

# veteranATHLETICS

The Newspaper of the British Veteran Athletics Federation

Number 60 April 2002

## Profile: The Flying Scotswoman

### Linaker claims sprint double to take World Vets glory Down Under

GOLDEN girl Esther Linaker completed a stunning sprint double at the World Veterans Track and Field Championships in Australia today.

EVENING NEWS

JULY 9, 2001



World Veterans champion Esther Linaker crosses the finish line to complete her memorable sprint double at Brisbane.

**E**sther Linaker (W60) was one of Britain's only two sprint gold medal double winners (both women) at Brisbane last July. For the quiet, modest, self-effacing Scot from Dunfermline, Esther's success undoubtedly came as a result of meticulous preparation and dedication. Her W55 100m gold and 200m silver in Finland the previous season were her first ever medals at top level competition and inspired her to train even harder for the 2001 world event, especially as she was to move up to W60. The former Scottish champion and internationalist crowned her remarkable achievement by also setting new British records - 14.26sec in her heat of the 100m and 30.08sec in the 200m final. Contesting and winning all six races (heats, semi-finals and finals) in four days she became the "home based" Scotswoman to win a world veterans track championship.

Esther Watt was born in Edinburgh on April 13, 1941. Her schooldays were at Leith Academy where she was first introduced to athletics, or rather sprinting, at about age 14, winning all her races at the school sports. Her talent was duly "spotted" and she eventually entered club athletics, joining the old Edinburgh Harriers club at the Fords Road cinder track - now the all-weather Saunton Arena on the west side of town. Her undoubted aptitude for sprinting soon brought her to the notice of the well-known coach Jimmy Muir,



who oversaw her training at his squad sessions. With her characteristic explosive style - short stride and fast high leg action - she began to feature in district and national championship events as she moved up through the age groups.

Now working as an insurance clerkess and a member of the newly formed Edinburgh AC, Esther won her first Scottish senior titles, the 100 yards in 1960 and 1961 and the 220 yards in 1960 and 1962. Her 11.2sec for the "hundred" was a Scottish record and her 25.7sec for the furlong was outstanding, ranking her second in Scotland. She went on to earn Edinburgh and Scotland representative team selection for matches against Munich, Wales, England and Iceland.

Wedding bells chimed in 1965 when Esther and six-times Scottish steeplechase champion John Linaker tied the knot. A Scot by domicile, John was born in 1939 in England of English parents and lived and worked in Scotland. He partnered Lachie Stewart in the steeplechase for Scotland at the Commonwealth Games in Kingston in 1966, finishing 7th in a lifetime best of 8 minutes 41.6 seconds.

The couple set up home in Crossford near Dunfermline and have been members of Pitreavie AC ever since, both as athletes and officials and loyal supporters. As one would expect, having both parents as athletes, their

two active daughters were not lacking in sensible coaching and guidance. Pamela (born in 1971) was a keen competitive swimmer, and Isabel (born in 1975) was a middle-distance prodigy who still holds the Scottish under-15 800m and 1500m records.

After several years away from competition the lure of veteran competition in the early 1990's tempted Esther to don spikes again. With an astute coach in Mrs Pat Croll, she worked hard at getting fit and was soon collecting medals at Scottish and British indoor and outdoor events. At Blackpool in 1997 she took both both W55 sprints with ease in 14.78s and 31.22s and went on from there, becoming a regular medallist at BVAf championships.

Her first big international meeting was the "Worlds" at Gateshead in 1999 which she voted "a memorable experience", her two bronze medals coming after the Jager disqualification. But Finland in 2000 and Brisbane last year were "the icing on the cake". She now looks forward to Potsdam where the home competitors will undoubtedly be very strong, and then to 2003 and the chance to defend her world titles at Puerto Rico.

For the Pitreavie "flier" a typical week in winter consists of five training days covering weights, stamina work, suppleness, speed and strength/endurance in gym and on track; while in summer her preparation is reduced to three days covering mainly speed drills, suppleness and strength by repetitions and quality runs - not forgetting competitions of course.

*Esther recovers after setting a new British 200m record.*

# FREE BRITISH RUNNER MAGAZINE

Including Veterans Corner and Rankings



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## In This Issue

	Pages
Entry Form for BVAF T&F Championships	3-4
Secretary's Report	5
Solihull Classic Entry Form	5
Report from T&F Secretary	6-7
BVAF Forward!	8
BVAF X Country Championships	8-9
Lake Vyrnwy Marathon Entry Form	9-10
Vets Racing Calendar 2002	9
SCVAC Around the Regions	10
SCVA Results Indoor & Cross Country	11
Chairman's Report	12
Tony Rawlinson Profile	12
WVAA Reports & Profiles Welsh & Scottish	13
Scottish National Veteran's Indoor Championships	14
FULL DETAILS OF OVER 40 FUTURE EVENTS FOR MVAC WVAA, SVAC, VAC, INCLUDING OSWESTRY OLYMPIANS CALENDAR	15

# 32 BRITISH VETERANS ATHLETICS FEDERATION OPEN VETERANS TRACK AND FIELD CHAMPIONSHIPS

27th - 28th JULY at Copthall Stadium. Hendon.

Organised by SCVAC

(Under IAAF/WMA/BVAF Rules)

FIRST EVENT 09.30am Saturday and Sunday

**SAT: 100m-400m-1500m-5000m-300-400m Hurdles-3000m Walks.  
Long Jump M-W-Discus Men-Javelin Men-Pole Vault  
Men-High Jump Women-Shot Put Women-Hammer Women.**

**SUN: 200m-800m-10000m-2000-3000m Steeplechase-Short Hurdles-5000m  
Walks.Triple Jump M-W-High Jump Men-Hammer Men-Shot Put  
Men-Javelin Women- Discus Women-Pole Vault Women.**

**Entry Fee:** Affiliated: £7.00 first event Non-affiliated £9.00 first event. £5.00 each extra event.  
**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO "BVAF"**

Postal stamps are **NOT** acceptable as payment of entry fees

MALE ☐

FEMALE ☐

Please use capital letters

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

Address \_\_\_\_\_

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

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

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

BVAF Affiliated Club EVAC IOM MVAC NVAC NIVAC SCVAC SVHC SWVAC VAA-NE VAC WVAA (Please tick)

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

## FOR NON-AFFILIATED ATHLETES ONLY

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

EVENT	PB2001/02	EVENT	PB2001/02

### Payment enclosed for Entry fees as follows:

First Event	£7.00	for BVAF Affiliated Member	£ _____
	£9.00	for non BVAF Affiliated Member	£ _____
Each subsequent Event	£5.00		£ _____
Total			£ _____

I enclose a cheque/PO in sterling currency payable to BVAF.

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BVAF 2002 Track & Field Championships

Signed \_\_\_\_\_

Date \_\_\_\_\_

Entries close 29th June 2002 (No late entries please I will be away from 1-5 July)  
Timetable confirmation will be sent out 16th July. (No SAE)

Entries to: Winston Thomas. 67a Waterside. Kings Langley. Herts. WD4 8HE

(SAE for Hotel details)



## NOTES FOR THE 32 BRITISH VETERANS ATHLETICS FEDERATION OPEN VETERANS TRACK AND FIELD CHAMPIONSHIPS 27th - 28th JULY at Copthall Stadium. Hendon

- 1) Please note that accommodation around the area of Hendon is very sparse, and is generally at London Rates. I have made arrangements with the Moat House Hotel in Watford (St Albans Road) and in Elstree, (Barnet By-pass) both approximately 15 minutes drive from Copthall. Rooms are BB £25.00 per person, singles are £37.00.
- 2) For this accommodation please let me know as soon as possible as we only have 30 Singles and 60 Doubles/Twins at these prices. (Cheques made payable to "Masters Promotion") also should you have some one you wish to share with, otherwise I will arrange this. (Please give telephone numbers)
- 3) I will be trying to arrange a Mini Bus to help with those who have no transport. These would be mainly at the Watford hotel, near to the station.
- 4) I can also make arrangements for some "Back Packers" rooms and dorms in Hendon Central but these are BB £23.00 single and £28.00 double, or excluding BB, £11.00pp for 4 to 6 in a dorm. See [www.ukhostel.com](http://www.ukhostel.com). (North London) tel 0208 203 1319.

### ACCOMMODATION APPLICATION FORM

Name \_\_\_\_\_ Surname \_\_\_\_\_ Initial \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Post code \_\_\_\_\_

Telephone \_\_\_\_\_

Please indicate the following type of accommodation required, prices are per room.

