

# MASTERS ATHLETICS





**Kirsty Longley finished second behind Ireland's Teresa Doherty  
at the British and Irish Masters Cross-Country International**  
**Photo by David Aspin**





# MASTERS ATHLETICS

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**Front Cover:** Mark Mckinstry (Northern Ireland)  
winner of the M35-M45 race at the British and Irish  
Masters Cross-Country International at Swansea,  
Wales

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## International Fixtures

- 24-30 Mar 2019 - **World Masters Indoor Track & Field Championships** - Torun, Poland
- 26 May 2019 - **England vs Celtic Nations Masters International 10k** - Great Birmingham Run
- 23-25 May 2019 - **European Masters Mountain Running Championships** - Janske Lazne, Czech republic
- 01 Sep 2019 - **England vs Celtic Nations Masters International Half Marathon** - Maidenhead Half Marathon
- 5-15 Sep 2019 - **European Masters Track & Field Championships** - Jessolo, Italy
- 27 - 29 Sep 2019 - **World Mountain Masters Running Championships** - Gagliano del Capo, ITA
- 20 Oct 2019 - **England vs Celtic Nations Masters International Marathon** - York
- 20 Jul - 01 Aug 2020 - **World Masters Track & Field Championships** - Toronto, Canada

## National Fixtures

- 17 Feb 2019 - **British Masters Indoor Pentathlon Championships** - Lee Valley Stadium, London

- 17 Feb 2019 - **South of England Masters Indoor Championships** - (also VAC/EMAC club championships) - Lee Valley Athletic Centre, 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
- 02 Jun 2019 - **British Masters Outdoor Pentathlon Championships** - Oxford
- 02 Jun 2019 - **British Masters 10000m Track Walks plus special track events** - Oxford
- 02 Jun 2019 - **British Masters 10-Mile Road Championships** - Dorking Rugby Club, Surrey
- 16 Jun 2019 - **British Masters 5km Road / 5km Walk Championships** - Horwich, Greater Manchester
- 16 Jun 2019 - **South of England Masters Track & Field Championships** - Lee Valley Athletic Centre, London
- 30 Jun 2019 - **British Masters 30km Multi-Terrain Championships** - North Downs, Gravesend, Kent
- 29-30 Jun 2019 - **British Masters Combined Events Championships** - Costello Stadium, Hull
- 29-30 Jun 2019 - **North of England Masters T&F Championships** - Costello Stadium, Hull
- 07 Jul 2019 - **British Masters Half Marathon Championships** - Ashbourne, Derbyshire
- 07 Jul 2019 - **England Masters Outdoor Inter-Area Challenge** - Coventry Athletics Track
- 10-11 Aug 2019 - **British Masters Outdoor Championships** - Alexander Stadium, Birmingham
- 21 Sep 2019 - **British Masters 10000m Track Runs** - Monkton Athletics Stadium, Jarrow
- 28 Sep 2019 - **England Masters Cross Country Inter-Area Challenge** - Venue TBC

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

26 Oct 2019 - **British Masters Open Cross Country Relay Championships** - West Park Long Eaton Nottingham

## Regional Fixtures

19 Jan 2019 - **VAC Cross Country Championships 2019** Wimbledon Common (Camp View/North View end)

20 Jan 2019 - **Welsh Masters Indoor Track Championships** - National Indoor Athletics Centre, Cardiff Metropolitan University

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

09 Feb 2019 - **NMAC Cross Country Championships 2019 and AGM** - Winsford

10 Feb 2019 - **SCVAC Indoor Championships 2019** - Lee Valley Athletic Centre, London N9 0AR (This is also the VAC 3km walk championship)

10 Feb 2019 - **Welsh Masters Indoor Field Championships** - Swansea University Indoor Track

10 Apr 2019 - **NMAC Open Track and Field League** - Princess Mary Athletics Stadium, Cleckheaton WF15 6LW

02 Jun 2019 - **NMAC Track & Field Championships 2019** - Pingles Leisure Centre, Nuneaton CV11 4LX.

05 Jun 2019 - **NMAC Open Track and Field League** - incorporated in the Joe Moran Memorial event - Manchester Regional Arena (Sportcity), Rowsley St, Manchester, M11 3FF

23 Jun 2019 - **NMAC Track and Field Championships 2019** - Bury Athletic Club, Market Street, Bury BL9 9FX

29 Jun 2019 - **NIMAA Track and Field Championships 2019** - Mary Peters Track, Belfast

10 Jul 2019 - **NMAC Open Track and Field League** - Princess Mary Athletics Stadium, Cleckheaton WF15 6LW

14 Jul 2019 - **VAC Track & Field Championships 2019** - Kingsmeadow Stadium, Kingston Road, Kingston upon Thames KT1 3PB

24 Jul 2019 - **NMAC 5000m Championships 2019** - East Cheshire Harriers at Richmond Park Stadium, Richmond Street, Ashton Under Lyne OL7 9HG

06 Oct 2019 - **NMAC 10000m Championships 2019** - East Cheshire Harriers at Richmond Park Stadium, Richmond Street, Ashton Under Lyne OL7 9HG

## Secretary's Report

### EMA Track & Field Championships

Over 700 of our members entered the World Masters Athletics Track & Field Championships in Malaga and a similar, if not larger, number is anticipated for the European Masters Athletics Championships in Jesolo next September as the Adriatic coast is always a magnet with its beaches, ample hotels and tourist attractions. You may already have pencilled it in your diary or booked your travel.

If you have glanced through the Timetable published on [www.european-masters-athletics.org](http://www.european-masters-athletics.org) website, you will note the lack of women's finals scheduled for the main stadium, they are being hived off to the second and third stadiums. Responding to my letter to the Technical Director of EMA and the Local Organising Committee in Italy, wherein I outlined that all the men's heats, semis and finals in events from 100m right up to and including the 1500m are in the main stadium; the LOC Meeting Manager, Moreno Beggio, would only comment that: "...I am sure that the women's sector will have no problem in competing in a new stadium, specially set up for this championship. The Caorle field has nothing less than the main stadium; rather it will be more performing than that of Jesolo. There will be no difference between the two stadiums. Hoping to have clarified your perplexities." The EMA Technical Officer endorses these comments, adding that he has visited the stadiums. The newly renovated Caorle stadium is the best; the Jesolo stadium is also good and is deemed the main stadium as it is where the Accreditation Centre and Meeting facilities are located.

The quality of the stadium is not the issue; there is a basic principle here that you may feel we should pursue.

It would appear that the throwing facilities at the main stadium are limited as only the Shot, men and women, is scheduled, but only the W35/40 high jump is there and somehow they are managing to cope with both sexes and all ages in the PV. The throwers consistently lament that they are the Cinderella of these Championships. The current EMA Technical Director, Martin Roald-Arbøl, was one of the organisers of the EMA Championships in Aarhus where the throwers had few grievances.

Having until recently been involved both as a competitor and a WMA Council member at many Championships, I know it takes a very experienced Meeting Director indeed to get the balance right as he does not know exactly how many entries there are until after the closing date. Draft out a schedule for 4,000 competitors for example, you get 6,000, you have to tear it up and start again. Nor can he rely on how many entered the hurdles or the throws at the previous Championships as a guide. Competitors enter, on average, three events each. Neither WMA nor EMA can set a schedule in stone as the location of the tracks, transport, accommodation and other facilities vary enormously from

city to city. After you have perused the published schedule, if you feel aggrieved, have suggestions or recommendations; please get in touch using my email address and we can liaise with the Meeting Director to try to make some changes.

#### World Masters Athletics Survey

If you filled in WMA's post-Malaga survey, the result will be posted on their website imminently. I have had a sneaky preview and it does make interesting reading. Many of the responses were predictable, i.e. complaints from the throwers about the condition of the circles, stadia location etc. but the bulk of respondents submitted considered suggestions that are reflective of the experience, cognisance and passion of WMA's cohort, they want to do the best for our sport. Masters athletes are coaches, officials, team managers etc. and understand the problems.

#### Changes to IAAF Rules

At their Council Meeting in December the following amendments were made:

An amendment was approved to Rules 251 and 252 (Mountain Running and Trail Running), which will merge the mountain running and trail running Rules to create a consistent approach to Rule enforcement at these events, effective 1 January 2019.

An amendment was approved to Rule 170.10 (Substitutes for relay races) to allow four additional athletes to be used once a relay team has started the competition (applicable at all WAS events and Olympic Games).

Council approved the new IAAF Manipulation of Sports Competition Rules, effective 1 January 2019. This means the same standard of proof (i.e. the comfortable satisfaction standard) and the same processes of investigation and adjudication will apply to breaches of these rules as currently applied to alleged breaches of all other Rules under the integrity Code of Conduct.

A proposal was made to amend Rule 163.4 (lane infringements) in the wake of the number of disqualifications during the World Indoor Championships in Birmingham this year, but the Council did not accept the recommendation, asking for further information. Rule 163.4 remains unchanged for the 2019 Indoor season.

#### 2018 - A memorable year

As we move into a new year, I hope you will be taking with you happy memories of your achievements during the last twelve months, whether it be your run in one of our various distances on the road, wearing for the first time a National vest in the Chester marathon, your lung-busting stage for your club in the fiercely competitive Road Relays in Sutton Park or your performance in international Championships.

The Cross-Country Championships and Relays are now attracting more entries; more of you apply to represent your Nation in the annual British & Irish International Masters Cross-Country giving the Selectors a few headaches! The Inter-Area Indoor and Outdoor are very popular and you will recall sweating it out in amber-card weather warning

conditions at Solihull during the summer. We had a record entry at the Indoor last March despite "the beast from the East" and the bitter cold endured by the throwers and Officials competing outside. It culminated in the many successes at the European Masters Indoor in Madrid. Masters Walkers are now the mainstay of Race Walking entries. But whatever your standard, there is a welcome place for you in our sport. Over 8,000 competitors entered the World Masters Athletics Track & Field Championships in Malaga; it was we who came out as top nation, a wonderful achievement. Yet we are non-funded and run entirely by volunteers and enthusiasts; we all know the value of life-long training and fitness, but then we are older and wiser!

Best wishes for a happy and healthy 2019.  
Bridget Cushen - December 2018

### **Recent British Masters Records**

M85 Discus Jim Switzer 18.58 Ewell Court 20/10/2018.  
W65 50k Walk Sandra Brown 6h 12m08sec Douglas, IOM 18/8/2018 (Also a World Record)  
M55 High Jump Steve Linsell 1.69 EIS Sheffield 1/12/18

### **British Athletic Annuals Available**

Our Records Co-ordinator, Brian Owen, is looking to create a little more space and has a number of British Athletics Annuals available for free. They include the years 1978-2010, and 1966. If you are interested in them, please contact Brian at: brian.owen2@btinternet.com

### **Last Call for the World Indoors in Poland**



The closing date for registering to compete at the World Masters Indoor Track and Field Championships is 29<sup>th</sup> January 2019. The event runs from March 24<sup>th</sup> to 30<sup>th</sup>.

### **BMAF Magazine Archive**

An archive of past Masters Athletics magazines is now available to view on the BMAF website. This is an ongoing project that has been made possible thanks to the help of Chris Holloway and Mike Hager. Eventually we hope to display every edition that has been published, from it's inception as Veteris magazine back in 1973, to the current day.

To access the the magazines, click on the 'News' tab on the website menu and then 'Masters Athletics Archive.'

### **BMAF Marathon Championships - Chester - 7th October 2018**

Chester was once again the venue for the BMAF Marathon Championships. After 26.2 miles just eight seconds separated the first two runners home. Midland Masters (M35) Karl

Welborn taking the title with the Peter Tucker finishing second, one place better than the Scottish Veteran Harrier ran in 2017.

David Pettifer (M65) and David Winch (M70) retained the titles won twelve months earlier. Whilst the other men's category winners were Nathan Pask (M40), Jeff Pyrah (M45), Tony Dunn (M50), Dennis Walmsley (M55), Garry Payne (M60) and Sydney Wheeler (M80).

There were also some outstanding runs in the ladies race. They included a stunning 2.52 by EMAC's Charlene Jacobs-Conradie to take the W40 title whilst the W50 category was won by Midland Master's Fee Maycock in 2.56.

VAC's Susanna Harrison won the W50 category last year and this time took the W55 title after moving up an age group.

Other category winners were Anna Hollingworth (W35), Sarah Gurney (W45), Lynda Hembury (W60), Joyce Bell (W65) and Sarah Marzaioli (W70).

