

# VETERAN ATHLETICS

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**WORLD CHAMPIONSHIP ISSUE**

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## The World comes to Gateshead

The 13th WAVA Track & Field Championships were, in general terms, writes **Alastair Aitken**, a great success. The ten days of competition at Gateshead, Monkton and Chester Le Street, took place in glorious sunshine for all but the last two days.

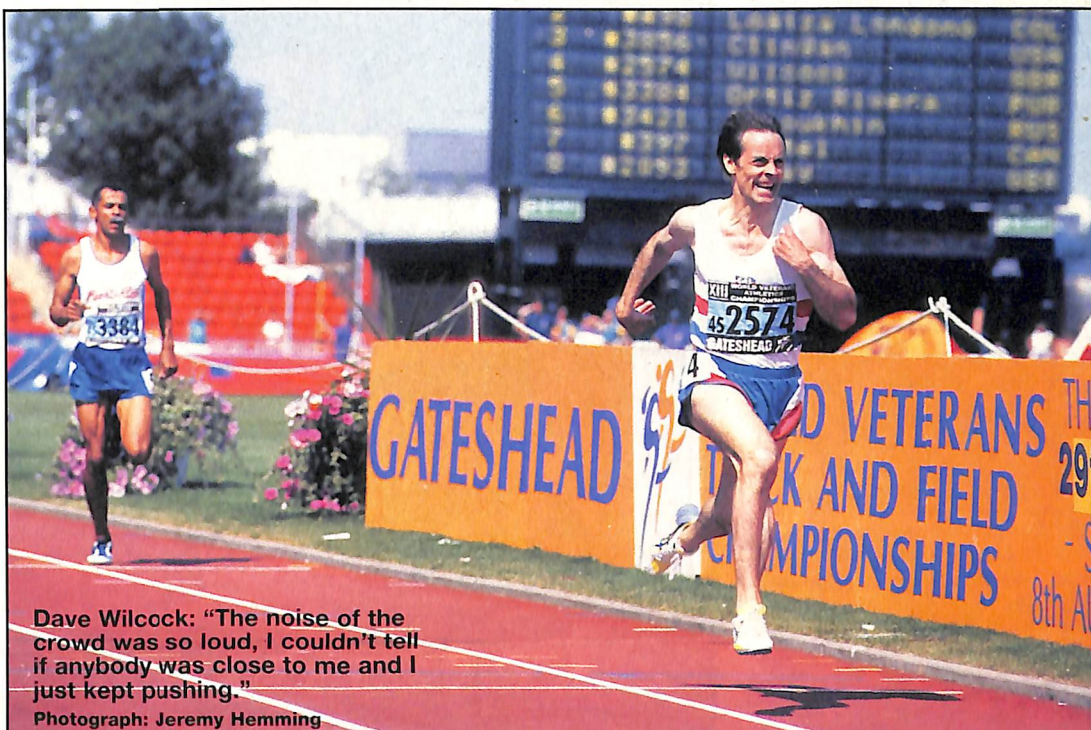
Rosemary Chrimes who, as Rosemary Payne, won the 1970 Commonwealth discus gold, conceded to dumbfound us with yet another world record in the W65 discus. She commented that the mammoth task of organising this meeting which is bursting at the seams, must be so difficult. Like coach and field events competitor Bill Gentleman, she feels that standards may eventually have to be brought in to contain the situation.

Ruth Anderson (USA), one of 14 athletes who have competed in every WAVA championship since their inception in 1975 said: "I consider these (the 1999) championships among the best but, compared to earlier championships when runners competed in more events, you now have to specialise as the standard of veteran competition is so high".

Minister of Sport, Kate Hoey commented: "Just savour the atmosphere for five minutes and you understand how much people are getting out of this. The whole thing is so serious, as well as so enjoyable. I am thoroughly enjoying it".

Who would have thought that a "gender" query about a competitor would have made her the "star" of the games and give veteran athletics a worldwide canvas? Kath Jager, a mother of two and grandmother of four from Arizona, did not start competing until she was 50 but at 57 she suddenly found herself plastered over newspapers and making appearances on television.

Tests proved that she was a woman but the world wide publicity brought photographers flocking to the stadium when she competed. She duly obliged by setting world W55 records for the 100m and 200m. "I could not have asked for a better PR job," she said.



**Dave Wilcock: "The noise of the crowd was so loud, I couldn't tell if anybody was close to me and I just kept pushing."**

Photograph: Jeremy Hemming

"The support and encouragement I have received was phenomenal. Everyone realised what a negative thing this protest was.

"There has been a high level of sportsmanship and it has been an unforgettable Games".

Tom Petranoff, who was second in the USA javelin championships this year with a throw of 75.21m, was the highest profile athlete on view. That effort had placed him on the short list for the World championships in Seville and, had he had chosen to motivate himself to achieve 82m he could have competed in Seville but he chose to try for the Olympics instead. At Gateshead, Petranoff thrilled the crowd with three efforts over 70metres, with a best of 73.72m.

On veteran athletics he commented: "I am enjoying this but next year I will take it seriously for the Olympics. The sport has done a lot for me and I want to put something back. The people who were my fan base are the ones sitting here now. Veteran Athletics is about having fun, friendship, camaraderie and having a beer together. I like the social side but these people take their athletics seriously, too."

Another past world class athlete

is Debbie Brill, the originator of the "Brill Bend" and twice winner of Commonwealth golds. She won the W45 high jump with a world age record of 1.76m -improving her own 1998 record of 1.45m.

It was a surprise to see Edwin Roberts, formerly of Trinidad, running for USA in the M55 200m where he gained a bronze behind British stalwart John Henson. I saw Roberts finish third in the Olympic 200m in 1964.

In the M45 100m we saw the unusual spectacle of Steve Peters finishing second. For that to happen, even though the 100m is probably the weakest of Peters' events, it would have to be by somebody special. The somebody special was Bill Collins who was in the USA team which set a world 4 x 100m record of 38.03 in 1977 and who ran a wind assisted 10.11 that year.

Collins later dropped out of the 200m with cramp but it is doubtful if he would have beaten the highly motivated Peters who ran a world best of 22.1 and then went on to take the 400m in 50.60.

Amazingly, there were seven British athletes in that highly charged final. Spare a thought for

those home runners who made it through to the World Final but were left out of the 4 x 400m team that eventually won so easily.

In the M40 400m, the flying Dutchman K. Van Pelt was a good winner in 49.68, inside the European record. Six other finalists were from the UK.

In the women's 400m it was interesting to see the Australians take the first two places in the W55 event through Anne Straubus (65.26) and Peggy Macliver (65.52). They were also the first two in the 800m but in reverse order. Their team mate Kaye Smythe (65.82) was second to Britain's Yvonne Priestman in the W50 400m.

Britain's Viv Bonner was challenged by ex-international Maureen Lewington (nee Tranter) in the sprints which must have contributed to Bonner's W50 European 200m record of 26.52 - well inside the listed mark of 27.8. What a race it would have been if world record holder Phil Raschker had been able to travel but she was sidelined due to injury.

The one man who, probably, caught the eye more than any other

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was the tall, easy striding 70-year-old Canadian Earl Fee, a retired nuclear engineer. He had virtually solo victories in both the 400m (with 63.11) and the 800m where he gained a world record with 2:21.95 - a vast improvement on the listed record of 2:27.57, set back in 1991.

Another 'Peter Pan' figure is Allan Meddings. The Birchfield Harrier won the M70 100m and 200m with a physique that belies his age. Bruno Dupuy (France) took the M40 100m and 200m but there was a surprise in the 100m when Kevin Burgess, whose hopes initially were to reach the final, came through the field and almost snatched victory from Dupuy in a photo finish. They were timed at 11.38.

Courtland Gray, a USA helicopter pilot in the Vietnam war, was a 13.9 110m hurdler in his younger days and can claim wins over such greats as Willie Davenport, David Hemery and Richmond Flowers. Thirty years on at Gateshead he won the M55 100m in 12.3 and the 400m hurdles in 62.95.

It is hard nowadays to win a medal in the younger age groups; just ask Tony Mitchell who has had three fourth places in three starts in major veteran events since turning 40. He was particularly pleased then to get a gold in the 4 x 400m relay. I mention him because he is part of an outstanding veteran family in the UK. His mother-in-law, Carina Graham, won a W60 relay silver and his wife, Virginia Mitchell who won gold in the 4 x 400 relay and silver medals in the W35 400m and 400m hurdles.

Those two latter events were won by Jenny Matthews, a battler to say the least who was fourth in the WAAA hurdles this year with 58.4. Another international present was 1994 Commonwealth bronze medallist Sharon Gibson, fifth in this year's WAAA javelin. She took the W35 javelin with a throw of 46.42m.

Malcolm Fenton, a regular 60 metre hammer thrower, won the M40 event with 58.45m. Neil Griffin was one of the UK stars in the M50 field events, winning the discus with his last throw to set a British record of 54.29m to beat the American world number one. Griffin also won silver in the shot with another British record of 15.61m and fifth place in the weight pentathlon.

Two more UK athletes excelled in the throwing events. Neville Thompson taking the M40 discus (50.04m) and Evaun Williams



Two British World 200m champions. This page: John Henson celebrates the M55 gold. Opposite page: Alan Meddings was outstanding in the M 70 age group.

winning the W60 weight pentathlon with 5256 points.

It is not possible to mention all of the good performances in an event as large as this but two names that cannot be omitted are those of Jenny Brown and Jean Hulls. Brown scored a world best of 5747 points in the W40 heptathlon. She also won the high jump and triple jump [the latter in a British record] and was a member of the winning 4 x 400m team.

In the individual 400m, Brown came from fifth to second over the last 150m to finish behind Tilly Verhoef (Holland) who ran 57.61. Brown also won silver in the long jump.

Jean Hulls, benefiting from four technical advisers at the Bromley track as well as tremendous encouragement from her husband, had not done a heptathlon for several years but was certainly not ring rusty. She won the W60 event with 5870 points. Hulls also won the 400m and 300m hurdles individual events, as well as running a leg in the 4 x 400 for the team which broke the world record.

A great performer from Germany, Guido Mueller,

smashed the M60 300m hurdles record, which previously stood at 43.49. Mueller ran 42.31 and followed that up with a gold in the 400m (55.47), well inside the European best of 58.7. The world best is held by Trinidad's Ralph Romain who has an untouchable time of 53.9 dating from 1993. Romain won the M65 final in 59.65, from Britain's Charlie Williams (60.84).

Without doubt, the favourite for the M40 400m hurdles was Peter Grimes (USA), a very smooth, classy hurdler who had won of the 110m event with 14.75. In the 400m hurdles he strode swiftly down the back straight, having gone out fast to try and better the world mark. Into the straight and up to the last hurdle, however, Britain's Howard Moscrop was beside him and exerting pressure on the American. Moscrop made a quick move over the last hurdle, gained a vital advantage and fought his way ahead to win in 53.20. With Mike Coker third in 54.84, it was one of the most exciting races of the Games.