Double room [ ] £50.00 Twin room [ ] £50.00 Single room £37.00 [ ] Sharing [ ]

Sharing with. [ \_\_\_\_\_ ]

Cheques payable to Masters Promotion

Please return the form to: Winston Thomas. 67a Waterside. Kings Langley. Herts. WD4 8HE

### BVAF RAFFLE

Outline of the Raffle. We have a Summer BVAF Raffle and I would please ask that all members take note, that should you not want to enter into the raffle then this is your choice and there is no obligation to do so, so please just throw the tickets away, I do not need them back. The BVAF Magazine is in need of funds and the raffle will help this otherwise fees from the BVAF (you the Members) will have to be increased. For those who do not see why we have raffles, this is what has helped to keep the costs of producing the Newspaper at a reasonable price through out the years, and saved the club memberships going up. With the present income from the clubs, £1.00 extra from every member would see the BVAF and the Newspaper financially secure for a few years, and this is what I try to get from the raffle, but with some worthwhile prizes. There are many members that have regularly entered the raffle and many more that have never entered and so I would not say 'no' to any donations from those that have never entered or to those that always enter and also send donations, **a big thank you** from me and, I am sure from the BVAF and Newspaper committee. Finally I am looking for someone to take over running the raffle, should there be anyone out there that is interested please give me a call.

**Winston Thomas**



# Secretary's Report

Potsdam: please note the steeplechase will now be held on day 10 and that the marathon does not include age group 85+.

We were delighted to see Irene Nicholls, the hardworking MVAC official who does all the seedings, results, Chair of VAA of England etc. win the prestigious *Sunday Times* Sports Administrator of the Year Award in December. UK Sport and Sports England have no policy for veteran sport despite the Government's much publicised Sport for All campaign. UK Sport is considering a review of non-Olympic sport and we have submitted a dossier on our activities.

The following changes (**in bold**) to the rules of competition were passed at the WVVA General Assembly in Brisbane:

Rule 4 (3) Two or more groups, **and men and women**, may compete together, provided that there shall be separate results and awards for each group **of men and women**.

**A new sub-paragraph 19 (9) reading: Performances achieved in mixed (i.e.**

**men/women) competition will be acceptable for recognition as World Records.**

The following sentence shall be added to Rule 8 (8) **The distance for the cross country event shall be 8 (eight)k.**

In accordance with IAAF Rule 143.1 as read with Rule 12.1 (a), 2 (h). Add a new paragraph 8 (11) **That all competitors in WMA World Championships must wear a singlet or vest that is approved by their national governing body.**

The changes to Rule 8 (8) by the Non Stadia Committee immediately before the last World championships, led to some confusion.

The rule, on team scoring, allowed an athlete to score as an individual in his/her age group and/or for a team in either his/her age group, or a lower age group provided that the intention to do so is declared by the Team Manager, in writing, to the Meeting Director before the start.

The Non Stadia Committee felt it was unfair that, for example, the time a 60 year old recorded in the M60 cross country race run at 7.00am could be carried forward and added to M55 aggregate team time run at 15.00 when weather conditions may have changed. They changed the rule so that, for example, a 60 year old "down aged" to score in the M55 team, had to run in the M55 race and would therefore forfeit any chance of an individual M60 medal.

Problems arose with the interpretation of the changes in Brisbane when the W40 and W45 races were combined, the first W45 to finish had already been "down aged" to score in the W40 team.

Some delegates feel that the original rule that allowed small countries to make up a team, particularly in the women's or older age groups, is fairer and more in the spirit of veteran competition.

We are drafting a proposal for the next Assembly in 2003.

**I hereby give notice that the Annual General Meeting of the BVAF shall be held on Saturday 27 July 2002 at Copthall stadium. All members of constituent Associations and Clubs shall be permitted to attend the Annual General Meeting and to vote. Motions or nominations to be sent to The Secretary, 156 Mitcham Road, Croydon CRO 3JE by 27 June.**

## SOLIHULL CLASSIC

Norman Green Stadium, Sunday 14th July 2002

B.V.A.F. & M.V.A.C. Pentathlon Championships	£10.00	1100 start
B.V.A.F. 10,000 Metres Track Walk Championships	£5.00	1100 start
M.V.A.C. 10,000 Metres Track Championships	£5.00	
100 Metres open Classic Sprint. all age groups }		
200 Metres open Classic Sprint. all age groups }	£1.50 per event	
400 Metres open Classic Sprint. all age groups }		
1000 Metres open Classic all age groups		

Also B.V.A.F relay trials for M55 plus & W45 plus over 4x100 metres & 4x400 metres.

See details in "Veteran Athletics".

### Entry Form

First Name ..... Surname .....

Address .....

.....

Date of Birth ..... Age Group M ..... W..... Telephone/Email .....

Club ..... Vet Club ..... Veteran Number .....

Events Entered .....

I enclose entry fee £..... payable to M.V.A.C. and a 9"x4" S.A.E. Closing date 30th June 2002

Entries to Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcs WR14 3BX

Phone/Fax 01684 565721 E-Mail brian.owen2@btinternet.com



# From the Track and Field Secretary

**W**e are now into another year and for some fortunate athletes another age category (do I detect that Kevin Burgess had something to do with the Davis Cup draw), but crisis management is still to the fore. So what's new you ask – we are still treated as second class citizens, but this time it was all of Athletics, the AAA lost their Championships as well, again due to the tennis. So that must change – with your help and commitment we will, but **ONLY** with your assistance, nothing is for free. The Indoors have been moved to Kelvin Hall, Glasgow, later than anticipated, but at least it gives you more time to hone up on reaction times after your winter hibernation. It also gives you the opportunity of entering the Scottish Championships on 10th February as a further competition.

The Outdoors are at Copthall Barnet (North London) under the organisation of SCVAC. [I hear you – An agreement was reached with MVAC, that because we asked them to host the Road Relays every year as well as the Indoors every other year we would relieve them of the Outdoors entirely. Yes, you do detect an affinity with the 'roadies', having done it for years, and it is probably (not the Carlsberg version) the best fixture in the calendar, and with 864 competing veteran athletes last year at the 'National Stadium' (Sutton Park), am I wrong. Now, if I can just get into my Woking kit again, I will be there in May] So the organisation cycle of VAC, MVAC, SCVAC etc was broken, it will be readdressed.

But back to reality. Due to fixture congestion on the 13/14th July weekend, it was decided to move the date to the 27/28th July weekend, knowing that it would be the first weekend of the Commonwealth Games, but the feeling was that we would be extremely short of officials on the 13/14 July, so 27/28th it had to be – the 20/21st weekend was already allocated, which is where you come in. This year, apart from the European Championships in Potsdam in August, we have a major encounter in July. Under the direction of John Charlton we are hosting a Decathlon/Heptathlon match against the USA over the 20/21st July weekend in Sheffield. Due to the recent tragic events in New York, it is felt that we should try and raise the status of this match. We have an option of holding

the event in the Don Valley Stadium, a more expensive alternative to the Woodbourn Athletic Centre, but also an opportunity to begin to control (be Masters of) our own destiny, and we have to start somewhere. For years I have heard the complaints about lack of veteran competition – so, it is now put up or shut up time, the **initial** proposal is as follows: As part of the Decathlon weekend, we will also have sprints competitions – 100, 200 and 400 followed by 4 x 100 and 4 x 400 relays. The relays could be area clubs (MVAC etc..) or regions, etc. the choice is yours. This also gives us the opportunity of much needed relay practice, Potsdam awaits us and you can be sure our hosts will not be short of practice. We had some superb results in both Bordeaux and Brisbane, but we also had some disasters, dropped batons and disqualification's that must be minimised, our hours of training deserve better than that.. However again reality must have a say. There is not enough space in the programme for all age groups, it is also the weekend before the main Outdoors at Copthall Barnet. So the **further** proposal is that the M40/M45/M50/W35/W40/W45 age groups are included in the Sheffield weekend, and that the older age groups are catered for within the Pentathlon Championships in Solihull, the previous weekend, 14th July. It gives the older age groups extra time to recover, and also coincides with a league weekend when younger vets will be expected to perform for their respective clubs in the Southern League etc. So, has the air turned blue, are my ears burning, I do hope so, it means that some of you are actually reading this [unlike the team notice board in Brisbane, but then of course this comes through your letter box, you do not have to put yourself out and actually go and find it]. So the gauntlet has been declared, are you up for it. In Potsdam, being second will be nowhere, do you want to be there to just make the numbers up, I do not think so. So commit. These proposals are open for discussion/suggestions, but I am only interested in positive ideas, whingers and negative vibes will be confined to the dustbin. If that is their bent, then they really need to put themselves out and stay slightly late at the Outdoors and attend the AGM, or is that asking to