1 Karl WELBORN MMAC 02:28:48 M35-1, 2 Peter TUCKER SVHC 02:28:56 M35-2, 3 Peter MACKRELL EMAC 02:35:19 M35-3, 4 Tim KENNEDY NMAC 02:35:30 M35-4, 5 Jeff PYRAH VAC 02:35:44 M45-1, 6 Tyrone FARRER EMAC 02:36:32 M45-2, 7 Nathan PASK VAC 02:39:11 M40-1, 8 Kirk BRAUN EMAC 02:39:35 M40-2, 9 Gareth LOWE MMAC 02:40:30 M45-3, 10 John CLIFFORD NEMAA 02:41:09 M45-4, 11 Tony DUNN SWVAC 02:41:53 M50-1, 12 Ben EVANS MMAC 02:43:02 M40-3, 13 Luke HANSON SWVAC 02:43:10 M35-5, 14 Nicholas MALPELI EMAC 02:43:16 M50-2, 15 Julian HOOD NMAC 02:43:38 M40-4, 16 Charles WARTNABY EMAC 02:44:38 M45-5, 17 Martin MURRAY NEMAA 02:45:58 M50-3, 18 Jeff LUCAS EMAC 02:46:09 M40-5, 19 Scott MARTIN SVHC 02:46:50 M50-4, 20 Jon ANDERSON EMAC 02:47:22 M50-5, 21 Mark GRAY NMAC 02:48:59 M45-6, 22 Dennis WALMSLEY MMAC 02:48:59 M55-1, 23 Fahmi MOHAMMED NMAC 02:50:59 M35-6, 24 Jeremy MOWER WMAA 02:51:28 M50-6, 25 Charlene JACOBS-CONRADIE EMAC 02:52:51 W40-1, 26 Paul WATERS MMAC 02:54:15 M45-7, 27 Garry PAYNE MMAC 02:55:37 M60-1, 28 Fee MAYCOCK MMAC 02:56:24 W50-1, 29 Ritchie GERRY NEMAA 02:57:38 M50-7, 30 Brian MARTIN NEMAA 02:57:58 M60-2, 31 Paul JONES MMAC 02:59:01 M45-8, 32 Toni ALCARAZ EMAC 02:59:12 W40-2, 33 Sarah GURNEY SWVAC 03:00:11 W45-1, 34 Anna HOLLINGWORTH MMAC 03:06:17 W35-1, 35 John GURNEY SCVAC 03:09:31 M60-3, 36 Gwyn ROBERTS WMAA 03:10:01 M50-8, 37 Hannah ROBERTS SCVAC 03:10:48 W35-2, 38 Hannah BOWN SWVAC 03:10:42 W40-3, 39 Leonard HUGHES WMAA 03:12:00 M60-4, 40 Derek DARNELL EMAC 03:14:58 M55-2, 41 Colin WATSON SVHC 03:15:00 M55-3, 42 Susanna HARRISON VAC 03:17:21 W55-1, 43 Stephen PAUL EMAC 03:16:57 M55-4, 44 Lynda HEMBURY VAC 03:17:59 W60-1, 45 Deborah GILMAN MMAC 03:18:16 W45-2, 46 Darryl COULTER NIMAA 03:22:09 M45-9, 47 Bob FURSEY SCVAC 03:22:08 M55-5, 48 Jane DAVIES SCVAC 03:22:23 W55-2, 49 Catherine ULLIOTT VAC 03:25:03 W50-2, 50 David PETTIFER MMAC 03:25:07 M65-1, 51 Tom ULLIOTT VAC 03:26:09 M60-5, 52 Mark GOWERS EMAC 03:25:48 M55-6, 53 Anthony MCGALE SVHC 03:26:18 M45-10, 54 Maurice HEMINGWAY EMAC 03:26:23 M60-6, 55 Nicola NUTTALL NMAC 03:26:57 W45-3, 56 Frances FERGUSON SVHC 03:27:43 W50-3, 57 Peter MENSLEY MMAC 03:32:12 M65-2, 58 Stephen SUTTLE SCVAC 03:34:09 M60-7, 59 Jo STEPHENSON EMAC 03:34:31 W50-4, 60 David WINCH SCVAC 03:35:00 M70-1, 61 Keran PETERS NMAC 03:34:32 W50-5, 62 Andrew CORRIGAN SVHC 03:35:42 M50-9, 63 Jenny YATES NMAC 03:36:26 W50-6, 64 Sara ELSON NMAC 03:36:48 W45-4, 65 Monica

GREEN NIMAA 03:38:14 W45-5, 66 Deb PUGH WMAA 03:38:49 W50-7, 67 Oonagh WILSON SWVAC 03:38:26 W50-8, 68 Lea LOHK EMAC 03:41:39 W55-3, 69 Jane KIDD SVHC 03:43:00 W60-2, 70 Rachel BUTLER WMAA 03:47:45 W55-4, 71 John JAMES NEMAA 03:49:50 M60-8, 72 Claire SEYMOUR SCVAC 03:53:07 W40-4, 73 Gillian MCGALE SVHC 03:56:12 W40-5, 74 Barry BELL SCVAC 03:59:35 M70-2, 75 Ian RICHARDS VAC 04:03:51 M70-3, 76 Janice MOOREKITE SCVAC 04:07:35 W60-3, 77 Michael MADDER SWVAC 04:07:25 M70-4, 78 Jacqui REID VAC 04:12:10 W50-9, 79 Louise GRIFFIN NEMAA 04:16:23 W50-10, 80 Frederick STREATFIELD SCVAC 04:19:07 M65-3, 81 Malcolm KEMP VAC 04:25:21 M70-5, 82 Stuart COLWILL SCVAC 04:26:12 M70-6, 83 Anita BOND EMAC 04:32:11 W55-5, 84 Sarah MARZAIOLI SCVAC 04:32:03 W70-1, 85 Joyce BELL SCVAC 04:49:03 W65-1, 86 Christine SMITH MMAC 05:38:01 W70-2, 87 Christine SMITH MMAC 05:38:01 W70-3, 88 Sydney WHEELER WMAA 06:33:43 M80-1

## 7 Secrets of a Successful International Athletic Competitor

*Ingrid Sells has recently competed at her first international athletics competition. Here she shares some non-event related advice to assist other potential novices contemplating their first international championship.*

### 1) Putting things into perspective

It's very easy to feel overwhelmed by a competition. Not just the feeling of being watched by others and the pressure of competing but also the procedural matters before and during a competition which can be daunting. These pressures can increase if the right mindset is not put in place in advance. Have a watch of some of the great videos online by Essop Merrick on Competition Psychology. He helps explain the background to competitions and how to use this knowledge to your mental advantage. I could have been a nervous wreck at my first international competition, but his videos really helped me.

### 2) Recce the joint before

There are three ways to do this. The conventional way, if you have the resources (by that I mean the time and money) is to go to the destination beforehand and inspect the venue, check out the transport links, look at accommodation options, and seek out local supermarkets. Maybe turn the trip into a mini break. Alternatively use good old Google and the internet. You can be a virtual tourist using Google Maps Street View and use Google directions to detail the walking and travelling routes between places. You can also use it to show the nearby food shops and hotels. Then look at the venue websites for details, maps and photos to get helpful information. The third option is to arrive a couple of days before your event and have a wander around and find out what you need to know then, but you'll need to get your skates on as you'll need to cram this in as well as some time to relax before competing too.

### 3) Flex your muscles

In case of last-minute backache from carrying suitcases or tight muscles after travelling, it may be wise to have a treatment by the on-hand expert massage therapy team.



You'll need to pre-book these sessions (i.e. pre-pay and register prior to the competition), so keep an eye on the deadline for registering for this service. You'll then have peace of mind that you'll be fit and able to compete and also nice and loose afterwards in order to enjoy the rest of your trip. Join relevant social media groups such as the Facebook group for the BMAF to keep you up to date with any on-going information including massage therapy details.

4) **Everything but the kitchen sink**

Try to start your packing for the trip a couple of weeks in advance so you can purchase any items that you may need for a smooth trip and competition. Make sure you take an adequate sports bag to use on competition days. You'll want this to be lightweight but big enough for all your contingent athletics supplies and any last-minute energy snacks. I wasn't a girl guide for nothing! I took a lightweight suitcase (the sort on wheels with the long handle which doubled up as my carry-on flight bag) and in it I had a spare sports top and shorts, jersey top to keep me warm, long sports trousers (zip by the shoes to enable quick on and off), small lightweight foam roller to aid stretching, tennis ball for specific muscle tightness, specific shoes for your event (in my case spikes along with tightening key), spare socks in case I felt uncomfortable, plenty of safety pins, pen in case I needed to write any memos to myself, a wristwatch so I could ensure I was on time as there is not always a visible clock and sometimes announcements are not clear, anti-insect spray in case of a plague, hot muscle rub, cold muscle spray, natural nasal inhaler stick or spray, plasters and blister pads. I used clear toiletry bags and freezer bags to organise these items so I could find anything quickly. Finally, and by no means least, a spare toilet roll as it is inevitable that toilet roll always runs out at these venues. But no need to pack the kitchen sink!

5) **Jump ahead of the queue**

It's good to go to the registration venue as soon as you can, with the intention of registering, even if it is the evening of your first day. Registration can get quite busy, so give yourself a few opportunities of registering and do it when the queue is not too long. Don't put it off for the next time if a good opportunity is presented.

6) **Soak up the atmosphere**

Make sure you take some time to watch other events and become a spectator as well as competitor. Cheer on the competitors and watch in awe at their achievements. Check out how many people from different countries are competing and see if you can recall a few relevant words you may know from your school days. It will bring a smile to your and their faces by trying to converse together whilst you are in a queue, spectating or whilst warming up. Soak up the atmosphere by getting to an official event like the opening or closing ceremony or a party, as this will give you another memorable dimension to your fantastic trip.

7) **Treasured memories**

Once your competition is done, seek out the place where you can purchase some lovely photos taken by the official photographers. These will help keep your wonderful memories of the trip alive and inspire you to do it again for an even more fabulous next time.

## BMAF (open) Cross Country Relays - Long Eaton, Derbyshire - 27<sup>th</sup> October 2018

After a previous spell of warm weather, a dry but chilly morning awaited the record number of teams that entered the BMAF Cross Country relays at West Park, Long Eaton. The dry conditions under foot made the 3k lap course more conducive for quicker times than in our three previous visits to the park and this came into fruition as many of the team and individual records were broken due to the firm conditions.

Within the first event, the Women's and older Men 65+ categories, there were some very impressive performances. The Vale Royal club broke the existing course record whilst winning their Women's 35+ team medals, beating Heanor RC's existing record by 13 seconds. Lisa Palmer-Blount had a fantastic run, obtaining the individual 35+ fastest leg and bringing her Derby AC club from 10th place to bronze medal winners in the process.

The contest for the Women's 45+ age group medals also produced record breaking performances, with Dulwich Road Runners pipping Bristol and West for the gold medals and also rubbing salt into Bristol's wounds by taking their existing course record by 5 seconds. Claire Elms helped Dulwich to their medals and by doing so acquired a new individual course record, beating her own existing record by a further 3 seconds.

Bingley led throughout to win the Women's 55+ age group and their Sue Becconsall ran the quickest leg within the age group.

Westbury were the victorious team in the W65+ age group, breaking the previous record held by Hastings by a massive 5 minutes. Worcester's Elizabeth Bowers also broke the individual leg record by a huge 95 seconds.

Within the Men's 65+ age group, Oxford City broke the previous record by 25 seconds, with Barnet also finishing under the previous record time for their Silver medals. Salford's Stan Owen produced the fastest leg, beating the previous individual record by 15 seconds.

Bingley's 75+ men echoed their Women's team by winning their age group, beating their own course record by 9 seconds and also having their evergreen Les Haynes producing the quickest leg.

In the second race for Men 35+ and 45+ (5 legs) and Men 55+ (4 legs) more course records were broken. Notts AC were the 35+ victors within a race that changed prospective medal positions throughout the 5 legs. Great runs produced from Tim Hartley bringing them from 7th position to first and

Alastair Watson obtaining the individual fastest leg helped them to knock 41 seconds off the previous record held by Salford. Sunderland (Silver) and Leicester C. (Bronze) also both dipped under the previous record.

Leeds City led the Men's 45+ age group home and it was their Andrew Grant that achieved the quickest leg, beating Mark Johnson's long standing course record by 4 seconds.

Within the M55+ race, (over 4 legs) Sheffield RC took the Gold medals home with Warrington the Silver's, helped by the fastest leg obtained by their Colin Bishop.

Once again we witnessed a fantastic days racing at this Long Eaton event, it is becoming a permanent feature within the cross country calendar. My thanks to Rob Fox and his excellent team for their organisation with the slickest results system ever provided by Graham Fecitt at Sportsoft.

We look forward to a return visit to Long Eaton on October 26th.