A world record came Britain's way in the 80m hurdles when

Jocelyn Harwood ran 11.7.

One of the most popular British athletes over the years, both as a team man and as a competitor, has been Peter Browne who still holds the M40 800m world record of 1:51.25, set in 1990. Browne's build-up to Gateshead, working up to 12 hours a day, had been far from perfect yet he still managed to pull off a well deserved win in the M50 800m in 2:05.4. Later he just lost out over the last 20 metres in the 400m.

Former-international Tina Colebrook, winner of the W40 steeplechase on the last day said, "Pete Browne is so under-used as a coach for the British squad. He has so much commonsense and is so selfless and is always there for any one who needs his advice".

In the M45 and M55 800m and 1500m finals both Dave Wilcock and Reg Phipps displayed brilliant tactics to clear up the gold medals. Wilcock even went on to win silver in the steeplechase. Pete Molloy also ran a clever race to win the M50 1500m while former-Olympian, Sheila Carey twice held off the game Pat Gallagher in the W50 800 and

1500m. Yvonne Joyce, who has spent much of her life in America, won the W35 800m in 2:07.91.

Some of the best distance runners decided to give the cross country a miss to concentrate on winning golds on the track. Heiko Schinitz, who lives in old-East Germany and ran 2:15:18 in the 1995 Hamburg Marathon, made his break in the latter stages of the M40 5000m to win in 14:18.20 and then take the 10,000m in 33:33.89. In the M50 group, Ahmed Amraoui, from Exeter Harriers, concentrated on the 5000m alone and won with 15:51.60.

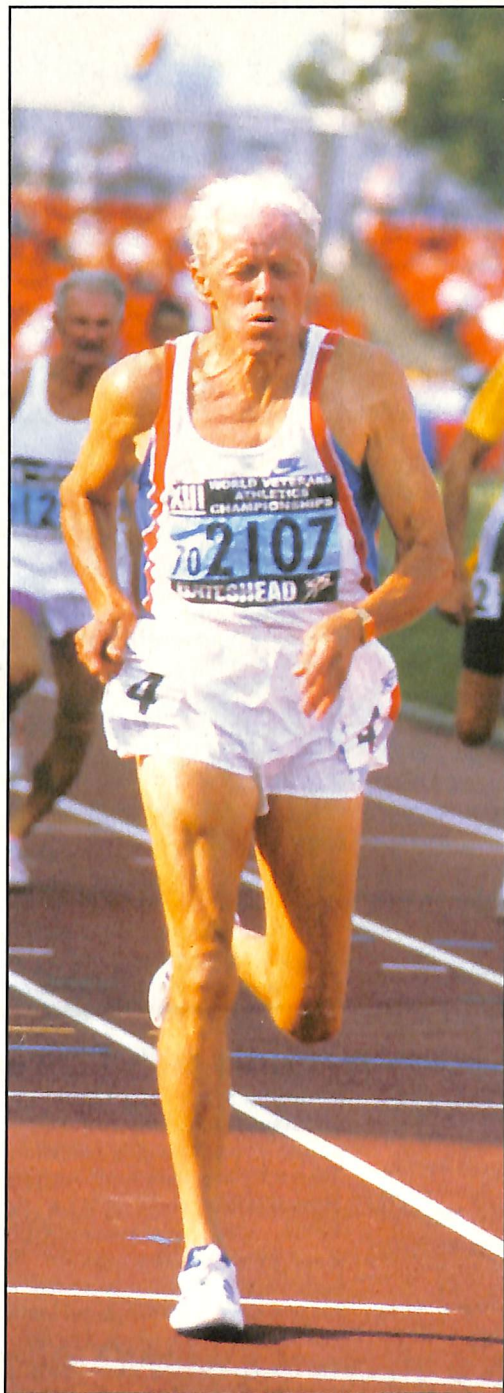
Now 68, Ed Whitlock won the 1500m and 5000m for Canada. Whitlock who was once the London University three mile champion, emigrated to Canada in 1952. Gordon Porteous (M85) scored a hat trick at 1500, 5000 and 10000m.

### Cross Country And the Marathons

The cross country took place on the first day of competition under a blazing sun. The course at Riverside was over a flat but very twisting course of mown grass-land. There were exciting races in all age groups while the oldest runner taking part, 91-year-old Portuguese Alipio Santos, ran all the way to beat a number of people younger than himself.

He said: "In 77 years of running, this is my most satisfying performance, beating these younger runners." The only distance man to create similar interest was Scotland's John Emmet Bell, 90, who reserved all of his energies for the track. His history goes back to when he won Scottish cross country titles before and after the war and finished 7th for Britain in the International Cross Country. The oldest woman taking part in was Canada's Leonore Marvin (79) who was by no means last.

Several cross country winners went on to win more medals on the track, among them Siraziev (Russia) in the M70 class. Puma TVH's Steve Charlton was second to him at cross country and won bronze at 5000m and silver at 10000m where he smashed the British record. A double winner was Dutchman Ad Heydens [M60], who had a close race over the country with Mendez (Mexico) and Aldegalega (Portugal). The latter won the 10000m track race from Steve James who was nursing an injury. It was difficult to see the Dutchman Heydens being beaten



by anyone over 60 as he had recently set a world track record of 16:12.27.

Ichikawa (Japan) won the M65 cross country but he did not transfer his abilities to the track (*having to run solo in the slower flights could not have helped his cause - Ed.*) whereas the man who finished just behind him, Vicente (Portugal), set a 2000m steeplechase record on the last day of the Games.

The M55 cross country was a close affair with Camara (Portugal) winning by 10 seconds from popular New Zealander Ron Robertson who had never before lost a cross country championship and, in fact, had been beaten only twice in the 45 races of his veteran career. Robertson had, however, just finished an antibiotic treat-

ment for flu and he went on to win tactical 5000m and 10,000m races with Camara well behind him. He then also won the steeplechase by half a lap. Robertson believed he had been affected by his illness and was glad that the track races had not been fast.

The M50 cross country was won by Belgian Omer Van Noten from British M50 champion Harry Matthews. Van Noten later won the 5000m track and went on to lap every one in the 10,000m yet, apparently, considers himself mainly a road and cross country runner. Nigel Gates won the M45 cross country by half a minute and was even smiling with a mile to go. Even Nick Rose who missed the race because of a bad fall in training the previous week, would have been unlikely to have beaten Gates. The Brighton runner went on to register wins at both 5000m and 10,000m.

Francisco Gonzalez who has represented Spain in the World Cross Country Championships, gave a polished and masterly display of running when winning the M40 race by 50 seconds from Costa of Portugal. Costa was to finish second in the 10,000m track in which Australian Trevor Scott ran well to finish third.

Category winners in the women's races included W70 De Preter (Belgium) and Britain's W65 Louise Gilchrist. Myfanwy Loudon did not compete over the country but won the 5000m from Gilchrist and then the 10,000m. Van Kooten (Holland) also won W60 golds on the track and cross country where she was followed home by Pam Jones and Eklund of Sweden. The W55 gold went to Joan Ottaway (USA) with Brazilian Da Cruz taking a surprise second. In the W50 race, Jane Davies was runner-up to Belgian Ketelslegers. Janette

Stevenson gave the cross country a miss but won the 5000m and 10000m track races.

Probably the most outstanding race of the day was the W45 championship won by Bronwen Cardy-Wise. After many injuries, Bronwen returned to also beat all the W40 field and then went on to win gold on the track. Second overall was W40 Sheila Allen who battled through with a painful blister. Mags Greenan of Ireland was third behind Allen. Anne Keenan-Buckley (Ireland) was a clear winner of the W35 race but South African Sandford ran well to come second.

Keenan-Buckley had finished 22nd in the World CC in Belfast earlier this year, only a minute behind the winner and ahead of the UK's National champion, Angela Newport.

The marathon attracted a good size field, of which 574 finished the course. In good conditions over a scenic but tough course which included a stretch of rough road, Tony Duffy, a 43-year-old sign painter, won the event in 2:23:25. I think he would be capable of running 2:19 on a faster course.

Duffy stayed with the pack for six miles, hit the front at 15 miles and looked strong from then to the finish. He had been training 70 miles a week but had to miss the London Marathon. His main racing has been over 5000m, helping his club Bolton in the Northern League. Robin Nash and J. Duparfait (France) took the other medals.

The first M45 competitor was Martin Pigot in fifth overall while M50 runners John Kerr, Hernando-Niet (Spain) and London-to-Brighton winner Steve Moore fared well, in 7th, 8th and 10th positions. The M65 winner, Geoff Oliver like Moore considers himself an ultra-distance specialist.

First woman, Joy Noad, (40) averaged 6:36 miling for her 2:52:44 and was followed home by Janice Moorkite who recorded 3:00:38 for the silver W40 medal. The first W35 was Otamendi (Spain) in 3:02:19. Bringing up the rear was 84 year old Charlie Megnin with 6:44:18. Charlie had won a bronze medal over the 50k walk in the European Championships of 1946!

To complete this report I will quote the Minister of Sport, Kate Hoey: "I have enjoyed the championships so much. I am just disappointed that so many people in this country have no idea that this has gone on and how wonderful it is."

# MULTI-EVENT OVERVIEW

**JOHN CHARLTON revisits the summer's top two championships**

**T**he British women out-classed the men by a considerable margin and collected four medals (including a silver for Dannea Herron who was competing for Ireland) and three fourth places. The men gained just one medal and one fourth place by comparison.

Jean Hulls (W60) and Jenny Brown (W40) stole the show; both athletes collected gold medals and British records with Jenny also achieving a world record. Jenny and Jean both had similar stories to tell, placing winter strength and conditioning programmes as the main reason for their world championship successes. Interestingly they both almost did not make it to Gateshead, with illness and injury at crucial stages preventing their "ideal" build-ups.

Wendy Laing was the other medallist with a well earned bronze, well clear of Hazel Barker who placed a respectable fourth just weeks before she moves up to the W40s. Jean Fail suffered identical frustration, placing fourth in the W45 category before moving up to a new age group in a few weeks. Jackie Charles just missed bronze behind Kathleen Jager in the W55 category.

In the men's decathlon, John Charlton, back from all sorts of injury problems over the last few years, was just glad to be competing again. A silver medal score of 7365 points which was also a British record in the M50s was a real bonus. Ty Lewis came a creditable fourth - less than 100 points off the bronze medal position with a score of 7158 points.

The women as a group deserve a real pat on the back, including Christine Fates, Jacky Ricketts and Pat Oakes who all accredited themselves very well as relative newcomers to the veteran heptathlon.

However, pride of place must go to Jenny Brown with a W40 score of 5747 and Jean Hulls with a W60 score of 5870; both scores are unlikely to be beaten for a long while, unless by themselves, of course.