much, they might have to come up with some thought through arguments and outline some positive proposals which is not what they appear to be about. They are probably the boring old f..ts that Gareth Armstrong encountered at Eton, living in the past. So the challenge is, if we are now into the multi-channel TV age, and a Masters Sports channel a possibility, are we in a position to benefit from it – at the moment the answer is **NO**. However Kelvin Hall and Sheffield can get us "out of the blocks". We were late into Europe, we are late into the Euro and Wembley/Picketts Lock has shown we could not organise a 'big drink up in a brewery'. But those who are first off the mark not only set the pace, but more importantly define THE RULES and govern the REVENUE. By now I will probably have lost most of you, what is all this diatribe about? **MONEY**. The cost of venues, officials expenses, and all facilities to put on competitions is now getting prohibitive, would you actually pay £50.00 to enter a British Championship, as you do for European or World Events, of course not, so we need sponsorship, we need to sell ourselves. What do the movement need from you? (a) Capacity attendance and superlative performances at Kelvin Hall in March. (b) A prestigious turnout at Sheffield for the sprints and relays to compliment the 'Main Event' we are to get Radio and TV coverage we need to give them something to talk about/show, it will be edited, if they have little to work with, the only thing talked about/shown will be the Opening Ceremony. No good for sponsorship. (c) Great results in Potsdam, especially the Relays, remember what press the 5-1 result got. (I will take a bit of jingoism, if it comes with 'wedge'). Enough of the soap box. Moving onto other matters, we are also now taking the 'Mountain to Mohammed', after numerous years being organised by Norman Carter and Phil Owen and Hugh Richardson's sponsorship, the Weights Pentathlon is heading South. This year the event is being organised by the South East Counties Throwers Club (Peter Barber, Colm and Catherine Murphy) – venue and date to be advised. The aim of the year progression around the regions, and the Decathlon will follow next year, as will the new Ten Throws Championships, is to get new converts to these competitions. The



hope (theory) is that those who are tempted to try these different competitions will enter local events, and then get hooked as I have seen with new arrivals to the Decathlon/Heptathlon scene. We have all doubled up, tripled up or whatever at Vet Leagues etc. and been surprised at how well we have done, and thought that "with a bit of practice I could be alright at this". And you can. Remember, the older you get, over training is a bigger disaster, so cross training for an unconnected event can be beneficial. Like the stock market, we need to diversify. But the best thing of all, and you need to attend these meetings like I have over the last eighteen months, is the camaraderie, even better the Road Relays which are great, but they are on a different level, an individual plane as opposed to a team plane. Almost finally, Mr Blobby has put his hand up for Team 'cheap holiday' Manager in Potsdam, so those who do not recognise me, I will return to the boards (!) at the Kelvin Hall – the balding grey haired old f...t at the back of the M60/3000m field trying to get round, probably lapped, before the lights go out. The positive side – more Rodders than Russell Crowe, but at least looking presentable. Which leads me into another tack, did you get your G.B. vest as a Christmas present, if not, I do hope your birthday is before August? [GB kit will be worn in Potsdam - PLEASE]. Finally, as you will have gathered from above, we are underfunded and restricted on officials. We therefore need volunteers from the competing athletes to assist in all areas of the Indoor and Outdoor Championships, even if only for one hour, to officiate, rake a pit, or ferry paper around, you will make a difference. In tranquillity rather than Panic. For Sheffield and Solihull, we will also be in need of help from non-competitors. To conclude, at least for this edition, the Veteran/Masters world is moving on and at a quicker pace. It is no longer possible to be disinterested/uncommitted, the momentum for change/improvement is too great – you are either committed or against it, the ostrich days are over. You may not like the truth, but that is the reality. We live in a commercial world, where the world moves on everyday – the King is dead, long live the King. September 11th proved, if needed, that your life can suddenly change, you must not necessarily live fully for the present, but you do need to make the most of the present as it arises, do not live just for the next age group. It is great having a past, but as Tony Rawlinson is showing, you can also all, still have a future. A final thought, a sign of positive thinking from 'himself', being of Irish decent. We have two Murphy's on the organisation side this year – so as two negatives make a

positive, we now have "what can go right, will go right". So what is the equivalent of 5 – 1 in Athletics, ONE MEDAL more. Dream on Blobby!!!!

**PS: I now have about 200 e-mail addresses, a few of which are now unrecognisable by their ISP's – so where have you moved to. Where are the rest of you? Even if you have to use your local library to get to the web site, let me know, get connected and join the POSITIVE debate.**

Following my election to this position in 2000, on a "I can make a POSITIVE difference" ticket and the eighteen months of crisis management since, reality is kicking in with a vengeance. The traumas of Cardiff, Eton and Brisbane followed by the Davis Cup issue, forced me to conclude that things had got to change. I cannot and will not wait for UKA to invite us in to their fold, I should live that long.

The earlier part of this report is the start of my attempt to move the Track and Field section forward. It is not arrogance in this respect, because I think that the Track and Field Section is the 'star turn', which you will see from my earlier report is not the way I feel. The Track and Field however does have 'clean cut' World Class athletes that we can most easily use to promote the Master Athletes movement in this country, and gain the sponsorship we need, not only to survive but to raise our profile and esteem.

I have drafted a GREEN PAPER on where I would wish British Masters Athletics to be in three and a half years time, the end of a five year stint, if I remain as T + F Secretary, but more importantly one year into my retirement. In September 2004, I will be 65, and whatever state my practice is in, I will be out of it, living partly in France and Spain, but still with a base in London – if I live that long. It will also give me one year clear of business 'crap' to put in the final push, if needed, to achieve those aims. It may not be my 'swan song' but it certainly is a dream, so I have simply called it **I HAVE A DREAM.**

The Green Paper was handed to delegates at a BVAF Delegates Meeting prior to the Indoor Championships, not for discussion at the meeting, but for them to take away and present to the Area Club Committee's for comments and POSITIVE ideas. As you will detect from my earlier report, I have overdosed on whingers and negative thinkers for the last eighteen months. I am not prepared to continue, if I have to go at the pace of the most non-progressive member. You no longer have to be rich to be 'wired', all local councils to my knowledge have internet connected computers available to their residents to keep up to date on all Veteran/Masters Athletic matters, at a

small cost. I keep hearing bleatings about costs, yet 400 plus athletes entered or went to Brisbane, and on a weekly basis, athletics for the average person is probably the cheapest sport on the planet. But, one step at a time. The earlier part of this report, was step ONE. Step TWO, which I put forward to the previously mentioned Delegates Meeting to gauge concerns etc., and was generally welcomed, although Masters drew breathes, contains three points: (i) I have been asked to propose a name change, which I wholeheartedly endorse, to – BRITISH MASTERS ATHLETICS (FEDERATION). Masters is the salient word, but ideas/proposals for the full title would be welcomed. [SP - is BMA to doctored?]

(ii) To take the Indoors Walks out of the main Indoor Championship, if we can get it into one of the meetings at the N.I.A. We only had 15 walkers for the Indoor Championships, 3 of which are from Ireland, with all the officials coming from England and Wales, at a cost in excess of £600.00. Not viable in the long term, although I know the date change meant the Indoors came in the middle of a busy programme. The Indoor programme is however getting tight for time, especially were we revert to a one day meeting. (iii) To take the Pentathlon out of the main Indoor Championships and try and get it included in The Combined Events weekend at the N.I.A. as I tried to do this year. Not only is the Indoor Championships timetable becoming cramped and unwieldy, but also the Pentathlon needs its own stage which it would get within a predominantly Combined Events fixture. Again these have been taken back to the Area Club committees, but for more urgent discussion as they need to be raised/placed on the agenda for the A.G.M. Please let me have your POSITIVE views, save your negative views for the A.G.M. Concerning normal business, things appear, and I would emphasise the word appear, to be progressing nicely. I think we may well have put crisis management behind us. The Indoors, at the time of writing appears to be on track and the portents for the Outdoors look good, time will tell. Team management for Potsdam is also taking shape, although we still require cover for several sections of the competitions, mainly the female side, so where are the volunteers, or will you wait to be press ganged. The Green Paper (the dream) will be e-mailed to WIRED members as well as being posted on the Web Site, after the Indoors, just in case the dream has turned into 'the nightmare', and I have fallen on my sword.



# BVAF Forward!

**F**or several years now the BVAF has been talking with UK Athletics regarding integration into the main athletics stream. Ron Bell had been talking with UKA and last year sent out a report and some general views. Ron has now resigned from the BVAF and a new group has taken over the task. In the meantime we, the athletes and regions, have had no real say or input into what we should be looking at or what we want for the future from UKA and ourselves. I enclose a précis of my reply last year and a general view of my thoughts for the future for discussion.

