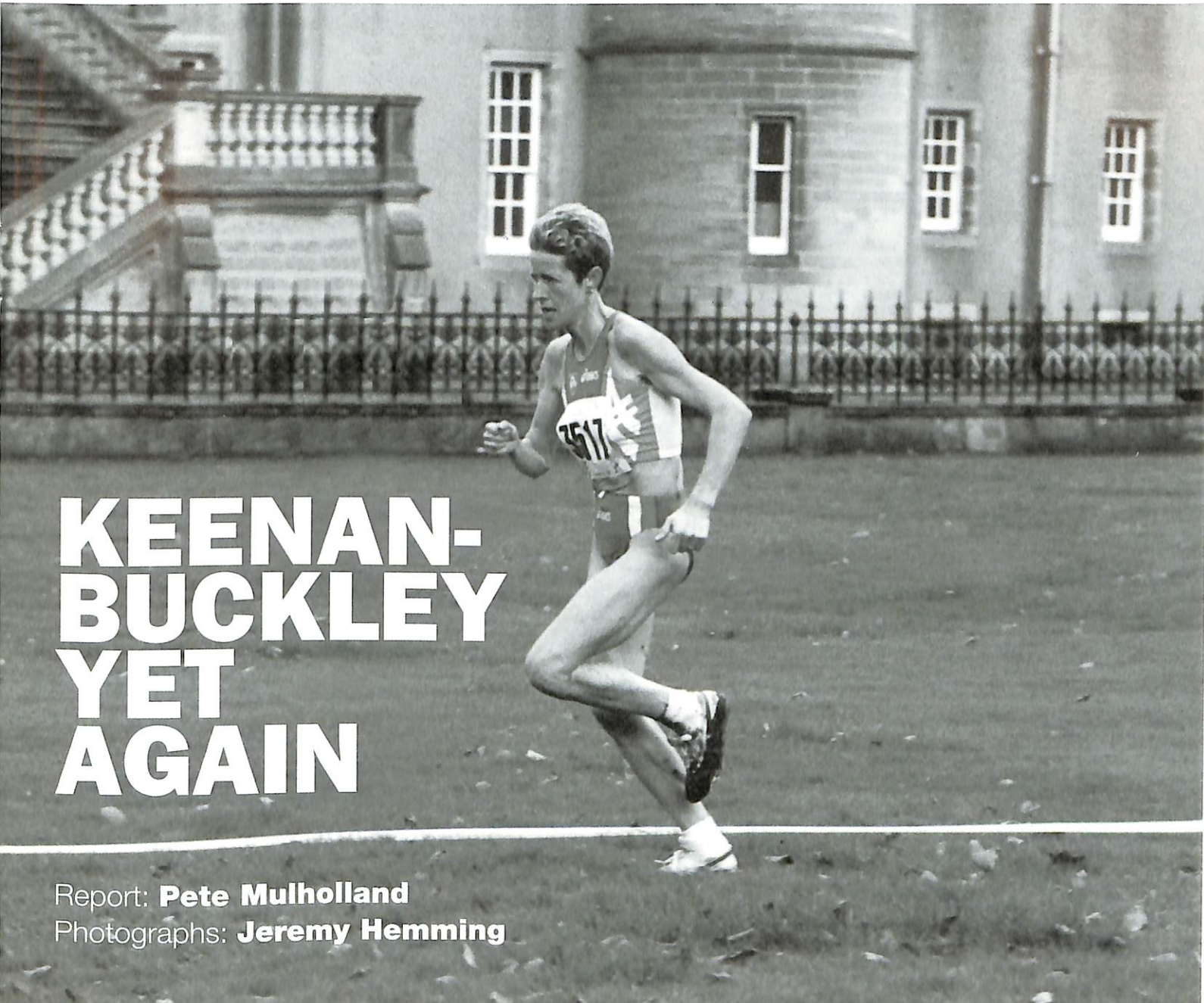
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BRITAIN &amp; IRELAND CC INTERNATIONAL, NOVEMBER 10th, FALKIRK



# KEENAN- BUCKLEY YET AGAIN

Report: **Pete Mulholland**Photographs: **Jeremy Hemming**

and BVAF 10km champion Allison Hirst.

By half-way Keenan-Buckley led by 50 seconds with an almighty battle taking place behind her as Porter matched Allen, the duo just two seconds ahead of Marshall heading for her third consecutive W45 title. McConnell and Hirst were by now slightly off the pace while coming into the picture was Patricia Affleck.

Majestically homing in for her third consecutive win in this event Keenan-Buckley hardly paused for breath before exclaiming, "That was a great course and tough in parts but then, that's cross country."

"Before the race I was con-

cerned about shin splint problems but I felt in great shape."

The W40s supplied the next two home as Allen had sufficient in hand to blunt the effect of a fast finishing Affleck whose mid race surge dealt with both Marshall and Porter.

"I didn't expect the M40 title let alone finish second overall," said an elated Allen, "that was my kind of course and I felt strong."

Affleck, Flora London Marathon W40 winner in 1999, appeared to have overcome recent Achilles problems. "My only worry now is whether I get accepted for next year's marathon."

Karen Marshall ignored a

strapped ankle to clinch the W45 title while taking W50 honours was Falkirk's Janette Stevenson proving a 'Local Hero' as she finished 13th overall to brush aside the dual threat of Zina Marchant and Jane Davies.

The W55 honours went to Anne Roden who in spite of such strong opposition as BVAF 10km champion Val Hancock and Elaine Statham - twice winner of this event - came home well clear.

The men's event saw Tommy Murray attempt to take a leaf out of Keenan-Buckley's book as he charged away but the scenario differed as Julian Critchlow matched his pace.

Achilles problems ensured that Critchlow's challenge was short lived and by the mile point he shared second with Mick Hawkins as Murray went away by some ten seconds.

Half way saw Murray lead by 25 seconds as Hawkins edged clear of Critchlow while Colin Donnelly had eased his way into contention to run in tandem with Bill Foster.

Mike Boyle, who later admitted, "My racing legs have gone," had dropped behind both Steve Murdoch and the first M45 David Neill.

Murray proceeded to pull further away to the finish as Hawkins dropped the dogged Connelly to take second.



◀ BRITAIN & IRELAND CC INTERNATIONAL continued from page 11



**Above:** Sheila Allen (4005) leads the chasing pack - Karen Marshall (4513), Alison Hirst (3506), Cathy Wheeler (4010), Jenny Gray (4007), Sheila Dodds (4013) and Noreen Porter (3518).

**Above right:** Tommy Murray descends the steep hill - he came back later in the afternoon to win the Open race. **Right:** Northern Ireland's Karen Marshall trails Scotland's Patricia Affleck.

"The undulating course suited me," said Murray, a point proved when 45 minutes later he ran it again to win the Bank of Scotland open race!

Although crowned BVAf half marathon champion in June, a month after turning 40, Murray doesn't consider himself as a veteran. "I prefer to compete in open races," he admitted.

Hawkins, 40 two weeks ago, has a background of some 40 international appearances including European indoors and Commonwealth Games. His original mountain running background, which included a British championship, was, he admits, "Helpful over today's course with its ups and downs".

Another mountain running champion, Connelly, second two years ago, continued his consistency to improve on his fourth of last year as, accord-

ing to Foster, "He got away with about a mile to go."

Neill brushed aside the after effects of a recently gashed hand to finish first M45 to slot between Murdoch and Boyle.

Graham Tuck BVAf M50 champion, was a clear winner in his category, finishing 26 seconds ahead of Wales' Owen Lewis and in the process saw him and his twin brother Grenville complete a remarkable set of team golds.

Thirty years ago, they won gold with England in the Junior International and both were later to win more gold in the Senior World Championships.

After an early dropout in last year's event, Graham Wootton made no mistake with a convincing M55 win. "I started steady and once ahead I took it easy and had plenty in hand at the finish."

Bob Toogood took advan-

tage of being a 'young' M60, having reached this status on October 17th, as he easily led home BVAf champion Fred Gibbs. "I wasn't sure of my position until Graham (Wootton) came up to me and said I was first M60. After that I relaxed."

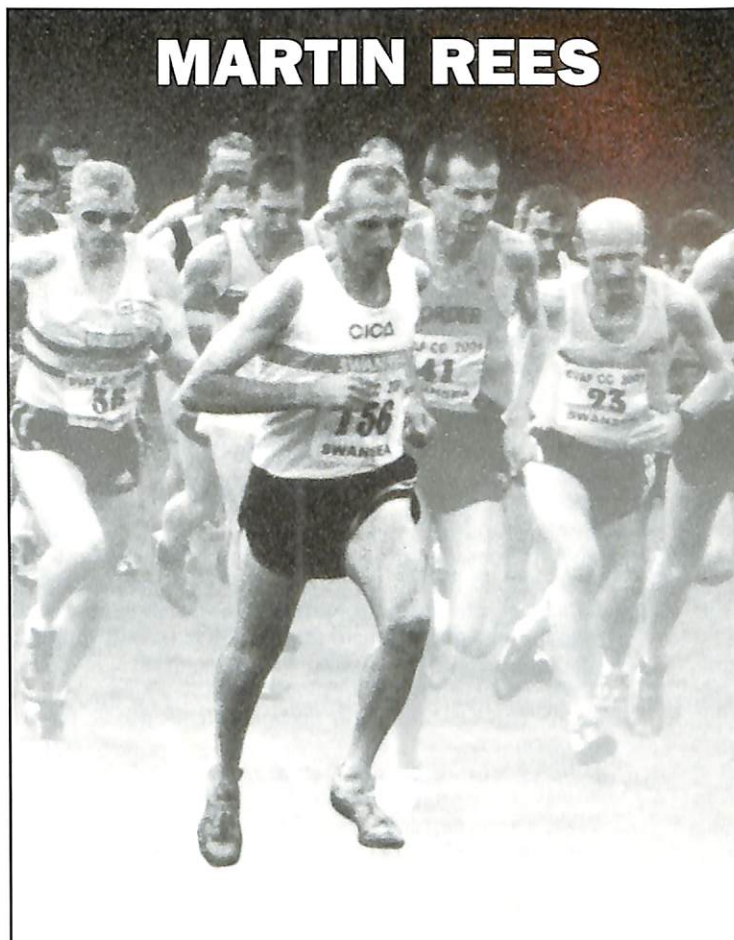
Runaway M65 winner last year, Keith Spacie, had a tougher fight on his hands with five in contention half-a-mile from home. "I decided to clear off and was relieved to cross the line first."

As is the norm, England was dominant in annexing the bulk of the team titles with Ireland's W35 and Scotland's M45 successes putting paid to a clean sweep while Falkirk Victoria Harriers can take great credit for an event that was the centrepiece of their centenary celebrations.

Results start on page 15



## PROFILE



## MARTIN REES

JUDGING by Martin Rees' recent form, if work commitments hadn't decreed otherwise, there might have been a different name on the leader board at the recent Veterans International, writes *Pete Mulholland*.

The latest exploit by the Swansea Harrier, who will be 49 in February, was 66:29 (his fastest for six years) in the inaugural Cheddar Half Marathon held on November 10th, the same day the veterans' cross country was held in Falkirk.

"I originally intended to compete for Wales in the International but what with a working week that entails four 12 hour shifts, there was no way I would have been able to travel to Scotland," says Rees, reflecting on an event that he won in 1993.

Only two weeks previously Rees had clocked 66:47 at the Stroud Half Marathon in a closely fought contest but, at Cheddar, it was solo from the word go.

"I ran the first mile in 5:04 and passed five in 25:05 and ten in 50:31 before finishing

over six minutes clear of the next man home."

Currently the owner of three British M45 bests (5km in 14:51, 10km in 30:17 and 10 miles in 49:36) Rees admits that Bill Venus's Half Marathon mark of 65:42 "is a tough nut to crack."

Rees has a Marathon best of 2:23:17 set in Dublin, but each time he has tackled the distance subsequent serious injury problems have incurred a six or nine month lay-off so, currently, they are a no-go area.

"I didn't start running until I was almost 39 years old when a friend at work asked me to keep him company on a run," admits Rees whose training workload involves almost 100 miles a week. "Much of my training is done over parkland, I rarely go near a track, and it is mainly steady with three hard sessions each week."

Employed as a weighbridge operator at the Corus Steel works in Port Talbot, Rees training appears to have hit the right balance and as the man himself says, "The best is yet to come."





# WHAT'S ON/FIXTURES

## INTERNATIONAL

- May 24/26 World Masters Non Stadia Championships, Riccione, Italy  
 Jun 23 10k and Half Marathon, Brugge  
 Jul 20/21 Decathlon/Heptathlon Match v USA, Sheffield  
 Aug 15/25 13th European Veterans Track & Field Championships, Potsdam, Germany  
**2003**  
 Jul World Masters Track & Field Championships, Caroline, Puerto Rico  
**2005**  
 Jul 7/16 World Masters Track & Field Championships, San Sebastian  
 Nov 23 British & Irish CC Championships, N Ireland

## NATIONAL

- Jan ? Indoor Combined Events Competition, Birmingham  
 Mar 16/17 BVAF Indoor Track & Field Championships including Pentathlon, Kelvin Hall, Glasgow  
 Mar 23 BVAF Cross Country Championships, Mansfield  
 May 18 BVAF Road Relays, Sutton Park, Birmingham  
 Jul 2 BVAF Marathon, Lake Vymwy. Powys. Advert next issue - information from Doug Morris 01698 653338  
 Jul 14 Pentathlon and 10k Track Walks, Solihull  
 Jul 20/21 BVAF Multi-event Championships, Sheffield  
 Jul 27/28 BVAF Track & Field Championships, Copthall, North London  
 Aug 25 BVAF 10km, Auckland Castle  
 Sep 15 BVAF 10 miles, Nuneaton.  
 Sep ? Weights Pentathlon, Ashford, Kent  
 Sep ? Ten Weights Competition, Milton Keynes  
 TBA BVAF 5km  
 TBA BVAF Half Marathon

## NORTH

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

## MIDLAND

- Jan 20 Midland Cross Country Championships, Northampton  
 Feb 3 Mile Handicap Road Race, Chelmsley Wood  
 Apr 21 Midland Road Relays, Tamworth  
 May 8 Midland Veterans Track & Field League - Division East, Coventry  
 May 8 Midland Veterans Track & Field League - Division North, Sutton Coldfield  
 May 9 Midland Veterans Track & Field League - Division South, Redditch  
 Jun 9 Midland Track & Field Championships, Solihull  
 Jun 12 Midland Veterans Track & Field League - Division East, Nuneaton  
 Jun 12 Midland Veterans Track & Field League - Division South, Brierley Hill  
 Jun 13 Midland Veterans Track & Field League - Division North, Burton-on-Trent  
 Jul 3 Midland Veterans Track & Field League - Division East, Rugby  
 Jul 3 Midland Veterans Track & Field League - Division North, Tamworth  
 Jul 4 Midland Veterans Track & Field League - Division South, Worcester  
 Aug 5 Midland Veterans Track & Field League - Division South, Brierley Hill  
 Aug 7 Midland Veterans Track & Field League - Division East, Loughborough  
 Aug 7 Midland Veterans Track & Field League - Division North, Alexander Stadium, Birmingham

- Sep 1 Midland Veterans Track & Field League - Cup Final, Mansfield

## SOUTHERN

- Feb 3 SCVAC Indoor T&F Championship, Crystal Palace. Entries (£3 members/£4 guests) close 25th January.  
 Feb 9 SCVAC Cross Country Championships, 2.30pm, Lloyd Park, Croydon. Entries: Steve Connolly, 64 Goddard Ave, Swindon, Wilts SN1 4HS, £2.50/£3.00 guests. Closing date: 20th February.  
 Feb 9 VAC Inter-club 5 Mile Cross Country Match, Wimbledon Common  
 Mar 9 SEAA Cross Country Championships, Maidenhead.  
 Jun 9 SCVAC T&F Championships, Battersea.