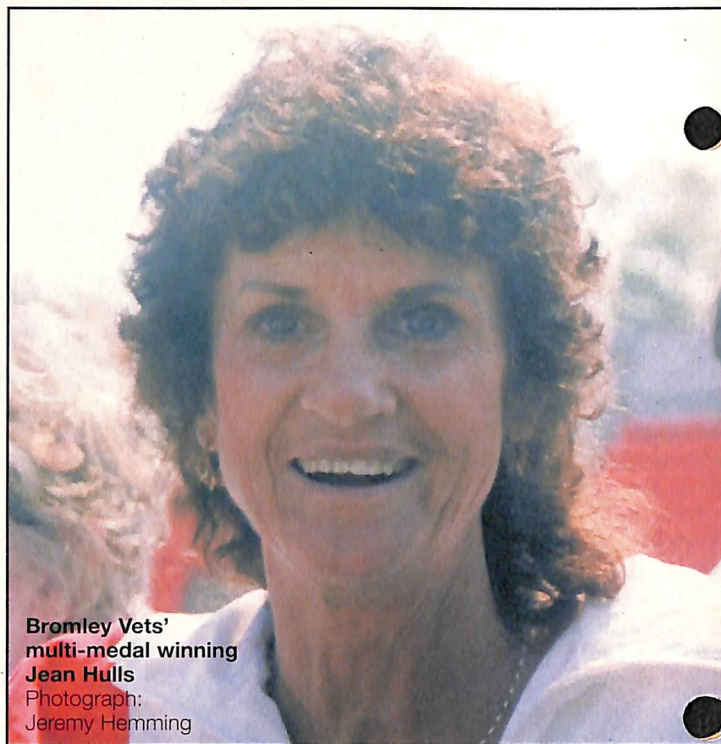
## BRITISH CHAMPIONSHIPS Sheffield

**B**eautiful weather and a well drilled group of knowledgeable officials, led by Field Referee Ian Mitchel, made for a really enjoyable two days of competition. As in Gateshead the only records fell to the women, in this case Jean Fail who broke Jean Hulls UK M50 record by scoring 5356 points. For a bonus, Jean broke the UK W50 80 metre hurdle record on route, with a time of 13.15 seconds. The world record of 13.03 must be within reach next season or even later this season if opportunities arise.

Alison Hesketh took gold ahead of Christine Fates in the W35s, Hazel Barker, making up for the disappointment of fourth place in Gateshead, took gold ahead of Ireland's Dannea Merron in the W40s. Jackie Ricketts (gold) and Judi Stafford (silver) registered solid performances and are now hooked on multi-events - I think! Jackie Charles also made up for her near miss in Gateshead by taking gold in the W55s, followed in silver medal place by Rachel Rossouw, a welcome guest from South Africa.

In the men's event there were ten starters at M40 with Brian Slaughter taking his first British Championship gold. Graham Howell (silver) and John Major (bronze) exchanged places throughout the second day with Graham narrowly forging ahead by just 62 points, thanks largely to a superior javelin throw. At M45, Julian Kennedy lost the lead to David Blunt after no heighting in the pole vault and then went further behind, this time to John Martindale who took the lead after the javelin. However, Julian ran a good 1500 metres to take gold, John and David taking silver and bronze respectively.

In the M50s it was good to see a return to competition for Mike Corden, the many times British International and Olympic Decathlete. Mike took a well-earned silver medal with John Charlton scoring 7216 points taking the gold. Derek Graves whose main even is middle distance,



**Bromley Vets' multi-medal winning Jean Hulls**  
Photograph: Jeremy Hemming

gave a creditable performance to take bronze.

The top three positions in the M55s changed hands throughout the two days between John Howe, Brian Loten and Maurice Joyce, with John claiming gold after a very strong second day and Brian just squeezing ahead of Maurice by a mere ten points for the silver medal.

John Ross extended his lead throughout the two days and ended up with an impressive 7159 points to secure gold ahead of Trevor Driver. Ron Johnson from New Zealand took gold in the M65s and evergreen Tony Rawlinson, at the age of 83 included a 1.70 metre pole vault in his two days work, took gold with 3643 points in the M80s. I remember Tony telling me when he was a mere youngster, aged 78 I think, that he would just like to do a decathlon aged 80. Five years on he is now looking to be the first British M85 to complete a Decathlon. I am sure he will do it!

A big thank you to Ian and Judy Thomas and David and Brenda Burton who provided accurate and prompt scores between every event. This is something which should be an absolute must at all championship multi-events but wasn't the case at Gateshead. It allows athletes to gauge their relative positions and what they need to do in succeeding events, to close or widen gaps as the case may be. This is a plea on behalf of all multi-eventers and hopefully the BVAF should be able to exert some influence to ensure this happens in future. Thanks and praise are due to David Price who man-

aged the electronic timing very well, despite a few gremlins. The hard copy of photo finishes, which David produced for athletes to keep as mementos, were well received.

I would also like to say a special thanks to my wife Eileen, who kept me sane and the officials and other helpers fed and watered throughout the weekend.

Finally, a special message on behalf of all multi-event athletes to Tim Wall. Tim, thanks so much for coming up to Sheffield to watch the events, encouraging people and taking video shots. It was really good of you and very brave, we wish you a speedy recovery from your illness and hope to see you back, local antlers with Brian Slaughter some time next year.

The bi-annual challenge is programmed to take place in Neosho, Missouri, USA on Saturday and Sunday 29/30th July 2000, this unfortunately clashes with the BVAF Track & Field Championships but it has been arranged for some time at the USA end. All multi-eventers including partners are welcome. Last time, in 1996, all people from Great Britain were housed free of charge by host families in and around Neosho for a few days before, during and after the competition itself. Depending on numbers, I believe this kind offer will be repeated in 2000 for the 4th USA v GB Challenge Match.

If anyone is interested, contact John Charlton, 11 Wulfric Road, Eckington, Sheffield, S21 4... enclosing a stamped addressed envelope for further details.

# BVAF OPEN CROSS COUNTRY CHAMPIONSHIPS



Sunday 26 March 2000



(permit applied for)  
at

The Weelsby Woods, Grimsby



Organised by the Grimsby YMCA and Northern Veterans AC



supported by North East Lincolnshire Leisure Services

Open to all Veterans \_ Women over 35 years, Men over 40 years of age

Race One:	5km	Women(all ages) & Men over 70	13.00
Race Two:	10km	Men 50 - 69	13.45
Race Three:	10km	Men 40 - 49	15.00

BVAF Individual Awards to the first three in each five year age group

BVAF Team awards to the first three teams M40 - 49(4 to count) All other age groups 3 to count

BVAF Championship competitors in M60-69 and W45+ groups who wish to count for M50-59 and W35 teams instead of their own, must declare on the entry form

<b>ENTRY FEES</b>	Members of veteran club	£4.50
	All other competitors	£6.50 (must include proof of age e.g. photo copy of birth certificate, driving licence, passport etc.)

SAE NOT REQUIRED for race number, confirmation & travel directions.

Send completed entry form with fee to BVAF x-country championship, YMCA, Peaks Lane, Great Grimsby, North East Lincolnshire DN32 9ET.

Cheques made payable to Grimsby YMCA-(XC)

Closing; date 1st March 2000. Entries will not be accepted after this date. No entries on the day

(Confirmation will be sent out after closing date)

For ACCOMMODATION details SAE to Roy Saxby Activities Manager YMCA, Peaks Lane, Grimsby, N.E. Lincs DN32 9ET

## BVAF 2000 Open Cross Country Championship Entry Form

I wish to be entered for the above championships on 26 March 2000. I agree that the organisers shall not be liable for any accident, injury, loss or damage how so ever caused or as a consequence of my participation in this event

Surname \_\_\_\_\_ First Name \_\_\_\_\_ M/F \_\_\_\_\_  
 Age on 26/3/2000 \_\_\_\_\_ DoB \_\_\_\_\_ Age group \_\_\_\_\_  
 Address \_\_\_\_\_  
 Post code \_\_\_\_\_

**YOUNGER TEAM DECLARATION M50 - 59 W 35 - 44**

Travel Details: Car, Mini-bus, Coach, Train. Delete as Necessary

First claim BAF athletic club \_\_\_\_\_ BVAF Club if different \_\_\_\_\_ Memb No \_\_\_\_\_

I enclose a race fee of £ \_\_\_\_\_

I confirm the above details are correct

Signed

Date

JACK FITZGERALD analyses the walking races at the Gateshead WAVA Championships

# Burning up the N. East roads - and

For once the race walking fraternity was given a reasonable venue for their event. The course at Team Valley Trading Estate comprised of a 2.5 kilometre lap which was reasonably flat; the only hill of any note came at the first left hand turn after a longish flat start. Even this was eased by a short dog leg which meant that the field approached the turn from the right hand side rather than sharp left. However there is always a price to pay and Sunday August 1st turned out to be the hottest day of the Championships.

The thermometer was already well into the high twenties centigrade when the women started on their four lap course at 10 a.m. This didn't stop Victoria Herazo, a former US Olympic competitor from going off like a train. Her

compatriot and senior by two years, Lyn Brubaker pulled her back before the first lap had been completed and was never headed from then on, eventually winning the race from Herazo by 22 seconds.

The next two finishers were also US Masters, W45 Sally Richards heading third W40 Debra Benton by 5 seconds although over 3 minutes behind the leading W40 duo. Next came the fourth W40 - South African Barbara Nell - and the second and third W45s, Hester Van Den Berg (RSA) and Portugal's Maria Fernandes.

The W55 age group is a particu-

larly strong section on the road and the first three in this category, Heidi Maeder (Switzerland) Waltraud Seiler (Germany) and, yet another American, Jo Nedelco all finished under 57 minutes.

**"To walk 72 mins for 10K at 86 is fantastic; to then repeat it straight away is ridiculous. There ought to be a law against him!"**

Liz Corran and Cath Reader were the first Brits to finish - in sixth and seventh W40 spots - but Ann Lewis was the first home medal winner with a golden W50 triumph by ten seconds over Germany's Annelore Werner.

In the W60 section, Maureen Spelman and Jill Langford had to be content with third and fourth behind Josette Sommier (France) and Lindsay Hatz. Pam Horwill also collected a Bronze in W65, behind Canadian June Provost and Denise Leclerc of France. For me one of the outstanding performances came from the great Swede Britta Tibbling who clocked 74:13 at the age of 81.

British successes in the team races were gold at W60, Spelman and Langford being backed by Doris Cassels and bronzes at W50, with Pam Pierce and Rosemarie Alexander supporting Ann Lewis, W45 (Maureen Cox, Jacqui King and Francois Fernandez) and W40 with Gina Webb backing Corran and Reader.

The heat was still oppressive when the Men's 40-50 20K walk started at 11.30. Race favourite was obviously going to be Britain's 1998 Commonwealth Games 50K representative, Chris Maddocks and when he flew off into the lead, few expected him to come

back. However, Italy's M45 duo of Roberto Cervi and Fabio Rutzier and Aussie Mark Donahoo are no respecters of reputations and all three pulled him back by the start of the second lap.