Winston Thomas

"While I do not agree with all of the views on the main changes that have taken place, the general points are correct but for me the main point is the future and therefore I support integration". "The advantages as outlined are .... increase in membership .... access to sponsorship and funding .... increased entries at National Championships .... better liaison with UKA .... input into the staging of all Veteran competition in GB (Including permits) .... increased circulation of Veterans magazine .... representation on the UKA PST's .... central office and staff at UKA .... centralisation

for BVAF Clubs with less work load". "Firstly, to achieve all of these things, the BVAF, as it stands, with its eleven Clubs, would have to change and, we would have to have regions similar to UKA's as was being inferred in Ron's summary, but in a different manner as generally we are all affiliated to our regions". "The South, with SWVAC, EVAC, VAC and SCVAC would in some way have to amalgamate so that there are no more than two clubs or that we have a Southern Association with all the four clubs being in the association, which body would run Veteran affairs in the South. The same set up would apply to other regions". "Secondly, each region would have to deal directly with their own UKA branch controlling all Veterans competition in that region". "These two parts of any integration will need to be sorted out before there will be a possibility of any progress within a full integration with UKA, as even though UKA may say that BVAF are the governing body for Veterans athletics, getting the regions to accept this is a different matter, particularly as they see the amounts of monies that can be made from Veteran competition". "Undoubtedly we will have increased numbers in membership, as there would be only one body in charge of Veteran affairs." "Although we might get sponsorship, the amount we are liable to get will not be enough to run the new

federation/association and funding will be needed from other sources." "Increased entries at National championships bringing about a need for a 2 ? or 3 day championship which would be good thing". "Better liaison with UKA would be a crucial part of any integration and would have to be in a way that the BVAF was recognised as the mother body for all veterans athletics with the powers to work in the same way as UKA for veterans." "Input into the staging of all Veterans competition in GB (including permits), which will come with the above and with the regions, as without it we would have very little funding and it would not be possible to then integrate the normal club athlete." "Representation on the UKA PST's. is of course a must." "Central office and staff at UKA, including an elected member of the BVAF, with Technical Competition and Administration knowledge." "I think that unless we want to die a slow death as Veterans, we need to look at the possibility of integration with UKA and to do it! Such integration must not be one of giving away our rights as the body for veteran athletics. All we really need is the authority of the UKA that we are the only governing body for veteran athletics. This must also be the same for the regions of UKA, and that we all follow one set of rules."

## British Veterans Cross Country Championships at Berry Hill Park Mansfield – 23rd March 2002

Report by Alastair Aitken

**A**ll three races over the switchback course were exciting. In each of the races there were at least half a dozen in close contention until the halfway mark. Before the M40 race Julian Critchlow, last year's champion, and Bill Foster had wondered who might be the surprise packet in the group and this turned out to be Rob Hand, a GP from Durham who was 40 in January of this year. He is well known in the North East but not easily recognisable to 'Southerners'. However, he was in full training for the London Marathon and had run 67.55 in the half – marathon at Redcar the previous week. In the earlier stages of the race there were six runners battling for the lead, being Julian Critchlow, Bill Foster, Rob Hand, David Neil (M45), Mark Hargreaves and Bob Atkinson. In twenty-fifth place after a mile was Andy Wilton gradually moving through but cautious having started the day with a touch of food poisoning. By half way Critchlow, Hand and Foster had opened up a gap but Critchlow began to feel heavy legged having had only ten week's training after a long break with achilles tendon trouble. In the final lap Hand came

through strongly with Foster (who is now a coach at Loughborough with George Gandy) unable to hang on. Wilton, who was second in the 'National' when with Tipton in 1986, came through but had left it too late. It was Hand's day for glory! It was interesting to see Anthony Fowler reaching 11th place to feature in the winning team as his father Roy Fowler had won this event on several occasions and had been a very good international back in the 60's. In the M50 race, one the 'greats' of the past appeared in this race for the first time in the form of Nick Rose. He now, like the M65 winner Harry Clayton, coaches the lads at Bristol AC. Rose, a primary school teacher, was predictably a strong favourite as he had lead for most of the way in the World cross-country in 1980 to finally take the bronze. He ran the mile in 3:58.04 at Motspur Park beating a young Steve Ovet who made his breakthrough at 17 years old with a time of 4:00.1. Nick, in 1983, also ran 27:31 for 10,000m. For two of the three laps there had been quite a battle up front but Rose was waiting to make his effort. Ken Moss, Brian

Lloyd, John Kerr, Pete Witcombe and Jove Clark were seen at the front of the group at some stage and, in actual fact on the second lap Pete Witcombe had two stabs at leading before the first five pulled away from him. It was coming into the last of the three laps that Rose really started to dominate the race and go clear. Graham Patton again was impressive, as he has been in the M50-59 groups before. He came 13th overall for the first M60. The first M55 was Malcolm Reynard, who took up running ten years ago and used to play football till he was 50. He had played for Southampton reserves in his day. In the older age groups, perhaps the most remarkable was Steve Charlton, who as an M75 finished well ahead of all the over 70 runners. Charlton was injured and unable to run for two years in his middle 70's but came back last year with his steady and easy training runs to excel again. Alison Hurst (37) who ran her first cross-country when she was 30, had had a good Winter coming into the National Veterans race. She was third W35 at her last attempt at winning the title. At the start Sheila Allen (W40) took the lead by



some 10 metres and held it for a while but was feeling the effects of her recent virus and was overtaken by ex-international lacrosse player Helen Burrell. After the small lap was completed. Burrell, running for Redhill Road Runners, the team that came second to Shaftesbury Barnet looked good running out front. Then they went into the one large lap and she was overtaken by Hirst and Joan Lasenby (First **W40**). Hurst, a medical reviewer and a coach at Headington AC came away in the final 500 metres. Burrell ran into second position overall in the closing stage with Wendy Roethenbaugh, also a W35 third. Janet Ray, the good overall Surrey Vets cross country Champion was second W40. Maria Holland ran well to win the W45 with Ann Ford, the ex-international and 'Stalwart' of Redhill being the second **W45**. Gill Dean won the **W50** by a good margin and Carole-Anne Wolstelhome, Christine Lee and Pam Jones took the **W55, 60** and **65** titles respectively.

## Veterans Racing Calendar 2002

### International

- 24/26 May World Masters Athletics Road Races & Walking, Riccione, Italy  
 23 June Final Brugge 10k and half marathon  
 15-25 Aug 13<sup>th</sup> European Veterans Track & Field, Potsdam  
 16 Nov British & Irish Veterans International Cross Country, N.Ireland

### Track & Field

- 14 July Veterans Pentathlon and 10k walks, Birmingham  
 20/21 July British v USA International Decathlon & Heptathlon, Sheffield  
 27/28 July BVAF Track & Field Championships, Hendon  
 15 Sept Weight Pentathlon, Ashford  
 21 Sept InterArea Track & Field meeting, Tidworth, Wilts

### Road Running and Road Walking

- 4 May BVAF 20km Walk, Sutton Park, Birmingham  
 18 May BVAF National road relays, Sutton Park, Birmingham  
 2 June BVAF marathon, Lake Vyrnwy, Wales  
 15 June England v Ireland Walks, Phoenix Park, Dublin  
 18 Aug 5km Grimsby (tbc) or in Stoke on Trent  
 25 Aug BVAF 10km incorporated with Auckland Castle 10k, Bishop Auckland  
 1 Sept BVAF 10km Road Walk, Leicester Mercury  
 15 Sept BVAF 10 miles, Nuneaton  
 tba Half marathon, to be organised by SVAC (possibly Barnes Green)

### 2003

- April (tbc) Malta International Track & Field and 10k road race  
 6/9 March European Indoor Championships, San Sebastian  
 24/25 May European Road Races & Walking, Upice, Czech Republic  
 1-12 July WMA World Track & Field Championships, Caroline, Puerto Rico

### 2004

- 22/7-1/8 European Track & Field Championships, Aarhus, Denmark

### 2005

- 7-16 July WMA World Track & Field Championships, San Sebastian

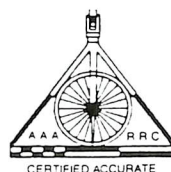
# Severn Trent Water

## Lake Vyrnwy 26.2 Marathon

Incorporating  
**British Veterans Athletics  
 Federation Championships**

Also  
**A.A. of Wales  
 Championships**

Supported by



Permit No. 2002/10



**10am Sunday  
 2nd June 2002**

Enter early as this is the race everyone wants to do. A beautiful scenic 2 lap route around Lake Vyrnwy in Powys. An ideal P.B. course. Comprehensive prize list.

**Medal to all finishers**

Sorry no entries on the day - Closing date 27.5.2002



## Entry Form

**Entry Fees:** £9.00 Attached/  
£10 Unattached

Any non BVAF member wishing  
to enter Championships may do  
so if they pay an extra £2 levy

**Cheques payable to:**

Lake Vyrnwy Road Races

**Entries to:** Doug Morris,  
27 Whittington Road, Oswestry,  
Shropshire SY11 1JD

**Closing date:** 27.05.02 -  
no entries on the day.

## Severn Trent Water

# Lake Vyrnwy 26.2 Marathon

### Usual B.V.A.F. Awards.

**B.V.A.F. Competitors who wish to count for  
lower age group MUST inform the organisers  
first - Don't forget that if you do this you cannot  
compete in your natural age group.**

**2nd June 2002 - 10am.**

Leave Blank

Surname

First Name

Date of Birth M or F Age on Raceday Best recent time for distance BVAF Champs

				Tick
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UKA Club or state if Unattached

BVAF Club & Reg.No.

