

MASTERS ATHLETICS



Clare Elms on her way to a
3000m W55 indoor world record
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Top photo: Helen Godsell sets a new world indoor 200m W65 record running 29.98 at Lee Valley during the British Masters Indoor Championships. *Lower photo:* John Kirkham throws a new shot put M90 British record with a measurement of 5.24 metres.

MASTERS ATHLETICS

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International Fixtures

- 23-25 May 2019 - **European Masters Mountain Running Championships** - Janske Lazne, Czech Republic
- 26 May 2019 - **England vs Celtic Nations Masters International 10k** - Great Birmingham Run
- 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
- 16 Nov 2019 - **British & Irish Masters Cross-Country International** - England, Southport
- 20 Jul - 01 Aug 2020 - **World Masters Track & Field Championships** - Toronto, Canada

National Fixtures

- 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
- 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
- 30 Jun 2019 - **British Masters 30km Multi-Terrain Championships** - North Downs, Gravesend, Kent
- 06 Jul 2019 - **England Masters Outdoor Inter-Area Challenge** - Coventry Athletics Track
- 07 Jul 2019 - **British Masters Half Marathon Championships** - Ashbourne, Derbyshire
- 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** - University of York
- 26 Oct 2019 - **British Masters Open Cross Country Relay Championships** - West Park Long Eaton Nottingham

Regional Fixtures

- 10 Apr 2019 - **NMAC Open Track and Field League** - Princess Mary Athletics Stadium, Cleckheaton WF15 6LW
- 16 Apr 2019 - **VAC Battersea Park Masters Open Road & Race Walk Series 2019-1**
- 24 Apr 2019 - **Welsh Masters League 2019-1** - Swansea University Track, Sketty Lane, Swansea SA2 8QB.
- 15 May 2019 - **NMAC Open Track and Field League** - Barden Lane Athletic Track, Off New Hall Street, Burnley BB10 1JQ

19 May 2019 - **MMAC 10 Mile Championships 2019** - Meadowside Leisure Centre, High Street, Burton on Trent, Staffordshire, DE14 1TL.

22 May 2019 - **Welsh Masters League 2019-2** - Cardiff Met Track, Cyncoed, CF23 6XD

25 May 2019 - **SCVAC Track & Field Championships** - Dunmore Rd, Abingdon OX14 1PU

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

05 Jun 2019 - **Welsh Masters League 2019-3** - Queensway Stadium, Wrexham, LL13 8UH.

09 Jun 2019 - **MMAC Track & Field Championships 2019** - Pingles Leisure Centre Avenue Road Nuneaton CV11 4LX.

11 Jun 2019 - **VAC Battersea Park Masters Open Road & Race Walk Series 2019-2** - Millennium Arena, Battersea Park, London SW11 4NJ

12 Jun 2019 - **Welsh Masters League 2019-4** - Newport Stadium, Velodrome Way, Newport, NP19 4RA

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

09 Jul 2019 - **VAC Battersea Park Masters Open Road & Race Walk Series 2019-3** - Millennium Arena, Battersea Park, London SW11 4NJ

10 Jul 2019 - **Welsh Masters League 2019-5** - Sobell Leisure Centre, The Ynys, Aberdare, CF44 7RP

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

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

21 Jul 2019 - **Welsh Masters Track & Field Championships 2019** - Penlan Athletics Track, Brecon, LD3 9SR

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

24 Jul 2019 - **VAC 5000m Championships 2019** - Millennium Arena, Battersea Park, London SW11 4NJ

06 Aug 2019 - **VAC Battersea Park Masters Open Road & Race Walk Series 2019-4** - Millennium Arena, Battersea Park, London SW11 4NJ

15 Aug 2019 - **NMAC Open Track and Field League** - Sheffield Hallam University City Athletics Stadium, Woodbourn Road Sheffield S9 3HL

27 Aug 2019 - **VAC Battersea Park Masters Open Road & Race Walk Series 2019-5** - Millennium Arena, Battersea Park, London SW11 4NJ

15 Sep 2019 - **NMAC 10k Road Championships** - Spen 10k, Princess Mary Athletics Stadium, Cleckheaton WF15 6LW

18 Sep 2019 - **VAC 10000m Championships 2019** - Millennium Arena, Battersea Park, London SW11 4NJ

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

30 Nov 2019 - **NMAC 5k Road Championships** - The Brownlee Centre Bodington Avenue, Adel, Leeds, LS16 8NA

Secretary's Report

Annual General Meeting

Our AGM will be held on Saturday 10 August, the first evening of our Track & Field Championships; all members are invited to attend. If you would like to put forward any Proposals or Nominations for Office, you can do so through your BMAF Club Committee, who should then send it to me by 9 July.

FANS Scheme

Some Local Authorities operate the Free Admission for National Sports People (FANS) Scheme to their Leisure facilities. You may be able to meet their criteria and get free admission to your local facilities if you have within the last few years competed in any European or World Masters Athletics Championships; the British & Irish Masters International Cross-Country or even if you are ranked high in your particular discipline.

Although all Councils are currently severely cash-strapped, they do want to help people like us who keep fit and healthy and set such a good example to the younger generation.

Your Local Authority will demand proof and contact me as Honorary Secretary for a letter of confirmation. Please make my voluntary role easier by giving your Council your Age Category, your event and position at the Championships and year.

European Masters Athletics left seeking venues.

As our team return home loaded not just with individual World Championships medals and Records, but with numerous PB's and Season's bests, and hopefully for the many new members who ventured to their first international Masters Championships, happy memories of a great event and meeting lots of like-minded people in the city of Torun. The wonderful facilities that this comparatively small city can offer will not have escaped your attention, and apart from the Emirates' Stadium in Glasgow, there is simply nothing here to compare. It is now over twenty-two years since we hosted the European Masters Athletics Indoor in Birmingham and it will be twenty years this July since the World Championships in Gateshead.

