



MASTERS ATHLETICS

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Four Gold's and One Silver for Evaun Williams at the World Masters in Malaga
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MASTERS ATHLETICS

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Front Cover: Tom Phillips captures the drama of the M55, M50 and M40 800m finals at the World Masters Championships in Malaga

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International Fixtures

- 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

- 27 Oct 2018 - **British Masters Open Cross Country Relays** - West Park Long Eaton NG10 4AA
- 03 Feb 2019 - **British Masters Indoor Pentathlon Championships** - Lee Valley Stadium, London
- 24 Feb 2019 - **England Masters Indoor Inter-Area Challenge** - Lee Valley Stadium, London
- 09-10 Mar 2019 - **British Masters Indoor and Winter Throws Championships** - Lee Valley Stadium, London
- 09 Mar 2019 - **British Masters Open Cross Country Championships** - Malone, Belfast, Northern Ireland

07 Apr 2019 - **British Masters 10k Road Championships** - Blyth, Northumberland

18 May 2019 - **British Open Masters Road Relays** - Sutton Park, Sutton Coldfield, Birmingham

26 May 2019 - **British Masters 1-Mile Road Championships** - Westminster Mile, London

?? May 2019 - **British Masters Pentathlon Championships** - Oxford

?? May 2019 - **British Masters 10000m / 10000m Walk** - Oxford

02 Jun 2019 - **British Masters 10-Mile Road Championships** - Dorking, Surrey

16 Jun 2019 - **British Masters 5km Road / 5km Walk Championships** - Horwich, Greater Manchester

23 Jun 2019 - **British Masters 30km Multi-Terrain Championships** - North Downs, Gravesend, Kent

07 Jul 2019 - **British Masters Half Marathon Championships** - Ashbourne, Derbyshire

?? Jul 2019 - **British Masters Combined Events Championships** - Venue TBC

?? Jul 2019 - **North of England Masters T&F Championships** - Venue TBC

?? Jul 2019 - **England Masters Outdoor Inter-Area Challenge** - Venue TBC

17-18 Aug 2019 - **British Masters Outdoor Championships** - Alexander Stadium, Birmingham

28 Sep 2019 - **England Masters Cross Country Inter-Area Challenge** - Venue TBC

20 Oct 2019 - **British Masters Marathon Championships** - York

?? Oct 2019 - **British Masters Open Cross Country Relay Championships** - West Park Long Eaton NG10 4AA, Derby

Regional Fixtures

21 Jan 2019 - **NMAC Half Marathon Championships 2019** - Essar Four Villages Half Marathon, Helsby Community Sports Centre. 10:30 am start

03 Feb 2019 - **South of England Masters Indoor Championships** - Lee Valley Stadium, London

10 Feb 2019 - **NMAC Cross Country Championships 2019 and AGM** - Venue to be arranged

Secretary's Report

Our Annual General Meeting was held at 18.00 in the Alexander Stadium on the first day of our Track & Field Championships. The main item discussed was the changes to the Constitution needed before the formation of a Company Limited by Guarantee that the Vice-Chair, Ian Richards, has been discussing with all Clubs and is presently working on.

The Chairman reflected on another very successful year. Paul Dickenson did not wish to continue as President due to ill health feeling that he would not be able to make the commitment. Also stepping down were two great stalwarts of race walking, Eric Horwill and John Hall. I know you will join the Executive in thanking them for their huge contribution over many years and wish them well for the future.

The Chairman also referred to the research projects in which we have cooperated with University Departments, Birmingham University, King's College, London, and St. Georges Hospital in London that attracted considerable numbers of our athletes, to their benefit and to the advancement of medical sciences. Manchester Metropolitan University has produced a draft report booklet on its findings and asked us to review it and comment before the report is finalised.

The Hon. Secretary reported on the introduction of more stringent Data Protection Data in May and she and Walter Hill attended a Seminar on Governance in Sport at the London offices of the legal firm Moore Stephens in March. A copy of the brochure on Governance in Sport was requested by European Masters Athletics to use as a format. On the advice of our IT Manager, Peter Kennedy, we are now registered with the Information Commissioners Office (ICO) to benefit from their advice.

The European Masters send a Diploma to any European athlete who breaks a record and she is delighted to report that this past year was a particularly busy one as referred to by our Statistician below. Prolific record-breaker Angela Copson (MMAC) was awarded World Best Female Distance runner of the Year and European Masters Best Female Athlete Award.

She regretted that we have to report that one of our active members, David Burrell (EMAC) received a 4-year Anti Doping provisional suspension from 18 October 2017 until midnight on 17 October 2021. According to UK Anti-Doping he had "refused, without compelling justification, to submit to sample collection after notification of testing".

She thanked Clubs, Race Organisers and Volunteers who helped to promote our various Championships during the year and welcomed on to the Executive, Data Protection Professional Alex Rowe, NMAC, as our Information Processing Officer with responsibility for the demonstration of BMAF accountability for GDPR. She is indebted to our long serving Hon. Legal Adviser, Walter Nicholls for his advice and guidance.

The Hon. Treasurer, David Oxland, presented a comprehensive and healthy Balance Sheet. He thanked Peter Duhig for his help with recovering outstanding overseas fees. Maurice Doogan reported increased entries at the Indoor and Track & Field Championships and his worries on finding tracks suitable for holding some of our Championships. He also alluded to the shortage of Officials.

Maurice said we are going to organise our own Grade 1 Courses, so that we get our own Officials. The costs would be met by BMAF and he will be contacting the Clubs about holding these Training Courses in their local area.

Cross-Country Secretary, Mel James, reported increased team entries in the M35/M45 relays at Long Eaton and the very successful Cross-Country International hosted by our N. Ireland club, for which he thanked NIMAA and Rob Fox and his team at Long Eaton. The England Athletics Masters Association organised their second Inter-Area Cross Challenge at Bournemouth on the 25th November, a week after the International. It was won by SWVAC, with five Areas competing. Best aggregate performances were from older masters; Peter Giles (VAC) obtained an excellent 90.48 %, fresh from his England International performance where he narrowly lost out on a gold medal by one second. Penny Forse (SCVAC) produced an even higher 93.5% to win the women's aggregate.

Our Cross-Country Championship was held in Scotland, on the 17 March and the small town of Forres gave us a real Scottish welcome. Besides the BMAF contested medals, all the age group winners received a specially labelled whisky provided by the local Distillery, with every entrant also taking home a souvenir of local made shortbread. All the age groups were well contested, with some very close competition. The closest contest was in the women's 40+ age group, where only six seconds separated the first three finishers, Kerry Marchant (Staffs Moorland) obtained the gold medal finishing just two seconds ahead of Jennifer MacLean, (Edinburgh AC) with South London's Mary James taking the bronze.

Road Running Secretary, Walter Hill, reported on a full year of road and Multi-Terrain Championships. The marathon in Chester is shared with England Athletics. The project of raising the profile of Masters running by England Athletics has been a great success and he is delighted to record that the BMAF has been instrumental in that success. 232 entered the Vitality 1-mile in London in May; he hopes that it could be a BMAF 1-mile Championships next year. All other entries have been up. Ian Richards reported on Race Walking and performances at home and at the European Masters in Madrid and Alicante.

Our IT man, Peter Kennedy, had been very busy during the year. He is joined by Alex Rowe (NMAC) as the Assistant IT Manager, Information Processing Officer, and Gary Leek (SVHC) is now Communications Manager.

Peter said the following activities are a normal part of the IT manager role: Management of Opentrack developments; maintenance of website fixtures, results, photos, records, contacts lists.

Management of all championship entries – production of competition files, UKA registration checks, liaison with race organisers/scorers. The introduction of new technology for instance, Smartphone time recording of races as supplement to paper recording when chip timing is not available. Refinement of scoring systems, such as ones for the Inter-Area Track & Field Championships and the new Inter-Area Cross-Country. Accounting of competition entries, membership payments, Masters Athletics subscriptions. Production of address lists for printed copies of Masters Athletics. OpenTrack user support, Area Club Membership Secretary support. Production of monthly statistics of BMAF Area Club membership.

Mass communication to members regarding their OpenTrack data, benefits available to members and details of future events according to their athletics interests.

With increased numbers entering BMAF events, the peak demand for help from the user support team just before competition entries close, has increased but he has had additional assistance this year from Alex Rowe, Courtney Gunn (EMAC) and Ada Stewart (SVHC) to cover this work – a busy man indeed! We thank Peter and his team for the excellent work they are doing as the BMAF system is now seen as a model.

According to our hardworking Statistician, Brian Owen, he ratify and successfully claim 60 British Records, 12 European and 6 World Records plus a further eight European Bests in the Road and Walks category during the year under review. In addition he produced a statistical survey that he hope will identify quickly those athletes who are likely to be awarded British, European and Word Best Masters awards. This should be possible shortly after this year's World Masters Championships.

Brian reported that he contacted many of the UKA top Officials and found them without exception more than willing to provide the necessary proof to substantiate the claimed performances. He also received a great deal of help from UKA top Official Malcolm Rogers and UKA's Statistician Ian Hodge who digs out Photo-finish and ZCT's and Field Cards when asked.

The one area that he finds most difficult is the World Masters Athletics' Records Officer, who appears to take months to ratify World Records, whilst Europe only takes a couple of days and it is the same documentation. Brian mentioned that when he has spare time he does a bit of Announcing! Brian has also introduced British Record Certificates and said that by the thanks he receives from you, they appear to be well received by our members. What would we do without him?

Peter Duhig was also kept busy and had just finished processing Malaga entries. 372 entered the European Masters Indoor in Madrid and he felt that the 113 who entered the European Non-Stadia in Alicante, was lower than he expected. We have a record 704 entries for Malaga, 221 women and 483 men. Peter pleaded to you all to check your emails regularly when you enter an international Championship as emails are the main source of direct and

fast contact, he only makes general comments on social media; queries should be emailed to him.

Bridget Cushen - October 2018

THE 300 PLUS CLUB

The BMAF Executive have reluctantly decided to discontinue the 300 Plus Club. It was originally set up to allow members to provide additional financial support for "Masters Athletics", with the possibility of winning a cash prize. Without this support the Federation would probably have been unable to continue publishing as it would have been a significant drain on its resources.

Over the years the magazine has evolved and methods of funding it have moved on. It has reached a stage where the income raised is not sufficient to justify the efforts involved in running the club. However the subscriptions of all those who have paid up will be honoured. Since May no new subscriptions have been collected. There will continue to be monthly draws until May 2019, but the total of prize money distributed will be reduced.

The BMAF Executive would like to put on record their grateful thanks to all those who have over the years contributed to the 300 Plus Club. Without their support "Masters Athletics" would probably not have survived and this vital means of keeping members informed would have been lost. We hope you feel that it has been worthwhile even if your number did not come up.

Chris Jager

An Appeal For New Team Managers

The BMAF needs to recruit more team managers for international championships. If you are interested in involving yourself in this work please let us know.

If you have team management experience from elsewhere we would be especially interested in you. But if not, you would still be very welcome as we will provide training in the form of shadowing experienced team managers and receiving relevant information and advice from them.

If you are a competitor team management can be combined with that as you will not have team manager commitments every day of the championships.

We look forward to hearing from you.

**Maurice Doogan 0207 7952233
maurice@dooganconsulting.com**

**Arthur Kimber 01634 389554
arthur.kimber@gmail.com**

A request from Croydon Harriers on celebrating their Centenary in 2020

We hope through the good offices of the British Masters to encourage some of our heroes and also rans from yesteryear, to come out from their mothballs and help us celebrate in a big way.

We envisage a celebration dinner with music, an exhibition of memorabilia and the launch of an anniversary history of the club. We would love to re-establish contact with former members interested in any way. Contact: Mike Fleet, 020 8647 1341 Email: mike@mafleet.co.uk

BMAF Record Breakers

A round up of some of the new British records set since our last edition. Another list detailing the records set in Malaga is listed later in this magazine.

Long Jump W45 Julia Machin 5.43 / 0.8 Crawley 12/5/2018

10,000 Walk W70 Noel Blatchford 1h11:07.88 seconds Oxford 3/6/2018

High Jump W55 Wendy Laing 1.49 Leigh 3/6/2018

Javelin Throw M80 Victor Adcock 30.30 Nuneaton 3/6/2018

Mile M65 Derek Jackson 5:28.9 Worcester 7th June 2018

Decathlon M70 Barry Hawkesworth 4387 Derby 19/5/2018

Pentathlon W35 Lucy Marshall 3727 Derby 19/5/2018.

3000m W50 Clare Elms 10:05.0 Catford 14/6/2018

3000m M75 Victor Shirley 12:17.90 Sheffield 23/6/2018

800m W65 Alison Bourgeois 2:42.18 Ambilly, FRA 23/6/2018 (European Record)

Marathon W55 Angharad Mair 2h54.49 London, 23/04/2017

Marathon W80 Eleanor Draper 5h34.48 Chelmsford, 18/10/2015

Marathon W80 Joyce Archibald 5h02.47, Reykjavik, ISL 28/08/2016

Marathon W75 3:57:21 Jackie Jenkins, Manchester 08/04/18

Marathon W80 5:02:47 Joyce Archibald, Rykjavic (ICE) 20/08/16

800m M85 Brian Ashwell 3:29.81 Nuneaton 3/6/18.

1500m M55 Guy Bracken 4:20.7 Jarrow 23/6/18

Mile M80 Edmond Simpsom 7:25.3 Jarrow 2/7/18

200m M65 Dr Steve Peters 25.14 /0.8 Solihull 8/7/18 (also European Record)

High Jump W55 Wendy Laing 1.50 Solihull 8/7/18

100MH M55 Neil Tunstall 14.93 Solihull 8/7/18

Discuss Throw M70 Neil Griffin 40.55 Woodford Green 10/7/2018

Heptathlon W50 Janet Dickinson 5163

Throws Pentathlon W35 Lucy Marshall 3689 Sheffield 14/7/18

Throws Pentathlon W60 Jennifer Ibbitson 3689 Sheffield 14/7/18

Triple Jump W50 Jo Willoughby 10.25 / 0.5 Solihull 8/7/2018

4x800m Team: Julie Wilson, Fiona Matheson, Clare Barr, Yvonne Crilly - Time: 10minutes 19.68 seconds, Livingston Open Meeting, 18/7/2018

4x800m Relay M35 Motherwell AC (Kevin Durnian, Stephen Allen, Jim White and Allan Cameron) 9:24.12 Livingston 18/7/2018

4x800m Relay W35 Giffnock North AC (Mary McCutcheon, Allie Chong, Sheila Lewis and Jill Smylie) 11:18.50 Livingston 18/7/18.

Hammer Throw M80 Ernest Tuff 40.98 Bangor (NI) 24/7/18

Mile M65 David Oxland 5:27.8 Nottingham 27/7/2018

Mile M75 Victor Shirley 6:11.8 Nottingham 27/7/2018

Shot Put M55 Morris Fox 14.80 Tamworth 4/7/18

Discus Throw M70 Neil Griffin 41.21 Crawley 25/7/18

100m M45 Jason Carty 11.11 / 1.0ws Lee Valley 18/7/18.

1500m M55 Guy Bracken 4:20.57 Leeds 2/8/2018

5000m M35 Chris Thompson 13:25.11 Berlin 11/8/2018

200m W40 Susan McLoughlin 25.56 / 1.9 Lee Valley 19/8/2018

400H M55 Jonathan Tilt 60.38 Lee Valley 19/8/2018

4x800 M45 GB Masters (Simon Coombes, Mark Symes, Christopher Westcot & Simon Cooper) 8:25.36 Lee Valley 19/8/2018

4x800m M50 GB Masters (Gary Burnett, David Cowlshaw, Steve Atkinson & Adrian Haines) 8:25.86 Lee Valley 19/8/18.

4x800m M55 GB Masters (Andy Gannaway, Kevin Pye, Andy Howey & Jo Tilt 9:38.50 Lee Valley 19/8/18

5,000m Track Walk M70 Ian Richards 25:48.50 Birmingham 26/8/2018.

5,000m W50 Lisa Kehler 26:03.00 Birmingham 26/8/18 set a new British Record.

400m W65 Joylyn Saunders Mullins 1:11.26 Birmingham 26/08/2018

4x800m M35 GB Masters (Ewan Cameron, David Shortridge, Tony MacDowall & Bruno Mustone) 9:10.47 Lee Valley 19/8/18

2000 steeplechase W60 Gwneth Hueter 9:15.5 Kinston-on-Thames 18/8/2018.

BMAF 10km Road Championships - Stoke-on-Trent - 5th August 2018

W35 1 Elizabeth Renondeau VALE ROYAL AC 39:58, 2 Emma Raven CENTRAL AC 41:09, 3 Christine Dover DERBY ATHLETIC CLUB 44:01

W40 1 Kelly Edwards LEAMINGTON CYCLING AND ATHLETIC CLUB 39:55, 2 Carol Parsons ELLESMERE PORT RC 40:10, 3 Sarah Jane Murphy VALE ROYAL AC 40:17, 4 Michelle Buckle NEWCASTLE

STAFFS AC 44:22, 5 Jenny Dalkins CHEADLE RC 44:45, 6 Carey Dyer NEWCASTLE STAFFS AC 46:10, 7 Teresa Dunning NEWCASTLE

STAFFS AC 50:29, 8 Andrea Sexton DURSLEY RUNNING CLUB 59:56

W45 1 Michelle Clarke TELFORD AC 40:49, 2 Mandy Vernon TRENTAM RC 44:27, 3 Lindsay Dixon NEWCASTLE STAFFS AC 44:44,

4 Deborah Gilman HATTON DARTS 46:06, 5 Julie Wargent HIGHAM HARRIERS 46:33, 6 Rachel Tweedie NEWCASTLE STAFFS AC 59:44

W50 1 Fee Maycock CHELTENHAM AND COUNTY HARRIERS 40:51, 2 Jenny Jeeves LEAMINGTON CYCLING AND ATHLETIC CLUB 44:16, 3

Sara Atkinson ELLESMERE PORT RC 44:38, 4 Jayne Lomax VALE ROYAL AC 57:33

W55 1 Helen Burrell MIDLAND MASTERS AC 41:53, 2 Monica Williamson LEAMINGTON CYCLING AND ATHLETIC CLUB 42:29, 3 Caroline Wood ARENA 80 AC 44:25, 4 Gwen Kinloch

BURNDEN ROAD RUNNERS 45:09, 5 Christine Anthony WEST SUFFOLK AC 45:32, 6 Carole Page ALNWICK HARRIERS 46:26, 7 Carol Bird BIDDULPH RC 46:38, 8 131 Penny Barber TIPTON HARRIERS

47:16, 9 135 Andrea Hough NORTHERN MASTERS AC 50:42, 10 Belinda Riley NEWCASTLE STAFFS AC 01:02:28

W65 1 Dorothy

Kesterton STEEL CITY STRIDERS RC 49:32, 2 Elizabeth Bowers WORCESTER AC 49:46, 3 Yvonne Twelvetree TOTLEY AC 53:09, 4 Lesley Pymm BOURNVILLE HARRIERS 01:09:30 **W70** 1 Angela Copson RUGBY & NORTHAMPTON AC 47:36, 2 Anne Dockery BRISTOL AND WEST AC 54:07 3 Christine Birch ABERGELE HARRIERS 54:45, 4 Dot Fellows CANNOCK & STAFFORD AC 56:43, 5 Sally Aldridge NEWCASTLE STAFFS AC 01:05:01

M35 1 Michael Joyeux QUAKERS RUNNING CLUB 34:43, 2 James Scott-Buccleuch STOCKPORT HARRIERS & AC 35:36, 3 Steve Forsyth WOLVERHAMPTON & BILSTON 37:31, 4 Robert Cartwright WOLVERHAMPTON & BILSTON 38:27, 5 Ben Bewley NEWCASTLE STAFFS AC 39:26, 6 Daniel Brazier WOLVERHAMPTON & BILSTON 39:39, 7 Martyn Davies NEWCASTLE STAFFS AC 39:47, 8 Miras Eskander NORTHERN MASTERS AC 40:59, 9 Craig Taylor NEWCASTLE STAFFS AC 41:33, 10 David Nimmo SOUTH CHESHIRE HARRIERS 44:32, 11 Mark Roberts NEWCASTLE STAFFS AC 48:46 **M40** 1 Nick Jones WARRINGTON AC 34:10, 2 Dave Bennett ELLESMERE PORT RC 34:31, 3 Stephen Dickens RUSHCLIFFE AC 36:15, 4 John Rouse DERBY ATHLETIC CLUB 38:19, 5 Rob Haines NEWCASTLE STAFFS AC 41:51 **M45** 1 Andrew Grant LEEDS CITY ATHLETIC CLUB 35:03, 2 Stuart Doyle VALE ROYAL AC 35:53, 3 33 Paul Thompson BOURNVILLE HARRIERS 38:09, 4 Tim Kelly CANNOCK & STAFFORD AC 39:23, 5 Perry Moore WARRINGTON ROAD RUNNERS 39:53, 6 22 Roger Grand WOLVERHAMPTON & BILSTON 40:08, 7 Neil Pollitt CANNOCK & STAFFORD AC 40:20, 8 32 James Simpson SOUTH CHESHIRE HARRIERS 41:15, 9 Andrew Mayers SOUTH CHESHIRE HARRIERS 41:22, 10 Dave Norman WOLVERHAMPTON & BILSTON 41:28, 11 Peter Mallison SOUTH CHESHIRE HARRIERS 42:44, 12 John Munton-Davies NEWCASTLE STAFFS AC 55:31 **M50** 1 34 Lee Aherne 50 PARC BRYN BACH RC 36:30, 2 Alec Woods SOUTH WEST VETERANS AC 37:39, 3 Stephen Thompson KETTERING TOWN HARRIERS 38:34, 4 Martin Colwill BIDEFORD AAC 39:07, 5 David Smith WOLVERHAMPTON & BILSTON 39:16, 6 Paul Coupe TELFORD AC 39:52, 7 Marc Curtis LEAMINGTON CYCLING AND ATHLETIC CLUB 42:21, 8 Martin Dedicoat KNOWLE & DORRIDGE RC 42:52, 9 Paul Parkin NENE VALLEY HARRIERS 44:39, 10 Ian Gower SPHINX AC 45:53 **M55** 1 Guy Woods SOUTH WEST VETERANS AC 38:00, 2 Colin Bishop WARRINGTON AC 38:03, 3 John Putt SOUTH CHESHIRE HARRIERS 39:22, 4 Stephen Paul EASTERN MASTERS AC 42:28, 5 David Norman WARRINGTON AC 42:55, 6 Mark Gowers BILLERICAY STRIDERS 43:45, 7 Mark Homer WOLVERHAMPTON & BILSTON 44:18, 8 Andrew Dippie TELFORD HARRIERS 51:53, 9 Andy Warburton BURNDEN ROAD RUNNERS 55:02 **M60** 1 Alastair Walker TEVIOTDALE HARRIERS 38:25, 2 64 Kevin Newman DONCASTER ATHLETIC CLUB 39:51, 3 David Wright CIRENCESTER AC 40:48, 4 66 Peter Thompson CAMBRIDGE & COLERIDGE AC 41:26, 5 David Gill WARRINGTON AC 41:32, 6 David Nicholson MORPETH HARRIERS & AC 42:01, 7 Jonathan Haynes 60 BISHOPS STORTFORD RC 42:03, 8 Mervyn Ward WARRINGTON AC 43:27, 9 Melvyn Askey NEWCASTLE STAFFS AC 43:54, 10 Mike Mewse WESTBURY HARRIERS 51:16, 11 Kevin Dillon MANCHESTER HARRIERS & AC 01:11:24 **M65** 1 Nigel Gates WESTBURY HARRIERS 40:13, 2 Ian Kitching SOUTH LONDON HARRIERS 41:08, 3 Stanley Owen SALFORD HARRIERS & AC 42:48, 4 Stewart Thorp OXFORD CITY AC 43:44, 5 Brian Beecroft WIRRAL AC 43:46, 6 Alan Hawkes CORBY AC 43:55, 7 Ron Cattle MIDLAND MASTERS AC 44:30, 8 Chris Mason SOUTH DERBYSHIRE ROAD RUNNERS 45:08, 9 Walter Hill 65 CRAWLEY AC 48:27, 10 Michael Moorhouse MATLOCK ATHLETIC CLUB 49:14, 11 Peter Bunyan SOUTH WEST VETERANS AC 52:41 **M70** 1 John Exley OXFORD CITY AC 46:47, 2 Steve Herington HEREFORD COURIERS 48:28, 3 John Smith NEWCASTLE STAFFS AC 50:18, 4 Dave Beattie CRAWLEY AC 50:36, 5 Stan Winterton TRENTAM RC 52:27 **M75** 1 Phil Brennan STRATFORD UPON AVON AC 54:46, 2 John Hickman PRESTATYN RC 01:02:12 **M80** 1 Roger

Harrison-Jones PRESTATYN RC 01:02:16, 2 Michael Butterly DERBY ATHLETIC CLUB 01:02:20, 3 David Hughes PRESTATYN RC 01:09:40, 4 Gerald Billis WOOTTON ROAD RUNNERS 01:14:25 **M85+** 1 Ivor Denning MIDLAND MASTERS AC 01:33:51

W35 TEAMS 1 LEAMINGTON CYCLING AND ATHLETIC CLUB (Kelly Edwards, Monica Williamson, Jenny Jeeves 50) 2:06:40, 2 NEWCASTLE STAFFS AC (Michelle Buckle, Lindsay Dixon, Carey Dyer 2:15:16, 3 VALE ROYAL AC (Elizabeth Renondeau, Sarah Jane Murphy, Jayne Lomax) 2:17:48, 4 NEWCASTLE STAFFS AC (Teresa Dunning, Rachel Tweedie, Belinda Riley) 2:52:41 **M35 TEAMS** 1 WOLVERHAMPTON & BILSTON (Steve Forsyth, Robert Cartwright, Daniel Brazier) 1:55:37, 2 NEWCASTLE STAFFS AC (Ben Bewley, Martyn Davies, Craig Taylor) 2:00:46 **M45 TEAMS** 1 WOLVERHAMPTON & BILSTON (David Smith, Roger Grand, Dave Norman) 2:00:52, 2 SOUTH CHESHIRE HARRIERS (John Putt, James Simpson, Andrew Mayers) 2:01:59, 3 SOUTH WEST VETERANS AC (Alec Woods, Guy Woods, Peter Bunyan) 2:08:20, 4 NEWCASTLE STAFFS AC (Melvyn Askey, John Smith, John Munton-Davies) 2:29:43 **M55 TEAMS** 1 WARRINGTON AC (Colin Bishop, David Gill, David Norman) 2:02:30, 2 PRESTATYN RC (John Hickman, Roger Harrison-Jones, David Hughes) 3:14:08

