

# MASTERS ATHLETICS





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**Front Cover:** European Masters Athletic Championships Non Stadia in Alicante (top photo) Ian Richards wins three Gold medals in Race Walk - (bottom left) Two Gold's and a Bronze for Mick Casey - (bottom centre) Three Golds, a Silver and a Bronze for Angela Copson - (bottom right) M65 Cross Country Relay Gold medallists - Desmond Michael, Terry Eakin and Michael Mann - (photos courtesy of [www.fotosdemarivi.com](http://www.fotosdemarivi.com) and Desmond Michael)

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## International Fixtures

- 4-16 Sep 2018 **World Masters Track & Field Championships** - Malaga, Spain
- 17 Nov 2018 - **British & Irish Masters Cross Country International** - Swansea, Wales
- 24-30 Mar 2019 - **World Masters Indoor Track & Field Championships** - Torun, Poland
- 5-17 Sep 2019 - **European Masters Track & Field Championships** - Jessolo, Italy
- 20 Jul - 01 Aug 2020 - **World Masters Track & Field Championships** - Toronto, Canada

## National Fixtures

- 08 Jul 2018 - **England Masters Inter-Area T&F Challenge** - Norman Green Sports Centre Blossomfield Road Solihull B91 1NB

14-15 Jul 2018 - **North of England Masters T&F Championships** - Sheffield Hallam University, Woodbourn Road, Sheffield, S9 3HL

14-15 Jul 2018 - **British Masters Combined Events Championships** - Sheffield Hallam University, Woodbourn Road, Sheffield, S9 3HL

15 Jul 2018 - **British Masters 20k Road Walk Championships** - Registration: Coventry Godiva Clubhouse, Kirby Corner Road, Canley, Coventry CV4 8GL

22 Jul 2018 - **BMAF Half Marathon Championships** - Redhill Aerodrome, Redhill, Surrey RH1 5YP

05 Aug 2018 - **BMAF 10 km Championships** - Tittensor Village Hall, Winghouse Lane, Tittensor, Stoke on Trent, ST12 9HW

25-26 Aug 2018 - **British Masters Track & Field Championships** - Alexander Stadium Walsall Rd Perry Barr Birmingham B42 2LR

29 Sep 2018 - **England Masters Inter-Area Cross Country Challenge** - Nowton Park, Bury Road, Bury St Edmunds, Suffolk IP29 5LU

07 Oct 2018 - **BMAF Marathon Championships** - Chester Racecourse, Chester, CH1 2LY

27 Oct 2018 - **British Masters Cross Country Relays** - West Park Long Eaton NG10 4AA

## Regional Fixtures

- 10 Jul 2018 - **VAC Battersea Park Road & Race Walk Series 2018-4** - 5km road race, 5m race walk. VAC 5 km championships - Millennium Arena, Battersea Park, London SW11 4NJ
- 11 Jul 2018 - **NMAC Track and Field Series** - Princess Mary Athletics Stadium, Bradford Road, Cleckheaton, WF15 6LW
- 05 Aug 2018 - **MMAC 10 km Championships** - Tittensor Village Hall, Winghouse Lane, Tittensor, Stoke on Trent, ST12 9HW
- 07 Aug 2018 - **VAC Battersea Park Road & Race Walk Series 2018-5** - 5m road race, 5m race walk - Millennium Arena, Battersea Park, London SW11 4NJ
- 11 Aug 2018 - **EMAC Track & Field Championships** - Southend Tennis & Leisure Centre, Garon Park. Eastern Avenue. Southend-on-Sea SS2 4FA
- 19 Sep 2018 - **VAC 10k Track Championships 2018** - Millennium Arena, Battersea Park, London, SW11 4NJ

## JOIN THE 300 PLUS CLUB

The 300 plus club exists to provide financial support the Masters Athletics magazine. For £15 per year you can purchase a share numbered between 1 and 999. Once a month one of these numbers is selected at random to receive a prize of £125, and five runners-up each receive £10.

If you are not already a supporter and wish to purchase one or more shares, then please get in touch at 300plus@bmaf.org.uk

### New British Records

**4 x 800m** - The event was run in conjunction with the Scottish Universities Track and Field Championships at Grangemouth on the 14th April. The British Masters Team of Clare Barr W50, Fiona Matheson W55, Julie Wilson 50 & Yvonne Crilly W55, finished second to Cumbernauld AAC Men's Team in a Fantastic time of 10:33.56 just 9.35 seconds slower than the American held World Record.

It would appear that Mo Farah's 2 hours 6 minutes 21 seconds run at London Marathon is a new British Senior Best. It is also a New European Masters best, and of course a British Men's 35 best

**Javelin M80** 400g Victor Adcock 29.60 - Kingston on Thames 7/4/2018

**Pole Vault W65** - Susan Yeomans 2.55 - Cambridge 19/5/18

**5000m M35** Chris Thompson - 13:25.29 - Palo Alton, USA 3/5/2018.

**10000m M35** Chris Thompson - 27:52.56 - London - 19/5/2018.

**Javelin W65 (500g)** Joylyn Saunders-Mullins - 24.78 Stenage 7/5/2018.

**High Jump W55** Wendy Laing - 1.45 Liverpool 12/5/2018.

**10km Road M35** Mo Farah 28:27 Great Manchester Run 20/05/2018.

**Hammer Throw M80** Ernest Tuff 40.03 metres - Belfast 30/6/2018

**Shot Put M80** Ernest Tuff - 11.22 metres - Belfast 30/6/2018

**Weight Throw M80** Ernest Tuff 16.99 metres - Belfast 30/6/2018

**400 metres W45** Nina Anderson 57.56 - Brussels, BEL 30/6/2018

### Secretary's Report - Bridget Cushen

#### Burrell suspended

EMAC and Rugby & Northampton AC thrower and Coach, David Burrell, has been suspended by UK Athletics for 4 years effective from 18/10/17-17/10/21 after refusing to submit to

an Anti Doping Test when a Tester made an early morning call to his home. A Junior British Javelin Champion who he coached has also been suspended. A UKA Spokesperson said a failure to comply with sample collection procedures is a serious breach of the Anti-Doping Rules and of athlete/coach responsibilities.

Burrell has not competed in BMAF Championships since winning a silver medal in the M50 Weight and a bronze in the Shot at the 2017 Indoor.

**NMAC** high jumper Steve Lindsell has at last received the European Masters M50 Indoor bronze medal he should have been presented with in Ancona. The Ukrainian Masters cooperated fully following the suspension of their high jumper.

#### AGM

All members are invited to attend our Annual General Meeting that will commence at 18.30 on Saturday 25 August in the Alexander Stadium building. Any Proposals or nominations for Office should be submitted through your BMAF Club to reach me by Friday 25 July. All outgoing Officers are seeking re-election.

One major issue that will be explained by Ian Richards, BMAF Vice-Chair Policy & International Affairs, is a new Constitution that may incorporate a Company Limited by Guarantee. Ian and your Treasurer, David Oxland, have been working tirelessly on drafting this out. You may have questions or concerns to raise on this; the AGM is the place to do so. Come along, speak, vote.

#### Exhibitions of Interest

Photographer Alex Rotas has an Exhibition of her work currently showing at Park Gallery, Callendar House, Falkirk until 19 August.

#### 300m or 400m for O/60

Quite a number of you got involved in Stephen Peter's proposal that the Over Sixties should run 300m instead of 400, but the majority were very much in favour of the status quo.

#### John Hall and Eric Horwill step down

These two great stalwarts of Race Walking are calling it a day after years of work in organising our Walking events. We thank them for their dedication to the BMAF and Race Walking, no doubt they will list going out walking as one of the things they are looking forward in retirement, which we hope will be long and healthy.  
Bridget Cushen

### Obituary

#### Don Ritchie MBE

We regret to announce that the "Ironman" of BMAF died on 17 June aged 73. The ultra distance running member of SVHC had a long and illustrious ultra Senior career before joining us. At age 46 he covered a staggering 166.243 miles in the 1990 I.A.U 24-hour World Championships held indoors in Milton Keynes. The Forres Harriers remained active into his Sixties. We offer our condolence to his family.



### **BMAF Vice- Chairman leads British Walkers to Victory - Spain dominate the Men's 10k Road Run**

On the first day of the 3-day European Masters Athletics Non Stadia Championships in sunny Alicante, three times Olympian Ian Richards got himself back on the podium again with an eight minute victory in the M70 10km Road Walk over Ludwig Niestelberger, Austria. Supported by Roger Michell, 3rd and John Borgas 6th, the British trio's cumulative time of 3h06.05sec got them the team gold award well clear of Italy 3.33.48sec. Ian was 2nd overall in the M55+ race.

Helen Middleton, Fiona Bishop and Carolyn Derbyshire took W40 team bronze in a closer contest behind Italy and the host country. MMAC member, Ann Wheeler led the W60 team of Cath Duhig and Linda Farrow to silver medals. Without a third Age Group member, Malcolm Martin 7th and Hardeep Minhas 11th missed out on possible team medals in the M60 race. M75 Mick Barker got a European bronze with evergreen Edmund Shillabeer 4th. 41 finished, 3 unfortunately were DQ-d in the M35-54 race; 50 finished in the M55+ and a total of 65 crossed the finish line in the Women race.

With huge support from the host nation, 250-plus runners aged M35-59 set off at a pace in a separate race that was to be dominated by Spanish runners and won by their M35 Sergio Salinero in 30.47sec from M40 Javier Martinez, 31.19sec. The host nation took all the individual and team titles from the M35-M45 before the Portuguese Joaquim Figueiredo crossed the line first M50. Gary Gregory was first of our entries in 40<sup>th</sup> overall and 19th in his M35 race in 34.11sec. His time was good enough to lead the team, Tony Macdowall 73<sup>rd</sup> overall, and Tony Golabek, to M35 silver medals.

M50 Philip Leybourne had a great run to come in 47th overall and second Briton home in 34.38sec; teaming up with David Smith (36.10), Roger Alsop (37.43) for team bronze. The M55 trio of Grant Matheson, Paul Fletcher and Trevor Rayner also got on the podium.

The Women, running with the M60+, had better fortune led home by Jo Coates 3rd W40 in 37.02sec. Record breaking W55 Scottish runner, Fiona Matheson won her category in 38.15 sec after getting a good test from the Italian Nadia

Dandolo who came in 38.24sec. Angela Copson [of course!] easily won the W70 race 47.18sec with the bronze medal deservingly going to Worthing runner Pauline Rich. A stalwart of these Championships, Pam Jones from Ilford, ran out an easy winner of the W80 race. There were more medals when the W35 team of Nicola Gauld, Catherine Charlton and Ruth Jones were 2nd, W40 – Jo Coates, Sarah Metz and Carol Lowes got bronze medals, bronze also for the W50 trio of Karen Rushton, Jane Pidgeon and Tracey Gibson. VAC's Secretary, Ros Tabor, Barbara Ockendon and Sue James ran themselves into 2nd W65 team home. With Angela Copson's clear ten minutes victory, Pauline Rich and June Johnson supporting, they finished up taking the W70 title by a huge margin from Germany and Italy.



*Nicola Gauld - part of the silver medal W35 team*

In top form at the European Indoor in March, M65 John Skelton and M75 Phil Brennan just missed out on individual medals here in 4th but John spearheaded the M65 team of Terry Eakin and Desmond Michael to silver medals behind Spain.



*Norman Baillie - M70 team Gold 10km*

After being presented with his individual 3rd place M70 medal, Mick Casey went on to see his time 42.53, the 45.21 by Norman Baillie and the experience David Beattie 47.02sec cumulative times win them the European M70 team title.





*The Walks took place alongside the marina in Alicante*





Also enjoying the Spanish sunshine were hardworking Officials Fred Pidgeon finished 148th in 47.29sec and well outclassed by his wife Jane, she was home and dry in 45.16! Coming in 29th in the M65 race was the 1974 Commonwealth and Olympian marathon representative, Ian Thompson, running with his wife Margaret.

Bridget Cushen



*June Johnson - W70 team Gold 10km*

#### Days two and three in Alicante report by Paul Smith

The sun continued to shine on Saturday morning as the Cross Country relay teams made their way to the San Juan region, about six miles east of the town centre marina, where the walking events had taken place.

Situated close to the stunning golden Mediterranean beaches, this was the same area that hosted the start of the 10km road race the evening before. It was not ideal having the walking events and running events so far apart, which just made it feel like two entirely separate events were taking place. It also caused huge problems on Friday night as athletes finished the 10km race to be told that the medal presentations would now take place near the marina, in an hour's time. The tram ride was 40 minutes duration with a good walk either side and there were no taxis anywhere to be seen. Surely a courtesy bus would have made more sense. Of course this meant that many of the medal presentations on Friday night had empty spaces on the rostrum.

Thankfully on Saturday they seemed more organised with plenty of time between the events concluding and the medal ceremonies. More people were in attendance at the presentations and the enthusiastic Swiss cow bell ringers added to the atmosphere.

The 2km course weaved its way through numerous palm trees and over a number of different surfaces, including grass, gravel and sand. Whilst the trees gave some cover from the sun, you needed to be aware of low branches overhead and exposed roots and kerb stones underfoot. Once again the Great Britain and Northern Ireland team found this to be a hugely successful event.

First up were the Men over 55 running one lap each. Paul Fletcher, Grant Matheson and Tevor Rayner ran well to take Bronze in a really competitive field. The M65 category saw the Great Britain and Northern Ireland trio of Desmond Michael, Michael Mann and Terry Eakin win Gold, exactly two minutes ahead of Switzerland. The M70 team also won Gold with Mick Casey, David Beattie and Norman Baillie as runners. It was silver for the M75 team of Phil Brennan, Arthur Kimber and Anthony Brackstone.

Next up were the women, who also ran 2km each. The W40 team of Sarah Metz, Helen Brown and Carol Lowes won bronze as did the W45 team of Lynne Champion, Denise Johnson and Tracey Gibson. It was Gold for the W55 team of Jane Pidgeon, Susan McDonald and Karen Rushton. The W55 team won Bronze with runners Fiona Matheson, Lynne Marr and Fiona Bishop and the W65 and W70 teams both won silver. Rosalind Tabor, Barbara Ockendon and Susan James (W65) and Pauline Rich, Patricia Cummins and Anglea Copson (W70) were the teams.



*Gary Gregory completes the anchor leg of the cross country relay and wins bronze just ahead of the Irish team*

The third race was for M35 to M50. Two laps of 2km each. The M35 team of Tony MacDowall, Tony Golabek and Gary Gregory won a highly competitive race against the Ireland team for bronze, eventually taking it by just four seconds.

The M40 team secured bronze behind Spain and Germany with Kelvin Lowes and two M50 athletes, Peter Costley and Paul Smith. The M50 team also won bronze through Roger Alsop, David Smith and Philip Leybourne.

In the early evening it was back to the marina for the 20km and 30km walks. The picturesque course was in a horseshoe shape around the harbour which is also adjacent to the main shopping and restaurant area, making it ideal for spectators.

Helen Middleton won silver in the W55 category and Catherine Duhig secured bronze in W60. It was gold for Noel Blatchford in W70. In the team events Helen Middleton, Melanie Peddle and Angela Martin won silver in W45. It was gold for the W60 team of Catherine Duhig, Ann Wheeler and Noel Blatchford.



*Roger Alsop hands over to David Smith on route to winning team bronze in the M50 category*

It was gold for Malcolm Martin and Ian Richards in M60 and M70 respectively. Roger Michell added bronze in the M70 category. The M70 team Ian Richards, Hardeep Minhas and Roger Michell won gold.



*M70 Gold for Ian Richards*

On Sunday morning it was the final event of the championships, the half marathon. Roads were closed for competitors to make their way around the 13.1 mile course which passed by many of the local tourist attractions.



*Jo Coates - individual and team silver W40 half marathon*

The ladies were much more successful over the distance with Angela Copson winning gold (W70), Jo Coates (W40) silver, Charlene Jacobs-Conradie (W35) and Rosalind Tabor (W65) taking bronze. Jo Coates, Charlene Jacobs-Conradie and Catherine Charlton also added the W35 team silver. Likewise Karen Rushton, Susan McDonald and Fiona Price won team

W55 silver. Angela Copson, Rosalind Tabor and June Johnson also won team silver W65.



*Kerry Liam Wilson (M45) - first GB athlete to finish the half marathon in a time of 1:13:26*

Individual medals were in short supply for male GB athletes with only Phil Brennan (M70) winning bronze for the men. In the team events there was a silver for M65 trio of Desmond Michael, Nick Kernahan and Michael Mann and bronze for the M70 team of Mick Casey, Kenneth Black and Trevor Edgley.