**Mel James. BMAF X/C Secretary.**

*This year's BMAF Open Cross Country Championships are taking place in Belfast on Saturday March the 9th. Entries will be accessible from our fixtures page within our BMAF website.*

**W35 — Team Results — Final** (nn) is team position after the appropriate stage. **1 Vale Royal Ac 33:29**, 1 Sarah Murphy (1) 11:04, 2 Andrea Hilldrup (1) 11:13, 3 E Renondeau (1) 11:12, **2 Sunderland Harriers & Ac 35:48**, 1 J Etherington (2) 11:40, 2 Vicky Haswell (2) 12:03, 3 Nicola Woodward (2) 12:05, **3 Derby AC 36:48**, 1 Sarah Holford (24) 14:41, 2 Chrissie Dover (10) 11:29, 3 Lisa Palmerblount (3) 10:38, **4 Mansfield Harriers 'A' 37:52**, 1 Beverley Armstrong (15) 12:57, 2 Kirsty Huntington (8) 12:27, 3 Kahli Johnson (4) 12:28, **5 Cheadle Rc 38:02**, 1 Jenniferr Dalkins (6) 12:11, 2 Amanda Davies (4) 12:38, 3 S Hollinshead (5) 13:13, **6 Notts Ac 'A' 38:33**, 1 Sarah Costin (7) 12:20, 2 Joanne Birtwistle (3) 12:01, 3 Fiona Palmer (6) 14:12, **7 Nene Valley Harriers 38:39**, 1 Ruth Jones (4) 12:04, 2 Lindsay Lister (6) 13:08, 3 Laura Grimer (7) 13:27, **8 Holme Pierrepont Rc 'A' 39:08**, 1 EmmaCupitt (14) 12:55, 2 Ann Gould (11) 13:16, 3 Claire Goodman (8) 12:57, **9 RipleyRC 'A' 39:09**, 1 Lucy Taylor (12) 12:48, 2 J Whartonhowett (12) 13:25, 3 Esther Broughton (9) 12:56, **10 BarnsleyAC 39:14**, 1 Sarah Gough (5) 12:10, 2 Naomi Biddlestone (5) 12:53, 3 Faye Lund (10) 14:11, **11 Bournville Harriers 'A' 39:24**, 1 Monica Baptista (11) 12:48, 2 Laura Leslie (14) 13:40, 3 Laura Gale (11) 12:56, **12 Sale Harriers Manchester 'A' 39:24**, 1 Harriet Hamilton (3) 11:53, 2 Sinead Ferguson (7) 13:24, 3 Tracey Taylor (12) 14:07, **13 Matlock AC 40:39**, 1 Carly Spear (18) 13:41, 2 Alison Pye (16) 13:09, 3 Christine Howard (13) 13:49, **14 Rushcliffe Ac 'A' 40:42**, 1 Katherine Malone (17) 13:30, 2 Abigail Cast (18) 13:35, 3 CToddmcintyre (14) 13:37, **15 Wolverhampton & Bilston 41:19**, 1 Emily Simmonds (19) 13:41, 2 Audrey Wilson (15) 12:54, 3 Joanne Hackett (15) 14:44, **16 Belper Harriers 41:40**, 1 Louise Rowley (13) 12:49, 2 Julia Buxton (23) 15:53, 3 Karolina Kucharek (16) 12:58, **17 Sparkhill Harriers 42:16**, 1 Vicki Bone (16) 13:07, 2 Emma Donnelly (17) 13:56, 3 Jennifer Price (17) 15:13, **18 Bournville Harriers 'B' 42:22**, 1 Sara Hewison (23) 14:02, 2 Jude Glynn (21) 14:18, 3 JoGreen (18) 14:02, **19 Heanor RC 42:23**, 1 Elaine Wilkins (20) 13:44, 2 Rita Fisher (20) 14:22, 3 Kerry Queenan (19) 14:17, **20 Birchfield Harriers 42:28**, 1 Sarah Conway (9) 12:33, 2 Nicola Ross (13) 13:42, 3 Karon Jones (20) 16:13, **21 Holme Pierrepont Rc 'B' 43:25**, 1 Lorraine Salkild (25) 14:43, 2 Clare

Ablethorpe (22) 13:47, 3 Joanne Chalmers (21) 14:55, **22 Mansfield Harriers 'B' 44:33**, 1 Sharon Armitage (28) 15:32, 2 Catherine Hough (26) 15:03, 3 Helen Pritchett (22) 13:58, **23 Ripley RC 'B' 46:26**, 1 Alison Butlin (26) 14:58, 2 Claire Durose (25) 15:31, 3 Tanya Heaslip (23) 15:57, **24 Redhill Road Runners 47:56**, 1 Lisa Doyle (22) 13:48, 2 Joanne Stocks (24) 15:12, 3 Valerie Walker (24) 18:56, **25 Rushcliffe Ac 'B' 48:04**, 1 Caitlin Sorrel (29) 15:39, 2 Nazen Smith (27) 16:23, 3 Melissa Wyszynski (25) 16:02, **26 Kimberley & District Striders 'A' 49:02**, 1 MichelleTilbury (30) 16:39, 2 Claire Minoprio (28) 15:45, 3 Katie Newton (26) 16:38, **27 Bournville Harriers 'C' 50:04**, 1 Suz West (27) 15:23, 2 Linda Howell (29) 18:06, 3 Anna Mcmanus (27) 16:35, **28 Kimberley & District Striders 'B' 56:30**, 1 Gemma Blacow (31) 18:28, 2 Karen Layton (30) 19:18, 3 Ruth Tyson (28) 18:44, **Incomplete Teams: IlkestonRC**, 1 NicolaRoper (8) 12:26, 2 Yulia Ravenhill (9) 13:07, **Dulwich Runners Ac**, 1 Laura Vincent (10) 12:38 2 Ros Tabor (19) 14:45, **Salford Harriers & Ac**, 1 DeniseWakefield (21) 13:47, **Fastest of all legs**, 1 Lisa Palmerblount DerbyAC 10:38(3), 2 Sarah Murphy Vale Royal A 11:04(1), 3 E Renondeau Vale Royal A 11:12(3), 4 Andrea Hilldrup Vale Royal A 11:13(2), 5 Chrissie Dover Derby AC 11:29(2), 6 J Etherington Sunderland 11:40(1), 7 Harriet Hamilton Sale Harrie A 11:53(1), 8 Joanne Birtwistle Notts Ac A 12:01(2), 9 Vicky Haswell Sunderland 12:03(2), 10 Ruth Jones Nene Valley 12:04(1),

**W45 — Team Results — Final** (nn) is team position after the appropriate stage. **1 Dulwich Runners W45 36:12**, 1 Clare Elms (1) 11:06, 2 Angie Norris (2) 12:40, 3 Michelle Lennon (1) 12:26, **2 Bristol & West W45 36:28**, 1 Sarah Everitt (2) 11:41, 2 Clare Jolliffe (1) 11:53, 3 Tracy Allan (2) 12:54, **3 Derby AC W45 37:24**, 1 Louise Insley (3) 12:06, 2 Jill Burke (5) 13:23, 3 Tracy Hinxman (3) 11:55, **4 Notts AC W45 37:30**, 1 Sharon Orridge (7) 12:30, 2 Michelle Kruger (4) 12:45, 3 Jane Pidgeon (4) 12:15, **5 Huncote Harriers W45 38:39**, 1 Tina Tosh (11) 13:14, 2 Nicola Nealon (3) 11:44, 3 Helen Mercer (5) 13:41, **6 Holme Pierrepont W45 'A' 38:59**, 1 Christine Heaton (6) 12:26, 2 Serena Bignell (7) 13:23, 3 Ruth Brandon (6) 13:10, **7 Barnsley AC W45 39:18**, 1 Kerry Storrar (5) 12:25, 2 Carol Morrell (9) 14:15, 3 Lisa Skinner (7) 12:38, **8 Sale Harriers W45 'A' 39:32**, 1 Anne Chinoy (4) 12:17, 2 J Cordingley (6) 13:22, 3 Helen Reagan (8) 13:53, **9 Heanor RCW45 40:57**, 1 Jayne Lynas (10) 12:54, 2 Amanda Heading (10) 13:55, 3 Joanne Potter (9) 14:08, **10 Sparkhill Harriers W45 41:03**, 1 Jane Bartholomew (8) 12:38, 2 Clare Bovill (8) 13:53, 3 Pauline Hygate (10) 14:32, **11 Holme Pierrepont W45 'B' 41:48**, 1 Sue Chicken (13) 14:15, 2 Editha Vanloon (11) 13:29, 3 Amanda Hibbert (11) 14:04, **12 Matlock AC W45 43:58**, 1 Penny McCloy (14) 14:35, 2 Andrea Priestley (14) 14:29, 3 Kathryn Berrisford (12) 14:54, **13 Sale Harriers W45 'B' 44:29**, 1 Carla Ousey (12) 13:52, 2 Lynda Rowlinson (12) 14:13, 3 Marinda Breddy (13) 16:24, **14 Rotherham Harriers W45 44:47**, 1 D Elliott (9) 12:42, 2 JDutton (13) 16:21, 3 Gillian Neal (14) 15:44, **15 Rushcliffe Ac W45 46:10**, 1 Jo Davis (15) 15:51, 2 Viv Wardle (15) 15:19, 3 Kathryn Mellor (15) 15:00, **Fastest of all legs**, 1 Clare Elms DulwichR45 11:06(1), 2 Sarah Everitt Bristol&45 11:41(1), 3 Nicola Nealon HuncoteH45 11:44(2), 4 Clare Jolliffe Bristol&45 11:53(2), 5 Tracy Hinxman Derby AC 45 11:55(3), 6 Louise Insley Derby AC 45 12:06(1), 7 Jane Pidgeon Notts Ac 45 12:15(3), 8 Anne Chinoy Sale Harr 45 A 12:17(1), 9 Kerry Storrar Barnsley 45 12:25(1), 10 Christine Heaton Holme Pie 45 A 12:26(1), = Michelle Lennon Dulwich R 45 12:26(3)

**W55 — Team Results — Final** (nn) is team position after the appropriate stage. **1 Bingley Harriers W55 40:18**, 1 Sue Becconsall (1) 12:36, 2 Rebecca Weight (1) 13:45, 3 Mary Green (1) 13:57, **2 Newbury Ac W55 41:11**, 1 Anne Stewart-Power (2) 12:56, 2 Sarah, Fowler (2) 14:33, 3 Jenny Eaton (2) 13:42, **3 Holme Pierrepont W55 44:35**, 1 MaryMills (3) 15:11, 2 Julie McGeorge (3) 14:15, 3 Katie Holmes (3) 15:09, **4 City Of Hull Ac W55 52:43**, 1 C Hemingway (4)



16:53, 2 Denise Thompson (4) 18:54, 3 Judith Lawtey (4) 16:56, **Incomplete Teams: Mansfield Harriers W55** 1 Carol Fickling (5) 17:13 **Fastest of all legs**, 1 Sue Beconsall Bingley H55 12:36(1), 2 Anne Stewart-Power Newbury A55 12:56(1), 3 Jenny Eaton Newbury A55 13:42(3), 4 Rebecca Weight Bingley H55 13:45(2), 5 Mary Green Bingley H55 13:57(3), 6 Julie McGeorge Holme Pie 55 14:15(2), 7 Sarah Fowler Newbury A55 14:33(2), 8 Katie Holmes Holme Pie 55 15:09(3), 9 Mary Mills Holme Pie 55 15:11(1), 10 C Hemingway City Of Hu 55 16:53(1)

**W65 — Team Results — Final** (nn) is team position after the appropriate stage. **1 Westbury Harriers W65 46:29**, 1 Marilyn Palmer (3) 16:04, 2 Pat Gallagher (1) 15:53, 3 Shirley Hume (1) 14:32, **2 Worcester Ac W65 50:28**, 1 Elizabeth Bowers (1) 14:05, 2 Carole Clark (2) 18:50, 3 Margaret Crosswell (2) 17:33, **3 Roundhay Runners W65 52:29**, 1 Margaret Cook (2) 15:41, 2 Anne Lewis (3) 18:44, 3 Maureen Coffey (3) 18:04, **4 Hastings Runners W65 52:43**, 1 Sarah Marzaioli (4) 17:10, 2 Yocklin Richardson (4) 17:58, 3 C Sanderson (4) 17:35, **Fastest of all legs**, 1 Elizabeth Bowers Worcestre 65 14:05(1), 2 Shirley Hume Westbury 65 14:32(3), 3 Margaret Cook Roundhay 65 15:41(1), 4 Pat Gallagher Westbury 65 15:53(2), 5 Marilyn Palmer Westbury 65 16:04(1), 6 Sarah Marzaioli Hastings 65 17:10(1), 7 Margaret Crosswell Worcestre 65 17:33(3), 8 C Sanderson Hastings 65 17:35(3), 9 Yocklin Richardson Hastings 65 17:58(2), 10 Maureen Coffey Roundhay 65 18:04(3)