Chris kept his cool and regained the lead on the third lap - only for Cervi to come again and eventually win the race by 46 seconds. Maddocks, of course, won the M40 Gold with Noel Carmody third behind Donahoo.

Steve Uttley was initially sent round for a ninth lap but, realising the mistake, retraced his steps to complete a winning M40 team. Brian Adams was a fairly new winner at M50 with Derek Cass seventh in this category. David Kates backed them up for yet another golden team win. The M45 British trio of Malone, Hunwicks and Fender salvaged a team bronze behind Italy and France.

There were nine disqualifications but none of them British.

Two o'clock saw the start of the M55 plus race and by now the mercury had topped the 30 mark!

Don De Noon had intimated that he intended to do the fastest overall time over the 8 laps and he certainly started with that aim in mind. However, two crosses on the "naughty board" sobered him down somewhat and his final winning margin over the diminutive Colombian Dario Castel was 25 seconds.

Germany's Dieter Zschiesche and an American Dick Friedlander - second and third M55s - were the only finishers between the M60 gold medallist (Castel) and Britain's Brian Gore who had a three minute cushion over former US Olympian David Romansky for his silver at the finish.

Bob Dobson came through the M55 field for fourth place and, with Shaun Lightman sixth and Ron Penfold thirteenth, Britain won the bronze team medal.

Colin Young in seventh place and David Stevens in tenth in the M60 race combined with Gore's second to give Britain an easy Gold.

There were many disqualifications among the older walkers - the most notable being that of the legendary Gerhard Weidner who was expected to walk the M65 division if you will forgive the pun. Consequently, American Max



Jacques Serruys  
invites you

SUNDAY 2 JULY 2000

VETERANS  
MILLENIUM  
GRAND PRIX  
BRUGGE

10 Km - 25 Km

Entry Form:

Jacques Serruys

Kammakersstraat 37 • B-8000 Brugge

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# Scorching the track

Green was the surprise winner of this section in a time outside 2 hours with Eric Horwell (10th) John Payne (12th) and Ron Purkis (13th) packing well for a team bronze.

Karl Abolins won an M70 bronze behind Robert Shouckens of Belgium and Alois Balcarik (Czechoslovakia). Terry Simons was eighth and when John Grocock was observed entering the finishing funnel it was assumed that GB had at least a medal winning trio. However, Grocock's name never appeared on the finish sheet and there is still a mystery about whether he flaked out before or after the finishing line.

However, there was no doubt that GB won the M75+ category. The flamboyant Swede Rudolf Blixt claimed the M75 gold before Len Creo and Charles Colman - locked in mortal combat throughout the eight laps - emerged with the silver and bronze. Very close on their heels was Wonderkid himself, marvellous Jim Grimwade who, at the grand old age of 86 had finished the gruelling 20K in an unbelievable 2:24:00! To walk 72 minutes for 10K at that age is fantastic, to repeat it straight away is ridiculous. There ought to be a law against him.

## THE TRACK WALKS

### Meanwhile, back at the stadium

Traditionally the track events are in reverse age category order, which meant that the first of the women's races on Friday August 6 embraced the W70-85s. Thus the first of the gold medal winners was Britain's Beryl Randle (W70) in an impressive 30:55.06. Anne Von Bismark was seventh and, as in the earlier road walks, everybody marvelled at Britta Tibbling's fantastic 34:48.49 which won the W80 race. Pam Horwill won another bronze at W65 - behind the same two who had beaten her on the road - with Sheila Jennings eighth.

Former European Championships Chairperson, Hazel Rider was unlucky enough to get three crosses for bent legs but her big moment of the day was yet to come. Lyndsay Hatz turned the tables on Josette Sommer at W60 with Jill Langford finally getting her bronze - Maureen Spelman being another DSQ.

The status quo was observed in W55 with Maeder, Seiler and Nedelco the medallists. In W50; the road silver medallist Annelore Werner came good to defeat Jacqueline Bonnet and Pat Roberts with Ann Lewis, after leading initially, pushed back to fourth.

Sally Richards, the W45 road winner, was disqualified as she crossed the line which gave an upgrade in medal shades to Hester Van Den Berg and Silva Fernandes, with

Sherry Bronahan (USA) promoted to the bronze position. With the W40 and W35 races being amalgamated it soon became obvious that the more mature walkers were again destined to take the leading positions. And so it proved.

Brubaker again leading Herazo with Ventris of Australia third and Cath Reader sixth. Just ahead of Cath was Hazel Rider's daughter Fiona Edgington, taking a surprise W35 gold. So Hazel's cup finally ran over with joy after her earlier disappointment.

The men's track events were staged the following day at Monkton on one of the few really cool days of the Championships. In the elder statesmen's races which started the day, Jim Grimwade, Rudolf Blixt and Charles Colman all suffered DSQs which let in the ebullient Len Creo for a well earned M75 gold. USA former-Olympian Bob Mimm won the M70 race in his last year in that category. Weidner compensated for his road DSQ with a 25:05.02 win at 65, which gave him an age-graded score of 96.42%, easily the best of the day. Jack Bray and Max Green took the subsidiary medals with Eric Hall seventh and Doug Fotheringham tenth.

Once again Brian Gore held on to Dario Castel in the M60 division - this time just 19 seconds separating them at the tape - with Romansky nearly a minute behind in third; Saxby (New Zealand) was fourth and Dave Stevens fifth.

Don De Noon slowed down after his customary two crosses appeared on the board and crossed the line a mere five seconds ahead of Friedlande with Zschesche third, Johnson (Australia) fourth and Peter Hannell who had passed up the road walk, fifth.

Competitively the M50 race was the most exciting. Bob Care was the initial leader with Tony King (Ireland), Andy Jamieson (Australia) and Brian Adams hanging on for dear life. Bob as usual looked impregnable but he apparently had been suffering from a virus and eventually had to let the other three by. Jamieson then looked the likely winner until the Irishman put in his terrific burst and it was all over - six seconds being the final winning margin - with Adams a further nine seconds back. Britain's John Hall finished fifth behind Care while Derek Cross who had won the earlier "B" race, finished ninth 9th overall.

After the road overall winner Cervi won the M45 Gold with Hristos of Greece second and Ruzzier third, the interest switched to whether Chris Maddocks could record a faster time in the following M40 race. In fact, Chris's 21:12.94 took the honours by some 33 seconds and he was again followed home by Donahoo and, in the absence of Carmody, Mark Green of USA took the bronze.

# VETERAN TOURS 2000

**5th MALTA A.A.A.  
Track and Field Athletics  
& 10km Road Race  
Saturday 15th January  
Track and Field Championship  
Sunday 16th January  
10km Road Race**

**5th WORLD A.V.A  
World Road Championships  
VALLADOLID, SPAIN**

**Saturday 13th May  
10km Road Race & 30km  
Mens Walk & 20km Womens Walk  
Sunday 14th May  
Half Marathon Men & Women**

**27th GRAND PRIX  
10km and 25km  
BRUGGE, BELGIUM**

**Sunday 2nd July  
10km & 25km 'Open' Road Race**

**12th EUROPEAN V.A.A.  
Track & Field Athletics  
& Marathon Championships  
JYVASKYLA, FINLAND  
Thursday 6th - Sunday 16th July  
Opening Ceremony, Track & Field,  
Marathon and Closing Ceremony**

**10th MALTA  
'Challenge' Marathon  
Friday 17th, Saturday 18th  
& Sunday 19th November  
Special 10th Anniversary  
'Vet' Championship within the  
main framework of the 'Challenge'**

*Please request full tour details from:*

**RUNNING TOURS V.A.**  
P.O. Box 269, Brentwood, Essex,  
CM15 8NR, England.  
Phone:01277 264 444 / Fax:261 934

## YOUR LETTERS

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

### WAVA Championships

I believe that the World Championships at Gateshead were a splendid advertisement for veteran athletics. The organisation was first class and the officials worked long and hard.

The only blemish was the announcing. The American knew his stuff and was easy on the ear but the British announcers were not so well informed and not so easy to listen to. The biggest howler was when Shirley Brasher (of Australia) was introduced as Chris Brasher's wife.

Late in the meeting they decided to cover the progress of the field events but that became messy as a man with a dreary voice interrupted a woman who was talking about track events. Who selects these people?

There were some marvellous performances on the track but there were equally good performances in field events, and few of these were drawn to the attention of the crowd. Perhaps the field event people are used to this and no longer complain. I believe they should do so. Even track fans are prepared to applaud world records in the throws and jumps.

Kevin Fuller

### The Dunsford family say, "Thank you"

We would like to thank all those fellow athletes, friends clubs and associations who have given and so generously to our youngest daughter's medical fund; you have now paid for one treatment. This is a great help to us.

The change in young Barbara has to be seen to be believed; she is feeling better than she has for years, is much more positive and a lot happier. She can manage her wheelchair for short periods now she is not in so much pain. She is beginning to look forward to her future.

She has perhaps another year or two of treatments before she goes into remission. The travelling takes a lot out of her but moves are now being made to get some of the treatments done here in England, if we can get through the red tape.

Further donations received since the last VA newspaper:

D Turner, Dr I M McGrath, R Jones, J Harris, S Pender, P and E Horwill, B and A Jenkins, H Richardson (2), A and S Ward, J Kennedy, L singer, J Marshall, H Barnfather, J McNamee, one anonymous, Forbanks and BVA.

Finally, thanks also for the letters and cards from wellwishers.

The Dunsford Family

### And from Jack Fitzgerald

Thanks to all who expressed their condolences on the death of my dear wife on June 22. I intend to commemorate the anniversary on June 16 2000 by competing in the Comrades Marathon (Durban to Pietmaritzburg) for a charity which was close to Gwen's heart, to help children in the Balkans who were so devastated in recent strife in central Bosnia.

At present 20 Britons are interested in this tour, including Steve Cram and Flora London Marathon personality Chris Moon, the well-known victim of a landmine accident in Mozambique. It is hoped to increase this party to 50; so if you there any more of you interested in running or walking 90 kilometres please write to Jim Panton, The Balkans' Comrades marathon, 1 Wood Farm Road, Thornliebank, Glasgow G46 7JJ.

This is the 75th Comrades, the cut off point has been relaxed to 12 hours, so it should be well within the compass of most road runners and, indeed, road walkers.

Jack Fitzgerald

### Fun in the sun

The average couch potato might think that Club La Santa, with its 25 different sports, is "hell on earth". Yet, every year hundreds of athletes, many in the veteran age group, head for what has been described as the "world's No. 1 sports resort".

Let others be content with the binge and tea dances of the Costa Del Sol - veteran athletes are doing aerobics in the sunshine and, instead of lifting pints, are lifting weights in the Club La Santa fitness gym. Most would agree that training in a British winter is not the most attractive proposition. An advert for Club La Santa appeared in Athletics Weekly, promising salvation.