## Great Britain and Northern Ireland Results

### 10km Road Walk (Men)

2 Ian Richards M70-1 0:54:01, 12 Malcolm Martin 1:00:53 M60-7, 16 Roger Michell 1:02:35 M70-3, 22 Hardeep Minhas 1:05:09 M60-11, 33 John Borgars 1:09:29 M70-6, 41 Mick Barker 1:14:21 M75-3, 45 Edmund Shillabeer 1:15:54 M75-4

**10km Road Walk (Women)** 12 Carolyn Derbyshire 0:59:51 W40-3, 19 Helen Middleton 1:02:04 W55-3, 29 Catherine Duhig 1:04:06 W60-3, 31 Ann Wheeler 1:05:30 W60-4, 52 Fiona Bishop 1:12:35 W55-10, 54 Angela Martin 1:13:34 W50-14

### Teams

1 M70 3h06:05 (Ian Richards, Roger Micell, John Borgars) 3 W40 3h14:30 (Helen Middleton, Fiona Bishop, Carolyn Derbyshire) 2 W60 3h24:30 (Ann Wheeler, Catherine Duhig, Linda Farrow)

### 10km Road Race (M35 to M55)

40 Gary Gregory M35-19 34:11, 47 Philip Leybourne M50-6 34:38, 73 Tony Macdowall M35-24 35:47, 89 David Smith M50-19 36:10, 91 Tony Golabek M35-27 36:19, 109 Paul Fletcher M55-9 37:00, 119 Dean Kane M35-31 37:22, 122 Roger Alsop M50-29 37:43, 149 Peter Costley M50-39 38:47, 164 Grant Matheson M55-20 39:34, 171 Trevor Rayner M55-22 39:56, 179 Paul Smith M50-45 40:27, 183 Steven Doxey M55-24 40:46, 203 Colin Oxlade M55-28 41:58, 215 Alan Roberts M50-55 44:12, 223 Andrew Key M55-35 45:13, 229 Kelvin Lowes M40-35 46:26, 239 Andrew Kirkhope M55-41 47:59

### 10km Road Race (Women and M60+)

9 Jo Coates W40-3 37:02, 17 Fiona Matheson W55-1 38:15, 32 Nicola Gauld W35-8 39:03, 39 Sarah Metz W40-8 39:39, 41 John Skelton M65-4 39:48, 53 Karen Rushton W50-5 40:49, 62 Nick Holliday M60-16 41:20, 70 Catherine Charlton W35-13 41:43, 74 Ruth Jones W35-14 42:04, 75 Paul Forbes M60-18 42:05, 79 Terry Eakin M65-10 42:22, 88 Mick Casey M70-3 42:53, 93 Desmond





*Trevor Edgley and Kenneth Black won a team Bronze in the M70 Half Marathon (with Mick Casey)*

Michael M65-13 43:09, 95 John White M60-21 43:26, 107 Christopher Mason M65-17 44:26, 114 Alan Newman M60-24 45:08, 116 Jane Pidgeon W50-14 45:16, 118 Nicholas Brown M60-25 45:18, 119 Norman Baillie M70-6 45:21, 122 Michael Mann M65-19 45:36, 123 Lynne Champion W45-14 45:37, 141 David Beattie M70-9 47:02, 145 Angela Copson W70-1 47:18, 148 Frederick Pidgeon M60-30 47:29, 151 Rosalind Tabor W65-4 47:40, 153 Tracey Gibason W50-21 47:46, 154 Andrew Murray M65-22 47:47, 160 Stephen Parker M60-31 48:10, 161 Francis Day M65-23 48:17, 177 Edward Skinner M60-32 49:46, 181 Philip Leaver M60-33 50:11, 182 Phyllis Hands W60-9 50:21, 187 Donald Johnson M65-28 51:13, 189 Phil Brennan M75-4 51:20, 193 Ian Thompson M65-29 51:46, 196 Barbara Ockendon W65-9 52:07, 201 Pauline Rich W70-3 52:46, 207 Helen Brown W50-28 53:22, 216 Denise Johnson W55-15 54:34, 223 Susan James W65-15 55:31, 225 Carol Lowes W40 24 55:45, 226 Robert Sargent M60-36 56:15, 231 June Johnson W70-9 57:08, 232 Kim Forbes W60-13 57:27, 234 Huw Roberts M60-37 57:55, 237 Alan Davidson M70-17 58:29, 243 Julia Galea W60-14 59:22, 245 Jo Taylor W60-15 59:30, 258 Ian Leggett M75-9 1:04:40, 265 Patricia Cummins W75-4 1:07:09, 269 Wendy Doxey W55-16 1:07:55, 271 Kevin Dillon M60-43 1:08:30, 273 Pamela Jones W80-1 1:09:10, 274 Bryan Taylor M70-23 1:10:05,

#### Teams

2 M35 1.46.17 (Tony Golabek 36:19 M35, Tony Macdowall 35:47 M35, Gary Gregory 34:11 M35), 4 M40 2.11.05 (Alan Roberts 44:12 M50, Kelvin Lowes 46:26 M40, Paul Smith 40:27 M50), 3 M50 1.48.31 (Roger Alsop 37:43 M50, David Smith 36:10 M50, Philip Leybourne 34:38 M50), 3 M55 1.56.30 (Trevor Rayner 39:56 M55, Paul Fletcher 37:00 M55, Grant Matheson 39:34 M55), 4 M60 2.06.51 (Nick Holliday 41:20 M60, John White 43:26 M60, Paul Forbes 42:05 M60), 2 M65 2.05.19 (Desmond Michael 43:09 M65, Terry Eakin 42:22 M65, John Skelton 39:48 M65), 1 M70 2.15.16 (Norman Baillie 45:21 M70, Mick Casey 42:53 M70, David Beattie 47:02 M70), 2 W35 2.02.50 (Nicola Gauld 39:03 W35, Catherine Charlton 41:43 W35, Ruth Jones 42:04 W35), 3 W40 2.12.26 (Sarah Metz 39:39 W40, Jo Coates 37:02 W40, Carol Lowes 55:45 W40), 4 W45 2.38.21 (Julia Galea 59:22 W60, Lynne Champion 45:37 W45, Helen Brown 53:22 W45), 3 W50 2.13.51 (Karen Rushton 40:49 W50, Jane Pidgeon 45:16 W50, Tracey Gibson 47:46 W50), 4 W55 2.40.44 (Denise Johnson 54:34 W55, Wendy Doxey 1:07:55 W55, Fiona Matheson 38:15 W55), 4 W60 2.47.18 (Phyllis Hands 50:21 W60, Jo Taylor 59:30 W60, Kim Forbes 57:27 W60), 2 W65 2.35.18 Susan James 55:31 W65, Barbara Ockendon 52:07 W65, Rosalind Tabor 47:40 W65), 1 W70 2.37.12 (Angela Copson 47:18 W70, June Johnson 57:08 W70, Pauline Rich 52:46 W70)

#### Cross Country Relays (M35 to M50 = 3 x 4km) (M65+ and Women = 3 x 2km)

M35 3 40:56 (Tony Macdowall M35, Tony Golabek M35, Gary Gregory M35), M40 3 48:04 (Peter Costley M50, Kelvin Lowes M40, Paul Smith M50), M50 3 42:00 (Roger Alsop M50, David Smith M50, Philip Leybourne M50), M55 3 21:28 (Paul Fletcher M55, Grant Matheson M55, Trevor Rayner M55), M55 6 24:58 (Colin Oxlade M55, Andrew Kirkhope M55, Steven Doxey M55), M60 4 23:05 (Nicholas Brown M60, Paul Forbes M60, Nick Holliday M60), M60 8 25:38 (Alan Newman M60, Edward Skinner M60, John White M60), M65 1 24:35 (Desmond Michael M65, Michael Mann M65, Terry Eakin M65), M65 4 28:15 (Andrew Murray M65, Archie Jenkins M65, Donald Johnson M65), M70 1 25:22 (Mick Casey M70, David Beattie M70, Norman Baillie M70), M70 Not Placed 31:14 (Trevor Edgley M70, Alan Davidson M70, Kenneth Black M70), M75 2 32:36 (Phil Brennan M75, Arthur Kimber M80, Anthony Brackstone M75), W35 6 22:51 (Catherine Charlton W35, Ruth Jones W35, Charlene Jacobs-Conradie W35), W40 3 26:54 (Sarah Metz W40, Helen Brown W50, Carol Lowes W40), W45 3 27:29 (Lynne Champion W45, Denise Johnson W55, Tracey Gibson W50), W50 1 23:29 (Jane Pidgeon W50, Susan McDonald W50, Karen Rushton W50), W55 3 26:51 (Fiona Matheson W55, Lynne Marr W55, Fiona Bishop W55), W60 4 29:51 (Kim Forbes W60, Phyllis Hands W60, Alison White W60), W65 2 29:14 (Rosalind Tabor W65, Barbara Ockendon W65, Susan James W65), W70 2 31:14 (Pauline Rich W70, Patricia Cummins W75, Angela Copson W70)



*W70 team silver medal winners 10km - Angela Copson, June Johnson and Pauline Rich (photo by Desmond Michael)*

#### 20km Road Walk

16 2:10:38 Helen Middleton W55-2, 17 2:12:40 Melanie Peddle W45-5, 21 2:14:02 Catherine Duhig W60-3, 28 2:22:08 Ann



Wheeler W60-4, 31 2:24:43 Noel Blatchford W70-1, 37 2:30:25  
Fiona Bishop W55-5, 41 2:32:08 Angela Martin W50-9



*Karen Rushton - M50 team Bronze - 10km*

### Teams

2 W45 6h55:26 (Helen Middleton W55, Melanie Peddle W45, Angela Martin W50), 1 W60 7h00:5 (Catherine Duhig W60, Ann Wheeler W60, Noel Blatchford W70)

### 30km Road Walk

17 3:01:20 Ian Richards M70-1, 18 3:02:04 Malcolm Martin M60-1, 37 3:32:26 Hardeep Minhas M60-6, 38 3:33:30 Roger Michell M70-3



*John Skelton - M70 Team Silver - 10km*

### Half Marathon

20 Kerry-Liam Wilson M45-7 1:13:26, 45 Philip Leybourne M50-4 1:17:30, 68 Robin Bentley M50-10 1:19:30, 72 Jo Coates W40-2 1:19:51, 117 Charlene Jacobs-Conradie W35-3 1:23:06, 158 Roger Alsop M50-21 1:26:08, 214 Steven Doxey M55-24 1:31:28, 221 Karen Rushton W50-4 1:31:45, 222 Peter Costley M50-37 1:31:45, 223 Susan McDonald W50-5 1:31:47, 229 Catherine Charlton W35-11 1:32:15, 246 Trevor Rayner M55-26 1:33:35, 257 Colin Oxlade M55-28 1:34:11, 271 Fiona Price W50-8 1:35:12, 286 Nick Kernahan M65-7 1:36:39, 287 Mick Casey M70-5 1:36:41, 288 Desmond Michael M65-8 1:36:43, 289 Clare Wood W45-16 1:37:06, 309 John White M60-23 1:39:31, 315 Alan Roberts M50-45 1:40:17, 340 Trevor Edgley M70-7 1:43:12, 356 Michael Mann M65-14 1:46:10, 358 Rosalind Tabor W65-3 1:46:16, 376 Angela Copson W70-1 1:47:24, 384 Andrew Murray M65-17 1:48:24, 388 Stephen Parker M60-34 1:49:46, 401 Phil Brennan M75-3 1:52:35, 404 Philip Leaver M60-37 1:52:50, 421 Donald Johnson M65-19 2:00:58, 423 Denise Johnson W55-10 2:01:07, 430 Fiona Bishop W55-11 2:05:40, 433 June Johnson W70-7 2:08:48, 435 George Tunnell M75-6 2:09:13, 436 Julia Galea W60-7 2:09:59, 445 Kenneth Black M70-13 2:16:36



*Tony Macdowall - M35 team Silver - 10km*

### Teams

M45 5 4.42.07 (Kerry-Liam Wilson 1:13:26 M45, Andrew Murray 1:48:24 M65, Alan Roberts 1:40:17 M50), M50 4 4.01.21 (Mark Champion 1:24:21 M50, Philip Leybourne 1:17:30 M50, Robin Bentley 1:19:30 M50), M55 4 4.39.14 (Colin Oxlade 1:34:11 M55, Trevor Rayner 1:33:35 M55, Steven Doxey 1:31:28 M55), M60 6 5.22.07 (Stephen Parker 1:49:46 M60, Philip Leaver 1:52:50 M60, John White 1:39:31 M60), M65 2 4.59.32 (Desmond Michael 1:36:43 M65, Nick Kernahan 1:36:39 M65, Michael Mann 1:46:10 M65), M70 3 5.36.29 (Mick Casey 1:36:41 M70, Kenneth Black 2:16:36 M70, Trevor Edgley 1:43:12 M70), W35 2 4.15.12 (Jo Coates 1:19:51 W40, Charlene Jacobs-Conradie 1:23:06 W35, Catherine Charlton 1:32:15 W35), W45 5 5.43.53 (Fiona Bishop 2:05:40 W55, Clare Wood 1:37:06 W45, Denise Johnson 2:01:07 W55), W50 2 4.38.44 (Karen Rushton 1:31:45 W50, Susan McDonald 1:31:47 W50, Fiona Price 1:35:12 W50), W65 2 5.42.28 (Angela Copson 1:47:24 W70, Rosalind Tabor 1:46:16 W65, June Johnson 2:08:48 W70)

### Medal Table

	GOLD	SILVER	BRONZE	TOTAL
1 ESP	72	39	25	136
2 ITA	20	21	14	55
3 GER	18	17	12	47
<b>4 GBR</b>	<b>15</b>	<b>15</b>	<b>27</b>	<b>57</b>
5 SUI	13	16	16	45
6 POR	8	3	1	12
7 UKR	2	4	2	8
8 SVK	2	0	1	3
9= HUN	2	0	0	2
9= LAT	2	0	0	2
11 AUT	1	5	5	11
12 FRA	1	3	2	6
13 CZE	1	2	2	5
14 POL	1	2	0	3
15 IRL	1	1	1	3
16 ROU	0	4	5	9
17 BEL	0	2	0	2
18 NED	0	1	0	1
19 FIN	0	0	2	2
20 SLO	0	0	1	1

**Virginity Masters Mile, Westminster  
London - 27 May 2018**

The BMAF one mile championships proved to be immensely popular with an abundance of entries and some outstanding



performances. Several athletes achieved age graded scores in excess of 90%.

VAC member Clare Elms ran superbly to take the W50 title in 5.13 and secured the highest age graded rating of the day at 100.6%.

A week after a medal winning performance at the European Masters in Alicante, EMAC member Charlene Jacobs-Conradie secured the W35 title in 5.12.

Joanne Locker won the W40 category and Worcester AC runner Becky Selvey led home the W45 athletes.

With an age graded score of over 97%, Jane Clark's time of 5.42 put her some distance ahead of the other runners in the W55 race.

Just two seconds separated the first three in the W60 category. With Barnsley and NMAC member Jennifer Wakeman finishing first.

EMAC members Yuko Gordon and Ann Dockery won W65 and W70 respectively whilst Waverley Harrier and VAC member Penny Elliott won the W75 category.

SCVAC member Joe Ashley ran the fastest mile of the day in 4.33, to take the M35 title whilst Craig Sharp's 4.37 secured the M40 award. Finishing just a second later, Aldershot and Farnham district runner Mark Symes won the M45 category.

Crawley's Adrian Haines won a close M50 race and Chris Ireland and Kevin Archer took the M55 and M60 titles.

Black Pear Jogger and MMAC member Derek Jackson won by more than thirty seconds in the M65 category, whilst recent double European Gold medallist Mick Casey added the M70 title to his collection.

John Gardener, Joe Aspinall and Richard Pitcairn-Bowles were M75, M80 and M85 winners respectively.

**W35** Charlene Jacobs-Conradie Luton Athletic Club EMAC 05:12 W35-1 84.4%, Ula Cartwright-Finch London Heathside 05:19 W35-2 81.9%, Rhiannon Needham Serpentine RC VAC 06:33 W35-3 66.4%, Michelle Bolden 07:37 W35-4 57.6%, Helen Sargison 08:09 W35-5 53.0%

**W40** Joanne Locker Walton AC VAC 05:35 W40-1 81.0%, Sarah Gruber Invicta East Kent AC SCVAC 05:37 W40-2 82.4%, Kate Carter Wimbledon Windmilers 05:44 W40-3 78.0%, Joy Wright Bournemouth AC SWVAC 06:04 W40-4 74.5%

**W45** Becky Selvey Worcester AC MMAC 05:51 W45-1 80.1%, Caroline Cotterell Cirencester AC 06:11 W45-2 77.6%, Helena Millard Invicta East Kent AC 06:20 W45-3 74.9%, Cat Coveney Basingstoke & Mid Hants AC 06:21 W45-4 76.5%, Grace Wu Serpentine RC 06:46 W45-5 70.9%, Helen Hart Hart Road Runners SWVAC 06:51 W45-6 69.2%, Andrea Westcott Fairlands Valley Spartans EMAC 07:49 W45-7 61.4%

**W50** Clare Elms Dulwich Runners AC VAC 05:13 W50-1 100.6%, Lisa Thomas Hercules Wimbledon AC VAC 05:53 W50-2 88.0%, Mary Craig Wolds Veteran RC NMAC 05:55 W50-3 84.2%, Susan McDonald South London Harriers VAC 05:57 W50-4 83.7%, Lisa

Webb Shaftesbury Barnet Harriers VAC 06:06 W50-5 83.8%, Stefanie Godfrey Cambridge & Coleridge AC EMAC 06:12 W50-6 82.5%, Lucy Clapp Dulwich Runners AC 06:13 W50-7 83.3%, Ola Balme Dulwich Runners AC VAC 06:40 W50-8 75.7%, Alison Wood Fairlands Valley Spartans EMAC 06:53 W50-9 73.3%, Inga Hayden-Cooper 06:56 W50-10 72.8%, Tracey Bosworth South West Veterans AC SWVAC 07:47 W50-11 65.7%

**W55** Jane Clarke City Of Norwich AC EMAC 05:42 W55-1 97.3%, Christine Anthony West Suffolk AC EMAC 05:58 W55-2 89.2%, Breege Leane Ealing Southall & Middlesex AC 06:02 W55-3= 89.4%, Caroline Wood Arena 80 AC SCVAC 06:02 W55-3= 88.2%, Hilary Cook Ipswich Harriers EMAC 08:05 W55-5 67.7%, Sue Ireland 09:33 W55-6 57.3%

**W60** Jennifer Wakeman Barnsley Athletic Club NMAC 06:12 W60-1 93.4%, Gail Duckworth Leighton Buzzard Athletic Club EMAC 06:13 W60-2 96.0%, Anna Garnier Thames Hare & Hounds VAC VAC 06:14 W60-3 95.8%, Avril Riddell Serpentine RC VAC 06:47 W60-4 89.4%, Kathryn Morton Stroud & District AC MMAC 06:56 W60-5 82.3%, Andrea Sanders-Reece Serpentine RC VAC 07:02 W60-6 83.6%, Lesley Wright Cornwall AC SWVAC 07:25 W60-7 78.1%, Zoë Gaffen Kent AC 08:12 W60-8 71.7%, Anne Lippitt Trent Park Running Club VAC 09:23 W60-9 63.6%, Mirena Smith 09:31 W60-10 60.9%

**W65** Yuko Gordon Fairlands Valley Spartans EMAC 06:33 W65-1 97.0%, Ros Tabor Dulwich Runners AC VAC 06:39 W65-2 97.2%, Ann Bath 26.2 Road Runners Club SVHC VAC 09:01 W65-3 72.9%, Pat Brightman Great Yarmouth & District AC 09:41 W65-4 63.6%

**W70** Anne Dockery Bristol and West AC EMAC 07:25 W70-1 90.1%, Ann Gray Midland Masters AC MMAC 08:39 W70-2 82.9%

**W75** Penny Elliott Waverley Harriers VAC 08:14 W75-1 88.7%

**M35** Joe Ashley Arena 80 AC SCVAC 04:33 M35-1 85.6%, Kevin Rojas Brighton & Hove AC 04:35 M35-2 83.2%, Christopher Bird Chichester Runners & AC 04:36 M35-3 82.4%, Colin Welsh Gala Harriers SVHC 04:42 M35-4 80.6%, Matt Hibberd Southampton Athletic Club SCVAC 04:45 M35-5 81.4%, David Hudson BRJ Run and Tri 04:46 M35-6 80.6%, Mark Gardner Lancaster & Morecambe AC NMAC 04:47 M35-7 79.7%, Paul Howard Brighton & Hove AC SCVAC 04:47 M35-8 80.9%, Steve Forsyth Midland Masters Throwers Group 04:48 M35-9 81.2%, Thomas Grimes East London Runners 04:52 M35-10 79.5%, Robert Cartwright Wolverhampton & Bilston MMAC 04:54 M35-11 78.9%, Darrel May Hatch Warren Runners 04:59 M35-12 77.6%, Glen Richardson City Of Norwich AC EMAC 05:02 M35-13 77.4%, David Vogwell 05:02 M35-14 76.8%, Adam Clayton Arena 80 AC 05:10 M35-15 74.3%, Jack Chivers Haywards Heath Harriers SCVAC 05:22 M35-16 72.6%, Matthew Julier 05:33 M35-17 70.2%

**M40** Craig Sharp Dartford Harriers AC 04:37 M40-1 87.0%, Kieran White Hercules Wimbledon AC 04:45 M40-2 83.9%, Richard Clancy Northern Masters AC NMAC 04:53 M40-3= 81.6%, Andrew Parmenter Cambridge & Coleridge AC 04:53 M40-3= 82.9%, Neil Adams North Norfolk Beach Runners 04:54 M40-5 80.7%, Stephen Dickens Rushcliffe AC 04:55 M40-6 81.1%, Jonathan Beatty Kent AC 04:56 M40-7 79.6%, Jim Bennett Southampton Athletic Club SCVAC 05:10 M40-8 78.3%, Andy Cohen-Wray Bedford & County AC EMAC 05:19 M40-9 73.8%, Colin Williams Moorfoot Runners 05:30 M40-10 72.5%, Thomas Martini Ealing Eagles Running Club VAC 05:48 M40-11 69.2%