**M35 — Team Results — Final** (nn) is team position after the appropriate stage. **1 Notts Ac 49:30**, 1 Steve Long (4) 9:53, 2 John Muddeman (5) 10:15, 3 Colin Palmer (7) 10:15, 4 Tim Hartley (1) 9:35, 5 Alastair Watson (1) 9:32, **2 Sunderland Harriers & Ac 49:56**, 1 Ian Dixon (3) 9:45, 2 Robert Walker (2) 10:03, 3 Kevin Jeffress (1) 9:52, 4 Michael Thompson (4) 10:21, 5 Steven McMahon (2) 9:55, **3 Leicester Coritanian Ac 50:07**, 1 Chris Jordan (2) 9:44, 2 Gordon Lee (4) 10:18, 3 Chris Southam (6) 10:18, 4 Mark Johnson (2) 9:39, 5 Mark Powell (3) 10:08, **4 Leeds City AC 50:18**, 1 Jason Cherriman (12) 10:14, 2 Alan Buckley (6) 9:57, 3 Matt Lockyer (3) 9:51, 4 Liam O'Brien (6) 10:32, 5 Mike Burrett (4) 9:44, **5 Charnwood A C 50:21**, 1 Gary Burnett (7) 9:59, 2 Mark Couldwell (3) 9:53, 3 Peter Swaine (2) 9:49, 4 Spencer Newport (3) 10:19, 5 Paul Harmer (5) 10:21, **6 Salford Harriers & Ac 'A' 51:03**, 1 Jon Dance (9) 10:00, 2 Mathew Holt (8) 10:25, 3 Bruno Lima (5) 9:43, 4 John Lloyd (5) 10:20, 5 Robert Hughes (6) 10:35, **7 Birchfield Harriers 'A' 51:55**, 1 Orlando Corea (6) 9:58, 2 Andrew Peat (1) 9:47, 3 Matt Biggs (4) 10:19, 4 Lee Harris (7) 11:07, 5 Mike Morley (7) 10:44, **8 Hermitage Harriers 52:39**, 1 Paul Featherstone (1) 9:39, 2 Peter Armstrong (9) 10:55, 3 Dan Booth (9) 11:06, 4 Neil Doherty (9) 10:51, 5 Jason Williams (8) 10:08, **9 Salford Harriers & Ac 'B' 53:14**, 1 Billy McCartney (14) 10:21, 2 David Hudson (10) 10:28, 3 Paul Creighton (10) 10:51, 4 Philip West (10) 11:04, 5 Chris Tully (9) 10:30, 10 Wolverhampton & Bilston 'A' 53:17, 1 Jason Corns (18) 11:04, 2 Steve Forsyth (12) 10:16, 3 Rob Cartwright (11) 10:25, 4 Daniel Brazier (8) 10:42, 5 Gareth Briggs (10) 10:50, **11 Matlock AC 53:43**, 1 Dennis Belbin (25) 11:43, 2 John Thorpe (19) 10:47, 3 Ricky Wood (15) 10:58, 4 Ian Phillips (12) 9:52, 5 Colin Davenport (11) 10:23, **12 Bournville Harriers 'A' 53:57**, 1 Paul Thompson (10) 10:02, 2 Matthew Pollard (7) 10:15, 3 Iain Jones (8) 10:52, 4 Sean Rose (11) 11:43, 5 Stuart Pearson (12) 11:05, **13 Rushcliffe Ac 'A' 56:09**, 1 Marlon Dunkley (11) 10:03, 2 Graham Moffatt (11) 10:58, 3 Kevin Bowen (12) 11:41, 4 Paul Hendrick (14) 12:13, 5 David Greenwood (13) 11:14, **14 Sale Harriers Manchester 57:40**, 1 Matthew Oldham (17) 10:40, 2 Rob Fairbanks (14) 11:06, 3 Rob Marsden (18) 13:28, 4 Richard Clancy (17) 10:44, 5 Glen Savage (14) 11:42, **15 North Derbyshire RC 57:47**, 1 Chris Adams (5) 9:55, 2 Sam Passingham (21) 13:13, 3 Gary Elington (17) 11:58, 4 Ian Monaghan (19) 11:50, 5 Steven Gascoyne (15) 10:51, **16 Dulwich Runners Ac 58:44**, 1 Nicholas

Brown (28) 12:21, 2 Jonathan Whittaker (20) 10:23, 3 Thomas South (14) 10:35, 4 Alastair Locke (13) 10:53, 5 Andrew Murray (16) 14:32, **17 Birchfield Harriers 'B' 58:47**, 1 Alex Parker (15) 10:34, 2 Peter Dimpleby (15) 11:25, 3 Simon Rhodes (13) 11:16, 4 Rob Deakin (15) 11:55, 5 Dave McCarthy (17) 13:37, **18 Barnsley AC 59:34**, 1 Noel Adkins (19) 11:11, 2 Paul Fieldsend (23) 12:20, 3 Liam Tart (20) 11:57, 4 Mark Havenhand (20) 11:49, 5 David Brooksbank (18) 12:17, **19 Rotherham Harriers & Ac 1:00:00**, 1 Christopher Bott (30) 13:30, 2 Chris Griffiths (28) 11:26, 3 Ian Whyman (25) 11:23, 4 Howard Darwin (22) 12:25, 5 Dean Norton (19) 11:16, **20 Wolverhampton & Bilston 'B' 1:00:07**, 1 David Norman (21) 11:32, 2 Shaun Bennett (22) 11:39, 3 Mark Homer (22) 12:31, 4 Daniel Eccles (21) 12:14, 5 Ashley Atkinson (20) 12:11, **21 Kimberley & District Striders 'A' 1:00:27**, 1 Micheal Perry (26) 12:00, 2 Alan Hutchinson (24) 11:35, 3 Kevin Johnson (21) 11:59, 4 Lee Cutforth (18) 11:19, 5 Darren Dodsley (21) 13:34, **22 Ripley RC 1:01:35**, 1 Martin Penny (24) 11:39, 2 Paul Sorrell (17) 10:41, 3 Ian Wartonwoods (24) 13:46, 4 Matt Baker (24) 12:44, 5 Mick Wareham (22) 12:45, **23 Nuneaton Harriers 1:01:57**, 1 Andrew Massey (20) 11:19, 2 C Hamerhodes (26) 12:36, 3 A Glaister (27) 13:21, 4 Andrew Harris (26) 13:17, 5 Eric Fowler (23) 11:24, **24 Heanor RC 1:02:34**, 1 C Patterson (8) 10:00, 2 Tony Weatherston (16) 12:08, 3 Stephen Wardle (26) 14:14, 4 Eamon O'hlanon (25) 13:58, 5 Scott Wigman (24) 12:14, **25 Rolls Royce Harriers 1:04:19**, 1 Robin Carter (16) 10:37, 2 Ian Lambert (18) 11:44, 3 Steven Roebuck (23) 13:27, 4 Dean Smith (23) 12:58, 5 Andrew Norman (25) 15:33, **26 Long Eaton RC 1:04:44**, 1 Richard Howe (22) 11:35, 2 Philip Deakin (25) 12:11, 3 Michael Bland (19) 11:39, 4 Mathew Peel (27) 15:25, 5 Mark Kinch (26) 13:54, **27 Belper Harriers 1:04:55**, 1 Darren Singleton (27) 12:02, 2 Anthony Marchant (30) 13:22, 3 Zachary Naylor (28) 12:03, 4 Andrew Nash (28) 13:54, 5 Mark Beighton (27) 13:34, **28 Rushcliffe Ac 'B' 1:05:04**, 1 Ian Howe (29) 12:56, 2 Chris Pride (29) 12:22, 3 Darren Webster (29) 13:31, 4 Tim Sorrell (30) 14:50, 5 Stephen Dickens (28) 11:25, **29 Kimberley & District Striders 'B' 1:08:47**, 1 Paul Nicholls (31) 14:29, 2 Matthew Whitmill (31) 13:56, 3 Nick Crehan (31) 13:28, 4 David Saunders (31) 13:01, 5 Sandeep Chauhan (29) 13:53, **30 Bournville Harriers 'B' 1:09:00**, 1 Andrew Hall (23) 11:37, 2 Ian Mackenzie (27) 12:58, 3 Jon Seadon (30) 14:43, 4 Guy Marston (29) 13:48, 5 Barrie Roberts (30) 15:54, **Incomplete Teams: Coventry Godiva Harriers**, 1 Andrew Boon (13) 10:16, 2 Peter Eccleston (13) 11:22, 3 Simon Clarke (16) 12:13, 4 Jose Gonzalez (16) 11:33, **Fastest of all legs**, 1 Alastair Watson Notts Ac 9:32(5), 2 Tim Hartley Notts Ac 9:35(4), 3 Paul Featherstone Hermitage H 9:39(1), = Mark Johnson Leicester C 9:39(4), 5 Bruno Lima Salford Har A 9:43(3), 6 Chris Jordan Leicester C 9:44(1), = Mike Burrett Leeds City A 9:44(5), 8 Ian Dixon Sunderland 9:45(1), 9 Andrew Peat Birchfield A 9:47(2), 10 Peter Swaine Charnwood A 9:49(3)

**M45 — Team Results — Final**, (nn) is team position after the appropriate stage. **1 Leeds City AC M45 'A' 51:50**, 1 Jonathan Walton (2) 9:59, 2 Martin Roscoe (1) 10:14, 3 Andrew Grant (1) 9:37, 4 Darran Bilton (1) 11:16, 5 Gregory Hull (1) 10:44, **2 Salford Harriers & Ac M45 'A' 52:06**, 1 Mark Russell (3) 10:10, 2 Derek Crewe (4) 10:52, 3 Glyn Billington (3) 10:26, 4 Gerry O'Neill (2) 10:27, 5 Philip Leybourne (2) 10:11, **3 Southampton AC M45 52:47**, 1 Andrew Morganlee (4) 10:16, 2 James Smith (2) 10:11, 3 Robin Bentley (2) 10:58, 4 Peter Costley (3) 10:52, 5 David Blackman (3) 10:30, **4 Hermitage Harriers M45 56:01**, 1 Gavin Mcdermott (1) 9:54, 2 Ian Murdey (3) 10:52, 3 Dean Kelleher (5) 12:59, 4 Duncan Shorthose (5) 11:31, 5 Kristian Bravin (4) 10:45, **5 Richmond & Zetland M45 56:15**, 1 Tony Lambert (5) 10:25, 2 Mark Crawford (5) 10:49, 3 Ken Harker (4) 11:12, 4 Mark Forrest (4) 11:13, 5 Simon Withers (5) 12:36, **6 Long Eaton RCM45 56:50**, 1 Mark Lay (7) 11:07, 2 Ian Chant (6) 11:37, 3 Edmond Murden (6) 11:57, 4 Timothy Baggs

(6) 11:13, 5 Andrew Dickenson (6) 10:56, **7 Redhill Road Runners M45 57:49**, 1 Paul Newton (8) 11:11, 2 R Butterworth (8) 12:17, 3 Simon Nash (7) 11:13, 4 Peter McNally (7) 11:18, 5 Wayne Stott (7) 11:50, **8 Matlock AC M45 1:00:37**, 1 Andy Mellor (14) 12:27, 2 Greg Woodward (13) 12:31, 3 Geoff Cooper (10) 11:56, 4 Peter Wilmot (8) 12:12, 5 Karl Webster (8) 11:31, **9 RushcliffeAcM45 'A' 1:01:45**, 1 Danny McIntyre (13) 12:11, 2 Charlie Horner (12) 12:21, 3 Jonathan Maston (9) 12:21, 4 Neil Emery (9) 12:57, 5 Andy Wardle (9) 11:55, **10 Nene Valley Harriers M45 1:02:09**, 1 David Neal (11) 11:43, 2 Darryl Coulter (11) 12:28, 3 Paul Parkin (11) 12:53, 4 Barry Warne (10) 13:13, 5 Sean Beard (10) 11:52, **11 Rolls Royce Harriers M45 1:02:24**, 1 James Ward (12) 12:03, 2 Mark Skelton (9) 11:53, 3 Steve Wakefield (12) 13:43, 4 Michael Wood (11) 12:54, 5 Jon Leek (11) 11:51, **12 Coventry Godiva M45 1:04:13**, 1 John Wilson (10) 11:26, 2 Howard Andersen (10) 12:40, 3 Iwan Jones (8) 11:44, 4 Peter Banks (12) 15:20, 5 Martin Slevin (12) 13:03, **13 Belper Harriers M45 1:04:24**, 1 James Feeney (16) 13:07, 2 Richard Hickling (15) 13:46, 3 David Horton (15) 11:59, 4 Malcolm Weir (13) 13:04, 5 Mark Woodward (13) 12:28, **14 Rushcliffe Ac M45 'B' 1:06:16**, 1 Russell Tuffin (15) 12:56, 2 Nicolas Quilty (14) 12:25, 3 Colin Wootton (13) 13:08, 4 Martin Phillips (15) 14:27, 5 David Sweet (14) 13:20, **Incomplete Teams: Salford Harriers & Ac M45 'B'**, 1 Paul Birkett (9) 11:17, 2 David Lockett (7) 11:36, 3 Gary Thomason (14) 15:44, 4 Russell Derbyshire (14) 14:14, **Leeds City AC M45 'B'**, 1 Simon Ellis (6) 11:05, **Fastest of all legs**, 1 Andrew Grant Leeds Cit 45 A 9:37(3), 2 Gavin McDermott Hermitag 45 9:54(1), 3 Jonathan Walton Leeds Cit 45 A 9:59(1), 4 Mark Russell Salford H 45 A 10:10(1), 5 James Smith Southamp 45 10:11(2), = Philip Leybourne Salford H 45 A 10:11(5), 7 Martin Roscoe Leeds Cit 45 A 10:14(2), 8 Andrew Morganlee Southamp 45 10:16(1), 9 Tony Lambert Richmond 45 10:25(1), 10 Glyn Billington Salford H 45 A 10:26(3),