## SOUTH WEST

- Jan 20 SWVAC Grand Prix 10 Mile, Blaythorne Camborne, Cornwall  
 Mar 3 SWVAC Grand Prix Half Marathon, Bideford  
 Mar 10 SWVAC 5km Championships, Team Solent, Southampton  
 Mar 17 SWVAC Grand Prix Half Marathon, Bath  
 Apr 7 SWVAC Marathon Championships and Grand Prix Half Marathon, Taunton  
 May 5 SWVAC Half Marathon Championships, Great West Run, Exeter  
 May 11 SWVAC Grand Prix 10k Ivybridge, South Devon  
 Jun 2 SWVAC Grand Prix 10k Graham Sykes, Exmouth  
 Jun 2 SWVAC 10k Championships, Poole  
 Jul 14 SWVAC 10 Mile Championships Wellington, Somerset  
 Aug 25 SWVAC 5 Mile Championships, Havant  
 Aug 25 SWVAC Grand Prix 10km, Torbay  
 Sep 22 SWVAC Grand Prix 5 Mile, Littledown, Bournemouth  
 Oct 6 SWVAC Grand Prix 10km, Brixham  
 Oct 20 SWVAC Grand Prix 10km, Redruth  
 Nov 9 SWVAC Grand Prix Half Marathon, Cheddar  
 Dec 8 SWVAC Grand Prix 10km, Wyvern, Weston-super-Mare  
 Dec 22 SWVAC Grand Prix 10km, Hemlock, Devon

## SCOTLAND

- Feb 10 Scottish Indoor Track & Field Championships, Kelvin Hall, Glasgow

## FROM THE EDITOR

This is my last issue of Veteran Athletics as Editor. Please send contributions for issue No. 60 to:

Veteran Athletics Editorial Board,  
 2 McAdam Drive, Enfield,  
 Middlesex EN2 8PS.

A new Editor will be announced shortly.

Copy Deadline for advertisements and editorial contributions is **MARCH 1st**.  
 Publication Date: **APRIL 16th**.

Please see page 10 for the new Advertisement Rates as announced in Veteran Athletics No.58.

**Geoff Harrold**



## RESULTS

## SEPTEMBER 8/9th 2001

BVA F DEATHLON CHAMPIONSHIPS  
SheffieldM40 (100m LJ SP HJ 400m Hurd DT PV JT  
1500m)

- Brian Slaughter (12.49 5.61 0.92 1.53  
54.66 18.34 31.21 3.10 42.98 4-55.61) **6097**
- Kenneth Lyon (12.65 5.82 8.87 1.50 56.40  
19.91 27.18 3.50 39.55 5-11.45) **5647**
- John Mayor (12.65 5.63 8.53 1.65 56.11  
16.64 23.80 2.40 30.30 4-50.93) **5618**
- Andrew Waddington (12.08 5.86 6.98 1.77  
52.77 20.02 21.69 2.10 29.47 4-39.76) **5558**

- Colin Hayton (13.27 4.90 9.67 1.62 62.15  
19.47 30.01 3.60 43.25 5-20.67) **5405**
- Michael Guest (12.73 5.14 8.13 1.53  
58.34 19.24 24.21 2.50 27.52 5-14.06) **4851**

- Ray McAvoy (13.14 4.83 8.76 1.35 59.75  
20.13 24.10 2.00 40.30 5-18.22) **4525**
- Wayne Martin (14.05 4.23 8.43 1.38 65.77  
21.54 29.58 2.50 31.30 5-47.10) **3870**
- Nash Cummings (13.56 4.47 7.83 1.59  
65.23 21.96 24.21 2.30 29.70 7-09.79) **3655**

- Peter Ley (13.26 5.07 8.01 1.53 59.81dnf)

## M45

- Ray Ashford (13.32 5.20 8.23 1.53 58.53  
20.11 24.80 2.40 33.38 4-53.51) **5561**
- Hasan Kasap (12.80 5.05 8.14 1.53 57.81  
19.57 23.60 2.20 35.40 5-15.75) **5512**
- Terry Hall (13.37 5.38 7.39 1.47 61.19  
18.71 22.63 2.20 nt 5-26.29) **4729**
- Barry Gibbs (13.93 4.75 7.05 1.32 62.57  
29.94 15.99 1.80 29.55 5-41.85) **3710**

## M50

- Mike Corden (13.42 5.12 11.42 1.53  
60.21 dnf 40.76 2.80 38.96 6-18.06) **5846**
- Dave Cowley (13.98 4.69 8.64 1.38 63.93  
19.45 26.97 2.60 31.89 6-05.22) **5139**
- Lawrie Dunn (14.19 4.20 6.71 1.35 63.44  
20.93 22.44 2.20 29.49 5-43.88) **4524**

## M55

- Dan Lukinski (13.75 4.65 10.52 1.41  
67.49 18.58 31.99 2.80 31.54 7-03.37) **6031**
- Brian Loten (14.16 4.58 9.68 1.26 67.80  
20.41 30.33 2.60 39.17 6-12.12) **5796**
- Derek Graves (13.86 3.92 5.85 1.14 62.01  
21.17 16.95 2.10 22.29 5-13.13) **4776**
- Brian Harlick (15.07 3.92 8.84 1.32 75.53  
21.27 30.45 2.60 30.75 7-03.28) **4771**
- Pete Clarke (15.87 3.54 7.69 1.23 74.23  
23.75 23.89 1.90 20.24 5-46.09) **3922**
- Dai Vaughan (16.45 3.87 7.96 1.23 83.85  
dnf 21.67 1.70 19.71 7-22.88) **2990**

## M60

- John Howe (13.85 4.50 10.94 1.44 64.66  
16.76 35.95 3.00 33.32 7-59.49) **6862**
- John Ross (13.80 4.26 8.13 1.32 60.87  
19.40 30.09 2.20 36.79 5-15.88) **6589**
- Bruce Charles (14.94 4.20 8.12 1.23  
68.55 21.17 23.51 2.00 29.42 6-12.55) **5171**

## M65

- Colin Shatto (15.23 4.60 8.84 1.41 72.60  
17.32 22.91 2.10 15.92 6-50.95) **6151**
- David Burton (13.90 4.51 8.07 1.26 68.83  
19.78 25.51 nhc 25.25 6-14.67) **5938**
- Joe Phillips (15.80 3.89 8.74 1.20 77.60  
23.19 30.18 1.80 38.22 9-06.76) **5093**
- Tony Bowman (15.25 4.08 7.54 1.20  
67.50 33.31 19.12 1.50 19.33 dnf) **4096**

## M70

- Norman Carter (17.65 3.28 7.13 1.23  
87.30 19.44 23.05 1.80 21.30 7-18.90) **4600**

## M85

- Tony Rawlinson (20.95 2.52 5.45 1.02  
31.61 27.66 15.17 1.40 15.15 10-28.19) **4142**

## SEPTEMBER 8/9th 2001

BVA F HEPATHLON CHAMPIONSHIP  
Sheffield

## W35 (Hurd HJ SP 200m LJ JT 800m)

- Christine Pates (20.09 1.36 7.38 30.50  
4.25 23.78 2-50.00) **3211**
- Dorothy Orr (20.06 1.30 6.13 34.23 3.88  
17.53 3-14.32) **2383**

## W40

- Sue Pickersgill (25.23 1 15 4.55 35.25  
2.44 15.56 2-58.20) **1790**

## W45

- Gill Dobson (16.79 1.30 7.35 33.03 3.91  
28.31 2-55.74) **4012**

- Jacky Ricketts (18.78 1.03 4.82 36.42  
3.22 15.42 3-03.64) **2406**

## W55

- Pat Oakes (16.24 1.18 7.46 34.58 3.80  
20.71 3-37.44) **4274**
- Jackie Charles (16.78 1.18 7.31 33.10  
3.71 18.28 3-27.87) **4256**

## W60

- Nanette Cross (16.62 1.06 7.04 36.51  
3.21 20.35 3-44.51) **4279**

## W65

- Kay Koppel (19.78 1.06 7.35 38.26 3.14  
16.84 3-40.36) **4516**

## SEPTEMBER 23rd 2001

BVA F MARATHON CHAMPIONSHIP  
(inc. with The Manchester Marathon)

## Men

- A Wetherill (Red, M40) 2:28.42;
- S Edney (Bide, M40) 2:30.22;
- G Matthews (E Ches, M40) 2:37.31;
- J Hartley (CleM, M40) 2:39.19;
- P Kilgallon (Wirral, M45) 2:40.11;
- M Eustace (Tip, M40) 2:40.56;
- S Thirkell (Bing, M45) 2:41.42;
- G Farmer (Chase, M50) 2:42.16;
- H Marsden (Exm, M40) 2:45.12;
- S Smith (Prest, M40) 2:45.39;
- D Donaghy (Exm, M45) 2:46.55;
- M Baylis (Wirral, M40) 2:47.29;
- M Bagguley (Trenth, M40) 2:48.25;
- J Fletcher (E Ches, M40) 2:50.00;
- P White (Salf, M45) 2:50.29;
- A Dodd (Trnth, M45) 2:50.35;
- A McDevitt (Wirral, M45) 2:50.46;
- T Wood (Tip, M40) 2:52.31;
- T Wood (Tip, M40) 2:53.38;
- J Bebbington (Liv, M50) 2:55.14;
- D Dowd (Bolt, M50) 2:55.48;
- F Fielding (Glossop, M50) 2:56.29;
- A Richards (Tip, M40) 2:56.44;
- J Taylor (Tip, M50) 2:56.49;
- K Burgess (Alt, M55) 2:56.59;
- B Davey (S'port W, M45) 2:57.37;
- R Burton (Scun, M45) 2:57.37;
- R Flesher (Vall S, M45) 2:59.57;
- P Andrews (Norw, M60) 3:00.37;
- E Cusack (Vall S, M50) 3:00.48;
- G Cumber (H'fax, M50) 3:01.14;
- J Flynn (Stubb, M40) 3:01.50;
- A Metcalf (Prest, M40) 3:04.45;
- G Moorhouse (Trnth, M45) 3:05.22;
- B Gardner (L&M, M40) 3:06.00;
- B Jackson (Vall S, M50) 3:06.29;
- M Walker (Hors, M55) 3:07.45;
- D Walton (Alt, M55) 3:07.51;
- M McGrath (Knives, M50) 3:09.45;
- M Barnes (Bolt, M60) 3:10.58;
- A Clarkson (CleM, M40) 3:11.07;
- G Davies (unatt, M50) 3:11.26;
- P Waite (unatt, M45) 3:11.51;
- M Hughes (Trenth, M45) 3:12.09;
- P Thorley (N Vets, M60) 3:12.20;
- T Devoy (Wirral, M40) 3:12.33;
- D Gregory (Manc H, M55) 3:14.14;
- D Brisco (ICSS, M45) 3:14.45;
- C Corcoran (Leeds, M45) 3:14.53;
- D Tucker (Macc, M50) 3:15.22;
- G Kueberuwa (unatt, M40) 3:17.26;
- C Sinnott (N Derb, M50) 3:18.58;
- D Hickling (Sadd, M50) 3:19.12;
- J Ferguson (SCVH, M40) 3:20.06;
- J Swift (Chor, M60) 3:20.49;
- M Lamb (Skip, M50) 3:21.14;
- G Ingleby (Knives, M45) 3:23.11;
- T Jones (unatt, M40) 3:23.37;
- M Osborn (RRC, M45) 3:24.06;
- P Simpson (Liv, M50) 3:24.17;
- S Markowicz (unatt, M45) 3:24.39;
- J Ferguson (Gates P, M40) 3:26.33;
- J Quinn (Civ S, M50) 3:27.32;
- G O'Brien (unatt, M40) 3:28.47;
- G Wade (RRC, M40) 3:30.47;
- S McKay (Midd, M40) 3:30.52;
- H Singh (Darl, M55) 3:31.16;
- M Gallagher (unatt, M40) 3:32.14;
- C Rolley (unatt, M50) 3:32.27;
- A Peers (Spec, M60) 3:34.33;
- A Kennedy (unatt, M55) 3:39.49;
- M Huggins (M Vets, M70) 3:40.13;
- C Van Oldendebec (Safe, M40) 3:40.41;
- R Harvey (N Ayc, M60) 3:41.10;
- J Johnson (St Theresa's, M70) 3:42.55;
- M Pressley (RRC, M50) 3:43.18;
- E Coward (unatt, M40) 3:45.39;
- F Jarvis (unatt, M50) 3:47.01;
- R Warburton (unatt, M40) 3:48.53;
- D Jackson (Macc, M60) 3:49.30;
- C Eavers (unatt, M45) 3:50.30;
- S Welch (Swinton, M40) 3:53.18;
- J Mcleod (Walls, M40) 3:53.54;
- J Prince (unatt, M55) 3:55.44;
- N Connor (N Wales, M65) 3:59.06;