**M45** Mark Symes Aldershot Farnham & District SCVAC 04:38 M45-1 90.8%, Jeff Pyrah Hastings AC VAC 04:43 M45-2 86.4%, Christopher Westcott Stevenage & North Herts AC EMAC 04:44 M45-3 86.1%,



Adam Baker Orion Harriers 04:47 M45-4 85.9%, Steve Cooper Blackheath and Bromley Harriers Athletic CEIMubAC 04:48 M45-5 84.9%, Paul Lowe North York Moors AC 04:49 M45-6 87.4%, Dave Cobb West 4 Harriers VAC 04:58 M45-7 84.0%, Andy Peet Wigston Phoenix RC WMAA 05:01 M45-8 83.9%, Calvin Scoltock Bromsgrove and Redditch MMAC 05:05 M45-9 82.1%, Darren Bradley Aldershot Farnham & District 05:06 M45-10 81.8%, Andrew Green Dartford Road Runners 05:09 M45-11 81.7%, David Maund St Mary's Richmond AC 05:14 M45-12 77.9%, Jason Savory 05:20 M45-13 78.3%, Michael Woollett Watford Harriers 05:26 M45-14 75.0%, Dave Norman Dudley Kingswinford RC MMAC 05:29 M45-15 76.1%, Darren Over Serpentine RC 05:30 M45-16 74.1%, Robert Curtis Ranelagh Harriers 06:33 M45-17 63.7%, Marcelo Fortes Herne Hill Harriers 06:35 M45-18 61.9%

**M50** Adrian Haines Crawley AC SCVAC 04:47 M50-1 89.4%, David Blackman Southampton Athletic Club SCVAC 04:49 M50-2 88.8%, Gary Burnett Charnwood A C MMAC 04:51 M50-3 87.5%, Steve Atkinson Brighton Phoenix VAC VAC 04:55 M50-4 87.0%, Mark Havenhand Barnsley Athletic Club NMAC 04:56 M50-5 86.7%, Paul Gaylor Aldershot Farnham & District SCVAC 04:57 M50-6 85.7%, Mark Champion Istead & Ifield Harriers SCVAC 05:08 M50-7 82.6%, Anthony Roper Bristol and West AC MMAC 05:08 M50-8 85.4%, Tony Killilea London Heathside VAC 05:21 M50-9 81.9%, Daniel Aguilar-Agon Cambridge & Coleridge AC 05:25 M50-10 80.9%, Darren Franks Hercules Wimbledon AC 05:27 M50-11 77.8%, Tim Grose Walton AC VAC 05:29 63 M50-12 78.0%, Paul Crompton Kent AC 05:35 M50-13 76.0%, Andrew Jones Unattached OPEN 05:35 M50-14 77.8%, Andrew Simms Herne Hill Harriers VAC 05:36 M50-15 77.6%, David Keenan 05:41 M50-16 74.6%, Sean Smith Farnham Runners SCVAC 05:43 M50-17 74.8%, Steve Oxlade 05:55 M50-18 72.9%, Lloyd Bevan Serpentine RC VAC 06:03 M50-19 72.4%, Glen Keegan Herne Hill Harriers VAC 06:03 M50-20 72.4%, David Sancto Istead & Ifield Harriers SCVAC 06:14 M50-21 70.3%, Stephen Cleary 06:15 M50-22 68.4%, Gary C 10:24 M50-23 40.8%

**M55** Chris Ireland Sheffield RC NMAC 04:58 M55-1 90.5%, Dean Angell Horsham Joggers SCVAC 05:07 M55-2 87.1%, Mark Cursons Harrow AC VAC 05:07 M55-3 87.1%, Ifan Lloyd Swansea Harriers AC WMAA 05:09 M55-4 88.0%, Tony Tuohy Dulwich Runners AC VAC 05:11 M55-5 85.3%, Alex Davidson Highgate Harriers 05:13 M55-6 85.4%, Victor Maughn Herne Hill Harriers VAC 05:25 M55-7 82.3%, Simon Bean Epsom & Ewell Harriers SCVAC 05:26 M55-8 84.2%, Stephen Paul Eastern Masters AC EMAC 05:30 M55-9 81.0%, Andy Gannaway Winchester & District AC VAC 05:36 M55-10 78.9%, Kevin Pye Charnwood A C MMAC 05:37 M55-11 80.7%, Geoffrey Brewster Huntingdonshire AC EMAC 05:38 M55-12 81.2%, Andrew Jackson 05:38 M55-13 79.1%, Peter Wright Hatton Darts MMAC 05:41 M55-14 79.1%, Philip York Ealing Southall & Middlesex AC SWVAC 05:42 M55-15 77.5%, Clifford Warren Loughton AC EMAC 05:58 M55-16 74.7%, Keith Hill South West Veterans AC SWVAC 06:07 M55-17 74.1%, Adrian Day Enfield and Haringey A C VAC 06:41 M55-18 68.4%, Gary Budinger M55 Dulwich Runners AC VAC 07:20 M55-19 61.3%

**M60** Kevin Archer Weymouth St Pauls Harriers SWVAC 05:31 M60-1 86.7%, David Pitt Serpentine RC OPEN 05:34 M60-2 85.1%, Nick Holliday Cirencester AC SWVAC 05:38 M60-3 81.9%, Charles Arnold Biggleswade AC EMAC 05:49 M60-4 80.7%, Brian Rogers Ipswich Jaffa RC EMAC 05:49 M60-5 81.4%, Paul Gasson Arena 80 AC SCVAC 05:55 M60-6 80.8%, Lionel Spittle Wolverhampton & Bilston MMAC 05:56 M60-7 80.6%, Malcolm Balk 05:57 M60-8 79.6%, John Barron Kent AC 06:00 M60-9 78.9%, Brian Buckwell Tonbridge AC SCVAC 06:03 M60-10 79.0%, Ian Wright Cornwall AC SWVAC 06:05 M60-11 76.5%, Terry Hellings Lytham St Annes RR Club NMAC 06:20 M60-12

75.5%, Martin Garrett Sudbury Court Running Club VAC 06:22 M60-13 75.1%, Ian McCarthy Cambridge Harriers SCVAC 06:25 M60-14 72.5%, Graham Laylee Dulwich Runners AC VAC 06:39 M60-15 70.0%, Anthony Austin Hercules Wimbledon AC 07:15 M60-16 65.3%, David Gray 07:32 M60-17 63.5%, Kevin Dillon Manchester Harriers & AC NMAC 08:27 M60-18 56.6%, John Gaffen Kent AC 10:16 177 M60-19 46.1%

**M65** Derek Jackson Black Pear Joggers MMAC 05:26 M65-1 90.4%, Terry O'Neill Belgrave Harriers VAC 05:58 M65-2 80.8%, Graham Webster Lytham St Annes RR Club NMAC 05:59 M65-3 81.4%, Don Powell Basingstoke & Mid Hants AC SCVAC 06:05 M65-4 80.8%, Christopher Corcoran Leeds City Athletic Club NMAC 06:13 M65-5 77.6%, John Fassnidge Serpentine RC 06:16 M65-6 77.7%, Peter Kennedy Lewes AC VAC 06:19 M65-7 77.1%, David Hinds Serpentine RC VAC VAC 06:42 M65-8 73.3%, Andy Murray Dulwich Runners AC VAC 06:48 M65-9 70.9%, Trevor Solomon Veterans AC VAC 06:53 M65-10 72.1%, William Fordham Waverley Harriers VAC 07:11 M65-11 67.8%, Martin Lippitt Trent Park Running Club VAC 08:16 M65-12 58.4%, Patrick Reynolds Veterans AC VAC 11:00 M65-13 45.1%

**M70** Mick Casey Barnsley Athletic Club NMAC 05:57 M70-1 85.2%, Peter Giles Hercules Wimbledon AC VAC VAC 06:02 M70-2 87.5%, Ray Lewis City Of Portsmouth AC SWVAC 08:05 M70-3 63.5%, Bill O'Connor Queen's Park Harriers VAC 08:23 M70-4 62.9%

**M75** John Gardener Pembrokeshire Harriers WMAA 06:57 M75-1 79.8%, Roberto Panter Egdon Heath Harriers 07:36 M75-2 74.4%, Doug Milsom Hillingdon AC VAC 07:41 M75-3 76.8%, Ken Chapman Kimberworth Striders NMAC 07:45 M75-4 71.6%

**M80** Joe Aspinall M80 Veterans AC VAC 08:37 M80-1 70.1%

**M85** Richard Pitcairn-Knowles Sevenoaks AC VAC 09:56 M85-1 70.4%

## BMAF Outdoor Pentathlon - Horspath - Oxford - 3rd June 2018

SWVAC member Janet Dickinson amassed a total of 3669 points, the highest score of the day, to lift the BMAF Outdoor Pentathlon W50 title.

Claire Lidster (W35), Rosalind Shuttleworth (W40) and Jeanette Ashton (W60) were the other category winners for the women.

Brian Slaughter (VAC) top scored for the men with 3313 points to win the M60 category. Other category winners were Noel Reid, Grant Sterling, Andrew England, Andy Lewis, Geoff Powley, Ian Reeve and Norway's Per Kristian.

### Women 80H, HJ, SP, LJ, 800, Points

**W35**, 1, Claire Lidster, SWVAC, 17.09, 1.39m, 7.18m, 4.61m, 02:42.39, 2626

**W40**, 1, Rosalind Shuttleworth, MMAC, 16.27, 1.33m, 8.38m, 4.27m, 03:10.41, 2267

**W50**, 1, Janet Dickinson, SWVAC, 14.5, 1.36m, 9.12m, 4.64m, 02:50.07, 3669

(DNF, Charmaine Johnson, VAC, 15.82, DNS, DNS, DNS, DNS)

**W60**, 1, Jeanette Ashton, SCVAC, 19.93, 1.18m, 5.76m, 2.68m, 03:27.69, 2334

### Men, LJ, JT, 200, DT, 1500, Points

**M35**, 1, Noel Reid, SCVAC, 5.95m, 36.70m, 24.94, 26.46m, 04:45.82, 2722



2, John Dickinson, SCVAC, 5.94m, 39.86m, 24.81, 32.97m, 05:40.17, 2614  
 3, Carl McMullen, NMAC, 5.71m, 15.04m, 23.99, 24.39m, 05:16.78, 2234  
**M40**, 1, Grant Stirling, SCVAC, 5.87m, 36.17m, 25.88, 24.56m, 05:41.11, 2571  
 2, Ivan Ross, IRL, 4.64m, 35.46m, 27.31, 21.25m, 04:59.86, 2315  
 3, Aaron Bollu, EMAC, 5.47m, 30.78m, 26.37, 21.60m, 07:16.75, 1946  
**M45**, 1, Andrew England, NMAC, 5.42m, 36.65m, 27.73, 29.95m, DNF, 2269  
**M50**, 1, Andy Lewis, SCVAC, 6.04m, 36.79m, 26.12, 33.25m, 06:08.06, 3171  
 2, Marc Juffkins, MMAC, 4.72m, 28.95m, 28.16, 31.43m, 05:41.39, 2590  
 3, Steve Mayfield, EMAC, 4.25m, 26.84m, 27.18, 26.63m, 05:25.22, 2499,  
 4, Martin Procter, EMAC, 4.85m, 28.13m, 27.39, 26.72m, 06:08.90, 2441  
 5, Nigel Whiting, SCVAC, 4.54m, 22.48m, 26.27, 22.87m, 05:56.91, 2334  
 6, Alan Easey, VAC, 4.71m, 18.70m, 29.59, 20.39m, 06:50.61, 1789, DNF - Steve Oxlade, 3.63m, 34.93m, DNS, 26.25m, DNS  
**M55**, 1, Geoff Powley, EMAC, 4.54m, 38.63m, 27.54, 29.82m, 05:46.97, 3051  
 2, Alan Smith, VAC, 4.67m, 33.28m, 28.93, 27.01m, 06:00.95, 2747  
 3, John Dickinson, SCVAC, 4.70m, 26.04m, 27.3, 21.36m, 05:39.04, 2727  
 4, Pete Stepney, SCVAC, 4.65m, 20.45m, 27.85, 21.24m, 05:20.56, 2662  
 5, Clifford Warren, EMAC, 4.86m, 16.01m, 27.96, 15.84m, 05:26.46, 2487  
 6, Keith Powell, WMAA, 4.69m, 24.16m, 27, 26.53m, 07:05.90, 2446  
 7, Andrew Rushbrook, SCVAC, 4.54m, 29.42m, 31.64, 31.58m, 06:58.66, 2309  
 8, Ian Crawley, SCVAC, 4.90m, 31.39m, 28.84, 25.82m, DNF, 2202  
**M60**, 1, Brian Slaughter, VAC, 4.41m, 37.22m, 28.98, 38.49m, 05:50.23, 3313  
 2, Barry Gibbs, SCVAC, 4.36m, 32.33m, 32.08, 23.43m, 06:56.54, 2369  
**M65**, 1, Ian Reeve, EMAC, 4.20m, 32.24m, 29.95, 25.77m, 06:22.00, 3053  
 2, Adrian Essex, SCVAC, 4.19m, 25.69m, 28.29, 22.56m, 06:10.21, 3007  
 3, John Evans, SCVAC, 4.02m, 20.33m, 31.49, 25.34m, 05:42.72, 2799  
 4, Mark Wyndham-Jones, EMAC, 4.09m, 28.81m, 30.10, 32.89m, 08:10.88, 2685  
 5, William Lonsdale, SVHC, 4.41m, 21.17m, 31.16, 22.39m, 06:33.87, 2660  
**M70**, 1, Per Kristian, Lundby, NOR, 4.22m, 33.40m, 31.89, 30.96m, 07:20.96, 3288  
 2, Lawrie, Dunn, MMAC, 3.86m, 23.49m, 31.82, 22.90m, 07:11.73, 2743

## BMAF 10000m Track - Horspath, Oxford - 3rd June 2018

NMAC member Nick Jones recorded the fastest 10,000 metre time of the day at Oxford's Horspath Road athletics track. He crossed the finish line in 33.01 to secure the M40 category title.

Michael Joyeux (NEMAA), Ben Paviour (VAC), Ian Johnston (SVHC), Stephen Watmough (NMAC) and Kevin Newman (NMAC) were the other male category winners.

There were only a limited number of female entries with Jo Coates (EMAC), Gail Duckworth (EMAC) and Margaret Moody (VAC) winning their respective categories.

**M35** 1 Michael Joyeux NEMAA 33:30.62, 2 James Scott-Buccluch NMAC 35:05.75, 3 Alexander Betts VAC 36:08.12, 4 Miras Eskander NMAC 41:36.70 --- Andrew Whelan VAC DNF

**M40** 1 Nick Jones NMAC 33:01.28, 2 Mark Worringham SCVAC 33:31.90, 3 Stuart Beane VAC 35:17.13, 4 Robert Laing VAC 35:42.61

**M45** 1 Ben Paviour VAC 34:47.10, 2 Tim Kelly MMAC 37:14.50

**M50** 1 Ian Johnston SVHC 34:56.95, 2 Spencer Goodall EMAC 35:55.16, 3 David Smith MMAC 37:36.99 --- Paul Flynn WMAA DNF

**M55** 1 Stephen Watmough NMAC 35:51.73, 2 Paul Cousins OPEN 38:11.07, 3 Dean Angell SCVAC 38:23.71, 4 Bob Fursey SCVAC 42:56.18

**M60** 1 Kevin Newman NMAC 38:50.87, 2 Michael Bridgeland EMAC 39:47.49, 3 Richard Grant SCVAC 41:53.29, 4 Peter Eckersley OPEN 43:55.04, 5 Ian Wright SWVAC 47:45.25

**M65** --- Stewart Thorp SCVAC DNF

**M70** 1 Mick Casey NMAC 43:25.0, 2 Richard Piotrowski SWVAC 44:13.5, 3 Peter Giles VAC 45:20.3, 4 John Exley SCVAC 47:28.6

**M75** 1 Roger Wilson MMAC 51:08.8

**W40** 1 Jo Coates EMAC 38:01.96

**W60** 1 Gail Duckworth EMAC 43:23.5, 2 Lesley Wright SWVAC 53:57.3

**W65** 1 Margaret Moody VAC 47:48.0, 2 Jane Georgiou VAC 53:49.4

## BMAF 10000m Track Walk - Horspath, Oxford - 3rd June 2018

**M50** 1 David Annetts VAC 55:52.93 **M60** 1 Ian Torode SWVAC 1:09:18.79 **M70** 1 Roger Michell MMAC 1:04:29.26, 2 John Borgars EMAC 1:07:30.20 **M75** 1 Mick Barker NMAC 1:16:14.80, 2 Ron Stewart NEMAA 1:33:40.99 --- Tony Brackstone SCVAC DNF

## BMAF 5k Road Championships - Horwich - 17 June 2018 - Photos by David Aspin

Horwich in Lancashire once again provided the venue for this ever-popular BMAF 5km road race championship.

Darrell Hastie was first home to claim the M35 category title closely followed by BMAF 10,000m track champion Nick Jones who secured the M40 award.

After recording the fastest half marathon by a GB & NI athlete at the recent European Masters Athletics Championships in Alicante, Kerry Liam-Wilson won the M45 category in 15.49, just one second ahead of Andrew Grant.

Tyne Bridge Harrier Steve Cairns won the M50 and Guy Woods the M55 categories.



First female home was Luton AC's European medallist Charlene Jacobs-Conradie in a time of 17.53, which secured her the W35 award.

Vale Royal athlete Sarah Jane Murphy was second female and winner of the W40 category.

Wendy King (W45), Kath Aspin (W50) and Helen Burrell (W55) also enjoyed category wins.