BMAF Decathlon - Sheffield - 14th and 15th July 2018

Total Points 100m LJ SP HJ 400 100H DT PV JT 1500

M35 1 Thomas Grantham NMAC 1675 12.07 5.22m 10.69m 0 0 0 0 0 0 0, 2 Mark Beer NMAC DNF 10.33m DNS 0 0 0 0 0 0 0 **M40** 1 Craig Pounder NMAC 5511 12.12 5.00m 9.69m 1.70m 55.66 17.28 29.12m 3.20m 33.12m 05:44.5, 2 Grant Stirling SCVAC 5131 12.43 5.64m 8.42m 1.55m 58.4 17.31 26.87m 2.80m 33.86m 05:43.8, 3 Simon Downs NMAC 4678 12.76 5.02m 7.15m 1.61m 59.59 22.25 23.58m 2.40m 40.71m 04:46.5 **M45** 1 Darren Scott SCVAC 6062 11.76 5.35m 7.75m 1.67m 53.81 17.4 25.46m 2.30m 32.49m 05:07.6, 2 Kevin Byrne IRL 4693 13.08 4.82m 7.60m 1.64m 60.99 23.05 20.70m 3.20m 25.08m 05:45.2, 3 Jason Newell NMAC 4069 13.41 4.85m 7.50m 1.43m 64.45 23.29 17.42m 2.40m 25.66m 05:35.2, 4 Shaun Carter NMAC 3193 14.87 4.56m 7.52m 1.52m 78.44 23.58 23.47m 2.30m 32.59m DNF **M50** 1 Ronan Gately IRL 4458 13.41 4.26m 7.85m 1.43m 64.94 20.71 27.37m 2.20m 25.63m 05:49.4, 2 Graham Moffatt MMAC 4318 13.86 4.78m 7.45m 1.37m 69.51 21.44 21.78m 2.20m 24.93m 05:11.0, 3 Giancarlo Marotta ITA 3973 15.35 3.98m 8.75m 1.49m 72.95 20.94 31.15m 2.70m 21.49m 06:20.4, 4 Mark Crompton NMAC 3360 15.01 3.55m 9.44m 1.43m 82.53 23.92 30.07m 2.60m 31.19m 07:46.8 **M55** 1 Ian Crawley SCVAC 6047 13.62 4.67m 9.89m 1.55m 64.43 18.89 25.79m 2.80m 30.82m 05:19.0, 2 Pete Stepney SCVAC 5202 13.49 4.53m 5.98m 1.37m 62 18.92 21.01m 2.60m 19.30m 05:25.2, 3 John Dickinson SCVAC 4643 13.81 4.53m 7.43m 1.28m 62.98 19.99 19.98m 2.60m 24.55m 07:11.8, 4 Alan Easey VAC 4232 13.96 4.61m 6.86m 1.19m 71.75 18.98 21.73m 2.60m 17.65m 07:11.4, 5 Keith Powell WMAA 3329 13.42 4.45m 8.12m 1.40m 63.58 21.51 0 0 0 0, 6 Geoff Powley EMAC 2565 21.45 4.38m 8.93m 1.28m DNF 29.11 30.96m 2.60m 0 0 **M60** 1 Brian Slaughter VAC 6842 13.88 4.82m 11.15m 1.43m 63.94 17.31 38.77m 2.60m 33.74m 05:51.3, 2 Patrick Moran IRL 3596 16.03 3.38m 8.57m 1.31m 74.26 24.32 28.73m 1.50m 10.28m 06:39.3 **M65** 1 Ian Reeve EMAC 6199 14.44 4.26m 8.40m 1.34m 65.57 19.17 27.19m 2.30m 29.49m 06:25.8, 2 Mark Wyndham-Jones EMAC 5532 14.12 3.97m 9.93m 1.31m 75.73 20.97 36.28m 2.10m 29.40m 08:05.1 **M70** 1 David Cowley MMAC 6070 15.2 3.85m 9.76m 1.28m 76.27 15.48 24.19m 2.20m 28.27m 07:10.9, 2 Per Kristian Lundby NOR 2699 15.4 4.18m 9.73m 1.22m 0 0 0 0 0 0

BMAF Heptathlon - Sheffield - 14th and 15th July 2018

Total Points 100H HJ SP 200m LJ JT 800m

W35 1 Jodie Albrow SCVAC 4406 16.01 1.52m 9.44m 28.28 4.81m 28.93m 02:31.2, 2 Nene Harrison SCVAC 3465 17.59 1.40m 9.43m 29.72 4.47m 22.30m 02:57.0, 3 Lysie Whyke NMAC 3414 18.48 1.34m 7.24m 29.27 4.87m 20.48m 02:42.1, 4 Jody Ward MMAC 2883 19.49 1.37m 6.73m 30.19 4.37m 18.31m 03:00.7 **W40** 1 Jacqueline Holloway MMAC 3823 14.29 1.37m 8.08m 29.34 4.02m 21.92m 02:41.6, 2 Milly Smith NMAC 3243 14.78 1.37m 7.00m 29.9 3.89m 22.13m 03:19.1, 3 Rosalind Shuttleworth MMAC 2931 16.19 1.34m 8.11m 31.7 4.14m 14.48m 03:14.4 **W45** 1 Amanda Wale WMAA 4047 13.97 1.28m 8.21m 31.33 3.84m 25.92m 02:57.6 **W50** 1 Janet Dickinson SWVAC 5163 13.78 1.37m 9.06m 28.31 4.37m 26.20m 02:51.5 **W55** 1 Jill Roginski MMAC 4455 15.73 1.22m 8.29m 33.05 3.56m 21.82m 03:00.8, 2 Christine Pates SCVAC 2722 20.68 1.10m 6.95m 37.82 3.05m 15.99m 03:35.5 **W60** 1 Jeanette Ashton SCVAC 3553 19.77 1.19m 6.30m 36.99 3.35m 13.51m 03:22.7

BMAF Half Marathon Championships - Redhill - 22nd July 2018

M35 1 - 1:13:13 Karl Welborn Tipton Harriers, 2 - 1:23:48 Sam Rahman Ilford AC **M40** 1 - 1:20:32 Andrew Aitken Striders Of Croydon, 2 - 1:21:54 Peter Sansome Winchester & District AC, 3 - 1:31:12 Miguel Flores Winchester & District AC, 4 - 1:38:56 Dennis Briggs Ilford AC **M45** 1 - 1:17:23 Paul Cheetham Thames Hare & Hounds, 2 - 1:19:21 Tony Banks Jersey Spartan AC, 3 - 1:26:39 Neil Pollitt Cannock & Stafford AC, 4 - 1:40:55 Stephen Lowy Winchester & District AC **M50** 1 - 1:18:28 Spencer Goodall City Of Norwich AC, 2 - 1:19:52 Tony Dunn Cornwall AC, 3 - 1:23:41 Nicholas Malpeli North Herts RRC, 4 - 1:27:24 Martin Kelk Invicta East Kent AC, 5 - 1:28:21 Mark Halls Brighton & Hove AC, 6 - 1:29:50 Marc Curtis Leamington Cycling and Athletic Club, 7 - 1:35:11 David Hall Stopsley Striders, 8 - 1:44:59 Andrew Corrigan Lothian RC **M55** 1 - 1:20:02 Stephen Watmough Warrington AC, 2 - 1:27:51 Gary Hester Shettleston Harriers, 3 - 1:29:02 Paul Jeggo Springfield Striders, 4 - 1:33:07 Mark Gowers Billericay Striders, 5 - 1:34:30 Bob Fursey Medway and Maidstone AC, 6 - 1:35:24 Steve Oliver Winchester & District AC, 7 - 1:37:26 Stephen Paul Eastern Masters AC, 8 - 1:37:40 Philip Cross Woking AC, 9 - 1:43:19 Danny Kelly Stopsley Striders **M60** 1 - 1:23:07 Paul Mingay Tiptree Road Runners, 2 - 1:27:16 David Gill Warrington AC, 3 - 1:33:45 Mervyn Ward Warrington AC, 4 - 1:39:44 Des White Exmouth Harriers, 5 - 1:45:39 Stephen Goodwin Winchester & District AC, 6 - 1:53:14 Jeremy Carmichael Crawley AC, 7 - 1:59:57 Robert Sargent Ilford AC, 8 - 2:02:10 Kevin Dillon Manchester Harriers AC, 9 - 2:05:59 David Hopkinson South West Veterans **M65** 1 - 1:28:25 Paul Whelpton Brighton Phoenix, 2 - 1:33:55 Desmond Michael Barnet & District AC, 3 - 1:35:17 Ian Kitching South London Harriers, 4 - 1:53:34 Terence Brown City Of Salisbury AC, 5 - 1:58:01 Peter Bunyan South West Veterans AC **M70** 1 - 1:34:51 David Winch Thanet Roadrunners AC, 2 - 1:43:05 Trevor Edgley Istead & Ifield Harriers, 3 - 1:45:01 Martin Ford, Cheltenham and County Harriers **M75** 1 - 1:56:51 John Gardener Pembrokeshire Harriers, 2 - 2:05:52 Phil Brennan Stratford Upon Avon AC, 3 - 2:19:49 David Brooks Ac Veterans **M80** 1 - 2:55:37 Sydney Wheeler Chepstow Harriers **W40** 1 - 1:31:48 Toni Alcaraz March AC, 2 - 1:32:36 Sarah Shedden Winchester & District AC **W45** 1 - 1:27:40 Andrea Banks Jersey Spartan AC, 2 - 1:32:04 Sarah Gurney Winchester & District AC, 3 - 1:33:25 Astrid McKeown North Herts RRC, 4 - 1:35:10 Samantha Parkinson Winchester & District AC,

5 - 1:47:18 Gaye Van Der Vyver Ilford AC, 6 - 1:50:43 Susan Harrison Leamington Cycling and Athletic Club **W50** 1 - 1:29:52 Susan McDonald South London Harriers, 2 - 1:37:14 Jenny Jeeves Leamington Cycling aFnd Athletic Club **W55** 1 - 1:41:55 Lynne Whitaker Winchester & District AC, 2 - 1:43:31 Celia Findlay Dacorum & Tring AC, 3 - 1:51:11 Andrea Hough Northern Masters AC, 4 - 1:53:46 Lea Lohk Lytchett Manor Striders, 5 - 2:05:17 Carol Marsh Plumstead Runners, 6 - 2:19:39 Frieda Keane Ilford AC, 7 - 2:22:50 Anita Bond Eastern Masters AC **W60** 1 - 1:38:29 Lynda Hembury Tring RC, 2 - 1:49:24 Joanna Curtis Winchester & District AC, 3 - 2:18:24 Julia Galea Ilford AC **W65** 1 - 1:47:25 Joy Radford Winchester & District AC, 2 - 1:56:13 Jane Georgiou Farnham Runners, 3 - 2:29:32 Gillian Goodwin Winchester & District AC **W70** 1 - 2:05:09 Susan Garner Lingfield RC

Teams - M35 1 Warrington A C 04:21:07 (Stephen Watmough, David Gill, Mervyn Ward), 2 Winchester & District AC 04:28:48 (Peter Sansome, Miguel Flores, Steve Oliver), 3 Ilford AC 05:02:56 (Sam Rahman, Dennis Briggs, Robert Sargent) **W45** 1 Winchester & District AC 04:49:29 (Sarah Gurney, Samantha Parkinson, Lynne Whitaker) 2 Winchester & District B 06:06:59 (Joy Radford, Joanna Curtis, Gillian Goodwin) 3 Ilford AC 06:26:14 (Gaye Van Der Vyver, Julia Galea, Frieda Keane)

BMAF Throws Pentathlon - Sheffield - 14th July 2018

Total Points HT SP DT JT WT

M35 1 Sam Cater MMAC 2240 32.87m 9.25m 26.87m 42.72m 10.07m, 2 Benjamin Howard MMAC 1712 16.83m 9.50m 28.40m 37.50m 5.87m **M40** 1 Stephen Mccauley SWVAC 3279 38.68m 13.46m 40.34m 36.70m 13.60m, 2 Dan Upton VAC 2572 32.87m 11.69m 32.52m 27.31m 11.06m, 3 Simon Achurch EMAC 2431 41.02m 11.07m 34.37m 44.96m NM, 4 Tom Ikeda JPN 2017 26.01m 9.73m 26.79m 38.12m 5.40m **M45** 1 John Twiddle NMAC 3052 38.58m 11.81m 33.59m 29.72m 11.27m, 2 Greg Pell NMAC 2857 35.41m 12.24m 34.78m 37.33m 6.36m, 3 Gary Walter SCVAC 2127 26.48m 9.49m 22.21m 24.47m 8.98m, 4 Ricky Housley NMAC 1899 25.77m 8.38m 24.63m 19.95m 7.18m **M50** 1 Tony Balko NMAC 2918 38.54m 10.67m 33.88m 32.82m 13.27m, 2 Steve Linsell NMAC 2516 30.98m 9.56m 32.94m 26.78m 12.41m, 3 Gwynn Wallace SCVAC 2376 23.02m 9.68m 32.73m 34.55m 10.24m, 4 Vito Ricci MMAC 1802 24.92m 8.74m 27.92m 16.79m 7.85m **M55** 1 Kevin Murch MMAC 3418 35.98m 10.20m 30.71m 51.23m 12.97m, 2 Chris Privett VAC 3358 42.22m 10.19m 36.76m 30.07m 14.37m, 3 Steve Pomeroy MMAC 3043 32.29m 11.07m 31.81m 31.41m 13.10m, 4 David Stokes WMAA 2361 26.63m 8.67m 28.90m 21.58m 11.18m, 5 Jim Gillespie EMAC 2063 25.23m 8.19m 24.17m 18.71m 9.99m, 6 Michael Rhodes NMAC 1364 18.45m 6.05m 19.15m 15.07m 6.45m **M60** 1 Stephen Thomas NMAC 3602 42.02m 11.76m 39.33m 32.98m 16.04m, 2 Brian Slaughter VAC 3223 34.30m 11.33m 35.51m 36.04m 13.33m, 3 David Maggs NEMAA 2800 40.75m 8.50m 26.77m 26.14m 14.06m, 4 Andrew Mitchell MMAC 2662 37.46m 8.30m 27.82m 27.26m 12.42m **M65** 1 John Wild NEMAA 3267 35.20m 9.33m 35.32m 28.98m 13.07m, 2 Paul Oakes EMAC 3075 31.19m 8.99m 32.72m 29.99m 12.62m, 3 Tony Richards VAC 3069 28.11m 10.91m 34.42m 30.67m 10.27m, 4 Bunt Scott EMAC 3034 33.93m 8.78m 33.77m 28.86m 11.21m, 5 Timothy Needham EMAC 2473 30.55m 7.68m 29.77m 18.67m 10.16m, 6 Bill Renshaw MMAC 2454 28.34m 8.53m 29.21m 16.25m 10.63m **M70** 1 Barry Hawksworth MMAC 4195 46.75m 11.32m 34.30m 33.24m 17.85m **M80** 1 Warwick Dixon SCVAC 3246 31.52m 8.08m 24.56m 17.64m 11.54m **W35** 1 Lucy Marshall MMAC 3828 58.49m 10.56m

30.35m 26.37m 17.55m, 2 Kerrie Buckley NMAC 1672 NM 9.55m 22.55m 21.21m 8.88m **W45** 1 Hazel Gering EMAC 1550 18.07m 6.76m 14.84m 16.01m 4.93m **W50** 1 Janet Smith SCVAC 3298 39.23m 8.66m 28.74m 19.44m 12.21m, 2 Karen Llewellyn WMAA 2360 28.32m 8.20m 21.69m 14.15m 8.30m **W55** 1 Julie Wilson NMAC 3708 35.11m 9.92m 30.24m 18.85m 12.59m, 2 Deborah Murch MMAC 3295 31.20m 9.96m 23.27m 19.90m 10.97m, 3 Julie Wakelam MMAC 2818 31.56m 7.15m 18.58m 20.78m 9.35m, 4 Hazel Barker NMAC 2344 18.68m 8.62m 22.04m 17.14m 6.69m **W60** 1 Jennifer Ibbitson NMAC 3689 35.92m 9.21m 24.00m 19.18m 11.64m, 2 Pat Higgins MMAC 2348 23.69m 6.63m 12.82m 14.02m 9.26m, 3 Jill Lamb MMAC 1634 18.18m 4.77m 11.43m 6.96m 7.92m



Masters Events Travel – looking ahead

With the recent record numbers of British athletes competing at the WMA Malaga 2018 event and the great success there the interest amongst the Masters Athletics community for attending events is at an all-time high. Whilst many competing athletes make independent arrangements the **BMAF agent Track & Field Tours (T&FT)** is working closely with future event organisers on some initiatives that will hopefully benefit those that travel to events either independently or as part of a package.

In the not so distant past athletes attending events would do so through their national federation and a higher proportion would take up the option of packages provided by the appointed agent of their national federation. In some countries such as Norway and Germany the national federation are still actively involved by making arrangements with the event organisers to direct their countrymen and women towards a selection of accommodation options in order to generate team spirit in “team hotels”. As all host organising committees generally appoint a local agent to handle on-line booking requests from their own event website with a wide selection of options by narrowing down the options this provides a focus for individuals to enable them to feel a part of their national team not just at the track but where they are staying too.

For the federations that have done this and continue to be involved in co-ordinating this for their members in this way they are in a good position to forecast likely needs at future events based upon their historical data and hence be able to secure allotments for their likely projected numbers. This has not been the case in Britain for such a long time and so it is impossible for BMAF or their agent to have any sense of likely requirements for future events.



T&FT has been operating as the BMAF appointed agent in recent years having been established as a specialist athletics tour operator for almost 30 years and handles a proportion of the British athletes that attend events –

generally those members that prefer one agent to be responsible for their complete booking and ensure that flights, airport transfers, accommodation and any other add-on services are all co-ordinated. This is, of course, not what everyone requires and with on-line booking relatively easy to do for many, and with regular attendees at events often communicating with each through Social Media groups and forums, for many self-booking is all that is required with no assistance which is understood.

Currently, T&FT is taking bookings for the **European Indoors in Torun in March 2019** with rooms secured with the organisers. T&FT is also co-ordinating with both



the organisers for the **Venice 2019 European Masters Championships** in Sept 2019 and also for the **Toronto 2020 World Masters** in advance of the official launch of bookings being open for these events in order to secure allotments of rooms for British athletes to create “**Team GB accommodation options**” In this way a more pro-active and less reactive approach is being initiated with the support of BMAF which will hopefully benefit those members that this idea appeals to.

Another initiative is to offer BMAF members the option of **Championship event Add-On Tours at events** which could be booked by even those that choose to attend the events independently. The venues for events are often in interesting locations and a good number of travellers will take the opportunity to extend their holiday independently but others might want to but as single travellers are not so sure how to do it or the costs are prohibitive and travelling alone is not that appealing. The aim is to offer group extension tours at the end of a championship that individuals or couples can book to share with fellow masters athletes. Most recently, 50+ clients booked an add-on tour to Poland, Slovakia & Vienna following the recent (non-Masters) Berlin 2018 European Championships at which 300 fans attended – amongst these were regular Masters event travellers, and major event spectators too, Ros Tabor and Andrew Murray and commented that the experience with all of its inclusions was one that they thoroughly enjoyed sharing with other group members, having a great time and would never have managed to see so much by themselves.

The Venice 2019 event provides the opportunity of add-on tours, for example, to Verona, the Italian Lakes and Milan amongst other options and Toronto 2020 will have add-ons to Niagara Falls and other parts of Canada too. If adding another dimension to your competitive holidays is something that might interest you or your travelling partners then T&FT is planning to offer such a service.

So, it would be very helpful for planning on behalf of BMAF members to receive feedback from prospective Masters event attendees on these initiatives using the attached promotional information and the request form which is on the back page of the magazine whether in published or on-line format. Or members can contact T&FT by emailing their interest to info@trackandfield.co.uk

England Athletics Inter Area Outdoor Track and Field Challenge - Solihull - 8th July 2018

M35 100m 1 Dominic Bradley (M40) MMAC 10.97, 2 Joshua Wood (M40) SCVAC 11.50, 3 Panos Ioannou EMAC 11.84, 4 Stephen Jarvis (M40) SWVAC 11.87, 5 Stephen Thorpe (M40) NMAC 12.14, 6 Stuart Pearce (M40) WMAA 12.25, 7 Nick Lauder (M45) VAC 13.21 **M50 100m** 1 Chris Millard WMAA 12.24, 2 Anthony Leigh MMAC 12.37, 3 John Wright (M55) NMAC 12.43, 4 Ricardo Huskisson (M55) EMAC 12.56, 5 Wole Odele SCVAC 13.01, 6 Paul Guest (M55) SWVAC 14.01, 7 Pat Logan (M55) VAC 16.09 **M60 100m** 1 Steve Peters (M65) NMAC 12.48, 2 Tom Phillips SCVAC 13.08, 3 Ian Broadhurst WMAA 13.17, 4 Christopher Monk (M65) MMAC 13.57, 5 Ivars Licietis EMAC 13.83, 6 Trevor Downward SWVAC 14.01, 7 Alan Perry (M65) VAC 15.04 **M70 100m** 1 Glyn Sutton WMAA 13.48, 2 Victor Novell SCVAC 14.25, 3 Allan Long (M75) VAC 14.54, 4 Michael Dugan (M75) SWVAC 14.57, 5 David Cowley MMAC 15.23, 6 John Garber (M75) EMAC 17.52, 7 Barry Chapman NMAC 17.58 **M35 200m** 1 Dominic Bradley (M40) MMAC 22.54, 2 Adam Bellis (M40) SCVAC 23.18, 3 Andrew Parker (M40) NMAC 23.76, 4 Panos Ioannou EMAC 24.25, 5 Stephen Jarvis (M40) SWVAC 24.44, 6 Stuart Pearce (M40) WMAA 25.43, 7 Rory Macfarlane VAC 26.44 **M50 200m** 1 Chris Millard WMAA 24.82, 2 John Wright (M55) NMAC 24.96, 3 Neil Tunstall (M55) SWVAC 25.04, 4 Ricardo Huskisson (M55) EMAC 25.80, 5 Wole Odele SCVAC 26.34, 6 John Statham (M55) MMAC 26.88, 7 Pat Logan (M55) VAC 35.79 **M60 200m** 1 Steve Peters (M65) NMAC 25.14, 2 Ian Broadhurst WMAA 26.49, 3 Tom Phillips SCVAC 27.86, 4 Les Percival EMAC 28.72, 5 Trevor Downward SWVAC 29.15, 6 David Oxland (M65) MMAC 32.16 **M70 200m** 1 Glyn Sutton WMAA 29.1, 2 Allan Long (M75) VAC 30.7, 3 Alan Forse SCVAC 30.7, 4 John Steel MMAC 31.4, 5 John Garber (M75) EMAC 38.1, 6 Barry Chapman NMAC 42.0, 7 George Routledge NEMAA 50.7 **M35 400m** 1 Martyn Morant (M40) SWVAC 50.99, 2 Adam Bellis (M40) SCVAC 51.35, 3 James Moroney MMAC 51.39, 4 Andrew Parker (M40) NMAC 51.80, 5 Peter Watkeys WMAA 55.64, 6 Peter Benedickter (M45) EMAC 57.78, 7 Rory Macfarlane VAC 59.51 **M50 400m** 1 Simon Bickers (M55) MMAC 56.24, 2 Wole Odele SCVAC 57.38, 3 Richard Timms NMAC 57.58, 4 Neil Tunstall (M55) SWVAC 57.93, 5 Stephen Herring EMAC 62.03, 6 Steve Roberts VAC 64.23, 7 Paul Flynn WMAA 66.99 **M60 400m** 1 Kieran McDonnell WMAA 61.97, 2 Ivars Licietis EMAC 62.87, 3 David Cooke SWVAC 63.20, 4 Stewart Thorp (M65) SCVAC 70.09, 5 Philip Bell VAC 70.41, 6 Graham Webster (M65) NMAC 74.71, 7 David Jones (M65) MMAC 78.74 **M70 400m** 1 Lawrie Dunn MMAC 70.54, 2 Derek Wardle VAC 71.97, 3 Terry Bissett SCVAC 73.79, 4 John Garber (M75) EMAC 83.28, 5 Barrie Roberts (M75) WMAA 90.47, 6 George Routledge NEMAA 118.95 **M35 800m** 1 James Moroney MMAC 2:03.31, 2 Bartosz Porzuczek SCVAC 2:04.55, 3 Richard Bruce (M45) EMAC 2:05.53, 4 Peter Watkeys WMAA 2:08.40, 5 Richard Clancy (M40) NMAC 2:10.66 **M50 800m** 1 Gary Burnett MMAC 2:06.69, 2 Steve Atkinson VAC 2:08.56, 3 Steve Toogood (M55) WMAA 2:11.60, 4 Stephen Herring EMAC 2:18.99, 5 Colin Hodgson NEMAA 2:33.56, 6 Steven Doxey (M55) NMAC 2:38.87, 7 Ian Wright (M60) SWVAC 2:56.98 **M60 800m** 1 Kevin Archer (M65) SWVAC 2:25.80, 2 David Oxland (M65) MMAC 2:36.53, 3 Richard Marks (M65) WMAA 2:40.67, 4 Stewart Thorp (M65) SCVAC 2:42.53, 5 Ivars Licietis EMAC 2:47.66, 6 Graham Webster (M65) NMAC 2:55.56 **M35 1500m** 1 Paul Clarke WMAA 4:22.68, 2 Andrew Cartwright (M40) NMAC 4:22.91, 3 Carl Platt MMAC 4:25.76, 4 Matt Hibberd SCVAC 4:27.40, 5 Ken Harker (M45) NEMAA 4:54.96 **M50 1500m** 1 Stephen Herring EMAC 4:34.59, 2 Colin Palmer MMAC 4:41.14, 3 Steve Roberts VAC 4:51.10, 4 Paul Flynn WMAA 5:05.98, 5 Colin Hodgson NEMAA 5:11.53, 6 Steven