Troubled European Masters Athletics are at this late stage now without a venue for their Indoor Championships next year following the city of Malmo's decision to pull out, and the private Bidder for the Non-Stadia to be held in London 2020 has now withdrawn as he could not find a venue.

Bridget Cushen

April 2019

I hereby give notice that the AGM will be held on Saturday 10th August 2019 at 18.15 at Birmingham Alexander Stadium.

Proposals or nominations for office must be forwarded through your BMAF Club and should reach the Honorary Secretary, 156 Mitcham Road, Croydon, CR0 3JE by 9 July.

All members are welcome to attend and are entitled to vote.

Bridget Cushen

Torun: Best World Masters Indoor Championships Ever?

Clare Elms, Ire Hill and Virginia Mitchell star.

Tasked with organising the World's largest Indoor Athletic Championships in the 2019 European City of Culture and Sport, Torun had already hosted a very successful European Masters Athletics Indoor on the same superb track in 2015; this time the Organising Committee knew they were confronted with a much larger, 7-day schedule to process over 4,000 competitors from 88 countries, entering average over three events each, but deliver they did brilliantly. Acknowledged by the experienced IAAF Official, Alan Bell, as one of the best, starting and finishing on time.

Hours of live Streaming, despite being voiced over in Polish, enabled families, coaches etc. at home to follow and streaming does raise awareness of our sport. With social media the results were available instantaneously and are published elsewhere here.

There were inevitably some problems as several athletes were left stranded at Frankfurt Airport following a software

glitch that led to the delay or cancellation of over 70 flights on the first weekend. Some athletes again left their Visa Application until the last moment and were refused, the Algerians being one of the hardest hit, and hand timing had to be implemented briefly for some of the early 400m races. A few runners in the non-stadia events, who clearly had not read the Rules of Competition, were DQ-d for either not wearing identifiable country vests in the road races or their numbers back and front in the cross-country, including one of our M55 who lost his finishing position and cost him and his two team scoring members the team gold medal. Fortunately Jonathan Burrell SCVAC, coming in 20th was still high enough to secure the team the bronze medal.

Just as he had clinched the M35 silver medal in the Weight behind Estonian Genro Paas on the second day of competition, the American, Jon Dahlin, suffered a cardiac arrest. Luckily the Chief Judge happened to be an experienced First Aider and with the prompt attendance of the Polish Medical Services, they saved the man from Massachusetts life. Still hospitalised on the last day, his medal had to be presented to him in a Torun hospital. His team colleagues have set up a website www.gofundme.com/jon-dahlin to help his wife and family who were with him as well as a Polish-born member of the US Masters.

Apart from the record entry and number of participating entries, it is encouraging to see the increasing number of Olympians still proudly wearing their national vest and keen to retain that level of fitness that only the stimuli of competition can sustain.

After a wet cross-country on Monday and around 8°C on Tuesday, the weather improved but remained windy.

Day 1 kicked off with the 3000m at 08.30 where there were numerous British wins and Season's Best. M35 Neil Barton did a SB 6.52m for 3rd in the long jump behind Goto of Japan 6.78m. The M40 long jump was one of the best Masters field assembled for some time as 16 men from eleven countries participated in a thrilling series of jumps culminating in 4 SB's and a win for the Jamaican Olympian, James Beckford, clearing 7.17m. Another Olympian pushed to the limits was the M45 Swede, Matthias Sunneborn, in the 26-strong field; he cleared 6.27m on his 3rd attempt only for Joe Appiah to close in with 6.26m on his 4th jump in Pool 1. In the other group, the American Lee Adkins reached out to 6.57m to clinch the gold. Craig Beecham placed 6th in a SB 6.11 and Gary Smith 19th. Paul Guest SWVAC finished 5th in the M55 category.

In the Throws Hall a few metres away from the Indoor arena, the Europeans were dominating the Weight competition. George Perkins NMAC, who is coached by Barry Hawksworth, reached 11.91m in the M35 Weight, later to get his first World medal, a bronze in the hammer.

M50 Gareth Cook's 16.07 is a SB in 9th. Gareth went on to become World Hammer title holder and David Glengower was 18th in the Weight throw. It was a SB also for David Valentine, 4th in the M60 group while Tim Saunders-Mullins was 15th M65. Sue Lawrence managed 8th W45 group.

The javelin competition was held on a track only metres away from the arena, where there was a fine performance by the Finn, Tommi Huotilainen, who sent the cold 700g spear out to 64.68m for M50 victory. Michael Hauser EMAC came 10th on the M55 group and John Moreland notched up 4 silver medals in the throws, John Watts won the M75 discus throw.

How encouraging to see over 30 women entered in the W50 200m where Joanne Flowers got 4th in the final after running a PB 62.82sec winning the silver medal in the 400m. Susie McLaughlin took the W40 silver medal; she had also run a PB in finishing 4th in her 400m final. Michelle Thomas 2nd in the 200m W45 final, Kirstin King got herself into a class W55 final won by the unbeaten Nicole Alexis, France, in 27.80 from Sigrid Gutierrez, Costa Rica and the American Joy Upshaw.

What a Championships Caroline Powell had yet again as the MMAC W65 won the 60m in a Season's Best from Joylyn Saunders-Mullins; pushed WMA Best Female of the Year Sprinter, Canadian Karla Del Grande, to new World marks in the 200m 29.73sec, (Caroline 30.61), and 68.39 400m Caroline ran a PB 68.94sec. She went on to get another gold medal in the relays. Joylyn Saunders-Mullins held on for bronze in both finals 31.75sec and a PB 72.91(!). W80 Dorothy Fraser surprisingly found she had to run a 200m semi before going on to get 4th in the final. Angela Copson had already struck gold; here she added the W70 400 title and Iris Hornsey got a W75 bronze, going on to win the 1500m later.