**M55 — Team Results — Final**, (nn) is team position after the appropriate stage. **1 Sheffield Rc M55 46:17**, 1 Les Morton (4) 12:13, 2 Gary Baker (3) 11:58, 3 Jed Turner (1) 11:08, 4 Chris Ireland (1) 10:58, **2 Warrington ACM55 47:24**, 1 Stephen Burthem (2) 11:38, 2 Mervyn Ward (2) 12:29, 3 David Gill (3) 12:34, 4 Colin Bishop (2) 10:43, **3 City Of Hull Ac M55 48:30**, 1 Carl Godley (1) 11:09, 2 Steve Rennie (1) 12:01, 3 John Smith (2) 12:59, 4 Paul Cartwright (3) 12:21, **4 Richmond & Zetland M55 49:08**, 1 Ian Scott (5) 12:15, 2 Mark Fayers (5) 12:13, 3 Graham Ewart (4) 12:31, 4 S Purkissmcendoo (4) 12:09, **5 Long Eaton RC M55 50:19**, 1 Richard Cliff (7) 12:31, 2 Alan Maplethorpe (6) 12:06, 3 David Riley (6) 13:12, 4 Richard Wilkinson (5) 12:30, **6 Leamington Cycling M55 50:52**, 1 Dave Potter (8) 12:41, 2 Peter Taylor (8) 12:27, 3 Antony Foster (9) 13:18, 4 Nicholas Tawney (6) 12:26, **7 Rotherham Harriers M55 50:54**, 1 Terry Eastwood (3) 12:05, 2 Peter Neal (4) 12:22, 3 John Comrie (5) 12:58, 4 David Nuttall (7) 13:29, **8 North Derbyshire M55 51:01**, 1 Paul Boden (10) 12:59, 2 Steve Bennett (10) 13:30, 3 Ian Lilley (11) 13:26, 4 Tim Clayton (8) 11:06, **9 Nuneaton Harriers M55 51:25**, 1 Peter Barzetovic (6) 12:23, 2 Steven Hargrave (7) 12:29, 3 Mark Bailey (7) 13:09, 4 Nicholas Wilson (9) 13:24, **10 Matlock AC M55 51:39**, 1 Andy Hodkin (9) 12:55, 2 John Hurley (9) 13:02, 3 Chris Hallas (8) 12:10, 4 John Birch (10) 13:32, **11 Sparkhill Harriers M55 'A' 52:51**, 1 Andrew Wadsworth(11) 13:01, 2 Andy Carroll (11) 13:38, 3 Robert Mills (10) 13:10, 4 Grahame Hygate (11) 13:02, **Incomplete Teams: Sale Harriers M55**, 1 Frank Cordingley (12) 13:11, **Fastest of all legs**, 1 Colin Bishop Warringt 55 10:43(4), 2 Chris Ireland Sheffield 55 10:58(4), 3 Tim Clayton North Der 55 11:06(4), 4 Jed Turner Sheffield 55 11:08(3), 5 Carl Godley City Of Hu 55 11:09(1), 6 Stephen Burthem Warringt 55 11:38(1), 7 Gary Baker Sheffield 55 11:58(2), 8 Steve Rennie City Of Hu 55 12:01(2), 9 Terry Eastwood Rotherha 55 12:05(1), 10 Alan Maplethorpe Long Eato 55 12:06(2)

**M65 — Team Results — Final**, (nn) is team position after the appropriate stage. **1 Oxford City AcM65 37:37**, 1 Stewart Thorp (2) 11:51, 2 Roy Treadwell (1) 13:09, 3 John Exley (1) 12:37, **2 Barnet & District M65 37:58**, 1 Desmond Michael (5) 12:22, 2 Melfin Davies (2) 13:25, 3 David Wilcock (2) 12:11, **3 Salford Harriers M65 'A' 39:49**, 1 Stanley Owen (1) 11:44, 2 Roland Bowness (3) 14:14, 3 Michael Wakefield (3) 13:51, **4 Halesowen M65 41:25**, 1 JohnHill (4) 12:12, 2 Paul Allen (4) 13:55, 3 David Lloyd (4) 15:18, **5 Sale Harriers M65 41:51**, 1 Michael Curley (6) 12:38, 2 Michael Dunne (5) 14:35, 3 Geoffrey Beattie (5) 14:38, **6 Bingley Harriers M65 42:08**, 1 Peter Ellerton (7) 14:41, 2 Stuart Thompson (6) 13:42, 3 Donald Johnson (6) 13:45, **7 Bristol & West Ac M65 43:59**, 1 David Hart (9) 15:59, 2 Mike Chipping (8) 13:54, 3 Tom Burgess (7) 14:06, **8 Notts Ac M65 45:46**, 1 David Oxland (3) 12:03, 2 Lawrie Dunn (7) 16:32, 3 Ken Allen (8) 17:11, **9 Salford Harriers M65 'B' 47:30**, 1 Tommy Daniels (8) 15:38, 2 Terry Dermody (9) 15:43, 3 Vincent Murphy (9) 16:09, **Incomplete Teams, Salford Harriers M65 'C'**, 1 Dennis Moran (10) 17:43, 2 Stewart Darlington (10) 15:45, **Fastest of all legs**, 1 Stanley Owen Salford M65 A 11:44(1), 2 Stewart Thorp Oxford C M65 11:51(1), 3 David Oxland Notts Ac M65 12:03(1), 4 David Wilcock Barnet & M65 12:11(3), 5 John Hill Halesow M65 12:12(1), 6 Desmond Michael Barnet & M65 12:22(1), 7 John Exley Oxford C M65 12:37(3), 8 Michael Curley Sale Har M65 12:38(1), 9 Roy Treadwell Oxford C M65 13:09(2), 10 Melfin Davies Barnet & M65 13:25(2),

**M75 — Team Results — Final**, (nn) is team position after the appropriate stage. **1 Bingley Harriers M75 45:38**, 1 David Barber (1) 17:16, 2 Mike Smith (1) 14:36, 3 Les Haynes (1) 13:46, **Fastest of all legs**, 1 Les Haynes Bingley H75 13:46(3), 2 Mike Smith Bingley H75 14:36(2), 3 David Barber Bingley H75 17:16(1)

## Constitution Changes - Ian Richards OLY - Vice Chairman

At the last AGM two sets of changes to the Constitution were approved. The first set were of a technical nature regarding finance and were intended to bring the BMAF's accounting procedures into line with current practices and to help reduce the likelihood of the BMAF having to pay VAT. The second set gave the Council the authority to allow the Executive to establish an incorporated organisation if it felt it would be beneficial in running the Federation.

The Federation, as it is currently established, is an unincorporated organisation which means that it has no legal standing. This means that in any contract disputes, it is the individual Officers of the Federation and possibly members of Committees who entered into or authorised contracts who carry any liabilities and only they can bring actions or be sued. A similar scenario applies to settlement of debts in excess of the Federation's funds. By contrast, an incorporated organisation, such as a company, is a legal entity that can limit its liabilities, enter into contracts as a company, take legal actions and be sued.

For these reasons, at the October meeting of the Council, the Executive sought permission to establish a service company that would manage some of the activities of the BMAF, particularly event organisation. That request has been agreed and we are now in the process of establishing a Service Company by Limited Guarantee. This will be of



significant benefit from a legal, good governance and liability protection perspective and should make it easier to engage with third parties who are not always keen with organisations that are not legal entities. Further details will be made about the structure of the company once this has been agreed and the company has been approved by Companies House.

### **BMAF Partnerships with Athletics Weekly and Manchester Metropolitan University**

The BMAF Executive Committee has decided to continue its partnership with AW for 2019. Each month there will be a half page full colour advertisement listing the dates and venues of the main area club, BMAF and international championships, featuring a relevant photo, indoor track and field in the winter, outdoor championships in the spring and summer, cross country in the autumn and road and race walking at appropriate dates. AW will provide hard copies of the magazine for distribution at many fixtures.

MMU has conducted research on athletes at European and World Championships at different venues since 2004 and since 2015 the BMAF has been working with MMU in the UK on their research projects. Many athletes have taken part in this work, gaining more information about their own health and MMU has discovered more knowledge about different aspects of the health of older athletes. MMU is interested in promoting a closer relationship with the BMAF and the BMAF is in full agreement with that. MMU will provide hard copies of their summary research brochure containing the latest findings at many fixtures.

MMU also wishes to have its research reports published in AW and AW is keen to work closely with MMU on that. Reports will not appear regularly, but at times to be decided by AW and MMU.

Arthur Kimber

### **Four year ban for New Zealand Masters athlete**

New Zealand Customs intercepted a package addressed to a 44-year-old Masters runner, Brendon Keenan. He admitted to ordering Erythropoietin (EPO) online from an overseas source and has now been banned from all sport for four years for possessing and attempting to use the drug, a substance prohibited in sport at all times. He claimed it was for medical purposes. He has now been stripped of the two silver and one bronze medal he won at the NZ Track & Field Championships last March and his 2nd place in the marathon in Rotorua in May. His times were 4.51.15 for the 1500m and 18.01.06 in the 5000m. There is no record of him having competed in any WMA Championships.

Bridget Cushen

### **EMA Best Masters Awards 2018 - Throws**

Both athletes, Evaun Williams and Norbert Demmel, saw the World Masters Championships in Málaga as their highlight of 2018 and were extremely successful.

Evaun Williams broke four W80 world records at the World Masters Athletic Championships in Málaga: Shot put, hammer, javelin and weight throw.

Norbert Demmel improved the world record in Throw Pentathlon in Málaga well beyond the 5000 points mark and was three times world champion and once vice-world champion. Gold: pentathlon, discus, weight throw. Silver: shot put.

#### **Evaun William (W80, GBR)**

World records in 2018

Shot put (10.07) – World Record – Málaga /ESP

Hammer (37.85) – World Record – Málaga /ESP

Javelin (26.06) – World Record – Málaga /ESP

Weight Throw (12.68) – World Record – Málaga /ESP

World Champion in 2018

In Málaga at WMAC Evaun William won four World titles: shot put, hammer throwing, javelin throwing, throwing weight.

Evaun Williams' major highlight in 2018 was the world meet in Málaga where she took every of her four golds in a world record. She is also the holder of six world Age Group records below W80: Shot put W70 indoor, hammer W70 and W75, javelin W75, weight throw W55 and W70.

#### **Norbert Demmel (M55, GER)**

World and European records in 2018

Throw-Pentathlon (5.103) – World record - Málaga

World Champion in 2018

Throw-Pentathlon (5.103) - World Champion in Málaga

Discus (53.27) - World Champion in Málaga

Weight throw (19.21) - World Champion in Málaga

The gold medals of Norbert Demmel in Málaga in the discus and weight throw and his silver in the shot put already indicated a best performance in the throw pentathlon. And so it came to an extraordinary M55 world record with 5.103 points, almost 1000 points more than the second.

Norbert Demmel had already set a world record in Zella Mehlis at the German Championships 2018 with 4.938 points. At WMAC 2018 was followed by a renewed increase of 165 points with the first time exceeding the 5000 points mark.



Manchester  
Metropolitan  
University

# Strong and Balanced Training

A guide to healthy  
and active ageing  
for Master athletes

Looking after your  
muscles, bones and  
nervous system into  
old age



## New Research Suggests a Rethink for Masters Activity Levels -

Ian Richards OLY - BMAF Vice Chairman

It has long been the mantra that the right level of rest and recovery is the key for maximising performance as masters age. However, new research published by eminent sports scientists at Manchester Metropolitan University working in partnership with the BMAF, suggests that a rethink of activity levels outside of sport specific training may be beneficial for both health and performance. In a new brochure, entitled ***“Strong and Balanced Training – a guide to healthy and active ageing for Masters athletes (looking after your muscles, bones and nervous systems into old age)”***, it states that: -

*“While exercise is good for health, specialisation in Masters athletics may come at the expense of underdevelopment of some organ systems. For example, Masters endurance runners are rewarded by a very lean physique (low body fat) and cardiovascular health, but they have low muscle and bone strength, and balance. Throwers meanwhile are typically strong with good bone health, but leanness and cardiovascular system are more of a problem”*

Masters athletes have been capturing the interest of different research bodies for many years. At most masters international Masters championships there is now usually a research team conducting in depth testing trying to discover the benefits of intense training into older age so that it can be used in making recommendations to health bodies and others to help the general population live healthier lives. Interestingly in Malaga there was a research team from the German National Aeronautics and Space Research Centre who are trying to find ways to counter the effects of lengthy space flights on astronauts which are similar to those of ageing. Master athletes who defy the normal loss of muscle mass due to ageing are particularly interesting. Research shows, for example, that the decrease in leg muscle mass starts at around age 40 and progresses so that an average 80 year old has about 40% smaller muscles. On the other hand, muscle size of masters sprinters and older people involved in regular strength training can be similar to those in much younger non-athletic people. This illustrates that the type of exercise affects the way the body adapts, even in older age.

Manchester Met have been carrying out research into musculoskeletal sciences and physical activity for more than 20 years. Their latest project, which has been funded by the UK Medical Research Council through the Life Long Health and Wellbeing Initiative, has compared the results of over 300 masters athletes to those of over 3000 people from the general public. Information has been gathered at both the university and championships. On this occasion, as an additional feature of their research, working with the BMAF they have generously published a brochure that interprets their findings specifically for the benefit of master athletes themselves. Although the research focuses on 70 year olds, it will be of interest to any masters over age 50. Research shows that muscle function tends to increase until around age 25, plateaus until about age 50 where a year on year decline because of the effect of ageing begins.