Doxey (M55) NMAC 5:19.72, 7 Ian Wright (M60) SWVAC 5:52.67 **M60 1500m** 1 David Oxland (M65) MMAC 5:10.28, 2 Stephen Lang SWVAC 5:15.86, 3 Stewart Thorp (M65) SCVAC 5:24.28, 4 Richard Marks (M65) WMAA 5:27.68, 5 Terry O'Neill (M65) VAC 5:42.36, 6 Graham Webster (M65) NMAC 5:44.34 **M70 1500m** 1 Philip Brennan (M75) MMAC 6:06.74, 2 Harry Matthews NEMAA 6:18.65, 3 John Gardener (M75) WMAA 6:29.27, 4 John Borgars EMAC 6:52.75 **M35 3000m** 1 Karl Welborn MMAC 9:24.68, 2 Paul Coon NMAC 9:34.35, 3 Jeremy Vick (M40) EMAC 10:04.81, 4 Glen Hilton (M40) NEMAA 10:25.50, 5 Gareth Knight WMAA 10:36.71, 6 John Desmond White (M60) SWVAC 11:45.77 **M50 3000m** 1 Lee Aherne WMAA 9:39.14, 2 Stephen Watmough (M55) NMAC 10:01.12, 3 Christopher Hollinshead MMAC 10:27.00, 4 Steve Roberts VAC 10:35.54, 5 George Henderson NEMAA 11:04.35, 6 David Bowker (M55) EMAC 12:06.00, 7 Ian Wright (M60) SWVAC 13:05.90 **M60 3000m** 1 Andrew Wetherill MMAC 10:29.47, 2 Nicholas Holliday SWVAC 11:05.10, 3 Michael Bridgeland EMAC 11:13.27, 4 Desmond Michael (M65) SCVAC 11:37.63, 5 Mike Murphy WMAA 12:04.57, 6 Terry O'Neill (M65) VAC 12:24.55 **M35 2km Walk** 1 Mark Williams (M50) MMAC 10:11.95 **M50 2km Walk** 1 Christopher Hobbs (M60) SCVAC 10:53.66, 2 Peter Boszko (M65) MMAC 11:01.86, 3 David Bowker (M55) EMAC 11:49.21, 4 Paul Flynn WMAA 12:00.71, 5 Sean McCarthy NMAC 19:23.45 **M60 2km Walk** 1 Malcolm Martin SCVAC 10:44.78, 2 Roger Michell (M70) MMAC 11:41.45, 3 Ian Torode SWVAC 12:01.87, 4 Steve Allen EMAC 12:15.92 **M35 110m Hurdles** 1 Mensah Elliott (M40) SCVAC 14.59, 2 Gary Smith (M60) EMAC 15.62 **M50 100m Hurdles** 1 Andy Lewis SCVAC 14.80, 2 Neil Tunstall (M55) SWVAC 14.93, 3 Paul Edwards (M55) MMAC 17.24, 4 Derek Warn VAC 20.20, 5 Richard Timms NMAC 21.98 **M35 4x100m Relay** 1 SCVAC 47.02 (Samuel Nash (M45), Adam Bellis (M40), Bartosz Porzuczek, Joshua Wood (M40)), 2 EMAC 47.51 (Julian Smith (M45), Aaron Bollu (M40), Richard Bruce (M45), Panos Ioannou), 3 NMAC 49.88 (Richard Higson-Blythe (M40), Adam Blackburn, Richard Clancy (M40), Stephen Thorpe (M40)), 4 VAC 53.91 (Rory Macfarlane, Richard Weekes (M50), Nick Lauder (M45), Philip Bell (M60)), 5 WMAA 54.04 (Stuart Pearce (M40), Peter Watkeys, Ian Williams (M40), Gareth Knight) **M50 4x100m Relay** 1 NMAC 49.92 (John Wright (M55), Steve Peters (M65), Leeroy Golding, Richard Timms), 2 MMAC 52.77 (Simon Bickers (M55), Adrian James, John Statham (M55), Colin Palmer), 3 WMAA 56.88 (Keith Powell (M55), Steve Toogood (M55), Paul Flynn, Lee Aherne), 4 SCVAC 57.77 (Wole Odele, Desmond Michael (M65), Tom Phillips (M60), Allan Leiper (M55)), 5 EMAC 58.37 (Stephen Herring, David Bowker (M55), Richard Phelan (M55), Ricardo Huskisson (M55)) **M60 4x100m Relay** 1 WMAA 54.62 (Roderick Davies, Glyn Sutton (M70), Kieran McDonnell, Ian Broadhurst), 2 MMAC 60.74 (Andrew Wetherill, David Oxland (M65), Rashpal Singh (M65), Ian Willoughby), 3 EMAC 69.07 (John Borgars (M70), John Garber (M75), Steve Allen, Ivars Licietis) **M70 4x100m Relay** 1 SCVAC 58.48 (Victor Novell, Terry Bissett, Ron Davies (M75), Alan Forse), 2 MMAC 62.49 (Lawrie Dunn, John Steel, Terry Faulkner (M75), David Cowley) **M35 High Jump** 1 Stephen Jarvis (M40) SWVAC 1.70, 2 Stephen Thorpe (M40) NMAC 1.35, 3 Samuel Nash (M45) SCVAC 1.35 **M50 High Jump** 1 Adrian James MMAC 1.55, 2 Richard Phelan (M55) EMAC 1.50, 3 Paul Guest (M55) SWVAC 1.50, 4 Keith Powell (M55) WMAA 1.35, 5 Allan Leiper (M55) SCVAC 1.35, 6 Sean McCarthy NMAC 1.15 **M60 High Jump** 1 Paul Askew MMAC 1.40, 2 Steven Harger SWVAC 1.35, 3 Trevor Wade SCVAC 1.30, 4 Chris Berry WMAA 1.25, 5 Ivars Licietis EMAC 1.20 **M70 High Jump** 1 David Cowley MMAC 1.35, 2 Roger Bruck (M75) SCVAC 1.20, 3 Allan Cheers WMAA 1.15, 4 Barry Chapman NMAC 1.00 **M35 Pole Vault** 1 James Robinson (M40) MMAC 4.00, 2 Nicholas Walker (M50) SWVAC 3.02 **M50 Pole Vault** 1 Richard Phelan (M55) EMAC 3.22, 2 Keith Powell (M55) WMAA 2.82, 3 Terry Selway MMAC 2.52, 4 Derek Warn VAC 2.42, 5 Allan

Leiper (M55) SCVAC 2.22 **M35 Long Jump** 1 Stephen Jarvis (M40) SWVAC 5.98, 2 Ioan Hughes WMAA 5.59, 3 Aaron Bollu (M40) EMAC 5.44, 4 Samuel Nash (M45) SCVAC 5.43, 5 Stephen Thorpe (M40) NMAC 5.10, 6 Albert Earle (M65) MMAC 4.61, 7 Michael May (M55) VAC 3.07 **M50 Long Jump** 1 Paul Guest (M55) SWVAC 5.20, 2 Adrian James MMAC 5.15, 3 Paul Harrison EMAC 4.86, 4 Keith Powell (M55) WMAA 4.66, 5 Richard Weekes VAC 4.62, 6 Stephen Langford (M55) SCVAC 4.62 **M60 Long Jump** 1 Trevor Wade SCVAC 4.38, 2 Rashpal Singh (M65) MMAC 4.29, 3 Roderick Davies WMAA 3.82, 4 Les Percival EMAC 3.09, 5 Patrick Reynard (M65) VAC 2.98, **M70 Long Jump** 1 Allan Long (M75) VAC 4.06, 2 John Charlton NMAC 4.04, 3 Lawrie Dunn MMAC 3.90, 4 Ron Davies (M75) SCVAC 3.49, 5 Allan Cheers WMAA 3.39, 6 John Borgars EMAC 2.47, 7 George Routledge NEMAA 1.97 **M35 Triple Jump** 1 Aaron Bollu (M40) EMAC 11.00, 2 Samuel Nash (M45) SCVAC 10.76, 3 Albert Earle (M65) MMAC 10.33, 4 Andrew Parker (M40) NMAC 9.59, 5 David Shields (M55) WMAA 9.20 **M50 Triple Jump** 1 Paul Harrison EMAC 11.44, 2 Paul Guest (M55) SWVAC 11.00, 3 Terry Selway MMAC 10.33, 4 Wole Odele SCVAC 10.23, 5 Richard Weekes VAC 9.72, 6 Richard Timms NMAC 9.30, 7 Keith Powell (M55) WMAA 9.11 **M35 Shot** 1 Sam Cater MMAC 10.33, 2 Ian Williams (M40) WMAA 9.24, 3 Aaron Bollu (M40) EMAC 7.97, 4 Alex Ahmet (M60) SCVAC 7.67, 5 Daniel Upton (M40) VAC 7.20 **M50 Shot** 1 Morris Fox (M55) MMAC 13.91, 2 Andy Lewis SCVAC 12.96, 3 Michael Hausler (M55) EMAC 12.64, 4 Robert Broadbridge (M55) SWVAC 11.16, 5 Glyndwr Pugh (M55) WMAA 9.53, 6 Leeroy Golding NMAC 8.29 **M60 Shot** 1 John Fenton SCVAC 11.60, 2 Peter Knott EMAC 11.49, 3 Tony Richards (M65) VAC 10.47, 4 Malcolm Pell MMAC 9.79, 5 Chris Berry WMAA 9.28 **M70 Shot** 1 Barry Hawke MMAC 11.55, 2 John Watts (M75) NMAC 10.12, 3 Ian Bowles WMAA 9.16, 4 Ron Davies (M75) SCVAC 8.05, 5 Michael Dugan (M75) SWVAC 7.91, 6 George Routledge NEMAA 6.74, 7 John Borgars EMAC 6.20 **M35 Discus** 1 Peter Roberts (M45) WMAA 35.34, 2 Perriss Wilkins (M50) MMAC 32.31, 3 Nicholas Walker (M50) SWVAC 28.56, 4 Robert Ellingham (M50) EMAC 28.47, 5 Richard Halsey (M55) SCVAC 17.16 **M50 Discus** 1 Kevin Brown MMAC 40.23, 2 Robert Broadbridge (M55) SWVAC 40.05, 3 Allan Leiper (M55) SCVAC 34.58, 4 Leeroy Golding NMAC 33.34, 5 Geoff Tyler (M65) EMAC 33.33, 6 Peter Wishart (M55) VAC 32.84, 7 Glyndwr Pugh (M55) WMAA 29.29 **M35 Hammer** 1 Mark Elliott (M40) MMAC 42.27, 2 Robert Ellingham (M50) EMAC 37.19, 3 Peter Roberts (M45) WMAA 26.51, 4 Nicholas Walker (M50) SWVAC 23.88, 5 Alex Ahmet (M60) SCVAC 19.88, 6 Adam Blackburn NMAC 13.81 **M50 Hammer** 1 Steven Sammut VAC 50.40, 2 Andy Hall (M55) SCVAC 42.30, 3 Robert Broadbridge (M55) SWVAC 38.66, 4 John Owen WMAA 35.41, 5 Kevin Murch (M55) MMAC 34.92, 6 Bunt Scott (M65) EMAC 30.33, 7 Leeroy Golding NMAC 13.59 **M35 Javelin** 1 Sam Cater MMAC 40.48, 2 Nicholas Walker (M50) SWVAC 33.06, 3 Aaron Bollu (M40) EMAC 29.68, 4 Richard Halsey (M55) SCVAC 29.56, 5 Ian Williams (M40) WMAA 28.73, 6 Stephen Thorpe (M40) NMAC 22.99, 7 Michael May (M55) VAC 8.83 **M50 Javelin** 1 Kevin Murch (M55) MMAC 47.80, 2 Michael Hausler (M55) EMAC 34.01, 3 Allan Leiper (M55) SCVAC 33.27, 4 Chris Pruski (M60) WMAA 27.68, 5 Leeroy Golding NMAC 21.23, 6 Peter Wishart (M55) VAC 20.37, 7 Paul Guest (M55) SWVAC 9.24

Overall Mens Points: 1 MMAC 637, 2 SCVAC 515, 3 WMAA 476, 4 EMAC 366, 5 NMAC 319, 6 SWVAC 312, 7 VAC 222, 8 NEMAA 66

W35 100m 1 Joanne Frost (W40) WMAA 12.89, 2 Karen Gomes MMAC 13.44, 3 Claire Smith (W40) EMAC 13.53, 4 Sharon Dooley (W45) SCVAC 14.70, 5 Lisa Carpenter (W45) SWVAC 16.24 **W50 100m** 1 Juliet Sidney WMAA 13.84, 2 Fiona Palmer MMAC 14.81 3 Michele Wakefield SCVAC 14.97, 4 Julie Hicken (W55) NMAC 15.90, 5 Christine Salvary (W60) EMAC 16.98 **W60 100m** 1 Caroline Powell

SWVAC 14.16, 2 Carole Filer EMAC 14.88, 3 Joan Trimble SCVAC 15.12, 4 Ilse Hemming NMAC 15.47, 5 Sally Hine (W65) MMAC 16.27, 6 Rosalind Townsend-Hope WMAA 17.61 **W70 100m** 1 Angela Copson MMAC 18.54, 2 Patricia Oakes WMAA 19.93, 3 Rose Webb SCVAC 21.45 **W35 200m** 1 Ellena Ruddock (W40) MMAC 26.63, 2 Claire Smith (W40) EMAC 27.52, 3 Sharon Samuel (W50) WMAA 29.25, 4 Sharon Dooley (W45) SCVAC 30.66, 5 Alina Stepanchuk NMAC 31.35, 6 Lisa Carpenter (W45) SWVAC 33.94 **W50 200m** 1 Janet Dickinson SWVAC 28.39, 2 Juliet Sidney WMAA 29.12, 3 Lisa Thomas VAC 29.99, 4 Wendy Laing (W55) NMAC 30.07, 5 Susan Frisby (W55) MMAC 31.02, 6 Michele Wakefield SCVAC 32.71, 7 Christine Salvary (W60) EMAC 36.22 **W60 200m** 1 Caroline Powell SWVAC 29.47, 2 Helen Godsell SCVAC 30.16, 3 Edith Caux EMAC 31.06, 4 Ilse Hemming NMAC 34.01, 5 Sally Hine (W65) MMAC 35.55, 6 Anna Garnier VAC 36.13, 7 Rosalind Townsend-Hope WMAA 36.55 **W35 400m** 1 Claire Smith (W40) EMAC 62.59, 2 Natalie Bratt MMAC 64.49, 3 Victoria Watkins WMAA 66.32, 4 Sharon Dooley (W45) SCVAC 69.59, 5 Helen Smith (W45) NMAC 80.29 **W50 400m** 1 Lisa Thomas VAC 64.96, 2 Janice Ellacott (W55) SWVAC 69.06, 3 Louise Kirby WMAA 69.09, 4 Mary Brown (W55) SCVAC 69.97, 5 Fiona Palmer MMAC 70.38, 6 Christine Anthony (W55) EMAC 72.09, 7 Julie Hicken (W55) NMAC 75.89 **W60 400m** 1 Caroline Powell SWVAC 67.05, 2 Helen Godsell SCVAC 71.56, 3 Edith Caux EMAC 71.83, 4 Jennifer Wakeman NMAC 78.50, 5 Ros Tabor (W65) VAC 80.69, 6 Liz Bowers (W65) WMAA 85.99, 7 Linda Farrow MMAC 91.32 **W35 800m** 1 Rachel Coupe (W45) MMAC 2:24.22, 2 Alina Stepanchuk NMAC 2:24.99, 3 Jenny Carter (W45) SWVAC 2:26.98, 4 Ana Ramos-Villaverde (W40) SCVAC 2:27.34, 5 Nicola Woodward (W40) NEMAA 2:30.84, 6 Llinos Jones WMAA 2:31.07 **W50 800m** 1 Christine Anthony (W55) EMAC 2:40.20, 2 Susan Kneill-Boxley MMAC 2:45.04, 3 Louise Jeffries (W55) SWVAC 2:48.50, 4 Jacqui Reid VAC 2:57.30, 5 Louise Kirby WMAA 3:03.36, 6 Michele O'Neill-Hall NEMAA 3:27.92 **W60 800m** 1 Alison Bourgeois (W65) EMAC 2:44.52, 2 Jennifer Wakeman NMAC 2:52.25, 3 Anna Garnier VAC 2:52.56, 4 Liz Bowers (W65) WMAA 3:07.57, 5 Linda Farrow MMAC 3:30.53, 6 Sue James (W65) SCVAC 3:40.69 **W70 800m** 1 Angela Copson MMAC 3:07.22, 2 Patricia Gallagher WMAA 3:26.95, 3 Rose Webb SCVAC 4:29.56 **W35 1500m** 1 Lisa Palmer-Blount (W40) MMAC 4:38.46, 2 Michelle Lloyd (W40) SCVAC 4:59.43, 3 Llinos Jones WMAA 5:06.43, 4 Nicola Woodward (W40) NEMAA 5:17.29, 5 Carolyn Dooley (W40) NMAC 5:25.87, 6 Caroline Cotterell (W45) SWVAC 5:34.57 **W50 1500m** 1 Susan McDonald VAC 5:17.75, 2 Mary Hall MMAC 5:45.25, 3 Alison Smith SCVAC 6:20.40, 4 Michele O'Neill-Hall NEMAA 6:43.39 **W35 3000m** 1 Sam Amend VAC 10:58.25, 2 Catherine Charlton MMAC 11:23.52, 3 Alina Stepanchuk NMAC 11:33.85, 4 Caroline Cotterell (W45) SWVAC 12:05.87 **W50 3000m** 1 Susan Kneill-Boxley MMAC 12:07.19, 2 Jacqui Reid VAC 13:16.81, 3 Debbie Broad NMAC 13:35.03, 4 Michele O'Neill-Hall NEMAA 15:10.06 **W35 2km Walk** 1 Carolyn Derbyshire (W40) MMAC 10:51.25, 2 Melanie Peddle (W45) EMAC 11:11.18, 3 Angela Martin (W50) SCVAC 13:38.21 **W50 2km Walk** 1 Ann Wheeler (W60) MMAC 12:16.61, 2 Angela Underdown EMAC 14:12.41, 3 Michele O'Neill-Hall NEMAA 14:13.15, 4 Alison Smith SCVAC 15:33.81, 5 Gillian Williams (W60) WMAA 16:37.08 **W35 80m Hurdles** 1 Paula Williams (W45) MMAC 13.19, 2 Amanda Wale (W45) WMAA 15.10, 3 Jo Wilding (W40) SCVAC 15.73 **W50 80m Hurdles** 1 Susan Frisby (W55) MMAC 13.63, 2 Janet Dickinson SWVAC 13.99, 3 Jan Timberlake WMAA 16.74 **W35 4x100m Relay** 1 MMAC 52.69 (Karen Gomes, Janelle Quinn (W40), Paula Williams (W45), Ellena Ruddock (W40)), 2 WMAA 55.80 (Joanne Frost (W40), Juliet Sidney (W50), Victoria Watkins, Amanda Wale (W45)), 3 SCVAC 58.73 (Michele Wakefield (W50), Mary Brown (W55), Ana Ramos-Villaverde (W40), Sharon Dooley (W45)), 4 VAC 66.07 (Lisa Thomas (W50), Anna Garnier (W60), Sam Amend, Jacqui Reid (W50))

W50 4x100m 1 WMAA 59.32 (Angela Sonn (W55), Louise Kirby, Melanie Garland (W55), Sharon Samuel), 2 MMAC 61.08 Fiona Palmer, Susan Kneill-Boxley, Jillian Roginski (W55), Susan Frisby (W55)) **W60 4x100m** 1 SCVAC 63.21 (Joan Trimble, Linda Ahmet (W65), Susan Dassie (W65), Helen Godsell), 2 EMAC 66.43 (Edith Caux, Christine Salvary, Alison Bourgeois (W65), Carole Filer), 3 MMAC 74.59 (Sally Hine (W65), Linda Farrow, Angela Copson (W70), Jane Horder), 4 WMAA 75.16 (Pat Oakes (W70), Liz Bowers (W65), Rosalind Townsend-Hope, Pat Gallagher (W70)) **W35 High Jump** 1 Christine Dover MMAC 1.47, 2 Jo Wilding (W40) SCVAC 1.38, 3 Claudia Cubbage (W45) WMAA 1.29, Jenny Ibbitson (W60) NMAC nm **W50 High Jump** 1 Wendy Laing (W55) NMAC 1.50, 2 Melanie Garland (W55) WMAA 1.38, 3 Janet Dickinson SWVAC 1.35, 4 Gaye Clarke (W55) EMAC 1.26, 5 Jillian Roginski (W55) MMAC 1.17, 6 Susan Yeomans (W65) SCVAC 1.14 **W60 High Jump** 1 Carole Filer EMAC 1.20, 2 Ilse Hemming NMAC 1.14, 3 Sally Hine (W65) MMAC 1.11, 4 Linda Ahmet (W65) SCVAC 1.08, 5 Anna Garnier VAC 1.02, 6 Rosalind Townsend-Hope WMAA 0.99 **W35 Pole Vault** 1 Jacqueline Montgomery (W50) SCVAC 2.30, 2 Melanie Hepke (W45) MMAC 2.20, 3 Jenny Ibbitson (W60) NMAC 2.20, 4 Claudia Cubbage (W45) WMAA 2.20 **W50 Pole Vault** 1 Susan Yeomans (W65) SCVAC 2.40 **W35 Long Jump** 1 Joanne Frost (W40) WMAA 5.29, 2 Janelle Quinn (W40) MMAC 4.57, 3 Jacqueline Montgomery (W50) SCVAC 3.70 **W50 Long Jump** 1 Janet Dickinson SWVAC 4.92, 2 Melanie Garland (W55) WMAA 4.63, 3 Wendy Laing (W55) NMAC 4.62, 4 Joanne Willoughby MMAC 4.39, 5 Louise Wood SCVAC 4.38, Gaye Clarke (W55) EMAC nm **W60 Long Jump** 1 Ilse Hemming NMAC 3.62, 2 Linda Ahmet (W65) SCVAC 3.43, 3 Sally Hine (W65) MMAC 3.18, 4 Liz Bowers (W65) WMAA 2.15 **W70 Long Jump** 1 Patricia Oakes WMAA 2.43, 2 Angela Copson MMAC 2.41, 3 Rose Webb SCVAC 2.12 **W35 Triple Jump** 1 Paula Williams (W45) MMAC 9.72, 2 Jacqueline Montgomery (W50) SCVAC 8.18, 3 Claudia Cubbage (W45) WMAA 7.86 **W50 Triple Jump** 1 Joanne Willoughby MMAC 10.25, 2 Louise Wood SCVAC 9.22, 3 Jan Timberlake WMAA 8.54, 4 Christine Salvary (W60) EMAC 6.92 **W35 Shot** 1 Carol Parker (W45) MMAC 10.75, 2 Vanessa Hannam (W45) SCVAC 9.87, 3 Cath Alford (W45) WMAA 8.60, 4 Clare Taylor (W45) SWVAC 8.45, 5 Tracey Gould (W40) VAC 7.42, 6 Jenny Ibbitson (W60) NMAC 7.38 **W50 Shot** 1 Deborah Murch (W55) MMAC 10.00, 2 Jacquelyn Brett SWVAC 9.84, 3 Wendy Laing (W55) NMAC 9.77, 4 Anne Thacker (W55) SCVAC 8.70, 5 Karen Llewellyn WMAA 7.86, 6 Wendy Dunsford (W55) EMAC 7.04 **W60 Shot** 1 Susan Dassie (W65) SCVAC 7.70, 2 Ilse Hemming NMAC 7.13, 3 Pat Higgins MMAC 6.82, 4 Anna Garnier VAC 6.68, 5 Carole Filer EMAC 6.15, 6 Iris Holder (W75) WMAA 5.50 **W70 Shot** 1 Elizabeth Sissons SCVAC 7.62, 2 Patricia Oakes WMAA 6.72, 3 Angela Copson MMAC 4.55 **W35 Discus** 1 Vanessa Hannam (W45) SCVAC 34.54, 2 Carol Parker (W45) MMAC 31.40, 3 Jenny Ibbitson (W60) NMAC 25.48, 4 Clare Taylor (W45) SWVAC 22.18, 5 Tracey Gould (W40) VAC 22.16, 6 Cath Alford (W45) WMAA 20.84 **W50 Discus** 1 Deborah Murch (W55) MMAC 23.83, 2 Hazel Barker (W55) NMAC 21.72, 3 Anne Thacker (W55) SCVAC 21.03, 4 Wendy Dunsford (W55) EMAC 20.72, 5 Karen Llewellyn WMAA 19.58 **W35 Hammer** 1 Clare Taylor (W45) SWVAC 37.85, 2 Tracey Gould (W40) VAC 32.20, 3 Nicola Long (W40) MMAC 28.12, 4 Cath Alford (W45) WMAA 28.08, 5 Jenny Ibbitson (W60) NMAC 25.20, 6 Heather Mballa SCVAC 21.48 **W50 Hammer** 1 Jacquelyn Brett SWVAC 34.62, 2 Deborah Murch (W55) MMAC 32.82, 3 Kim Weir (W55) VAC 30.31, 4 Karen Llewellyn WMAA 27.46, 5 Wendy Dunsford (W55) EMAC 27.41, 6 Anne Thacker (W55) SCVAC 23.77, 7 Hazel Barker (W55) NMAC 18.77 **W35 Javelin** 1 Paula Williams (W45) MMAC 30.50, 2 Heather Mballa SCVAC 26.11, 3 Clare Taylor (W45) SWVAC 19.86, 4 Tracey Gould (W40) VAC 19.70, 5 Claudia Cubbage (W45) WMAA 18.83 **W50 Javelin** 1 Anne Thacker (W55) SCVAC 21.66, 2 Jillian Roginski (W55) MMAC 19.29, 3 Hazel Barker (W55)

NMAC 17.48, 4 Melanie Garland (W55) WMAA 16.82, 5 Angela Underdown EMAC 11.25

Overall Women's Points: 1 MMAC 637, 2 SCVAC 515, 3 WMAA 476, 4 EMAC 366, 5 NMAC 319, 6 SWVAC 312, 7 VAC 222, 8 NEMAA 66

Stay Cool in the Call Room - Phil Brennan

Imagine this. You are one of a bunch of grumpy 75 year olds, with no common language, who have come through the preliminaries, and are very soon about to take on the ultimate challenge, a World Masters final. There are a number of hoops you have to go through before you get into combat and the tension is rising (the closest similar experience in my life was waiting to do a first parachute jump).

The task should be straightforward: report 30 minutes before the race, get inspected for conformity with numbers, uniform etc, come out after 15 minutes to be allocated a lane, wait for the race start, and get on with it. You do wonder why so much time, when most other championships only need ten or twenty minutes, but so what. At this point, you realise that things might not be what they seem. Here is my guide for dealing.

RULE 1. Remember the old time squaddies. Act dumb and don't ask questions. Fighting through a crowd of 20 - 30 people, leaning over the desk and pointing out forcibly in Icelandic, Finnish or any other language that a stressed-out Spaniard doesn't understand that it's five minutes late and your race hasn't been called, will not help.

RULE 2. Hurry up and wait. At some point, the said Stressed-out Spaniard will realise there is a problem, tell you to hang around and he'll be ready in a minute. Remember rule 1. Do not point out that he said that ten minutes ago. Just when you think about going home, you will be fast tracked through the system.

You are in the call room. The timetable is out the window. Suddenly you are called to line up and go onto the track. You are surprised, because the W70 Race is before yours on the timetable, and they are still in the call room. What do you do? Remember rule 1. Obey rule 2.

Seconds before you get out on the track, the authorities realise they have forgotten about the W70s. Yes are told to wait again. Obey rule1.

The W70 race is under starters orders, when for some not obvious reason, they are all pulled off the track, and your are told it's your turn. Obey rule 2.

Race. Forget rule 1. Forget rule 2.

Tales from the Call Room - Part two

The M75 5000m will be decided by two races with about fifteen people in each. The times will be concatenated to decide the winners. The B final is theoretically slower, and will set a time to beat, but could there be a ringer??

The call room is underneath the stadium at track level. A line of plastic barriers divides the way onto the track from the call room from the finishers' route out. We are well over time. The B final is under way on the track, hidden from sight. The paranoia level starts to rise. "The Chinese bloke has

submitted no time. But I'm told he's really good". There's another one" etc etc. People try to creep out to watch the race and get hounded back by the call room staff. At last, the B finishers start trickling back. First back, a Czech. Cue an animated conversation between him and a Slovak on our side, in, presumably, Czech. Or Slovak. Or even Czechoslovak. "What did he say?" "He didn't win" "Who did?" "Chinese ". "What time?" "No idea"

On the track, the Chinese competitor had indeed won, and apparently conducted a flag-waving victory ceremony like no other. Ignorant of this, our first sight of him reminds me more of a Samurai- short, stocky, sweaty, tired, pigtailed and angry looking, and clearly still pumped up by the race. Chinese, like Portuguese, to my ear, is an angry-sounding language, so I may be mistaken, but I think the subsequent conversation went something like this :

Various voices (in English, French, Slovak and Australian) "What time did you do?"