*Gala Harriers athlete Darrell Hastie wins the BMAF 5km Road Race at Horwich in a time of 15:31*

1 Darrell Hastie M35-1 Gala Harriers 15:31, 2 Nick Jones M40-1 Warrington A C 15:33, 3 Michael Joyeux M35-2 Quakers Running Club 15:40, 4 Paul Featherstone M40-2 Hermitage Harriers 15:41, 5 Kerry-Liam Wilson M45-1 Cambuslang Harriers 15:49, 6 Mark Couldwell M40-3 Charnwood A C 15:50, 7 Andrew Grant M45-2 Harrogate Harriers & AC 15:50, 8 Mike Burrett M40-4 Leeds City Athletic Club 15:55, 9 Iain Reid M40-5 Cambuslang Harriers 16:03, 10 Gary Crush M40-6 City Of Norwich AC 16:08, 11 Paul Coon M35-3 Derwent AC Cockermouth 16:13, 12 Will Smith M40-7 Halifax Harriers & AC 16:17, 13 Jeff Prest M45-3 Trafford Athletic Club 16:17, 14 Stephen Wylie M45-4 Cambuslang Harriers 16:23, 15 Richard Newsome M40-8 South Kent Harriers 16:27, 16 Steve Cairns M50-1 Tyne Bridge Harriers 16:31, 17 James Scott-Buccleuch M35-4 Stockport Harriers & AC 16:34, 18 Billy McCartney M40-9 Salford Harriers & AC 16:37, 19 Gavin Mcdermott M45-5 Hermitage Harriers 16:36, 20 Louis O'Hare M45-6 Cumbernauld AAC 16:38, 21 Spencer Goodall M50-2 City Of Norwich AC 16:36, 22 Stephen Allan M40-10 Cumbernauld AAC 16:43, 23 Guy Woods M55-1 South West Veterans AC 16:46, 24 Andrew Whelan M35-5 Cambridge Harriers 16:52, 25 Mark Wynne M40-11 Liverpool Pembroke & Sefton H AC 16:53, 26 Brian Scally M50-3 Shettleston Harriers

16:53, 27 Mike Nolan M50-4 Dark Peak Fell Runners 16:56, 28 Robert Bartley M40-12 Cumbernauld AAC 16:59, 29 Craig Pearson M35-6 Cannock & Stafford AC 17:01, 30 Justin Carter M45-7 Cambuslang Harriers 17:00, 31 Alec Woods M50-5 South West Veterans AC 17:03, 32 Stephen Watmough M55-2 Warrington A C 17:04, 33 Tim Kelly M45-8 Cannock & Stafford AC 17:11, 34 Christopher Hollinshead M50-6 Cannock & Stafford AC 17:13, 35 Martin Murray M50-7 New Marske Harriers Club 17:16, 36 David Hogg M45-9 Cumbernauld AAC 17:15, 37 Alastair Walker M60-1 Teviotdale Harriers 17:16, 38 Ross McEachern M50-8 Cumbernauld AAC 17:18, 39 Howard Elliott M50-9 Cumbernauld AAC 17:27, 40 Mark Havenhand M50-10 Barnsley Athletic Club 17:27, 41 John Convery M55-3 Bingley Harriers & AC 17:27, 42 Simon Johnson M50-11 Halifax Harriers & AC 17:30, 43 Paul Thompson M60-2 Cambuslang Harriers 17:35, 44 Colin Bishop M55-4 Warrington A C 17:39, 45 David Smith M50-12 Wolverhampton & Bilston 17:39, 46 Tony Tuohy M55-5 Dulwich Runners AC 17:42, 47 Tony Bacon M35-7 Haverhill Running Club 17:44, 48 Perry Moore M45-10 Warrington Road Runners 17:45, 49 Brian Hughes M60-3



*Nick Jones, Warrington AC - second male and M40 winner*

Cambuslang Harriers 17:44, 50 Derek Crewe M55-6 Salford Harriers & AC 17:48, 51 Charlene Jacobs-Conradie W35-1 Luton Athletic Club 17:53, 52 Scott Zikmanis M40-13 Newcastle Staffs AC 17:55, 53 Paul Muller M60-4 Northern Masters AC 17:57, 54 Daniel Brazier M35-8 Wolverhampton & Bilston 17:59, 55 Sarah Jane Murphy W40-1 Vale Royal AC 18:06, 56 Craig Taylor M35-9 Newcastle Staffs AC 18:04, 57 Sean Casey M50-13 Cumbernauld AAC 18:09, 58 Elizabeth Renondeau W35-2 Vale Royal AC 18:15, 59 Miras Eskander M35-10 Northern Masters AC 18:15, 60 Fiona Davies W40-2 Kingstone Runners Barnsley 18:16, 61 Steve Nolan M55-7 Burnden Road Runners 18:20, 62 Frankie Barton M60-5 Cambuslang Harriers 18:23, 63 Kevin Newman M60-6 Doncaster Athletic Club 18:26, 64 Russell Parkin M55-8 Derby Athletic Club



18:26, 65 Kerry Marchant W40-3 Newcastle Staffs AC 18:30, 66 Richard Longley M40-14 Newcastle Staffs AC 18:28, 67 Michael Bridgeland M60-7 Chelmsford AC 18:30, 68 Brian Green M60-8 Oxford City AC 18:37, 69 Frank Hurley M65-1 Cambuslang Harriers 18:41, 70 Victoria Mousley W35-3 Blackburn Harriers & AC 18:46, 71 Rob Fox M55-9 Long Eaton Running Club 18:48, 72 Brian Dooley M45-11 Vale Royal AC 18:47, 73 David Gill M60-9 Warrington A C 18:50, 74 Carla Maley W35-4 North Shields Polytechnic Club 18:50, 75 David Gee M65-2 Manchester Harriers & AC 18:52, 76 David



*Kerry-Liam Wilson - M45 winner*

Oxland M65-3 Notts AC 18:53, 77 Christine Lathwell W40-4 Stopsley Striders 19:05, 78 Claire Leaver-Hewitt W35-5 Holmfirth Harriers AC 19:04, 79 Helen Burrell W55-1 Midland Masters AC 19:06, 80 Alick Walkinshaw M55-10 Cambuslang Harriers 19:10, 81 Monica Williamson W55-2 Leamington Cycling and Athletic Club 19:11, 82 David Nicholson M60-10 Morpeth Harriers & AC 19:17, 83 Steven Doxey M55-11 Swinton Running Club 19:15, 84 Wendy King W45-1 Chelmsford AC 19:16, 85 Kathryn Stevenson W45-2 Tyne Bridge Harriers 19:25, 86 Carmen Byrne W40-5 Blackburn Harriers & AC 19:34, 87 Stanley Owen M65-4 Salford Harriers & AC 19:33, 88 Kath Aspin W50-1 New Marske Harriers Club 19:33, 89 Lesley Watson W45-3 Bingley Harriers & AC 19:42, 90 Mervyn Ward M60-11 Warrington A C 19:42, 91 Carolyn Dooley W40-6 Vale Royal AC 19:47, 92 Jane Clarke W55-3 City Of Norwich AC 19:53, 93 Michelle Buckle W40-7 Newcastle Staffs AC 19:56, 94 Desmond Michael M65-5 Barnet & District AC 20:01, 95 Lynne Higgins W60-1 Wolds Veteran RC 20:01, 96 Sara Atkinson W50-2 Ellesmere Port RC 20:05, 97 Carole Page W55-4 Alnwick Harriers 20:07, 98 Richard Annable M60-12 Skipton AC 20:12, 99 Mick Casey M70-1 Barnsley Athletic Club 20:14, 100 Jane Pidgeon W50-3 Notts AC 20:32, 101 Gwen Kinloch W55-5 Burnden Road Runners 20:31, 102 Davyd Michell M40-15 Helsby Running Club 20:40, 103 Carey Dyer W40-8 Newcastle Staffs AC 20:42, 104 Robert Johnson M60-13 Southport Waterloo AC 20:45, 105 Chris Mason M65-6



*First Female was Luton AC's Charlene Jacobs-Conradie in 17.53*



*Alastair Walker (192) - M60 winner*





*Start of the race*



*Women's presentation - Sarah Jane Murphy (runner up), Charlene Jacobs-Conradie (winner) and Elizabeth Renondeau (third)*





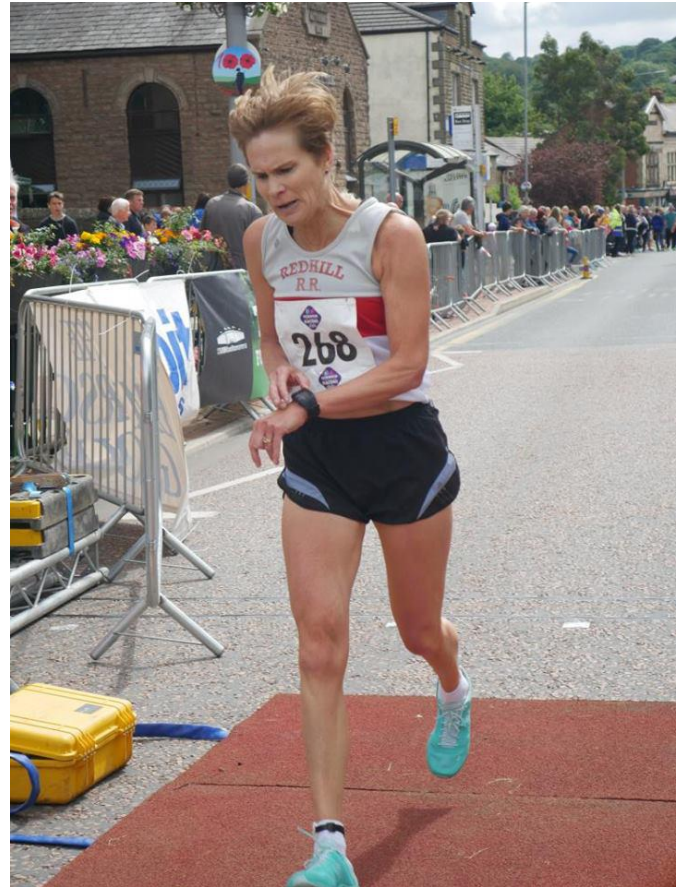
South Derbyshire Road Runners 20:45, 106 Sally Malir W50-4 Ilkley Harriers AC 20:52, 107 Gail Duckworth W60-2 Leighton Buzzard Athletic Club 20:59, 108 Frank Cordingley M55-12 Sale Harriers Manchester 20:57, 109 Mark Westman M60-14 Bingley Harriers & AC 21:12, 110 Helen Smith W45-4 Vale Royal AC 21:15, 111 Sandy Eaglesham M65-7 Cambuslang Harriers 21:19, 112 Stephen Bowden M60-15 Warrington Road Runners 21:22, 113 Barnie Gough M65-8 Cambuslang Harriers 21:37, 114 Nicola Jones W35-6 Bingley Harriers & AC 21:41, 115 Philip Bussey M65-9 Doncaster Athletic Club 21:42, 116 Peter Hamilton M70-2 Blackheath and Bromley Harriers Athletic Club 21:45, 117 Walter Hill M60-16 Crawley AC 21:44, 118 Dave Beattie M70-3 Crawley AC 21:55, 119 Les Haynes M75-1 Bingley Harriers & AC 22:01, 120 Fred Pidgeon M60-17 Midland Masters AC 21:59, 121 Rebecca Mills W35-7 Swinton Running Club 22:03, 122 Alison Vesey W55-6 Altrincham & District Athletic Club Limited 22:13, 123 Lynda Bridge W45-5 Warrington Road Runners 22:11, 124 Eric Ranicar M70-4 Bolton United Harriers & AC 22:16, 125 Emma Hollinshead W45-6 Cannock

W70-1 Bristol and West AC 24:10, 142 Dot Fellows W70-2 Cannock & Stafford AC 24:16, 143 Michael Smith M75-5 Bingley Harriers & AC 24:17, 144 Rachel Tweedie W45-7 Newcastle Staffs AC 24:37, 145 Pauline Davies W65-2 Vale Royal AC 24:42, 146 Linda Statham W45-8 Warrington Road Runners 24:47, 147 Natalie Boswell W35-8 Cannock & Stafford AC 24:58, 148 Denise Johnson W55-9 Baildon Runners 24:58, 149 Hazel Cane W55-10 Cannock & Stafford AC 25:10, 150 Robert Young M70-7 Clydesdale Harriers 25:23, 151 Paula Parkin W50-7 Derby Athletic Club 25:43, 152 Edmond Simpson M80-1 Overton Harriers & AC 25:45, 153 David Spencer



*Sarah Jane Murphy - second female and W40 winner*

& Stafford AC 22:23, 126 Roger Green M70-5 Woodford Green AC with Essex Ladies 22:35, 127 Edward Skinner M60-18 Tiptree Road Runners 22:47, 128 Tracey Gibson W50-5 Wolds Veteran RC 22:51, 129 Stephen Parker M60-19 Ilford AC 22:53, 130 Andrea Hough W55-7 Northern Masters AC 23:01, 131 Roger Wilson M75-2 Stratford Upon Avon AC 23:01, 132 Donald Johnson M65-10 Bingley Harriers & AC 22:59, 133 Jane Morley W65-1 Wolds Veteran RC 23:26, 134 Mark Bleasdale M55-13 Liverpool Pembroke & Sefton H AC 23:28, 135 Mel Walker M75-3 Burnden Road Runners 23:38, 136 Andy Warburton M55-14 Burnden Road Runners 23:45, 137 Arnold Bradshaw M70-6 Manchester Harriers & AC 23:49, 138 Amanda Wood W50-6 Newcastle Staffs AC 23:55, 139 Susan Ashcroft W55-8 Preston Harriers 24:04, 140 Peter Cartwright M75-4 Clydesdale Harriers 24:08, 141 Anne Dockery



*Helen Burrell - W55 winner*

M80-2 Barrow & Furness Striders AC 26:04, 154 Steve James M80-3 Southport Waterloo AC 26:08, 155 Denise Wakefield W60-3 Salford Harriers & AC 26:11, 156 Ken Chapman M75-6 Kimberworth Striders 26:14, 157 John Smithurst M80-4 Bingley Harriers & AC 26:50, 158 Pauline Rich W70-3 Run Academy Worthing 26:54, 159 Julia Galea W60-4 Ilford AC 27:32, 160 John Hickman M75-7 Prestatyn RC 27:45, 161 Ann Gray W75-1 Midland Masters AC 28:18, 162 Ken Black M70-8 Spectrum Striders 28:47, 163 Sally Aldridge W70-4 Newcastle Staffs AC 29:10, 164 Roger Harrison-Jones M80-5 Prestatyn RC 29:17, 165 Doris Gaga W50-8 Ilford AC 29:23, 166 Kevin Dillon M60-20 Manchester Harriers & AC 29:44, 167 Carol Hall W60-5 Wolds Veteran RC 30:30, 168 David Hughes M80-6 Prestatyn RC 31:29, 169 Pam Jones W80-1 Ilford AC 31:40

## **The 30<sup>th</sup> BMAF Road Relays - Sutton Park, Birmingham - 28<sup>th</sup> April 2018**

Salford Harriers 'A' are the new BMAF road relay M35 champions after finishing their six stages over three minutes ahead of runners up Thames Hare and Hounds.



The Salford team, who finished third in 2017, also had four of the ten fastest M35 legs of the day, with Carl Hardman going quickest of all in 15:19.

Just six seconds separated the silver and bronze positions with Thames Hare and Hounds finally beating Tipton Harriers 'A'.

Cambuslang Harriers won the M45 category with an amazing last two legs. After the first leg they were in 19<sup>th</sup> position and 13<sup>th</sup> at the half way stage. Kerry Liam Wilson moved them up to 4<sup>th</sup> on the penultimate stage before Stevie Wylie led them home by nine seconds. Salford Harriers 'A' and Thames Hare and Hounds won silver and bronze.

South London Harriers 'A' secured the M55 category ahead of Herne Hill Harriers and Cambuslang Harriers 'A'.

Oxford City retained their M65 title that they won in 2017. Blackheath & Bromley were runners up and Salford Harriers 'A' finished third.

Les Haynes and Mike Smith recorded the fastest two legs as Bingley Harriers won the M75 category. Exmouth Harriers 'A' and Sevon Oaks were placed second and third respectively. The women races were equally competitive. Rotherham Harriers lifted the W35 title with Derby and South London Harriers 'A' also on the podium.

Winchester & District secured the W45 title ahead of Tonbridge and Dulwich Runners who finished second and third.

The W55 title went to City Of Norwich athletic club with Burnden Road Runners taking the silver and Holmfirth Harriers the bronze.

Westbury Harriers are the new W65 champions. The runners up were Worcester AC and in third place it was Hastings Runners.

#### Men over 35 — Team Results - (team position after stage)

**1 Salford Harriers & Ac M35 'A'** 1:39:19 1 Bruno Lima (3) 16:06 2 James Kovacs (2) 17:09 3 Chris Livesey (1) 16:23 4 Billy McCartney (1) 17:14 5 Carl Hardman (1) 15:19 6 Matthew Shaw (1) 17:08 **2 Thames Hare & Hounds M35** 1:42:39 1 Martin Shore (13) 16:51 2 Simon Wurr (9) 17:19 3 Charles Morris (4) 17:22 4 Phill Sly (3) 16:40 5 Nic Gould (4) 17:54 6 Phillip Tedd (2) 16:33 **3 Tipton Harriers M35 'A'** 1:42:45 1 Stuart Hawkes (1) 15:43 2 Phillip Clamp (5) 17:56 3 Martin Williams (2) 16:08 4 Gary Whitehouse (2) 17:23 5 Paul Rogers (3) 18:47 6 Karl Welborn (3) 16:48 **4 Leeds City AcM35 'A'** 1:43:48 1 Michael Burrett (4) 16:27 2 Adam Osborne (3) 16:57 3 Chris Birchall (8) 18:46 4 Alan Buckley (4) 17:00 5 Jason Cherriman (2) 16:42 6 Martin Gostling (4) 17:56 **5 Les Croupiers M35 'A'** 1:44:30 1 Glyn Fletcher (12) 16:49 2 R Jacksonhookins (8) 16:56 3 Stuart Crees (5) 17:52 4 Lyndon Tudormaisey (6) 18:02 5 Edward Donovan (5) 17:23 6 Stephen Paterson (5) 17:28 **6 Birmingham Running A&t M35 'A'** 1:45:22 1 Daniel Robinson (2) 15:53 2 Mark Ince (1) 17:13 3 A Tsolakis (3) 17:50 4 Adam Western (8) 19:10 5 Nathan Warren (6) 17:43 6 Martin Matthews (6) 17:33 **7 Havering Ac M35 'A'** 1:45:46 1 Paul Grange (10) 16:44 2 Steve Rand (12) 17:45 3 Jason Lendon (11) 18:12 4 Rob Trevor (10) 18:12 5 Barry Smith (11) 18:21 6 Robert Warner (7) 16:32 **8 North Herts Rrc M35** 1:46:30 1 Jim Mcconnel (8) 16:34 2 Edward Price (6) 17:06 3 Ryan Smith (7) 18:28 4 Stewart Overton (7) 17:50 5 Darren Matussa (8) 19:00 6 Adam Bowler (8) 17:32 **9 Wolverhampton & Bilston M35** 1:46:49 1 Steve Forsyth (14) 17:20 2 Rob Cartwright (14) 17:18 3 Gareth Briggs (12) 18:08 4 Daniel Brazier (9) 17:44 5 Rob Hawley (9) 18:29 6 Dave Smith (9) 17:50 **10 Salford Harriers & Ac M35 'B'** 1:47:08 1 Jon Dance (7) 16:32 2 Glyn Billington (7) 17:12 3 David Hudson (6) 18:00 4 John Lloyd (5) 17:53 5 Mathew Holt (7) 18:35 6