- M Skinkis (unatt, M45) 4:00.53;
- B Everett (Wold V, M60) 4:02.23;
- T Longstaff (unatt, M40) 4:03.46;
- J Sheridan (unatt, M40) 4:03.48;
- G Warne (unatt, M40) 4:05.40;
- M Helme (Police, M40) 4:05.59;
- T Hook (unatt, M40) 4:09.50;
- D Toms (Brandon FH, M50) 4:18.47;
- D Long (unatt, M50) 4:20.05;
- R Packer (N'brook, M65) 4:20.50;
- V Hutchins (unatt, M40) 4:23.55;
- K O'Brien (Penny LS, M60) 4:25.55;
- C Byrom (E Ches, M55) 4:26.29;
- V O'Brien (unatt, M45) 4:28.16;
- E Lloyd (Penny LS, M70) 4:28.31;
- B Allman (Horw, M45) 4:30.51;
- T Hutton (unatt, M40) 4:32.32;
- K Cooper (unatt, M50) 4:38.15;
- J Lever (unatt, M45) 4:46.04;
- P Grundy (W&B, M55) 4:53.02;
- A Seddon (unatt, M45) 4:54.42;
- N Shanley (RRC, M45) 4:56.02;
- P Walton (Stock, M60) 5:01.24;
- D Taylor (Hull Sp, M70) 5:04.07;
- A Hodgson (IoM vets, M70) 5:05.36;
- K McHardy (unatt, M50) 5:08.35;
- P Ganner (unatt, M45) 5:28.57

## Women

- K Wood (Stock, W35) 2:51.26;
- M Ellis (SB, W35) 2:54.35;
- V Perry (Alt, W40) 3:00.41;
- A Dennison (Brad A, W35) 3:04.10;
- S Cariss (Bing, W50) 3:05.40;
- A Sedman (unatt, W35) 3:13.33;
- L Richardson (Newa RR, W40) 3:27.48;
- N Bird (Arb, W45) 3:28.19;
- C Rollason (Lich, W45) 3:31.28;
- J Platt (Radc, W35) 3:35.30;
- I Bass (Harr I, W55) 3:39.59;
- W Cruickshank (unatt, W45) 3:40.53;
- G Hough (Shrews, W50) 3:45.51;
- D Lapworth (Bidd, W50) 3:45.53;
- P Boden (Knives, W45) 3:46.09;
- M Metcalfe (Knives, W50) 3:48.57;
- J Hicks (Woot, W35) 3:49.07;
- S Borysiewicz (Vall H, W45) 3:50.31;
- S Light (B Vuc, W40) 3:53.59;
- B Jones (Bro Dys, W60) 3:55.03;
- S Young (Vale R, W45) 3:56.31;
- N Smith (B'burn RR, W55) 4:01.13;
- A Cherry (E Ches, W40) 4:03.36;
- L Howard (unatt, W40) 4:05.03;
- R Davies (GWR, W50) 4:07.04;
- A Harwood (B'burn RR, W55) 4:17.22;
- C Hallett (RRC, W55) 4:20.26;
- W Audrain (Swin S, W45) 4:27.45;
- S Adams (Knives, W45) 4:31.21;
- D Lock (Lytham, W55) 4:42.10;
- M Law (unatt, W35) 5:10.52

## TEAMS

- Men (4 to score): 1 Tipton 11:26:40; 2 Wirral  
11:30:59; 3 Trentham 11:56:31

- Women (3 to score): 1 Knivesmire 12:06:27

## SEPTEMBER 23rd 2001

NVAC/BONANZA FELL RACE  
Horseshoe Pass, North Wales

## 3.5miles, 900ft ascent

(NVAC championship position in brackets)

- Tim Davies SM Mercia 26.09
- Jeff Emmott M45 Keighley 32.28
- Alan Duncan M45 Liverpool 32.35
- Graham McCara M45 (1st M45) Helsby 33.19
- Mark Barrett M40 Unatt 33.52
- Graham Spencer M45 Mercia 34.56
- Alan Heath SM Dee Striders 34.56
- Peter Roberts M55 Wrexham 35.31
- Stephen Jones SM Unatt 36.52
- John Morris M55 Buckley 37.18
- George Large M55 (1st M55) NVAC 37.43
- John Linley M50 (1st M50) NVAC 37.59
- Terry Harper M60 (1st M60) Wirral 38.24
- Roy Jardine M50 Eryri 40.02
- Rob Webster M60 Helsby 40.16
- Peter Edwards M65 (1st M65) NVAC
- Pat Collier W55 (1st W55) Todmorden
- Alan Heaton M70 (1st M70) Clayton
- Kevin Dillon M45 Man Harr
- Brian Hargreaves M65 Todmorden
- Bernard Lister M65 NVAC
- Harry Clayton M70 Todmorden
- John Butler M60 NVAC
- Dave Baron M65 Preston Harr
- George Arnold M65 Preston AC
- Terry Bolland M60 S'port W/loo
- Paul Vry M40 Unatt
- Joe Beswick M70 Helsby
- Stef Charman W50 (1st W50) Helsby

- John Griffiths M60 Sarn Helen
- Anthony Smith SM Spectrum
- David Coley SM Telford
- Alex Miller M50 Newburgh
- Mick Charman M60 L/pool

## OCTOBER 6th 2001

BVA F CC CHAMPIONSHIPS  
Swansea

## M40+

- JULIAN CRITCHLOW WATFORD 36:28
- ANDY WILTON STAFFS M 36:51
- DAVID NEILL (45) STAFF M 37:14
- IEUAN ELLIS ELSWICK 37:24
- D MARTIN REES (45) SWANSEA 37:35
- STEVE MURDOCK BORDER 37:46
- BOB ATKINSON BARROW 38:24
- JAMES MCMAHON BEDFORD 38:54
- LAWERANCE HELLWAY KEIGHLY 38:56
- CHRIS WOOD WATFORD 39:05
- DAVID WILSON EVANS SWANS 39:12
- ANDREW KING CHARNWOOD 39:15
- RICHARD BULLEN LES CROU 39:19
- MARTIN FARRAN LEEDS CITY 39:25
- JOHN FOSTER LLISWERRY 39:29
- ROBERT ASPINALL CLAYTON 39:34
- GREFFORY WILSON TELFORD 39:41
- IFAN LLOYD SWANSEA 39:46
- DAVID BLOOR RAF 39:52
- MIKE MCGEOCH (45) LES CROU 39:58
- ROBERT PAYNE (45) RAF 40:07
- NIGEL WEBB LES CROUPIERS 40:09
- PETER OSBORNE SWANSEA 40:21
- TONY SEAKINS (45) COLCH 40:23
- PAUL DYSON SWANSEA 40:26
- PETER MIRLEES ROTHERHAM 40:31
- BRIAN MCEVOY B ROWHEATH 40:35
- PHILLIP JONES NEATH 40:36
- DAVID RUDD ALTRINGHAM 40:41
- PAUL KEEN (45) HALLAMSHIRE 40:48
- STANLEY OWEN (45) SALFORD 40:50
- DAVID WHEELER (45) OXFORD 41:05
- DAVE WILCOCK (45) BARNET 41:11
- SIMON JOHNSON OXFORD 41:14
- MARK PATTINSON RAF 41:18
- PETER PICKWELL (45) ALTR'M 41:23
- MALCOLM EUSTACE TIPTON 41:29
- RICHARD GRANT (45) OXFORD 41:32
- PHILLIPS JONES (45) MILTON K 41:36
- GEOFF RAWLINSON WARR 41:39
- KEVIN LEWIS RAF 41:41
- JONATHAN KILSBY (45) SHAFTS 41:43
- JEFF REES (45) NEATH 41:45
- MARTIN FLOWERS (45) WORCS 41:47
- PETER MILLIGAN (45) ALTRIN'M 41:53
- ROBERT JONES PEGASUS 42:00
- MICK STRANGE (45) TIPTON 42:00
- PHILLIP CARSTAIRS BEL 42:00
- HUGH MARSDEN EXMOUTH 42:02
- RICHARD GRAY B ROWHEATH 42:11
- MARTYN UNDERWOOD RAF 42:15
- RICHARD JONES SWANSEA 42:15
- STEPHEN HEWETT (45) ROW'TH 42:17
- KEITH TURNER BARNET 42:20
- MIKE TABOR (45) SAN DOM'CO 42:24
- DAVID REED (45) NORFOLK 42:30
- STEVE BROWN (45) CHELTEN'M 42:34
- KEITH ME LELLAN (45) LUTON 42:40
- DAVID POWELL (45) LES CROU 42:45
- RAY STANIER (45) TIPTON 42:48
- PAUL HURCOMBE B ROWHEATH 42:54
- ALAN KERR BRIDGEND AC 42:55
- HOWARD CARPENTER (45) NEATH 42:58
- DEREK DONAGHY (45) EXMOUTH 43:05
- CLIVE WINTRIP RAF 43:18
- DIMITRI PANAYIOTW (45) ALTR'M 43:24
- HARRY FOWLER (45) ROWHEATH 43:37
- DAVID ROBERTS ABERYSTWYTH 43:46
- STEPHEN WILLIAMS NEATH 44:01
- DAVE HEADON LES CROUPIERS 44:09
- STUART DAVIDSON (45) BRIDG'D 44:16
- MARK EDWARDS B ROWHEATH 44:26
- IAN AVERY (45) OXFORD CITY 44:42
- BRYAN ACFORD RUGBY 44:55
- DEREK RAINBIRD (45) CLUB 69 45:34
- MARTIN DAVIES LLISWERRY 46:28
- DICKIE WYTHE YEOVIL OLYM 46:32
- ANDY MURRAY (45) DULWICH 46:37
- RICHARD WEBSTER (45) SM 46:43
- DAVID MALATYNSKI (45) NEATH 47:02
- FRANCIS ROBINSON BARNET 47:10
- REG BLACK (55) BARNET 47:26
- SIMON PARTRIDGE (45) NEATH 47:42
- GRAHAM THOMAS (45) LUTON 48:01
- MARTIN GRIMSDALE (45) WATF'D 48:40
- MARTIN LUDFORD B ROWHEATH 48:44
- PAUL GRIMSDALE (45) OXFORD 49:33
- PAUL JACOBS LUTON UNITED 49:52
- TIMOTHY CORY WATFORD 52:12
- ANTHONY HOLLING (45) PORT T 52:51
- BARRY ALLMAN (45) HORWICH 53:16