After seven Heats and semis in the 60m, Olympian Francis Obikwelu took the M40 title for Portugal in 6.90sec with three Britons getting through, Tam Ossai 3rd after his 7.01 semi; Dominic Bradley 4th he ran a SB 6.98 in his semi, and Mensah Elliott placed 6th.

European Indoor and Malaga triple gold medallist Jason Carty continues to inspire all of us as the South London sprinter came through his races to take another World title by 2 metres in a British Record 7.01 from the American Jeff Laynes and Ciaran Harvey. Joe Appiah sped to 5th.

It took all of 8 heats and 3 semis to whittle down the huge M50 group and after his 7.48 SB, BMAF Indoor champion, Mark Phills VAC, came through to snatch the bronze in 7.49sec, a time shared by the 4th Christopher Warburton of Canada and David Hayde, Ireland in 5th. The title went to the American, Karnell Vickers from the Greek Christopherforidis. Donald Brown and Pat Logan made their trip worthwhile as the both ran SBs in their final. Glyn Sutton's M70 8.09 Record from Ancona remains in the Welshman's crown despite the participation of USA's Charlie Allie who won here in 8.18 and Vic Novell was just out of the medals in 4th. Alan Long took the M75 World title from Ian Foster, Anthony Treacher, Barry Ferguson made the final. Unfortunately Charles Isetts fell heavily at the 12m mark but recovered to finish. Dalbir Singh Deol added to his M90 medal collection.

There were World, Regional, National Records, Season and Personal Bests galore, particularly in the M400, the elbowing 800m and 1500m.

After finishing runner-up to Dave Ragan in Lee Valley, Tipton H. Aaron Brown held off a strong last lap challenge from Frenchman Jeremie Nattes this time to take the World M35 800 in 1.58.70. In the 1500m he lowered his BMAF 4.07 1500m time to 4.05.84 for 5th place on the final day in an equally hard final. World champion Mark Symes had a great win in the M50 after Adrian Haines had done some of the early running. Mark went on to take the 1500 from David Cowlishaw on the final day. World M65 Champion, Joe Gough from Ireland who has dominated his age group for over a decade, here he front ran to win in 2.22.06 and the 1500m, Kevin Archer held on for 3rd in both. There was a 2nd and third for M75 Victor Shirley and Phil Brennan.

Six Spaniards came through their M40 1500m semis but Cardiff Coach and the M35 World Champion from Budapest James Thie, gave a copybook demonstration to his protégés on how to run a smart tactical race from such a level 12-strong field. He raced clear off the penultimate bend for victory in 4.07.33sec. Dean Richardson was faster in taking the M45 World title. Guy Bracken was favourite for the M55 race and the BMAF Indoor champion from the North East duly delivered. It was a SB for Paul Thomson in 4th as Paul Fletcher nipped the bronze in the M60 group. NMAC member Victor Shirley capped his busy schedule with another M75 gold medal in the 1500m. The Lincolnshire runner came home with 2 silver and 2 gold medals.

Another active competition and top Coach is Virginia Mitchell SCVAC who has a large group of youngsters at the Guildford track, who were no doubt glued to their screen. Her clash with prolific World Record breaker, Clare Elms, VAC, in the 800m final lived up to expectations with Virginia running herself into the record books with a sizzling 2.22.34sec from Claire 2.23.10 who had done the pace making, there were PBs for Christine Anthony EMAC, 4th and Scottish Veteran Harriers Anne Howe 5th. 8 of the 9 finalists ran PBs(!) in what was one of the highlights of the Championships.

Clare returned home with a clean sweep in the cross-country, 3k and 1500m. Virginia came through some testing 400 and 800 qualifying rounds, capping her trip with another gold in the relay. W40 Zoe Doyle got the 1500m/3k W40 double.

Catriona Pennet SVHC should be well pleased with her W35 60mH silver medal and SB behind the Indonesian Beijing Olympic semi-finalist Dedeh Erawati, who must now be on the verge of moving age group. Jane Horder had a runaway victory in the W60 final. Patricia Hill came through for 2nd in the W75 hurdles. After winning their M55 heats, Don Brown MMAC captured the final, Neil Tunstall got 3rd and good to see Glen Reddington back into the final again. Two stalwarts of hurdling, Tony Wells and Tony Bowman got on the podium.

In the horizontal jumps Worcester W55 Melanie Garland and Jo Willoughby came up against the former Lithuanian international and now naturalised American, Neringa Jakstiene, who set new World long and triple jump marks. Gillian Cooke reached out to 5.36m for silver in the W35 jump, there was silver also for W40 Joanne Frost and W50 Louise Wood.

European Indoor M45 silver medallist from Madrid, Laurence Ramm EMAC, took the World silver here after a long day indeed for all Pentathlon competitors notching up 3793 points. His nemesis is the Swede Matthias Sunneborn, the 1996 Atlanta Olympian in the same age category, Ian Crawley finished third in the M50 group and Brian Slaughter was just out of the medals in the M60 group.

Wendy Laing (NMAC) went on to break her own W55 World High Jump record clearing 1.52m on her final jump. Four men cleared 1.80 in the M50 high jump, Adam Young MMAC shared the bronze, plus 9th and 17th placing for Mark Byron and Paul Husband in an excellent series. Sebastian Chmara, IAAF World Indoor champion in 1999 and winner of the European in Valencia the previous year as well as competing in the 1996 Olympics, entered the M40 HJ, but as he is currently the Vice-President of Polish Athletic Association and one of the Organisers, too much work and no play distracted him from competing on the day.