For AA of Wales Club athletes  
only AAW Registration Number

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All welsh Club Athletes who are not 'registered' must enter as Unattached and pay £1.00 levy. If you are not registered you can't compete in an A.A. of Wales Championship. For runners wishing to compete for the A.A. of Wales Championship, the following rules on Welsh eligibility will apply. You must have at least one of the following qualifications PLEASE TICK THE BOX THAT APPLIES TO YOU: ☐ Birth - the athlete born in Wales. ☐ Parentage - one or both parents born in Wales. ☐ Residence - a minimum of 2 years continuous residence in Wales immediately prior to the event. ☐ Retention - athletes who have competed for Wales at full Senior International level or under the residence qualification retain their Welsh eligibility, regardless of residence, until such time as they compete for another country.

Address and Postcode

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Daytime Phone

Evening Phone

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I declare that I will abide by the laws and rules of UKA. I accept that the organisers will not be liable for any loss, damage, action, claim, cost or expenses which may arise in consequence of my participation in this event. I declare that I will not compete unless I am in good health on the day of the race and that I will only compete at my risk.

Signed..... Date.....

### Important!

**Please remember to enclose a 9 inch x 6 inch (C5) stamped  
self-addressed envelope so we can send your race number.**

# Around the regions SCVAC

Outstanding performances at the indoor track & field championships at Crystal Palace on February 3rd came mainly from experienced campaigners. For once there was no British records broken, although Val Parsons 8.9 would have broke the W55 World record had she not already achieved this with 8.71 at Birmingham a fortnight earlier. This keeps it in the SCVA family as Una Gore had been the previous holder with 8.91. Further Franklyn (M45), Alan Pinnington (M50) and Sylvester Ste... (M80). Once again Jenny Brown was outstanding as befits the W40 Heptathlon World record holder with 10.1 for 60 Metres Hurdles, 1.60 in the High Jump and 10.54 in the Triple. After her disappointment of missing out on Brisbane, she must be singing the old Beatles song "Yesterday", all my troubles are so far away". Alan Williams 4.21 Pole Vault was easily the best of the Male jumps performances with Trevor Wade's (M45) 5.88 Long Jump, 11.95 Triple and 1.60 High Jump treble also worth a mention. Best of the Shot Putters were (M50) Neil Griffin with 14.60 and (M65) Gordon Hickey with 12.66.

The Cross Country Championships were held at Lloyd Park, once again thanks to Ken Croke and Croydon Harriers, with an average turn out of 31 males and 11 females. The first finisher in the Womens 5K was last year's winner (W35) Yvonne Hill with (W40) Sally Dawson coming through late to finish ahead of (W45) Sue Ogilvie. Other age group winners were Sue James (W50), Sue Garner (W55), Joan Burns (W60) and Pam Jones (W65) who again won the best age group female performance with 70.90%. The M50's were the outstanding runners in the Mens 10k event. Phil Wallace making a welcome return to form by beating the more fancied Des Michael with (M45) Walter Hill and Julian Dillow 3rd & 4th ahead of Barry Blackwell the 3rd (M50). Other gold medallists were Martyn James (M40), Ken Parry (M55), Joe Clare (M60), Len Parrott (M65) and the fantastic Don Adie (M75).

Just before Christmas, one of our few Hon Members George Scutts, sadly passed away. Many who participated at the 1984 European Games at Brighton will remember his great organising ability there, when he staged the opening ceremony which included a grand ariel display. He was also responsible for what was probably the best ever-closing banquet at the Brighton Centre. However I will have memories of him as a great road runner, winning the first ever Chichester to Portsmouth 15 mile road race, one of the best on the calendar in 1947. He was also an M55 double medallist at the first World Veterans Games at Toronto 1972 and equally prominent in most of the Brugge 25K Road Races. It is sad that he will not be at the final "Brugge" in June.



## SCVAC Indoor T & F Championships at Crystal Palace

**60m** **M40** 1 B Morris 7.4 & 7.4 **2** J Baker (G) 7.5 & 7.4 **3** A Waddington (G) 7.8 & 7.7  
**4** D Curzon 7.9 & 7.9 **5** K Marques 8.1 & 8.1 **6** W Abrehart 8.1 & 8.1  
**M45** 1 W Franklyn 7.7 & 7.7 **2** T Wade 8.0 & 8.1 **3** P Morgan 8.1 & 8.2 **4** I Turner 8.2 **5** R Davies 8.3 & 8.6  
**M50** 1 A Pinnington 7.8 & 7.9 **2** G Kitchener 8.3 & 8.4 **M55** 1 G Sutton (G) 8.2 & 8.0  
**2** D Brander 8.3 & 8.3 **M60** 1 D Barrington 9.4 & 9.5 **M65** 1 C Taylor (G) 10.2 & 10.1  
**M75** 1 S Brookes (G) 9.2 **M80** 1 S Stein 10.4 & 10.4  
**W35** 1 A Goad 8.7 & 8.8 **2** J Hayman 9.1 & 9.2 **M45** 1 G Cunningham 9.2 & 9.4  
**W55** 1 V Parsons 8.9 & 8.9 **2** R Champion 10.1 & 10.2 **3** D Marler 10.9 & 12.3  
**W65** 1 C Graham 10.1 & 10.4 **W70** 1 B Green 10.9 & 13.0

**60mH** **M40** 1 A Waddington (G) 11.0 & 11.0 **M45** 1 D Robinson 9.6 & 9.4 **2** B Gibbs 12.2 & 11.9  
**M50** 1 G Kitchener 12.1 & 11.6 **M60** 1 J Howe 9.9 & 9.9 **2** D Barrington 11.4 & 11.6  
**3** B Charles 12.1 & 12.3 **M65** 1 J Day 12.8 & 12.3 **2** C Sheppard 12.9 & 12.3  
**W40** 1 J Brown 10.2 & 10.1 **2** A Goad 11.4 & 11.1 **W45** 1 G Cunningham 11.6  
**W60** 1 J Charles 12.0

**HJ** **M40** 1 J Bancroft 1.66 **2** A Waddington (G) 1.66 **M45** 1 T Wade 1.60 **2** D Talbot 1.58  
**3** D Robinson 1.40 **M50** 1 G Kitchener 1.40 **M55** B Harlick 1.25  
**M60** 1 J Howe 1.40  
**2** B Charles 1.15 **M65** 1 J Day 1.20 **M70** 1 A Woods 1.05  
**W40** 1 J Brown 1.60 **W45** 1 G Cunningham 1.25 **W60** 1 J Charles 1.15

**PV** **M45** 1 A Williams 4.21 **M55** 1 G Sutton (G) 3.40 **2** B Harlick 3.00 **M60** 1 J Howe 3.00  
 Charles 2.10 **M65** 1 J Day 2.60 **M70** 1 A Woods 2.00  
**W45** 1 S Yeomans 2.50 **W50** M Annes (G) 2.00 **W65** 1 D McLennan 1.70

**LJ** **M40** 1 B Morris 5.86 **2** A Waddington (G) 5.50 **3** D Sheilds (G) 4.88  
**M45** 1 T Wade 5.88 **2** I Turner 5.01 **3** R Davies 4.64 **4** Gibbs 4.56  
**M50** 1 P Pinnington 5.45 **2** G Kitchener 3.66 **M55** A Cheers 4.32  
**M60** 1 J Howe 4.54 **2** B Charles 4.31 **M65** 1 M Collins 3.93 **2** C Sheppard 3.90 **3** J Phillips 3.62  
**W35** 1 S Crennell (G) 4.16 **W40** 1 A Goed 4.31 **2** J Hayman 4.09 **3** G Skellon (G) 3.46  
**W55** 1 R Champion 2.72 **2** D Marler 2.38 **W60** 1 J Charles 3.66

**TJ** **M40** 1 B Morris 11.50 **M45** 1 T Wade 11.95 **2** B Gibbs 9.16 **3** I Turner 8.92  
**M50** 1 G Kitchener 8.05 **M55** A Cheers 9.61 **M65** 1 J Phillips 8.20 **2** M Collins 8.19  
**3** C Sheppard 7.40 **W40** 1 J Brown 10.54 **2** G Skellon (G) 7.57 **W55** Champion 6.87  
**W60** 1 J Charles 7.97

**SP** **M45** 1 D Robinson 9.27 **2** I Turner 9.14 **3** B Gibbs 7.01 **M50** 1 N Griffin 14.60  
**M55** 1 E Barker 12.27 **2** G Negus 11.68 **3** B Harlick 8.51  
**M60** 1 J Howe 11.29 **2** E Kitney 10.63 **3** B Hudson 9.43 **M65** 1 G Hickey 12.66 **2** B Strange 10.15  
**M70** 1 J Hanus 10.47 **W40** 1 J Brown 10.52 **2** W Dunsford 9.76 **3** A Goad 8.61  
**W55** 1 B Terry 10.58 **W60** 1 E Williams 10.61