One particular discovery is that older people who train often reduce their physical activity levels outside their training hours. This becomes more remarked once they retire. Retirement often results in increased training because of the extra time available but even that frequently is insufficient to compensate for the reduction in daily routine activity that arises when you stop working. As a result their non event specific fitness level becomes similar or even less than that of a non-training person. This will have an impact on both their general health and sporting performance. The research points to significant differences between athletes competing in different events. It is suggested that a few simple tweaks to your training programme could make a big difference. For example, when you have the opportunity to train at any time of the day, it maybe advantageous if you trained later in the day as this is likely to make you more active during the rest of the day, a daily pattern more like when you were working and training in the evenings.

It does not seem that we can do much to prevent the loss of nerves in our legs during ageing but we certainly can help to maintain nerve-muscle connections. The key is to remain active and it doesn't seem to matter if activities are endurance or sprint/power or resistance based. We can also learn to better control the nerves that remain by practising new balance and co-ordination exercises with excellent examples being Tai Chi and dancing.

To maintain good bone health we need to introduce regularly high forces on the bone. It is recommended that masters athletes, and in particular those in endurance events, include some high impact activity such as hopping for a minute or two each day to increase the bone strengths of the legs, hips and spine.

These are just a few of the tips in the brochure and accompanying slide presentation that can be found on the BMAF website. Time spent reading them will be well spent. Printed versions will become available and how they might be obtained will be advised on the website.

### **British and Irish Masters Cross-Country International - Swansea - 17<sup>th</sup> Nov 2018 - Photos: David Aspin**

The England Masters team dominated the team events in Swansea, but there were some notable individual performances from athletes from other parts of the British Isles too.

Northern Ireland's Mark McKinstry, making his debut in an international masters vest, ran fastest of the day to claim the M35 title and finish the 8km course in 25.10. The North Belfast Athletic Club member, who has been a regular race winner in the province, helped Northern Ireland to team M35 Bronze.

Ireland's Teresa Doherty won the 6km women's race and W40 title in 21.19, closely followed by England's Kirsty Longley (W40). The W35 category was won by Scotland's Michelle Sandison with Jessica Franklin and Lara Bromilow, both in England vests, taking silver and bronze respectively.

The M40 medals went to England athletes Alastair Watson, Will Smith and Nick Jones. It was a clean sweep for the W45 race too, with Kate Rennie, Julie Dixon and Jacqueline Rockliffe on the rostrum.

James Skinner (England) won gold in the M45 category in 26.25 with Scotland's Scott Brember taking silver and Simon Baines (Eng) bronze.

Kathryn Bailey (Eng) ran 22.53 to win the W50 category from Ireland's Carmel Crowley. Third was Clare Elms (Eng). The same age category for the men saw Tim Hartley finish in 26.38, ahead of Northern Ireland's Steve Cairns and England's Andrew Leach.

The W55 category was won convincingly by Scotland's Fiona Matheson with Niamh O'Sullivan (Ireland) taking silver and Monica Williamson (England) bronze.

Ireland's Mick Byrne ran 28.25 to win the M55 category, ahead of two English athletes, Scott Smith-Bannister and Guy Woods.

Pauline Moran (Ireland) was a commanding winner of the W60 category finishing fifty seconds ahead of England's Caroline Wheelhouse. Lynda Hembury (Eng) won bronze.

Scottish athlete Alastair Walker won the M60 category from Northern Ireland's Laurence Johnston. Bronze went to England's Paul Merrison.

The W65 category winner was Yuko Gordon (England). Silver went to Scotland's Ann White and bronze to Dorothy Kesterton (England).

Wales only winner was Alan Davies who ran 22.35 to clinch the M65 category. He was followed home by two English athletes, Nigel Gates and David Butler.

Multiple World record holder Angela Copson won the W70 category ahead of English team-mate Dot Fellows. Bronze went to Christine Birch (Wales).

Ben Grant won the M70 category for England with Ireland's Martin McEvilly taking silver and Scotland's Alex Sutherland bronze.

The M75 category was won by Robert Young (Scotland) with Emyr Davies (Wales) and Phil Brennan (England) taking silver and bronze respectively. Wales also won the team event for this category.

#### **Race 1: Women, M65+**

1 Teresa Doherty IRL W40 21:19.00, 2 Kirsty Longley ENG W40 21:24.00, 3 Michelle Sandison SCO W35 21:49.00, 4 Jessica Franklin ENG W35 21:58.00, 5 Lara Bromilow ENG W35 22:11.00, 6 Sara Doohan IRL W35 22:17.00, 7 Louise Rudd ENG W40 22:22.00, 8 Fiona Kehoe IRL W35 22:26.00, 9 Sarah Jane Murphy ENG W40 22:31.00, 10 Alan Davies WAL M65 22:35.00, 11 Michelle Kenny IRL W35 22:44.00, 12 Carol Parsons SCO W40 22:45.00, 13 Gemma McDonald NIR W35 22:47.00, 14 Nigel Gates ENG M65 22:49.00, 15 Elizabeth Renondeau ENG W35 22:49.00, 16 Karen Costello IRL W40 22:51.00, 17 Helen Marshall WAL W35 22:52.00, 18 Kathryn Bailey ENG W50 22:53.00, 19 Sara Green SCO W35 23:03.00, 20 David Butler ENG M65 23:04.00, 21 Kate Rennie ENG W45 23:06.00, 22 Julie Dixon ENG W45 23:07.00, 23 Carmel Crowley IRL W50 23:09.00, 24 Rebecca Luxton ENG W35 23:11.00, 25 Fiona





*Emyr Davies - M75 Silver and Team Gold for Wales*



*Steve Cairns (Northern Ireland) M50 Silver - Tim Hartley (5015) Gold - Andrew Leach (5016) Bronze*





*Michelle Sandison - W35 winner*

Matheson SCO W55 23:15.00, 26 Jacqueline Rockliffe ENG W45 23:18.00, 27 Caitriona Devine IRL W40 23:19.00, 28 Breda Gaffney IRL W45 23:22.00, 29 Clare Elms ENG W50 23:23.00, 30 Caroline Donnellan IRL W40 23:31.00, 31 Laura McDonnell IRL W35 23:34.00, 32 Annette Kealy IRL W50 23:37.00, 33 Jodi Smith NIR W35 23:39.00, 34 Jennifer Hamilton NIR W45 23:40.00, 35 Stanley Owen ENG M65 23:40.00, 36 Paul Whelpton ENG M65 23:48.00, 37 Jennifer MacLean SCO W40 23:50.00, 38 Jackie Carthy IRL W45 23:53.00, 39 Paul Elliott IRL M65 23:57.00, 40 Megan Wright SCO W45 23:58.00, 41 Sandra Chipper WAL W45 23:58.00, 42 Niamh O'Sullivan IRL W55 23:59.00, 43 Joanne Donnelly WAL W40 23:59.00, 44 Michelle Lannon IRL W45 24:01.00, 45 Susan McDonald ENG W50 24:08.00, 46 Mary McCutcheon SCO W50 24:13.00, 47 Monica Williamson ENG W55 24:15.00, 48 Andrew McLinden SCO M65 24:16.00, 49 Sarah Kearney WAL W40 24:19.00, 50 Emer McGee IRL W50 24:20.00, 51 Natalie Hall NIR W35 24:21.00, 52 Kathryn Stephenson ENG W45 24:21.00, 53 Karen Kennedy SCO W45 24:24.00, 54 Emma Crowe WAL W45 24:26.00, 55 Jacqueline Etherington SCO W40 24:29.00, 56 Pauline Thom NIR W45 24:32.00, 57 Gemma Brown WAL W35 24:33.00, 58 Kay Byrne IRL W55 24:34.00, 59 Louise Ross SCO W40 24:35.00, 60 Anthony Martin SCO M65 24:38.00, 61 Marie Johnston IRL W50 24:39.00, 62 Susan Ridley SCO W50 24:42.00, 63 Emilia Dan IRL W45 24:45.00, 64 Romy Beard SCO W35 24:46.00, 65 Ben Grant ENG M70 24:47.00, 66 Allie Chong SCO W45 24:49.00, 67 Carole Page ENG W55 24:51.00, 68 Peter Gray NIR M65 24:51.00, 69 Fee Maycock ENG W50 24:53.00, 70 Georgie Dando WAL W40 24:58.00, 71 Terry Eakin NIR M65 24:59.00, 72 Martin Kerr IRL M65 25:00.00, 73 Caroline



*Angela Copson - W70 winner*

Wood ENG W55 25:03.00, 74 Denise Logue NIR W40 25:04.00, 75 Nicola Jukes WAL W45 25:06.00, 76 Geraldine Quigley NIR W40 25:08.00, 77 Patricia Blair NIR W40 25:10.00, 78 Pauline Moran IRL W60 25:11.00, 79 Debbie Matchett NIR W50 25:12.00, 80 Llinos Jones WAL W35 25:13.00, 81 Jane Horler WAL W45 25:17.00, 82 Robert Evans WAL M65 25:18.00, 83 Martin McEvilly IRL M70 25:22.00, 84 Helen-Marie Davies WAL W40 25:22.00, 85 Anne Howie SCO W55 25:24.00, 86 Niki Morgan WAL W50 25:26.00, 87 Rhona Anderson SCO W50 25:32.00, 88 Ange Norris ENG W55 25:36.00, 89 Donna Morris WAL W35 25:39.00, 90 Alex Sutherland SCO M70 25:43.00, 91 Heather Kelly NIR W50 25:43.00, 92 Pamela McCrossan SCO W55 25:45.00, 93 George Nixon WAL M65 25:50.00, 94 Mary Western SCO W55 25:54.00, 95 Ceri Cook WAL W50 25:56.00, 96 Caroline Wheelhouse ENG W60 26:01.00, 97 Mike MacDomhnaill IRL M65 26:05.00, 98 Mick Casey ENG M70 26:05.00, 99 Ed Norton SCO M65 26:13.00, 100 Cath Wheeler WAL W55 26:14.00, 101 Mike Murphy WAL M65 26:23.00, 102 Karen Dobbie SCO W50 26:24.00, 103 Lynda Hembury ENG W60 26:26.00, 104 Libby Crees WAL W50 26:27.00, 105 Matt Alexander IRL M65 26:30.00, 106 Sue Haslam ENG W60 26:31.00, 107 Brian Todd NIR M65 26:34.00, 108 Paula McGilloway IRL W55 26:36.00, 109 Ann Sullivan IRL W55 26:43.00, 110 Emma Collins WAL W55 26:54.00, 111 Helen Byers NIR W40 26:58.00, 112 Martina Elliott NIR W55 27:02.00, 113 Maria Anthony WAL W50 27:04.00, 114 Arlene Lewis SCO W45 27:11.00, 115 Tom Hunt IRL M70 27:21.00, 116 Richard Piotrowski ENG M70 27:33.00, 117 Yuko Gordon





*Ben Grant (M70) winner and Romy Beard (Scotland)*

ENG W65 27:34.00, 118 Stewart McCrae SCO M70 27:38.00, 119 Rhonda Brady NIR W45 27:40.00, 120 Isobel Burnett SCO W60 27:41.00, 121 Noreen Bonner IRL W60 27:43.00, 122 Angela Copson ENG W70 27:54.00, 123 Robert Young SCO M75 27:57.00, 124 Ann White SCO W65 28:05.00, 125 Julie Scholey WAL W55 28:08.00, 126 Patricia Brown NIR W60 28:12.00, 127 Emyr Davies WAL M75 28:18.00, 128 Dorothy Kesterton ENG W65 28:23.00, 129 Linden Nicholson SCO W65 28:29.00, 130 Margaret Glavey IRL W65 28:32.00, 131 Judith Nixon NIR W45 28:33.00, 132 Penny Forse ENG W65 28:33.00, 133 Steve Herington ENG M70 28:35.00, 134 Margaret Martin SCO W60 28:36.00, 135 Innes Bracegirdle SCO W60 28:36.00, 136 Sheelagh Jones IRL W60 28:42.00, 137 Kathryn Morton ENG W65 28:47.00, 138 Carol Clarke NIR W50 28:51.00, 139 Paul Allen WAL M70 28:54.00, 140 Diane Baldwin ENG W60 28:55.00, 141 Eileen Kenny IRL W65 29:00.00, 142 Richard Bowen WAL M70 29:01.00, 143 Linda Tyler WAL W55 29:03.00, 144 Ros Tabor ENG W65 29:06.00, 145 Fiona Davies WAL W60 29:14.00, 146 Mary Lynch IRL W65 29:17.00, 147 Phil Brennan ENG M75 29:18.00, 148 Mary Jennings IRL W60 29:20.00, 149 Richard Mullins IRL M70 29:23.00, 150 Dawn Kenwright WAL W60 29:47.00, 151 Dot Fellows ENG W70 30:01.00, 152 Bernie Regan NIR W55 30:05.00, 153 Hazel Imeson NIR W60 30:06.00, 154 Ann d'Albuquerque WAL W65 30:17.00, 155 Mick Duggan IRL M75 30:26.00, 156 Morna Fleming SCO W65 30:29.00, 157 Andrea Webster WAL W60 30:45.00, 158 Susan Linklater SCO W60 30:49.00, 159 Brian Gough WAL M75 30:49.00, 160 Pat Healy IRL M70 30:51.00, 161 Michael Johnson ENG M75 30:51.00, 162 Jim Scobie SCO M75 30:51.00, 163 Hazel Davies WAL W65