Irie Hill erased Brigitte van de Kamp's 2013 3.31m W50 pole vault WR set in San Sebastian to take yet another World title. After his M50 4.30m victory at Lee Valley, NMAC member Mark Johnson settled for 2nd here to add to the European silver he got in Madrid. Glyn Price collected the bronze.

Evaun Williams won all her W80 throws in World best marks. Richard Pitcairn-Knowles was another busy man as the M85 man from Kent and head of a four generation athletic family, led by example coming home loaded after winning a testing 6km cross-country, the 3km, 1500m, 3rd in the 800 and 4th in the shorter distance.

Not so lucky was Olympian and BMAF Vice-Chair, Ian Richards, after setting a new World M70 mark in the 3k walk, he heel toed into the stadium well clear of the M70 field in the 10km road walk only to suffer a rare DQ. Lisa Kehler enjoyed easy victories in her walks. Carolyn Derbyshire placed 2nd W40 in the road walk. There were 7 DQs out of a very strong women's field and over 60 men entered the M55-65 group. M35 Rafał Fedaczyński who led the entire field home has already been selected to represent Poland in the 50km walk at the IAAF World Championships in Doha.

A 10km earlier in the Championships and a half marathon added value to the athletes trip. Starting the mixed races in two manageable groups and the sun coming through, these were very good races for all standards and were strongly supported by the host nation and a big Spanish contingent in the young age categories. First Brit over the line was Dulwich runner, Tony Tuohy, 45th and 4th in his M55 group. Robert McHarg on his first international was 50th. Susan MacDonald got herself a W50 silver medal clocking 37.55sec and another silver in the Half. Penny Forse W65 and W70 Angela Copson won their category and ever green Pam Jones, now in the W80 group, came home 3rd. Ken Bowman was 3rd in his M70 race. Simon Baines, VAC, 8th in the Half and 2nd M45, led the British home on the final day that attracted a manageable 550-plus runners.

For the 393-strong British team, many of whom were on their first Masters sojourn, returning to base with a haul of 133 medals, Torun proved to be an enjoyable and successful trip.

The relays on the final day attract much excitement. The M40 squad of Domenic Bradley, Brett Rund, Richard Beardsell and Tam Ossai relieved an American quartet of their 2011 World 1.31.05 Record as they got the baton round in 1.30.97sec.

The overall standard here was amazing but these Championships are open to all registered Masters athletes and now offer such a huge programme and opportunity for all to compete against likeminded people. Edmonton, Canada, hosts the next World Masters Indoor, on 6-12 April 2021.

Bridget Cushen

Great Britain and Northern Ireland Medallists in Torun

GOLD

4 x 200m W60 (TRIMBLE Joan / WEST Hilary / EADES Teresa / HORDER Jane), 4 x 200m W65 (SAUNDERS-MULLINS Joylyn / DASSIE Sue / NELSON Anne / POWELL Caroline), 4x200m M40 (BRADLEY Dominic / RUND Brett / BEARDSSELL Richard / OSSAI Tamunonengiye-Ofori), 4x200m M45 (HARVEY Ciaran / RUBENIS Richard / CARTY Jason / COOGAN Michael), Aaron Brown 800m M35, Alison Bourgeois 1500m W65, Alison Bourgeois 800m W65, Allan Long 60m M75, Angela Copson - 3000M W70, Angela Copson - Cross Country W70, Angela Copson 10km W70, Angela Copson - 400M W70, Ben Reynolds - Cross Country M55, Caroline Powell 60m W65, Claire Spurway 60m W40, Clare Elms - 3000M W55, Clare Elms - Cross Country W55, Clare Elms 1500m W55, Dean Richardson 1500m M45, Donald Brown 60m Hurdles M55, Evaun Williams Hammer W80, Evaun Williams Javelin W80, Evaun Williams Weight Throw W80, Gareth Cook - Hammer M50, Guy Bracken - 3000M M55, Guy Bracken 1500m M50, Ian Richards - 3000M Walk M70, Irie Hill Pole Vault W50, Iris Hornsey 1500m W75, Iris Hornsey 800m W75, James Edward Thie 1500m M40, Jane Horder 60m Hurdles W60, Jason Carty 60m M45, Jodie Albrow Pentathlon W35, Joe Appiah 60m Hurdles M45, John Moreland Discus M60, John Watts Discus M75, Jonathan Tilt 400m M55, Lisa Kehler 10km Walk W50, M75 Team Cross Country (Phillip Brennan, Michael Johnson, Barrie Roberts), Mark Symes 1500m M50, Mark Symes 800m M50, Michael Coogan 200m M45, Penelope Forse 10km W65, Richard Pitcairn-Knowles - Cross Country M85, Ros Tabor - 3000M W65, Sue Yeomans W65 Pole Vault, Team M45 Half Marathon (BAINES Simon / CHEETHAM Paul / WILLIFER Matt), Teresa Eades W60 Pole Vault, Tony Bowman 60m Hurdles M80, Victor Shirley 1500m M75, Virginia Mitchell 800m W55, Virginia Mitchell 400m W55, W45 Team Cross Country (Denise Barnett, Caroline Cotterill, Sally Carr), W50 Team Cross Country (Susan McDonald, Susan Ridley, Susan Dixon), W55 Team Cross Country (Clare Elms, Caroline Wood, Lucy Woolhouse), Wendy Laing - High Jump W55, Zoe Doyle - 3000M W40, Zoe Doyle 1500m W40