## ◀ RESULTS continued from page 15

M50+		SEPTEMBER 16th INTER AREA T&F CHAMPIONSHIP Derby													
		MEN 400m M40	EVAC		MVAC		NVAC		SCVAC		SWVAC		WVAC		
1	GRAHAM TUCK ISLE OF WIGHT	39:31			2	Danny Brown	3	Francis Scott	4		Andy Waddington	5	Darrell Maynard	6	
2	BRIAN LLOYD TELFORD AC	39:58				54.50		52.80			52.10		50.00		
3	OWEN E LEWIS SWANSEA	40:08	M50	Brian Bostock	3	Paul Anthony	5	Stephen Rees	4	Derek Graves	2	Ty Lewis	6		
4	CHARLES DICKINSON BEL	40:26		61.50		58.30		60.60		62.20		56.90			
5	HARRY MATHEWS ELSWICK	40:46	M60	Martin Simmonds	6	Brian Arris	5	Tony Bowman	3		Lyn Fairbrother	4	Trefor Pugh	2	
6	GRENVILLE TUCK HERCULES	40:57		62.50		63.60		67.70			64.60		70.5		
7	PETER HYDE ALTRINGHAM	41:21	1500m												
8	GRAHAM WOOTON (55) WG	41:27	M40	Alan Shepherd	2	Dave Bedwell	6		Tim Orr	4	Dickie Wythe	3	John Foster	5	
9	NORMAN MORRISON VERLEA	41:29		5:28.6		4:19.6			4:40.2		4:47.1		4:25.7		
10	BRIAN HILTON LEEDS CITY	41:32	M50	David Laynes	4	Richard Elliott	6	Derek Howarth	2		Bob Minting	5	David Davies	3	
11	HUGH ARNOLD (55) THAMES	41:45		4:37.7		4:33.3		5:50.0			4:36.8		4:49.7		
12	JOHN WILKINS INVICTA	41:45	M60	Peter Andrews	5	Eric King	2	Garry Swindells	6		John Perratt	3	Eric Hughes	4	
13	TONY SAUNDERS PORTSMOUTH	41:54		5:01.8		5:29.1		5:01.7			5:20.8		5:10.2		
14	ROBERT TOOGOOD (55) HALLAM	42:06	100m												
15	RICHARD SELBY EXMOUTH H	42:19	M40	Ricky Huskinsen	5	Warren Fraser	4	Philip Knowles	3	John Browne	6	Charles Scouller	1	Adam Dougherty	2
16	KEVIN WILKINSON SAN DOM'CO	42:25		11.50		11.70		11.90		11.40		13.10		12.5	
17	MICHAEL WELLAND (55) OXF'D	42:26	M50	Brian Bostock	2	Laurence Oldfield	5	Robert Shaw	6	Derek Graves	1	Mike Applegate	4	Brian Williamson	3
18	ALAN DAGLISH VAUXHALL AC	42:44		13.00		12.80		12.60		13.70		12.90		13.00	
19	JOHN EXLEY OXFORD CITY	42:47	M60	John Seed	3	John Penwarden	5	?	6		Lyn Fairbrother	4	Hubert Daniels	2	
20	DESMOND MICHAEL BARNET	42:53		14.10		13.60		13.30		13.80		15.5			
21	BARRY JOHNSTON LES CROU	42:55	2k Walk												
22	LIAM O'HARE BARNET	43:01	M40	Graham Ayre	2	Alan Flear	4	David Turner	6	David Sharpe	1	Phil Stanley	3	Colin Bradley	5
23	MARTIN FORD (55) CHELTENH'M	43:18		10:38.6		9:38.5		8:57.9		10:58.4		10:32.7		9:17.4	
24	PETER MARSH BARNET	43:22	M50	Brian Hardwick	6	Dave Henley	5							David Ainsworth	4
25	NEIL ROBSON BINGLEY	43:26		9:36.1		9:41.3								12:14.8	
26	JOHN LLEWELLYN (55) ROWH'TH	43:27	M60	Peter Stapleton	4	Trevor Driver	3				John Short	5	Bill Wright	6	
27	BARRY WATSON (55) INVICTA	43:29		11:34.6		12:46.4					11:32.3		9:36.2		
28	PETE SHAW ALTRINGHAM	43:30	100H												
29	FRED GIBBS (60) BINGLEY	43:31	M50	Tony Wells	6	Bruce Charles	5	Mike Linaker	3	Derek Graves	4				
30	LES PRESLAND (60) ALDRSHOT	43:36		15.0		20.6		22.6		21.5					
31	PHILLIP WALLACE MEDWAY	43:43	M40	Peter West	4	Jeremy Church	5	Ian Scholes	6	Neil Baker	3		Phil Gooding	2	
32	JOHN GRIFFITHS SARN HELEN	43:44		17.7		17.5		16.8		20.0			20.3		
33	VINCENT HANCOCK (55) HW	43:46	3000m												
34	DAVID DAVIES NEATH	44:03	M40	Jim McMahon	6	Steve Jones	4	Arthur Deane	3	Tim Orr 2		Dickie Wythe	1	Peter Osborne	5
35	RICHARD BOWEN (45) NEATH	44:03		9:10.5		9:24.9		9:28.8		9:54.8		10:13.8		9:24.0	
36	TONY CULSHAW INVICTA	44:45	M50	David Haynes	6	Kevin Brailsford	4	Maurice Morrell	2	Peter Hamilton	5			Paul Allen	3
37	CHRISTOPHER ELSON (60) BRIS	44:51		9:57.0		10:04.4		13:55.2		10:01.1				10:18.6	
38			M60	Peter Andrews	5	Geoff Oliver	3	Fred Gibbs 6		?	1	Ian Hardy 2		Ken Buckle 4	
39	PETER HALL (60) BARROW	45:11		10:36.3		10:52.1		10:17.0		12:06.3		11:53.9		10:45.3	
40	MICHAEL CONWAY (60) CANT	45:18	800m												
41	JOHN CRUTCHER BRIDGEND	45:20	M40	Geoff Brewster	4	Tim Foulger	6			Chris Waugh	3	Phil Stanley	2	Philip Crane	5
42	TONY JEFFERIES (55) WESTB'RY	45:30		2:06.7		2:02.1				2:11.4		3:06.8		2:06.2	
43	KEN BUCKLE (60) CHELTENHAM	45:47	M50	Alan Dalglish	3	Richard Elliott	4	Vic Blanchard	1	Ed Connolly	5	Bob Minting		David Davies	2
44	JEFF RUSSELL CLUB 69	45:56		2:17.6		2:16.8		2:31.9		2:13.1		2:11.4		2:29.9	
45	MARTYN ROUSE (55) INVICTA	46:06	M60	Martin Simmonds	6	Geoff Hudson	2	Barry Swindells	5			JohnPerrat 4		Trefor Pugh	3
46	MANSEL POPE ALTRINGHAM	46:08		2:29.8		2:52.0		2:31.0				2:41.1		2:45.0	
47	KEITH SPACIE (65) THAMES HH	46:21	200m												
48	ALAN PERKINS PORT TALBOT	46:34	M40	Steve Peters	5	Jagdish Ubhoo	3	Philip Knowles	2	John Browne	6	Andy Waddington	4	John Evans	1
49	ALAN PEERS (60) SPECTRUM	46:39		23.5		24.3		24.3		23.4		24.2		24.8	
50	MICHAEL WORTHINGTON (55)THH	46:48	M50	Tony Wells	5	Paul Anthony	4	Robert Shaw	6	Derek Graves	1	Mike Applegate	2	Brian Williamson	3
51	TONY WHITE (60) WELLS CITY	46:49		26.1		26.3		25.7		28.6		26.9		26.6	
52	DENNIS HAYES (65) KESWICK	46:54	M60	Alan Carter	5	John Penwarden	3	Bryan Shearsmith	6		Lyn Fairbrother	4	Hubert Daniels	2	
53	BRIAN RUSSELL TIPTON	47:05	Relay												
54	STEVE HERINGTON HEREFORD	47:05	M40	3:50.8	4	3:45.6	6	4:10.0	3			4:13.3	2	3:47.9	5
55	JON KERSTING (60) SWANSEA	47:14	M50	4:09.9	6	4:27.0	4	4:35.7	3	5:13.3	1	4:22.5	5	4:36.6	2
56	JEFF TAYLOR TIPTON	47:27	M60	5:05.2	3	4:39.1	5	4:35.1	6			5:26.0	2	5:02.1	4
57	HARRY CLAYTON (65) BRISTOL	47:35	Hammer												
58	WILLIAM VALENTINE TORBAY	47:49	M40	Steve Peters	2	Martin Roberts	6	Alan Marriot	4	Neil Baker 3				Glyn Hughes	5
59	KEITH MACDONALD (55) WATF'D	47:59		5m79		45m59		34m52		14m97				39m22	
60	CHRIS STEBBINGS LUTON	48:32	M50	Ray Lambourne	3	Dave Pope	4	Merrick Bousfield	5	Chris Melhuish	6	Tony Faulkner	2	Bill Kingsbury	1
61	LEONARD PARROTT (65) HAV	48:49		34m25		37m94		41m02		49m47		30m47		19m46	
62	ERIC BARBER (65) TORBAY	49:16	M60	Bob Beales	2	Brian Sumner	5			Philp McAvoy	6	Joe Phillips	3	John Howell	4
63	KEITH BEST TIPTON HARRIERS	49:27		14m14		32m06				36m19		24m18		26m93	
64	MEL JAMES (55) LES CROUPIER	49:39	Long J												
65	GEOFF OLIVER (65) 100KM ASS	49:47	M40	David Folgate	6	Jeremy Church	5	Chris Hesketh	3	Rod Davies	2	Charlie Batts	3	Phil Gooding	1
66	RICHARD O BRIEN THAMES HH	49:58		5m45		5m39		5m26		4m77		5m20		4m52	
67	DAVID SPENCER (60) BARROW	50:06	M50	Dennis Wallington	6	Colin Green	4	Vic Blanchard	3	Derek Graves	1	Brian Loten	2	Alan Chesrs	5
68	MEL CARTER (55) CANTERBURY	50:09		4m27		4m62		4m42		4m00		4m38		4m64	
69	CALWYN HUGHES (60) HAVANT	50:22	M60	Alan Carter	4	Tony Crocker	6	Colin Shafto	5					John Howe	3
70	JOHN ETCHELLS 9600 BARROW	50:34	High J											4m29	
71	RON MORGAN (65) TROTS	50:41	M40	Ricky Huskinson	4	Jeremy Church	3	Chris Hesketh	5.5	Neil Baker	1	A Waddington	5.5	Keith Powell	2
72	IAN BARNES (65) DARLINGTON	50:49		1m70		1m70		1m75		1m30		1m75		1m45	
73	GORDON WILTSHIRE (65) SALIS	50:56	M50	Denis Wallington	3	Colin Green	4	Mike Linaker	2			Bob Minting	5	Sean Power	6
74	MIKE TREVOR B ROWHEATH	51:12		1m40		1m40		1m30				1m50		1m60	
75	DAVID NAYLOR (65) SWANSEA	51:22	M60	Martin Simmonds	3	Tony Crocker	6	Colin Shafto	4					John Howe	5
76	RICHARD GOULD (65) WINCH'R	51:48		1m25		1m45		1m40						1m40	
77	DESMOND DAVIESLES CROU	52:00	Shot												
78	DAVE FRANCES EXMOUTH	52:23	M40	Bill Garrard	3	Gary Herrington	5	Dave Abernethy	6	Neil Baker	2			Glyn Pugh	4
79	KEITH TREHARNE (55) BRACKLA	52:38		9m83		12m36		12m64		7m26				11m25	
80	ALAN SMITH (65) 3M GORSEI	52:54	M50	Ray Lambourne	4	Dave Pope	5	Merrick Bousfield	6	Chris Melhuish	1	Tony Faulkner	2	John McFall	3
81	DAVE BENDY (55) SWRR	53:03		9m65		10m11		13m86		8m70		8m89		9m54	
82	GLYNNIE DAVIES (55) SWANSEA	53:16	M60	John Seed	1	Brian Sumner	5	Trevor Driver	3	Eric Ketney	4	Joe Phillips	2	John Howe	6
83	TOM MARCHI (60) COVENTRY S	53:31		7m78		9m91		9m25		9m82		8m59		10m73	
84	ARTHUR PHILLIPS (65) NEATH	53:42	Javelin												
85	DAVE WALSH (55) LES CROUP	54:21	M40	Bill Garrard	4	Kevin Murch	6	Alan Marriot	5	Neil Baker	1	Dickie Wythe	2	Martin Thomas	3
86	RAY TUCKER (55) SHAFTSBURY	54:42		38m00		58m72		38m13		19m04		22m41		36m38	
87	SYD WHEELER (60) CHEPSTOW	55:37	M50	Phil Bramford	3	Phil Owen	5	Mick Linaker	4	Chris Arnold	6	Brian Loten	1	John Davis	2
88	RICHARD KNOWLES (65) S'OAKS	56:12		35m53		39m89		37m44		47m12		33m59		34m16	
89	BRIAN SHAVE (65) HERNE HH	56:43	M60	Bob Beales	3	Brian Sumner	2	Trevor Driver	5	Eric Kitney	1	Joe Phillips	6	John Howe	4
90	JOHN CULLINGHAM (65) REH	1:00:51		27m46		24m42		35m23		20m61		43m66		33m66	
			Pole V												
			M40	Phil Perry	4	Norman Carter	2			Alan Williams	6	Tony Fortes	3	Keith Powell	5
				2m80		1m80				4m00		2.6		3m20	
			Tr Jump												
			M40	David Folgate	5	Albert Earle	6			Neil Baker	2	Charlie Batts	3	John Evans	4
				11m74		12m05				8m98		9m62		11m53	
			M50	Dennis Wallington	4	Colin Green	3	Mike Linaker	2	Derek Graves	1	Brian Camp	5	Sean Power	6
				10m38		9m51		8m96		8m84		10m64		11m73	
			Discus												
			M40	Bill Garrard	3	Gary Hetherington	6	Dave Abernethy	5	Neil Baker	1	Tony Fortes	2	Glyn Pugh	4
				27m48		46m16		39m48		21m57		42m24		32m32	
			M50	David Webster	5	Dave Pope	4	Bill Renshaw	6	Chris Arnold	1	Brian Loten	3	Stuart Powell	2
				38m44		33m96		42m15		26m79		29m31		27m41	
			Total												
			M40-50		111		133		97.5		64		73.5		90
			M60		42		43		49		8		33		41
M70+															
1	JOHN TAYLOR LISS RUNNERS	24:54													
2	GERRY SPINK BINGLEY	25:44													
3	DEREK HOWARTH LEIGH	26:21													



WOMEN	EVAC	MVAC	NVAC	SCVAC	SWVAC	WVAC	
<b>400m</b>							
W35	Georgina Barclay 3	Clare Axford 6	Alison Hesketh 4		Jan Ellacott 5		11 BERNARD MCCARTHY (75) SW V 35:39
	66.70	60.60	64.8		62.10		12 JOSEPH HUGHES NORTHERN V 39:07
W45	Andrea McNally 6	Nancy Hitchmough 5					13 ALAN NORRISH SW VETS 41:26
W55	Dorothy Fraser 5	Yvonne Priestman 6	Jean Skitt 4				
	66.80	68.30	93.5				
	79.7	70.1					
<b>1500m</b>							
W35	Joan Lasenby 6	Jane Mumford 5	Barbara Murray 4				
	5.04.7	5.10.9	5.36.5				
W45	Gail Duckworth 6	Eleanor Adams 4	Jane Morley 5		Chrissie Brooks 3		
	5.29.6	5.42.2	5.37.7		6.48.0		
W55	Eva Osbourne 4	Dot Fellows 6		June Johnson 5			
	6.27.7	5.45.7		6.15.0			
<b>100m</b>							
W35	Georgina Barclay 3	Clare Axford 5	Julie Money 6	Anne Gord 4		Judith White 2	
	14.40	13.50	12.80	13.90		18.00	
W45	Jan Lawson 6	Anita Neil 4	Greta Howarth 3	Angela Mullinger 5		Rose Coleman 2	
	13.60	14.60	16.10	13.90		16.40	
W55	Dorothy Fraser 4	Jackie Charles 5	Jean Skitt 3	Val Parsons 6			
	17.0	15.7	18.2	14.7			
<b>2K Walk</b>							
W35	Liz Blakie 4	Melanie Wright 6	Helena Goldrick 5				
	12.27.1	10.13.0	12.00.5				
W45	Cath Duhig 5	Sheila Owen 6					
	11.27.3	11.06.3					
W55	Ursula Duckworth 4	Jill Langford 6		Ann von Bismark 3	Jill York 5		
	13.35.4	12.11.5		14.55.2	12.46.0		
<b>80H</b>							
W45	Jan Lawson 6		Greta Howarth 5				
	13.5		17				
<b>100H</b>							
W35	Gaye Clarke 5		Wendy Liang 6				
	19.5		15.5				
<b>800m</b>							
W35	Joan Lasenby 6	Jayne Mumford 5	Barbara Murray 4				
	2.26.5	2.36.9	2.56.2				
W45	Margaret Jarvis 5	Nancy Hitchmough 6	Jane Morley 4				
	2.47.7	2.39.4	2.54.4				
W55	Sally Gandee 5	Elaine Statham 6					
	3.24.4	2.59.7					
<b>200m</b>							
W35	Jane Rasmussen 5	Dennise Timmis 3	Julie Money 6		Jan Ellacott 4		
	27.5	28.8	26.7		27.6		
W45	Jan Lawson 6	Cathy Lyon-Green 4	Maria Williams 3	Angela Mullinger 5		Rose Coleman 2	
	28.8	33.6	35.2	29.8		35.4	
W55	Dorothy Fraser 4	Yvonne Priestman 6	Joan Bennion 3	Val Parsons 5			
	37.4	30.2	50.9	30.2			
<b>3000m</b>							
W35	Jane Clarke 6	Susie Tawney 5	Emma Hudson 4		Janet Williams 3		
	10.19.7	10.58.2	11.12.0				
W45	Andrea McNally 5	Eleanor Adams 4			Chrissie Brooks 3	11.45.4	
	11.07.7	11.39.1			14.21.9	11.06.1	
W55	Eve Osbourne 3	Dot Fellows 5		June Johnson 4		Pat Gallagher 6	
	13.34.2	12.11.8		13.12.3		11.05.3	
<b>Relay</b>							
W35	4.30.9	6 4.30.9	5 4.42.6	4			
W45	4.56.4	6 4.57.4	5				
W55	5.58.9	5 5.29.4	6				
<b>Hammer</b>							
W35	Brenda Russell 4	Alison George 5	Diane Smith 6	Wendy Dunsford 3		Sue John 2	
	30m34	30m54	39m12	29m00		16m08	
<b>Long J</b>							
W35	Carole Filer 5	Dennise Timmis 4	Wendy Laing 6	Ann Goad 3			
	4m83	4m72	5m05	4m09			
W45	Yvonne Newton 5	Anita Neil 6	Maria Williams 4	Angela Mullinger 3		Rose Coleman 2	
	3m91	4m16	3m64	3m64		2m83	
W55	M Simmonds 5	Jackie Charles 6	Iris Holder 4	Mary Wixey 3			
	3m67	3m78	3m56	2m11			
<b>High J</b>							
W35	Carole Filer 5	Debbie Murch 4	Wendy Laing 6			Karen Spiller 3	
	1m50	1m20	1m55			1m05	
W45	Sue Burridge 6	Elaine Mee 4	Maria Williams 5				
	1m29	1m05	1m23				
<b>High J</b>							
W55	Marlene Simmonds 5	Rosem'y Chrimes 6		Iris Holder 4			
	1m15	1m26		1m15			
<b>Shot</b>							
W35	Jane Rasmussen 4	Alison George 5	Mandy Laing 6	Wendy Dunsford 3		Nancy Harling 2	
	9m70	9m99	10m57	9m26		6m76	
W45	Romana Martin 5	Elain Mee 4	Fiona Crompton 6	Yvonne Miles 2		Hilary Jackson 3	
	7m99	5m98	8m03	5m10		5m73	
W55	Marlene Simmonds 4	Rosem'y Chrimes 5	Joan Bennion 2	Evaun Williams 6	Jill York 1	Dorothy Morgan 3	
	9m58	10m95	6m30	11m25	4m41	7m81	
<b>Javelin</b>							
W35	Janice Green 3	Debbie Murch 4	Mandy Laing 6	Ann Goad 5		Nancy Halling 2	
	22m92	24m35	35m91	28m75		16m23	
W45	Marion Rogers 5	Sheila Owen 4	Fiona Crompton 6	Yvonne Miles 2		Hilary Jackson 3	
	21m71	21m06	22m77	8m26		9m37	
W55	Margaret Combe 4	Carol Rafferty 5	Jean Skitt 3	Evaun Williams 6			
	21m09	21m31	13m05	27m94			
<b>Tr Jump</b>							
W35	Carole Filer 6	Lesley Willis 4	Alison Hesketh 5				
	9m78	8m97	9m65				
W45	Evon Newton 6	Cathy Lyon-Green 5					
	8m31	8m12					
<b>Discus</b>							
W35	Brenda Russell 4	Debbie Murch 2	Karen Heweth 6	Wendy Dunsford 5		Karen Spiller 3	
	23m77	19m55	33m81	25m68		23m15	
W45	Shirley Quinn 6	Sheila Owen 4	Fiona Crompton 5	Yvonne Miles 2		Hilary Jackson 3	
	30m76	17m74	17m94	14m23		15m87	
W55	Marlene Simmonds 4	Rosem'y Chrimes 6	Jean Skitt 2	Evaun Williams 5	Mary Wixey 1	Dorothy Morgan 3	
	20m60	34m44	11m06	27m13	10m61	17m93	
<b>Total</b>							
W35-45	1st 212	2nd 201	3rd 143	4th 90	5th 20	6th 50	
W55	156	127	126	42	10	38	
	56	74	17	48	10	12	
<b>Overall</b>							
Men	2nd 365	1st 377	3rd 290	5th 162	6th 127	4th 181	
Women	2nd 153	1st 176	3rd 146.5	5th 72	6th 106.5	4th 131	
	212	2nd 201	3rd 143	4th 90	5th 20	6th 50	