Eric and Weedy, erstwhile members of Cambridge Harriers and veterans of several marathons, joined us on our third visit. Club La Santa, looking a bit like a Moorish castle, stands on the west coast of Lanzarote. Built 15 years ago by a Danish entrepreneur, there are nearly 400 self catering

apartments lining airy walkways. On site are several shops, bars, restaurants and a supermarket The Green Team, (equivalent of Red Coats) organise sports activities, most of which are included in the price.

In March this year we boarded a flight along with BBC camera crews. With his usual modesty my husband Alan thought that he was the subject of attention. However, we discovered that Ronaldo Da Costa, the (then) world's fastest marathon runner, was staying at Club La Santa to train for the Flora London Marathon and to present prizes for the 19km Volcanic Ridge Run.

CLS has an all weather track and stadium, where all events except the hammer are catered for. During a discus session, I became aware of an enormous gentleman leaning nonchalantly against the throwing cage. He ventured some helpful training tips.

"Do some throwing yourself?" asked Alan.

"I used to do a bit. Now I just coach".

That evening, over some beers in the bar, it transpired that he was Rolf Daneburg, the German winner of the Olympic discus gold in 1984 and bronze in 1988. Now over 50, he rarely competes, explaining that he is not satisfied only throwing about 60 metres.

Large numbers of veteran runners head for Lanzarote to run in the sun. Some go for the London Marathon training week. This year, hordes from the German club T S Frechen Cologne were preparing for Gateshead.

National swimming squads go to CLS to use the 8 lane 50m metre pool, Alan found himself sharing a lane with a proficient swimmer who introduced herself as Almut Brommel. She had competed in the W60 javelin, shot and discus at the 1997 WAVA in Durban.

"Do you know Carina Craham?" asked Alan. "She holds several British records".

To which Almut replied: "Every one knows her. My friend Gertraud Schoneur writes to her."

This chance meeting has led to a firm friendship. Both Almut and Gertraud (Gery) have thrown the javelin over 50 metres. Almut represented Germany in the Melbourne and Rome Olympics. Gery holds the W55 and W60 world javelin records and won gold at Cesenatico last year. Gery and Almut's training companion at the CLS track was a Czech javelin exponent, Franko Drab, who has a PB of 78.32m and has two Czech records to his credit at M40 and M45.

With so many facilities it is easy to overdo things. The physiotherapist is kept busy with overuse injuries and it is not unusual to find limbs in plaster casts. Last year I had a close encounter of a volcanic kind when falling off a mountain bike. The bruises on my legs were very colourful and damage to my wrist still causes problems with javelin throwing.

The temptation to try new sports is overwhelming. Eric's attempts at wind surfing seemed destined to take him to Africa. Falling off the ironing board, as he calls it, seemed to be the only way he could change direction.

After two weeks of intensive training, we thought we could be honed to perfection. The bathroom scales at home revealed the terrible truth. We had all gained weight. Blame it on the copious red wine we consumed, at under £2 a bottle, and the excellent restaurants in the nearby village of La Santa.

Was it all worth it? You bet! See you there next year.

Rosemary Champion

### Safety First

Although unable to compete due to recent surgery, I attended the BVA Championships in Edinburgh and considered the event to be excellent, despite the relatively low entry which was probably due to being only two weeks before the World Championships at Gateshead. What has made me write was the apparent lack of first aid available.

I saw at least three people injured while racing, one of whom is a clubmate. After injuring a hamstring he tried to obtain an ice pack and some strapping but could not find any first aid people. The receptionist eventually came to the rescue with ice and sellotape. Surely, whenever there is an athletic meeting, especially when veterans are involved, first aid should be top priority on every promoter's list. Was first aid overlooked on this occasion?

I hope that at next year's championships I will not have to put pen to paper concerning this problem and that first aid will be taken seriously. As a former chairman of my local club I can speak from experience about an incident when first aid was not available and an athlete was seriously dehydrated after a road race. You can not be too careful.

Richard Shields

### A grateful competitor

I looked forward to the BVA Championships and I was not disappointed. It was memorable.

Mary Wixey





## FROM THE CHAIRMAN

August 1999

I had just drafted my Chairman's Column for this issue of Veteran Athletics when I received a telephone call to tell me of Geoff Ashby's sudden death and found it difficult to believe - it was only a couple of days earlier that he had been in touch to remind me that he would be needing my copy sometime within the next week. He had competed at Gateshead where we had also had a chat about the events and his plans for this next issue of the magazine and he seemed in the best of health.

It does bring home, however, although we all keep fit - and veteran competition shows how far the age barriers have been pushed back - there is no guarantee that any individual will live longer than the average, even if most of us will. I am certain, however, that we all enjoy a better quality of life, I know Geoff enjoyed his involvement with the sport and put in a great deal of work in editing Veteran Athletics which was all done quietly without fuss. BVA are indebted for all he did and our sympathies go to his family and friends.

Until this bombshell, I had assumed that with the World Championships now over there would be a break to recover but it is amazing how much tidying up there is still to do whether it be letters of thanks, queries from individual athletes, suggestions to be passed on to the next organisers or changes of rule by WAVA etc.

Earlier there had been our own Track & Field Championships, excellently organised by Scottish Veteran HC and though some regular competitors were missing, either saving themselves for the World Championships or keeping costs down, many were taking the opportunity to sharpen up for this year's big one. It was also a pleasure to welcome so many guests from overseas which gave the meeting a real international flavour. Several of them commented on the excellent officiating and how much they appreciated being allowed to take part. I was only sorry that we were not favoured by better weather to impress our visitors even more.

As it was, the chill wind had an inevitable effect on some of the events but there were still some excellent performances, As usual

we had our AGM during the Saturday evening and with no other nominations the officers were all re-elected on block, an apparent vote of confidence. This will now be my seventh year as Chairman and in my report I announced that I do not intend seeking re-election in year 2000. The BVA will have reached its silver anniversary and I have been an officer since the start.

We are now going into the new millennium and one of my two major ambitions, that of seeing a World T & F Championship staged in Britain has been achieved. My other, of seeing a proper relationship established between veterans and the national governing body is still being pursued but with David Moorcroft in charge I hope it may not be too far away. At this stage I feel it is time for me to hand over the reins to someone younger, can I therefore ask all clubs to start giving thought as to a likely successor.

Mentioning David Moorcroft: he intended being at Gateshead on the Wednesday but then the news about Linford Christie broke and he spent half the day dealing with the media. He drove to Gateshead in the early afternoon saw some of the events before joining us at the International Party and then drove back home again very late to be ready for the media again in the morning. I was fortunate to be able to have an informal chat with him but he is under enormous pressure in setting up the new structure for UK Athletics and it must be galling to have to spend so much time on matters involving two or three high profile cases when he needs that time to be used for the benefit of everybody else.

I found it typical that the popular Press gave next to no publicity to our World Championships where nearly 6,000 athletes were taking part until Kathy Jager was accused of being a man which then occupied full pages!

But back to our AGM, I was able to give the most recent update on preparations for Gateshead which were going well although I was disappointed to see a total entry just below 6,000 whereas I had expected nearer 8,000, maybe the Pound was too strong but the situation in East Europe hasn't been helpful. The British entry of 1,800 could have been higher but as it was, Barbara

Dunsford and her family were working non-stop for several weeks putting in a vast number of hours checking that entry forms were fully completed and then having to sort out far too many queries before they could be forwarded to Gateshead. This was all done voluntarily and I felt it would be an appropriate gesture to make a donation to Barbara Jnr's medical fund and following a proposition from the floor I was delighted that a donation of £500 was agreed by unanimous approval.

Following reports from the officers and thanks for the work they had done, there were several motions to be considered. I spoke to the first one 'Amendments to the Constitution'. I had sent out a copy of a proposed 'tidied up' Constitution to all clubs some months earlier which had not drawn any comment. Separately there was one other change which was to recommend that, as the Veteran A.A. of England had been formed, it should have a representative on the Council and on the International Committee. These amendments were unanimously accepted and I will be sending an updated copy of the Constitution to all of Clubs shortly.

I also spoke on the next item of 'Appointment of a Commercial Manager' which proved more controversial. It had been raised at

the Council Meeting in March where it was agreed in principle but as Ron Bell, who had been unable attend that meeting, had put his name forward for consideration for such a position, it was felt that we should ask him for more information before going further. Subsequently I had received papers from the CCPR (Central Council of Physical Recreation) who have set up a section called the Sports Sponsorship Advisory Service and as we are members, I felt it would be very useful to consult them for background information. In fact it was late June before I was able to arrange this but then accompanied by Eric Shirley we had an extremely informative meeting with SSAS.

There are companies specialising in attracting sponsorship but they charge between £1,000 and £2,000 per month during initial survey and then, if taking on the appointment, commission based on what they see as degree of difficulty, at 15% to 20% on the sponsorship obtained. Unfortunately I did not have enough time to circulate clubs in advance but issued a paper at the AGM recommending that if the meeting agreed to the appointment of a Commercial Manager, authority then be given to the Executive Officers to negotiate a

*Continued over page*

### BVAF INDOOR ATHLETIC CHAMPIONSHIPS & PENTATHLON

SATURDAY 26th February 2000 (under IAAF/WAVA Rules)  
National Indoor Arena, Birmingham  
First event 10am

HOTEL ACCOMMODATION FROM WGT TRAVEL  
Quality Norfolk Hotel

#### EVENTS

60 metres; 200 metres; 400 metres; 800 metres; 1500 metres ;3000 metres; 3000 metres walk; 60 metres Hurdles; High Jump; Pole Vault; Long Jump; Triple Jump; Shot Putt; Pentathlon; Relay 4 x 200 metres

#### ENTRY FEES

Non-affiliated: £7.50 first event. £9.50 pentathlon  
Affiliated: £5.50 first event. £7.50 pentathlon. Relays. £5.00.£4.00 each extra event.

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO 'BVAF'.

Postal stamps are NOT acceptable as payment of entry fees.

ENTRIES CLOSE 6th FEBRUARY 1999.

Entry information from/entries to:

W. THOMAS, 67a WATERSIDE, KINGS LANGLEY, HERTS, WD4 8HE

No sae necessary.

Acknowledgement of entry and event time table will be sent approximately 10 days before the championships.

Note. On entry form VETERAN CLUB and NUMBER means MVAC, SCVAC, VAC etc.

# VETERAN ATHLETICS

Vol 1 No 51

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## From the Chairman from page 7

two year contract with Ron Bell. Though it was agreed we should have such a manager, members wanted more time to consider who should be appointed and it was then agreed that our next step should be to advertise the position (see below).

Last but far from least, the World Veteran Championships which are now over. Though some members had misgivings, Gateshead put on a superb event with nothing but favourable comments and congratulations from the overseas competitors, whether for the officials who were efficient and patient or for the volunteer helpers who were friendly and helpful throughout.