"Thank you for recognising my ability, but I would have done better in the A Race. It's not my fault the bureaucrats screwed up my entry"

"What TIME did you do??" [fingers pointing at his watch]

"I'm glad you recognise the contribution of technology in my victory, but in the end it's all down to blood and guts, isn't it"

"WHAT TIME DID YOU DO???" [hands now grasping his wrist, trying to read his watch which has more dials than an A320 cockpit]

"Right, that's me. I don't have any idea what you are on about, but it's probably insulting. I'm off"

It didn't matter that much in the end.

BMAF Tack and Field Championships - Birmingham - 25th and 26th August 2018



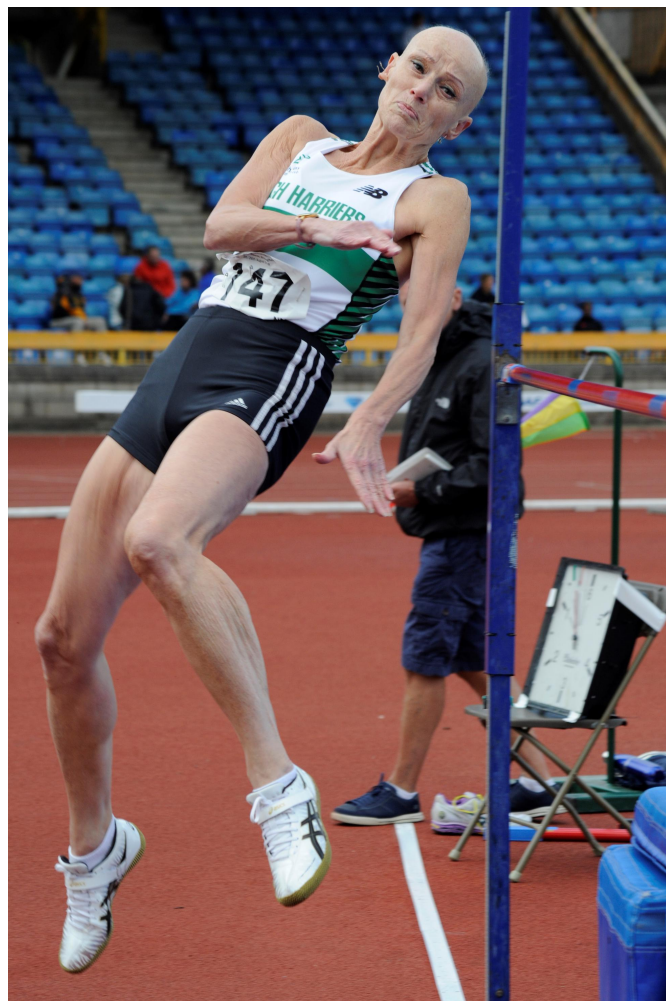
Mensah Elliott, M40 110m hurdles winner. Mensah was also a silver medallist in Malaga. (Photo: www.tomphillipsphotos.co.uk)

M40 100 Metre Preliminaries 1 Mensah Elliott SCVAC 11.20 Q, 2 Dominic Bradley MMAC 11.44 Q, 3 Alan Robertson SVHC 11.53 Q, 4 Joshua Wood SCVAC 11.68 Q, 5 Michael Barough SCVAC 11.57 Q, 6 Stephen Jarvis SWVAC 12.13 Q, 7 Kevin Lynch Ireland 11.86 q, 8 Steve Squires SCVAC 12.48 q, 9 Paul North MMAC 12.63, 10 Adam Richards, Gray OPEN 12.72, 11 Imam Qazi SWVAC 12.73, 12 Nigel Hayman EMAC 12.77, 13 Antony Brown OPEN 13.20 **M50 100 Metre Preliminaries** 1 Will MacGee SCVAC 11.77 Q, 2 Michael Gardiner MMAC 12.15 Q, 3 Antony Leigh MMAC 12.04 Q, 4 Russell

Whiting WMAA 12.34 Q, 5 Paul Canning EMAC 12.41 Q, 6 Donald Brown MMAC 12.41 Q, 7 Steve Beak SCVAC 12.54 q, 8 Ken Telfer Australia 12.60 q, 9 Petros Anastasi SCVAC 12.75, 10 David Pearson SWVAC 12.77, 11 Eli Barnett MMAC 13.45, 12 Dave Roberts SCVAC 14.32, 13 Andrew Roberts OPEN 14.39, 14 John Wilks VAC 16.32, 15 Gavin McMurray SVHC 18.64, **M55 100 Metre Preliminaries** 1 Pat Logan VAC 12.38 Q, 2 Fausto Furlotti SCVAC 12.45 Q, 3 Ricardo Huskisson EMAC 12.44 Q, 4 Dalton Powell MMAC 12.66 Q, 5 Neil Tunstall SWVAC 12.67 Q, 6 Dougie Donald MMAC 12.82 Q, 7 John Statham MMAC 12.94 q, 8 Gary Leek SVHC 13.11 q, 9 Mark Woods SCVAC 13.35, 10 Dion Panambalana SCVAC 13.80, 11 Stuart Lynn NEMAA 13.86, 12 Adam Garel SCVAC 13.93, 13 Paolo Bartolomasi NMAC 14.20, **W35 1500 Metre Run** 1 Jessica Franklin VAC 4:54.46, 2 Rebecca Luxton EMAC 4:58.44, 3 Rebecca Mills NMAC 5:46.76 **W40 1500 Metre Run** 1 Mitch Lloyd SCVAC 4:54.28, 2 Alexandra Cutts SWVAC 5:10.65, **W45 1500 Metre Run** 1 Ashling Smith Ireland 5:03.75, 2 Susan Francis SCVAC 5:11.94, 3 Jenny Carter SWVAC 5:16.63, 4 Caroline Mayers IOMVA 5:20.56, 5 Becky Selvey MMAC 5:25.50, 6 Caroline Cotterell SWVAC 5:25.60, **W50 1500 Metre Run** 1 Anne Gilshinan Ireland 4:58.65, 2 Sarah Everitt WMAA 5:07.74, 3 Clare Jolliffe MMAC 5:20.48, 4 Lisa Webb VAC 5:22.67, 5 Jane Pidgeon MMAC 5:24.80, 6 Cathy Stewart SCVAC 5:33.66, Julie Wilson SVHC DNF, **W55 1500 Metre Run** 1 Anne Howie SVHC 5:21.76, 2 Christine Anthony EMAC 5:24.07, 3 Karen Brooks MMAC 5:29.77, 4 Anne Stewart, Power VAC 5:33.95, 5 Julie Barclay SCVAC 5:54.14, **W60 1500 Metre Run** 1 Anna Garnier VAC 5:50.06 **W65 1500 Metre Run** 1 Alison Bourgeois EMAC 5:38.11, 2 Elizabeth Bowers SVHC 6:03.70, 3 Nancy Hitchmough MMAC 6:10.98, 4 Ros Tabor VAC 6:18.77, 5 Sue James SCVAC 7:27.30, **W70 1500 Metre Run** 1 Angela Copson MMAC 5:53.58, 2 Patricia Gallagher WMAA 7:09.55, 3 Ann Bath SVHC 8:22.09 **W75 1500 Metre Run** 1 Ann Gray MMAC 8:00.76, 2 Betty Stracey EMAC 8:47.93, **M35 1500 Metre Run** 1 Jozsef Farkas SVHC 4:10.21, 2 Peter Watkeys WMAA 4:14.73, 3 Joe Ashley SCVAC 4:17.93, 4 Paul Howard SCVAC 4:27.16, 5 Mark Gardner NMAC 4:27.82, 6 Dean Kane SVHC 4:39.28, **M40 1500 Metre Run** 1 Matt Atkins SCVAC 4:18.12, 2 Simon Doyle NIMAA 4:21.88, 3 Andrew Cartwright NMAC 4:33.36, 4 Lee Garland WMAA 4:34.81, 5 Daniel Johns VAC 4:35.45, **M45 1500 Metre Run** 1 Mark Symes SCVAC 4:17.49, 2 Jeff Prest NMAC 4:23.01, 3 Christopher Westcott EMAC 4:23.49, 4 Ken Harker NEMAA 5:03.26, **M50 1500 Metre Run** 1 Tony Wright SWVAC 4:26.48, 2 Adrian Haines SCVAC 4:27.23, 3 Steve Atkinson VAC 4:31.99, 4 Stephen Herring EMAC 4:34.38, 5 Simon Anderson SWVAC 4:35.44, 6 Andrew Ronald SVHC 4:39.68, 7 Anthony Roper MMAC 4:42.48, **M55 1500 Metre Run** 1 Mike Trees SCVAC 4:42.72, 2 Rob Andrew MMAC 4:43.24, 3 Simon Le Mare EMAC 4:47.24, 4 Jed Turner NMAC 4:50.36, 5 Rob Fox MMAC 4:57.61, 6 Steven Doxey NMAC 5:11.40, 7 Steven Stanley EMAC 5:16.24, **M60 1500 Metre Run** 1 David Bedwell MMAC 5:08.33, 2 Robert Bigger NIMAA 5:08.66, 3 Mark Hargreaves SCVAC 5:09.21, 4 Steven Taylor NMAC 5:09.86, 5 Michael Murphy Ireland 5:11.39, 6 Geoffrey Brewster EMAC 5:12.03, 7 Simon Bean SCVAC 5:13.65, 8 Graham Lamb MMAC 5:53.07, 9 Alan Dolton SCVAC 6:16.83, 10 Kevin Dillon NMAC 7:42.97 **M65 1500 Metre Run** 1 Kevin Archer SWVAC 5:02.20, 2 John Skelton EMAC 5:07.16, 3 David Oxland MMAC 5:15.26, 4 Ian Carter New Zealand 5:16.97, 5 Don Powell SCVAC 5:36.71, 6 Peter Kennedy VAC 5:47.67, 7 David Jones MMAC 6:00.17, 8 Richard Brown MMAC 6:06.01, **M70 1500 Metre Run** 1 Malcolm Weir MMAC 5:31.92, 2 Mick Casey NMAC 5:45.98, 3 John Exley SCVAC 5:50.16, 4 John Horton SWVAC 6:03.35, **M75 1500 Metre Run** 1 Victor Shirley NMAC 5:51.61, 2 Phil Brennan MMAC 6:11.06, 3 Peter Cartwright SVHC 6:21.22, 4 Barrie Roberts WMAA 6:49.06, 5 John Garber EMAC 6:54.68, **M85 1500 Metre Run** 1 Richard Pitcairn, Knowles VAC 9:06.31, **W40 80 Short Hurdles** 1 Milly Smith NMAC 14.25, **W50 80 Short Hurdles** 1 Janet Dickinson

SWVAC 14.01, 2 Julie Rogers MMAC 14.09, 3 Wendy Lewis VAC 14.35, 4 Jan Timberlake WMAA 16.56, **W55 80 Short Hurdles** 1 Michele Hossack Australia 14.03, 2 Gaye Clarke EMAC 15.39, 3 Jill Roginski MMAC 15.45, **W60 80 Short Hurdles** 1 Jane Horder MMAC 13.23, **W65 80 Short Hurdles** 1 Jean Fail SWVAC 16.21, 2 Sally Hine MMAC 16.43, **M70 80 Short Hurdles** 1 Andrew Webb NEMAA 14.99, 2 Earl Taylor NIMAA 18.46, **M55 100 Short Hurdles** 1 Neil Tunstall SWVAC 15.18, 2 Des Wilkinson EMAC 15.40, 3 Paul Edwards MMAC 17.04, 4 Pete Stepney SCVAC 18.35, **W35 100 Short Hurdles** 1 Hannah Riley IOMVA 16.41, **M50 100 Short Hurdles** 1 Barrie Marsden SCVAC 15.04, 2 Donald Brown MMAC 15.43, 3 Paul Canning EMAC 17.73, **M35 110 Short Hurdles** 1 Jackson Hinton Canada 14.21, 2 Peter Irving OPEN 15.14, 3 Michael Louise SCVAC 15.27, 4 Clint Nicholls EMAC 16.95, **M40 110 Short Hurdles** 1 Mensah Elliott SCVAC 14.84, 2 Nigel Hayman EMAC 16.38, 3 Peter Davey SCVAC 17.68, **M45 110 Short Hurdles** 1 Joe Appiah SCVAC 15.31, 2 Gary Smith EMAC 16.97, 3 Marek Kowalski EMAC 21.63, 4 David Shortridge SCVAC 23.67, **M40 3000 Metre Race Walk** 1 Raymond Robinson NEMAA 19:32.23, **M50 3000 Metre Race Walk** 1 Mark Williams MMAC 15:41.06, 2 Keith Palmer EMAC 19:11.92, **M55 3000 Metre Race Walk** 1 Francisco Reis SCVAC 14:18.06, 2 Simon Le Mare EMAC 19:17.16, 3 David Bowker EMAC 19:20.81, **M60 3000 Metre Race Walk** 1 Ian Torode SWVAC 18:08.19, 2 Paul Hawkins MMAC 18:20.26, 3 Jon Clarke NMAC 26:43.65, **M65 3000 Metre Race Walk** 1 Peter Boszko MMAC 16:33.66, 2 John Hall VAC 17:08.41, **M70 3000 Metre Race Walk** 1 Ian Richards VAC 15:07.43, 2 Roger Michell MMAC 17:50.11, **W40 3000 Metre Race Walk** 1 Penelope Cummings VAC 17:01.75, **W45 3000 Metre Race Walk** 1 Julie Bellfield MMAC 17:47.22, **W50 3000 Metre Race Walk** 1 Lynn Bellfield MMAC 19:09.90, 2 Sue Davies OPEN 19:45.26, 3 Roz McKenzie SCVAC 22:35.68, **W55 3000 Metre Race** Maureen Noel VAC DQ, **W60 3000 Metre Race Walk** 1 Ann Wheeler MMAC 18:00.50, 2 Linda Farrow MMAC 20:18.84, **W65 3000 Metre Race Walk** 1 Susan Barnett EMAC 19:57.06, **W70 3000 Metre Race Walk** 1 Jacqueline Wilson OPEN 18:48.11, 2 Noel Blatchford SCVAC 19:10.55, **M75 3000 Metre Race Walk** 1 Doug Milsom VAC 21:06.87, 2 Peter Hannell VAC 21:13.84, 3 Ron Stewart NEMAA 22:49.89 **M85 3000 Metre Race Walk** 1 Ken Livermore VAC 26:10.48, **W35 100 Metre** 1 Lucy Evans NMAC 12.46, 2 Lisa Boland SCVAC 13.19, 3 Naana Adusei NMAC 13.44, 4 Sarah Johnson NEMAA 14.57, 5 Cheryl Devonish MMAC 14.57, **W40 100 Metre** 1 Tasha Norris SCVAC 13.57, 2 Cat Goulder, Davies MMAC 13.97, 3 Janelle Quinn MMAC 14.31, **W45 100 Metre** 1 Yvette Henry SCVAC 12.83, 2 Michelle Thomas WMAA 13.01, 3 Anita Saunders NMAC 13.35, 4 Paula Watson SCVAC 13.89, 5 Sharon Dooley SCVAC 14.33, 6 Deborah Ricci MMAC 14.67, 7 Tamzin Gribble SWVAC 14.91, 8 Wendy Day EMAC 14.95, 9 Henrietta Anstey SWVAC 15.13, 10 Sharon Waller EMAC 17.01, **W50 100 Metre** 1 Juliet Sidney WMAA 13.91, 2 Helen Eve OPEN 14.91, 3 Louise Kirby WMAA 15.10, 4 Danielle Silverman OPEN 15.59, **W55 100 Metre** 1 Kirstin King SCVAC 13.76, 2 Eni Font Freide SCVAC 14.28, 3 Melanie Garland WMAA 14.37, 4 Angela Sonn WMAA 14.83, 5 Angela Kelly NMAC 15.06, 6 Denise Timmis EMAC 15.20, 7 Tessa Stephenson EMAC 15.91, 8 Lyn Sole SCVAC 16.59, **W60 100 Metre** 1 Caroline Powell SWVAC 14.36, 2 Jane Horder MMAC 14.66, 3 Averil McClelland NMAC 14.71, 4 Nicky Buckwell SCVAC 16.40, **W65 100 Metre** 1 Joylyn Saunders, Mullins SCVAC 14.74 C, 2 Hendricka White SCVAC 15.95, 3 Sally Hine MMAC 16.27, 4 Jean Fail SWVAC 16.47, 5 Anne Nelson VAC 16.57, **W70 100 Metre** 1 Daphne Marler WMAA 25.49, **W75 100 Metre** 1 Iris Holder WMAA 19.31, **W80 100 Metre** 1 Dorothy Fraser WMAA 21.93, 2 Jeanne Coker SCVAC 28.94, **M35 100 Metre** 1 Mark Hanson SCVAC 11.12, 2 Andrew Spour EMAC 11.40, 3 Michael Louise SCVAC 11.41, 4 Anthony Browne NMAC 11.54, 5 Seriashe Childs WMAA 11.54, 6 Panos Ioannou EMAC 11.95, 7 Peter Irving OPEN 12.17, 8 Kevin

Wheeler SCVAC 13.08, **M40 100 Metre** 1 Dominic Bradley MMAC 11.07, 2 Mensah Elliott SCVAC 11.33, 3 Alan Robertson SVHC 11.57, 4 Joshua Wood SCVAC 11.72, 5 Michael Barough SCVAC 11.77, 6 Kevin Lynch IRL 11.89, 7 Stephen Jarvis SWVAC 12.08, **M45 100 Metre** 1 Jason Carty SCVAC 11.20, 2 Giuseppe Minetti SCVAC 11.78, 3 Joe Appiah SCVAC 11.84, 4 Mark Collins EMAC 11.88, 5 Julian Smith EMAC 12.15, 6 Yinka Opaleye EMAC 12.17, 7 James Morgan WMAA 12.85, 8 Myles Harrison SCVAC 13.23, 9 Steve Pethen SCVAC 13.81, **M50 100 Metre** 1 Will MacGee SCVAC 11.65, 2 Michael Gardiner MMAC 11.95, 3 Antony Leigh MMAC 12.03, 4 Donald Brown MMAC 12.39, 5 Russell Whiting WMAA 12.41, 6 Paul Canning EMAC 12.46, 7 Steve Beak SCVAC 12.70, 8 Ken Telfer AUSTRALIA 12.81, **M55 100 Metre** 1 Pat Logan VAC 12.20, 2 Fausto Furlotti SCVAC 12.41, 3 Ricardo Huskisson EMAC 12.44, 4 Neil Tunstall SWVAC 12.58, 5 John Statham MMAC 12.78, 6 Dougie Donald MMAC 13.12, 7 Gary Leek SVHC 13.21, 8 Dalton Powell MMAC 14.04, **M60 100 Metre** 1 Ian Broadhurst WMAA 13.31, 2 Barry Morris SCVAC 13.40, 3 Ian Scholes NMAC 13.51, 4 Eric Smart NEMAA 13.56, 5 Phil Clayton MMAC 14.07, 6 Roderick Davies WMAA 14.78, 7 Trevor Downward ZAF 14.82, 8 Scott Paget SCVAC 14.91, 9 Jon Clarke NMAC 16.02, Tom Phillips SCVAC DNF, **M65 100 Metre** 1 Steve Peters NMAC 12.56, 2 Wally Franklyn SCVAC 13.45, 3 Peter Mould MMAC 13.56, 4 David Walker NMAC 13.94, 5 John Moore EMAC 14.51, 6 Mario Lapka SWVAC 14.68, 7 David Blunt VAC 15.04, 8 Dennis Wallington EMAC 16.49, 9 Patrick Reynolds IRL 16.67, **M70 100 Metre** 1 Victor Novell SCVAC 14.09, 2 James Smith SVHC 14.38, 3 Lawrie Dunn MMAC 14.95, 4 John Steel MMAC 15.05,



Wendy Laing, who equalled her UK W55 High Jump record in Birmingham.
(Photo: www.tomphillipsphotos.co.uk)

5 Albert Eland NMAC 15.74, 6 Mel James WMAA 16.29, 7 David Whittaker VAC 17.46, **M75 100 Metre** 1 Allan Long VAC 14.52, 2 Ian

Foster EMAC 15.01, 3 Roger Bruck SCVAC 17.31, 4 Geoff Hudson MMAC 18.15, 5 Terry Casey VAC 23.40, **M80 100 Metre** 1 Robert Mackenzie SCVAC 17.79, 2 George Glover NMAC 18.57, 3 Colin Field SCVAC 18.70, **M85 100 Metre** 1 Richard Pitcairn, Knowles VAC 21.88, **M90 100 Metre** 1 Dalbir Singh Deol VAC 23.72, **W35 400 Metre** 1 Victoria Watkins WMAA 66.90, **W40 400 Metre** 1 Claire Smith EMAC 63.33, 2 Jo Wilding SCVAC 67.44, 3 Kerry Gowen MMAC 76.28, **W45 400 Metre** 1 Yvette Clayton EMAC 65.21, 2 Lisa Knight SCVAC 67.61, 3 Becky Selvey MMAC 67.89, 4 Sharon Dooley SCVAC 69.00, 5 Anita Saunders NMAC 69.65, 6 Lisa Carpenter SWVAC 73.61, **W50 400 Metre** 1 Lisa Thomas CANADA 64.86, 2 Clare Barr SVHC 69.03, 3 Jacqueline Musselwhite SCVAC 71.12, 4 Louise Kirby WMAA 72.90, 5 Danielle Silverman OPEN 73.81, **W55 400 Metre** 1 Jan Ellacott SWVAC 70.37, 2 Christine Feely EMAC 73.55, 3 Anne Howie SVHC 73.95, 4 Julie Hicken NMAC 77.11, 5 Angela Sonn WMAA 77.23, **W60 400 Metre** 1 Caroline Powell SWVAC 67.66 C, 2 Hilary West NMAC 74.82, **W65 400 Metre** 1 Joylyn Saunders Mullins SCVAC 71.26, 2 Caroline Marler NMAC 72.93, 3 Ros Tabor VAC 1:23.52, **W70 400 Metre** 1 Anne Dockery EMAC 1:30.03, 2 Ann Bath SVHC 2:06.22, **W75 400 Metre** 1 Kathleen Stewart NEMAA 1:31.87, **M35 400 Metre** 1 Steven Tester VAC 52.62, 2 James Colclough OPEN 53.62, 3 Lee Richards WMAA 54.99, **M40 400 Metre** 1 Adam Bellis SCVAC 52.22, 2 Andrew Parker NMAC 52.24, 3 Kevin Lynch IRL 52.80, 4 Alan Robertson SVHC 57.01, 5 David Battersby OPEN 57.21, 6 Antony Brown OPEN 57.50, 7 Adam Richards Gray OPEN 60.19, Martyn Morant SWVAC DQ, **M45 400 Metre** 1 Graeme Harrison SCVAC 52.71, 2 Julian Smith EMAC 56.31, 3 Dave Cobb VAC 58.95, 4 David Shortridge SCVAC 60.21, **M50 400 Metre** 1 Michael Gardiner MMAC 55.06, 2 Mark White VAC 56.14, 3 Glenn Gray SCVAC 56.26, 4 Gary Clare NMAC 57.53, 5 Adrian James MMAC 57.87, 6 Neil Vondy IOMVA 58.51, 7 Shaun Bond MMAC 58.99, 8 Mark Andrew Goldie NMAC 59.57, 9 Richard Timms NMAC 61.25, 10 Gavin Reeder NMAC 63.38, **M55 400 Metre** 1 Jonathan Tilt SCVAC 56.29, 2 Kermitt Benthall SCVAC 56.87, 3 Simon Bickers MMAC 57.00, 4 Robert Grew SWVAC 57.59, 5 Clifford Warren EMAC 63.05, 6 Stuart Lynn NEMAA 64.47, **M60 400 Metre** 1 Tennyson James EMAC 61.90, 2 David Cooke SWVAC 62.65, 3 Kieran McDonnell WMAA 62.73, 4 Ivars Licietis EMAC 63.46, **M65 400 Metre** 1 Steve Peters NMAC 62.59, 2 Steven Hinchliffe MMAC 65.61, 3 Les Percival EMAC 66.27, 4 Reginald Butler NMAC 70.65, **M70 400 Metre** 1 Lawrie Dunn MMAC 70.23, 2 Albert Eland NMAC 75.02, 3 John Steel MMAC 76.35, 4 Ray Lewis SWVAC 1:24.09, 5 John Trory SCVAC 1:28.01, **M75 400 Metre** 1 John Garber EMAC 1:21.51, 2 John Hodge IRL 1:23.74, 3 Terry Casey VAC 1:47.35, **M80 400 Metre** 1 David Carney MMAC 1:44.13, 2 Arthur Kimber SCVAC 1:44.74, **M85 400 Metre** 1 Eric Shirley VAC 1:52.26, 2 Richard Pitcairn, Knowles VAC 2:04.51, **W50 300 Long Hurdles** 1 Janet Dickinson SWVAC 51.41, 2 Anita Hayward SCVAC 71.10, **W55 300 Long Hurdles** 1 Michele Hossack AUSTRALIA 51.29, 2 Julie Hicken NMAC 63.04, **W65 300 Long Hurdles** 1 Emily McMahon EMAC 66.94, **M60 300 Long Hurdles** 1 Ian Broadhurst WMAA 49.39, **M70 300 Long Hurdles** 1 Andrew Webb NEMAA 55.89, 2 Earl Taylor NIMAA 68.15, **W35 400 Long Hurdles** 1 Sarah Johnson NEMAA 1:27.47, **W40 400 Long Hurdles** 1 Milly Smith NMAC 75.79, 2 Rosalind Shuttleworth MMAC 1:24.63, **W45 400 Long Hurdles** 1 Lenore Lambert AUSTRALIA 68.28, 2 Tamzin Gribble SWVAC 79.15, **M35 400 Long Hurdles** 1 John Gilding MMAC 60.12, 2 Paul Hindle SWVAC 65.96, 3 Peter Irving OPEN 1:29.10, **M40 400 Long Hurdles** 1 Darren Towart NEMAA 60.83, 2 Nigel Hayman EMAC 61.96, **M45 400 Long Hurdles** 1 Marcus Medina BRAZIL 61.40, 2 Richard Holt SCVAC 62.42, 3 Wayne Gadd EMAC 69.92, 4 David Shortridge SCVAC 75.10, **M50 400 Long Hurdles** 1 Adrian James MMAC 65.84, 2 Barrie Marsden SCVAC 70.98, 3 Richard Timms NMAC 71.07, 4 Leroy Gould SCVAC 76.05, 5 Christopher Duncan OPEN 1:21.94, **M55 400 Long Hurdles** 1