<b>W35+</b>		
1	SHEILA ALLEN (40) HOUGHTON	21:34
2	VIVIAN MCCONNELL (40) BRIS	21:44
3	ALISON HIRST HEADINGTON	21:45
4	FRANCES GILL (40) NEATH	21:47
5	SHARON COYNE CORNWALL	21:59
6	LEISA LAVENDER ALDERSHOT	22:00
7	HELEN BURRELL REDHILL RR	22:11
8	ANN NIXON (40) FOREST of DEAN	22:18
9	JANET RAY (40) DORKING & MV	22:22
10	WENDY EDWARDS (40) LES CRO	22:26
11	CATH WHEELER (40) OVERTON	22:27
12		
13	BARBARA HARRIES (40) CARDIFF	22:53
14	KATE ARMSTRONG (40) SHAFT	23:10
15	SUSAN WALTERS (40) OXFORD	23:23
16	SUSAN COOPER (45) SOUTHPT RT	23:24
17	JILL HARRIES (40) SWINDON	23:25
18	JOSIE HEFFERNAN (50) CHILT'N	23:26
19	WENDY HUGGINS (45) SWANSEA	23:27
20	SARAH HEATH SHAFTSBURY	23:28
21	JAN ROSS (45) WINCHESTER	23:29
22	PAT GALLAGHER (55) WESTBURY	23:30
23	ALISON HURFORD (40) BRISTOL	23:31
24	ANN SAXENA (45) NEWPORT	23:32
25	JANICE MOORKITE (40) INVICTA	23:34
26	JANE GEORGHIOU (45) FARNH'M	23:38
27	JO ANN PROWSE (45) KEIGHLEY	23:42
28	CAROLINE RATCLIFF DURHAM	23:49
29	ANNE RODEN (50) SLH	24:03
30	L MARCONI WRIGLEY (40) NEWC	24:05
31	KIM DAVISON (40) ELSWICK	24:07
32	EDWINA TURNER (45) LES CROU	24:12
33	JANET WILLIAMS ORION	24:17
34	DIANE SPENCER (40) SWANSEA	24:26
35	BARRARA LOCK (45) CORNWALL	24:27
36	JACQUELINE BRACE (40) BRID'D	24:35
37	DAWN KENWRIGHT (45) SARN	24:40
38	CAROLE FEREDAY (50) NEWPORT	24:44
39	JULIE SCHOLEY (40) LES CROUP	24:46
40	FELICITY GARLAND (50) REDHILL	24:51
41	GILLIAN BUNKER (45) ROTHER'M	24:54
42	LINDA COLE (40) SHAFTSBURY	24:57
43	ELAINE STATHAM (55) STONE MM	25:02
44	ANNA CAMBULE SWANSEA	25:05
45	GLENDIA EDWARDS LES CROUP	25:07
46	LINDA WHITE (50) COVENTRY	25:08
47	ROS TABOR (50) DULWICH R	25:11
48	FIONA DAVIES (45) BRIDGEND AC	25:13
49	YVONNE BULLEN LES CROUP	25:15
50	GILLIAN MORGAN (40) SHAFTS	25:20
51	NICKY PETERS (45) CARDIFF AC	25:26
52	JANICE WARREN (50) CORNWALL	25:32
53	JEANETTE ASHTON (40) WITNEY	25:36
54	DOT FELLOWS (55) CANNOCK	25:40
55	AUDREY FOSTER (50) HORWICH	25:41
56	LEE AVERY (40) SHAFTSBURY	25:45
57	RHIAN LOUDON NEWPORT	25:52
58	ANITA NOTT (40) HEATON	25:53
59	FRANCES M WILLIAMS (40) CARD	25:54
60	CAROL MILLER LES CROUPIERS	26:00
61	ELAINE ROPER (40) BRISTOL	26:03
62	PAULINE RICH (55) SERPENTINE	26:05
63	MARGARET CHEW (50) STOPSLEY	26:13
64	JULIE LEWIS (45) LES CROUPIER	26:27
65	PAM JONES (65) ILFORD	26:35
66	PAULA FISHER (40) ROTHERHAM	26:42
67	PAM WOODWARD (55) BROMLEY	27:02
68	SHELAGH ADKINS (50) CARDIFF	27:07
69	ANNIE CONROY (55) LES CROU	27:16
70	PAULINE THOMAS (55) TROTS	27:37
71	CHRISTINE LLOYD (40) NEATH	28:15
72	BRENDA JONES (60) BRO DYSYN	28:43
73	DIANE WALFORD (50) CARDIFF	29:14
74	JEAN HULLS (60) BROMLEY VETS	29:16
75	MYFANWY LOUDON (65) NEWPT	31:11
76	CHRISSIE BROOKS (45) YEOVIL	32:23
77	NANETTE CROOS (60) BROMLEY	32:47
78	PHILLIPA REILLY (40) NEWPORT	35:21
79	BETTY NORRISH (70) VETS AC	36:50

**OCTOBER 27th 2001  
BVAF CC RELAY CHAMPIONSHIPS  
Darlington.**

<b>W 35+</b>		
1	HOUGHTON & PETERLEE (LESLIE JACKSON [2] 17. 12, KELLY BENTLEY [1] 15. 33, SHEILA ALLEN [1] 13. 48)	46. 33
2	CLAYTON - LE - MOORS (ANNA KELLY [1] 14. 59, ANDREA BARROWCLOUGH [2] 18. 16, SUE MIDDLETON [2] 17. 38)	50. 53

<b>Fastest Laps</b>		
1	Sheila Allen Houghton & Peterlee	13.48
2	Anna Kelly Clayton-Le-Moors	14.59
3	Kelly Bentley Houghton & P'lee	15.33



# RESULTS continued from page 17

## W55+

1 CLAYTON - LE - MOORS (VAL LAWSON [1] 19. 38, JANET RYAN [1] 23. 08, KITTY GARNETT [1] 20. 22) 63. 08

## M60+

1 BINGLEY HARRIERS (DAVID BARBER [4] 15. 09, JOHN FIRTH [1] 14.24, FRED GIBBS [1] 13.22) 42. 55  
2 HALLAMSHIRE HARRIERS (IAN WAINWRIGHT [2] 14. 58, BILLY WILSON [2] 15. 22, BOB TOOGOOD [2] 12. 57) 43. 17

3 CLAYTON - LE - MOORS (ROSS JACQUES [5] 15. 20, STUART JARVIS [3] 15. 15, TED ORRELL [3] 15. 05) 45. 40

4 MORPETH HARRIERS (WALTER RYDER [1] 14.40, ALAN OLIVER [5] 17. 14, BERNIE CORDES [4] 14. 51) 46. 45

5 GOSFORTH HARRIERS & AC (BILL LUMSDON [3] 15.01, ALBERT PROUSE [4] 15. 43, KEN SUTTON [5] 19. 01) 49. 45

6 CLAYTON - LE - MOORS B (JOHN BAKKER [6] 16. 14, HARRY MANNING [7] 18. 01, RICHARD LAWSON [6] 16. 27) 50. 42

7 HEATON HARRIERS (REG CHECKLEY [7] 16.22, GERRY SHIRLEY [6] 17. 49, ERIC APPELBY [7] 17. 13) 51. 24

## Fastest Laps

1 Bob Toogood Hallamshire 12.57  
2 Fred Gibbs Bingley Harriers 13.22  
3 John Firth Bingley Harriers 14.24  
4 Walter Ryder Morpeth Harriers 14.40  
5 Bernie Cordes Morpeth Harriers 14.51

## M50+

1 BINGLEY HARRIERS (N. ROBSON [2] 13. 20, M. SMITH [2] 13. 27, G. BELL [1] 13. 14, P. PROBIN [1] 12. 44) 52. 45

2 ELSWICK HARRIERS (H. TAYLOR [8] 14.00, C. BOLTON [6] 14. 03, J. BELL [2] 12. 19, H. MATTHEWS [2] 12. 27) 52. 49

3 STEEL CITY STRIDERS (G. WILDING [1] 13. 16, B. PRINGLE [1] 13. 23, H. TODD [4] 13. 57, J. KERR [3] 12. 30) 53. 06

4 SUNDERLAND HARRIERS (L. CHRISTOPHER [6] 13. 53, K. ELLIOTT [3] 13. 02, E. MADDISON [3] 13. 35, V. TINDLE [4] 13. 42) 54. 12

5 BARROW AND FURNES (P. HALL [5] 13. 52, P. LEVISTON [7] 14. 32, S. MURRAY [5] 13. 28, D. KELLY [5] 13. 11) 55. 03

6 CLAYTON - LE - MOORS (P. BOOTH [4] 13. 38, D. SCOTT [5] 14. 14, G. MURRAY [7] 14. 40, B. RUSSELL [6] 14. 38) 57. 10

7 RICHMOND AND ZETLAND (M. BROOKS [7] 13. 56, J. ROBINSON [4] 13. 42, C. SEWELL [6] 14. 41, M. CARTER [7] 16. 04) 58. 13

8 CLAYTON - LE - MOORS B (H. WALKER [9] 14. 20, J. WINDLE [8] 15. 53, B. HIRST [8] 15. 47, M. WRIGLEY [8] 16. 21) 62. 21

9 NORTH SHIELDS (L. RICHARDSON [3] 13. 36, B. BOOTH [9] 18. 57, R. STEWART [9] 14. 47, T. WHITEFIELD [9] 16. 17) 63. 37

## Fastest Laps

1 Jim Bell Elswick Harriers 12.19  
2 Harry Matthews Elswick Harriers 12.27  
3 John Kerr Steel City Striders 13.30  
4 Keith Elliott Sunderland H & AC 13.02  
5 D. Kelly Barrow and Furness 13.11

## M40+

1 RON HILL CAMBUSLANG (GERRY REID [5] 12. 24, DAVE DYMOND [1] 12. 02, RONNIE BRUCE [1] 12. 03, COLIN DONNELLY [1] 11. 46, FRANKIE BARTON [1] 12. 13, ROSS ARBUCKLE [1] 11. 51) 72. 19

2 SUNDERLAND HARRIERS (ROB RUSH [3] 12.14, RON WILLS [2] 12. 57, GLENN FORSTER [2] 12. 44, DEREK MULLENS [2] 12. 22, JOHN WATSON [2] 12. 45, STEVE COXON [2] 12. 17) 75. 19

3 CLAYTON - LE - MOOR (TONY CHEWD [2] 12.11, BRIAN HORROCKS [3] 13.09, GRAHAM CUNCLIFFE [3] 13.10, MARK ASPINALL [3] 11.58, PAUL BRANNON [3] 12.58, IAN GREENWOOD [3] 12.36) 76. 02

4 NORTH SHIELDS POLY (TONY MELLOR [4] 12. 18, ALAN CATLEY [4] 13. 20, PHIL LANCASTER [4] 13. 23, PHIL REES [4] 13. 15, STEVE CLARK [4] 12. 42, DAVE HALL [4] 12. 56) 77. 54

5 BINGLEY HARRIERS (GARY GREY [7] 12. 43, ADRIAN NETHERWIND [7] 13. 19, ADRIAN RUSHWORTH [5] 13. 17, DAVID BENSON [6] 13. 56, KEVIN DOBSON [5] 13. 03, STEVE ROBINSON [5] 11. 48) 78. 06