The weather started brilliantly and our first worry was the resignation of the Minister of Sport who had agreed to be our guest of honour for the opening ceremony. We were delighted to learn that the new Minister, Kate Hoey, would be coming. She gave an excellent speech at what was her first official engagement after taking office and is obviously very interested in athletics.

The atmosphere at Gateshead was fantastic throughout and many officials who had not officiated at a veteran meeting before commented on how much competitors were so obviously enjoying taking part. Even though some had to cope with longer hours than expected at the multi-events, they said it was an experience they wouldn't have missed and would be happy to come again for any similar event.

The volunteer helpers were a revelation as many had not had any previous involvement with athletics but Gateshead had arranged training meetings for all 600 - a lot of them retired people - to cover administration, fetching and carrying, driving, interpreting etc. They quickly seemed to get into the swing of things and their enthusiasm just grew, they were often found working much longer hours than they had agreed to but said they were so immersed and enjoying being a part that they were simply carrying on beyond their allocated hours and then coming back for extra.

No doubt the weather helped, even cooling down for the last two days so there was no problem with the Marathon. Gateshead had arranged everything else so well, one tends to think they had managed to arrange that as well. My congratulations to all, Gateshead did us proud and our standing with the rest of the world's veterans couldn't be higher. ●

## COMMERCIAL MANAGER

At the AGM it was approved that the BVA should appoint a Commercial Manager to generate income for the Federation and that the position be advertised.

The role is basically two part:

- i) To obtain sponsorship for our annual Championships
- ii) To exploit any appropriate commercial opportunities.

Remuneration will be by commission with rates to be negotiated. Applications will be vetted by the Sports Sponsorship Advisory Service of the CCPR for independent assessment before any appointment is made but in the first instance write with CV and details of relevant experience to:

Chairman, Keith Whitaker,  
'Leeming Barn', Leeming Lane,  
Thornthwaite, Harrogate HG3 2QU

## TRACK AND FIELD RECORDS

At the WAVA Championships in Gateshead, I attended a meeting of the WAVA Records Committee. Among changes proposed were the following:

1. The new Spec. Javelin for M60 upwards and W35-45; new records will be approved at the end of 1999 based on the best performances this year. *Note:* Re: UK records - please forward any applications which you consider may be UK bests using the new implement in order that a new set of records can be established. A similar situation exists for the 2K Steeplechase, where the hurdle heights have been reduced. Record applications for the 'new' events are required. It is important the form states the performance conforms to the new specifications.

2. At long last - after I have been pushing WAVA to recognise Walk Records - 3K, 5K and 10K track walks will be established. Initially these could be times done in World or regional championships, eg: European) as these may be the only authenticated performances available.

3. Records can be established by non affiliated veteran members if they compete for an IAAF country. Such records, however, can only be established in Olympic, World, Commonwealth or Regional Championships or Grand Prix meetings.

4. Due to procedural changes, World records should be approved more rapidly, ie: twice a year. I did obtain up-to-date World Outdoor and European Outdoor and Indoor records approved as of

7.99. Whilst there are few changes to European outdoor records, about a quarter of the WAVA records shown in VA earlier this year have changed. It is not possible to publish these in this issue but, if anyone wishes to have a copy of the up-to-date UK-EVAA-WAVA outdoor records, I will supply these on receipt of a sae + 2 x 19p stamps to cover costs. They will be published next year.

Possibly some people may have found a web site on the Internet produced by Olavi Niemi giving what pertains to be European and World Veteran records, including walks. These are unofficial and deviate considerably from the approved records, mostly in that it shows performances better than WAVA records but some inferior to the official records. The official

VA and European records, I understand, will soon be available on the Net. **David Burton**  
Thevet@steyning1.freemove.co.uk

# SCOTLAND'S FINE WORLD CHAMPIONSHIPS

The AGM of the Scottish Veteran Harriers Club, took place at Coatbridge Stadium pavilion on Sunday 17 October with an attendance of 40 members. On the recommendation of the treasurer it was agreed to raise the rate of annual subscription to £12 per member, with a reduced rate of £9 for women over 60 and men over 65. The membership of the club was 679 paid up members (at end of August), consisting of 547 male and 142 female. There are 206 members over 60.

The meeting decided to accept Lochaber AC's offer to include the SVHC marathon championship in their event on 30 April 2000. The indoor championships for Scottish veterans, organised by the SAF, will once again be a two-day meeting held in conjunction with the National indoor combined events at Kelvin Hall on 11 and 12 March, with the national veterans cross country at Cumnock a week earlier. Entry forms and further details of these two championships will be available through SAF-affiliated clubs or direct from the SAF office at Caledonia House, South Gyle, Edinburgh EH12 9DQ.

The meeting expressed appreciation of the work done by the conveners of the British T&F Championships at Meadowbank in July. This was a highly successful event - not only from the point of view of very good entries (including 118 from overseas) - but for a very high class of competition involving top athletes warming up for the Worlds at Gateshead, surprisingly good "Edinburgh weather" (certainly an improvement on 1998!) and, from the club's point of view, quite a useful profit.

The large Scottish contingent at Gateshead, many of them experiencing their first-ever major championship, did well and the President in his introductory

remarks to the meeting congratulated the 14 winners of individual medals (12 golds, 6 silver and 8 bronze awards) plus the two world record breakers - Emmet Farrell and Rosemary Chrimes. We must not forget the 17 medals won by Scots in GB relay, cross country and marathon teams.

The annual match against the North-East Vets at Monkton Stadium on 11 September saw both teams slightly below strength. Although Scotland was the overall winner by 418 to 407 the men's team lost by a mere 11 points and the seven-strong women's team did well to retain their trophy by 106 to 84.

Prior to the AGM at Coatbridge, two events were held within the stadium. The Club 10k track championship was won by Brian Kirkwood (M45) in 32:23 from Nigel Burnell (M40), 35:11, with David Fairweather (M55) third in 35:14.

For the first time a weight pentathlon was held, organised by John Freebairn. Eight throwers took part with Claire Cameron (W40) on 2785 points and John Freebairn (M60) on 3571 having the two highest totals.

The Scottish Association of Track Statisticians' Yearbook 2000 (containing best 1999 performances) will be on sale prior to the start of the next track season. I am the compiler of veterans' best marks for the yearbook and would appreciate information from Scots veterans who compete outside Scotland. They should send details of performance, position in event, venue, date, name of club and date of birth to Ian Steedman, 33 Grange Loan, Edinburgh EH9 2ER, preferably no later than 31st December. Indoor marks are required as well. **Ian Steedman**

## WAVA Road Racing Championships, 2000

The 5th WAVA Non Stadia Championships will be held in Valladolid Spain on Saturday 14th and Sunday 15th May 2000. I have had the pleasure of visiting the city and meeting with Felipe Mendez the Meeting Director for the Championships and with Josep Antentas the European delegate on the WAVA Non Stadia Committee and Marina Hoerneck-Gil EVAA Secretary.

Improvements to the course have been made - mainly to the start area. The finish which is in the City Square is one of character and beauty. I am convinced that all competitors will be delighted with the start area, course, and finish areas. One of the big pluses for me was that Felipe and his team are all runners and appreciate the need for well-constructed courses and good back up facilities. With the exception of 300m, all roads will be closed to traffic with plenty of space for fast running and overtaking. The remaining 300m cannot be closed as it passes a national coach station but the road is sufficiently wide to allow complete safety to runners on one side of the road which will be closed to traffic.

The start area will be in a park which offers a wide expanse of road and a gradual left turn onto the main road, all turns are to the left. The finish area is in the City Square with its majestic Town Hall. The run in to the finish is fast and runs around two sides of the square.

Walks will take place in the same park area as the start of the running events, with loops around the park being approximately 2000 to 2500m. Barbara Dunsford will again be co-ordinating the walks and I

am sure she will continue to develop her expanding reputation as an expert in her field. The walks area is only 300m from the finish of the running events making the square the central point for competitors and supporters. Felipe has promised something special before the start of all events, which should prove interesting and enjoyable for the competitors.

With the experience of Felipe and his team plus the support of Josep and Marina I feel that we will experience our best ever Non Stadia Championships. Already the team has organised the European Non Stadia Championships and annually organises a half marathon in the city.

For the competitors there are many local attractions and a social/sightseeing package available. Even though my visit was short I felt I had experienced the real Spain compared to the tourist Spain. It was a rewarding experience and I feel sure that all competitors will have the same feeling. It is my desire to make Valladolid a true world championship with competitors from many different Countries. WGT will be once again be organising travel for our members and entry booklets are available from our Overseas co-ordinator (see opposite page). Once again I look forward to seeing the red, white and blue vests of our athletes out in force dominating the championships.

**Ron Bell 'WAVA Vice President Non Stadia**

**Personal Footnote:** Will the person who borrowed my videos on Durban, Kobe, and Miyazacki please return them as they are urgently required. My address can also be found on the page opposite.

# BVAF TRACK AND FIELD CHAMPIONSHIPS, MEADOWBANK, EDINBURGH DRESS REHEARSAL FOR WORLDS

While the rest of the country was bathed in hot sunny weather, writes **Martin Duff**, Scotland welcomed 600 athletes to the well appointed Meadowbank Stadium, home of the 1970 and 1986 Commonwealth Games, with wind and light showers. However, the weather problems were minimal compared to the conditions encountered by competitors in the Open Golf Championships at Carnoustie taking place at the same time.

The proceedings were brightened by the appearance of around 100 guest competitors, mainly from the Commonwealth, who were en route to the World Championships at Gateshead. They were led by the 58 year old multi-world champion Ron Robertson, who won his three specialist events, 1500m, 5000m and the steeplechase (the 5000m in a championship best of 16:11.81). Guests took medals according to their position in the events, with the British athletes also gaining medals, depending on participation levels and merit standards.

British vets were also warming up for the world championships,

none more so than Steve Peters, who again posted a M45 sprint treble. Helped by a 2.7m/s wind, the 46 year old ran the 100m in 11.12, faster than Eric Smart's M40 11.27, and then added the 200m and 400m. Even without Viv Oliver, the M45 200m was, perhaps, the race of the championships, as Peters led home Joe Caines, Alasdair Ross (the Durban 400m winner) and Wally Franklyn who realised the game was up even before the final.

The 1989 (Eugene) World Championships M40 800m gold medallist and world record holder Peter Browne showed that he still may be a force when he just squeezed past Walter Wilkinson in the M50 800m in 2:04.02. While Browne was sporting a calf bandage, former British international Wilkinson was making a return to competition, 14 years after his last vets outing when he took silver in the World Championships in Rome.