Paul Creighton (10) 18:56 **11 Charnwood Ac M35** 1:47:23 1 Mark Couldwell (20) 18:06 2 James Douglas (17) 17:08 3 Gary Burnett (13) 17:39 4 Michael Kingsbury (13) 18:36 5 Peter Swaine (10) 17:34 6 David Locker (11) 18:20 **12 Gloucester Ac M35** 1:48:58 1 Stephen Millward (9) 16:36 2 Owen Parry (10) 17:36 3 Max Sheppard (9) 18:06 4 Mike Mansfield (12) 19:00 5 Austin Blackburn (14) 19:42 6 James Walters (12) 17:58 **13 Southampton Ac M35** 1:50:29 1 Matt Hibberd (15) 17:24 2 Gareth Klepacz (15) 17:30 3 Steve Marcer (16) 18:29 4 Daniel Hunt (14) 18:12 5 Jon Hannan (12) 18:38 6 Jonathan Grainger (13) 20:16 **14 Bournville Harriers M35 'A'** 1:51:09 1 C Collins (17) 17:46 2 Kevin Morris (18) 17:57 3 Simon Newman (18) 19:27 4 Stephen Forcer (17) 18:54 5 Grant Whigham (15) 18:34 6 Richard Keep (14) 18:31 **15 Birchfield Harriers M35 'A'** 1:51:21 1 Sam Chatwin (23) 18:19 2 Orlando Corea (16) 16:49 3 Matt Biggs (10) 17:21 4 Alex Parker (11) 18:40 5 Steven Dyer (13) 19:47 6 Rob Deakin (15) 20:25 **16 Owls Ac M35 'A'** 1:52:51 1 Laurence Wicks (22) 18:11 2 Craig Twigg (22) 18:27 3 Nick Bott (19) 18:41 4 Oneill Chris (19) 19:20 5 Tim Mcdowell (17) 18:20 6 Scott Green (16) 19:52 **17 Shrewsbury Ac M35** 1:54:08 1 Rob Fox (18) 18:02 2 Richard Mckenna (21) 18:35 3 Kevin Francis (21) 19:07 4 Paulo Pinheiro (18) 18:42 5 Andrew Lewis (21) 21:40 6 Peter Middleton (17) 18:02 **18 Aldershot Farnham & D M35** 1:54:15 1 Andrew Tappin (25) 18:27 2 Richardguy Smith (30) 20:10 3 Michael Boucher (22) 17:10 4 Brendan Cottrell (20) 19:40 5 Chris Try (19) 19:18 6 James Ratcliffe (18) 19:30 **19 Rotherham Harriers & Ac M35** 1:54:21 1 Gareth Sampson (11) 16:47 2 Philip Hoole (11) 17:30 3 Chris Griffiths (15) 18:45 4 Martyn Whyman (15) 19:31 5 Brian Hawkins (18) 21:29 6 Michael Stables (19) 20:19 **20 Ripley Rc M35** 1:54:28 1 Dean Taylor (28) 19:00 2 Luke Beresford (19) 17:10 3 Paul Sorrell (17) 17:53 4 Ian Wartonwoods (25) 23:23 5 Matt Jones (20) 18:10 6 Tim Clayton (20) 18:52 **21 Sheffield Rc M35** 1:56:24 1 Chris Tighe (19) 18:04 2 Robert Cassy (20) 18:26 3 A Robinson (24) 20:18 4 Rob Jones (22) 19:31 5 Philip Johnson (22) 20:23 6 James Thompson (21) 19:42 **22 Coventry Godiva Harriers M35** 1:57:57 1 Peter Eccleston (32) 19:15 2 Andrew Boon (24) 17:48 3 Joseph Mulenga (26) 20:29 4 Andy Ryder (24) 19:45 5 Iwan Jones (23) 19:50 6 Simon Clarke (22) 20:50 **23 Les Croupiers M35 'B'** 2:00:56 1 Daryl Beggs (38) 20:28 2 Matthew Hopkins (35) 19:32 3 Hector Cortez (30) 20:26 4 Marcus Meyrick (31) 22:42 5 Neema Mal (26) 17:35 6 Robert Sage (23) 20:13 **24 Royal Sutton Coldfield Ac M35** 2:01:41 1 Oliver Harradence (5) 16:31 2 Barry Lloyd (13) 18:00 3 ColinMcauley (20) 21:03 4 Subodh Dave (21) 20:36 5 Ally Jarvis (24) 21:11 6 Trevor Lewis (24) 24:20 **25 Havering AcM35 'B'** 2:01:55 1 Ian Anthony (24) 18:21 2 Gavin Maley (25) 18:51 3 Jason Crispin (28) 20:59 4 Russell Middleton (27) 21:47 5 Tony Collins (28) 21:10 6 Steve Walker (25) 20:47 **26 Mansfield Harriers M35** 2:05:42 1 Andy Wetherill (21) 18:09 2 Steven Capewell (23) 18:53 3 Adam Fairfield (25) 19:52 4 Stuart Whysall (23) 19:51 5 David Robertson (29) 25:09 6 Mark Burr (26) 23:48 **27 Bournville Harriers M35 'B'** 2:08:42 1 Simeon Whiting (37) 20:22 2 Dave Powner (37) 20:35 3 Stewart Bond (33) 19:51 4 Richard Shearing (30) 20:56 5 Conor Murphy (30) 22:11 6 Jon Seadon (27) 24:47 **28 Centurion Rc M35** 2:08:49 1 Ian Satterthwaite (33) 19:19 2 Shaun Hemmings (27) 18:30 3 Chris Allison (27) 19:46 4 Andy Matthews (29) 23:50 5 Ian Cooper (31) 24:04 6 PaulCooper (28) 23:20 **29 Wolds Veteran Rc M35** 2:10:40 1 Nigel Plaskitt (34) 19:24 2 David Gibney (34) 20:23 3 Matt Ling (35) 25:01 4 Malcolm Piper (35) 24:27 5 Simon Fursman (32) 23:15 6 Richard Harris (29) 18:10 **30 Herne Hill Harriers M35 'A'** 2:11:16 1 James Ward (29) 19:01 2 Deron Fagan (26) 18:28 3 Jonathan Ratcliffe (23) 18:53 4 Anthony Harran (26) 21:20 5 Valdis Pauzers (27) 23:17 6 Nigel Goodwin (30) 30:17 **31 Salford Harriers & Ac M35 'C'** 2:20:23 1 Paul Birkett (30) 19:08 2 Thomas Temple (39) 24:02 3 Andrew Marsden (34) 19:56 4 Ian Johnson (34) 23:43 5 Stewart Darlington (33) 27:39 6 Gary Thomason (31) 25:55

**Fastest of all legs:** 1 Carl Hardman Salford Har A 15:19, 2 Stuart Hawkes Tipton Harr A 15:43, 3 Daniel Robinson Birmingham A 15:53, 4 Bruno Lima Salford Har A 16:06, 5 Martin Williams Tipton Harr A 16:08, 6 Chris Livesey Salford Har A 16:23, 7 Michael Burrett Leeds City A A 16:27, 8 Oliver Harradence Royal Sutto 16:31, = Jeff Prest Trafford AC 16:31, 10 Jon Dance Salford Har B 16:32, = Robert Warner Havering Ac A 16:32

### Men over 45 — Team Results

**1 Cambuslang Harriers M45** 1:09:32 1 Chris Upson (19) 18:40 2 Justin Carter (13) 17:17 3 Kerryliam Wilson (4) 16:48 4 Stevie Wylie (1) 16:47 **2 Salford Harriers & Ac M45 'A'** 1:09:41 1 Ian Grime (4) 16:58 2 Mark Russell (2) 17:24 3 David Lockett (3) 18:14 4 Philip Leybourne (2) 17:05 **3 Thames Hare & Hounds M45** 1:09:55 1 Simon Baines (1) 16:35 2 Andy Howse (8) 18:55 3 Paul Cheetham (5) 17:18 4 Ben Reynolds (3) 17:07 **4 Leeds City Ac M45** 1:10:07 1 Gregory Hull (10) 17:47 2 Andrew Grant (4) 16:49 3 Jonathan Walton (2) 17:28 4 Martin Roscoe (4) 18:03 **5 Aldershot Farnham & D M45** 1:10:09 1 Paul Gaylor (9) 17:40 2 S Smithbannister (6) 17:41 3 Simon Cooper (6) 17:51 4 Mark Symes (5) 16:57 **6 Leicester Coritanian Ac M45** 1:10:27 1 Gordon Lee (5) 17:03 2 Mark Johnson (1) 16:30 3 Gareth Deacon (1) 18:20 4 David Pearce (6) 18:34 **7 Southampton Ac M45 'A'** 1:11:05 1 David Blackman (11) 17:54 2 Andrew Morganlee (9) 17:43 3 Robin Bentley (9) 18:10 4 James Smith (7) 17:18 **8 Rotherham Harriers & Ac M45 'A'** 1:11:09 1 Richard Harris (8) 17:23 2 Steven Marshall (7) 18:06 3 Ian Whyman (7) 18:05 4 David Tune (8) 17:35 **9 Bristol & West Ac M45 'A'** 1:11:42 1 Anthony Roper (12) 18:02 2 Darren Garman (12) 17:42 3 Steven Goss (8) 17:53 4 Matthew Robinson (9) 18:05 **10 Cumbernauld Aac M45** 1:12:43 1 Ross Mceachern (13) 18:03 2 David Hogg (14) 18:10 3 Greig Glendinning (10) 17:53 4 Howard Elliott (10) 18:37 **11 Halesowen Acc M45 'A'** 1:13:04 1 Bill Nock (24) 18:57 2 Mark Turner (15) 17:24 3 Mark Hadley (12) 18:34 4 Tom Kenderdine (11) 18:09 **12 Les Croupiers M45 'A'** 1:13:26 1 Richard Baker (6) 17:10 2 Richard Ross (3) 17:24 3 Jeremy Davies (14) 20:45 4 Phil Cook (12) 18:07 **13 Preston Harriers M45 'A'** 1:14:18 1 Robert Affleck (2) 16:38 2 Neil McDonald (11) 19:01 3 Steve Hallas (15) 19:41 4 David Watson (13) 18:58 **14 Sale Harriers Manchester M45** 1:14:37 1 Paul Green (3) 16:57 2 Jon Terry (16) 19:49 3 Glen Savage (13) 18:28 4 Elton Davies (14) 19:23 **15 Holmfirth Harriers Ac M45** 1:14:49 1 Steve Green (7) 17:14 2 Mike Fanning (5) 17:41 3 Jonathon Sykes (11) 19:22 4 John Ewart (15) 20:32 **16 Sutton In Ashfield H M45** 1:16:06 1 Dean Cross (26) 19:00 2 Paul Whittingham (17) 18:02 3 Nick Burnside (17) 19:26 4 Nick Luke (17) 19:38 **17 Worcester Ac M45** 1:16:29 1 Darren Salisbury (18) 18:38 2 David O'brien (20) 19:11 3 Chris Harle (18) 19:03 4 Stefan Sternkopf (18) 19:37 **18 Vale Royal Ac M45 'A'** 1:17:07 1 Gareth Williams (25) 19:00 2 Michael Harrington (19) 18:35 3 David Shepherd (21) 19:59 4 Darren Cottier (19) 19:33 **19 Havering Ac M45** 1:17:07 1 Gary Atkins (28) 19:10 2 Martin Chester (18) 18:15 3 Paul Berrett (22) 20:20 4 Simon Hart (20) 19:22 **20 Trentham Rc M45** 1:17:21 1 Bryn Holmes (15) 18:18 2 Ian Heath (23) 19:48 3 Daniel Jordan (19) 18:59 4 Lee Jones (22) 20:16 **21 Royal Sutton Coldfield Ac M45 'A'** 1:17:38 1 Rob Andrew (17) 18:36 2 Simon Corker (25) 19:50 3 Steve Marklew (23) 19:58 4 Ian Wood (23) 19:14 **22 Southampton Ac M45 'B'** 1:18:44 1 Peter Costley (23) 18:55 2 Paul Boydleslie (21) 18:59 3 Scott Augur (20) 19:27 4 Howard Long (24) 21:23 **23 Tonbridge Ac M45** 1:19:50 1 Andrew Wood (37) 19:47 2 Philip Coleman (27) 19:06 3 M Pitcairnknowles (25) 19:52 4 Tobin Bird (25) 21:05 **24 Bournville Harriers M45 'A'** 1:20:15 1 Paul Coughlan (16) 18:33 2 Adrian Fowler (24) 19:42 3 Oliver Kirkland (27) 22:05 4 Matthew Slater (26) 19:55 **25 Vale Royal Ac M45 'B'** 1:20:27 1 David Haines (40) 19:57 2 Chris Beard (38) 20:51 3 David Gough (31) 20:03 4 Brian Dooley (27) 19:36 **26 East Cheshire Harriers M45**

1:21:10 1 Ian Fraser (34) 19:33 2 Gary Matthews (28) 19:25 3 Saul Gallagher (28) 21:31 4 Simon Grundy (28) 20:41 **27 Rotherham Harriers & Ac M45 'B'** 1:21:26 1 Gary Claxton (29) 19:16 2 Howard Darwin (33) 20:55 3 Andrew Pearson (26) 19:40 4 Nigel Brookes (29) 21:35 **28 Gloucester Ac M45** 1:22:02 1 Jason Tilley (21) 18:51 2 David Gresswell (26) 19:38 3 Clive Poole (29) 22:05 4 Paul Corderoy (30) 21:28 **29 CityOf Norwich Ac M45** 1:22:06 1 Mark Solway (35) 19:33 2 Matthew Jones (37) 21:08 3 Joe Geitner (33) 20:35 4 Mark Storey (31) 20:50 **30 Tipton Harriers M45 'A'** 1:22:08 1 Andrew Henderson (33) 19:32 2 Mark Fantom (32) 20:32 3 Robert Sedgley (35) 21:43 4 Andy Acha (32) 20:21 **31 Wolverhampton & Bilston M45 'A'** 1:22:32 1 Roger Grand (20) 18:47 2 Robert Edwards (36) 21:49 3 Keith Carter (30) 20:11 4 Richard Preston (33) 21:45 **32 Coventry Godiva Harriers M45** 1:22:35 1 Martyn Brunt (31) 19:29 2 Nick Bennett (40) 22:04 3 Brent Davis (38) 21:22 4 John Wilson (34) 19:40 **33 Bristol & West Ac M45 'B'** 1:23:44 1 Mark Taylor (32) 19:30 2 Graham Crump (41) 23:57 3 Richard Bowles (41) 20:03 4 Bill Hull (35) 20:14 **34 Nene Valley Harriers M45** 1:24:30 1 Christopher Mooney (30) 19:26 2 Darryl Coulter (34) 20:46 3 Barry Warne (37) 21:52 4 Paul Parkin (36) 22:26 **35 Halesowen Acc M45 'B'** 1:25:44 1 David Lewis (27) 19:06 2 Alex Morgan (35) 21:18 3 Mel Edwards (36) 21:25 4 Steve Horton (37) 23:55 **36 West Bromwich Harriers M45** 1:26:46 1 Gurmah Dehl (14) 18:14 2 Karl Moore (29) 20:50 3 Gary Clifton (32) 21:53 4 David Heeley (38) 25:49 **37 Birchfield Harriers M45** 1:27:42 1 Kevin Wakerley (36) 19:44 2 Mike Morley (22) 18:12 3 Peter Lawton (40) 25:12 4 Paul Jones (39) 24:34 **38 Birmingham Running A & T M45** 1:28:59 1 Huw Jones (39) 19:53 2 Rob Ryan (39) 21:21 3 Jort Vanmourik (39) 21:43 4 Owen Doherty (40) 26:02 **39 Sparkhill Harriers M45** 1:30:08 1 Edward O'neill (42) 22:06 2 Andy Manning (42) 21:51 3 Andrew Wadsworth (42) 21:10 4 Stuart Minchin (41) 25:01 **40 Bournville Harriers M45 'B'** 1:33:28 1 Daniel Harvey (43) 22:47 2 Scott Partridge (43) 23:59 3 Jim Clarke (43) 21:33 4 Paul Samuels (42) 25:09 **41 Tipton Harriers M45 'B'** 1:35:23 1 Andy Bentley (44) 24:13 2 Paul Dolan (44) 23:00 3 Carl Gayle (44) 26:14 4 Matthew West (43) 21:56

**Fastest of all legs:** 1 Mark Johnson Leiceste45 16:30, 2 Simon Baines Thames Ha 45 16:35, 3 Robert Affleck Preston H 45 A 16:38, 4 Andrew Leach North Her 45 16:44, 5 Stevie Wylie Cambusla 45 16:47, 6 Kerryliam Wilson Cambusla 45 16:48, 7 Andrew Grant Leeds Cit 45 16:49, 8 Mark Symes Aldershot 45 16:57, = Paul Green Sale Harr 45 16:57, 10 Ian Grime Salford H 45 A 16:58

### Men over 55 — Team Results

**1 South London Harriers M55 'A'** 55:10 1 David Ogden (2) 18:38 2 Gordon Hennessy (1) 19:04 3 Andy Tindall (1) 17:28 **2 Herne Hill Harriers M55** 55:33 1 Victor Maughn (7) 18:59 2 Michael Boyle (3) 18:53 3 Gary Ironmonger (2) 17:41 **3 Cambuslang Harriers M55 'A'** 56:47 1 Frank Barton (9) 19:07 2 Brian Hughes (2) 18:36 3 Alick Walkinshaw (3) 19:04 **4 Warrington Ac M55** 57:10 1 David Norman (5) 18:54 2 David Gill (6) 19:53 3 Colin Bishop (4) 18:23 **5 Salford Harriers & Ac M55** 58:58 1 Trevor Rayner (17) 20:09 2 Derek Crewe (5) 18:26 3 Phillip Quibell (5) 20:23 **6 Sheffield Rc M55** 59:10 1 Jed Turner (6) 18:57 2 TimTett (14) 21:51 3 Chris Ireland (6) 18:22 **7 Shrewsbury Ac M55** 59:28 1 John Jones (11) 19:30 2 Haydn Jones (10) 20:10 3 Richard Jones (7) 19:48 **8 Bristol & West Ac M55 'A'** 59:43 1 Jonathan Goodland (16) 20:08 2 PeterMountain (11) 19:48 3 David Bedwell (8) 19:47 **9 Dulwich Runners Ac M55** 59:58 1 Tony Tuohy (1) 18:21 2 Eberhard Prill (7) 20:45 3 Stephen Smythe (9) 20:52 **10 Sparkhill Harriers M55 'A'** 1:01:05 1 Nick Stringer (12) 19:43 2 Darren Riley (8) 19:31 3 Andy Law (10) 21:51 **11 South London Harriers M55 'B'** 1:01:58 1 IanKitching (15) 20:06 2 John Foss (9) 19:30 3 Barry Attwell (11) 22:22 **12 Doncaster Ac M55** 1:02:08 1 Kevin Newman (8) 18:59 2 Philip Bussey (15) 22:07 3 Mick