*Kathryn Bailey (W50) winner and Helen Marshall (Wales)*

30:52.00, 164 Christine Birch WAL W70 30:53.00, 165 Bridgeen Byrne NIR W55 30:58.00, 166 Peter Moody WAL M75 31:17.00, 167 Tony Gray NIR M70 31:25.00, 168 Francis Boal NIR M70 31:28.00, 169 Anne Dockery ENG W70 31:29.00, 170 Roisin Lynch IRL W65 31:30.00, 171 Gareth Hughes WAL M70 31:31.00, 172 Caroline Dallimore WAL W60 31:38.00, 173 Ray Elston ENG M75 32:00.00, 174 Ann James WAL W65 32:31.00, 175 Liz Corbett SCO W70 32:40.00, 176 Archie Jenkins SCO M65 32:40.00, 177 Evelyn McNelis IRL W70 32:44.00, 178 Kathleen O'Brien IRL W70 32:49.00, 179 Barrie Roberts WAL M75 33:20.00, 180 Ken Chapman ENG M75 33:22.00, 181 Joan Coyle IRL W70 33:26.00, 182 Peter Cartwright SCO M75 33:38.00, 183 Martin Keane IRL M75 33:41.00, 184 June Comiskey IRL W70 33:58.00, 185 Pauline Rich ENG W70 34:03.00, 186 Anne Docherty SCO W70 34:15.00, 187 Brenda Avery WAL W65 34:50.00, 188 Margaret Robertson SCO W70 35:07.00, 189 Brigid Quinn NIR W70 35:12.00, 190 Dic Evans WAL M70 36:49.00, 191 Ian Leggett SCO M75 36:52.00, 192 Margaret Oliver WAL W70 37:34.00, 193 Annie Conroy WAL W70 38:52.00, 194 Jim Langan IRL M75 39:20.00, 195 Ann Bath SCO W70 40:07.00, 196 Claire Johnson WAL W70 44:45.00

#### **Race 2: M50, M55, M60**

1 Tim Hartley ENG M50 26:38.00, 2 Steve Cairns NIR M50 27:07.00, 3 Andrew Leach ENG M50 27:15.00, 4 Julian Richardson ENG M50 27:50.00, 5 Dermot Hayes IRL M50 28:01.00, 6 Mark Symes ENG M50 28:03.00, 7 Philip Leybourne ENG M50 28:05.00, 8 Paul Thompson ENG M50 28:06.00, 9 Mick Byrne IRL M55 28:25.00, 10 Duncan Bell NIR M50 28:27.00, 11 Jeff Wherlock WAL M50 28:28.00,





Robert Young - M75 winner

12 Darren Rowlands WAL M50 28:29.00, 13 Lee Aherne WAL M50 28:32.00, 14 Neil Carty NIR M50 28:36.00, 15 Scott Smith-Bannister ENG M55 28:40.00, 16 Guy Woods ENG M55 29:02.00, 17 Andrew White SCO M50 29:06.00, 18 John Convery ENG M55 29:15.00, 19 Phelim Glynn IRL M50 29:25.00, 20 Ian Egan IRL M50 29:27.00, 21 Alastair Walker SCO M60 29:30.00, 22 Stephen Allen SCO M50 29:31.00, 23 David Clarke NIR M55 29:42.00, 24 Ross McEachern SCO M50 29:44.00, 25 Kevin McGlone IRL M50 29:44.00, 26 James Wallace NIR M55 29:44.00, 27 Roger Farrington WAL M55 29:52.00, 28 Bernard Brady NIR M50 29:53.00, 29 Noel Connor NIR M55 29:55.00, 30 Alexander Chalmers SCO M50 29:56.00, 31 James Turtle NIR M50 30:02.00, 32 Laurence Johnston NIR M60 30:02.00, 33 Kieran Carlin IRL M50 30:06.00, 34 Paul Merrison ENG M60 30:08.00, 35 Ifan Lloyd WAL M55 30:14.00, 36 Seanie Meyler NIR M50 30:17.00, 37 Howard Elliott SCO M50 30:19.00, 38 Peter Clarke IRL M50 30:21.00, 39 Martin McDonald IRL M60 30:26.00, 40 Gareth Williams WAL M50 30:27.00, 41 Michael McLoone SCO M55 30:31.00, 42 Stephen Watmough ENG M55 30:33.00, 43 Gerard Maloney IRL M55 30:34.00, 44 Steven Worsley SCO M55 30:37.00, 45 Jeremy Mower WAL M50 30:41.00, 46 David Eckersley SCO M55 30:53.00, 47 Stan MacKenzie SCO M55 30:59.00, 48 Kevin Newman ENG M60 31:01.00, 49 Martyn Hughes-Dowdle WAL M50 31:28.00, 50 Michael Bridgeland ENG M60 31:32.00, 51 Jeff Farquhar SCO M60 31:43.00, 52 Ian Johnston SCO M50 31:48.00, 53 Paul Thompson SCO M60 32:02.00, 54 Willie O'Donoghue IRL M55 32:08.00, 55 Alexander Chisholm SCO M60 32:13.00, 56 Chris Keeling IRL M60 32:17.00, 57 Bryan Edgar NIR M55 32:25.00, 58 Kneath Philippart WAL M60 32:36.00,



Yuko Gordon - W65 winner

59 John Collins IRL M60 32:50.00, 60 Austin Soane ENG M60 32:53.00, 61 Whitehouse Royston WAL M55 32:59.00, 62 Elio Lepore WAL M60 33:09.00, 63 James Cottle IRL M60 33:15.00, 64 Ambrose Heagney IRL M55 33:17.00, 65 Christopher Purse WAL M60 33:26.00, 66 Owen McNally NIR M60 33:58.00, 67 Kevin Hesketh WAL M60 34:01.00, 68 Robert Wilson NIR M60 34:23.00

### Race 3: M35-M45

1 Mark Mckinstry NIR M35 25:10.00, 2 Phil Matthews WAL M35 25:40.00, 3 Alastair Watson ENG M40 25:52.00, 4 Michael Harty IRL M35 26:06.00, 5 Will Smith ENG M40 26:10.00, 6 Conrad Franks ENG M35 26:15.00, 7 Rossa Hurley IRL M35 26:21.00, 8 James Skinner ENG M45 26:25.00, 9 Robert Warner ENG M35 26:29.00, 10 Paul Moloney IRL M35 26:32.00, 11 Nick Jones ENG M40 26:33.00, 12 Scott Brember SCO M45 26:34.00, 13 Paul Featherstone ENG M40 26:36.00, 14 Michael Joyeux ENG M35 26:36.00, 15 Grant Baillie SCO M35 26:39.00, 16 Kevin Jeffress ENG M35 26:41.00, 17 James Thie WAL M40 26:41.00, 18 Simon Baines ENG M45 26:43.00, 19 Mike Burrett ENG M40 26:45.00, 20 Allan Bogle NIR M35 26:47.00, 21 Darrell Hastie SCO M35 26:48.00, 22 James Doran IRL M35 26:51.00, 23 Mike Houston SCO M35 26:52.00, 24 Stephen Skates WAL M40 26:52.00, 25 Ciaran Doherty IRL M40 26:54.00, 26 John Craig NIR M35 26:55.00, 27 Graeme Murdoch SCO M40 26:56.00, 28 Chris McGuinness NIR M35 27:02.00, 29 Phil Burden ENG M40 27:03.00, 30 Tim Twomey IRL M35 27:04.00, 31 Seamus Somers IRL M45 27:05.00, 32 Simon Lewis WAL M40 27:06.00, 33 Donnie MacDonald SCO M40 27:07.00, 34 Andrew Grant ENG M45 27:09.00, 35 Christopher





Alan Davies - M65 winner



Fiona Matheson - W55 winner

Devine SCO M40 27:11.00, 36 Eamon White NIR M45 27:12.00, 37 Tegid Jones WAL M40 27:21.00, 38 Chris Mooney SCO M35 27:24.00, 39 Darran Muir SCO M40 27:31.00, 40 Niall Sheil IRL M40 27:36.00, 41 Niall Lynch IRL M45 27:37.00, 42 Richard Jackson-Hookins WAL M35

27:39.00, 43 Eamon McAndrew IRL M40 27:41.00, 44 Ciaran McGonagle IRL M40 27:42.00, 45 Robbie Paterson SCO M35 27:43.00, 46 Dave Bennett WAL M40 27:44.00, 47 Stephen Kelly IRL M40 27:47.00, 48 Paul Buckley IRL M40 27:50.00, 49 Tony Reilly IRL M45 27:51.00, 50 Malcolm Lang SCO M40 27:56.00, 51 Stephen Nicholson NIR M35 27:57.00, 52 Gary Henderson NIR M45 27:57.00, 53 Gavin Mcdermott NIR M45 27:58.00, 54 Daniel Triggs WAL M35 28:02.00, 55 Paul Coon ENG M35 28:04.00, 56 Nigel McKibbin NIR M45 28:07.00, 57 Justin Carter SCO M45 28:17.00, 58 Joe Cunningham IRL M45 28:19.00, 59 Neill Weir NIR M40 28:25.00, 60 Paul Rogan SCO M45 28:25.00, 61 Jeremy Brown WAL M45 28:26.00, 62 Martin Green WAL M40 28:28.00, 63 John Clifford ENG M45 28:28.00, 64 Anthony Glover NIR M40 28:29.00, 65 Stephen Allan SCO M45 28:30.00, 66 Rees Steven WAL M40 28:31.00, 67 John McGrath IRL M45 28:31.00, 68 Justin Reid NIR M45 28:34.00, 69 Justin Thomas ENG M45 28:38.00, 70 Pius McIntyre NIR M35 28:44.00, 71 Richard Ross WAL M45 28:46.00, 72 Wesley McDowell NIR M40 28:49.00, 73 Steven Campbell SCO M40 28:54.00, 74 Andrew Reynolds WAL M35 28:56.00, 75 Paul Halford WAL M45 28:56.00, 76 Rob Cross IRL M45 29:03.00, 77 David Turtle NIR M40 29:15.00, 78 David Gardiner SCO M45 29:19.00, 79 Darren Bishop WAL M35 29:23.00, 80 Mark Smith NIR M45 29:27.00, 81 Brian Taggart NIR M40 29:33.00, 82 Richard Jones WAL M45 29:39.00.



Pauline Moran - W60 winner

#### Open Race 1 - 6k

1 John Shapland BIDEF M65 24:18.00, 2 Sarah Everitt BRIW W50 24:35.00, 3 Lesley Watson BINGH W45 25:02.00, 4 Kath Aspin NMH W50 25:51.00, 5 Ruth Jones





*Race one start - Women and M65+ - 6km*



*Katie Rennie - W45 winner*





*Race 2 start - M50, M55, M60*



*Alastair Walker (Scotland) M60 winner and Noel Connor (Northern Ireland M55 5537)*





*Tim Hartley - M50 winner*

AFD W35 26:08.00, 6 Mike Sheridan NEWB M65 26:12.00, 7 John Exley OXFC M70 26:15.00, 8 Deborah Roberts PORTC W45 26:22.00, 9 Claire Jacobs CROUP W45 26:54.00, 10 Ron McCullough IPSWJ M70 26:55.00, 11 Anne Stewart-Power NEWB W55 27:20.00, 12 Alan Newman TONB M65 27:23.00, 13 Mick Moorhouse MATLK M65 28:18.00, 14 Barbara Knox SPRBH W55 28:24.00, 15 Judith Oakley VEG W50 28:42.00, 16 Sara Anne Ellen NORFG W60 28:48.00, 17 Peter Rudzinski CLYDH M65 30:42.00, 18 Sue James TONB W65 31:24.00, 19 Menai Baugh DENBH W60 32:51.00, 20 Kathleen Jervis PBBR W60 34:00.00, 21 Margrett Monk PBBR W65 36:26.00, 22 Dawn Cobbett RAW W55 37:53.00

#### **Open Race 2 - 8k**

1 Steve Millward GLOS M35 27:00.00, 2 Colin Snook CORNW M40 27:26.00, 3 Mark Worringham READR M40 27:59.00, 4 Paul Whear CORNW M50 28:37.00, 5 Steven Hayes DEEST M40 29:16.00, 6 Charles Walsh PTH M40 30:09.00, 7 Wayne Bowen SWAN M40 30:11.00, 8 Thomas Carson WILLH M45 30:19.00, 9 Steve Everett DURHC M55 30:29.00, 10 Daniel Otteson SWAN M35 30:43.00, 11 Richard Baker CROUP M45 31:04.00, 12 Rory Macnair SWAN M35 32:34.00, 13 Brian Green OXFC M60 33:01.00, 14 Simon Tonks SWAN M50 33:22.00, 15 Stephen Smythe DUL M60 33:25.00, 16 David Gill WARRA M60 33:29.00, 17 Sean McAllister LARNE M55 33:42.00, 18 Michael Warner R4AN M50 34:17.00, 19 Rob Falconer SWAN M60 34:30.00, 20 Davies Owen SWAN M40 34:36.00, 21 Mark Western FALKT M50 34:45.00, 22 Chris Woods ORANA M50 34:49.00, 23 David McAlister WALLA M55 36:33.00, 24 Sean McDonnell IRL M35 36:45.00, 25 Paul Winstanley