Jonathan Tilt SCVAC 61.70 C, 2 Richard White MMAC 67.82, 3 Pete Stepney SCVAC 71.22, 4 Iain Moody MMAC 73.35, **W35 High Jump** 1 Christine Dover MMAC 1.45m, **W40 High Jump** 1 Wendy Laing NMAC 1.50m, 2 Melanie Garland WMAA 1.30m, 3 Gaye Clarke EMAC 1.24m, **W65 High Jump** 1 Sue Yeomans SCVAC 1.18m, **W35 Pole Vault** 1 Caroline Parkinson SCVAC 3.20m, 2 Gillian Cooke SVHC 2.90m, **W40 Pole Vault** 1 Tina Quinlivan OPEN 2.80m, 2 Carine Muir OPEN 2.30m, Elizabeth Hughes SCVAC NH, **W45 Pole Vault** 1 Trudi Carter SWVAC 2.40m, **W50 Pole Vault** 1 Alison Murray WMAA 2.80m, 2 Sandra Pedley EMAC 1.90m, 3 Anita Hayward SCVAC 1.60m, **W65 Pole Vault** 1 Sue Yeomans SCVAC 2.40m, 2 Sue Dassie SCVAC 2.00m, **W35 Long Jump** 1 Gillian Cooke SVHC 5.24m, 2 Lysie Whyke NMAC 4.79m, 3 Lisa Boland SCVAC 4.62m, 4 Maria Townsend SWVAC 3.46m, **W40 Long Jump** 1 Kim Valente SCVAC 4.95m, 2 Christine Sciberras Malta 4.55m, 3 Janelle Quinn MMAC 4.29m, 4 Rosalind Shuttleworth MMAC 3.87m, **W45 Long Jump** 1 Caroline Warden NMAC 4.72m, 2 Joanne Abel EMAC 4.63m, 3 Anita Saunders NMAC 4.04m, 4 Amanda Broadhurst WMAA 3.98m, **W50 Long Jump** 1 Janet Dickinson SWVAC 4.80m, 2 Jan Timberlake WMAA 4.30m, **W55 Long Jump** 1 Melanie Garland WMAA 4.67m, 2 Wendy Laing NMAC 4.42m, 3 Denise Timmis EMAC 4.00m, 4 Janice Pryce MMAC 3.98m, 5 Gaye Clarke EMAC 3.75m, 6 Julie Wakelam MMAC 3.65m, 7 Lyn Sole SCVAC 3.22m, **W65 Long Jump** 1 Emily McMahon EMAC 3.51m, 2 Sue Yeomans SCVAC 3.37m, 3 Sally Hine MMAC 3.03m, **W70 Long Jump** 1 Daphne Marler WMAA 1.76m, **W75 Long Jump** 1 Iris Holder WMAA 2.77m, **M35 Long Jump** 1 Michael Burr NMAC 6.14m, 2 Neil Barton SCVAC 6.12m, 3 Stephen Leek SVHC 5.75m, 4 Clint Nicholls EMAC 5.72m, **M40 Long Jump** 1 Grant Stirling SCVAC 5.80m, 1 Robert North MMAC 5.80m, 3 Stephen Jarvis SWVAC 5.41m, 4 Paul North MMAC 4.44m, **M45 Long Jump** 1 Marcus Medina Brazil 6.13m, 2 Neil Lincoln SCVAC 5.92m, 3 Samuel Nash SCVAC 5.60m, 4 Craig Beecham SCVAC 5.55m, 5 Wayne Gadd EMAC 5.55m, 6 John Munroe SCVAC 5.52m, 7 Keith Newton SCVAC 5.42m, 8 Marek Kowalski EMAC 4.89m, **M50 Long Jump** 1 Philip Bowers EMAC 5.26m, 2 David Pearson SWVAC 5.19m, 3 Steve Beak SCVAC 5.16m, 4 Richard Weekes VAC 4.82m, 5 Trevor Crysell SCVAC 4.69m, 6 Dave Roberts SCVAC 4.54m, 7 Keith Palmer EMAC 4.53m, 8 Andrew Roberts OPEN 4.13m, **M55 Long Jump** 1 Clifford Warren EMAC 4.97m, 2 Richard Phelan EMAC 4.76m, 3 Allan Leiper SCVAC 4.64m, **M60 Long Jump** 1 Barry Morris SCVAC 4.95m, 2 Henry Hopkins MMAC 4.63m, 3 Trevor Wade SCVAC 4.54m, 4 Roderick Davies WMAA 4.14m, **M65 Long Jump** 1 Mario Lapka SWVAC 4.68m, 2 David Blunt VAC 4.15m, 3 Rashpal Singh MMAC 4.02m, 4 John Spriggs EMAC 3.72m, 5 Dennis Wallington EMAC 3.42m, 6 Patrick Reynolds Ireland 3.25m, **M70 Long Jump** 1 Roy White SCVAC 3.89m, 2 James Smith SVHC 3.83m, **M75 Long Jump** 1 Allan Long VAC 3.97m, 2 Roger Bruck SCVAC 3.19m, **M80 Long Jump** 1 Trevor Driver NMAC 2.77m, Robert Mackenzie SCVAC FOUL, **W35 Shot Put** 1 Fiona Thomas NMAC 10.28m, 2 Marianne Berndt Italy 9.85m, 3 Maria Townsend SWVAC 8.74m, 4 Joanna Bennett SCVAC 8.65m, **W40 Shot Put** 1 Monique Heijns Netherlands 10.66m, 2 Claire Reid SVHC 9.60m, 3 Sarah Hewitt SCVAC 9.59m, 4 Elizabeth Hughes SCVAC 8.62m, **W45 Shot Put** 1 Sarah McGrath EMAC 9.49m, 2 Vanessa Hannam SCVAC 9.40m, 3 Sue Lawrence SCVAC 9.20m, 4 Carey Hollick United States 6.66m, 5 Anita Saunders NMAC 6.46m, 5 Hazel Gering EMAC 6.46m, 7 Lesley Richardson SCVAC 6.15m, **W50 Shot Put** 1 Barbara Norris Switzerland 10.47m, 2 Deborah Montgomery SCVAC 9.87m, 3 Jacquelyn Brett SWVAC 9.68m, 4 Janet Smith SCVAC 8.65m, 5 Karen Llewellyn WMAA 7.85m, 6 Paula Hine SWVAC 7.64m, **W55 Shot Put** 1 Julie Wilson NMAC 9.66m, 2 Wendy Laing NMAC 9.28m, 3 Deborah Murch MMAC 9.12m, 4 Claire Cameron SVHC 9.06m, 5 Oriana Johnson EMAC 8.88m, 6 Lorna Foster MMAC 8.44m, 7 Hazel Barker NMAC 8.30m, 8 Wendy Dunsford EMAC 7.38m, **W60 Shot**

Put 1 Jennifer Ibbitson NMAC 8.64m, 2 Lucy Moore, Fox Ireland 7.49m, 3 Renate Prells WMAA 7.34m, 4 Sandra Ingham EMAC 7.25m, 5 Jeanette Ashton SCVAC 6.36m, 6 Brenda Russell EMAC 5.44m, 7 Jill Lamb MMAC 4.49m, **W65 Shot Put** 1 Vilma Thompson SCVAC 8.84m, 2 Sue Dassie SCVAC 7.81m, **W70 Shot Put** 1 Liz Sissons SCVAC 7.84m, 2 Anthea Bramford EMAC 5.49m, **W75 Shot Put** 1 Cynthia Fisher SWVAC 5.00m, **M35 Discus Throw** 1 Stewart Hart NEMAA 29.54m, 2 Benjamin Howard MMAC 27.43m, 3 Clint Nicholls EMAC 26.31m, **M40 Discus Throw** 1 Stephen Mccauley SWVAC 37.91m, 2 Hannes Petzer OPEN 36.01m, 3 Simon Achurch EMAC 33.91m, 4 Ray Mckenna SCVAC 33.30m, 5 Christopher Kent EMAC 25.20m, **M45 Discus Throw** 1 Philip Crawford NEMAA 36.33m, 2 Andrew Thomas SWVAC 36.21m, 3 John Twiddle NMAC 34.85m, 4 Greg Pell NMAC 32.80m, 5 Gary Walter SCVAC 24.33m, **M50 Discus Throw** 1 Kevin Brown MMAC 41.50m, 2 Tim Atkin NMAC 40.28m, 3 Perriss Wilkins MMAC 37.64m, 4 Tony Balko NMAC 36.55m, 5 Damian Crawford NIMAA 35.79m, 6 David Brown NMAC 35.24m, 7 Leeroy Golding NMAC 31.94m, 8 Simon Wills MMAC 26.02m, **M55 Discus Throw** 1 John Moreland MMAC 42.75m, 2 Robert Broadbridge SWVAC 41.66m, 3 Morris Fox MMAC 41.26m, 4 Stuart Ryan NEMAA 40.61m, 5 Michail Froudakis Greece 40.45m, 6 Chris Privett VAC 38.62m, 7 Kevin Murch MMAC 36.62m, 8 Mark Line NMAC 36.39m, 9 Nick Barton SCVAC 33.68m, 10 Peter Wishart VAC 32.90m, 11 Allan Leiper SCVAC 31.50m, 12 Paul Young NEMAA 30.61m, 13 David Stokes WMAA 29.37m, 14 Jonathan Sewell NMAC 29.33m, 15 Andrew Rushbrook SCVAC 28.27m, 16 Stephen Atkin NMAC 26.57m, 17 Tim Reynolds SCVAC 18.54m, Neil Grover SCVAC FOUL, **M60 Discus Throw** 1 David Abernethy NMAC 40.38m, 2 Jacek Drzewiecki SCVAC 37.10m, 3 Graeme Packman EMAC 35.05m, 4 David Maggs NEMAA 33.53m, 5 Quentin Joseph Mcquillan M60 MMAC 32.18m, 6 Mike Bale SCVAC 29.55m, 7 Trevor Wade SCVAC 28.69m, 8 Robert Shephard VAC 27.93m, 9 Andrew Mitchell MMAC 27.57m, 10 Paul Karlsson MMAC 25.55m, 11 Philip Karlsson MMAC 25.49m, 12 Chris Pruski WMAA 24.72m, 13 Malcolm Pell MMAC 22.90m, **M65 Discus Throw** 1 Geoff Tyler EMAC 37.03m, 2 John Wild NEMAA 35.73m, 3 Tony Richards VAC 35.33m, 4 Bunt Scott EMAC 35.05m, 5 Lester Laughton New Zealand 34.19m, 6 Paul Oakes EMAC 32.92m, 7 Timothy Needham EMAC 30.26m, 8 Bill Renshaw MMAC 28.90m, 9 John Blackwell EMAC 26.36m, 10 Derek Martin NMAC 20.01m, **M70 Discus Throw** 1 Neil Griffin SCVAC 39.52m, 2 Barry Hawksworth MMAC 35.58m, **M75 Discus Throw** 1 John Watts NMAC 36.84m, 2 Swaran Singh Dhaliwal MMAC 31.97m, 3 James Sloan NMAC 27.80m, 4 Ian Humphries NEMAA 23.46m, 5 Patrick Conboy Ireland 21.02m, **M80 Discus Throw** 1 Warwick Dixon SCVAC 28.45m, 2 Trevor Driver NMAC 20.18m, 3 Hugh Ryan NEMAA 19.99m, **M85 Discus Throw** 1 Michael McGarry Ireland 21.47m, **M90 Discus Throw** 1 Peter Tearle New Zealand 12.68m, 2 James Farrar NMAC 7.64m, **W35 Hammer Throw** 1 Melanie Lee NMAC 32.54m, 2 Joanna Bennett SCVAC 26.39m, **W40 Hammer Throw** 1 Leah Weatheritt NEMAA 41.41m, 2 Tracey Gould VAC 31.68m, 3 Claire Reid SVHC 30.11m, 4 Sarah Hewitt SCVAC 27.77m, 5 Nicola Long MMAC 26.15m, **W45 Hammer Throw** 1 Clare Taylor SWVAC 36.24m, 2 Sue Lawrence SCVAC 32.88m, 3 Orlaith Read Ireland 25.91m, 4 Sarah McGrath EMAC 21.16m, 5 Hazel Gering EMAC 18.55m, 6 Carey Hollick United States 13.19m, **W50 Hammer Throw** 1 Janet Smith SCVAC 43.77m, 2 Jacquelyn Brett SWVAC 35.90m, 3 Deborah Montgomery SCVAC 32.56m, 4 Karen Llewellyn WMAA 30.22m, 5 Catriona Anne Gentleman W50 NMAC 26.78m, 6 Tracey Brockbank SCVAC 24.65m, Barbara Norris Switzerland FOUL, **W55 Hammer Throw** 1 Marion Loveridge MMAC 36.65m, 2 Deborah Murch MMAC 36.18m, 3 Julie Wilson NMAC 33.31m, 4 Julie Wakelam MMAC 31.89m, 5 Karen Jones SWVAC 30.91m, 6 Kim Weir VAC 30.78m, 7 Wendy Dunsford EMAC 27.04m, 8 Claire Cameron SVHC 26.19m, 9 Lorna Foster MMAC 24.71m, 10 Angela

Morgan SCVAC 22.97m, **W60 Hammer Throw** 1 Jennifer Ibbitson NMAC 31.40m, 2 Renate Prells WMAA 29.78m, 3 Pat Higgins MMAC 24.21m, 4 Lucy Moore, Fox Ireland 22.23m, 5 Jill Lamb MMAC 19.83m, **W65 Hammer Throw** 1 Vilma Thompson SCVAC 24.75m, **W70 Hammer Throw** 1 Anthea Bramford EMAC 19.76m, 2 Liz Sissons SCVAC 18.41m, **W75 Hammer Throw** 1 Cynthia Fisher SWVAC 16.68m, **M35 Javelin Throw** 1 Stephen Leek SVHC 41.22m, 2 James Hickinbottom MMAC 40.63m, 3 Benjamin Howard MMAC 38.45m, 4 Dean Kane SVHC 19.43m, **M40 Javelin Throw** 1 Hannes Petzer OPEN 50.95m, 2 Christopher Kent EMAC 42.15m, 3 Simon Achurch EMAC 41.53m, 4 Greg Richards OPEN 38.06m, **M45 Javelin Throw** 1 Jeroen Van Riel Netherlands 36.46m, 2 Greg Pell NMAC 36.44m, 3 Alec Taylor MMAC 33.79m, **M50 Javelin Throw** 1 Damian Crawford NIMAA 50.24m, 2 Martin Tucker WMAA 41.57m, 3 David Brown NMAC 38.45m, 4 Mitchell Taylor MMAC 31.33m, **M55 Javelin Throw** 1 Kevin Murch MMAC 50.90m, 2 Mark Line NMAC 41.47m, 3 Stuart Ryan NEMAA 40.17m, 4 Allan Leiper SCVAC 35.15m, 5 Nick Barton SCVAC 33.58m, 6 Jonathan Sewell NMAC 29.23m, 7 Moray Laing SCVAC 28.89m, 8 Tim Reynolds SCVAC 19.78m, **M60 Javelin Throw** 1 John Fenton SCVAC 43.97m, 2 Stephen Langdon SCVAC 39.99m, 3 Malcolm Pell MMAC 32.84m, 4 Robert Shephard VAC 29.31m, 5 Chris Pruski WMAA 29.08m, 6 Graham Howell SWVAC 28.13m, **M65 Javelin Throw** 1 Paul Oakes EMAC 32.81m, 2 Tony Richards VAC 32.74m, 3 Joe Eastwood SCVAC 30.83m, 4 Derek Martin NMAC 30.39m, 5 Bunt Scott EMAC 29.33m, 6 Lester Laughton New Zealand 22.42m, **M70 Javelin Throw** 1 Barry Hawksworth MMAC 34.12m, 2 Peter Daw SWVAC 29.12m, 3 Earl



Ian Richards, 3k walk, M70. Ian won three walks gold medals in Malaga.
(Photo: www.tomphillipsphotos.co.uk)

Taylor NIMAA 26.73m, 4 Roy White SCVAC 22.65m, **M75 Javelin Throw** 1 Ian Humphries NEMAA 23.83m, 2 David Price MMAC

23.15m, **M80 Javelin Throw** 1 Trevor Driver NMAC 24.28m, 2 Warwick Dixon SCVAC 18.81m, 3 Hugh Ryan NEMAA 17.08m, **M90 Javelin Throw** 1 Peter Tearle New Zealand 10.09m, 2 James Farrar NMAC 6.65m, **W35 Weight Throw** 1 Joanna Bennett SCVAC 8.56m, **W40 Weight Throw** 1 Sarah Hewitt SCVAC 10.64m, 2 Tracey Gould VAC 8.53m, **W45 Weight Throw** 1 Sue Lawrence SCVAC 10.62m, **W50 Weight Throw** 1 Barbara Norris Switzerland 15.14m, 2 Janet Smith SCVAC 12.93m, 3 Jacquelyn Brett SWVAC 11.43m, 4 Deborah Montgomery SCVAC 9.56m, 5 Catriona Anne Gentleman W50 NMAC 8.71m, 6 Karen Llewellyn WMAA 8.29m, **W55 Weight Throw** 1 Marion Loveridge MMAC 11.54m, 2 Karen Jones SWVAC 11.45m, 3 Julie Wilson NMAC 10.96m, 4 Deborah Murch MMAC 10.89m, 5 Julie Wakelam MMAC 9.90m, 6 Claire Cameron SVHC 9.72m, 7 Kim Weir VAC 8.41m, 8 Wendy Dunsford EMAC 8.15m, 9 Angela Morgan SCVAC 6.44m, **W60 Weight Throw** 1 Jennifer Ibbitson NMAC 12.87m, 2 Renate Prells WMAA 11.39m, 3 Pat Higgins MMAC 9.54m, 4 Lucy Moore, Fox Ireland 9.03m, 5 Brenda Russell EMAC 8.45m, 6 Jill Lamb MMAC 8.03m, **W65 Weight Throw** 1 Vilma Thompson SCVAC 9.86m, **W70 Weight Throw** 1 Liz Sissons SCVAC 8.71m, **W75 Weight Throw** 1 Cynthia Fisher SWVAC 6.44m, **W35 200 Metre** 1 Lucy Evans NMAC 26.12, 2 Lisa Boland SCVAC 27.67, 3 Naana Adusei NMAC 27.93, 4 Cheryl Devonish MMAC 31.47, **W40 200 Metre** 1 Claire Smith EMAC 28.04, 2 Cat Goulder Davies MMAC 29.47, 3 Jo Wilding SCVAC 29.80, **W45 200 Metre** 1 Michelle Thomas WMAA 28.00, 2 Anita Saunders NMAC 28.88, 3 Yvette Clayton EMAC 29.51, 4 Popsie Wootten SCVAC 30.25, 5 Sharon Dooley SCVAC 30.58, 6 Henrietta Anstey SWVAC 31.78, 7 Deborah Ricci MMAC 31.93, 8 Wendy Day EMAC 31.93, 9 Amanda Broadhurst WMAA 33.12, **W50 200 Metre** 1 Janet Dickinson SWVAC 28.99, 2 Juliet Sidney WMAA 30.07, 3 Wendy Lewis VAC 32.42, **W55 200 Metre** 1 Kirstin King SCVAC 29.51, 2 Michele Hossack Australia 30.61, 3 Melanie Garland WMAA 31.70, 4 Julie Hicken NMAC 32.52, 5 Angela Sonn WMAA 33.03, 6 Tessa Stephenson EMAC 33.27, 7 Denise Timmis EMAC 33.27, 8 Gaye Clarke EMAC 35.04, **W60 200 Metre** 1 Caroline Powell SWVAC 30.43, 2 Averil McClelland NMAC 31.24, 3 Nicky Buckwell SCVAC 35.01, **W65 200 Metre** 1 Joylyn Saunders Mullins SCVAC 31.35, 2 Caroline Marler NMAC 33.36, 3 Anne Nelson VAC 36.02, **W75 200 Metre** 1 Kathleen Stewart NEMAA 40.01, **W80 200 Metre** 1 Dorothy Fraser WMAA 48.19, 2 Jeanne Coker SCVAC 68.42, **M35 200 Metre** 1 Stewart Marshall MMAC 23.22, 2 Andrew Spour EMAC 23.41, 3 Anthony Browne NMAC 23.56, 4 Panos Ioannou EMAC 24.62, 5 James Colclough OPEN 24.64, **M40 200 Metre** 1 Dominic Bradley MMAC 23.23, 2 Alan Robertson SVHC 24.06, 3 Adam Bellis SCVAC 24.17, 4 Joshua Wood SCVAC 24.29, 4 Michael Barough SCVAC 24.29, 6 Stephen Jarvis SWVAC 25.11, 7 Antony Brown OPEN 26.53, **M45 200 Metre** 1 Mike Coogan NMAC 24.16, 2 Mick Wall NMAC 25.21, 3 Mark Collins EMAC 25.22, 4 Giuseppe Minetti SCVAC 25.66, 5 Julian Smith EMAC 25.95, 6 Nick Andrews OPEN 26.04, 7 Martin White MMAC 26.15, 8 Myles Harrison SCVAC 27.23, 9 James Morgan WMAA 27.38, Vaughan Ramsay VAC DNF, **M50 200 Metre** 1 Michael Gardiner MMAC 25.14, 2 Antony Leigh MMAC 25.36, 3 Paul Canning EMAC 25.93, 4 Steve Beak SCVAC 26.18, 5 Russell Whiting WMAA 26.56, 6 Ken Telfer Australia 26.74, 7 Gary Clare NMAC 26.78, 8 Richard Timms NMAC 27.38, 9 Leeroy Golding NMAC 27.54, Will MacGee SCVAC DNF, **M55 200 Metre** 1 Ricardo Huskisson EMAC 25.27, 2 Pat Logan VAC 25.51, 3 Neil Tunstall SWVAC 25.71, 4 Mark Woods SCVAC 26.22, 5 John Statham MMAC 27.10, 6 Stuart Lynn NEMAA 29.09, 7 Adam Garel SCVAC 29.63, **M60 200 Metre** 1 Peter Hickey NMAC 27.10, 2 Ian Broadhurst WMAA 27.47, 3 Eric Smart NEMAA 29.45, 4 Roderick Davies WMAA 30.54, 5 Trevor Downward South Africa 30.74, 6 Paul Karlsson MMAC 35.08, **M65 200 Metre** 1 Steve Peters NMAC 26.22, 2 Peter Mould MMAC 28.72, 3 Les Percival EMAC 29.64, 4 John Moore EMAC 30.77, 5 Geoffrey Kitchener VAC 33.24, 6 Patrick Reynolds

Ireland 35.87, **M70 200 Metre** 1 Victor Novell SCVAC 30.40, 2 James Smith SVHC 30.61, 3 John Steel MMAC 32.42, 4 Mel James WMAA 34.77, 5 Albert Eland NMAC 35.27, 6 David Whittaker VAC 37.36, 7 Ray Lewis SWVAC 37.37, 8 John Trory SCVAC 40.34, **M75 200 Metre** 1 Roger Bruck SCVAC 41.89, **M80 200 Metre** 1 Geoffrey Bobb NMAC 35.87, **M90 200 Metre** 1 Dalbir Singh Deol VAC 58.03, **W35 5000 Metre Run** 1 Jessica Franklin VAC 18:23.90, 2 Ruth Jones SCVAC 20:27.65, **W40 5000 Metre Run** 1 Claire Martin MMAC 18:07.06, **W45 5000 Metre Run** 1 Caroline Mayers IOMVA 19:36.60, 2 Caroline Cotterell SWVAC 20:19.54, **W50 5000 Metre Run** 1 Kathryn Bailey SWVAC 18:39.92, 2 Cathryn Brady Ireland 20:41.06, 3 Cathy Stewart SCVAC 20:44.82, **W55 5000 Metre** 1 Monica Williamson MMAC 19:12.28, 2 Anne Stewart Power VAC 20:20.22, **W70 5000 Metre Run** 1 Ann Bath SVHC 29:17.78, **W35 2000 Metre Steeplechase** 1 Jacqueline Etherington SVHC 7:47.58, 2 Christine Dover MMAC 8:03.98, **W40 2000 Metre Steeplechase** 1 Claire Thompson SVHC 7:43.75, **W45 2000 Metre Steeplechase** 1 Ana Ramos, Villaverde SCVAC 8:09.72, 2 Katrina Wasteney EMAC 9:24.19, **W50 2000 Metre Steeplechase** 1 Lisa Thomas Canada 8:20.15, 2 Jane Pidgeon MMAC 8:43.31, **M60 2000 Metre Steeplechase** 1 Mark Hargreaves SCVAC 7:52.52, 2 David Gill NMAC 8:14.07, 3 Geoffrey Brewster EMAC 8:33.50, Terry McCarthy OPEN DNF, **M65 2000 Metre Steeplechase** 1 Ian Carter New Zealand 8:29.14, **M70 2000 Metre Steeplechase** 1 Aleksander Swiecicki EMAC 9:07.75, **M35 3000 Metre Steeplechase** 1 Steve Millward MMAC 10:06.69, 2 Tony Macdowall VAC 11:17.93, 3 Kevin Wheeler SCVAC 14:32.32, **M45 3000 Metre Steeplechase** 1 Grant Ramsay SVHC 11:22.03, 2 Gordy Smith MMAC 11:36.20, **M50 3000 Metre Steeplechase** 1 Graham Moffatt MMAC 11:10.90, 2 Colin Palmer MMAC 11:14.15, 3 James Buchanan SVHC 11:19.42, 4 Jeremy Mower WMAA 11:23.30, 5 Christopher Duncan OPEN 12:38.56, **M55 3000 Metre Steeplechase** 1 Andy Tindall EMAC 11:25.66, 2 Simon Le Mare EMAC 12:29.85, **M40 5000 Metre Race Walk** 1 Raymond Robinson NEMAA 32:53.97, **W40 5000 Metre Race Walk** 1 Carolyn Derbyshire MMAC 28:33.43, **W45 5000 Metre Race Walk** 1 Julie Bellfield MMAC 30:00.44, **M50 5000 Metre Race Walk** 1 Mark Williams MMAC 27:21.43, **W50 5000 Metre Race Walk** 1 Lisa Kehler MMAC 26:03.00, 2 Lynn Bellfield MMAC 32:12.76, 3 Sue Davies OPEN 33:30.92, **M55 5000 Metre Race Walk** 1 Francisco Reis SCVAC 24:17.29, 2 David Bowker EMAC 33:42.48, **W55 5000 Metre Race Walk** 1 Helen Middleton EMAC 29:31.12, 2 Maureen Noel VAC 31:58.42, **M60 5000 Metre Race Walk** 1 Ian Torode SWVAC 31:02.22, 2 Paul Hawkins MMAC 31:18.11, **M65 5000 Metre Race Walk** 1 John Hall VAC 28:48.23, **W65 5000 Metre Race Walk** 1 Susan Barnett EMAC 33:34.19, **M70 5000 Metre Race Walk** 1 Ian Richards VAC 25:48.50, **W70 5000 Metre Race** 1 Jacqueline Wilson OPEN 32:01.53, **W35 800 Metre Run** 1 Vicky Haswell NEMAA 2:29.75, 2 Anna Midgley SWVAC 2:31.04, 3 Victoria Watkins WMAA 2:40.29, 4 Rebecca Mills NMAC 2:53.91, **W40 800 Metre Run** 1 Nicola Woodward NEMAA 2:21.94, 2 Delphine Pearson NMAC 2:45.18, **W45 800 Metre Run** 1 Clare Constable NMAC 2:23.87, 2 Rachel Coupe MMAC 2:25.77, 3 Jenny Carter SWVAC 2:28.72, 4 Tina Wickens MMAC 2:30.71, **W50 800 Metre Run** 1 Sarah Everitt WMAA 2:32.09, 2 Lisa Webb VAC 2:36.71, 3 Clare Barr SVHC 2:39.72, 4 Nicola Everton Canada 2:43.88, 5 Sue Kneill, Boxley MMAC 2:45.10, 6 Jacqueline Musselwhite SCVAC 2:49.54, **W55 800 Metre Run** 1 Christine Anthony EMAC 2:37.64, 2 Karen Brooks MMAC 2:41.37, 3 Anne Howie SVHC 2:41.63, 4 Christine Feely EMAC 2:42.37, 5 Louise Jeffries SWVAC 2:45.81, 6 Julie Barclay SCVAC 2:52.18, **W60 800 Metre Run** 1 Jennifer Wakeman NMAC 2:51.97, 2 Hilary West NMAC 2:55.54, 3 Lesley Wright SWVAC 3:14.50, **W65 800 Metre Run** 1 Alison Bourgeois EMAC 2:42.96, 2 Elizabeth Bowers SVHC 3:02.90, 3 Nancy Hitchmough MMAC 3:04.28, 4 Ros Tabor VAC 3:06.19, 5 Sue James SCVAC 3:45.35, **W70 800 Metre Run** 1 Angela