SILVER

4 x 200m M65 ESSEX Adrian / DOUGLAS Bob / FRANKLYN Walwyn / BARRETT Simon), 4 x 200m M75 (TREACHER Anthony / ISETTS Charles / SHIRLEY Victor / FOSTER Ian), 4 x 200m W40 (Michelle Thomas, Jacqueline Etherington, Louise Rudd and Susan McCoughlin), Allan Long 200m M75, Angela Copson 1500m W70, Angela Copson 800m W70, Anthony Wells 60m Hurdles M70, Caroline Powell 200m W65, Carolyn Derbyshire 10km Walk W40, Catriona Pennet 60m Hurdles W35, Clare Elms 800m W55, Claudia Cabbage Pole Vault W45, Dalbir Singh Deol 60m M90, Dave Awde 400m M35, David Cowlishaws 1500m M50, Gavin Stephens 200m M40, Gillian Cooke - Long Jump W35, Gintas Degutis Shot Put M45, Ian Foster 60m M75, Iris Holder Triple Jump W75, Jemma Eastwood Pole Vault W40, Jo Willoughby Triple Jump W55, Joanna Flowers 400m W50, Joanne Frost - Long Jump W40, Joylyn Saunders-Mullins 60m W65, Kirstin King 60m W55, Laurence Ramm Pentathlon M45, Louise Wood Triple Jump W50, M60 Team Cross Country (Stephen Smythe, Nicholas Holliday, Colin Oxlade), M65 Team Cross Country (Alan Newman, Andrew Murray, David Proffitt), M70 Team Cross Country (David Beattie, Norman Baillie, Geoffrey Newton), Mark Johnson Pole Vault M50, Mark Ward 400m M50, Melanie Garland - Long Jump W55, Mensah Elliott 60m hurdles M40, Michelle Thomas 200m W45, Pamela Jones - Cross Country W80, Patricia Hill 60m Hurdles W75, Richard Pitcairn-Knowles - 3000M M85, Richard Pitcairn-Knowles 1500m M85, Rosalind Tabor 1500m

W65, Rosalind Tabor 800m W65, Simon Baines Half Marathon M45, Sue Yeomans - High Jump W65, Susan Frisby Pentathlon W55, Susan McDonald - Cross Country W50, Susan McDonald 10km W50, Susan McDonald Half Marathon W50, Susie McLoughlin 200m W40, Team M65 Half Marathon (NEWTON Geoffrey / PROFFITT David / MURRAY Andrew), Teresa Eades Triple Jump W60, Victor Shirley - 3000M M75, Victor Shirley 800m M75, W60 Team Cross Country (Anna Garnier, Avril Riddell, Gina Coulson), W65 Team Cross Country (Penelope Forse, Rosalind Tabor, Susan James), W70 Team Cross Country (Angela Copson, Anne Dockery, Betty Stracey)

BRONZE

4 x 200m M35 (BROWN David / TOWART Darren / ELLIOTT Mensah / HALL Peter), 4 x 200m M60 (LICETIS Ivars / LEON Clement / DAY Adrian / HINDS David), 4 x 200m W55 (FRISBY Susan / KEELY Angela / GARLAND Melanie / MITCHELL Virginia), Adam Young - High Jump M50, Adrian Essex 400m M65, Alison Murray Pole Vault W50, Anne Howie 1500m W55, Caroline Parkinson Pole Vault W35, Caroline Wood - Cross Country W55, Carolyn Derbyshire 3000m Walk, Ciaran Harvey 60m M45, Dalbir Singh Deol 200m M90, David Brown 400m M40, Dominic Bokor-Ingram 400m M50, Donald Brown 60m M55, George Perkins - Hammer M35, Glyn Price Pole Vault M50, Helen Middleton 10km Walk W55, Ian Crawley Pentathlon M55, Iris Hornsey - 400m W75, Jacqueline Etherington - Cross Country W40, Jacqui Hodgsons - 400m W50, Jane Horder 60m W60, Jillian Roginski Pentathlon W60, Joe Appiah - Long Jump M45, John Nicholls Shot Put M50, Joylyn Saunders-Mullins 200m W65, Joylyn Saunders-Mullins W65 400m, Ken Bowman 10km M70, Kevin Archer 1500m M65, Kevin Archer 800m M65, Louise Rudd 800m W40, M55 Team Cross Country (Ben Reynolds, Tony Tuohy, Jonathan Burrell), Mark Phills 60m M50, Neil Barton - Long Jump M35, Neil Tunstall 60m Hurdles M55, Pamela Jones - 3000M W80, Pamela Jones 10km W80, Patricia Hill - High Jump W75, Paul Fletcher 1500m M60, Philip Brennan 800m M75, Richard Beardsell 200m M40, Richard Pitcairn-Knowles 800m M85, Susan Frisby 60m Hurdles W55, Tamunonengiye-Ofori Ossai 60m M40, Team W55 Half Marathon (HOUGH Andrea / HOPKINSON Nicola / GIBSON Tracey), Teresa Eades - High Jump W60, W40 Team Cross Country (Jacqueline Etherington, Jennifer Duffy, Diana Chklar)

Medal Table				
	G	S	B	Total
1 Germany	100	79	83	262
2 United States of America	62	48	49	159
3 Poland	60	64	58	182
4 Great Britain and NI	60	58	48	166
5 Spain	46	35	33	114
6 France	32	23	23	78
7 Finland	23	27	30	80
8 Italy	22	23	30	75
9 Sweden	15	12	16	43
10 Latvia	11	11	7	29
11 Ireland	10	18	13	41
12 New Zealand	9	9	6	24
13 Estonia	9	6	4	19
14 Netherlands	8	10	9	27
15 Denmark	8	3		11
16 Canada	7	9	5	21
17 Ukraine	7	7	10	24
18 Czech Republic	6	15	12	33
19 Belarus	6	9	7	22
20 Australia	6	5	14	25
21 Portugal	6	2	4	12