## SCVAC Cross Country Championships Lloyd Park Croydon 9 February 2002

### Men 10k

**M40** 1 M James 45:03 **2** D Tayler (G) 47:22 **3** D Denton (G) 60:36  
**M45** 1 W Hill 40:44 **2** J Dillow 40:46 **3** A Newman 42:56 **4** K Brown 45:03 **5** N Hemming 45:05  
**6** S Carmichael-Brown 45:39 **7** D MacKay (G) 45:49 **8** R Sargent 46:47 **9** J Carmichael 47:14  
**M50** 1 P Wallace 39:58 **2** D Michael 40:33 **3** B Blackwell 42:20 **4** C Hickman 42:58  
**5** D Pearson (G) 48:42 **6** D Beattie 49:18 **7** D Smith 50:30 **M55** 1 K Parry 44:20 **2** A Matson 44:54 **3** A Johnson 45:22 **4** K Bench 47:57  
**5** J Fraser (G) 49:52 **M60** 1 J Clare 45:05 **2** J Taylor 49:28  
**M65** 1 L Parrott 46:53 **2** B Bowering 56:47 **3** B Shave 58:06 **4** T Crowhurst 61:13  
**M70** 1 P Chaplin (G) 61:53 **M75** 1 D Adie 55:11 **2** R Hale 59:12

### Age Graded Performances Men

Wallace (52) 76.39% Michael (51) 74.67% Parrott (65) 73.43% Clare (61) 73.36% Parry (59) 73.19% Hill (48) 72.59% Blackwell (52) 72.12% Hickman (53) 71.64% Matson (58) 71.61% Dillow (46) 71.43% Johnson (58) 70.75% Adie (75) 70.48% Newman (48) 68.87% Taylor (62) 67.52% Bench (58) 67.06% Hale (76) 66.69% Hemming (48) 65.59% Brown (46) 64.64% Carmichael-Brown (45) 63.30% James (43) 63.21% Beattie (54) 62.96% Sargent (47) 62.72% Carmichael (48) 62.60% Bowering (67) 61.99% Shave (67) 60.59% Smith (52) 60.45% Crowhurst (65) 56.24% Vejdani (63) 54.72%

### Women 5k

**W35** 1 Y Hill 22:50 **W40** 1 S Dawson 23:19 **2** J Barker 25:30 **3** A Mothersole (G) 25:35  
**W45** 1 S Ogilvie 23:25 **2** J Quantrill (G) 25:16 **3** A Fraser (G) 27:22  
**W50** 1 S James 24:55  
**W55** 1 S Garner 25:24 **W60** 1 J Burns 40:00 **W65** 1 P Jones 27:35  
**Age Graded Performances Women**  
 Jones (65) 70.90% Garner (55) 68.08% Ogilvie (45) 67.90% James (51) 66.77% Hill (38) 65.12 Dawson (40) 64.81% Barker (42) 60.25% Burns (63) 47.17%



# Octogenerian Extraordinary!

**H**e's a dapper little man; slightly built yet sprightly, modest, unassuming and dedicated to his athletics. He is 85 years of age and, believe it or not, he actually takes part in decathlons! He is Tony Rawlinson, born on 4th June 1916, resident of Welwyn Garden City and a member of Veterans AC and Verlea AC. At Sheffield's Woodbourne Road stadium last September he accomplished a feat unheard of in the short history of British veterans multi-events. He became our first M85 Decathlon champion and inaugural record holder with a total of 4142 points, registering a scoring performance in all ten disciplines. Two months previously he had won three M85 titles in the BVA F T&F championships at Eton in the pole vault, discus and javelin. For more than twenty years now Tony has been almost an ever-present at the popular annual decathlon/heptathlon weekend at Sheffield, winning the M60 title (age 64) in 1980 with 3913 points. The following year he scored an amazing 5568 points in the M65 event, which included a superb 2.45m pole vault. In 1986 he topped the M70's with 3988 points and in 1994 (age 78) he totalled 4147 points in the M75's. With another great score, 4745 points, Tony took the M80 honour in 1996. In our picture taken at the 2001 T&F championships at sunny Eton, Tony is congratulated by BVA F chairman Mick Statham.



## CHAIRMAN'S REPORT March 2002

### BVA F /UKA meeting

Following the resignation of Ron Bell a committee was set up at the last council meeting to continue discussions with UKA into the question of the BVA F integrating with UKA. The following BVA F officers sit on this committee: Keith Whittaker, Bridget Cushen, Danny Herman & myself. The

committee had a very useful meeting with Adam Walker on Wednesday 6th at the UKA headquarters in Edgbaston. Adam is UKA deputy Chief Executive and Development Director. We discussed the progress thus far and Adam outlined what UKA had to offer the BVA F. UKA are very positive on BVA F - UKA integration. This matter will be discussed at the Council meeting on 10th March and no doubt at length at club committee meetings and throughout the Federation.

**Veteran Athletics [The magazine]** This edition of *Veterans Athletics* is thanks to Pat Green who has stepped into the editor's job following the departure of Geoff Harrold. We are looking into the future of the magazine and need an editor.

**Fixtures** The organisation of the various championships and races by the road, F and Cross Country secretaries are well in hand for 2002. I look forward to meeting you at one or other of these functions.

**Mick Statham March 2002**



## Welsh Veterans Athletic Association

This years Welsh Veterans Cross Country Championships were held in conjunction with the Reebok Meeting in Bute Park Cardiff on January 13th 2002. Despite the picturesque flat fast parkland course the entry was disappointingly low from the South Wales Clubs.

The majority of male veterans ran in an open 9k race while the females contested the 6k event, the exceptions were the over 70 men and the over 60 women who ran the 4k open race. In the men's competition Bernie Jones (Wrexham) won the title ahead of Paul

Wheeler (Les Croupiers) and David Wilson-Evans (Swansea), however Jones was not the Welsh Veteran home in the race as M O'Doherty (Westbury) running as an individual was thirty seconds ahead and took the open Veterans award. In the other age groups, the winners were Mike McGeoch (Les Croupiers) M45 Jeremy Collins (Swansea) M50 John Llewellyn (Rowheath) M55 Alan Garratt (Cardiff) M60 Trefor Pugh (Newtown) M65 and Doug Morris (Oswestry) M70.

In the team competition Les Croupiers won

the M40 section from Neath Harriers with Bridgend in third place.

In the ladies competition Newport Harriers dominated, providing both the individual winner in Nicky Haines-Jones, and team winners plus one age category in Carole Fereday W50. Les Croupiers were the second team with Wendy Edwards in silver medals position. Cardiff A.A.C. were third team, with Barbara Harries taking bronze. Other age group winners Wendy Huggins (Swansea) W45 Pauline Thomas (Trots) W55 and Brenda Jones (Bro Dysinni) W60.

## WVAA

Two years ago Bill Kingsbury Rhondda A.A.C. was in the company of the Duke of Edinburgh who presented him with the Torch Award for services to sport. (Veterans Athletics No.52)

On St David's Day this year his son Prince Charles will be at Cardiff Castle to present Bill with the M.B.E. awarded to

him in the New Years honours list, again this award is in recognition of his services to athletics after seven decades.

Bill's contribution to athletics especially throwing events is well documented in Wales, he has coached hundreds of age group Welsh Champions his latest being

his grandson who won the U 13 shot title at the Welsh Indoor Championships in January, at the other end of the age spectrum bill is the driving force behind John Howe (M60) who won the British Veterans Decathlon title last year. Bill is a much respected man and this award is well deserved.

## John Howe, a Welshman and a member of Rhondda A.C. is the new UK record holder for M60 indoor heptathlon *writes Dr Julian Kennedy*

He smashed the old one previously held by John Freebairn in recording 5342 points at the Kelvin Hall on Feb 8th/9th beating last years winner Ty Lewis who scored 5138, this in spite of a nasty groin strain sustained jumping before the 1000m. Allan Leiper, ex-Scottish senior international made a welcome return to competition to finish third with 4736pts. John is a lecturer in Sports at Bridgend College, married and now with two grandchildren. He is an imposing figure of 6'4" and 13st 12lb. He was in the RAF where he played rugby, working first as an electrician and then as a operator on Shackletons. He left at 40.

When he was a senior he ran in the counties as a hurdler and vaulter reaching 3m50-but as a vet he only started age 46, got more serious at 48 and really serious at age 55 when he did his first decathlon. As an M55 he won one decathlon gold and got three silvers to his great rival John Ross in the British championships but his best ever performance came last year as a fresh M60 when he won gold with 6862 pts. He is an excellent hurdler and pole vaulter and won European indoor gold in 60mH in Malmo in 1999 along with outdoor European bronzes in hurdles and PV. Along with coaching the vault John trains six

days a week doing weights twice, a circuits-sprints-shot session twice, hurdles/PV twice and an extra sprint session-he admits to no real endurance running training and if he got serious about that he could drastically reduce his 1000/1500m times. Here are the breakdowns of his best indoor and outdoor performances. Decathlon 100m13.85, LJ 4.50, SP 10.94, HJ 1.44, 400m 64.66, 110mH 16.76, DT 35.95, PV 3.00, Jav 33.32, 1500m 7.79.49...total.6862 pts Heptathlon (indoor) 60m 8.59, SP 11.09, LJ 4.55, PV 3.10, 60mH 9.79, HJ 1.45, 1000m 4.25.15...total 5342 pts.