6 KINGSTON - UPON - HULL (JIM ABLE [6] 12. 39, JIM DINGWALL [6] 13. 05, MIKE BAGGOTT [6] 13. 51, JON IRELAND [5] 13. 08, STEVE MILSON [6] 13. 37, STUART BUCHAN [6] 12. 57) 79. 17

7 STEEL CITY STRIDERS DENNIS CROSSLAND [9] 13. 26, VIC RILEY [9] 13. 48, CHRIS WARD [8] 13. 02, DAVE PARRY [7] 14. 29, JOHN GREGORY [7] 14. 06, MICK HOBSON [7] 14. 49) 83. 40

8 DARLINGTON HARRIERS (NIGEL ORR [1] 11. 56, JACK MASON [5] 13. 44, PAUL SMITH [7] 14. 06, BRIAN HANNAH [8] 15. 08, DAVE WESTON [8] 15. 22, JOHN BRANT [8] 16. 52) 87. 08

9 CLAYTON - LE - MOORS (MARK WIGHTMAN [8] 12. 59, TONY BRIERLEY [8] 13. 43, RICHARD BELLARIES [9] 14. 19, PAUL WALSH [9] 14. 39, VINCENT BRODRICK [9] 15. 13, JACK MAGUIRE [9] 17. 35) 88. 28

10 NORTH SHIELDS POLY B (DAVE MORRIS [1] 15. 40, H. NORMAN [10] 16. 09, J. NERGAARD [10] 15. 39, J. BROWN [10] 14. 32, B. LOVELL [10] 16. 49, K. PINDER [10] 14. 36) 93. 45

HEATON HARRIERS (ALAN MULLISS [10] 15. 44, GEORGE ROUTLEDGE [11] 18. 27)

## Fastest Laps

1 Colin Donnelly Ron Hill Cambuslang 11.46  
2 Steve Robinson Bingley Harriers 11.48  
3 Ross Arbuckle Ron Hill Cambuslang 11.51  
4 Nigel Orr Darlington Harriers & AC 11.56  
5 Mark Aspinall Clayton-Le-Moors A 11.58

## NOVEMBER 10th 2001 BRITAIN & IRELAND CC INTERNATIONAL Falkirk

## MEN

1 Tommy Murray (M40) Scotland 29:45  
2 Mike Hawkins (M40) England 30:11  
3 Colin Donnelly (M40) Scotland 30:16  
4 Bill Foster (M40) England 30:22  
5 Steve Murdoch (M40) England 30:43  
6 David Neill (M45) England 30:47  
7 Mike Boyle (M40) England 31:01  
8 Bernie Jones (M40) Wales 31:19  
9 Tommy Payne (M40) Eire 31:26  
10 Richard Bullen (M40) Wales 31:28  
11 Keith Varney (M45) Scotland 31:33  
12 James McMahon (M40) Eire 31:43  
13 Dominic Bonner (M40) Eire 31:47  
14 Les Atkinson (M45) England 31:48  
15 Pat Hegarty (M40) Eire 31:50  
16 Ross Arbuckle (M40) Scotland 31:50  
17 John Foster (M40) Wales 31:53  
18 Graham Tuck (M50) England 31:54  
19 Gerald Gaffney (M45) Scotland 31:54  
20 Ifan Lloyd (M40) Wales 32:01  
21 Colin Meek (M40) Scotland 32:06  
22 Russell Owen (M40) Wales 32:08  
23 Julian Critchlow (M40) England 32:15  
24 Brian Gardner (M45) Scotland 32:17  
25 Larry Stafford (M40) Eire 32:20  
26 Owen Lewis (M50) Wales 32:20  
27 Michael McGeoch (M45) Wales 32:20  
28 David Dymond (M40) Scotland 32:20  
29 Bob Atkinson (M40) England 32:25  
30 Damian McGinty (M40) N Ireland 32:27  
31 Ian Stewart (M40) Scotland 32:27  
32 Martin Flower (M45) Wales 32:36  
33 JJ Doyle (M45) Eire 32:38  
34 Brian Lloyd (M50) England 32:43  
35 George Sim (M50) Scotland 32:45  
36 Stan Owen (M45) England 32:55  
37 Grenville Tuck (M50) England 32:56  
38 Nicol Maltman (M45) Scotland 32:58  
39 Harry Matthews (M50) England 33:00  
40 Loughlin Campion (M45) Eire 33:03  
41 Pat O'Shea (M50) Eire 33:06  
42 Frankie Gerihy (M45) Eire 33:07  
43 Tony Seakins (M45) England 33:10  
44 Jeremy Collins (M50) Wales 33:11  
45 David Allen (M40) Northern Ireland 33:14  
46 Andy McLinden (M50) Scotland 33:16  
47 Brendan Ward (M40) N Ireland 33:18  
48 Matt Shields (M45) N Ireland 33:18  
49 Nigel Webb (M40) Wales 33:18  
50 Tommy Murphy (M45) Eire 33:18  
51 John Patience (M40) N Ireland 33:18  
52 Charlie Dickinson (M50) England 33:29  
53 Paul Keen (M50) England 33:31  
54 Sam McAnaney (M45) N Ireland 33:32  
55 Michael Hassett (M40) Eire 33:37  
56 Tom Breen (M40) Northern Ireland 33:40  
57 Denis Noonan (M50) Eire 33:41

58 Richard Grant (M45) England 33:44  
59 Nelson Cahoon (M45) N Ireland 33:46  
60 Brian Emmerson (M50) Scotland 33:47  
61 David Wheeler (M45) England 33:52  
62 Anthony Murray (M45) Eire 33:53  
63 Paul Murphy (M45) N Ireland 33:55  
64 Frankie Davidson (M40) N Ireland 34:00  
65 John Todd (M50) Eire 34:00  
66 Graham Wootton (M55) England 34:03  
67 Robert Toogood (M60) England 34:07  
68 Frank Cashman (M50) Eire 34:07  
69 Michael Tabor (M45) Wales 34:09  
70 Charles Noble (M50) Scotland 34:14  
71 Fred Connor (M50) Scotland 34:15  
72 Martin McEvilly (M50) Eire 34:21  
73 Jeff Rees (M45) Wales 34:25  
74 Archie Jenkins (M45) Scotland 34:30  
75 George Bell (M45) N Ireland 34:31  
76 Joe McNally (M45) Eire 34:37  
77 David Powell (M45) Wales 34:39  
78 RJ Dic Evans (M55) Wales 34:43  
79 Steve Brown (M45) Wales 34:44  
80 John Llewellyn (M55) Wales 34:47  
81 Kevin Wilkinson (M50) Wales 34:50  
82 Ray Curran (M45) Northern Ireland 34:58  
83 Mick Welland (M55) England 35:00  
84 Martin Ford (M55) England 35:00  
85 Barry Johnston (M50) Wales 35:00  
86 John Sheridan (M55) Eire 35:10  
87 Desi McHenry (M50) N Ireland 35:17  
88 Vincent Hancock (M55) England 35:23  
89 Fred Gibbs (M60) England 35:27  
90 Bob Young (M55) Scotland 35:31  
91 Terry Dolan (M55) Scotland 35:33  
92 Chris Elson (M60) England 35:35  
93 Gerald Bell (M50) N Ireland 35:39  
94 Richard Bowen (M55) Wales 35:52  
95 Richard Marks (M50) Wales 36:03  
96 Dave Clarke (M50) N Ireland 36:14  
97 David Fairweather (M55) Scotland 36:20  
98 Peter McDermot (M50) Eire 36:23  
99 Ray Fuller (M55) Eire 36:28  
100 Jeff Russell (M50) Wales 36:33  
101 Arthur Egan (M55) Wales 36:40  
102 Jim Hayes (M55) Northern Ireland 36:47  
103 Adam Jones (M55) Eire 36:49  
104 Peter Hall (M60) England 36:51  
105 Brian Campbell (M55) Scotland 36:53  
106 Eric Campbell (M55) N Ireland 37:17  
107 Ian Leggett (M60) Scotland 37:23  
108 Mick Neville (M60) Eire 37:28  
109 George Black (M60) Scotland 37:39  
110 Ken Buckle (M60) Wales 37:45  
111 Keith Spacie (M65) England 37:52  
112 Jim McNamara (M60) Eire 37:57  
113 Harry Andrews (M55) N Ireland 38:00  
114 George Meredith (M50) Scotland 38:00  
115 Dennis Hayes (M65) England 38:03  
116 Harry Clayton (M65) England 38:05  
117 Jimmy Reid (M65) N Ireland 38:19  
118 Pat Bonass (M55) Eire 38:22  
119 Jon Kersting (M60) Wales 38:23  
120 John Collins (M60) Wales 38:39  
121 Leonard Parrot (M65) England 39:22  
122 Jim O'Brien (M60) Wales 40:01  
123 Evan Williams (M65) Wales 40:11  
124 John Convey (M60) N Ireland 40:13  
125 Brian Smyth (M50) N Ireland 40:17  
126 Ronnie Donaldson (M50) N Ireland 40:21  
127 Sean Cooney (M60) Eire 40:32  
128 John Monaghan (M55) N Ireland 40:35  
129 Bert McFall (M65) Scotland 40:45  
130 Robert Daly (M60) Scotland 40:46  
131 Eddie Moore (M50) N Ireland 41:10  
132 James Bennett (M60) Eire 41:23  
133 Trefor Pugh (M65) Wales 41:24  
134 Alistair Shaw (M65) Scotland 41:32  
135 Ron Morgan (M65) Wales 41:53  
136 Hugh Gibson (M65) Scotland 42:07  
137 Ken Hawtin (M65) Northern Ireland 42:30  
138 Bill Murray (M60) Scotland 42:38  
139 Walter McCaskey (M65) Scotland 43:10  
140 Paddy Craddock (M65) Eire 43:45  
141 Brian Blandford (M65) Wales 44:16  
142 Francis Arthurs (M60) N Ireland 44:53  
143 Des Adams (M65) Eire 46:31  
144 Hugh Young (M60) N Ireland 46:54  
145 Michael Spotswood (M60) NI 47:07  
146 Stanley Reid (M65) N Ireland 47:19  
147 Bertie Grimason (M65) N Ireland 47:30  
148 Nick Corish (M65) Eire 1:03:32

## TEAMS

M40  
1 England (2 4 5 6) 17  
2 Scotland (1 3 13 16) 33  
3 Eire (8 10 11 20) 41  
4 Wales (7 9 14 15) 45  
5 Northern Ireland (22 24 25 27) 98  
M45  
1 Scotland (2 4 5 10) 21  
2 England (1 3 9 13) 26  
3 Eire (8 11 12 15) 46

4 Wales (6 7 22 23) 58  
5 Northern Ireland (14 16 18 21) 69

## M50

1 England (1 3 5 6) 15  
2 Scotland (4 9 13 16) 42  
3 Eire (7 12 14 15) 48  
4 Wales (2 8 19 20) 49  
5 Northern Ireland (21 22 24 28) 95

## M55

1 England (1 4 5) 10  
2 Wales (2 3 10) 15  
3 Scotland (8 9 11) 28  
4 Eire (6 12 15) 33  
5 Northern Ireland (14 17 18) 49

## M60

1 England (1 2 3) 6  
2 Scotland (5 7 15) 27  
3 Wales (8 10 11) 29  
4 Eire (6 9 14) 29  
5 Northern Ireland (13 18 19) 50

## M65

1 England (1 2 3) 6  
2 Wales (6 8 10) 24  
3 Scotland (7 9 11) 27  
4 Northern Ireland (4 12 17) 33  
5 Eire (14 16 19) 49

## WOMEN

1 Anne Keenan Buckley (F35) Eire 15:53  
2 Sheila Allen (F40) England 17:27  
3 Patricia Affleck (F40) Scotland 17:31  
4 Karen Marshall (F45) N Ireland 17:36  
5 Noreen Porter (F35) Eire 17:40  
6 Allison Hirst (F35) England 17:46  
7 Viv McConnell (F45) England 17:48  
8 Jenny Gray (F40) England 17:52  
9 Leisa Lavender (F35) England 17:54  
10 Jean Carr (F40) Eire 17:54  
11 Catherine Wheeler (F40) Wales 17:56  
12 Trudi Thomson (F40) Scotland 17:57  
13 Janette Stevenson (F50) Scotland 18:00  
14 Susan Finch (F35) Scotland 18:04  
15 Brigid Fitzsimons (F35) Eire 18:07  
16 Judy Oakley (F35) England 18:07  
17 Addy Gerrard (F40) Scotland 18:09  
18 Sue Ridley (F35) Scotland 18:13  
19 Jill Harris (F40) England 18:13  
20 Mags Greenan (F40) Eire 18:16  
21 Sharon Coyne (F35) England 18:24  
22 Helen Yule (F35) Wales 18:27  
23 Orla Gormley (F35) Eire 18:28  
24 Wendy Edwards (F40) Wales 18:30  
25 Joan Hough (F40) Eire 18:34  
26 Janet Ross (F45) England 18:37  
27 Zina Marchant (F50) England 18:44  
28 Wendy Huggins (F45) Wales 18:45  
29 Christine Kilkenny (F45) England 18:45  
30 Janice Moorekette (F40) England 18:50  
31 Jane Davies (F50) England 18:53  
32 Mary Jennings (F45) Eire 18:54  
33 Olive Nolan (F40) Eire 18:56  
34 Helen Morton (F40) Scotland 18:59  
35 Ann Saxena (F45) Wales 19:02  
36 Sharyn Ramage (F35) Scotland 19:02  
37 Alison Whitelaw (F40) Wales 19:03  
38 Susan Cooper (F45) England 19:03  
39 Edwina Turner (F45) Wales 19:06  
40 Angela Jones (F35) Wales 19:09  
41 Shiela Dodds (F40) N Ireland 19:11  
42 Janet McColl (F45) Scotland 19:15  
43 Liz Hogan (F45) Eire 19:18  
44 Josie Heffernan (F50) England 19:26  
45 Dawn Kenwright (F45) Wales 19:30  
46 Anne Roden (F55) England 19:31  
47 Andrea Cameron (F35) Scotland 19:32  
48 Brigid Burke (F50) Eire 19:36  
49 Ellie Dunnington (F35) Wales 19:48  
50 Janet Williams (F35) Wales 19:51  
51 Carole Fereday (F50) Wales 19:53  
52 Val Hancock (F55) England 19:58  
53 Fiona Davies (F40) Wales 19:59  
54 Jane Waterhouse (F45) Scotland 20:01  
55 Elaine Statham (F55) England 20:05  
56 Mags McCreary (F45) Eire 20:17  
57 Margaret Sinclair (F45) Scotland 20:24  
58 Joan Coyle (F50) Eire 20:26  
59 Ann James (F50) Wales 20:28  
60 Mary Butler (F45) Eire 20:29  
61 Dot Fellows (F55) England 20:30  
62 Felicity Garland (F50) England 20:32  
63 Dianne Monteith (F45) Scotland 20:55  
64 Claire Galbraith (F35) N Ireland 21:01  
65 Ann McGreal (F50) Eire 21:08  
66 Paula McGilloway (F35) N Ireland 21:12  
67 Margaret Docking (F50) Wales 21:19  
68 Mary Macken (F45) N Ireland 21:25  
69 Barbara Brown (F40) N Ireland 21:27  
70 Mary Delaney (F50) Eire 21:30  
71 Sally Patrick (F45) N Ireland 21:41  
72 Mary Havern (F40) N Ireland 21:56  
73 Shelagh Adkins (F50) Wales 21:58  
74 Pam Benson (F55) Eire 22:21  
75 Annie Conroy (F55) Wales 22:24