22 Norway	5	6	6	17
23 Hungary	5	6	2	13
24 Japan	5	2	2	9
25 Austria	4	8	9	21
26 Romania	4	4	4	12
27 Mongolia	4	4		8
28 Belgium	4	2	3	9
29 Iceland	4			4
29 India	4			4
31 Lithuania	3	5	6	14
32 Switzerland	3	4	6	13
33 Slovak Republic	3	2	5	10
34 Kazakhstan	2	2		4
35 Croatia	2	1	1	4
36 Luxembourg	2		2	4
37 Puerto Rico	2			2
38 Greece	1	5	2	8
39 Chile	1	2	1	4
39 Moldova	1	2	1	4
39 Tunisia	1	2	1	4
42 Mexico	1	1	2	4
43 Slovenia	1	1		2
44 Ecuador	1			1
44 Indonesia	1			1
44 Jamaica	1			1
47 Hong Kong, China		2	2	4
48 Costa Rica		2	1	3
48 Malta		2	1	3
48 Turkey		2	1	3
51 South Africa		1	1	2
52 Brazil		1		1
52 Colombia		1		1
52 Trinidad and Tobago		1		1
55 Argentina			1	1
55 Uruguay			1	1

Best Masters Athletes Awards

PRESENTATION OF 2018 AWARDS

At the British Masters Indoor Championships trophies and certificates were presented to the best athletes of 2018. Some also gained World and European awards. Congratulations to all.

BRITISH AWARDS

MALE SPRINTER	JASON CARTY
FEMALE SPRINTER	KIRSTIN KING
MALE HURDLER	JOE APPIAH
FEMALE HURDLER	JANE HORDER
MALE MIDDLE DISTANCE RUNNER	GUY BRACKEN
FEMALE MIDDLE DISTANCE RUNNER	ALISON BOURGEOIS



Angela Copson

MALE LONG DISTANCE RUNNER	PAUL MINGAY
FEMALE LONG DISTANCE RUNNER	FIONA MATHESON
MALE THROWER	ERNEST TUFF
FEMALE THROWER	EVAUN WILLIAMS
MALE JUMPER	JAMES HIND
FEMALE JUMPER	WENDY LAING
MALE COMBINED EVENTS ATHLETE	BRIAN SLAUGHTER
FEMALE COMBINED EVENTS ATHLETE	JANET DICKINSON
MALE RACE WALKER	IAN RICHARDS
FEMALE RACE WALKER	LISA KEHLER
MALE BEST ATHLETE OVERALL	STEVE PETERS
FEMALE BEST ATHLETE OVERALL	ANGELA COPSON
BEST OFFICER	BRIDGET CUSHEN
WORLD AWARDS	
FEMALE LONG DISTANCE RUNNER	ANGELA COPSON
FEMALE THROWER	EVAUN WILLIAMS
EUROPEAN AWARDS	
MALE SPRINT	STEVE PETERS
FEMALE SPRINT AND HURDLER	JANE HORDER
FEMALE LONG DISTANCE RUNNER	ANGELA COPSON
FEMALE THROWER	EVAUN WILLIAMS
RELAY TEAM	W60 4X200M

(HELEN GODSELL, CAROLE FILER, JANE HORDER, CAROLINE POWELL)

ARTHUR KIMBER

Octogenarian parkrun Celebration Day - Bushy Park - 6TH JULY 2019



Some of the 38 Octogenarians who enjoyed the Bushy Park Parkrun in 2018

If you are over 80 make a note in your diary now – 6th July 2019 – and be sure of being in Bushy Park to join in the third edition of the Annual Octogenarian Parkrun Celebration day. 15 runners aged over 80 completed this 5Km run in 2017, 38 were there last year, and you will be very welcome to come along to swell the numbers towards a hundred in 2019. There are over 152 men and women aged over 80, 85 or 90 in the Power of 10 rankings lists so we are expecting many more of you this year.

George Frogley had the exciting thought that running octogenarians should have a day to celebrate their good fortune and suggested to Richard Pitcairn-Knowles that they should launch this Octogenarian Parkrun Day. If you can let George (froglgeor@aol.com) or Richard (rppk@btinternet.com) know that you are coming it would help us supply enough cup-cakes and Prosecco!

Arrive early at Bushy Park and meet at the far eastern end of the car park where there will be a placard saying ' 80 AND OVER MEET HERE ' similar to that in the photo, and please make sure you pick up your tag to identify you at the finish and for the special after run celebration!

BMAF Indoor Track & Field and Winter Throws Championships 9-10 March 2019

photos: www.tomphillipsphotos.co.uk

The annual indoor BMAF championships at Lee Valley provided a host of World, European and British Records.

Clare Elms record-breaking form since joining her new W55 category continued with a 3000m world best of 10:13:40. Helen Godsell set a 200m W65 world record of 29.88 and also a 60m British record of 8.88. Kirstin King also ran a British best over 60m in the W55 category with a time of 8.35.

Sue Frisby set a new W55 60m hurdles European best of 9.76 whilst Tennyson James ran a British record over the same distance in the M60 category.

Caroline Powell ran 1.11.31 over 400 metres to set a new W65 European best. Richard Pitcairn-Knowles broke the British 3000m M85 record by finishing in 18.55.69.

On the field, Teresa Eades triple jump of 8.77 metres set a new British best in the W60 category. A new M90 shot put British record of 5.24 metres was set by John Kirkham.