Copson MMAC 2:54.02, 2 Anne Dockery EMAC 3:22.00, Patricia Gallagher WMAA DNF, **W75 800 Metre Run** 1 Ann Gray MMAC 4:03.92, 2 Betty Stracey EMAC 4:26.03, **M35 800 Metre Run** 1 James Moroney MMAC 1:57.58, 2 Aaron Brown VAC 1:58.20, 3 Duncan Mollison SCVAC 2:01.48, 4 Bartosz Porzuczek Poland 2:02.26, 5 Paul Howard SCVAC 2:03.01, 6 James Wall OPEN 2:03.85, 7 Gabe Morris MMAC 2:05.32, 8 Thomas Procter, Legg MMAC 2:15.24, **M40 800 Metre Run** 1 Jevgeni Judin SWVAC 2:03.28, 2 Phil Burden SWVAC 2:03.81, 3 Iain Robertson SVHC 2:05.07, 4 Stephen Orr NIMAA 2:06.48, 5 Paul Harmer MMAC 2:07.68, 6 Simon Doyle NIMAA 2:08.61, 7 Gavin Englefield VAC 2:12.27, Andrew Cartwright NMAC DNF, **M45 800 Metre Run** 1 Mark Symes SCVAC 2:06.92, 2 Christopher Westcott EMAC 2:08.06, 3 Tony James MMAC 2:08.66, 4 Robert Datnow VAC 2:10.19, 5 Simon Oak NMAC 2:16.15, 6 Ken Harker NEMAA 2:22.11, 7 Reuben Woodford OPEN 2:23.08, **M50 800 Metre Run** 1 Adrian Haines SCVAC 2:10.58, 2 Steve Atkinson VAC 2:11.90, 3 Andrew Ronald SVHC 2:15.88, 4 Stephen Herring EMAC 2:16.71, 5 Mark Andrew Goldie NMAC 2:18.97, 6 Richard Timms NMAC 2:36.93, **M55 800 Metre Run** 1 Simon Bickers MMAC 2:13.35, 2 Steve Toogood WMAA 2:14.02, 3 Rob Andrew MMAC 2:14.31, 4 Ian Wright SCVAC 2:15.37, 5 Andy Gannaway VAC 2:15.80, 6 Jed Turner NMAC 2:17.48, 7 Ian Fitzpatrick NMAC 2:21.84, 8 John Donaldson EMAC 2:22.70, 9 Rob Fox MMAC 2:40.74, **M60 800 Metre Run** 1 Dennis Edghill EMAC 2:25.28, 2 Robert Bigger NIMAA 2:25.33, 3 Peter Mountain SWVAC 2:25.53, 4 David Bedwell MMAC 2:26.76, 5 Graham Lamb MMAC 2:44.77, 6 Ian Wright SWVAC 2:46.42, **M65 800 Metre Run** 1 Kevin Archer SWVAC 2:33.60, 2 David Jones MMAC 2:56.52, 3 Richard Brown MMAC 2:57.99, 4 Trevor Solomon VAC 3:00.18, 5 Geoffrey Beattie NMAC 3:12.97, **M70 800 Metre Run** 1 Victor Luck EMAC 2:47.41, 2 Malcolm Weir MMAC 2:49.14, 3 Rod Scholes NMAC 2:52.56, 4 John Horton SWVAC 2:59.38, 5 John Trory SCVAC 3:32.03,,,, Albert Eland NMAC DNF, **M75 800 Metre Run** 1 Victor Shirley NMAC 2:51.95, 2 Martin Ford MMAC 2:59.86, 3 Phil Brennan MMAC 3:11.74, **M80 800 Metre Run** 1 David Carney MMAC 3:55.15, **M35 5000 Metre Run** 1 Jozsef Farkas SVHC 15:42.70, 2 Alexander Betts VAC 16:15.66, 3 Ben Foster OPEN 16:28.09, **M40 5000 Metre Run** 1 Phil Burden SWVAC 15:59.61, 2 Gary Crush EMAC 16:07.52, 3 Martin Shore VAC 16:09.69, 4 James Scott, Buccleuch NMAC 16:18.80, 5 Barrie Atkinson NIMAA 17:11.94, **M45 5000 Metre Run** 1 Simon Baines VAC 15:57.83, 2 Jeff Prest NMAC 15:59.75, 3 Andre Dahlkamp VAC 17:01.44, **M50 5000 Metre Run** 1 Gordon Lee MMAC 16:19.01, 2 Ben Reynolds VAC 16:20.19, 3 Tony Wright SWVAC 16:24.57, 4 Spencer Goodall EMAC 16:38.01, 5 Ian Johnston SVHC 16:44.47, 6 Paul Gaylor SCVAC 17:11.20, 7 Anthony Roper MMAC 17:12.59, Lee Aherne WMAA DNF, **M55 5000 Metre Run** 1 Stephen Watmough NMAC 17:01.53, 2 Scott Smith, Bannister SCVAC 17:16.18, 3 Adrian Mason SCVAC 17:24.97, 4 Peter Knight MMAC 17:26.36, 5 Chris Upson SVHC 18:18.60, 6 Steven Doxey NMAC 18:51.03, 7 Steven Stanley EMAC 18:53.98, 8 Steve Oliver SWVAC 19:20.38, 9 Ian Humphreys WMAA 22:07.56, **M60 5000 Metre Run** 1 Brian Green MMAC 17:45.12, 2 Andrew Wetherill MMAC 17:49.65, 3 Simon Bean SCVAC 18:36.48, 4 Peter Thompson EMAC 18:49.71, 5 Pete Crockford VAC 18:56.88, 6 Stephen Bowden NMAC 21:20.04, **M65 5000 Metre Run** 1 Bob Bradbury SCVAC 18:16.72, 2 Ian Kitching VAC 19:17.61, 3 David Oxland MMAC 19:19.79, 4 Stewart Thorp SCVAC 19:48.45, 5 Alan Black SCVAC 20:00.28, 6 Arthur Daley MMAC 20:03.15, 7 Terry O'Neill VAC 20:17.58, 8 David Jones MMAC 22:26.10, **M70 5000 Metre Run** 1 Malcolm Weir MMAC 20:14.60, 2 Mick Casey NMAC 20:48.64, 3 John Exley SCVAC 20:53.02, 4 Kenneth Bowman EMAC 20:56.46, 5 Dave Beattie SCVAC 22:03.32, 6 Steve Herington MMAC 22:19.29, **M75 5000 Metre Run** 1 Martin Ford MMAC 20:56.73, 2 Phil Brennan MMAC 23:08.74, 3 Peter Cartwright SVHC 25:02.06, **M80 5000 Metre Run** 1 Fred Gibbs

NMAC 28:02.68, **M35 High Jump** 1 Michael Burr NMAC 1.80m, 2 Clint Nicholls EMAC 1.65m, 2 Owen Cheshier WMAA 1.65m, 4 Andrew Reeves MMAC 1.55m, **M40 High Jump** 1 Stephen Jarvis SWVAC 1.60m, **M45 High Jump** 1 Andrew England NMAC 1.63m, 2 Wayne Gadd EMAC 1.63m, 3 Marcus Medina Brazil 1.60m, 4 Jeroen Van Riel Netherlands 1.55m, 5 Vaughan Ramsay VAC 1.50m, **M50 High Jump** 1 Steve Linsell NMAC 1.74m, 2 James Macgregor SVHC 1.55m, 3 Philip Bowers EMAC 1.50m, Paul Husbands MMAC NH, **M55 High Jump** 1 Paul Masterton SVHC 1.46m, 2 Gary Capon SCVAC 1.40m, 3 Allan Leiper SCVAC 1.30m, **M60 High Jump** 1 Paul Askew MMAC 1.38m, 2 Duncan Talbot SCVAC 1.35m, 3 Steven Harger SWVAC 1.35m, 4 Quentin Joseph Mcquillan M60 MMAC 1.30m, 5 Trevor Wade SCVAC 1.20m, **M65 High Jump** 1 Geoffrey Kitchener VAC 1.24m, **M75 High Jump** 1 Roger Bruck SCVAC 1.20m, **M80 High Jump** 1 Trevor Driver NMAC 1.10m, **M35 Pole Vault** 1 Ian Parkinson SCVAC 4.00m, **M40 Pole Vault** 1 Chris Mills SCVAC 4.10m, 2 Douglas Graham SVHC 4.10m, 3 James Robinson MMAC 4.00m, **M45 Pole Vault** 1 Robert Kingman EMAC 3.60m, 2 Jason Newell NMAC 2.30m, **M50 Pole Vault** 1 Glyn Price WMAA 3.80m, 2 Simon Eastwood EMAC 3.20m, 3 Nicholas Walker SWVAC 2.80m, **M55 Pole Vault** 1 Ron Todd SVHC 3.40m, 2 Richard Phelan EMAC 3.10m, 3 Allan Leiper SCVAC 3.00m, 4 Wayne Martin SCVAC 2.80m, 5 Keith Powell WMAA 2.70m, 6 Pete Stepney SCVAC 2.50m, **M60 Pole Vault** 1 Kelvyn Grundy NMAC 2.80m, 2 Mark Burgman Netherlands 2.40m,,,, Ian Scholes NMAC NH, **M65 Pole Vault** 1 Allan Williams SCVAC 2.90m, 2 David Blunt VAC 2.70m, **M70 Pole Vault** 1 John Bradley MMAC 1.95m, **W35 Triple Jump** 1 Lynsie Whyke NMAC 10.24m, **W40 Triple Jump** 1 Christine Sciberras Malta 9.29m, **W45 Triple Jump** 1 Amanda Broadhurst WMAA 8.58m, **W50 Triple Jump** 1 Jan Timberlake WMAA 8.59m, **W55 Triple Jump** 1 Janice Pryce MMAC 9.65m, 2 Melanie Garland WMAA 9.38m, 3 Julie Wakelam MMAC 7.42m **M35 Triple Jump** 1 Michael Burr NMAC 12.49m, **M40 Triple Jump** 1 Grant Stirling SCVAC 12.49m, **M45 Triple Jump** 1 Marcus Medina Brazil 12.42m, 2 Keith Newton SCVAC 11.68m, 3 Samuel Nash SCVAC 11.24m, 4 Vaughan Ramsay VAC 11.13m, 5 Craig Beecham SCVAC 10.98m, 6 Stephen Lake SCVAC 10.34m, 7 Nick Andrews OPEN 9.86m, **M50 Triple Jump** 1 Paul Harrison EMAC 11.22m, 2 Philip Bowers EMAC 10.53m, 3 Paul Canning EMAC 9.89m, 4 Steve Beak SCVAC 9.47m, 5 Trevor Crysell SCVAC 9.40m, 6 Richard Weekes VAC 9.17m, **M55 Triple Jump** 1 Clifford Warren EMAC 9.79m, 2 David Shields WMAA 8.67m, **M60 Triple Jump** 1 Albert Earle MMAC 9.90m, 2 Roger Morley NMAC 8.44m, **M65 Triple Jump** 1 David Folgate EMAC 9.61m, 2 David Blunt VAC 8.95m, 3 John Spriggs EMAC 7.82m, 4 Patrick Reynolds Ireland 6.78m, **M70 Triple Jump** 1 Per Kristian Lundby Norway 8.97m, 2 James Smith SVHC 7.94m, **M75 Triple Jump** 1 Allan Long VAC 8.44m, 2 Phil Rees WMAA 5.29m, **M80 Triple Jump** 1 Trevor Driver NMAC 6.11m, **M35 Shot Put** 1 Benjamin Howard MMAC 9.55m, 2 Clint Nicholls EMAC 8.74m, 3 Dean Kane SVHC 4.67m, **M40 Shot Put** 1 Stephen Mccauley SWVAC 12.15m, 2 Simon Achurch EMAC 10.91m, 3 Ray Mckenna SCVAC 10.85m, 4 Christopher Kent EMAC 10.25m, **M45 Shot Put** 1 Gintas Degutis EMAC 12.15m, 2 John Twiddle NMAC 12.08m, 3 Greg Pell NMAC 11.65m, 4 Gary Walter SCVAC 8.88m, **M50 Shot Put** 1 Damian Crawford NIMAA 11.29m, 2 David Morris MMAC 10.68m, 3 Tony Balko NMAC 10.35m, 4 David Brown NMAC 9.97m, **M55 Shot Put** 1 Morris Fox MMAC 13.44m, 2 Michael Hausler EMAC 11.69m, 3 Allan Leiper SCVAC 11.17m, 4 Neil Grover SCVAC 10.69m, 5 Peter Wishart VAC 8.71m, 6 David Stokes WMAA 8.04m, 7 Jim Gillespie EMAC 8.03m, **M60 Shot Put** 1 Peter Knott EMAC 11.29m, 2 Graeme Packman EMAC 9.60m, 3 Robert Shephard VAC 9.36m, 4 John Birkett NMAC 8.88m, 5 Alex Ahmet SCVAC 8.86m, **M65 Shot Put** 1 Geoff Tyler EMAC 11.77m, 2 Tony Richards VAC 10.48m, 3 Paul Oakes EMAC 9.17m, 4 Bunt Scott EMAC 8.64m, 5 Derek Martin NMAC 8.50m, 6 Lester Laughton New Zealand

8.41m, 7 Bill Renshaw MMAC 7.68m, **M70 Shot Put** 1 Neil Griffin SCVAC 11.62m, 2 Barry Hawksworth MMAC 11.22m, 3 Jim McClean NIMAA 11.19m, **M75 Shot Put** 1 John Watts NMAC 9.50m, 2 James Sloan NMAC 9.41m, 3 Raymond Hall SCVAC 8.94m, **M80 Shot Put** 1 Geoffrey Bobb NMAC 8.95m, 2 Warwick Dixon SCVAC 8.34m, 3 Trevor Driver NMAC 7.70m, 4 Hugh Ryan NEMAA 7.35m, **M85 Shot Put** 1 Michael McGarry Ireland 7.66m, **W35 Discus Throw** 1 Marianne Berndt Italy 31.33m, 2 Joanna Bennett SCVAC 24.60m, 3 Heather Mballa SCVAC 20.55m, **W40 Discus Throw** 1 Sarah Hewitt SCVAC 35.15m, 2 Claire Reid SVHC 27.82m, 3 Katy Coupland NMAC 26.68m, 4 Tracey Gould VAC 22.06m, **W45 Discus Throw** 1 Emma Beales EMAC 37.61m, 2 Vanessa Hannam SCVAC 33.55m, 3 Sue Lawrence SCVAC 26.78m, 4 Hazel Gering EMAC 16.21m, **W50 Discus Throw** 1 Janet Smith SCVAC 30.45m, 2 Deborah Montgomery SCVAC 23.06m, 3 Karen Llewellyn WMAA 19.02m, **W55 Discus Throw** , **Finals** 1 Claire Cameron SVHC 26.92m, 2 Julie Wilson NMAC 26.74m, 3 Lorna Foster MMAC 23.78m, 4 Hazel Barker NMAC 22.20m, 5 Wendy Dunsford EMAC 20.34m, 6 Julie Wakelam MMAC 19.54m, 7 Oriana Johnson EMAC 19.10m, **W60 Discus Throw** 1 Renate Prells WMAA 19.60m, 2 Brenda Russell EMAC 15.59m, 3 Jill Lamb MMAC 12.56m, **W65 Discus Throw** 1 Fiona Argent VAC 11.61m, **W70 Discus Throw** 1 Liz Sissons SCVAC 17.69m, **M35 Hammer Throw** 1 Tony Macdowall VAC 11.15m, 2 Dean Kane SVHC 6.58m, **M40 Hammer Throw** 1 Simon Achurch EMAC 43.51m, 2 Mark Elliott MMAC 43.23m, 3 Stephen Mccauley SWVAC 38.57m, **M45 Hammer Throw** 1 Graham Holder WMAA 51.32m, 2 John Twiddle NMAC 38.44m, 3 Greg Pell NMAC 33.70m, **M50 Hammer Throw** 1 John Pearson MMAC 58.44m, 2 Robert Ellingham EMAC 40.82m, 3 Tony Balko NMAC 38.82m, 4 Paul Kelly SCVAC 37.01m, 5 David Brown NMAC 30.17m, **M55 Hammer Throw** 1 Andrew Hall SCVAC 40.89m, 2 Martin Roberts MMAC 39.34m, 3 Chris Privett VAC 39.32m, 4 Robert Broadbridge SWVAC 37.80m, 5 Andrew Rushbrook SCVAC 32.75m, 6 Allan Leiper SCVAC 30.86m, 7 David Stokes WMAA 26.02m, Jim Gillespie EMAC FOUL, **M60 Hammer Throw** 1 Eugene Lawlor SCVAC 45.44m, 2 David Valentine EMAC 43.67m, 3 David Maggs NEMAA 40.55m, 4 Ian Cooley NMAC 39.07m, 5 Andrew Mitchell MMAC 33.02m, 6 Mike Bale SCVAC 31.86m, 7 Alex Ahmet SCVAC 27.33m, 8 Chris Carden MMAC 23.08m, **M65 Hammer Throw** 1 John Wild NEMAA 36.49m, 2 Derek Martin NMAC 34.24m, 3 Bunt Scott EMAC 32.68m, 4 Tim Saunders, Mullins SCVAC 29.78m, 5 Paul Oakes EMAC 29.74m, 6 Timothy Needham EMAC 29.41m, 7 Lester Laughton New Zealand 27.88m, 8 Bill Renshaw MMAC 26.12m, 9 John Blackwell EMAC 25.08m, **M70 Hammer Throw** 1 Barry Hawksworth MMAC 43.34m, 2 Peter Aston SWVAC 37.78m, 3 David Kuester MMAC 27.14m, **M75 Hammer Throw** 1 William Gentleman NMAC 33.69m, 2 John Watts NMAC 27.97m, 3 Patrick Conboy Ireland 24.41m, 4 Phil Rees WMAA 17.83m, **M80 Hammer Throw** 1 Warwick Dixon SCVAC 29.62m, 2 Hugh Ryan NEMAA 21.58m, **M85 Hammer Throw** 1 Michael McGarry Ireland 23.08m, 2 Graham Roberts MMAC 18.72m, **W35 Javelin Throw** 1 Sarah Warrington MMAC 26.32m, 2 Heather Mballa SCVAC 24.59m, 3 Vicky Haswell NEMAA 22.62m, 4 Maria Townsend SWVAC 21.50m, 5 Joanna Bennett SCVAC 14.14m, **W40 Javelin Throw** 1 Milly Smith NMAC 21.82m, 2 Claire Reid SVHC 16.76m, **W45 Javelin Throw** 1 Vanessa Hannam SCVAC 23.51m, 2 Sue Lawrence SCVAC 22.11m, 3 Sasha Spottiswoode SWVAC 21.88m, 4 Hazel Gering EMAC 12.99m, 5 Carey Hollick United States 12.08m, **W50 Javelin Throw** 1 Deborah Montgomery SCVAC 27.00m, 2 Sally Serridge SCVAC 24.57m, 3 Tracey Brockbank SCVAC 19.14m, **W55 Javelin Throw** 1 Julie Wakelam MMAC 19.54m, 2 Julie Wilson NMAC 19.15m, 3 Hazel Barker NMAC 19.01m, 4 Jill Roginski MMAC 18.90m, 5 Oriana Johnson EMAC 13.97m, **W60 Javelin Throw** 1 Sandra Ingham EMAC 19.97m, **W65 Javelin Throw** 1 Fiona Argent VAC 10.13m, **W70 Javelin Throw** 1 Liz Sissons SCVAC 17.24m, **M35**

Weight Throw 1 Benjamin Howard MMAC 8.78m, 2 Dean Kane SVHC 3.11m, **M40 Weight Throw** 1 Stephen Mccauley SWVAC 13.23m, 2 Mark Elliott MMAC 12.22m, 3 Simon Achurch EMAC 11.18m, **M45 Weight Throw** 1 Graham Holder WMAA 13.93m, 2 John Twiddle NMAC 11.45m, 3 Greg Pell NMAC 11.17m, 4 Gary Walter SCVAC 8.85m, **M50 Weight Throw** 1 John Pearson MMAC 21.36m, 2 Paul Kelly SCVAC 12.46m, 3 Damian Crawford NIMAA 12.13m, 4 Tony Balko NMAC 12.11m, 5 David Brown NMAC 9.21m, **M55 Weight Throw** 1 Chris Privett VAC 14.55m, 2 Andrew Hall SCVAC 14.24m, 3 Allan Leiper SCVAC 13.03m, 4 Martin Roberts MMAC 11.16m, 5 Andrew Rushbrook SCVAC 10.75m, 6 David Stokes WMAA 10.60m, 7 Jim Gillespie EMAC 9.65m, **M60 Weight Throw** 1 David Valentine EMAC 17.15m, 2 Ian Cooley NMAC 15.21m, 3 David Maggs NEMAA 14.20m, 4 Mike Bale SCVAC 12.70m, 5 Andrew Mitchell MMAC 12.11m, **M65 Weight Throw** 1 Bunt Scott EMAC 13.85m, 2 John Wild NEMAA 13.56m, 3 Derek Martin NMAC 13.38m, 4 Lester Laughton New Zealand 12.74m, 5 Paul Oakes EMAC 12.60m, 6 Bill Renshaw MMAC 10.17m, **M70 Weight Throw** 1 Barry Hawksworth MMAC 16.72m, 2 David Kuester MMAC 10.90m, **M75 Weight Throw** 1 John Watts NMAC 17.41m, 2 William Gentleman NMAC 12.58m, 3 Patrick Conboy Ireland 10.26m, **M80 Weight Throw** 1 Warwick Dixon SCVAC 12.12m, 2 Hugh Ryan NEMAA 8.37m, **M85 Weight Throw** 1 Michael McGarry Ireland 12.10m, 2 Graham Roberts MMAC 8.06m

Inter-Area Cross-Country Challenge 2018

Bury St Edmunds - 29th September 2018

Race 1 - 6km - Men 65+

22:36 Dave Cox VAC M65 - 1, 22:56 David Butler EMAC M65 - 2, 23:02 John Shapland SWVAC M65 - 3, 23:30 Stanley Owen NMAC M65 - 4, 23:40 Mike Sheridan SCVAC M65 - 5, 23:42 Stewart Thorp SCVAC M65 - 6, 23:44 Desmond Michael SCVAC M65 - 7, 24:27 Mick Page NMAC M65 - 8, 24:43 Terry O'Neill VAC M65 - 9, 24:56 John Hill MMAC M65 - 10, 25:01 Arthur Daley MMAC M65 - 11, 25:33 Ron McCullough EMAC M70 - 1, 25:43 John Exley SCVAC M70 - 2, 25:52 Peter Harris EMAC M65 - 12, 26:28 Peter Davis EMAC M65 - 13, 26:31 Dave Beattie SCVAC M70 - 3, 26:42 Malcolm Renyard SWVAC M70 - 4, 26:47 Steve Herington MMAC M70 - 5, 26:53 Richard Bloom VAC M70 - 6, 27:25 Alan Newman SCVAC M65 - 14, 28:21 Phil Brennan MMAC M75 - 1, 28:38 Glyn Smith EMAC M70 - 7, 29:33 Michael Johnson VAC M75 - 2, 40:48 Richard Pitcairn-Knowles VAC M85 - 1, 45:34 William Valentine SWVAC M65 - 15

Race 1 - 6km - Women

21:24 Charlene Jacobs-Conradie EMAC W40 - 1, 21:32 Jessica Franklin VAC W35 - 1, 21:46 Kelly Edwards MMAC W40 - 2, 22:00 Kate Rennie SCVAC W45 - 1, 22:04 Jo Andrews EMAC W45 - 2, 22:09 Mary James SCVAC W40 - 3, 22:13 Christine Lathwell EMAC W40 - 4, 22:21 Rebecca Luxton EMAC W35 - 2, 22:23 Jacqueline Rockliffe SWVAC W45 - 3, 22:42 Clare Elms VAC W50 - 1, 22:51 Susan McDonald VAC W50 - 2, 22:53 Sarah Everitt MMAC W50 - 3, 22:58 Karen Rushton SWVAC W50 - 4, 22:58 Katherine Davis NEMAA W50 - 5, 23:06 Veryan Cranston SWVAC W45 - 4, 23:12 Wendy King EMAC W45 - 5, 23:29 Martha Hall EMAC W40 - 5, 23:45 Victoria Carter VAC W45 - 6, 23:57 Jenny Jeeves MMAC W50 - 6, 24:03 Clare Jolliffe MMAC W50 - 7, 24:06 Maria Kowal SCVAC W35 - 3, 24:07 Carole Page NEMAA W55 - 1, 24:10 Sara Avery NMAC W50 - 8, 24:11 Ruth Jones SCVAC W35 - 4, 24:11 Ange Norris VAC W55 - 2, 24:14 Anne Stewart-Power VAC W55 - 3, 24:17 Rachel Coupe MMAC W45 - 7, 24:29 Carolyn Dooley NMAC W40 - 6, 24:55 Christine Anthony EMAC W55 - 4, 25:02 Caroline Wheelhouse NMAC W60 - 1, 25:03 Lynda Hembury VAC W60 - 2, 25:49 Penny

Barber MMAC W55 - 5, 26:00 Anna Garnier VAC W60 - 3, 26:05 Maureen McCarthy EMAC W55 - 6, 26:15 Elke Hausler EMAC W55 - 7, 26:29 Yuko Gordon EMAC W65 - 1, 26:31 Nicola Ranson EMAC W50 - 9, 26:35 Celia Findlay SCVAC W55 - 8, 26:59 Sara Anne Ellen EMAC W60 - 4, 27:31 Angela Copson MMAC W70 - 1, 27:34 Patricia Thomas VAC W50 - 10, 27:36 Penny Forse SCVAC W65 - 2, 27:51 Samantha Collins-Shirley EMAC W45 - 8, 28:09 Jenny Morgan EMAC W60 - 5, 28:19 Rose James NMAC W35 - 5, 28:49 Maggie Statham VAC W65 - 3, 30:09 Lynn Tanner EMAC W65 - 4, 30:15 Sue James SCVAC W65 - 5, 30:23 Anne Dockery EMAC W70 - 2, 30:58 Alison White SWVAC W60 - 6, 31:40 Eloise Bird EMAC W50 - 11, 33:19 Pauline Rich VAC W70 - 3, 33:44 Anita Bond EMAC W55 - 9, 35:45 Angela Underdown EMAC W50 - 12, 36:48 Lesley Bowcott VAC W70 - 4, 40:03 Ann Bath VAC W70 - 5.