*James Skinner - M45 winner*

R4AN M55 37:29.00, 26 Martin Slucutt SWAN M40 37:32.00, 27 Peter Wirtzfeld RAW M60 37:59.00, 28 Jeff Hanson RHONA M55 42:25.00, 29 Kevin Dillon SWAN M60 52:52.00

#### **W35 Individual winners**

1 Michelle Sandison SCO 21:49.00, 2 Jessica Franklin ENG 21:58.00, 3 Lara Bromilow ENG 22:11.00

#### **Team Scores**

1 ENG 13 (2: Jessica Franklin , 3: Lara Bromilow , 8: Elizabeth Renondeau , 0: Rebecca Luxton)

2 IRL 15 (4: Sara Doohan , 5: Fiona Kehoe , 6: Michelle Kenny , 0: Laura McDonnell)

3 SCO 27 (1: Michelle Sandison , 10: Sara Green , 16: Romy Beard)

#### **M35 Individual winners**

1 Mark Mckinstry NIR 25:10.00, 2 Phil Matthews WAL 25:40.00, 3 Michael Harty IRL 26:06.00

#### **Team Scores**

1 ENG 28 (4: Conrad Franks , 6: Robert Warner , 8: Michael Joyeux , 10: Kevin Jeffress , 0: Paul Coon , 0: Phil Martin)

2 IRL 28 (3: Michael Harty , 5: Rossa Hurley , 7: Paul Moloney , 13: James Doran , 0: Tim Twomey)





*Race 3 start*



*Mick Byrne (5525) - M55 winner*





*Alastair Watson - M40 winner*

3 NIR 43 (1: Mark McKinstry , 11: Allan Bogle , 15: John Craig , 16: Chris McGuinness , 0: Stephen Nicholson , 0: Pius McIntyre)

#### **W40 Individual winners**

1 Teresa Doherty IRL 21:19.00, 2 Kirsty Longley ENG 21:24.00, 3 Louise Rudd ENG 22:22.00

#### **Team Scores**

1 ENG 9 (2: Kirsty Longley , 3: Louise Rudd , 4: Sarah Jane Murphy , 0: Kathryn Morton)

2 IRL 14 (1: Teresa Doherty , 6: Karen Costello , 7: Caitriona Devine , 0: Caroline Donnellan)

3 SCO 26 (5: Carol Parsons , 9: Jennifer MacLean , 12: Jacqueline Etherington , 0: Louise Ross)

#### **M40 Individual winners**

1 Alastair Watson ENG 25:52.00, 2 Will Smith ENG 26:10.00, 3 Nick Jones ENG 26:33.00

#### **Team Scores**

1 ENG 10 (1: Alastair Watson , 2: Will Smith , 3: Nick Jones , 4: Paul Featherstone , 0: Mike Burrett , 0: Phil Burden)

2 WAL 37 (5: James Thie , 7: Stephen Skates , 11: Simon Lewis , 14: Tegid Jones , 0: Dave Bennett , 0: Martin Green)

3 SCO 49 (9: Graeme Murdoch , 12: Donnie MacDonald , 13: Christopher Devine , 15: Darran Muir , 0: Malcolm Lang , 0: Steven Campbell)



*Louise Rudd - W40 Bronze and Gold W40 Team*

#### **W45 Individual winners**

1 Kate Rennie ENG 23:06.00, 2 Julie Dixon ENG 23:07.00, 3 Jacqueline Rockliffe ENG 23:18.00

#### **Team Scores**

1 ENG 6 (1: Kate Rennie , 2: Julie Dixon , 3: Jacqueline Rockliffe , 0: Kathryn Stephenson)

2 IRL 19 (4: Breda Gaffney , 6: Jackie Carthy , 9: Michelle Lannon , 0: Emilia Dan)

3 SCO 33 (7: Megan Wright , 11: Karen Kennedy , 15: Allie Chong , 0: Arlene Lewis)

#### **M45 Individual winners**

1 James Skinner ENG 26:25.00, 2 Scott Brember SCO 26:34.00, 3 Simon Baines ENG 26:43.00

#### **Team Scores**

1 ENG 25 (1: James Skinner , 3: Simon Baines , 5: Andrew Grant , 16: John Clifford , 0: Justin Thomas)

2 IRL 32 (4: Seamus Somers , 7: Niall Lynch , 8: Tony Reilly , 13: Joe Cunningham , 0: John McGrath , 0: Rob Cross)

3 NIR 36 (6: Eamon White , 9: Gary Henderson , 10: Gavin Mcdermott , 11: Nigel McKibbin , 0: Justin Reid , 0: Mark Smith)





*Sarah Jane Murphy - W40 Team Gold*



*Ann White - W65 Silver and Team Silver for Scotland*

**W50 Individual winners**

1 Kathryn Bailey ENG 22:53.00, 2 Carmel Crowley IRL 23:09.00, 3 Clare Elms ENG 23:23.00

**Team Scores**

1 ENG 9 (1: Kathryn Bailey , 3: Clare Elms , 5: Susan McDonald , 0: Fee Maycock)

2 IRL 13 (2: Carmel Crowley , 4: Annette Kealy , 7: Emer McGee , 0: Marie Johnston)

3 SCO 28 (6: Mary McCutcheon , 9: Susan Ridley , 13: Rhona Anderson , 0: Karen Dobbie)

**M50 Individual winners**

1 Tim Hartley ENG 26:38.00, 2 Steve Cairns NIR 27:07.00, 3 Andrew Leach ENG 27:15.00

**Team Scores**

1 ENG 14 (1: Tim Hartley , 3: Andrew Leach , 4: Julian Richardson , 6: Mark Symes , 0: Philip Leybourne , 0: Paul Thompson)

2 NIR 44 (2: Steve Cairns , 9: Duncan Bell , 13: Neil Carty , 20: Bernard Brady , 0: James Turtle , 0: Seanie Meyler )

3 IRL 55 (5: Dermot Hayes , 15: Phelim Glynn , 16: Ian Egan , 19: Kevin McGlone , 0: Kieran Carlin , 0: Peter Clarke)



*Phil Brennan - M75 Bronze and Team Silver for England*





Action from race one - women and M65+







*Nigel Gates - M65 Silver and M65 Team Gold*

#### W55 Individual winners

1 Fiona Matheson SCO 23:15.00, 2 Niamh O'Sullivan IRL 23:59.00, 3 Monica Williamson ENG 24:15.00

#### Team Scores

1 ENG 14 (3: Monica Williamson , 5: Carole Page , 6: Caroline Wood , 0: Ange Norris)  
2 SCO 17 (1: Fiona Matheson , 7: Anne Howie , 9: Pamela McCrossan , 0: Mary Western)  
3 IRL 18 (2: Niamh O'Sullivan , 4: Kay Byrne , 12: Paula McGilloway , 0: Ann Sullivan)

#### M55 Individual winners

1 Mick Byrne IRL 28:25.00, 2 Scott Smith-Bannister ENG 28:40.00, 3 Guy Woods ENG 29:02.00

#### Team Scores

1 ENG 9 (2: Scott Smith-Bannister , 3: Guy Woods , 4: John Convery , 0: Stephen Watmough)  
2 NIR 19 (5: David Clarke , 6: James Wallace , 8: Noel Connor , 0: Bryan Edgar)  
3 IRL 29 (1: Mick Byrne , 12: Gerard Maloney , 16: Willie O'Donoghue , 0: Ambrose Heagney)

#### W60 Individual winners

1 Pauline Moran IRL 25:11.00, 2 Caroline Wheelhouse ENG 26:01.00, 3 Lynda Hembury ENG 26:26.00

#### Team Scores

1 ENG 9 (2: Caroline Wheelhouse , 3: Lynda Hembury , 4: Sue Haslam , 0: Diane Baldwin)  
2 IRL 17 (1: Pauline Moran , 6: Noreen Bonner , 10: Sheelagh Jones , 0: Mary Jennings)  
3 SCO 22 (5: Isobel Burnett , 8: Margaret Martin , 9: Innes Bracegirdle , 0: Susan Linklater)

#### M60 Individual winners

1 Alastair Walker SCO 29:30.00, 2 Laurence Johnston NIR 30:02.00, 3 Paul Merrison ENG 30:08.00

#### Team Scores

1 ENG 14 (3: Paul Merrison , 5: Kevin Newman , 6: Michael Bridgeland , 0: Austin Soane)  
2 SCO 16 (1: Alastair Walker , 7: Jeff Farquhar , 8: Paul Thompson , 0: Alexander Chisholm)  
3 IRL 26 (4: Martin McDonald , 10: Chris Keeling , 12: John Collins , 0: James Cottle)

#### W65 Individual winners

1 Yuko Gordon ENG 27:34.00, 2 Ann White SCO 28:05.00, 3 Dorothy Kesterton ENG 28:23.00

#### Team Scores

1 ENG 10 (1: Yuko Gordon , 3: Dorothy Kesterton , 6: Penny Forse , 0: Ros Tabor)  
2 SCO 17 (2: Ann White , 4: Linden Nicholson , 11: Morna Fleming)  
3 IRL 21 (5: Margaret Glavey , 7: Eileen Kenny , 9: Mary Lynch , 0: Roisin Lynch)

#### M65 Individual winners

1 Alan Davies WAL 22:35.00, 2 Nigel Gates ENG 22:49.00, 3 David Butler ENG 23:04.00

#### Team Scores

1 ENG 9 (2: Nigel Gates , 3: David Butler , 4: Stanley Owen , 0: Paul Whelpton)  
2 WAL 26 (1: Alan Davies , 12: Robert Evans , 13: George Nixon , 0: Mike Murphy)  
3 SCO 30 (7: Andrew McLinden , 8: Anthony Martin , 15: Ed Norton , 0: Archie Jenkins)





*Laurence Johnston (Northern Ireland) - M60 Silver medalist and Stephen Watmough (England)*



*Mark McKinstry breaks the tape to win Individual Gold in race 3 (M35-45) and team Bronze for Northern Ireland*





*Phil Matthews - M35 Silver*

#### **W70+ Individual winners**

1 Angela Copson ENG 27:54.00, 2 Dot Fellows ENG 30:01.00, 3 Christine Birch WAL 30:53.00

#### **Team Scores**

1 ENG 7 (1: Angela Copson , 2: Dot Fellows , 4: Anne Dockery , 0: Pauline Rich)

2 IRL 21 (6: Evelyn McNelis , 7: Kathleen O'Brien , 8: Joan Coyle , 0: June Comiskey)

3 SCO 28 (5: Liz Corbett , 11: Anne Docherty , 12: Margaret Robertson , 0: Ann Bath)

#### **M70 Individual winners**

1 Ben Grant ENG 24:47.00, 2 Martin McEvilly IRL 25:22.00, 3 Alex Sutherland SCO 25:43.00

#### **Team Scores**

1 ENG 11 (1: Ben Grant , 4: Mick Casey , 6: Richard Piotrowski , 0: Steve Herington)

2 IRL 18 (2: Martin McEvilly , 5: Tom Hunt , 11: Richard Mullins , 0: Pat Healy)

3 WAL 34 (9: Paul Allen , 10: Richard Bowen , 15: Gareth Hughes , 0: Dic Evans)



*Will Smith - M40 Silver and Team Gold*

#### **M75+ Individual winners**

1 Robert Young SCO 27:57.00, 2 Emyr Davies WAL 28:18.00, 3 Phil Brennan ENG 29:18.00

#### **Team Scores**

1 WAL 15 (2: Emyr Davies , 5: Brian Gough , 8: Peter Moody , 0: Barrie Roberts)

2 ENG 18 (3: Phil Brennan , 6: Michael Johnson , 9: Ray Elston , 0: Ken Chapman)

3 SCO 20 (1: Robert Young , 7: Jim Scobie , 12: Peter Cartwright , 0: Ian Leggett)

#### **Overall Scores**

Men: ENG 44, IRL 27, WAL 23, SCO 21, NIR 19

Women: ENG 40, IRL 30, SCO 26, WAL 15, NIR 8

Overall: ENG 84, IRL 57, SCO 47, WAL 38, NIR 27







*Scott Brember (Scotland) - M45 Silver*



*Robert Warner (England) - M35 Team Gold*



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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](mailto: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
<b>TORUN 2019</b>				
Add-on Tour Options eg Krakow / Warsaw				
<b>VENICE 2019</b>				
Add-on Tour Options eg Verona / Italian Lakes / Milan				
<b>TORONTO 2020</b>				
Add-on Tour Options eg Niagara Falls / Quebec				