# BVAF MULTI EVENT CHAMPIONSHIPS SHEFFIELD, 8/9th September

76 Pauline Thomas (F55) Wales	22:31
77 Geraldine Walsh (F55) Eire	23:11
78 Brenda Jones (F55) Wales	23:42
79 Anne Woodcock (F55) Eire	23:48
80 Gene O'Neill (F55) Eire	24:13
81 Nanette Cross (F35) N Ireland	25:47
82 Clare Johnson (F55) Wales	26:24

## TEAMS

<b>W35</b>	
1 Eire (1 2 6)	9
2 England (3 4 7)	14
3 Scotland (5 8 12)	25
4 Wales (10 13 15)	38
5 Northern Ireland (17 18 19)	54

<b>W40</b>	
1 England (1 3 8)	12
2 Scotland (2 6 7)	15
3 Eire (4 9 11)	24
4 Wales (5 10 15)	30
5 Northern Ireland (16 18 19)	53

<b>W45</b>	
1 England (2 3 5)	10
2 Wales (4 7 9)	20
3 Eire (6 11 14)	31
4 Scotland (10 13 15)	38
5 Northern Ireland (1 18 19)	38

<b>W50</b>	
1 England (2 3 4)	9
2 Eire (5 7 10)	22
3 Wales (6 8 11)	25

<b>W55</b>	
1 England (1 2 3)	6
2 Wales (6 7 9)	22
3 Eire (5 8 10)	23

## OPEN MEN'S 10km

1 Tommy Murray (M40) Inverclyde	31:55
2 Kenneth Moss (M50) Northern V	32:19
3 Patrick McIlroy (M40) Finn Valley	32:40
4 David Hart (M40) Falkirk Victoria H	32:49
5 Eugene Coppinger (M40) Clonliffe	33:35
6 John Hanratty (M40) Clydesdale H	33:43
7 Philip Jones (M40) Milton Keane	33:49
8 Martin Kelly (M40) Dundruay	34:00
9 George Gilhooly (M40) Lothian	34:03
10 Peter Jennings (M40) Metro	34:11
11 Jimmy Bell (M50) Elswick Harriers	34:23
12 Gerry Reid (M40) Ron Hill Cam	34:34
13 Robert Wilson (M40) Willowfield H	34:35
14 Alex Bryce (M40) Falkirk Victoria H	34:51
15 John Agnew (M40) City of Edin	35:03
16 Campbell Joss (M40) Bellahouston	35:16
17 Billy Fraser (M40) Teviotdale H	35:27
18 Jim Dingwall (M50) Falkirk Victoria	35:39
19 Joseph Doyle (M40) Victoria Park	35:47
20 John Martin (M40) Falkirk Victoria	35:54
21 Paul Allen (M50) Halesowen	35:56
22 Robert Wilson (M40) Greenock	36:13
23 Sandy Wallace (M50) Haddington	36:22
24 Jim Newberry (M40) North Belfast	36:25
25 Alexander Parker (M50) Garscube	36:30
26 Colin Bradley (M40) Lliswerry R	36:33
27 Tony Jefferies (M50) Westbury H	36:47
28 Willie Day (M50) Falkirk Victoria H	36:56
29 David Adams (M50) Hamilton H	37:16
30 Willie Higgins (M40) Falkirk VH	37:18
31 James Shields (M50) Clydesdale H	37:36
32 Roger Greenaway (M40) Central	37:40
33 Andy Murray (M40) Dulwich	37:56
34 Dave Taylor (M50) Hunters Bog	38:00
35 Seamus Greenan (M40) Fingallians	38:03
36 Francis Cannon (M50) Teviotdale H	38:03
37 David Rees (M50) Neath Harriers	38:08
38 Graham Clark (M40) EZ Carnegie	38:11
39 Paul McKerracher (M40) Falkirk VH	38:20
40 Robert Rae (M50) Teviotdale H	38:29
41 Gordon Walker (M40) Central AC	38:40
42 Alex MacEwan (M40) City of Edin	39:18
43 John Berry (M40) Unatt	39:39
44 Alan Samuel (M50) Teviotdale H	39:48
45 Joe Sydney (M40) City of Edin	40:23
46 Charles Murdoch (M50) Forfar RR	40:26
47 Andrew Griffiths (M50) City of Edin	40:32
48 James Taylor (M40) Unatt	41:13
49 Frank Scanlan (M50) Scottish Vets	41:39
50 David Hay (M40) Central AC	41:42
51 Joe Farrell (M50) Unatt	42:08
52 Les Kay (M50) Cit of Edinburgh	42:14
53 Douglas Brodie (M40) Cit of Edin	43:00
54 George McHardy (M50) Central AC	43:33
55 Dave Walsh (M50) Les Croupiers	43:48
56 Graham Bennison (M50) Fife AC	44:15
57 John Dickson (M50) Central AC	45:18
58 Ian McManus (M50) Irvine	46:02
59 Pat O'Driscoll (M50) North Down	47:06
60 Robert Ball (M50) Central AC	47:53
61 Ken Hardcastle (M50) Winchester	50:32

## OPEN WOMEN'S 5km

1 Andrea Dennison (F35) Bradford A	18:23
2 Jo Anne Prowse (F50) Keighley	18:46
3 Sandra Edwards (F35) Shettleston	19:11

4 Hazel Dean (F35) Central AC	19:27
5 Bernadette Kavanagh (F35) Don're	19:30
6 Angela Jones (F35) Griffith Town	19:35
7 Susan Walsh (F35) Donore H	19:38
8 Sandra Irvine (F35) Bellahouston	19:47
9 Lynne Marr (F35) Pitreavie	20:00
10 Carole Fereday (F50) Newport	20:18
11 Ros Tabor (F50) Dulwich Runners	20:21
12 Barbara Casey (F35) Donore H	20:23
13 Linda New (F35) City of Salisbury	20:46
14 Caroline Lawless (F35) Falkirk VH	20:54
15 Joan McTerivan (F35) Unatt	21:40
16 Sue Neal (F50) Les Croupiers	21:55
17 Pamela Jones (F60) Ilford AC	22:17
18 Anita Howells (F50) Aberdare V	22:35
19 Sheila Brown (F50) Unatt	22:51
20 Elizabeth Clark (F50) Les Crou	23:07
21 Angela Neal (F50) Les Croupiers	24:43
22 Jill York (F60) Lliswerry Runners	25:18
23 Jennifer McLaughlin (F50) Cit/Edin	26:36
24 Darren Bradley (F60) Exmouth H	32:45

## OPEN M60 5km

1 Phil Lancaster (M60) North Shields	17:31
2 Eric Hughes (M60) Unatt	19:25
3 David Spencer (M60) Barrow	19:32
4 Carwyn Hughes (M60) Havant AC	19:42
5 Jim Hyins (M60) Finn Valley	19:45
6 David Naylor (M60) Swansea H	19:55
7 Ian Barnes (M60) Darlington H	19:58
8 Geoffrey Oliver (M60) 100K Assoc	20:20
9 William Hamill (M60) Hamilton H	21:12
10 Allan Smith (M60) SMS Gorseinom	21:17
11 Arthur Phillips (M60) Neath H	21:24
12 John Taylor (M60) Bellahouston H	21:38
13 James Parker (M60) Victoria Park	21:52
14 Lawrence Kilkenny (M60) Cannock	22:10
15 Hugh McGinlay (M60) Falkirk VH	24:13
16 Jim Metcalfe (M60) Unatt	25:29
17 Roy Peel (M60) Bro Dysynni	26:46
18 John McKeag (M60) Ballydrain H	28:08

## NOVEMBER 20th 2001 SCVAC INDOOR PENTATHLON Eton

<b>W35 (60mH LJ SP HJ 60m)</b>	
1 W Laing (g) 9.5 5.05 10.44 1.56 8.5	3779
2 M Woodger 10.3 4.70 8.64 1.26 9.1	3109

<b>W40</b>	
1 M Laing (g) 9.2 4.91 10.49 1.50 8.5	3949
2 C Clarke (g) 9.7 4.35 6.83 1.35 8.9	3110
3 A Goad 11.3 4.00 7.96 1.26 8.6	2786

<b>W45</b>	
G Cunningham 11.5 3.85 6.24 1.29 9.4	1222

<b>W55</b>	
P Oakes 12.1 3.63 8.16 1.14 10.1	3317

<b>W60</b>	
1 J Charles 11.5 3.69 7.49 1.17 9.9	3985
2 J Hulls 11.4 3.21 7.65 1.17 9.8	3823
3 N Cross (g) 12.2 3.01 7.38 1.08 10.6	3312

<b>W65</b>	
1 C Graham 12.5 3.13 6.83 1.08 10.5	3801
2 K Koppell 13.8 2.90 7.33 1.05 11.3	3392

<b>M40</b>	
1 B Slaughter 9.7 5.47 10.93 1.50 8.0	3143
2 A Waddington (g) 10.4 5.76 7.58 1.50 8.0	3125

3 J Davies 10.5 5.23 11.60 1.50 8.2	2914
4 G Capon 11.7 4.82 7.73 1.50 8.0	2429
5 J Dickinson (g) 11.8 4.89 7.22 1.41 8.6	2235

6 A Hardy (g) 13.5 4.97 8.99 1.41 8.6	2073
7 W Martin 11.7 4.08 7.72 1.41 9.1	1898

<b>M45</b>	
1 B Gibbs 11.8 4.40 7.72 1.41 9.1	2356
2 J Kennedy (g) 11.8 4.07 9.25 1.41 9.1	2230

<b>M50</b>	
1 T Lewis 9.5 5.21 9.38 1.50 8.1	3701
2 D Wallington 11.6 5.32 9.56 1.38 8.2	3199

<b>M55</b>	
1 P Duckers 11.2 4.31 8.28 1.35 8.6	3144
2 M Cole 11.2 4.31 8.28 1.35 8.6	3144

<b>M60</b>	
1 J Howe 10.3 4.43 10.99 1.38 8.8	3853
2 R Bruck 13.8 4.15 9.43 1.29 8.8	2691
3 B Charles 12.7 3.99 8.18 1.20 9.7	2530

<b>M65</b>	
1 D Burton (g) 11.9 4.52 8.71 1.32 8.5	3920
2 J Day 12.2 3.58 8.05 1.17 9.9	2917
3 J Phillips 13.0 3.29 8.71 1.20 9.6	2866

4 C Sheppard 13.7 3.86 6.24 1.02 10.0	2432
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A few black clouds threatened, the wind couldn't decide in which direction to blow, there was a distinct autumnal feel in the air but, *writes John Charlton*, nothing would dampen the spirits of the multi-eventers who assembled for the BVAF's 22nd Decathlon and 14th Heptathlon Championships.

A few years ago, I put out a rallying call to our women when entries for the Heptathlon fell as low as three. However, since that time, women's veteran multi-eventing has gone from strength to strength with notable successes at European and World level for Jenny Brown, Carol Filer and Hazel Barker. This makes it all the more remarkable that at Sheffield a record number of nine women contested the Heptathlon without the above three present.

The closest competition, and probably the most exciting finish of the weekend, came in the W55 Group between Pat Oakes and Jackie Charles. Before the 800m, Pat led by 96 points. Allowing for some margin of error, Pat had to keep within 11 seconds of Jackie and Jackie had to be at least 13 seconds ahead of Pat for either one to win.

Jackie just went for broke from the gun, never looking back; Pat simply hung on. It was a great race and in the end, with the gap held to just under 10 seconds, Pat won by a mere 18 points.

A similar situation developed later in the Decathlon but this time it was Ray Ashford, in second place coming up to the 1500m, last discipline, who ran a gutsy race in 4:53.51 to come through and win by 49 points from Hasam Hasap. It was Hasam's first BVAF Decathlon for which he had made a special trip from Cyprus to compete in Britain. Hasam led for the first 9 events and gave a good account, including making many new British friends. Terry Hall took Bronze.

In the M40s, Andrew Waddington led by more than 200 points at the end of the first day. However, the more experienced multi-eventers came through on the second day, which is often the case, and John Mayo, Kenneth Lyn and Brian Slaughter took Bronze, Silver and Gold respectively.

Mike Corden had to dig deep on the second day having damaged a calf muscle warming up for the hurdles. Mike made an attempt only at the hurdles, (in order to continue the competition) and then had to work hard at the remaining events to take Gold and stay ahead of Dave Cowiey (Silver) and Laurie Dunn (Bronze).

In the M55 group, Dan Luklinski led throughout the whole competition with Brian Loten putting in his usual solid performance but not quite able to close the gap. Derek Graves took Bronze.

In the M60, three stalwarts of multi-eventing took the stage but it was a revitalised John Howe who took all the accolades and the Gold medal. It was a great performance by John, particularly in view of his recent injury and health problems. It will be an interesting contest next year, when both athletes are at their absolute best, between him and John Ross who had his own injury problems on the day.

Colin Shafto just headed David Burton in a lively contest in the M65 age group and set a new British Record in the 100 metre Hurdles with an impressive 17.32 into a -2.6 headwind! David, still in considerable discomfort from a recent operation, did well to compete at all. Joe Phillips, in a welcome return to multi-events, took Bronze.

Norman Carter took Gold in the M70s and achieved his target of exceeding 5000 points by some margin [5167] on the age adjusted tables. In the M85s, Tony Rawlinson never ceases to amaze with his dedication and enthusiasm for the Decathlon. Not only did Tony set a M85 British Record in the Decathlon but, en route, set new British Age Records in the Long Jump, High Jump, Shot Put, Discus and Pole Vault.