## Bill Gentleman is a man of many parts

*writes Alastair Aitken*

**T**eacher, coach and ardent field event competitor he teaches at Merchiston Castle School. His father James Gentleman, who was five foot three in height, was a distance runner and could do just over 50 minutes for 10 miles, as well being keen on cricket. His father's love of sport rubbed off on Bill. They used to go down to Royal Park Peel and see athletes like David L. Gracie, the 1952 Olympic 400 hurdles semi-finalist, and the Brown brothers in action. Bill found that he could run and throw a bit at school and continued his interest in that when going to Edinburgh University, where he was Captain of the second team. Filling that position meant that he would try his hand to a great deal of events like the high jump, 200m and even managed to do a 42 foot triple jump, after

taking that event up that by chance. His love of hammer throwing goes back a long way and he was competing in that event back in 1967. He played hockey till 1982. He competed with his club, which was eventually called Edinburgh City in the first GRE Cup and, they only lost that by a couple of points because their javelin thrower would not compete on a Sunday. However they had one of the best 4x400m club team 'ever' with Norman Gregory, Roger Jenkins, Paul Forbes and Peter Hoffman and, if you could not run under 49 seconds you had little chance of making that squad. At his first school assignment after University Bill Gentleman coached hockey and weight training and went running to keep fit for badminton. It was after that at Musselburgh Grammar School he coached running for

hockey, she said her name was Yvonne Murray and Bill told his wife that night with great foresight 'She is going to be good!' As things developed he helped the girl improve, and even got running fit rather than throwing fit, with circuit training and running. Bill's throwing had to take a back seat. He coached Yvonne for nine years from her schoolgirl days right through to her European Gold medal. It was quite surprising that Bill a field event man should come down from 15 stone to 13 stone in weight, running just inside 75 minutes for 10 miles, with all that concentration on Yvonne's type training. After that Bill returned to his 'fit for throwing weight' of 15 stone. Last year, 2001 in the Summer things started off very well for Bill Gentleman, now 61 years old, as he was third in the Eastern Scottish Championships 'Open',



*(continued from page 13)*

behind two athletes whose age 30 and 31 combined to make Bill's age! Bill threw the 16lb hammer over 40 metre which is probably the best ever done in this country for a man of his age throwing that particular weighted implement. Bill then achieved the Scottish age record twice in the Scottish Veterans Championships 2001 and then went on to throw 50 metres in the first round of the Northern Veteran Championships. (Howard Payne's British over 60 record of 49.76 was

achieved in 1991) Bill made an even better mark of 50 '98 in the forth round. Now come the surprising facts that led up to those events. Last year he tore some muscles badly in his right (throwing) arm. Bill takes up the story "The surgeon repaired the shoulder very well, but ten days later it burst open with poison. It was operated on straight away and cleaned. It was left open for six weeks. I then had three operations in five days at the Royal to clean it out.

Two days after that I had plastic surgery to put it together. If they had done the traditional operation of taking part of my back muscles to repair it I would never have been able to throw or lift again but, knowing I was an athlete, they used another technique and it has been very successful. Subsequently my shot put is poor and discus erratic, as the shoulder tissue catches and the discus jerks down sometimes. My hammer is not too bad as the muscles that hold the hammer were never damaged."

## Scottish Veteran Indoor Heptathlon Championships. Feb 9<sup>th</sup>/10<sup>th</sup> 2002

**G**lasgow's Kelvin Hall is the venue for this annual combined events championship which is in all but name the British Championship with athletes from every nation in the UK. It is the only one of two venues I know in the world that hosts an indoor heptathlon-the other being Hillside in Illinois, USA. The bright lights and dry atmosphere were the setting of some good performances and PBs. No world record this year but John Howe's 5342 was second best ever for his M60 age group. The entry was the biggest ever with fifteen ranging from M40-70. Allan Leiper, former Scottish International decathlete returned from two years off with a serious knee problem that required surgery to his first veteran competition. Despite being a bit overweight, which I am sure he would admit himself, he acquitted himself well getting the bronze and the second best ever UK M40 result. The perennial Ty Lewis down a bit on his world best last year took the silver being displeased with his high jump and shot particularly. In the opening event the 60m there were blanket finishes with all the top men being around eight seconds. Andrew Waddington got best time in 7.82s but Ty the best age-graded score with 819 pts. In the

shot Allan and John Freebairn both recorded 11.41m but by virtue of age factors John scored 819 to Allan's 612. Howe was also well up with 11.09 for 792pts. This was Waddington's bogey event along with the vault but he is a phenomenal runner/jumper as can be seen from his other event scores. Ken Lyon (Aberdeen) who only did day one (he admits day two are all weak events) was best in the long jump with 5.45m and the ever steady John Martindale got 5.35m on his way to a massive new PB total of over 4000 pts. In the pole vault the vaulters and 'duffers' were separated by the 3m barrier-Leiper's old skill got him over 3.70m, Ken and Ty managed 3.40m and Howe 3.10 - Ken P (Black Isle) in his annual training for the event was best of the 'duffers' with 2.70! So at the end of day one Howe was well ahead with about 3100pts to Ty's 2600 and Allan's 2300. On day two Phil McIlfratrick showed his famed hurdling ability recording 9.23s for 927 pts in the 60m hurdles, best individual event score of the competition and Ty, Allan and John were not far behind. The 'duffers' or should I say learners all took over 11 secs including myself of course! Ray McAvoy pulled his quad muscle and did not get to the line in the hurdles but bravely finished the

other events. In the high jump the formidable Waddington cleared 1.78m for the third best all-time jump for his age group in the UK behind Greg Richards and Chris Hesketh. He was well ahead of the rest though Howe's PB of 1.45 got him the best score of 822 pts. And so to the dreaded (for some) 1000m-five laps! In the two heats both Brian Slaughter and Andrew took off and the rest followed as best they could but apart from Ty, were a long way back. Slaughter and Andrew posted almost identical times giving Brian another win in their regular duels but both well down on Allan Leiper (Aldershot) in the M40 age group. Howe with a groin strain from jumping hauled himself round in four and a half minutes and Norman Carter was not that far back recording an overall inaugural UK record for an M70 with 3495 pts. Allan Leiper's 4736 was a UK record for M40 and second best in world ever after American Ken Ellis's 5753! pts. Phil scored a PB by 100pts and John Martindale got 400pts achieving his aim of 4000 pts. Jamie Quarry Scotland's best decathlete at present presented the medals after a good weekend that was well organised, scored and officiated. Next year!!! (I'll be M50!) Dr Julian Kennedy.

### SCOTTISH INDOOR CHAMPIONSHIPS

Twenty new championship best performances were set at the Kelvin Hall arena in Glasgow on the 9th/10th February when the Scottish National Veterans Championships were held in conjunction with the Combined Events of Men's Heptathlon and Women's Pentathlon. CBPs were recorded by M40: Warren Fraser (Birchfield) 200m 23.51 Andrew Waddington(SWV) HJ(Hep) 1.75m, Allen Leiper(Aldershot) PV(Hep) 3.70m, Steve Wallace(Pitreavie) TJ 11.65m

M45: Eric Smart(NEV) 100m 7.39, 200m 23.57, Robert Stevenson(Ayr) LJ 5.82m, David Abernethy(Barrow & F) TJ 13.60m. M50 Ty Lewis (Royal Navy) 60m H (Hep) 9.48 M55 Eamon Fitzgerald(Pitreavie) HJ 1.60m & PV 3.20m M60 : John Howe(Rhondda) 60m H (Hep) 9.79 & PV(Hep) 3.10m M70 : Norman Carter(Burton) PV(Hep) 1.80m, M75 George Bridgeman(SVHC) 200m 35.12

W35 : Janet McColl(Garscube) 3000m 11:17.96. W50 : Valerie Neal(Wakefield) PV 2.00m W60 : (Pitreavie) 60m 9.11 & 200m 31.42

Sponsors of the championships, the firm of chartered surveyors D M HALL, presented special prizes to the best AGE-GRADED performances in four categories as follows : Men's Track : John Steede(M60) 60m 8.06. Men's Field : Eamon Fitzgerald(M55) HJ 1.60m. Women's Track : Esther Linaker (W60) 60m 9.11. Women's Field : Betty Steedman (W65) TJ 6.61m



**CIVIL SERVICE ATHLETICS ASSOCIATION 2002 VETERANS TRACK & FIELD CHAMPIONSHIPS**

Monday 9<sup>th</sup> September –  
Battersea Park Track, London  
Start Time – 1.00pm

A full programme of women's and men's events will be available and medals will be presented to all winners.