3000m W35-W75, M85 1 Clare Elms W55 10:13.40 VAC, 2 Zoe Doyle W40 10:19.42 VAC, 3 Jacqueline Etherington W40 11:06.11 SVHC, 4 Nikki Sturzaker W45 11:10.11 VAC, 5 Karen Rushton W50 11:20.99 SWVAC, 6 Caroline Cotterell W45 11:21.74 SWVAC, 7 Steph Spencer W45 11:26.96 MMAC, 8 Lynne Champion W50 11:27.58 SCVAC, 9 Caroline Wood W55 11:49.78 SCVAC, 10 Elke Hausler W55 11:57.00 EMAC, 11 Avril Riddell W60 13:13.77 VAC, 12 Ros Tabor W65 13:36.01 VAC, 13 Richard Pitcairn-Knowles M85 18:55.69 VAC **60mH M35/40** 1 Mensah Elliott M40 8.20 SCVAC, 2 Michael Louise M35 8.62 SCVAC, 3 Clint Nicholls M40 9.07 EMAC, 4 Nigel Hayman M40 9.27 EMAC, 5 Dan Gartlan M35 10.42 EMAC, 6 Andrejs Safars M35 10.76 OPEN **60m M65 (Hts)** 1 David Blunt M65 9.15 VAC, 2 John Moore M65 9.22 EMAC, 3 Geoffrey Kitchener M65 9.24 VAC, 4 Alan Perry M65 9.32 VAC **60m M65 (Hts)** 1 Christopher Monk M65 8.29 MMAC, 2 John McGarry M65 8.63 SVHC, 3 Simon Barrett M65 8.78 SCVAC, 4 Wally Franklyn M65 8.80 SCVAC, 5 David Hinds M65 8.96 VAC **60m M60 (Hts)** 1 Tom Phillips M60 8.24 SCVAC, 2 Graeme Armstrong M60 8.29 SVHC, 3 Cecil Moven M60 8.45 MMAC, 4 Scott Paget M60 8.71 SCVAC, 5 Phil Clayton M60 8.76 MMAC, 6 Adrian Day M60 8.95 VAC **60m M60 (Hts)** 1 Dougie Donald M60 8.41 MMAC, 2 Tennyson James M60 8.50 EMAC, 3 Robert Reynolds M60 8.69 NIMAA, 4



Gillian Cooke

Malcolm Bramhall M60 8.90 EMAC, 5 Roderick Davies M60 9.09 WMAA, 6 Peter Morgan M60 10.27 VAC **60 W55 (Hts)** 1 Kirstin King W55 8.40 SCVAC, 2 Yolanda Broek W55 9.18 VAC, 3 Angela Kelly W55 9.39 NMAC, 4 Clare St John-Coleman W55 9.59 WMAA, 5 Tessa Stephenson W55 9.99 EMAC **60 W55 (Hts)** 1 Melanie Garland W55 8.97 WMAA, 2 Jan Ellacott W55 9.19 SWVAC, 3 Rosalind Zeffertt W55 9.66 SCVAC, 4 Gaye Clarke W55 9.79 EMAC,