Race 2 = 8km - Men 35-65

26:59 Paul Featherstone MMAC M40 - 1, 27:06 Andrew Grant NMAC M45 - 1, 27:10 Mathew Almond MMAC M35 - 1, 27:15 Mike Burrett NMAC M40 - 2, 27:18 Simon Baines VAC M45 - 2, 27:31 Colin Snook SWVAC M40 - 3, 27:39 Michael Joyeux NEMAA M35 - 2, 27:49 Andrew Leach EMAC M50 - 1, 27:56 Alexander Betts VAC M35 - 3, 28:08 Steve Hobbs VAC M45 - 3, 28:12 James Scott-Buckleuch NMAC M40 - 4, 28:20 Lance Nortcliff SCVAC M45 - 4, 28:26 Andrew Pickett SCVAC M35 - 4, 28:27 Richard Newsome VAC M40 - 5, 28:42 Tony Wright SWVAC M50 - 2, 28:44 Craig Sharp SCVAC M40 - 6, 28:45 Oz Ellis MMAC M35 - 5, 28:57 Andy Morgan-Lee SWVAC M45 - 5, 29:02 Spencer Goodall EMAC M50 - 3, 29:02 Paul Thompson MMAC M45 - 6, 29:05 Steve Cooper EMAC M45 - 7, 29:09 Lee Taylor EMAC M40 - 7, 29:14 Colin Palmer MMAC M50 - 4, 29:22 Scott Smith-Bannister SCVAC M55 - 1, 29:26 Paul Whear SWVAC M50 - 5, 29:36 Andrew Parmenter EMAC M40 - 8, 29:49 Phil Martin EMAC M35 - 6, 29:58 Stephen Watmough NMAC M55 - 2, 30:08 James Smith SCVAC M45 - 8, 30:25 Steve Everett NEMAA M55 - 3, 30:27 Ian Debnam EMAC M35 - 7, 30:58 Paul Spowage EMAC M50 - 6, 31:07 Martin James NMAC M40 - 9, 31:13 Gavin Mackay VAC M45 - 9, 31:24 Austin Soane SCVAC M60 - 1, 31:27 Kevin Newman NMAC M60 - 2, 31:41 Graeme Thorpe NEMAA M45 - 10, 32:02 Peter Thompson EMAC M60 - 3, 32:13 Jonathan Haynes EMAC M60 - 4, 32:30 Paul Jeggo EMAC M55 - 4, 32:40 Marc Curtis MMAC M50 - 7, 33:01 Stephen Paul EMAC M55 - 5, 33:14 Paul Johnson SWVAC M55 - 6, 33:35 Ben Jeffery EMAC M40 - 10, 33:39 Christopher Purse EMAC M55 - 7, 33:43 Darren Franks VAC M50 - 8, 34:27 Don Lawless VAC M50 - 9, 34:33 Peter Bird EMAC M40 - 11, 35:44 Des White SWVAC M60 - 5, 35:51 William Haining EMAC M60 - 6, 36:07 Charlie Ritchie EMAC M60 - 7, 36:54 Nigel Schofield EMAC M50 - 10, 37:21 Simon Morgan EMAC M50 - 11, 37:46 Stephen Pretty EMAC M60 - 8, 38:46 Gerald Meah EMAC M60 - 9, 41:49 Clive Owen EMAC M60 - 10, 42:23 Robert Lands EMAC M60 - 11, 43:58 Paul Woodyatt EMAC M55 - 8 47:40 Stephen Harvey EMAC M60 - 12.

TEAM SCORES

Team	Women	Men	Total	Rank
EMAC	381	368	749	1
VAC	436	258	694	2
SCVAC	221	365	586	3
MMAC	278	220	498	4
NMAC	131	292	423	5
SWVAC	145	258	403	6
NEMAA	102	69	171	7



British Masters on top of the World in Malaga

71 year old runs a 57.26sec 400m!

Delivering his final instructions in a packed canvas tent pitched just outside the main stadium in Malaga on the eve of the biennial World Masters Athletics Track & Field Championships on 3 September, Meeting Director Alan Bell announced in his now internationally famous Geordie accent: "we will have 160 100m races in one day" as the Officials, Organisers, Volunteers and Team Managers twitched nervously in their seat. This is real; most of you will never have experienced anything like a World Masters Athletics Championships, there are over 8,000 competitors here, he continued. Bell is a top IAAF Official who knows the Spanish Officials and system well, assuring the Meeting that he had every confidence in their organisational ability. It is 28°C outside and climbing.

Meanwhile the long queue at Registration in the main hall was shortening and the young volunteers were still meeting, greeting, checking ID and directing athletes from some 102 countries to the Transport desk, Declaration etc. With hindsight that whole section could have been more efficiently set up. The infield was mowed and the resurfacing



Seven Gold medals and a Bronze for Angela Copson
(Photo: www.tomphillipsphotos.co.uk)

of the 9-lane track completed, in this instance only by €600,000 being taken from the Organising Committee's funds as the City and the Mayor who had so enthusiastically welcomed the Championships, were not able to see a way to contribute a euro despite their awareness of the financial impact 8,000-plus competitors and an estimated 6,000 family/supporters/officials would have on their city over the two week period.

The tracks were fine, but the throwing circles were not up to standard nor were the run-ups to the jumps in some of the arenas. Some throwers complained that a circle had been painted over and was dangerously slippery. It is a World Championships and with increasing numbers and stronger competitors now entering these events, the throwers deserve the best facilities available even where that may mean travelling away from the main hub. Unfortunately Masters athletics is unfunded and left to manage its own affairs. We run the world's largest Track & Field meetings with committed people but without adequate facilities; recognition, the backing of National Governing Bodies and the same access and priority accorded to major IAAF Championships, we are being overwhelmed by our own success. World Masters Athletics President, Stan Perkins, said this was their most challenging Championships, four tracks owned by four different Authorities.

Visa issues

The tightening up on European immigration laws prevented some 200-plus athletes from entering Spain as they were refused a Visa. It was in many instances their error for leaving it to the last moment, but in several cases there were glaring inconsistencies by Embassies and High Commissions not accepting that older people can be active athletes! Say you are a tourist and they may have been okay. It culminated in athletes forfeiting their entry fees, flights and accommodation costs. Solitary lessons for us post Brexit from 2020 onwards.

Five Gibraltar athletes were also caught up in political shenanigans. We understand most of them live and work on the mainland and compete for Spanish clubs. Just hours before the Opening Ceremony, outgoing WMA President Australian Stan Perkins, and WMA Officers were summoned to a meeting with senior Officers from Real Federación Española de Atletismo who were under orders to see that the flag of Gibraltar was not displayed or recognised and that these athletes compete as Spanish, or cancel the Championships. Despite Gibraltar AAA, the IAAF's and Lord Coe's support for the right of the athletes to run in their country's colours and agreement to allow them to wear a neutral vest, four of them withdrew. The fifth athlete, who got through to the M40 800m semi, is no stranger to controversy as he confronted the Spanish authorities at a major international in Seville in the Nineties and there was also an incident in Valencia just recently during an IAAF event. A sad day indeed when older athletes from all over the world who come together to compete, renew friendships and who wish to live an active and healthy life, are targeted for political purposes.

The hammer cage in Torremolinos took a bit of a hammering from a strong cross-wind on the first day and the cross-country course on the second day, also in Torremolinos, was in the opinion of Team Manager Archie Jenkins, a true cross-country test, hilly, stony, dry loose sandy soil, loved by the strong Kenyan team and the European mountain runners, or considered dangerous by many. There were several fallers as the bright sunshine coming through the forest canopy made protruding tree roots, rocks etc. difficult to spot. A German competitor suffered minor concussion and under the new Health & Safety Rules had to be taken to hospital. The following race was delayed whilst a replacement ambulance arrived. Lack of lap counters in the first race resulted in some confusion. The Anti Doping squad also made an appearance and pulled in a random few. Otherwise, it was a great day's racing in tropical conditions, well organised with on-course water stations and good local facilities.

Our team of 704 athletes is the largest sports team ever to leave these shores, stretching in age from those who reached the magic 35 in the week before, to our elderly Statesman 93-year old Dalbir Singh Deol, and coming home with a barrow-load of medals, numerous PBs, Season's Best galore and as shown elsewhere in this issue, British, European and World records. Our Records team at home had been kept very, very busy indeed, for which we thank Brian, Bruce and everyone involved.

There were inevitably some hiccups, but problems were swiftly addressed by the small committed Organising Committee, most of who are active runners. Wrong age category on some bibs, 42 hammer throwers were left waiting by the cage instead of being kept in the Call Room. Some throwers and high jumpers complained their performance was affected by the poor surface and was it necessary to bring medallist back to the main stadium for their presentation in a separate tent?

However, most of our members have every reason to conclude their season on a high note. VAC's Gavin Stephens hit PBs at age 41 in both the 200m (22.81sec) when finishing 3rd behind Dominic Bradley and had a terrific series of 400m races culminating in him running the legs off former Commonwealth Games Champion Mark Mutai, who also ran in the Kenya 4 x 400m at the IAAF World Championships in Daegu. Mutai won the second of nine heats in 50.91sec; took his semi in 50.19sec just ahead of David Brown (50.60sec) and looked set to take the final. Gavin was clearly enjoying the 28-32°C conditions in contrast to rain-soaked Aarhus where he finished outside the medals. Lining up for the final, the Spaniard Ricardo Gonzalez was the only sub 50sec qualifier on the blocks but it was Gavin who got it on the line to become World M40 champion in 49.68sec from Gonzalez, 49.76 and Mutai had to settle for the bronze medal in 50.07sec, David Brown was a good 4th 50.53sec. Coventry Coach and WMA IT man, Stewart Marshall, had a great victory in the M35 400 from Rick Beardsell. Rick had a remarkably good Championship as he now moves up to M40 next season having won medals at all major Indoor and Outdoor Championships. We had a clean sweep in the W60 race when Caroline Powell led Joylyn Saunders-Mullen and Caroline Marler home, and in the M55 race won by Jonathan

Tilt from John Wright and Simon Bickers. Stephen Peters set a M65 European Record and said he has actually run faster in training, and W70 Angela Copson got her penultimate of 7 gold medals, also in a record time.

It is not unusual to find parents and their siblings competing in these Championships and a high profile father and son appeared in the BMAF strip in the sprints here. John Browne has been a long time member of our sprint and relay squad, now his son Jonathan is proving a chip off the old block as he ducked under 11 sec to split the Americans Rondrick Parker (10.85) and Terrance Rowland (10.90) for the silver medal in the M35 100m (10.87). Dad settled for 6th behind Stephen Peters in his M65 race and did not appear for his 200m heat. Jonathan turned the tables on Parker and Burnett in the 200m winning the World M35 title in 21.95sec to add to the family's considerable trophy cabinet.

One of many making their first appearance in international Masters competition was Sale Harrier Lucy Evans, who held her form well to wrestle the W35 100m title from a determined defending Debeh Erawati, as the USA based Indonesian Olympic hurdles semi finalist was not going to relinquish her crown without a fight. Lucy went on to take the 200 even more decisively later. With such a huge entry, 1154 in total in the 100m, running heats, semis and finals in glorious weather, the sprinters got value for money. The One False Start Rule does not apply in Masters Athletic Championships.

Fiona de Mauny (SCVAC) recorded her second fastest ever 800m in taking the World Masters W35 title in 2.10.24sec; her fastest 400m when finishing 4th and got a silver in the 1500m. With heats and semis and a run in the 4 x 400m, she was a busy lady as was the ubiquitous at these events, Adrian Haines.

Evergreen Martin Ford was one of many from our South West Club who had a memorable Championship as Club colleagues Kathryn Bailey, Carole Derrien, Janet Dickenson, Jan Ellacott, Jane Horder, Caroline Powell, Martyn Morant, John Shapland, Emma Stepto and Neil Tunstall to name but a few, all came home loaded despite being without stalwarts like Simon Anderson and Ed Shillabeer.

BMAF W35 title holder, Jodie Albrow, was delighted with her silver in the Heptathlon although the Judy Vernon coached SCVAC member's 4327pts was down on her Sheffield score. Jodie Ward finished 6th. Janet Dickinson (SWVAC) also got silver in the W50 and 16 women tackled the W55 Heptathlon with Charmaine Johnston 4th, Gaye Clarke, 5th Jillian Rogeniski 6th and Christine Pates 12th in a close competition and it is the first time I have known Carole Filer not to finish her multi event.

One of our athletes had not done a Decathlon since moving up an age group and unfortunately did not put down a score when entering. Had he done so, it is highly likely his score would have taken him into Pool A. He found he was in Pool B that started much earlier and despite Team Management's



Caroline Powell

(Photo: www.tomphillipsphotos.co.uk)



Darren Dodds M40 Decathlon

(Photo: www.tomphillipsphotos.co.uk)

efforts the previous evening to try to get him moved, the system cannot be changed and with over 40 men in some age categories, this has to be accepted. In such circumstances you are allowed to compete Under Protest, but you must start in the Pool you were in. M45 Darren Scott (NMAC) lost points in the shot; otherwise his 4th place was a very meritorious effort. There were two new World scores, the M50 Decathlon won in a World Record score of 8,068pts by Germany's Thomas Stewens and the M85 Canadian, Ted Rowan, scored over 7,110pts. Brian Slaughter medalled again, this time silver and Alan Leiper unfortunately only completed three events.

The 10km is now held on the road and at 09.00 under an overcast sky the Kenyans filled three of the first four places. Nick Jones 15th Simon Baines 19th and Paul Thompson 36th were well up in the huge field. Alastair Walker, Paul Mingay and Jon Cross filled the first three M60 places and Martin Ford won the M75 race. Kenyan women also dominated, Kathryn Bailey got another W50 gold. Angela Copson had a four minute victory! The half marathon on the final day, with the Kenyans featuring again in the M40/45 race, resulted in a haul of individual and team medals. Karl Welborn was the leading Briton.

Zoltan Fabian, Hungary, threw the M45 hammer out to 65.15m despite the conditions, European still dominated this event and M65 Guy Dirkin came oh so close to taking the title throwing 45.37m to Poland's A Piaczkowski's 45.44m.

Two interested spectators spotted in the Carranque stadium on 11th watching the exciting 800m finals and the M50/65 pole vault was Mike Bull and former UKA President, Lyn Davies. They would have seen Mark Johnson tie for M50 gold (4.25m) with the Spaniard Hernandez, Glyn Price and Emerson Obiena from the Philippines also tie for bronze and David Gordon get 8th. Three had failed to clear their opening height – what a competition! They would also have seen Alan Williams and David Blunt take 6th and 7th in a field that no doubt had some familiar faces. They may have been mesmerised at the winning times of the 800m. Angela Copson obliterating the W70 field, W65 Alison Bourgeois's decisive win, Virginia Mitchell, Yvonne Crilly and Christine Anthony race to a W55 clean sweep, M40 Shropshire lad Charlie Thurstan, M50 Adrian Haines and M35 Aaron Brown fight to split seconds verdicts and Janet Smith get a medal in the W50 weight throw. There were some scintillating 400 heats and 800 finals.

Over at the University track, Joanne Frost came back from bronze medal position with her penultimate jump to take 2nd (5.45m) as Germany's Sandra Kramer's second attempt clearance of 5.72m gave her victory. The M40 title went to James Beckford, Jamaica, 6.94m.

Down in Torremolinos, Paula Williams' throw of 38.65m for 3rd in the W45 javelin would have got her the silver in the W40 group. The Finn, Harri Hakkarainen, got the M45 with a 60.89m throw and the M35 event was won in 67.21m by Bjorn Lange, Germany. Devotees of this discipline headed for the main stadium on 12th to see four times Olympian Roald Bradstock lead the M55 Group A, sending the spear soaring

out to 61.72m for victory. It was his first appearance at these Championships as up to 2012 the Florida-based Painter dubbed "the Olympic Picasso" was still seriously challenging for a place on the British Olympic team, missing out on London 2012 only by cms.

Another British Olympian raking in the gold medals was BMAF Vice-Chair, Ian Richards, as he cleaned up the M70 track and road walks in World Record times, taking the 10km by over four minutes. The host nation, with its long history, dominated the team awards as the hosting of the Championships aroused interest from many retired former top international Walkers. They could have done with more lap counters however, but Peter Duhig was there to ensure our Walkers were correctly counted. Despite little shade on the course, heat and humidity, and very strong opposition, the British Walkers had a great Championships boosted by the inclusion of the M35 King twins and the return to international competition of now mother of four, Lisa Kehler. All road runs and walks finished in the main stadium.

How does one describe Angela Copson? The Rugby & Northampton runner remains undefeated year after year, still breaking records and not just winning, but winning by huge margins. She entered seven events; cleaned up from 400-5km on the track, won the two road races and ran in a relay. She picked up her Best Female Athlete Award to much applause at the European Council meeting.

We read reports of Charlie Allie's 100/200/400 M70 record times in the States but few could ever imagine the 71-year old Teacher from Pittsburgh racing down the back straight at such speed to stop the clock at 57.26sec in his heat. Unimaginable that an over 70 could have such speed and stamina. He went on to take the final in 58.67sec on a muggy day. "I could have made the 1968/72 Olympics but I concentrated on my University studies and earning a living. I did compete at a high level and kept running, I raced against John Carlos, Tommie Smith (of Black Power fame), Jim Hines, Charlie Green and several others, we were really strong then.", he explained after his final, but I sure would love to race all those guys now, he laughed.

Going quietly and determinedly through the M45 100/200m rounds was a sprinter who deserved an award just for his sheer courage. As SCVAC member, Jason Carty, stepped up on the victory rostrum for the first of his three gold medals, the relief and emotion that must have run through his mind, is unimaginable, for here we had a fit young man who less than two years ago, was told he had a life threatening illness, he was to sacrifice a lung to cancer. He had now just won the M45 100m World title in 11.01sec, the second time he had set a new British Record. His winning time in heat 10, and his semi were the fastest. He had seen off the World largest entry and best Masters sprinters. He went on to take the 200m from a 91-strong field. On the final day, he was moved down to run in the M40 4 x 100m with Mensah Elliott, Tam Ossai and Domenic Bradley, going on to win by a huge margin in 42.56sec. Jason is no stranger to winning, as prior to his illness he had collected several individual and team medals. A few months earlier he had teamed up with



Joylyn Saunders Mullins W65 200m
(Photo: www.tomphillipsphotos.co.uk)

Domenic, Mensah and Dwaine Chambers to break the M45 4 x 100m World Record. We bow to you.

The 1500m finals on the last day were tactical; Guy Bracken got the M50 title in 4.30.10sec Mike Tees 6, Rob Andrews 8th and Anthony Roper 13th all getting through. British Masters M45 champion, Mark Symes, sprinted to victory from Dean Richardson in a classy international M45 final, he moves up an age category this autumn and had just missed out in 4th in his 800m. Zoe Doyle just lost out to Ireland's Kelly Neely in the W40 race.

The number of countries entering teams in the relays was a record in itself and we finished out of the medals for the first time in some age categories, but it is great fun and gives sprinters a second bite at the cherry. The W60 quartet, Hilary West, Helen Godsell, Jane Horder and Caroline Powell took three seconds off the British 4 x 400m record.

The complete results are still available on www.malaga2018.com and were instantly flashed around the world on social media.

WMA holds its biennial General Assembly on the rest day, unfortunately for the athletes it was the only wet day. Stan Perkins had come to the end of his term, Margit Jungmann, Germany, was elected and she becomes the first female President of the world governing body. The position of Women's Representative has been abolished to be replaced

by a new Women's Commission. The 2020 Organising Committee from Toronto, led by Doug "Shaggy" Smith and Paul Osland, both active runners, updated the Assembly on progress. Throwers will be very well catered for as they have wisely drafted in a separate Group with that remit, the throwing facilities looked very good. There is also plenty of accommodation. After Torun next March, Edmonton will host the 2022 Indoor.

Bridget Cushen

Report on the World Masters Championships in Malaga by BMAF Chairman Arthur Kimber

COMPETITION HIGHLIGHTS

A magnificent performance by the British team of 704 athletes topped the medals table with 80 gold, 66 silver, and 57 bronze beating hosts Spain in to second place with Germany third, USA fourth and Australia fifth.

The outstanding British athlete was W70 Angela Copson, winning seven gold medals and one bronze. She narrowly won the 400m. in 77.47, the 800m. by 13 seconds in 2:54.63, the 1500m. by 30 seconds in 5:48.03, the 5000m. by almost two minutes in 22:08.19, the 10k. road by nearly four minutes in 45:38 and the 6k. cross country by two minutes. She took her final gold in the 4x400m. relay and the bronze in the 4x100m. relay.



Steve Peters M65 200m (Photo: www.tomphillipsphotos.co.uk)



Jane Horder W60 sprint hurdles (Photo: www.tomphillipsphotos.co.uk)

Other notable performances came from W80 Evaun Williams with world records in the shot, 10.07, hammer, 35.16 and weight pentathlon, 6080 points. She added a British record in the javelin, 26.06. A further world record was set by M70 race walker and BMAF vice chairman Ian Richards in the 5000m. in 25:51.34, followed by two victories in the 10k. in 54:08 and 20k. in 1:55:00. W65 Joylyn Saunders-Mullins set a European record of 69.79 in the 400m. Seven athletes and one team set British records in winning their events. Steve Peters, M65, in the 200m, 24.84 and 400m, 59.09, M45 Jason Carty, 11.01, in the 100m, W45 Yvette Henry, a 12.59 100m, Jonathan Tilt, M55, 400m. hurdles in 59.80, Alex Swiecicki, M70, a 2000m. steeplechase mark of 8:54.27, Lisa Kehler, W50, a 20k. race walk time of 1:51:45 and the 4x400m. W60 squad of Caroline Powell, Hillary West, Helen Godsell and Jane Horder , 4:41:85.

FACILITIES NEWS

Three stadia were well connected by the Metro system leaving athletes only a very short walk, Metro journeys were free and there were special shuttle buses to the fourth venue at Torremolinos. Most events ran well to time.

But the four stadia were underused, with no competition going on for considerable periods of time outside the afternoon siesta break. Road races started and finished on the track in the main stadium and road starts and finishes

just outside the stadium would have freed the stadium for other competition. Warm up areas were not all suitable, only an indoor strip at the main stadium and a football pitch at one other stadium that was used by footballers while athletes were warming up!

Travel on the service buses required a payment of 1.30 euro, for any journey throughout Malaga, admittedly cheap, but over two weeks could mount up to a considerable sum, and unfortunately Malaga traffic was often heavy and held up by roadworks required for the extension of the Metro! Refreshment facilities varied from a very good café at one stadium to very sparse provision at the others. Fortunately near the main stadium there was an independent, not connected to World Masters, café across the road.

The cross country course with some exposed tree roots, loose stones and tight bends led to some athletes falling and the throws and jumps areas were not ideal, with insufficient implements, rough concrete circles and hard packed rather than soft sand.

Many athletes were very pleased with their Malaga experience but World Masters and the Local Organising Committee let down others, who had spent considerable sums on entry fees, travel and accommodation, and were expecting a higher standard at a world championship.

GB Medal Winners in Malaga

GOLD: 5.000m Walk M70 ~ Ian Richards, Shot Put 2kg W80 ~ Evaun Williams, Hammer Throw 2kg W80 ~ Evaun Williams, 100m M40 ~ Dominic Bradley, 100m M45 ~ Jason Carty, 100m M65 ~ Stephen Peters, 5.000m Walk M35 ~ Dominic King, 100m W35 ~ Lucy Evans, 100m W45 ~ Yvette Henry, 400m hurdles 0.84 M55 ~ Jonathan Tilt, 200m hurdles 0.686 M80 ~ Alan Carter, 2.000m St. M70 ~ Alex Swiecicki, Discus 1kg M65 ~ Guy Dirkin, Discus 1kg M75 ~ John Watts, 300m hurdles 0.686 W60 ~ Jane Horder, 200m M35 ~ Jonathan Browne, 200m M40 ~ Dominic Bradley, 200m M45 ~ Jason Carty, 200m M65 ~ Stephen Peters, 200m W35 ~ Lucy Evans, High Jump M50 ~ Adam Young, Javelin 400gr W80 ~ Evaun Williams, Pole Vault M50 ~ Mark Johnson, 800m W35 ~ Fiona de Mauny, 800m W55 ~ Virginia Mitchell, 800m W65 ~ Alison Bourgeois, 800m W70 ~ Angela Copson, 5.000m M75 ~ Victor Shirley, 5.000m M85 ~ Richard Pitcairn-Knowles, Javelin 700gr M55 ~ Roald Bradstock, 5.000m W70 ~ Angela Copson, Pole Vault W45 ~ Irie Hill, Pole Vault W65 ~ Sue Yeomans, Throw Pentathlon W80 ~ Evaun Williams, Throw Pentathlon M60 ~ David Abernethy, 400m M35 ~ Stewart Marshall, 400m M40 ~ Gavin Stephens, 400m M55 ~ Jonathan Tilt, 400m M65 ~ Stephen Peters, 400m W40 ~ Susie McLoughlin, 400m W55 ~ Virginia Mitchell, 400m W60 ~ Caroline Powell, 400m W70 ~ Angela Copson, 400m W75 ~ Kathleen Stewart, 20k RW M35 ~ Dominic King, W60 80H ~ Jane Horder, M75 80H ~ Barry Ferguson, 100m hurdles 0.84 M60 ~ Tennyson James, 110m hurdles 0.991 M45 ~ Gary Smith, Half Marathon M60 ~ Paul Mingay, 1.500m W70 ~ Angela Copson, 1.500m W65 ~ Alison Bourgeois, 1.500m M55 ~ Guy Bracken, 1.500m M45 ~ Mark Symes, 4x100m M35 ~ Stewart Marshall, Leroy Slue, Peter Hall, Diekumo Anthony, 4x100m M40 ~ Mensah Elliott, Tamunonengiye-Ofori Ossai, Jason Carty, Dominic Bradley, 4x400m M35 ~ Andrew Parker, Peter Hall, Stewart Marshall, Richard Beardsell, 4x400m M55 ~ John Wright, Simon Bickers, Kermitt Bentham, Jonathan Tilt, 4x100m W60 ~ Helen Godsell, Averil McClelland, Jane Horder, Caroline Powell, 4x100m

W65 ~ Sue Dassie, Caroline Marler, Jean Fail, Joylyn Saunders-Mullins, **4x400m W55** ~ Angela Sonn, Christine Feely, Janice Ellacott, Virginia Mitchell, **4x400m W60** ~ Hilary West, Helen Godsell, Jane Horder, Caroline Powell, **4x400m W65** ~ Alison Bourgeois, Caroline Marler, Rosalind Tabor, Joylyn Saunders-Mullins, **4x400m W70** ~ Patricia Gallagher, Pauline Rich, Anne Dockery, Angela Copson, **8km Cross Country W50** ~ Kathryn Bailey, **6km Cross Country W70** ~ Angela Copson, **10km Road Race M60** ~ Alastair Walker, **10km Road Race M75** ~ Martin Ford, **10k Road Race W50** ~ Kathryn Bailey, **10k Road Race W70** ~ Angela Copson, **10km Road Walk M70** ~ Ian Richards, **10km Road Walk M35** ~ Dominic King, **20km Road Walk M70** ~ Ian Richards, **20km Road Walk W50** ~ Lisa Kehler, **8km Cross Country W65 Team** ~ Rosalind Tabor, Jane Georgiou, Susan James, **8km Cross Country W50 Team** ~ Kathryn Bailey, Susan McDonald, Jane Pidgeon, **20km Road Walk W50 Team** ~ Lisa Kehler, Melanie Peddle, Catherine Duhig, **20km Road Walk W55 Team** ~ Marie Jackson, Helen Middleton, Maureen Noel, **Half Marathon M60 Team** ~ Paul Mingay, Jon Cross, Ian Van Lokven, **Half Marathon M65 Team** ~ Andrew McLinden, Paul Whelpton, Ian Kitching, **Half Marathon W50 Team** ~ Susan McDonald, Samantha Woodward, Fiona Price.