Contact CSSC's Sports Development Team  
for an entry form and more information  
on 01494 88 417/739 or e-mail  
joanne.walton@cssc.co.uk

**MIDLAND VETERANS ATHLETIC CLUB MVAC FUTURE EVENTS**

Midland Championships on 9th June 2002 at Solihull  
BVAF Pentathlon incorporating MVAC  
Pentathlon BVAF 10k Walk & MVAC 10k Track Run  
on 14th July 2002 at Solihull

Details with SAE to Maurice Priestman,  
57 Maple Road, Ruberry, Birmingham  
Closing date 8th May 2002

**300 PLUS CLUB DRAW WINNERS**

**OCTOBER 2001** £125 to P Hamilton (Greenwich), £10 each to S Finch, J McQuillan, R Lambie, R Condon and B Gregory.

**NOVEMBER 2001** £125 to K Hall (Peterborough), £10 each to R Brown, N Noble, B Hunter, P Acton-Phillips and P Scally.

**DECEMBER 2001** £125 to L Vials (Bow), £10 each to R Ibson, R Kneill, M Worth, A Clevett and S Yeoman.

The Veteran Male Track & Field rankings for 2001 are now available and can be obtained by sending £3 and an A5 sae (33p) to David Burton, 22 Chandlers Way, Steying, W Sussex BN44 2NG

The annual Track & Field ranking list of Veteran Women for 2001 is available and can be obtained by sending a cheque for £3 to Mrs S Gandee and an A5 sae (33p) to 4 Westfield Road, Hertford SG14 3DJ

**WVAA**

League Matches for 2002  
May 7 at Neath  
June 5 at Cardiff  
July 16 at Neath  
August 7 at Cardiff

The Welsh Veteran Championships (Open) are to be held at Cardiff on June 30

**FORTHCOMING SOUTHERN FIXTURES**

**April 29** SCVAC League matches commence.

**May 6** Ted Pepper Memorial Road Race incorporating SCVAC 10K Championships at Langley Park Boys School, Beckenham, 1am. Entries £4 plus £1 SCVAC Members to 122 Romsey Avenue, Fareham, Hants PO16 9SZ by 29 April.

**May 25** Surrey Vets T & F Championships at Kingsmeadow £5 per event. Guests welcome subject to availability of places. Details from Maurice Joyce, 39 Seymour Buildings, Seymour Place, London W1H 4PR. Entries close 5 May.

**June 9** SCVAC T & F Championships at the Millennium Arena, Battersea Park. Entries £3 first event, £2 for all subsequent events for members. Guests £4 first event, £2 subsequent events (No awards) to S Connolly, 64 Goddard Avenue, Swindon, Wilts SN1 4HS by 18 May.

**July 3** VAC T & F meeting at Battersea Park 6.30pm

**July 7** Herts Vets T & F Championships, Stevenage. Details from Sally Gandee, 4 Westfield Road, Hertford SG14 3DJ.

**August 7** VAC T & F meeting at Battersea Park 6.30pm

**August 28** VAC 10K Track Championships at Battersea

**September 1** SCVAC League Final at Battersea Park.

**September 8** VAC T & F Championships. Further details from D Williams, 82 Prince George's Avenue, London SW20 8BH.

Donations to the Newsletter were gratefully received from Ursula Duckworth, J Ross (Two), Sid Hood, the BVAF Raffle, J. Dooley, D. McNamee, E. Wheeler, Mike & Julie Abell, Brian Holden, M.F. Wood and Mr & Mrs R.A. Fellows. All donations are very much appreciated. Cheques etc. should be made payable to "Veteran Athletics" and sent to the Hon Treasurer Les Brown

**SOUTH WEST FUTURE FIXTURES**

May 5 SWVAC 13.1m Championships, Great West Run, Exeter Arena, Devon @ 10.30hrs

May 11 SWVAC Grand Prix 10km, Ivybridge, South Devon @ 19.00hrs

June 2 SWVAC Grand Prix 10km, Exmouth, Devon @ 11.00hrs

June 2 SWVAC 10k Championships, Poole, Dorset @ 14.00hrs

June 16 SWVAC Track and Field Championships, Exeter Arena, Devon @ 10.00hrs

July 14 SWVAC 10 Mile Championships, Wellington, Somerset @ 10.00hrs

Aug 25 SWVAC 5 Mile Championships, Portsmouth, Hants @ 10.00hrs

Sep 22 SWVAC Grand Prix 5 mile, Bournemouth, Dorset @ 10.30hrs

Oct 6 SWVAC Grand Prix 10km, Brixham, South Devon @ 11.00hrs

Oct 20 SWVAC Grand Prix 10km, Redruth, Cornwall @ 11.00hrs

Nov 9 SWVAC Grand Prix 13km, Cheddar, Somerset @ 14.00hrs

Dec 8 SWVAC Grand Prix 10km, Christmas Cracker, Weston-Super-Mare, Somerset @ 11.00hrs

Dec 22 SWVAC Grand Prix 10km, Hemryock, Devon @ 10.30hrs

**OSWESTRY OLYMPIANS CALENDAR FOR 2002**

Race Title	Date	Time	Type of Event	Fees	Venue	Cheques to:
Dinas Bran Hill Run	4 May	1pm	5 Miles mixed terrain approx 800' climb Youngsters 1 mile 12.30pm	£3.00 £1.00	Liangollen Leisure Centre	"C.D.B"
Oswestry 10	12 May	1pm	2 x 5 mile laps. Fast Course	£5.00 £6.00 u/a	Whittington Cricket Club	"Oswestry 10"
Lake Vyrnwy Marathon	2 June	10am	Including 2 laps of Lake Vyrnwy Welsh Championships BVAF Championships	£9.00 £10.00 u/a	Lake Vyrnwy Powys	"Lake Vyrnwy Road Races" No entries on the day
Mynydd Myr Hill Run	4 June	6.30pm	Approx 4 miles mixed terrain 500'	£3.00	Trefonen Nr Oswestry	Enter on day
Park Hall 5k (Pentathlon)	21 June	7.30pm	Fast flat Youngsters 1 mile 7pm	£3.50 £4.50 u/a £1.00	Oswestry Rugby Club	"Park Hall 6"
Ellesmere (Pentathlon)	7 July	1pm	'T' shirt to all finishers 6 miles Youngsters 1 mile 12.30pm	£6.00 £7.00 u/a £1.00	Lakelands School Ellesmere	"Ellesmere 10k"
Park Hall Relays	12 July	7.15pm	2.2 mile legs <b>Male:</b> Sen, M40, M50 4 per team M60 3 per team <b>Female:</b> All ages 3 per team	M £14.50 M60 £10 F £10.00	Oswestry Rugby Club	"Park Hall 6"
Dick Whittington Dawdle (Pentathlon)	19 July	7.15pm	Fast 5 mile road race Youngsters 1 mile 6.45pm	£4.00 £5.00 u/a £1.00	Whittington Cricket Club	"Whittington 5"
Gobowen 4 (Pentathlon)	2 Aug	7pm	4 mile road race, country lanes	£3.50 £4.50 u/a	Gobowen Playing Fields	"G.P.F.A"
Chariots of Fire 5k (Pentathlon)	14 Aug	7pm	Fask 5k road Youngsters 1 mile 6.30pm	£4.00 £5.00 u/a £1.00	Oswestry Rugby Club	"Woods Hills and Tracks"
Gyrn Gallop Hill Run	24 Aug	1pm	7 mile mixed terrain approx 1200' climb Youngsters 1 mile 1.15pm	£3.50 £1.00	Rhiwias Nr. Oswestry	Enter on day
Craig-y-Rhiw Hill Run	17 Aug	1pm	Approx 5 miles 2 laps 1000' climb. Woodland course	£3.00	Rhydygroesau Nr. Oswestry	Enter on day
Lake Vyrnwy Half Marathon	15 Sept	1pm	Fast flat 1 lap of Lake Vyrnwy, roads	£8.00 £9.00 u/a	Lake Vyrnwy Powys	"Lake Vyrnwy Road Races" No late Entries.
Ellesmere Triathlon	9 June					

[www.oswestryolympians.co.uk](http://www.oswestryolympians.co.uk)

All enquiries and entries to:

**Doug Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1 JD 01691 653338**

**Supported by ATHLETE'S FEET.**

Without the BVAF equipment it has been extremely difficult for the Editorial Board to put together this Newsletter. The presentation of 'copy' for publication has been very poor requiring a great deal of work on typesetting and the like. It would help considerably if contributors were to have the copy transferred to a floppy disc thereby enabling editing etc to be carried out without great cost. We hope to put out the next issue in July and would ask that all 'copy' and advertisements etc be with us by the end of May.



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