Turning back to the women, Kay Koppel was also in record breaking form, erasing Betty Steadman's old mark and setting a new W65 Heptathlon record of 4516 points.

Nanette Cross (W60) and Sue Pickersgill (W40) took Golds in their respective age groups. Gill Dobson put in a solid performance across all seven disciplines to head Jacky Ricketts and take Gold in the W45s.

In the W35s, Christine Pates, who is already eagerly anticipating the Decathlon being accepted for women by the veterans/masters movement, took Gold ahead of Dorothy Orr.



## ADVERTISEMENT

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SATURDAY, 18 MAY, 2002  
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Women over 45	3	11.00 am
Women over 35	3	11.00 am
Men over 70	3	11.00 am
Men over 60	3	11.00 am
Men over 50	6	11.00 am
Men over 40	8	1.30 pm

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email: [john@cattaway.freeserve.co.uk](mailto:john@cattaway.freeserve.co.uk)

ENTRY FEES: UKA club member - £8.00  
Unattached -£9.00



## YOUR LETTERS

The letters column of VETERAN ATHLETICS is open to all to express their opinions on any subject of interest to our readers. The editor reserves the right to shorten any letter - without altering the meaning - for space reasons. Please address your letters to: The Editorial Board, Veteran Athletics, 67 Goswell Road, London EC1V 7EN

### INDOOR FIASCO 3

Reference 'From the Track Secretary', VA 58. The Track Secretary's reply to my letter in VA 57 really is a nonsense! Yes, we did have a break-in - to the downstairs Biomechanics laboratory! They broke the window to get in to steal computers but did not go through any locked doors from the lab, ie: they went straight in and out as is their wont. They never went anywhere else and certainly not upstairs to where we are talking about.

As to the rest, I repeat, rather than arriving on the day to operate unfamiliar equipment, checking before the day (or even a lot earlier!) would have been much more preferable and would have overcome any problems.

**Sean Power**  
Head, Centre for  
Performance Analysis  
University of Wales Institute,  
Cardiff

### BRISBANE RESULTS 1

Have just received the latest copy of Veteran Athletics. Very good reading, as always. Thanks for your efforts.

I am just sending this note to mention an error in the results of the (Brisbane World Championship) W40 4x400 relay.

My club colleague at Loughton AC, Georgiana (otherwise known as 'Pat') Barclay, ran the second leg in the GB team and has the video, photographs and medal to prove it!

I suspect that she will be too modest to mention this for herself.

**David Hobbs**

### BRISBANE RESULTS 2

Whilst I enjoyed reading the stories of fellow athletes from Brisbane 2001, I was disappointed to find that my efforts had been completely missed out of the M50 700g Javelin results. Although there was not a medal at the end of it, I did finish in the top 10, 9th to be precise, which placed me as

"top Brit". I hope this sets the record straight.

**Roland Green**  
Gosport, Hants

*Mr Green threw 45.04m for his 9th place, an effort rated 67.02% on the age-graded lists. Editor.*

### BRISBANE RESULTS 3

I took part in the (Brisbane) Marathon, had a bad run and finished in a time of 4:51:24. When I got back to the UK, I found that I was not listed in the Marathon results. I emailed Brisbane (no joy), heard nothing from them, then I read the October Veteran Athletics results and see I am not listed again.

**Chris Potter**  
SWVAC

### BRISBANE MEDALS

In the M45 20km Walk (Brisbane), GB was the third team but only Peter Ryan picked up his medal. He was not allowed to also take ours (myself and Colin Bradley) by the British team management who said they would pick them up and pass them on.

Well, we are still waiting! I had hoped that the results in the last issue of Veteran Athletics would stir someone's little grey cells but apparently not!

**D W Sharpe**  
Dagenham, Essex

### BRISBANE RELAYS

I can empathise with Colin Shafto ('Shafto Puts The Record Straight', VA58) but from a diametrically opposite viewpoint. I put my name forward for the M60 relay, having kept my sprint training going from the indoor season for just such an eventually but was not even included in the reserves. Perhaps the fact that I am a hammer thrower told against me, despite clocking 8.4 (for 60m) in February and a 8.3 time trial in Brisbane plus 10.6 over 75m.

Colin should not worry. His absence should not have affected the team, there was a reserve named so two (selected) people must have stayed away. I would have run and looking at the M60 results I consider that, even with me (on my favourite third leg, where I

used to sprint for Edinburgh University), we would have taken at least third spot. A medal missed

**Bill Gentleman**

### DEAR DAVID MOORCROFT

There was, as usual, a glaring gap in the annual review copy of the UK Athletics magazine (November 2001). I refer, of course, to veteran athletes - probably the largest active group in the sport in the UK but still not fully a part of UK Athletics.

In terms of success, veterans are undoubtedly the tops of all UK age groups. Whereas our seniors gained two medals at the Edmonton (IAAF World) Championships and our youth and juniors a few more, you are perhaps aware that our veterans brought back barrowloads from the WAVA championships in Brisbane last summer!

It really is time this was sorted. Ron Bell, who I believe was given the job of liaison with UKA, has resigned. Someone needs to get on with it so that UK veterans get the same respect, publicity, coaching, finance, help with administration and the sending of teams to international events that every other age-group in our sport enjoys.

Have you wondered why Czechoslovakia boasts the two greatest decathletes in the world in Dvorak and Sebrle? They have a decathlon training and coaching group and, I suspect, much better indoor facilities than we do.

**Dr Julian Kennedy**  
Bournemouth AC  
and SW Vets.

### WHO'S KIDDING WHO

I was recently sent a copy of the Annual Report published by UK Athletics - thirty-two pages giving an update on "what is happening in your sport".

I ploughed through each section, it covered in depth all aspects of performances by UK athletes from the young to the not very old. There were eight pages by Adam Walker devoted to the strategy for athletics development in the UK

covering funding, schools athletics, community athletics projects and support for the UK club structure.

Helen Wyeth (I think she is a veteran athlete now) expounded on communications within the sport; the Policy and Support teams (all six of them) reported on their progress in looking at the structure for Track and Field, Fell Running, Race Walking and Road Running etc.

It was a good report. I've been to a couple of seminars from which I've previously been excluded (because I wasn't a committee suit). I was particularly interested in road race grading and event safety and risk assessment - but I had to wait until the penultimate page before David Hemery uttered the magic words, "veteran athletics". Nothing else, we were just part of a very long paragraph itemising the facets of athletics.

"Quo vadis?" as the Romans and film makers used to say. Who's been kidding who over the past few years? Pat the old folk on the head and they'll go away and play happily.

At least Malcolm Arnold was honest with his opinions on veteran athletics.

**Maurice Morrell**  
Wirral

### SINGLE YEAR WORLD AGE BESTS

I was interested to see on page 6 of VA58 that Joe Phillips mentioned the US Masters booklet of single age world bests. I've been trying to get hold of this, but without success and I understood that it hasn't been (brought up-to-date) for several years.

My particular interest is the One Hour Track Run. I'd like to identify which British bests (see my list on the BVAF web-site) are also World bests.

**Dave Bendy MVAC**  
davebendy@hotmail.com

### RANKING LISTS

Please inform your readers that the Veterans' 5km and Half Marathon rankings are available from me (£2.50 plus a large SAE) at Ramatuelle, Spronketts Lane, Warninglid, West Sussex, RH17 5SA.

**Martin Duff**



PROFILE



**Eric Smart: 10.45 for 100m at age 36.**  
Photograph: Jeremy Hemming

# THE SMART MISSILE

**Alastair Aitken** delves into Eric Smart's professional sprinting past and has the 2001 BVAF M45 100m champion wondering what might have been

I had beaten John Browne.... it was an incredible feeling.... (I was) very emotional when I crossed the line.... ecstatic is an understatement."

This is Eric Smart candidly describing winning the BVAF M45 100 at Eton last summer. An engaging personality, Smart added, "Browne had done 10.97 earlier in the season and that did scare me a bit".

However, Eric Smart really fears nobody which is his strong point. Winner of the M40 100 and 200 at the BVAF Championships in 1999, Eric went on to take fourth in the 100m and second in the 200m at the WAVA World Championship in Gateshead later that year. But he was surprised about the strength of veteran competition when he came into the movement through the North Eastern Vets.

"To be honest, I thought when I turned 40 I would dominate but it has not worked out that way."

Allen Wells, the 1980 Olympic 100m champion has been Eric's mentor. "He inspired my whole athletics career and brought it to the fore (although when) I saw him run last year it was sad because he still looks physically fit but the speed just wasn't there. I think I would beat him now."

Smart was a useful runner at school but with the only organised athletics being the annual School Sports he drifted into football, playing throughout his

teenage years for a Sunday League team. In 1980 he turned semi-professional on the Scottish Games Circuit and competed for prize money until 1994.

"Basically the Scottish Games Association circuit holds annual 'Games' at different venues in the Borders - Jedburgh, Hawick, Selkirk, Peebles - and the Highland meetings. You can pick up a lot of prize money and I did this for 14 years. I won the Powderhall Sprint in 1988. This is the most prestigious (of the British professional races), the Blue Riband event, (its reputation reaches even) America and Australia."

Smart was given an 8 metre start in the Powderhall Sprint, a 110m handicap, and won in 10.83 - worth around 10.6 for 100m. In 1992, Smart tackled the British and Scottish Professional Championships at Langholm where he won the 90m in 10.04 on grass and, next day at the Scottish Professional championships, a wind assisted 100m in 10.45.

"I was quite fortunate to win some professional sprint titles. The pro circuit and the amateur circuit went open in 1994 so I turned 'amateur' for the first time at the age of 36. I ran for Wallsend Harriers for six years."

"The vets scene rekindled my enthusiasm. It has such a friendly atmosphere. My only burning question would be: if I did 10.45 at 36, what would I have done if someone had got hold of me at 18?"

## 21st GUERNSEY EASTERRRRUNS

(Organised by Guernsey Island Amateur Athletics Club under UKA, AAA & WAAA Laws)

**Four Races in Four Days in the beautiful Channel Island of Guernsey. £1,500 of Prizes**

**Friday 29th March (Good Friday)** 10km Road Race (new course)  
**Saturday 30th March** 4 1/4 mje Cross Country  
**Sunday 31st March (Easter Sunday)** Team Relay (4 x 2 miles CC)  
**Monday 1st April (Easter Monday)** Half Marathon 13.1 miles

Spend the Easter holiday in Guernsey. As usual we have four different types of races on offer, a 10km road race on a new course for 2002, a 4 1/4 mje cross country, a team relay and a Half Marathon. Competitors can enter as many of the races as they wish but only athletes completing all four races will be eligible for overall prizes. Prizes are also awarded for each race.

In 2002 we will have a new 10km road race course which promises to be a fast and mostly flat course based on Guernsey's west coast. Teams for the relay can be male, female or mixed and can be constituted from athletes belonging to any club - composite teams are assembled over the weekend for athletes not travelling as part of a group.

Travel & Accommodation bookings should be made through ABC Travel Experience (01481 715887) and you are advised to book early as Easter is a very popular time for visiting Guernsey. As well as the Easterrrruns there are other sporting events taking place at the same time including cycling, hockey and motor sport.

Entry is open to athletes of all standards and everybody is made welcome, the festival has gained a good reputation for its good quality of competition from the front of the field down through the different standards. To enter send for the entry form from the address below. You will be sent your race numbers plus full details of the races and social events that we have organised over the weekend.

### TRAVEL PACKAGES BY ABC TRAVEL EXPERIENCE

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Peninsula Hotel, 3 stars, 28th March to 2nd April, bed & breakfast staying in a double or twin ensuite room. Prices include return flights from Southampton and transfers from and to Guernsey Airport. Regional air departures also available, eg: Manchester, Birmingham, East Midlands, Stansted, Gatwick. Packages also available by sea. Group 'A' hire car from £11 per day excluding petrol and CDW.

Call ABC Travel Experience for a quotation on your exact travel & accommodation requirements. Tel: 01481 715887

Internet: Guernsey Tourism - [www.guernseytouristboard.com](http://www.guernseytouristboard.com)  
Guernsey Island Athletics Club - [www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg) (Race results posted same day) Email: [club@guernseyathletics.org.gg](mailto:club@guernseyathletics.org.gg)

Entry forms from:

Ossie Naftel, Coromandel, Rue Colin, Vale, Guernsey GY6 8LA.



# **BVAF OPEN CROSS COUNTRY CHAMPIONSHIPS**

SATURDAY 23rd MARCH 2002

(permit applied for)

BERRY HILL PARK, MANSFIELD

Organised by Eastern Vets AC and Mansfield Harriers AC

**OPEN TO ALL VETERANS**

Women over-35 years; Men over-40 years of age (on race day)

RACE 1	5km	WOMEN (all ages)	MEN over-70	13.00
RACE 2	10km	MEN 50 - 69		13.45
RACE 3	10km	MEN 40 - 49		15.00

**ENTRY FEES** Members of a Veteran Club **£4.50**

All Other competitors who must include proof of age **£6.50**  
(eg: photocopy of birth certificate, driving licence, passport etc)

BVAF Individual Awards to first three in each five year age group  
BVAF Team Awards for the first three teams, M40-49 (4 to count),  
M50 - 59, M60 -69, W35 - 44, W45 - 54, W 55 + (three to count).  
BVAF Championship competitors in M50-59, M60-69, W45-54,  
W55+ who wish to count for a lower age group instead of their own,  
must declare on the entry form.

SAE (9x6) required for race number, confirmation and travel directions.  
Send completed entry form to:

**BVAF XC CHAMPIONSHIP, 28 VALE CLOSE, MANSFIELD, NOTTS NG18 4HR.**

Cheques made payable to: **Mansfield Harriers AC-XC**

**Closing Date : 3rd March 2002**

Entries will not be accepted after this date. **No entries on the day.**

Confirmation will be sent out after closing date.

.....

## **BVAF 2002 Open Cross Country Championship Entry Form**

I wish to be entered for the above championships on 23rd March 2002. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

SURNAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ M/F \_\_\_\_\_

AGE ON 23/3/2002 \_\_\_\_\_ D.O.B. \_\_\_\_\_ AGE GROUP \_\_\_\_\_

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### **YOUNGER TEAM DECLARATION M 40-49, M50-59, W35-44, W45-54**

I ENCLOSE A RACE FEE OF £ \_\_\_\_\_ TEL: (DAY) \_\_\_\_\_ (EVENING) \_\_\_\_\_

I confirm the above details are correct. Signed \_\_\_\_\_ Date \_\_\_\_\_



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