Page (12) 21:02 **13 Rotherham Harriers & Ac M55** 1:02:31 1 Terry Eastwood (13) 19:50 2 Robert Tintinger (16) 21:44 3 Peter Neal (13) 20:57 **14 Tonbridge Ac M55 'A'** 1:03:06 1 Graeme Saker (3) 18:44 2 Alan Newman (12) 21:30 3 Cain Bradley (14) 22:52 **15 Southampton Ac M55** 1:03:21 1 Paul Johnson (10) 19:22 2 John Macinnes (13) 21:05 3 Neil Hotson (15) 22:54 **16 Thames Hare & Hounds M55 'A'** 1:03:28 1 Richard Pitt (25) 21:32 2 Andrew Lenon (19) 20:55 3 Rick Turner (16) 21:01 **17 Dudley Kingswinford Rc M55** 1:03:42 1 Mark Homer (19) 20:23 2 Graham Wildgoose (20) 22:14 3 Peter Hood (17) 21:05 **18 Centurion Rc M55 'A'** 1:03:53 1 Thomas Healy (14) 19:58 2 Andy Rea (21) 23:08 3 Paul Bingham (18) 20:47 **19 Burnden Road Runners M55** 1:06:32 1 Tony Wall (27) 21:37 2 Ged Turner (23) 23:03 3 William Thomas (19) 21:52 **20 Sparkhill Harriers M55 'B'** 1:06:57 1 Tahir Akhtar (22) 21:21 2 Andy Carroll (22) 22:34 3 Robert Mills (20) 23:02 **21 Wolverhampton & Bilston M55** 1:07:01 1 Lionel Spittle (23) 21:29 2 Kevin Koren (18) 20:36 3 Fred Smith (21) 24:56 **22 Thames Hare & Hounds M55 'B'** 1:08:39 1 Rhodri Davies (32) 22:48 2 Paul Whitlock (27) 22:48 3 Mike Farmery (22) 23:03 **23 Aldridge Rc M55** 1:08:56 1 Ian Pallett (30) 22:40 2 Simon Hudson (28) 24:05 3 Eamon Lyons (23) 22:11 **24 Middleton Harriers Ac M55 'A'** 1:09:12 1 Alan Garvey (28) 22:16 2 Roland Robson (25) 23:04 3 Craig Sutherland (24) 23:52 **25 Cambridge & Coleridge M55** 1:09:56 1 Charlie Ritchie (21) 21:14 2 Gordon Aspin (24) 23:33 3 Gerald Meah (25) 25:09 **26 Les Croupiers M55 'A'** 1:12:01 1 Elio Lepore (18) 20:10 2 Alan Mason (29) 28:28 3 Paul Morris (26) 23:23 **27 Bournville Harriers M55** 1:14:57 1 Stephen Doswell (33) 24:16 2 Steve Hopkins (31) 25:39 3 John Cheel (27) 25:02 **28 Centurion Rc M55 'B'** 1:16:26 1 Adrian Lloyd (35) 26:45 2 Gary Turner (32) 25:03 3 James Houghton (28) 24:38 **29 Vale Royal Ac M55** 1:19:2 21 Colin Rathbone (34) 24:54 2 John Clarke (30) 24:20 3 Paul Hudson (29) 30:08

**Fastest of all legs:** 1 Andy Tindall SouthLon55 A 17:282, Gary Ironmonger Herne Hil55 17:413, Tony Tuohy DulwichR55 18:21, 4 Chris Ireland Sheffield55 18:22, 5 Colin Bishop Warringt55 18:23, 6 Derek Crewe SalfordH55 18:26, 7 Brian Hughes Cambusla55 A 18:36, 8 David Ogden SouthLon55 A 18:38, 9 Graeme Saker Tonbridg55 A 18:44, 10 Austin Soane Aldersho55 18:47

#### Men over 65 — Team Results

**1 Oxford City Ac M65** 1:04:02 1 Stewart Thorp (4) 20:24 2 Roy Treadwell (1) 22:11 3 John Exley (1) 21:27 **2 Blackheath & Bromley H M65** 1:06:44 1 Peter Hamilton (7) 22:22 2 Robert Brown (3) 22:01 3 Bob Minting (2) 22:21 **3 Salford Harriers & Ac M65 'A'** 1:07:17 1 Michael Wakefield (15) 23:37 2 Stanley Owen (2) 19:47 3 Roland Bowness (3) 23:53 **4 Barnet & District Ac M65** 1:09:43 1 Desmond Michael (3) 20:07 2 Nicholas Bingham (4) 25:16 3 Liam O'hare (4) 24:20 **5 Les Croupiers M65** 1:09:46 1 Michael Tabor (6) 22:13 2 Michael Cranwell (6) 23:59 3 Michael Davies (5) 23:34 **6 Bingley Harriers & Ac M65** 1:10:12 1 Donald Johnson (14) 23:26 2 Bryan Parkinson (5) 22:15 3 Peter Ellerton (6) 24:31 **7 Bristol & West Ac M65** 1:10:50 1 Mike Chipping (11) 23:07 2 Chris Pearce (8) 23:56 3 Tom Burgess (7) 23:47 **8 Holmfirth Harriers Ac M65** 1:14:20 1 Rob Kersey (8) 22:24 2 Neil Midgley (10) 25:38 3 Martin Seddon (8) 26:18 **9 Gloucester Ac M65** 1:14:54 1 Arthur Daley (5) 21:20 2 David Spackman (7) 25:36 3 C O'carroll (9) 27:58 **10 Cambridge & Coleridge Ac M65** 1:15:20 1 Michael Brentnall (9) 22:25 2 Neil Costello (12) 27:08 3 Glyn Smith (10) 25:47 **11 Wolds Veteran Rc M65** 1:15:39 1 John Green (10) 22:32 2 Steven Green (9) 24:59 3 Dave Edwards (11) 28:08 **12 East Cheshire Harriers M65** 1:19:05 1 Francis Day (13) 23:23 2 Martin McGann (13) 28:07 3 David Salmon (12) 27:35 **13 Salford Harriers & Ac M65 'B'** 1:20:11 1 Tommy Daniels (16) 25:16 2 Terry Dermody (14) 26:36 3 Robert Towell (13)

28:19 **14 Notts Ac M65** 1:22:03 1 David Oxland (2) 20:00 2 Lawrie Dunn (11) 29:00 3 Paul Anthony (14) 33:03

**Fastest of all legs:** 1 Stanley Owen SalfordH65 A 19:47, 2 Frank Hurley Cambusla65 19:48, 3 David Oxland Notts Ac 65 20:00, 4 Desmond Michael Barnet&D65 20:07, 5 Stewart Thorp OxfordCi65 20:24, 6 Arthur Daley Gloucester65 21:20, 7 John Exley OxfordCi65 21:27, 8 Robert Brown Blackhea65 22:01, 9 Roy Treadwell OxfordCi65 22:11, 10 Michael Tabor LesCroup65 22:13

#### Men over 75 — Team Results

**1 Bingley Harriers & Ac M75** 1:16:04 1 David Barber (2) 28:10 2 Mike Smith (2) 25:00 3 Les Haynes (1) 22:54 **2 Exmouth Harriers M75 'A'** 1:21:42 1 Ray Elston (1) 25:16 2 John Gosscustard (1) 27:24 3 Mick Allen (2) 29:02 **3 Sevenoaks Ac M75** 1:36:05 1 Ronald Denney (4) 33:42 2 R Pitcairknowles (3) 34:32 3 James Fitzmaurice (3) 27:51

**Fastest of all legs:** 1 Les Haynes BingleyH75 22:54, 2 Mike Smith BingleyH75 25:00, 3 Ray Elston ExmouthH75 A 25:16, 4 John Gosscustard ExmouthH75 A 27:24, 5 James Fitzmaurice Sevenoak75 27:51, 6 David Barber BingleyH75 28:10, 7 Mick Allen ExmouthH75 A 29:02, 8 Mike Keep ExmouthH75 B 29:34, 9 Ronald Denney Sevenoak75 33:42, 10 R Pitcairknowles Sevenoak75 34:32

#### Women over 35 — Team Results

**1 Rotherham Harriers & AC** 1:15:59 1 Sarah Lowery (1) 18:27 2 Natalie Harris (1) 20:22 3 Fiona Davies (1) 18:40 4 Jenny Blizard (1) 18:30 **2 Derby AC** 1:18:14 1 Tracy Hinxman (4) 19:41 2 Louise Inslay (4) 20:16 3 Chrissie Dover (4) 20:17 4 Lisa Palmerblount (2) 18:00 **3 South London Harriers 'A'** 1:19:24 1 Elinor Skinner (13) 21:00 2 Mary James (5) 19:11 3 Beckie Chapman (3) 19:41 4 Natalie Harvey (3) 19:32 **4 Westbury Harriers 'A'** 1:19:43 1 Sophie Voller (5) 19:52 2 Katie Hughes (3) 19:53 3 Emma Dalton (2) 19:12 4 K Hamiltonjames (4) 20:46 **5 Birchfield Harriers 'A'** 1:21:51 1 Amanda Wrightsmith (2) 19:32 2 Clare Grice (2) 20:01 3 Frances Vickers (5) 21:27 4 Sarah Conway (5) 20:51 **6 Sunderland Harriers & AC** 1:22:12 1 J Etherington (3) 19:38 2 Colleen Compson (7) 22:15 3 Vicky Haswell (7) 20:23 4 Nicola Woodward (6) 19:56 **7 Tipton Harriers 'A'** 1:24:51 1 Lynne Hill (7) 20:29 2 Susan Streethall (10) 22:07 3 Sallyann Walker (6) 19:35 4 Kate Williams (7) 22:40 **8 Stone Master Marathoners 'A'** 1:25:02 1 Anna Hollingworth (6) 20:05 2 Egidija Pope (9) 22:23 3 Amy Gamble (10) 22:02 4 Pippa Steele (8) 20:32 **9 Les Croupiers** 1:25:44 1 Claire Bruce (14) 21:21 2 Claire Jacobs (11) 21:41 3 Janneke Vanbeijnum (9) 21:11 4 Aelwen Blythe (9) 21:31 **10 Sale Harriers Manchester** 1:26:25 1 Anne Chinoy (11) 20:54 2 Sinead Ferguson (13) 22:18 3 Julia Reynolds (11) 22:36 4 Clare Mccarron (10) 20:37 **11 Ripley RC** 1:28:26 1 Amy Bradley (21) 22:48 2 J Whartonhowett (17) 21:58 3 Alison Butlin (16) 23:25 4 Lucy Taylor (11) 20:15 **12 Westbury Harriers 'B'** 1:28:40 1 Vicky Tester (16) 21:47 2 Alison Rogers (14) 21:46 3 Emma Woodworth (12) 22:19 4 Tamsin Chick (12) 22:48 **13 Gloucester AC** 1:29:12 1 Suzanne Harding (15) 21:23 2 Anna Midgley (8) 20:42 3 Tina Wickens (8) 21:32 4 Nicola Waters (13) 25:35 **14 Cannock & Stafford AC** 1:29:20 1 Sally Gray (9) 20:34 2 Nina Skilton (6) 21:06 3 Natalie Boswell (14) 25:54 4 Susan Kneillboxley (14) 21:46 **15 City Of Norwich AC** 1:30:12 1 F Cressyroberts (17) 22:28 2 Ellie Stevens (18) 22:25 3 Sarah Stubbs (15) 22:51 4 Catherine Henery (15) 22:28 **16 Salford Harriers & AC** 1:32:15 1 Denise Wakefield (30) 27:12 2 Hayley Kuter (19) 18:39 3 Jaymie Shenton (19) 24:30 4 Ruth Ollerenshaw (16) 21:54 **17 Vale Royal AC** 1:32:48 1 Helen Whitby (10) 20:37 2 Sarah Gibbs (20) 26:16 3 Melanie Johnson (18) 22:07 4 Liz Gale (17) 23:48 **18 Bournville Harriers 'A'** 1:32:59 1 Laura Leslie (19) 22:38 2 Alison Price (16) 21:37 3 Suz West (17) 24:06 4 Fiona

Barker (18) 24:38 **19 Sparkhill Harriers** 1:34:12 1 Jane Bartholomew (12) 20:56 2 Vicki Bone (12) 22:07 3 Clare Bovill (13) 23:22 4 Manisha Parmar (19) 27:47 **20 Dulwich Runners AC** 1:35:28 1 Laura Vincent (27) 25:21 2 Sue Cooper (23) 22:26 3 Lucy Clapp (20) 23:21 4 Ros Tabor (20) 24:20 **21 Mansfield Harriers** 1:37:03 1 Beverley Armstrong (18) 22:32 2 Sharon Armitage (26) 26:02 3 Julie Lowe (25) 27:06 4 Kahli Johnson (21) 21:23 **22 Worcester AC** 1:38:52 1 Rachael Alexander (26) 25:12 2 Sarah Davies (22) 22:32 3 Gillian Jubb (23) 26:10 4 Karen Holland (22) 24:58 **23 Trentham RC** 1:42:05 1 Deborah Thomas (8) 20:29 2 Julia Rigby (15) 23:20 3 C Lantsbery (24) 30:11 4 Kerryann Maddock (23) 28:05 **24 Centurion RC 'A'** 1:42:35 1 Andrea Burnett (22) 22:52 2 Alison Fergusson (24) 24:56 3 Diane Jenkins (22) 26:00 4 Tanya Griffiths (24) 28:47 **25 Aldridge RC** 1:46:07 1 Sarah Baggott (32) 28:00 2 Marie Lynch (29) 25:49 3 Claire O'Brien (27) 27:40 4 Helen Hartle (25) 24:38 **26 Bournville Harriers 'B'** 1:46:19 1 Rebecca Jones (25) 24:51 2 Jaeda Goodman (28) 26:02 3 Sharon Newman (26) 28:49 4 Rebekah Hilton (26) 26:37 **27 Burnden Road Runners** 1:52:03 1 Kelly Sullavan (28) 26:56 2 Rhian Vickers (31) 28:34 3 Louise Wall (28) 29:09 4 Sheila Christie (27) 27:24 **28 Bournville Harriers 'C'** 2:02:59 1 Rachel Partridge (31) 27:57 2 Clare Mullin (30) 27:15 3 Heather Cowan (29) 32:12 4 Sarah Clayton (28) 35:35 **29 West Bromwich Harriers** 2:07:43 1 Kate Facey (33) 29:16 2 Elaine Donnelly (32) 35:09 3 Michelle Cresswell (30) 33:03 4 Rachel Wilson (29) 30:15

**Fastest of all legs:** 1 Lisa Palmerblount DerbyAC 18:00, 2 Sarah Lowery RotherhamH 18:27, 3 Jenny Blizard RotherhamH 18:30, 4 Hayley Kuter SalfordHar 18:39, 5 Fiona Davies RotherhamH 18:40, 6 Mary James SouthLondo A 19:11, 7 Emma Dalton WestburyHa A 19:12, 8 Natalie Harvey SouthLondo A 19:32, = Amanda Wrightsmith Birchfield A 19:32, 10 Sallyann Walker TiptonHarr A 19:35

#### Women over 45 — Team Results

**1 Winchester & District Ac W45 'A'** 1:00:28 1 Kathryn Bailey (3) 19:03 2 S Parkinson (2) 21:11 3 Karen Rushton (1) 20:14 **2 Tonbridge Ac W45** 1:00:35 1 Tina Oldershaw (4) 19:38 2 L Pitcairnk Knowles (6) 22:21 3 Maria Heslop (2) 18:36 **3 Dulwich Runners Ac W45** 1:01:52 1 Clare Elms (1) 18:50 2 Andrea Pickup (3) 21:26 3 Angie Norris (3) 21:36 **4 Telford Ac W45** 1:02:03 1 Michelle Clarke (2) 18:55 2 Lucie Taitharris (1) 20:19 3 Alison Preece (4) 22:49 **5 Bristol & West Ac W45 'A'** 1:02:26 1 Clare Jolliffe (5) 20:14 2 Tracy Allan (7) 22:04 3 Sarah Everitt (5) 20:08 **6 Reading Ac W45** 1:03:44 1 Susan Francis (8) 21:13 2 Sarah Urwinmann (5) 20:33 3 Julie Rayfield (6) 21:58 **7 Trentham Rc W45** 1:03:59 1 Wendy Swift (7) 20:27 2 Mandy Vernon (4) 21:07 3 Sarah Taylor (7) 22:25 **8 Holmfirth Harriers Ac W45** 1:07:16 1 Margaret Sykes (6) 20:21 2 Debbie Beck (10) 25:16 3 Nicola Brown (8) 21:39 **9 Vale Royal Ac W45 'A'** 1:09:02 1 Lisa Meadows (12) 22:49 2 Helen Smith (8) 22:11 3 Debbie Moreton (9) 24:02 **10 Derby Ac W45** 1:09:20 1 Jill Burke (9) 22:06 2 Paula Parkin (12) 25:40 3 Steph Spencer (10) 21:34 **11 Sale Harriers Manchester W45** 1:12:27 1 Lynda Rowlinson (14) 24:33 2 Jan Nicholls (14) 23:59 3 Carla Ousey (11) 23:55 **12 Wolds Veteran Rc W45** 1:15:56 1 Mary Craig (10) 22:15 2 Susan Hobbins (9) 22:51 3 Carol Hall (12) 30:50 **13 Halesowen Acc W45 'A'** 1:16:05 1 Melanie Hepke (11) 22:34 2 Caroline Lambert (13) 25:55 3 Helen Attwood (13) 27:36 **14 Bournville Harriers W45 'A'** 1:16:43 1 Maria Wilkes (19) 27:07 2 C Greenhouse (17) 24:52 3 Jude Glynn (14) 24:44 **15 Cannock & Stafford Ac W45** 1:17:13 1 Hazel Cane (17) 26:16 2 Emma Hollinshead (15) 22:52 3 Ann Robinson (15) 28:05 **16 Vale Royal Ac W45 'B'** 1:18:11 1 Joanne Edwards (15) 25:02 2 Caroline Buckley (16) 25:56 3 Jill Haines (16) 27:13 **17 Birchfield Harriers W45** 1:20:25 1 Helen Bloomer (16) 25:36 2 Mary Ross (19) 28:19 3 Karon Jones (17) 26:30 **18 Tipton Harriers W45** 1:21:24 1 Penelope

Barber (13) 22:51 2 Joanne Acha (11) 24:14 3 Karen Prole (18) 34:19 **19 Bournville Harriers W45 'B'** 1:22:16 1 Nicola Tautscher (18) 26:40 2 Caroline Ankorn (18) 26:54 3 P Williamson (19) 28:42 **20 Aldridge Rc W45** 1:34:29 1 Cathryn Jones (20) 29:28 2 Viki Dobbs (20) 32:01 3 Judith Toase (20) 33:00

**Fastest of all legs:** 1 Maria Heslop Tonbridg45 18:36, 2 Clare Elms DulwichR45 18:50, 3 Michelle Clarke TelfordA45 18:55, 4 Kathryn Bailey Winchest45 A 19:03, 5 Tina Oldershaw Tonbridg45 19:38, 6 Sarah Everitt Bristol&45 A 20:08, 7 Karen Rushton Winchest45 A 20:14, = Clare Jolliffe Bristol&45 A 20:14, 9 Lucie Taitharris TelfordA45 20:19, 10 Margaret Sykes Holmfirt45 20:21

#### Women over 55 — Team Results

**1 City Of Norwich Ac W55** 1:06:55 1 Jane Clarke (1) 20:48 2 Tracey Curl (1) 22:46 3 Louise Wilkinson (1) 23:21 **2 Burnden Road Runners W55** 1:08:04 1 Anne Ferguson (5) 23:14 2 Kate Ellis (3) 23:27 3 Gwen Kinloch (2) 21:23 **3 Holmfirth Harriers Ac W55** 1:10:46 1 Lesley Ewart (3) 22:20 2 Karen Sinkinson (2) 23:30 3 Valerie Battye (3) 24:56 **4 Rotherham Harriers & Ac W55** 1:14:15 1 Paula Fisher (6) 23:36 2 Kathryn Brookes (5) 27:58 3 Janice Mcwilliam (4) 22:41 **5 Centurion Rc W55** 1:18:39 1 Theresa Woolley (4) 22:55 2 Sheena Lewis (6) 29:44 3 Denise Fitzgerald (5) 26:00 **6 Ripley Rc W55** 1:18:49 1 Eleanor Robinson (8) 25:27 2 Sandra Lineker (7) 27:41 3 Angela Forte (6) 25:41 **7 Mansfield Harriers W55** 1:21:41 1 Maddy Collinge (9) 26:12 2 Thomasina Copcutt (9) 29:18 3 Christine Fell (7) 26:11 **8 Wolds Veteran Rc W55** 1:23:06 1 Lynne Higgins (2) 21:31 2 Susan Anderson (4) 28:50 3 Susan Green (8) 32:45

**Fastest of all legs:** 1 Jane Clarke CityOfNo55 20:48, 2 Gwen Kinloch BurndenR55 21:23, 3 Lynne Higgins WoldsVet55 21:31, 4 Lesley Ewart Holmfirt55 22:20, 5 Janice Mcwilliam Rotherha55 22:41, 6 Tracey Curl CityOfNo55 22:46, 7 Theresa Woolley Centurio55 22:55, 8 Anne Ferguson BurndenR55 23:14, 9 Louise Wilkinson CityOfNo55 23:21, 10 Kate Ellis BurndenR55 23:27

#### Women over 65 — Team Results

**1 Westbury Harriers W65** 1:19:17 1 Marilyn Palmer (4) 26:41 2 Shirley Hume (2) 24:45 3 Pat Gallagher (1) 27:51 **2 Worcester Ac W65** 1:23:28 1 Elizabeth Bowers (1) 23:47 2 Carole Clark (3) 31:47 3 Margaret Crosswell (2) 27:54 **3 Hastings Runners W65** 1:28:06 1 Sarah Marzaioli (5) 28:04 2 C Sanderson (4) 30:46 3 Yocklin Richardson (3) 29:16 **4 Rotherham Harriers & Ac W65** 1:37:48 1 Wendy Whitaker (6) 29:07 2 Brenda King (5) 34:35 3 Patricia Beighton (4) 34:06

**Fastest of all legs:** 1 Elizabeth Bowers Worcest65 23:47, 2 Shirley Hume Westbury65 24:45, 3 Barbara Brown WoldsVet65 24:49, 4 Dorothy Fellows Cannock&65 25:12, 5 Christine Rollason Cannock&65 25:49, 6 Marilyn Palmer Westbury65 26:41, 7 Pat Gallagher Westbury65 27:51, 8 Margaret Crosswell Worcest65 27:54, 9 Sarah Marzaioli Hastings65 28:04, 10 Wendy Whitaker Rotherha65 29:07

### BMAF 5km Race Walking Championships - Horwich - 17<sup>th</sup> June 2018

Taken From a post in FB Race Walking Group by Trevor McDermott - It sums up what makes Horwich one of the best walking events in the UK for Masters. Special thanks also need to go to Trevor and his wife Linda for the results. Unlike the runners the walkers aren't chipped so the results have to be done manually. Trevor took responsibility and phoned Linda at home sitting by her computer.