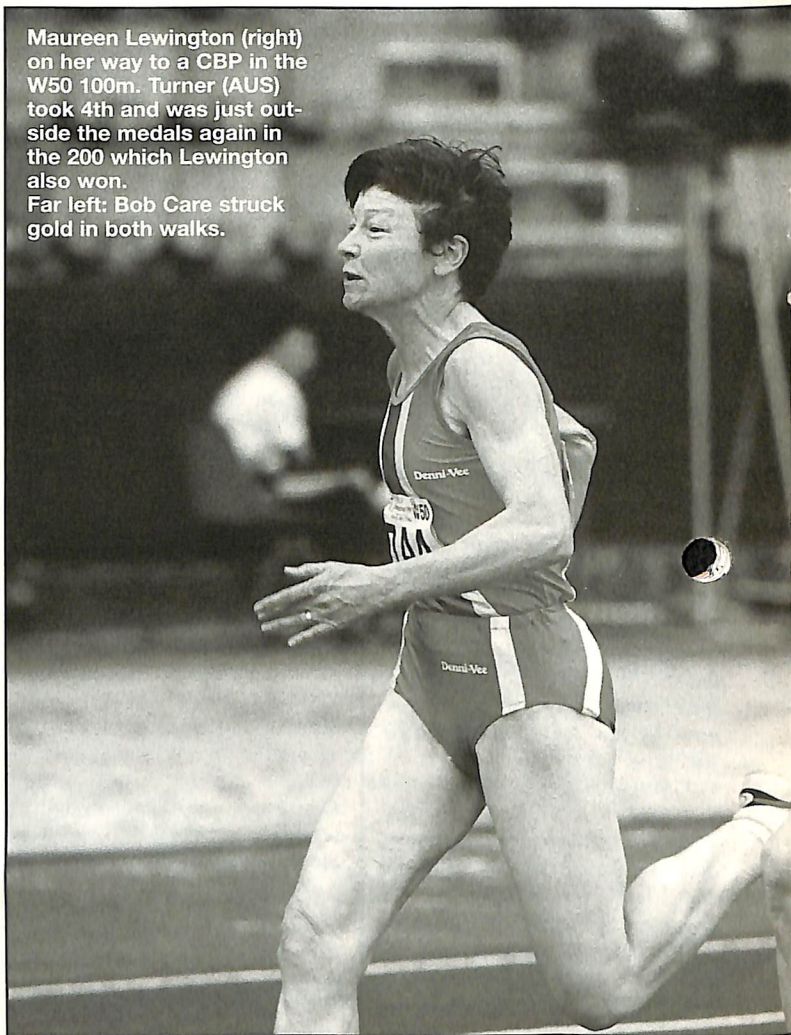
Surprisingly, considering that they were contemporaries, Wilkinson - who had easily won the 1500m on the first day at Edinburgh - and Browne had only met once before, indoors over 800m. Browne observed: "I won that one too, it is now 2-nil!"

It was good to see that "Il Presidente", as organiser Henry Morrison calls BVAF President Eric Shirley, had lost none of his racing tactics when he won the M70 800m in 2:55.74, sprinting clear in the last few yards. Shirley has some way to go before he emulates 90 year old Emmett Farrell, who set an inaugural British M90 best of 4:54.19.

Steve James was expected to be one of the favourites for a title at Gateshead, but he has had a bad time this summer and was pleased to be able to return from injury to take the M60 5000m without problems, gradually increasing the pace throughout to win in 17:39.2. Willie Marshall was in British record breaking form in both of the long distance track events, setting a new M70 5000m mark of 19:16.8 to add to his previous day's 10000m time of 40:12.88. Fellow Scot Gordon Porteous was also full of beans after breaking the world record for the M85 5000m with 24:51.7.

Janette Stevenson, who recently won a year's supply of bread in an American road race but gave it away to the second placed runner, was again on top form over 10000m. She had recently run

Maureen Lewington (right) on her way to a CBP in the W50 100m. Turner (AUS) took 4th and was just outside the medals again in the 200 which Lewington also won. Far left: Bob Care struck gold in both walks.



36:25 on the roads at Brugge to take the European W50 gold, and at Meadowbank the Falkirk runner added a second British record with a track victory in 36:55.29. That made it four records from the three Scots!

While Howard Moscrop was setting a British M40 400m hurdles record of 53.7 in a Southern League match the previous week, his arch rival Mike Coker was taking the M40 title at Edinburgh in a (for him) modest 56.01. Coker then went on to add the 110m hurdles in 15.39.

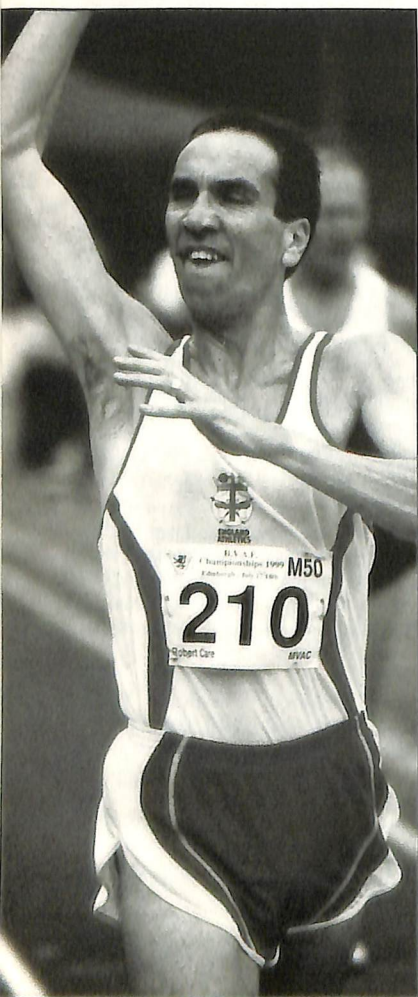
Maureen Lewington scored a repeat double in the W50 sprints - adding the shot put for good measure - while Mary Wixey who has made few outings over 200 metres in recent years recorded 44.84 at the age of 78 for a British W75 best.

BVAF Secretary Bridget Cushen was credited with an inaugural British best for the W55 steeplechase. With a more effective method of clearing the barriers she should go faster but Bridget was not alone in making heavy weather of the barriers!

In the field the British heavies were out in force. M45 Peter Gordon achieved 49.36m in the discus and 51 year old Neil Griffin, who threw 46.12m the 2kg discus a week earlier in a British League Division 3 match, threw 48.59m with the smaller plate. He also won the shot put.

Dave Myerscough was also on song in the M55s. In the same group, Chris Mellhuish just held off Bill Gentleman in the hammer.

Evaun Williams was the best age graded athlete at the Durban world championships when 59 and is now throwing over 40 metres in the hammer at 61. She took all the throws golds. Meanwhile, Rosemary Chrimes was amassing titles like they were going out of fashion. The former Commonwealth discus champion returned to the scene of her greatest triumph (54.46m for a Commonwealth record) to win the W65 event with 30.95m as well as the 100m, high jump and shot put. Her height of 1.25m was a British high jump record.





# AROUND THE REGIONS

## THE MIDLANDS

The weather really did us proud in this summer of discontent. New and Older Veterans produced 26 records in the Solihull Sunshine. New vet Mike Cadman, who did great things for Wolverhampton and Bilston in the First Division of the Birmingham and District League, led from bell to tape, won by as much as was needed and could have challenged Ian Furness's 5,000m record if he had wished.

John Moreland, still the Northern Ireland record holder (51.76m set in 1995) set a season's best in the discus, and added over nine metres to the Championship record to finish with 45.91m. Rugby team mate Kevin Murch, who had won two Midland Senior titles in the early nineties, added the M40 javelin to his tally with a record breaking 59.39m.

In the sprints James Hamilton equalled the M40 100m record in a close race with Cecil Moven, whilst Alan Meddings set a new 200m (M70) best of 27.3, which would have been a British best if electronics and a wind gauge had been used. Alan will, of course, go better in Gateshead, where he hopes to be World number one.

Chesterfield's Derek Taylor was in great form, setting a new best over 400 metres (57.0), and Reg Phipps set a M55 best of 2:09.6 in a great 800m race, losing to M50 Les Duffy. Colin Simpson set two bests at 800 and 1500 metres and battling Bernie Jones who ran a blistering first leg in the National Road Relays, towed Stoke's Richard Hunt to championship bests for both steeplechasers - M40 and M45.

Tony Wells set new bests in the high and low hurdles. "If you think they are low, you run them," stated Tony.

"It's what the American computer programme calls them," was my reply.

Brian Ariss also set a best in the 300m Hurdles of 50.7.

In the walks, Bob Care set off like a train, but the heat got to him and he was a little short of the record. Great effort, though, and you must acknowledge that this guy always attacks hard!

Elaine Worth chipped 7/10 second off Sally Haynes' fourteen year old record; it's only two years since she lost her Worcester record.

Sean Power set two records, 1.55m in the high jump and

12.12m in the triple - beating Colin Green in the process - whilst Norman Carter and Lynda Robson also set high jump bests.

Mike Jones and Brian Sumner set shot records. Christine Smith set a women's hammer best with 30.16m. Former Commonwealth discus champion Rosemary Chrimes displayed much of her technique to set bests in the shot and discus and will surely grasp gold again in Gateshead.

It is nice to be back.

**Brian Owen**

## VETS AC

The cross country season started with a measured 10K race for men and a 6.7K (approx) race for women on a course near Caesar's Well, Wimbledon Common. The distance was intended to fulfil a long needed race with England selection for the Veterans International in mind.

Local master Grenville Tuck showed the way through the woods on the unfamiliar twisting course and won comfortably from John Doocy and Kevin Jennings. Challenging Jennings hard all the way, Steve Smythe was only one extra second behind him than in the January championships over the traditional 4.8mile course.

Then came three M50s. John Treadwell, up to get a selection time for the M55 team, was just four seconds ahead of Liam O'Hare - an Irish candidate - and then Alan Matthews.

Josie Heffernan ran with 10th finishing Dave Gibbons all the way, making an excellent bid for the competitive English W45 squad. She was timed at 39:11 on the tough course - which included three hills. Alison Fletcher also ran the full 10K and finished next.

Thames's Keith Spacie and Frank Carpenter were the first M60s while Ron Higgs, bidding for Bideford, had over a minute to spare from Richard Pitcairn-Knowles in M65.

In the two lap women's race, W40 Jan Ross (27:58) headed Clare Pauzers who was coming back after a baby. The first W50, Margaret Moody, was fifth of eight runners in the two lapper.

At the 10,000m track championships, Richard Holland continued his run of form to win in 34:03 after Grenville Tuck, first M45 with 34:12.9, had shared the lead. The close third Liam O'Hare recorded 34:16.2 and then stayed on the track and ran again in the

over 50 race. Pacing steady 5:55 miles he won in 36:49.9 from Dennis Williams with strenuous battles ensuing among the age group medallists behind.

A sunny day blessed a well organised track Championships in August. Thirty-two Championship Best Performances were achieved and Chris Melliush threw the hammer to 53.70 which beat the ratified British record of William Gentleman by 1.88m.