SILVER: Hammer Throw 5kg M65 ~ Guy Dirkin, **100m M35** ~ Jonathan Browne, **100m M90** ~ Dalbir Singh Deol, **100m W55** ~ Kirstin King, **100m W60** ~ Caroline Powell, **100m W65** ~ Joylyn Saunders-Mullins, **Heptathlon W35** ~ Jodie Albrow, **Heptathlon W50** ~ Janet Dickinson, **400m hurdles 0.914 M35** ~ Andrew Clements, **Decathlon M60** ~ Brian Slaughter, **2.000m St. W45** ~ Ana Ramos-Villaverde, **200m M45** ~ Michael Coogan, **200m W40** ~ Susie McLoughlin, **200m W60** ~ Caroline Powell, **200m W65** ~ Joylyn Saunders-Mullins, **Long Jump W40** ~ Joanne Frost, **Discus 0.75kg W80** ~ Evaun Williams, **Weight 5.450kg M80** ~ Ernest Tuff, **High Jump W65** ~ Sue Yeomans, **800m M40** ~ Charlie Thurstan, **800m M50** ~ Adrian Haines, **800m M55** ~ Simon Bickers, **Pole Vault M40** ~ Chris Mills, **Weight 9.080kg M65** ~ Guy Dirkin, **800m W55** ~ Yvonne Crilly, **5.000m M50** ~ Tim Hartley, **5.000m M65** ~ Bob Bradbury, **5.000m M75** ~ Martin Ford, **5.000m W45** ~ Emma Stepto, **5.000m W50** ~ Gail Griffiths, **5.000m W55** ~ Fiona Matheson, **400m M35** ~ Richard Beardsell, **400m M50** ~ Michael Gardiner, **400m M55** ~ John Wright, **400m M75** ~ Winston Laing, **400m W65** ~ Joylyn Saunders-Mullins, **W65 80h** Jean Fail, **W60 80H** ~ Carole Filer, **Throw Pentathlon W40** ~ Andrea Jenkins, **110m hurdles 0.991 M40** ~ Mensah Elliott, **Half Marathon M50** ~ Paul Thompson, **Half Marathon M60** ~ Jon Cross, **Half Marathon M65** ~ Andrew McLinden, **Half Marathon M75** ~ Martin Ford, **Half Marathon W35** ~ Katie White, **Half Marathon W45** ~ Emma Stepto, **Half Marathon W65** ~ Ann White, **1.500m M65** ~ Kevin Archer, **1.500m M45** ~ Dean Richardson, **1.500m W40** ~ Zoe Doyle, **1.500m W35** ~ Fiona de Mauny, **4x100m M55** ~ Ronnie Hunter, Neil Tunstall, Paul Guest, John Wright, **4x100m M65** ~ Adrian Essex, Simon Barrett, Walwyn Franklyn, Stephen Peters, **4x400m M40** ~ David Brown, Martyn Morant, Tamunonengiye-Ofori Ossai, Gavin Stephens, **8km Cross Country M65** ~ David Oxland, **6km Cross Country M75** ~ Martin Ford, **8km Cross Country W35** ~ Jessica Franklin, **10km Road Race M60** ~ Paul Mingay, **10km Road Race M65** ~ Paul Whelpton, **10km Road Walk W55** ~ Helen Middleton, **6km Cross Country M70 Team** ~ Steve Herington, Richard Piotrowski, Mick Casey, **8km Cross Country W60 Team** ~ Mary Mackin, Phyllis Hands, Kathryn Morton, **8km Cross Country W35 Team** ~ Jessica Franklin, Michelle Sandison, Susanna Rust, **8km Cross Country M55 Team** ~ Guy Woods, Nick Martin, Jonathan Burrell, **10km Road Walk W55 Team** ~ Helen Middleton, Maureen Noel, Fiona Bishop, **10km Road Walk M70 Team** ~ Ian Richards, Roger Michell, John Borgars, **Half Marathon M45 Team** ~ Kerry Liam Wilson, Richard Harris, Gary O'Brien, **Half Marathon M55 Team** ~ Stephen Watmough, Nick Martin, Mark



Jason Carty M45 200m (Photo: www.tomphillipsphotos.co.uk)

Halls, **Half Marathon M75 Team** ~ Gerald Billis, Keith Paterson, Roger Harrison-Jones, **Half Marathon W35 Team** ~ Katie White, Tracey Atkinson, Catherine Charlton, **Half Marathon W60 Team** ~ Ann White, Kathryn Morton, Irene Roche.

BRONZE: Hammer Throw 3kg W50 ~ Janet Smith, **Hammer Throw 2kg W75** ~ Patricia Hill, **Shot Put 7.26kg M40** ~ Stephen McCauley, **100m W40** ~ Susie McLoughlin, **300m hurdles 0.762 W55** ~ Susan Frisby, **200m M40** ~ Gavin Stephens, **200m M75** ~ Alan Forse, **200m M90** ~ Dalbir Singh Deol, **200m W55** ~ Kirstin King, **200m W60** ~ Helen Godsell, **High Jump M50** ~ Mark Byron, **Javelin 400gr M80** ~ Victor Adcock, **800m M35** ~ Aaron Brown, **Pole Vault M50** ~ Glyn Price, **Weight 7.260kg M75** ~ John Watts, **800m W40** ~ Zoe Doyle, **800m W55** ~ Christine Anthony, **800m W70** ~ Anne Dockery, **Long Jump W55** ~ Melanie Garland, **Javelin 600gr W45** ~ Paula Williams, **Weight 7.260kg W50** ~ Janet Smith, **5.000m M55** ~ Guy Bracken, **5.000m M60** ~ Alastair Walker, **5.000m W50** ~ Kathryn Bailey, **5.000m W70** ~ Anne Dockery, **Pole Vault W35** ~ Caroline Parkinson, **Triple Jump W55** ~ Janice Pryce, **Triple Jump W75** ~ Iris Holder, **400m M55** ~ Simon Bickers, **400m M75** ~ Alan Forse, **400m W65** ~ Caroline Marler, **W75 80h** ~ Patricia Hill, **Throw Pentathlon M70** ~ Barry Hawksworth, **Half Marathon M65** ~ Paul Whelpton, **Half Marathon W50** ~ Susan McDonald, **1.500m W70** ~ Anne Dockery, **1.500m W65** ~ Rosalind Tabor, **1.500m W55** ~ Fiona Matheson, **4x100m M75** ~ Alan Forse, Phil Brennan, Winston Laing, Barry Ferguson, **4x400m M50** ~ Gary Clare, Mark White, Glenn Gray, Michael Gardiner, **4x400m M65** ~ Walwyn Franklyn, Simon Barrett, Adrian Essex, Stephen Peters, **4x400m M75** ~ Victor Shirley, Arthur Kimber, Barrie Roberts, Phil Brennan, **4x100m W55** ~ Melanie Garland, Honoria Font Freide, Kirstin King, Angela Sonn, **4x100m W70** ~ Kathleen Stewart, Iris Holder, Anne Dockery, Angela Copson,



John Watts - Weight Throw (Photo: www.tomphillipsphotos.co.uk)

4x400m W50 ~ Jacqui Hodgson, Jacqueline Musselwhite, Karen Rushton, Fiona Palmer, **8km Joint Cross Country W35 to W50** ~ Jessica Franklin, **8km Cross Country W35** ~ Michelle Sandison, **8km Cross Country W65** ~ Rosalind Tabor, **10km Road Race M60** ~ Jon Cross, **10km Road Walk W70** ~ Noel Blatchford, **10km Road Walk M35** ~ Daniel King, **20km Road Walk W55** ~ Marie Jackson, **20km Road Walk W60** ~ Catherine Duhig, **8km Cross Country W55 Team** ~ Christine Anthony, Caroline Wood, Elke Hausler, **8km Cross Country W45 Team** ~ Caroline Cotterell, Tracey Gibson, Sally Carr, **8km Cross Country M65 Team** ~ David Oxland, Terry O'Neill, Graham Webster, **8km Cross Country M50 Team** ~ Alec Woods, Steve Roberts, Paul Flynn, **8km Cross Country M45 Team** ~ Simon Baines, Stephen Allan, Justin Carter, **Half Marathon M35 Team** ~ Karl Welborn, Alexander Betts, Paul Andrew, **Half Marathon M70 Team** ~ Martin Ford, Norman Baillie, Malcolm Kemp, **Half Marathon W55 Team** ~ Anne Macfarlane, Andrea Hough, Carol Marsh.



Lucy Evans W35 100m (Photo: www.tomphillipsphotos.co.uk)

	<u>Medal Table</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>	<u>Total</u>
1	GBR - GREAT BRITAIN & N.I.	80	66	57	203
2	ESP - SPAIN	80	65	59	204
3	GER - GERMANY	74	77	65	216
4	USA - UNITED STATES	61	51	46	158
5	AUS - AUSTRALIA	32	36	37	105
6	ITA - ITALY	28	31	33	92
7	FIN - FINLAND	27	28	24	79
8	CAN - CANADA	25	12	12	49
9	FRA - FRANCE	24	35	42	101
10	JPN - JAPAN	18	9	9	36
11	KEN - KENYA	15	4	6	25
12	POL - POLAND	14	13	14	41
13	BRA - BRAZIL	13	5	9	27
14	POR - PORTUGAL	12	12	13	37
15	NED - NETHERLANDS	12	8	11	31
16	SWE - SWEDEN	11	19	13	43
17	MEX - MEXICO	11	9	11	31
18	RSA - SOUTH AFRICA	10	8	10	28
19	EST - ESTONIA	10	6	6	22
20	NOR - NORWAY	9	11	5	25
21	CHN - CHINA	8	6	9	23
22	AUT - AUSTRIA	8	4	3	15
23	DEN - DENMARK	7	6	6	19
24	UKR - UKRAINE	7	5	9	21
25	NZL - NEW ZEALAND	6	19	5	30
26	CZE - CZECH REPUBLIC	6	14	12	32
27	ARG - ARGENTINA	6	5	6	17
28	HUN - HUNGARY	6	4	7	17
29	LAT - LATVIA	5	11	3	19
30	BEL - BELGIUM	5	9	6	20
31	SUI - SWITZERLAND	5	3	5	13
32	PER - PERU	5	0	3	8
33	IRL - IRELAND	4	8	14	26
34	IND - INDIA	4	3	2	9
35	LTU - LITHUANIA	3	4	3	10
36	PUR - PUERTO RICO	3	4	3	10
37	TPE - CHINESE TAIPEI	3	1	1	5
38	CHI - CHILE	2	2	6	10
39	BOL - BOLIVIA	2	1	0	3
39	JAM - JAMAICA	2	1	0	3
39	ROU - ROMANIA	2	1	0	3
42	SVK - SLOVAK REPUBLIC	1	5	3	9
43	TRI - TRINIDAD & TOBAGO	1	3	1	5
44	GUA - GUATEMALA	1	2	2	5
45	MGL - MONGOLIA	1	2	1	4
46	GUY - GUYANA	1	2	0	3
47	BUL - BULGARIA	1	1	0	2
47	CRO - CROATIA	1	1	0	2
47	CYP - CYPRUS	1	1	0	2
47	INA - INDONESIA	1	1	0	2
51	TUN - TUNISIA	1	0	3	4
52	BLR - BELARUS	1	0	2	3
53	PHI - PHILIPPINES	1	0	2	3
54	GHA - GHANA	1	0	0	1
54	MRI - MAURITIUS	1	0	0	1
54	NCF - FRANCE (NEW CAL)	1	0	0	1
54	SLO - SLOVENIA	1	0	0	1
58	COL - COLOMBIA	0	4	5	9
59	VEN - VENEZUELA	0	2	0	2
60	GRE - GREECE	0	1	6	7
61	MDA - MOLDOVA	0	1	2	3
62	DOM - DOMINICAN REP	0	1	1	2
63	ANT - ANTIGUA & BARBUDA	0	1	0	1
63	ECU - ECUADOR	0	1	0	1
63	HKG - HONG KONG, CHINA	0	1	0	1
63	LUX - LUXEMBOURG	0	1	0	1
63	MAR - MOROCCO	0	1	0	1

63	SRB - SERBIA	0	1	0	1
69	CRC - COSTA RICA	0	0	3	3
69	ISL - ICELAND	0	0	3	3
71	NGR - NIGERIA	0	0	1	1
71	SRI - SRI LANKA	0	0	1	1
71	URU - URUGUAY	0	0	1	1

British Records set by Team GB in Malaga

Event	Age	Name	Perf	Notes
100	W45	Yvette Henry	12.55/1.5	Set in semi-final
100	M45	Jason Carty	11.01 /0.3	
200	M65	Stephen Peters	24.84 / 0.3	Also ER
400	M65	Steve Peters	59.09	
400	W70	Angela Copson	01:17.5	
400	W65	Joylyn Saunders-Mullins	01:09.8	Also ER
2000 SC	M70	Alex Swiecicki	08:43.3	
200H	M80	Alan Carter	38.73/ 0.8	
300H	M75	Andrew Webb	55.54	
400H	M55	Jonathan Tilt	59.8	
Shot	W80	Evaun Williams	10.07	Also WR & ER



Dominic Bradley in M40 4x100m relay
(Photo: www.tomphillipsphotos.co.uk)

Hammer	W80	Evaun Williams	35.16	Also WR & ER
HT	W80	Evaun Williams	37.85	Also WR & ER
JT	M80	Victor Adcock	33.16	
JT	W80	Evaun Williams	26.06	Also WR & ER
JT	W45	Paula Williams	38.65	
WT	M80	Ernest Tuff	17.06	
WT	W80	Evaun Williams	12.6	Also WR & ER
HEPT	W50	Janet Dickinson	5322	
DECATH	M60	Brian Slaughter	7314	
Weight Pentathlon	W80	Evaun Williams	6080	Also WR & ER
20k Road Walk	W50	Lisa Kehler	1h51:45	British Road Best
4X100 Relays				
M65	51.63	Essex, Barrett, Franklyn, Peters		

M75	1:04.35	Forse, Brennan, Laing, Ferguson
W60	55.98	Godsell, McClelland, Horder, Powell
W65	1:02.11	Dassie, Marler, Fail, Saunders-Mullins
4X400 Relays		
M40	3:22.32	Brown, Morant, Ossai, Stephens
M55	3:42.42	Wright, Bickers, Bentham, Tilt <i>Also ER</i>
W60	4:41.85	West, Godsell, Horder, Powell <i>Also ER & WR</i>
W65	5:05.83	Bourgeois, Maeler, Tabor, Saunders-Mullins <i>Also ER</i>
W70	6:07.79	Gallagher, Rich, Dockerty, Copson

"Run, Ingrid, Run" - Ingrid Sells - SCVAC W45 100m

Follow up to Ingrid's article in the Summer issue of Masters Athletics which documented her return to athletics and her preparation for her first major championship....

Sat on my derriere (or should that be "culo") trying to extract any Spanish words buried in my hazy school days memory bank in an attempt to converse with the Colombian athlete, who I'd found myself next to during a gap in my pre warm-up phase, was one of a bunch of memorable moments that made up a most unforgettable trip of a lifetime to compete in the World Masters Athletics championship in Malaga, Spain 2018. Then turning around and chatting, as if we were long-time friends or training buddies, with an American decathlete who gave me some encouraging words to prepare for the race I was about to run.

The room truly had an international flavour. Athletes from all around the world from Albania to Zimbabwe, Iceland to Australia. It was amazing and lovely to see some of these athletes I'd recognised from the opening ceremony which had taken place two evenings prior, on night 1, at the Malaga Automobile Museum. Ladies in striking red and green Mexican dress; colourful flamboyant Brazilian women and even someone in a Kangaroo costume who must have hopped all the way from Australia! A gathering of nations and kindred spirits, there to pronounce the games open and to swear their allegiances to the Constitution of the Games.



I made a mad dash to the main Stadium after the ceremony had finished to receive my athletes pack. The queue was surprisingly short, and I collected the all-important packed with my precious bib number, which when I opened my pack was number 3333 - I hoped that in some culture somewhere that the number 3 was lucky and it would bestow a sprinkling of luck on me. I took the opportunity of having a sneak peek at the track and the warm up area including the 'ominous' call room. I'd been fortunate enough to come out to Malaga in April earlier in the year and had previously viewed the track and warm up area, so I was delighted to see the newly laid, now blue, track and the familiar downstairs indoor warm-up lanes. Locating and demystifying the call room,

which was the 30-minute holding pen for athletes immediately before each race, was helpful in settling my nerves. I spoke to the supervising staff too, so I was fully comfortable with the environment.

I returned to the main Stadium on Day 2, the day before my race, to watch some of the events at the track and to meet the GB massage therapy team and take their advice as to whether to have a treatment prior to my competition. I decided to go ahead and use up one of my massage sessions. The therapist assessed and treated me, and we decided to strap my ankle as I had been having issues with my peroneal tendon. The queues for athlete registration were, by now, extremely long, so I was glad I'd managed to do this on day one. I decided to take things easy on those two days prior to my race, so did some food shopping for snacks to eat on race day as well as relax on the sundeck at our hotel.

My parents and partner, Paul, had come out to Malaga with me to support me in my race, so it was nice to have some family time with them. My Mum swam, and we played cards in the sun - it really was an enjoyable time - combining competitive running and a holiday and I do urge anyone, who has thought of giving it a go, to do it if they can.



On race day, I was queuing at the computers to find out what heat and lane I'd be running in. One computer didn't seem to be displaying the page that I needed so I waited behind a different computer and got chatting to a lady in the new queue. We exchanged the usual pleasantries: names, countries we represented, race we were competing in and we both said 100m. Then we asked the usually taboo subject of what age we were, but given the environment, this subject was allowed and celebrated - we both said age 45 category. We started laughing about our coincidences. It was her second World Masters Athletics competition, as she'd competed in Australia, and it was my first. The computer became free, so we gathered around to find the information and saw that she was running in Heat 2 and so was I. Then we spotted that we were in the lanes next to each other - this was getting spooky. I asked her if she was going to do the next World Masters Athletics competition in September 2020 in Canada and that it would be funny if we were racing next to each other then, but she said that she probably wouldn't be there as it was very expensive to travel from where she was from. It seems such a shame that money gets in the way of someone doing something they enjoyed and was good at and we'd not see each other at that competition. It would be ideal if there was a level playing field but, I guess, it would be difficult to create. We wished

each other the best of luck and said goodbye and see you later so we could both carry on with our pre-race warm up schedule.

My usual warm up routine takes me about 1 hour and a quarter but, as I wasn't quite sure how much extra time to allow for uncertainties, I started my warm up 2 to 3 hours in advance of the race time and took things slowly to begin with. My physical warm up felt good; previously, back at home, I quite often found my body wasn't balanced when I jogged and my legs and abductors had been tight and I sometimes couldn't pick up my pace; but the lead up period of rest and the massage treatments I'd had must have done me good, as I felt fine and was warming up well. This meant I was ready to race at least an hour or so before I was supposed to. I tried to keep myself moving for that last hour but, I guess it comes with competitive experience to know how much warm up to do and not overdo it and the timing of such, so this is something I know I must work on as it's not all about the actual race. We had to be at the call room on time to be checked in by the officials. I gathered my warm up suitcase (which was crammed full of all my contingent supplies from safety pins to spare clothing, foam roller to hot muscle rub and snacks to toilet rolls) I must have looked like a street trader!

My friends from Cambridge Harriers had hotfooted it over from their venues to surprise me by the call room to wish me good luck and to offer encouraging words - it was uplifting. They then went upstairs to the spectator area, so they could shout out support me in the race. My parents and Paul were in the crowd as well. Paul came down to see me about 1 hour before I raced and told me where they were seated so I could find them after the race.

The ladies in my heat and I were checked into the empty call room and I put my suitcase into the nearby secure section. We were ushered to our seating area and the 30-minute quiet psychological countdown began. Some of us were stood up and doing last minute limbering up exercises whilst others sat still in anticipation. There was one other GB athlete in my heat and I knew she was faster than I was. The athlete I had met at the computers earlier was in the area too. With about 15 minutes to go still in the call room we were called to line up in our lane number order. My nerves stepped up again, but I was still a lot calmer than I thought I was going to be. A video I had watched before I came out to Malaga had helped me put competition procedures and mindset into perspective and it had obviously been beneficial.

We were then frogmarched out towards the track and a spontaneous round of applause broke out for us as we went past the athletes who were in the adjacent band of seats waiting for the next heat. I must have been so 'in the zone' as I didn't even recall seeing them come in to the call room. We were halted at the entrance onto the track and asked if we all wanted blocks or not. I was one of 3 athletes who were not going to use blocks. We were then led onto the track and we instinctively went into our lanes. Whilst my blocks were being removed I looked up at the crowd and located my family - I spotted my Dad. He was 'overhead' waving at me and I copied him and 'overhead' waved back, and we did it again so we both knew we could see each other - it felt emotional - I then remembered I was there to race -

I'd almost forgotten! My blocks had gone so I did a short sprint start and walked back as did the others. I didn't think there was enough time for a second warm up start, so I stood in my lane and looked ready, staring down my lane to the finish. "On your marks" - I walked forward to the start of my destiny. I made myself comfortable in my crouch 4-point start position. I slightly adjusted my feet but was conscious that the next command could come at any time - I kept still then "Set". I rose up, took a deep breath in, waiting for the gun. There was a short wait then I heard the gunshot- it was time to race. I went into automatic pilot. I felt I started well. I was focused on myself, but I saw that I was keeping up with the others in the drive phase. I kept going but I could see that the other athletes were pulling away from me. I did expect this as their declared best performance times were faster than mine. I just kept running as if no end was in sight. I was getting near to the finish line and I could see that several other ladies had already crossed the finish line. I carried on so that I could cross the finish line and complete my race. I felt fantastic, elated and happy. I'd done it. I wanted to race some more. It was a real buzz.

We congratulated each other and there were smiles all round. We all gathered by the finish line where several photographers and a videographer were taking shots. I joined the line-up, struck a pose (similar to my fancy ballroom dancing-days pose) and then we saw our times and positions flash up on the clock. I came last and my time was 18.51 (wind -3.1) which was around my current times, so I was pleased with my performance. Then we went back to the call room to collect our belongings, and now that our race was over, we were chattier and were analysing our race with each other. There was a good atmosphere.



We took photos on our mobiles for posterity. I took a photo with the athlete I'd met in the computer queue and with the winner of our heat, who was one of the other GB ladies, and who later went on to be the ultimate winner in the final of our category.

Once I'd stretched and had my therapeutic 'after-race massage' I went up to see my family and it was lovely to hear how proud they were of me and to know they were supporting me. My friends from Cambridge Harriers had watched me race but they had to get back to their events and other venues, but they sent me congratulatory text messages. The whole event was so friendly and supportive - it was so enjoyable.

My race was done. There were mixed blessings as I didn't make it into the semi-final, but I could now relax and enjoy the achievement of my lifelong dream and we could savour the last couple of days of our trip. We decided to have a celebratory meal back at the hotel that night and we toasted my success.

The following day it was my turn to be supporter. I got up early to go to Carranque Stadium where my coach, Barry Ferguson, was running his semi-final of 300m M75 hurdles. I met up with my friends from Cambridge Harriers who were also there in support and we watched Barry in his event. I don't know what possesses anyone to jump over those high hurdles, so I was in awe of him and the other competitors. Barry also competed in the 80m M75 hurdles and later went on to win the event.

I left the championship on the Friday, day 5, so I received the news of Barry's win via message and I saw the photos of his medal ceremony. It was fantastic and heart-warming to see.

Our last couple of days were spent relaxing and wandering around Malaga as well as a quick trip back to the main stadium, where I'd run my dream the previous day. I purchased some photo mementos of my race to treasure for a long time.



Malaga is such a lovely place to go to. We revisited the beach, the small shops, tapas bars and restaurants in the old town. We saw the majestic Castle, the lovely architectural buildings, the unexpected Roman amphitheatre, the bustling plazas, the pretty Botanical Gardens by the marina and the gorgeous marina itself, where we celebrated with the obligatory cerveza and a couple of melon mojitos!

It was then time to catch our late Friday afternoon flight home under sadness that the bucket list competition and trip had come to an end. Regrettably, the timing of our trip had meant that I missed the athletes party on that Friday night but, there was my new goal for next time: to be at the athlete's party in Canada 2020. By then, I would have practiced my warm-up schedule even more, learnt how to use the block start, increased my power in the drive phase and gained more stamina for the final stage. I hope to get my time down to the mid-teens, if possible, and to be in with a shout at the 'semis'. I'll have moved up to the next age category then, so it will be a great achievement to look forward to in my 50th year.

I also have my sights on the European Masters in Venice, September 2019, so I might start planning my "Italian Job" in the next month as I'm sure that will be just as fantastic a trip. Roll on "La Dolce Vita".

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WORLD MASTERS INDOOR CHAMPS TORUN – Poland 24 – 30 March 2019



This WMACI event is being held at the new Hala-Sportowo-Widowiskowa sports complex in Torun/Poland. We are now taking flight, hotel and airport transfer bookings for this event – easy one stop shopping! Our choice of city centre hotels all located within a 20 minute walk of the Arena start from **£62.00** per room per night including B&B. Direct flights can be offered from London, Birmingham and Edinburgh from **£95.00** per person + luggage and private airport transfers can be arranged from Bydgoszcz, Gdansk and Warsaw airports from **£25.00** per person return, if booked with one of our hotels. Poland add-on tours to either Warsaw or Krakow can be booked from **£159** per person for 2 nights for hotel and sightseeing tour.

EUROPEAN MASTERS CHAMPS VENICE / Jesolo– Italy 5 – 17 Sept 2019



The province of Venice is hosting the 2019 European Masters Athletics Champs. It will be the 21st edition of the continental event and will involve Jesolo (Armando Picchi Stadium), Caorle (Giovanni Chiggiato 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, with direct and indirect flight options to Venice from various UK airports as well as return airport to hotel transfers. Add-on tour options will also be available.

WORLD MASTERS CHAMPS TORONTO – Canada 20 July – 1 August 2020



Toronto will host the 2020 World Masters Athletics Champs and are excited to welcome visitors and athletes for the World Masters to return to where it all started back in 1975 for 11 days of Track & Field competition for Masters' athletes 35 and older. Events will include Cross Country Races, Road Races, and Road Racewalks. The three world facilities sharing the events (Varsity Centre, York Lions Stadium & the Toronto Track & Field Centre) are all located on the same subway line for easy access. As always, we will be featuring a choice of well selected hotels along with competitive flights with direct and indirect options. Add-on tour options will also be available

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

MASTERS ATHLETICS TRAVEL 2019/ 20

REQUEST FORM

NAME _____ Tel No _____ Email _____

Address _____ Post Code _____

I am / we are interested in for _____ person(s):

Event	Flights from	Duration	"GBR Team Hotel" Cat – 4*, 3*, 2*, Apt, Hostel	Room Type
TORUN 2019				
Add-on Tour Options eg Krakow / Warsaw				
VENICE 2019				
Add-on Tour Options eg Verona / Italian Lakes / Milan				
TORONTO 2020				
Add-on Tour Options eg Niagara Falls / Quebec				