Another very special Horwich event

Here we get a whole town centre completely closed to traffic, very accommodating Festival organisers (clearly delighted to have Race Walkers present once again), and superb 5km performances scattered throughout.

As usual, the walkers started a few minutes ahead of a field of runners that numbered in hundreds. Which after the first of 3 undulating laps gives the recorders a nice Sunday morning challenge.

Today the PA announcer had details to hand for walkers only and so his booming voice gave them individual prominence. With music in the background, cyclists, supporters, crowds, and an instant stage presentation, this fixture is always a real gem and it is puzzling why it might remain unregarded in some quarters.

There are terrific performances here every year.

Ian Richards is clearly enjoying himself in the M70 age group and, taking the helm from the start, raced to what is believed to be a NEW WORLD'S BEST of 25.29 (subject to confirmation).

By any measure, far and away the leading performance of the day.

Indeed, a staggering 98.30 % on the veterans Richter scale. Pat Murphy (1st M55) paced his effort extremely well to close at the finish with a 25.51, followed by relative newcomer David Annetts (1st M50) in 26.14.

The international Team race - based on Age Grading scores - was expected to be very closely fought between the home nation and an impressive entry of Irish exponents.

But Noel Blatchford set a new W70 CBP with 32.28, Pete Boszko's 28.36 (1st M65) was equally top draw and that redoubtable trio of repeat visitors - Sinead McConnell (1st W50), Murphy and Sean McMullin (2nd M70) - had to give best.

Mainly due to the outstanding performance of that man Richards. And it's not all about the old un's . . . . .

16 year old Maria Flynn had arrived from Naas, Co.Kildare, in an attempt to gain a European U18 Champs qualifying time and gave it a real go with Ian on that first lap before fading. Special arrangements had been made with the organisers to chip time her over the mats that the runners used.

And to ensure that the correct grade of RW judges were present . . . Glyn Jones, John Hall and Sean Pender had also travelled quite a long way and sacrificed chances of probable BMAF medals to aid her attempt by officiating at the side of the road instead. What a great example of international co-operation for the benefit of sport that is.

In the club Team race Birchfield Harriers showed impressive depth (Mark Williams, Boszko and a certain John C).

Finally, it would be remiss not to mention that Eric and Pam Horwill should really be putting their feet up these days. And not working so very hard to deliver yet another popular event (this was year 12) despite key personnel being absent including Lancs WC stalwart Fred Pearce, in hospital for two serious operations. A get well card was signed by all present. Oh, and those of a certain age will be heartened to hear of Mick Barker's celebratory jig . . . .

#### Results (in age graded percentage order)

1 Ian Richards Steyning AC ENG M70 25.29 98.30%, 2 Noel Blatchford Abingdon AC ENG W70 32.28 86.81%, 3 Peter Boszko Birchfield H ENG M65 28.36 86.54%, 4 Sinead McConnell EIRE W50 26.27 84.37%, 5 Pat Murphy EIRE M55 25.51 84.33%, 6 Sean

McMullin EIRE M70 30.38 83.84%, 7 Roger Michell Surrey WC ENG M70 30.48 81.33%, 8 Tony Malone Lancashire WC EIRE M65 29.24 81.29%, 9 Ann Wheeler Nuneaton H ENG W60 31.10 81.18%, 10 David Annetts North Herts RR ENG M50 26.14 80.18%, 11 Joe Hardy Lancashire WC ENG M70 33.48 78.01%, 12 Carolyn Derbyshire Nuneaton H ENG W40 26.32 77.45%, 13 Andrea Lennon Lancashire WC ENG W75 40.11 77.27%, 14 Mick Barker Northern Masters ENG M75 36.51 76.89%, 15 John Payn Lancashire WC ENG M80 40.19 76.19%, 16 Mark Williams Birchfield H ENG M50 27.44 75.84%, 17 Margaret Reid EIRE W45 28.17 75.60%, 18 Maggie O'Connor EIRE W45 28.39 75.28%, 19 Roy Gunnett Lancashire WC ENG M70 33.42 75.27%, 20 Greg Smith Lancashire WC ENG M65 31.33 74.91%, 21 Hilary Mann Sparkhill H SCO W55 32.30 72.77%, 22 Stephen Sargent Lancashire WC ENG M70 34.58 72.55%, 23 Julie Bellfield Halesowen AC ENG W45 30.50 71.73%, 24 Ian Torode South West Vets ENG M60 31.55 70.97%, 25 Bill McFadden Scotia RWC SCO M55 30.37 70.55%, 26 Anne Gormley EIRE W55 35.47 69.18%, 27 Lynn Bellfield Halesowen AC ENG W50 33.24 68.06%, 28 John Constandinou Birchfield H CYP M45 30.01 65.57%, 29 Brid Lawler EIRE W55 34.56 65.44%, 30 Stephen Walker Lancashire WC ENG M60 36.25 61.60%, 31 Sailash Shah Lancashire WC ENG M50 34.49 60.41%, 32 Gerard McConnell Scotia RWC SCO M55 39.19 59.96%

### Phil Brennan - EMACNS - My Story



Short story: Came 4th in 10k RR: 2 laps on dead straight roads up to roundabouts and back the other way in the sort of scenery that looks like an abandoned Soviet housing plan, in excessive mid afternoon heat. Guaranteed 80cm rise and fall, would you believe. Not too disappointed as still definitely suffering from Stratford HM. GB didn't do well in any individual categories. But made more impact in teams. Unfortunately no M75 team.

Long story: Any film fans who remember the scene in "North by Northwest" where the hero is told to take a bus ride to the middle of nowhere, and waits, gradually realising that something bad was about to happen, would have felt at home today. Not knowing where to go. I and a few like minded souls decided to set out with hours to spare for the bus stop "at" the start, following the instructions in the technical manual.

Nothing.

In the next hour, without exaggeration, I set out following four groups of people in four different directions clutching their google phones, saying "I know the way" and returning to square one. Eventually we got to the start after an hour in the baking heat. Of course. If we had thought Spanish, and waited till almost too late to get there, we would have seen the barriers which had sprung up and the cops and marshals all over the place.

PS Urgently needing to refuel, went to the nearest tourist restaurant for carbs. Halfway through, had to move my table to accommodate a twenty-strong English hen party. Demanded a glass of wine for doing it then escaped before it got dangerous.

2nd M75 cross country relay team. Rocks, roots and kerbs round a 2k park course at 9:00am this morning. We would not have had a team without Tony Brackstone, who came out here primarily as a walker, and Arthur Kimber, who bravely dropped down from M80 despite not being fully fit.

(photo above) If they look as if they are holding me up, they are....

Coming out here, I gave myself an outside chance of podium place in 10k, and no chance in half marathon, based on entry list. 10k went predictably with 4th place. Consequently I had no expectations for HM. I decided to set a pace slow enough to survive and spent the whole race defending what I thought was 4th or 5th place against a couple of Swiss runners. I was amazed and delighted when it turned out to be third. I've just collected my bronze.

Not much to say about the race: two laps city centre, very scenic, not too hot at 8:00am start, but long, long straights and a HILL, the swine.....

Anyway, it's done now, time to relax in the sun. Back tomorrow - I'd better do some training for Vets M70 Shot Putt.

Phil

### Andy Key - EMACNS Alicante - My Story

8:15pm Friday 18th May 2018 – St Juan, Alicante, Spain. I cross the line sandwiched by two Spanish competitors at the end of the European Masters (non stadia) 10km road race. Well down the field my initial thoughts are negative and how I had not done the GB shirt proud. A few minutes of reflection later and checking my watch I saw that I had

actually achieved a PB going under 45 minutes for the first time. Not bad for a 58 year old only just over 2 years into my second running 'career' after a break of some 35 years.



Andy Key, Kelvin Lowes and Nick Brown at the EMACNS

I'm competitive by nature so running was never going to be just a hobby. I have been 'parkrunning' since early 2016 chasing PBs. I have travelled far and wide running races in Europe and Asia so when I saw the European Masters champs were in Spain, which is where I live for most of the year, I thought that it would be a good event to spectate at. Then looking closer I realised that the event was open to anyone. Together with a couple of running buddies I joined VAC and championship entries were submitted.

Then. The 'fear' set in. Was I really fit to wear the GB vest? What would the standard be like? Would I be last home? Better start training. This last part was the easy bit as I'm used to the Mediterranean climate and I focus by and large on 5-10km events. So nothing really changed as the big day approached. Training every second day in line with a program devised by Terry Skelton, coach at my UK club Hastings AC it focuses on the usual speed work, tempo runs, stride and reps and a weekly longish run of around 8-10 miles. Following this I have managed to remain largely injury free something which I personally believe is important for my motivation and confidence

On the day itself We arrived in plenty of time and found picking up race numbers and getting info very easy. Everyone was very friendly and late afternoon we headed on out of central Alicante to St Juan about 6 miles away.

On arrival it was clear to see the massive Spanish representation and I know from experience that they'd have a very impressive depth of quality in age groups up to 70 and beyond. My team mates from Sussex Kelvin Warren-Lowes & Nick & Helen Brown knew we were in for a tough evening.

Fortunately for Kelvin and myself we were able to collect our thoughts as we watched the first race (ladies + MV60s and above) and seeing how things unfolded gave us some confidence that we would have some competitors behind us when our turn came. It also meant the temperature dropped



a few degrees which would help things no end. When our turn came the race itself went without a hitch with fantastic support from all nationalists and many shouts of 'come on GB' ringing in our ears and encouraging us on. One of my abiding memories was challenging runners from Italy, Germany, Spain, Finland and the great camaraderie from the other runners. We didn't win all the battles that confronted us but enough to feel satisfied that we had done ourselves proud.



*Finishing the 10km in a personal best*

To any Vet/Masters aged runner thinking about getting involved in these type of championships I would recommend it wholeheartedly. I needn't have worried about the quality as the events are really a series of races within races with the real speed merchants recording hard to believe times but for us 'mere mortals' there were always people to race against. Those two Spaniards I mentioned at the beginning. Well we pretty much 'raced' each other for the last 2 kms but at the end handshakes and broken English/Spanish allowed us to express our respect for each other's efforts. Afterwards it was back to town and a meal and a few beers and the rest of the weekend to watch other events (The HM on Sunday) and make new friends in the Masters running community.

### **BMAF Multi-Terrain Championships - Gravesend, Kent 24<sup>th</sup> June 2018**

The BMAF 30km Multi-Terrain Championships were once again incorporated into the North Downs Run. The tough hilly course follows established tracks and walkways across Weald Way and North Downs.

Lasts year's M35 winner Julian Rendall moved up to the M40 category this time out but the result was the same. The Tonbridge athlete finishing first in just over two hours.

Lee Cooper of Larkfield AC was M35 winner and Hastings Jeff Pyrah won the M45 category.

Recent European medallist David Smith took the M50 title, just ahead of Cambridge Harrier Christian Poulton.

Uckfield Runner Stuart Mills was M55 winner, David Gill M60 winner and Walter Hill M65 winner (see photo below).

David Winch and James Fitzmaurice were M70 and M75 category winners.

First lady to finish was Victoria Buck in 2:32:23 which secured the W40 title. Heather Fitzmaurice of Sevenoaks AC won a competitive W45 category ahead of Mornington Chasers Fiona Russell.

Kate Williams (W50), Janice Moorekite (W60) and Barbara Ockendon (W65) were the other female category winners.



### **Thanks Walter**

Walter not only got the gold medal in the BMAF M65 category, but was also 3rd in the M60-69 Open category.

Often Walter is accompanied by Alex Rowe, Dave Beattie, Rob Fox or Peter Kennedy to the road championships but this is one race he handles with the A1 help of Trevor Edgley of the host club Istead and Ifield Harriers, and they both ran the event as usual. He doesn't look too bad after such a gruelling race, but that is because he is an ultra-marathon runner at heart. He is also very busy as a Chair of Selectors/Team Leader for UKA and England's 50/100K Teams and the European Representative for the International Association of Ultrarunners.

**M35** Lee Cooper 2:18:25 M35-1 Larkfield Athletics Club, Jamie Giles 3:03:45 M35-2 Serpentine RC, **M40** Julian Rendall 2:01:22 M40-1 Tonbridge AC, Robert Laing 2:09:11 M40-2 Kent AC, Andrew Aitken 2:09:17 M40-3 Striders Of Croydon, Richard Newsome 2:10:00 M40-4 South Kent Harriers, Daniel Witt 2:34:57 M40-5 Sevenoaks AC, Ciaran Mcaneny 2:40:00 M40-6 Fairlands Valley Spartans, **M45** Jeff Pyrah 2:05:18 M45-1 Hastings AC, Phil Sanders 2:17:04 M45-2 Kent AC, Paul Jones 2:19:58 M45-3 Hereford Couriers, Ben Hebblethwaite 2:21:39 M45-4 Veterans AC, **M50** David Smith 2:19:05 M50-1 Wolverhampton & Bilston, Christian Poulton 2:19:35 M50-2 Cambridge Harriers, Stephen Symons 3:16:42 M50-3 Manchester YMCA Harriers, Terry Alabaster 3:19:45 M50-4 Witham RC, **M55** Stuart Mills 2:11:05 M55-1 Uckfield Runners, Andy Howey 2:11:25 M55-2 Tunbridge Wells Harriers, Paul Jeggo 2:19:53 M55-3 Springfield Striders RC, Clem Dixon 2:34:19 M55-4 Cambridge Harriers, Christopher Purse 2:47:46 M55-5 Springfield Striders RC, Bob Fursey 2:49:26 M55-6 Medway and Maidstone AC, Stephen Paul 2:53:35 M55-7 Eastern Masters AC, **M60** David Gill 2:23:10 M60-1 Warrington A C, Stephen Suttle 2:46:18 M60-2 Thanet

Roadrunners AC, Kevin Dillon 3:17:48 M60-3 Manchester Harriers & AC, **M65** Walter Hill 2:36:24 M65-1 Crawley AC, Peter Mensley 2:45:13 M65-2 Charnwood A C, Mike Lieberman 2:56:21 M65-3 Lothian RC, **M70** David Winch 2:39:47 M70-1 Thanet Roadrunners AC, Trevor Edgley 2:45:29 M70-2 Istead & Ifield Harriers, Barry Bell 3:25:20 M70-3 Istead & Ifield Harriers, John Gaade 5:36:43 M70-4 Southern Counties Veterans AC, **M75** James Fitzmaurice 3:48:45 M75-1 Sevenoaks AC, **W40** Victoria Buck 2:32:23 W40-1 Kent AC, **W45** Heather Fitzmaurice 2:33:18 W45-1 Sevenoaks AC, Fiona Russell 2:33:53 W45-2 Mornington Chasers, Caroline Curtis 2:54:06 W45-3 Folkestone RC, Ellan Iaquaniello 3:10:35 W45-4 Larkfield Athletics Club, **W50** Kate Williams 2:42:44 W50-1 Kent AC, Kim Howes 2:58:41 W50-2 Swale Combined AC, **W60** Janice Moorekite 3:09:52 W60-1 Larkfield Athletics Club, **W65** Barbara Ockendon 3:38:19 W65-1 Istead & Ifield Harriers

## Sweet Dreams Are Made of Tears - Ingrid Sells - W45 SCVAC - June 2018



There I was, standing at the main high entry gate, looking down and around at a completely empty stadium but I could hear the roar of the spectators and see the runners competing on the track – one of them, me – there were thousands of flags being waved, the atmosphere was electric. Tears filling up my eyes, I was choked by emotion, I could not

speak until I was called back to reality and had to jump back on the city tourist bus, departing from the famous stadium which was host to the athletics for the 1992 Barcelona Olympic Games, back to the here and now of 2011.

This destination brought back a deep-seated dream of mine which was to have run in the 1992 Barcelona Olympics. I was

never beaten at school at the 100 metres, but don't ask me where I came in the 200m or 400m! I loved running fast and doing the long and high jump. My idols back then, and still are, two of the all-time greats, Daley Thompson CBE and Carl Lewis but my school had very few sporting facilities and favoured traditional academic studies instead of sporting achievement. I was pressurised into reducing my extra-curricular sporting hobbies, which also included gymnastics, swimming, dance and netball in favour of getting some traditional O'levels behind me. Sprinting took a back seat from the age of 14 and then totally evaded me at the age of 16.

Love life, studies, work, good food and the general day to day took over the next 30 years without very much sport at all. A minor health scare in my early twenties knocked my confidence for six but I kept a positive mind and it showed me how determined I could be and I got through it.

Fast forward to the summer of 2012. London was hosting the Olympic and Paralympic Games. I tried desperately to get tickets to watch events with the new guy on the block that I'd begun to hear about, Usain Bolt but it was not to be, so I eagerly watched him from home with baited breath (and tears in my eyes) for what he was about to achieve. When the time came, I was nervous and elated for him and part of me wanted to be him. His running was inspirational and I have been a fan ever since, so much so that I've bought Bolt's golden shoes (not his actual ones) and I've won his t-shirt (not his actual one) and I keep them on my bedroom window ledge as a daily inspirational reminder to me.