Only a few came out after Gateshead but David Elderfield, World bronze over 400m, dominated the M40 sprints while consistent Wally Franklyn at last found a gold in the M45 100 with 11.4. Jon Browne was edged out there but came back with a 22.9 200m for a CBP. Then 'bronzed' Val Parsons swept home in the all women 100m.

Lesley Felton, whose 2:19 800m just failed to get third at Gateshead, had enough in hand in winning the 800 and 200 to stay and take on the fine challenge by Dina Francis over 400m.

Another WAVA bronze, Charlie Dickinson won the M50 5,000m, just 4 seconds behind race winner Alan Camp from Kent. Double medallist Jane Davies marked up two CBPs in the W50 compoetitions.

The many members who raised their stakes in thrilling and competitive races and throwing events deserve credit but they are, inevitably, too many to mention here.

In the last road race of the summer, super fit John Rye won over the measured 5 mile distance in 25:34 (his best time of three outings) from new member Stan Mackay and the first M50, Liam O'Hare.

Rye who checks his performance against his pulse monitor while he races, said afterwards: "The (English) M45 (team) - which I hope to be in - versus the M40 (team) at Bideford this year could be the top match."

**Jeremy Hemming**

## SOUTHERN COUNTIES VAC

As in 1998, the Peel Centre at Colindale was the venue for the SCVAC T&F Championships on June 13. Once again several British records were beaten but owing to the lack of electronic timing and the absence of top graded timekeepers, the W50 200m of Viv Bonner (27.2) and the M55 400 metres hurdles of Fred Bush (64.9) were unable to be forwarded as new marks.

No such problems however in the Field events where Gordon

Hickey's M65 Shot Putt of 13.30 and Peter Barber's M65 Hammer throw of 44.94 were duly passed on to the records Chairman with the relevant authorisation.

As always there were many new CPRs. As well as her 200 mark, Viv Bonner also achieved 13.3 in the 100, while Alasdair Ross returned to form with a good 23.4 M45 200m win over Jon Browne and Wal Franklyn.

Dave Elderfield was the pick of the one lappers with 51.2 at M40 while Ross continued to impress with an M45 52.3. A little higher up the age groups, Terry Bissett (M55), Colin Field (M60), Andrew Blackman (M65) and Pam Jones (W60) all proceeded to obtain new CBPs in this discipline. Barry Ferguson also ran into timely good form with new M55 figures of 16.1 in the 100m hurdles.

In the middle distance even Chris Waugh notched up a nice 800/1500 double with 2:03.4 and 4:13.6 while the W40 800 metres duel between Jenny Brown and Lesley Felton proved to be the most exciting race of the Championships.

Richard Holland was a close runner up to Waugh in the M40 1500 and also ran the fastest 5000 metres with 16:47.2. However, the only CBP in the longer event was again Steve Charlton with 19:25.5 at 72. Steve once again won the Norman Martin Trophy for the best over-70 athlete with his age grading percentage of 93.01.

Not quite so many CBPs in the 3K walk this year, although Brian Gore and Ann Lewis who can always be relied upon, set new figures of 14:57.7 at M60 and 16:19.9 at W50. It was nice to see former European Championship Chairperson Hazel Rider back on the track after a lengthy absence with a W65 win in this discipline.

CBPs in the High Jump went to M70 Alf Woods and new W40 Jenny Brown while, less predictably, Kay Koppell notched up one at W60 in the 'highs' and then produced the only record in the Long Jump. However, Ajit Kalirai (naturally) and Gwen Cunningham attained new figures at M70 and W45 in the Triples.

Although Hickey and Barber stole the honours in the Throws, it was good to see the return of Erik Barker after some horrendous surgery. He putt 12.20 for an M55 win with Steve Archer and Mike Small both exceeding 12 metres at M40 and M45. Neil Griffin achieved a 14.14 /48.25 shot/discus double. Evaun Williams set new figures at Shot (11.83) and Javelin (33.71).



## SECRETARY'S REPORT

The BBC has produced an excellent 23 minute documentary on veteran athletics, titled "Old Gold". It is scheduled for screening towards the end of November on BBC1. Most of it was filmed at the World Championships in Gateshead and is the best publicity we have had for some time.

The IAAF are planning to sell their quarterly magazine, NEW STUDIES IN ATHLETICS through leading book shops in affiliated countries. It is a superb magazine covering coaching information, technical research and bibliographic documentation.

Information on group travel by air and sea to the XII European Track & Field Championships in Finland is now being pursued by the BVA. See advertisement this page.

Details of an indoor meeting in Budapest covering all age groups and events up to 3000m, plus all jumps, pv, shot and 60mH have only just been received. **Bridget Cushen**

## GATESHEAD RAFFLE

The Flight prizes were not awarded as the amount of tickets sold was below the sale level required.

- 1st prize £100 track suit -  
Leppsoo Brown
- Trainers - Kinkel Brun  
Spikes - G Rafferty  
Track top - Cornelia Uthe  
Isabel Howey (21461)
- BVAF tracksuit - K E Stewart  
Sports watch - J Fitzgerald  
BVAF Kit - Dawn Gilcrest (26847)  
Belinda McCoy (26722)
- T shirts - Wood (21306)  
G Lawson (27598)  
Bruder  
Helena Rantaken  
S Bollans (26739)
- Shorts - A Edwards (26821)  
Brenda Bradshaw (24062)
- Running vest - Peter Hayes (26849)  
M Searle (26829)
- £10 - Susan Barnett (21391)  
A Jenkins  
E Archer  
Eero Vayrynen  
G J Oliver 21481  
W Morgan  
F Van Rijsbergen  
M Hocknell  
P Bramford (26540)

Some winners took equivalent prizes to those advertised. The numbers shown had not yet received prizes at the time of going to press.

# WHAT'S ON/FIXTURES

## INTERNATIONAL

- 14 -14 MAY World Road Racing Championships, Valladolid, Spain  
6-16 JULY European Track and Field Championships, Jyvasyla, Finland

## NATIONAL

- 5 DEC BVAF 10 miles, with Nene Valley 10, Peterborough  
25 MAR BVAF Cross Country Championships, Grimsby

## NORTH

- 12 DEC NVAC Christmas handicap. From East Cheshire Harriers Club HQ, Ashton-Under-Lyne - noon. Entries: Peter Dibb, 34 Jackroyd Lane, Newsome, Huddersfield HD4 6RD

## MIDLAND

- 23 JAN MVAC Cross Country Championships, Derby.

## SOUTH

- 18 DEC VAC CC Wimbledon Common, SW19, Change and enter, Belgrave Hall, Denmark Road, start 2.30pm  
22 JAN VAC CC Women's Champs, with Men's race, Wimbledon Common, start 2.00pm. Enter on day.  
23 JAN SCVAV 25K and Grand Prix, with Mitcham 25. Entries to Jack Fitzgerald, 6 Tyers House, Aldrinton Road London SW16 1TJ. Entry fee: £4 + £1, 10"x 8" SAE; cheques payable to Sutton & District AC  
12 FEB VAC Men's Championships, Wimbledon Common, SW19, HQ Belgrave Hall, start 2.30pm  
13 FEB SCVAC Indoor Championships, Crystal Palace, 1pm. £2.50 per event members, guests £3.50 (no awards) to Entries Secretary, 64 Goddard Avenue, Swindon, Wiltshire SN1 4HS, SAE  
19 FEB Croydon H Inter Club men's 10K CC, Lloyd Park. Includes SCVAC Championships and Grand Prix, start 2pm

## SOUTH WEST

- 5 DEC SWVAC Grand Prix No. 19 - Portsmouth 5 miles, 1.30pm (Championships)  
2 JAN SWVAC Grand Prix No. 20 - Exeter 10K 10.30am.

## SCOTTISH

- 12 DEC Christmas Handicap, Lochinch

## ISLE OF MAN

- 27 DEC Millennium Way Relay, Skye Hill, Ramsey 9.30  
23 JAN 23rd Island Cross Country Championships

## Travel 2000

WGT, the official agent of the British Veterans Athletic Federation is again offering special arrangements and competitive costs for the two major events to be held in Europe during next year.

<b>JYVASKYLA</b>	<b>European T&amp;F Championships</b>	<b>6th - 16th July</b>
<b>VALLADOLID</b>	<b>World Road Championships</b>	<b>13th &amp; 14th May</b>

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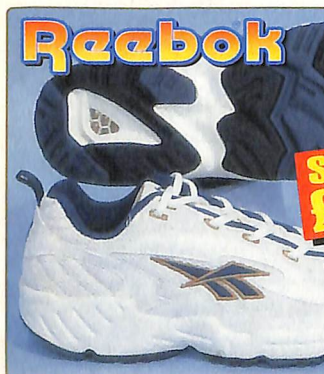
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**WAVE CONVICTION**  
 For all runners who need added support and stability whilst retaining excellent cushioning, sizes 6, 6½, 7, 7½, 8, 9, 10, 11, 13, **USUAL £59.99**

**PROFILE: STABILITY SHOE**  
**SAVE £20**

**MIZUNO TITAN II**  
 Lightweight motion control shoe which will offer a superb smooth ride whilst remaining extremely stable. Suitable for heavy or less efficient runners, sizes 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 11, 12, 13, **USUAL PRICE £69.99 SALE £39.99**

**asics RUNNING SHOES**  
**GEL NANDI DS**  
 Designed for the serious running enthusiast looking for a performance running shoe, ideal for running on trails as well as suitable for regular running, mens UK 8, 8½, 9, 9½, 10, 10½, 11 & 13, ladies sizes 4-9 inc half sizes, **USUAL £74.99 SALE £49.99**

**GEL NANDI DS WOMENS MODEL**  
 Same spec as mens Gel Nandi DS, ladies sizes 4-9 inc half sizes, **USUAL £74.99 SALE £49.99**

**asics TRABUCO WOMENS**  
 For the lady trail running enthusiast seeking traction with the emphasis on rearfoot shock absorption, Gel cushioning unit located in the rearfoot of the midsole, ladies UK sizes 4½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, **USUAL PRICE £59.95 SALE £39.95**

**asics OPTIMUS**  
 Suitable for enthusiasts seeking a shoe for light running, walking and casual activities, mens sizes 6-12 inc half plus 13, ladies sizes 3-9 including half sizes, **USUAL £39.99 SALE £30.00**

**asics GEL REFLEX**  
 Entry level shoe suitable for enthusiasts seeking a shoe for light running, walking and casual activities, mens sizes 6-12 inc half & 13, **SALE £25.00**

**asics CROSS COUNTRY SHOE & TRACK SPIKE**  
**asics PRO COUNTRY**  
**CROSS COUNTRY/TRACK SPIKE**  
**430.** A genuine cross country spike that can be used equally effectively on the track due to a studded sole which is designed to suit all surfaces, sizes 6-12 inc half sizes, **£39.95**