I couldn't miss the opportunity of trying for tickets for me and my family for any other events during the Olympic and Paralympics Games and we were fortunate to get tickets for a few events, including a track and field evening during the Paralympics. My family and I sat in the London Stadium and once again, my tears appeared before the start of the night of fantastic superhuman events. I was thinking what could have been for me and what the athletes were about to



achieve for themselves. I realised at that moment that I had to do something about this unfulfilled sprinting passion otherwise I'd be replaying this regret on many more occasions.

Later in 2012, I was very lucky to meet the very gracious Lord Sebastian Coe after a seminar I attended in London and my family and I finally got to see Usain Bolt compete live at the London Anniversary Games in 2016 and at the World Athletics in London in 2017. These events helped to cement my passion to run again and gave me the idea to compete as well.

With working hard during the day and into some evenings and weekends, coupled with eating out for ease and relaxation and my lack of exercise, apart from some social Ballroom and Latin dancing, over the last twenty plus years I'd put on weight and had an unhealthy lifestyle, so I decided to enrol in some life coaching which gave me the impetus to do something about my weight and health. The coaching gave me the push to visit my local gym and I then signed up for regular sessions with a Personal Trainer, Tom Harris at Eltham Leisure Centre. I told him about my goals to lose weight, get fit and get back in to sprinting again. That was in August 2016 and since then I'm at the gym three times a week for at least 5 hours/week and he tests my fitness every 6 weeks and updates my program depending on my goals for that phase. I've surprised myself as he's had me doing all sorts of exercises and using various types of fitness equipment and I've really enjoyed my journey so far.

A few months after I started my Personal Trainer sessions, I decided to take my next step and went to my local athletics track, Sutcliffe Park, where Cambridge Harriers train and I joined in with the young athlete's coached by Ron Allison BEM. I tried to do all the drills the others were doing and then some sprinting. I could just about manage to get to the end of the 100m – it suddenly felt a long way! My body was telling me that I needed to get fitter first before doing more running. So, I cracked on with the gym sessions with Tom and he's got me a lot fitter, slimmer, which has led to better stamina and being faster.

I returned to Sutcliffe Park again for round 2 in autumn 2017, this time I was more able and as I'd mentioned to Ron about entering sprinting competitions he recommended that I be coached by Barry Ferguson, an experienced Masters Athlete and Coach.

My partner, Paul and I, had planned to renovate our house which was going to mean moving out for some duration. Along with work, planning the house renovation, regular gym sessions and the running, I decided to do less running over winter 2017. But on Valentine's night 2018, Paul and I went out for a meal and discussed whether to carry on at the gym or renovate the house and move out and whether to carry on sprint training. Maybe it was the Prosecco, but we reached the decision to delay our house project and go for the gym and running as it would get me even fitter and help me achieve my dream. During that meal I also made the

decision to take the huge leap of faith in myself and enter the biggest competition I could find, which happened to be in September 2018, the World Masters Athletics. I had found out this was in Malaga, Spain (not a million miles away from Barcelona!) it was a sign.

It didn't matter to me if I came last, it was the sheer taking part and fulfilling my dream that mattered. Of course, I'd like to win, I want to win and I'll try and win, but I'd researched previous World Masters competitions and the competitors were fast, 12-18 seconds in my age category (W45) and I was running about 21-22 seconds at the time. So my realistic goal was to get below 20 and into the teens.

I've joined SCVAC and got their kit, I've joined EA, registered and been accepted for WMAF Malaga September 2018. I've got my BMAF kit so I'm all set, I've got to continue to put in the training and turn up.

It was my 48th birthday in April and through a coincidental change of plans, Paul and I had a holiday in Malaga to do a recce of the town, facilities and stadium, so that I'd be less nervous come September. We had a lovely time and managed to go inside the stadium and have a look around. We took some photos for posterity and had a bit of a laugh there.



In May and June after starting my sprint coaching with Barry, I ran my first two practice competitions, running 18.5 and 18.63 seconds for 100m. I came last in both races, but I didn't mind – I was achieving my goals. Barry says, "Although Ingrid has suffered setbacks along the way, she has displayed the tenacity needed to achieve her goal. It is my pleasure to assist her in her determination to fulfil her dream".

I do get scared every so often as my body has its' niggles and reminds me in no uncertain terms that I'm giving it a pounding but I'm transforming myself. I'm making it do starts, accelerations and increasing my stamina. I eat, sleep, breathe, read, watch and chat running and the gym at present. I'm so grateful to my partner Paul, who's heard hardly any other topic of conversation from me this year! It's his 50th birthday this year in July so we had discussed previously about going away for several weeks for this, but he's been so generous and has sacrificed this for me to carry on with my sprint training, so we'll have a small celebration of this in July and plan something bigger for him after Malaga.

It's a fine line between training enough, overtraining, getting rest and not feeling guilty about recuperation. Eating enough but not eating too much, being disciplined with healthy eating, cutting alcohol right down but also having relaxation time, getting enough sleep but getting up very early to go to the gym. I've realised that this is half the journey, but I'm getting there and I'm looking forward to the these last few months in the run up to September 2018. I'm still apprehensive about the continued discipline and training but I know I'll make it and I'm taking one day at a time and I know my sweet dream will come – to compete in my 'personal' World Sprinting competition. Let's just see if I hold back the tears this time?

### Meet Gary Leek - The newly appointed BMAF Communications Manager



I am a competing masters 55 sprinter from Central Scotland competing both indoors over 60m and 200m also outdoors over 100m and 200m. I returned to athletics at the end of 2012 after inspiration from the London Olympics. I joined Blackpool Wyre and Fylde AC as was living in Blackpool at the time but returned to Scotland in February 2013. I compete first claim for Edinburgh AC.

My other roles within athletics include Head of Communications at Edinburgh AC, Coaching sprints locally at Law & District AAC and I am a photographer running Athletics Digital photo portal promoting athletics in Scotland with contributions from other photographers.

As Head of Communications with my club I have developed dialogue with members helping to bring the club together offering a sound channel of information available to the members. This has come from a redevelopment of the club website that is easily navigated to find information and news along with marketing materials for events and fundraising activities. Communications especially in such a large club like Edinburgh AC is important both internally and externally.

Good media relations with local press to attract a greater exposure is also under way. Key members in the club are utilised for these activities to function.

My visions at BMAF are to include wider communications with the membership including the area clubs throughout the UK and to work on plans to give greater exposure for masters athletics in mainstream clubs. At Edinburgh AC we have a tagline of 'Playground to Podium' but this is extended to include masters because unlike many other sports athletics has no age barriers.

To achieve these goals research will be done to find out what the membership feels is currently missing and how these shortfalls can be addressed, identifying the strengths and weaknesses in every aspect of communication including how the BMAF can support area associations in order to achieve better relations and exposure.

Integrating masters events within mainstream events is also an area I am keen to help develop and promote with greater recognition from athletics governing bodies across the UK. These events will be in all disciplines including track and field, road running and cross country.

Awareness of masters athletics being the vital key area to develop and promoting to attract new or returning athletes to the fold. Many parents are ex athletes themselves from all levels including international. Having children now taking up the sport doesn't mean parents have to just sit on the side lines. Encouragement by clubs to volunteer is good practice and helps develop a more socially knit club. To many though taking up active roles in the sport can be very daunting and masters equivalent of 'try a sport' days could help to nurture these first steps back or indeed first steps ever. I have a masters friend in Scotland who didn't take part in athletics until he reached last sixties and is now enjoying a better lifestyle and social circle while competing in championships both national and international at a high level. We need more of these inspirational stories.

Greater interaction between members and BMAF will develop over the coming months in all aspects making for a more harmonised association.

If any individual, clubs or associations including governing bodies have any questions I am always available to listen and to try and help develop greater communications at all levels.

I can be contacted at [comms@bmaf.org.uk](mailto:comms@bmaf.org.uk)

Contact no. 07715 444993

### Regional News

#### British & Irish Masters Cross Country International

The selection process for the England team to take part in the 2018 British & Irish Masters Cross Country International at Swansea, Wales on 17 Nov 2018 has opened and affiliated runners are encouraged to get their application in.



It is important that all athletes wishing to be selected are paid up members of their respective Masters/Veteran area club or association and also be UK registered. Applications must be made on the EAMA XC 2018 papers which must be fully completed and sent to the relevant area club/association representative by Wednesday 3 October at the latest.

#### **Northern Ireland Team Selection**

The NIMAA XC Trial and Northern Ireland Masters XC Championships will be on Saturday 13 October 2018 at QUB Grounds, Upper Malone Road, Belfast.

11.30am Lady Masters and Male Masters 65+ (6k)

12.15pm Male Masters 35 - 64 (8k)

Entry Fee £10. Enter on the day

#### **Welsh Masters AGM**

Notice of the 2018 Annual General Meeting

To be held at LLANDAFF RFC CLUBHOUSE, The Old Mill, Western Avenue, Cardiff CE5 2AZ at 6.30pm on TUESDAY 31 JULY 2018

#### **VAC 5M Road Race 17 April 2018, Battersea Park**



There were 33 finishers for the first fixture on a fine, cool evening. The winner was Simon Baines who dipped under 27 minutes to set a new M45 course record of 26:59. Gary Ironmonger, in fourth place, finally managed to beat Liam O'Hare's long-standing M55 course record. Gary's time of 27:47 was two seconds quicker than Liam's record set in May 2005. Carol Jones was the first woman in a time of 37:57. Penny Elliott's (pictured above) time of 44:28 sends her to the top of runbritain's W75 5M rankings. Race results, including age grading, are on the VAC website.

#### **VAC 5M Race Walk, Battersea Park, 17 April 2018**



The opening race of the summer series took place in fine dry conditions, with the occasional gust of wind. The times were respectable given that nearly all the field had raced at Gravesend only 3 days before. VAC had a new men's race winner as Seb Parris (above) who had won the VAC 15k at the Gravesend meeting cruised home in 43:26. Seb had already joined VAC in anticipation of turning 35 in May. Melanie Peddle had another good race to be second overall and first lady home in 49:59. The runners in the accompanying race were impressed too!

#### **Cecil Gittins Memorial Walks, Cyclopark, Gravesend, 14 April 2018**

VAC was pleased to host the third running of this event incorporating the Enfield League and featuring 2.5k/5k/10k/15k road races on a dedicated cycle circuit which in shape and gradients can only be described as a large Scalextric set. The favourable and sunny weather this time took some by surprise! In all there were 39 on the line, with ages ranging from 11 to 85.

A loud round of applause was given by the walkers in the traditional Enfield League way to commemorate the life of

Bernie Hercock, president of Enfield & Haringey AC, who had sadly passed away since the last meeting.

Given that the winter was prolonged and there had been a gap in the race calendar, the times achieved were decent. The 15k was won by an in-form Seb Parris (Ilford AC), with runner up spot going to Malcolm Martin (SWC) and third place to Ollie Hopkins (Lewes AC) at his first attempt at this distance. Angela Martin (SWC) put in a gritty performance as the only woman to tackle 15k.

The 10k headline race was won by Portuguese international Francisco Reis (TVH) in 50.45. The runner up was David Crane (SWC) in 52.34 and third place went to Seb Parris (Ilford AC) in 56.57 who went on to complete the 15k. The ladies race was won by 2017 overall Enfield League winner Helen Middleton in 61.29, second place was the ever-improving Melanie Peddle in 63.00, and a pb for Jacqueline Benson (Ashford AC) as she climbed to 65.11. Full results are on the VAC website.

### Marathon Majors (by Jon Cross)



Having taken up running in my 50s, I found that I enjoyed running marathons and had a reasonable aptitude for the distance. I had reached a stage where I was always running in the range of 3:05-3:10, so very respectable, but with that 3 hours mark frustratingly close, but seemingly unattainable.

At that stage I became aware of the 6 star award for completing the six World Marathon Majors, and decided that would be an interesting project. I duly got an entry to Boston in April 2015 and in preparation for that I significantly increased my training to give my best shot at finally getting under the magic three hours; all went well and I duly completed the distance in 2:59:02. At that stage I thought that would be a one-off sub 3 marathon.

In September 2015 I competed in the next event on my Marathon Majors list, Berlin. I wasn't really expecting to run 3 hours there, but with a mile to go I could see the 3 hour pacer 200 yards ahead of me, and with the hardest finish of my life crossed under the Brandenburg Gate to reach the finish with 4 seconds to spare - 2:59:56. That set me thinking

about whether I could achieve all 6 of the majors under the 3 hour milestone. The following autumn saw #3 on my list, Chicago (Oct 2016). Training went well for that, and this time I managed the 3 hours with a couple of minutes to spare, and came 4th in the V55 category. Being halfway to my target, the ambition was now becoming something of an obsession.

London was next (Apr 2017), and although I faded badly towards the end, I managed to hold on for another 2 hour 59 minute result. Come the summer I hit my 60th birthday and with the benefit of now being a relative youngster in the V60 category it was time for New York (November 2017). That was again a close thing with yet another 02:59 result - but very gratifying to finish 2nd in the V60 category.

So that was five sub-3 marathons recorded (albeit four of them by the narrowest of margins), and all now hinged on Tokyo on 25 Feb 2018. I have never been so nervous before a race, but in the event, all went perfectly - and under ideal running conditions I managed 2:56:44, knocking more than a minute off my previous PB and also taking 1st place out of the 1400 runners in the V60 category. So, a very gratifying finish to what had been a 3 year project and around 6000 miles of training runs (and rather more air-miles!) – and of course good fortune in avoiding any serious injuries. I am now the proud possessor of the very large World Marathon Major 6-star finisher medal, hanging in the pride of place in the downstairs loo.

So, time to think of the next project - a marathon on every continent seems to be calling.

### SCVAC 10k Road Championship 10th June 2018



This year our 10k road championship was held within the Staplehurst 10k. The race organisers did an efficient job, and there was a friendly village feel to the event. We had one of our healthiest SCVAC entries in recent times, with 23 finishers including some newly enrolled members. The results team from Nice Work were prompt with our SCVAC results, and most winners stayed for the medal presentations. Mick Jefferies recorded these with a camera borrowed from Tony Rea, who was unfortunately unwell and could not attend.

Some excellent performances saw 7 SCVAC members also winning their age category in the open race. I took the opportunity of running the course, setting off 3 minutes



behind the field, and found it gently undulating, with one slightly more testing climb after 6k, all on pleasant country lanes. Clear signs and friendly marshalling, plus more than adequate water stations, ensured a good experience for all. The absence of changing facilities was not a problem given the pleasant weather. With total entries capped at 400, this is an ideal race for our club championship.

Apart from a few gaps in our age groups (no F40, M40, M45, or M65 runners), the turnout provided good medal competitions: the closest contest was for M70 bronze. Barry Bell prevailed over Mick Jefferies by 2 seconds on gun time, though Mick's chip time was 5 seconds faster than Barry – stand nearer the front next year Mick! I'm delighted to report that Mick dipped under 50 minutes for the first time, so the PB made up for the missing bronze medal. While we were enjoying ourselves in Kent, Road Race Secretary Mark Champion was running the Yeovil Marathon in 3:12, a great effort Mark.

Pos	Time	Name	Surname	Cat	Medal
9	0:37:06	Graeme	Saker	M55	Gold
17	0:38:15	Martin	Kelk	M50	Gold
47	0:41:49	Bob	Furse	M55	Silver
51	0:42:19	Nicola	Sansom	F45	Gold
57	0:42:49	Stephen	Suttle	M60	Gold
60	0:43:02	David	Sancto	M50	Silver
63	0:43:35	David	Winch	M70	Gold
75	0:44:21	Susan	Dixon	F50	Gold
88	0:45:24	Martin	Hawkins	M55	Bronze
89	0:45:29	Kim	Howes	F50	Silver
93	0:46:28	Trevor	Edgley	M70	Silver
102	0:47:21	Vicky	Talbot-Rosner	F55	Gold
108	0:48:10	Ian	McCarthy	M60	Silver
130	0:49:51	Marian	Povey	F60	Gold
131	0:49:51	Terry	Povey	M60	Bronze
134	0:49:46	Barry	Bell	M70	Bronze
136	0:49:41	Mick	Jefferies	M70	PB
150	0:50:29	Sue	Garner	F70	Gold
153	0:50:47	Barbara	Ockendon	F65	Gold
159	0:51:40	Janice	Moorekite	F60	Silver
163	0:51:53	Sue	James	F65	Silver
205	0:56:28	Michael	Conway	M75	Gold
222	0:57:55	Joyce	Bell	F65	Bronze

#### In Pictures - The 2018 SWVAC Track & Field Championships - Exeter - 17th June (photos care of Des White)









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**Subscription Rates:** £10 per annum (four issues) for printed copy, online version free to members of affiliated clubs.

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### WORLD MASTERS CHAMPIONSHIPS MALAGA - Spain

05 – 16 September 2018



This will be the second time that Spain has hosted the Masters athletics showpiece after the edition held in San Sebastian in 2005. A great chance to combine some competitive athletics with a relaxing beach break on the Costa del Sol. With more than 4,000 athletes and 3,000 supporters from more than 80 countries expected to attend we are pleased to offer 'FLEXIBLE' travel arrangements to include numerous flight options from various UK departure airports and return airport transfers. **We still have a few rooms available in a choice of city centre hotels located just 15 minutes from the main stadium and a beach hotel in nearby Torremolinos.**

### WORLD MASTERS INDOOR CHAMPIONSHIPS TORUN – Poland

24 – 30 March 2019



The next WMACI event is being held at the new Hala-Sportowo-Widowiskowa sports complex in Poland. Torun is a large town rather than a city and the competition venue is on the outskirts of the town rather than the town centre but still relatively close to our hotel options. Torun previously hosted the European Masters Indoor Champs in 2015, so we are very familiar with the logistics of the town, having coordinated a successful travel programme for competing athletes to this event. A choice of 3 & 4\* hotels will be offered, along with a choice of direct and indirect flight options.

### EUROPEAN MASTERS CHAMPIONSHIPS JESOLO – Italy

05 – 17 September 2019



The province of Venice will host the European Masters Athletics Championships 2019. It will be the 21st edition of the continental event and will involve Jesolo (Armando Picchi Stadium), Caorle (Giovanni Chigiato Stadium) and Eraclea (Municipal Stadium) for all the track competitions, from 5 to 15 September 2019. It is expected the participation of thousands of athletes "over 35" from 40 European countries. Also, a half-marathon (Jesolo), road race walking and cross country (Caorle) will be contested. A choice of 3 & 4\* hotels will be offered, along with a choice of direct and indirect flight options and airport to hotel transfers. Register now!

In order to be the first to receive our full travel programmes for the above events, please register below or email your interest to [info@trackandfield.co.uk](mailto:info@trackandfield.co.uk)

### MASTERS ATHLETICS TRAVEL 2018 / 19

REQUEST FORM

Date Received [ ]

NAME \_\_\_\_\_ Tel No \_\_\_\_\_ Email \_\_\_\_\_

ADDRESS \_\_\_\_\_

Please tick as appropriate

2018 WORLD MASTERS CHAMPIONSHIPS – Malaga  
2019 EUROPEAN MASTERS CHAMPIONSHIPS – Torun  
2019 EUROPEAN MASTERS CHAMPIONSHIPS – Venice

Flights

Airport Transfers

Hotel

[ ]	[ ]	[ ]
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