5 Susan Richardson W55 9.85 NMAC, 6 Lyn Sole W55 10.11 SCVAC **60m M55 (Hts)** 1 Donald Brown M55 7.93 MMAC, 2 Gary Leek M55 8.09 SVHC, 3 Keith Powell M55 8.50 WMAA, 4 Andy Hunter M55 8.66 NMAC, 5 Stuart Lynn M55 8.92 NEMAA **60m M55 (Hts)** 1 Pat Logan M55 7.78 VAC, 2 John Statham M55 8.17 MMAC, 3 Adam Garel M55 8.56 SCVAC, 4 Tony Killilea M55 8.63 VAC, 5 Glen Reddington M55 8.84 SCVAC, 6 Michael May M55 9.76 VAC **60m M50 (Hts)** 1 Russell Whiting M50 7.75 WMAA, 2 Rohan Samuel M50 7.78 VAC, 3 Anthony Burniston M50 7.86 NMAC, 4 Ken Telfer M50 8.11 OPEN, 5 Barrington King M50 8.18 SCVAC, 6 Petros Anastasi M50 8.21 SCVAC, 7 Neal Petley M50 9.35 NMAC **60m M50 (Hts)** 1 Mark Phills M50 7.59 VAC, 2 Paul Canning M50 7.84 EMAC, 3 Wole Odele M50 7.89 SCVAC, 4 Barrie Marsden M50 8.78 SCVAC, 5 Dave Roberts M50 9.08 SCVAC **60m M45 (Hts)** 1 Jason Carty M45 7.29 SCVAC, 2 Yinka Opaleye M45 7.63 EMAC, 3 Martin White M45 7.80 MMAC, 4 Nick Lauder M45 8.17 VAC, 5 Christopher Kent M45 8.30 EMAC **60m M45 (Hts)** 1 Mark Mcallister M45 7.64 SCVAC, 2 Craig Beecham M45 7.86 SCVAC, 3 Martin Willis M45 8.58 OPEN **60m M45 (Hts)** 1 Ciaran Harvey M45 7.38 SCVAC, 2 Mark Collins M45 7.50 EMAC, 3 Mark Lawrence M45 7.74 MMAC, 4 Stephen Terry-Short M45 8.01 MMAC, 5 David Adams M45 8.11 MMAC, 6 Neil Lincoln M45 8.15 SCVAC **60m M40 (Hts)** 1 Dominic Bradley M40 7.23 MMAC, 2 Michael Barough M40 7.57 SCVAC, 3 Stuart Pearce M40 7.93 WMAA, 4 Nigel Hayman M40 8.30 EMAC **60m M40 (Hts)** 1 Joshua Wood M40 7.31 SCVAC, 2 Stuart Channon M40 7.37 VAC, 3 Richard Higson-Blythe M40 7.66 NMAC, 4 Tamas Joo M40 7.67 SCVAC, 5 Mark Vallier M40 7.74 SWVAC, 6 Craig Christian M40 8.13 MMAC **60m M40 (Hts)** 1 Mensah Elliott M40 7.28 SCVAC, 2 Andrew Gordon M40 7.67 VAC, 3 Amr Ziko M40 7.68 EMAC, 4 Justin Hubbard M40 7.82 EMAC, 5 Manas Karpha M40 8.04 MMAC, 6 Alex Guest M40 8.29 VAC **60m M35 (Hts)** 1 Marvin Edwards M35 7.20 NMAC, 2 David Beaumont M35 7.26 OPEN, 3 Anthony Meikle M35 7.29 OPEN, 4 Panos Ioannou M35 7.57 EMAC, 5 Neil Barton M35 7.76 SCVAC, 6 Stephen Leek M35 7.80 SVHC **60m M35 (Hts)** 1 Mark Hanson M35 7.19 SCVAC, 2 Michael Louise M35 7.26 SCVAC, 3 Peter Hall M35 7.39 MMAC, 4 Matt Cave M35 7.54 SWVAC, 5 Jan Barnard M35 7.57 EMAC, 6 Mike Harwood M35 7.95 SCVAC **60m M80/90 (F)** 1 Tony Bowman M80 9.92 NMAC, 2 Don Butler M80 9.93 NEMAA, 3 Dalbir Singh Deol M90 14.69 VAC **60mH W65+ (F)** 1 Jean Fail W65 11.74 SWVAC **60m W70/75/80 (F)** 1 Iris Holder W75 11.43 WMAA, 2 Mary Axtell W75 11.74 SCVAC, 3 Kathleen Stewart W75 12.02 NEMAA, 4 Dorothy Fraser W80 13.33 WMAA, 5 Daphne Marler W70 14.23 WMAA, 6 Dorothy McLennan W80 14.51 SCVAC **60m M75 (A+B F)** 1 Barry Ferguson M75 10.18 VAC, 2 Roger Bruck M75 10.77 SCVAC, 3 Geoff Hudson M75 11.47 MMAC, 4 Frank Hayes M75 11.55 EMAC **60m M75 (A+B F)** 1 Allan Long M75 9.00 VAC, 2 Ian Foster M75 9.30 EMAC, 3 Terry Bissett M75 9.40 SCVAC, 4 Ron Davies M75 9.49 SCVAC, 5 Charles Isetts M75 9.96 VAC **60m M70 (A+B F)** 1 Roy White M70 9.77 SCVAC, 2 Peter Wright M70 10.03 MMAC, 3 Earl Taylor M70 10.24 NIMAA, 4 Brian Bowley M70 13.02 MMAC **60m M70 (A+B F)** 1 Victor Novell M70 8.87 SCVAC, 2 James Smith M70 9.22 SVHC, 3 Tony Wells M70 9.24 EMAC, 4 John Charlton M70 9.66 NMAC, 5 John Steel M70 9.91 MMAC **60m W65 (F)** 1 Helen Godsell W65 8.88 SCVAC, 2 Caroline Powell W65 9.27 SWVAC, 3 Joylyn Saunders-Mullins W65 9.35 SCVAC, 4 Emily McMahon W65 10.23 EMAC, 5 Jean Fail W65 10.51 SWVAC **60m W60 (F)** 1 Jane Horder W60 9.17 MMAC, 2 Joan Trimble W60 9.23 SCVAC, 3 Lesley Bowley W60 17.42 MMAC **60m W50 (F)** 1 Joanna Flowers W50 8.56 VAC, 2 Juliet Sidney W50 8.59 WMAA, 3 Janet Dickinson W50 8.79 SWVAC, 4 Louise Kirby W50 9.30 WMAA, 5 Sharon Waller W50 10.26 EMAC, 6 Sue Paterson W50 10.50 EMAC **60m W45 (F)** 1 Michelle Thomas W45 8.22 WMAA, 2 Paula Williams W45 8.49 MMAC, 3 Kathryn Miles W45 8.56 SCVAC, 4 Yvette Clayton W45 8.99 EMAC, 5 Deborah Ricci W45 9.14 MMAC **60m W40 (F)** 1 Claire Spurway W40 8.05 SCVAC, 2 Natasha Norris W40 8.40 SCVAC, 3 Helen Channon W40 8.45 VAC, 4 Kirstie Taylor W40 8.62 SCVAC, 5 Lourdes Bradley W40 8.96 NEMAA **60m W35 (F)** 1 Lisa Boland W35 8.21 SCVAC, 2 Naana Adusei W35 8.34 NMAC, 3 Emily Fry W35 8.36 SCVAC, 4 Stefanie Pullinger W35 8.44 SCVAC, 5 Eleri Jones W35 8.60 WMAA, 6 Heidi Nicholas W35 9.31 EMAC **60mH W60 (F)** 1 Jane Horder W60 9.83 MMAC, 2 Jill Roginski W60 11.17 MMAC, 3 Mary Barrett W60 11.57 OPEN, 4 Penny Butcher W60 11.69 EMAC, 5 Sandra Francis W60 14.32 OPEN **60m M60 (F)** 1 Dougie Donald M60 8.17 MMAC, 2 Graeme Armstrong M60 8.25 SVHC, 3 Tom Phillips M60 8.29 SCVAC, 4 Tennyson James M60 8.30 EMAC, 5 Cecil Moven M60 8.35 MMAC, 6 Robert Reynolds M60 8.73 NIMAA, 7 Scott Paget M60 8.78 SCVAC **60m W55 (F)** 1 Kirstin King W55 8.35 SCVAC, 2 Melanie Garland W55 8.97 WMAA, 3 Jan Ellacott W55 9.17 SWVAC, 4 Yolanda Broek W55 9.23 VAC, 5 Angela Kelly W55 9.48 NMAC, 6 Rosalind Zeffertt W55 9.67 SCVAC, 7 Clare St John-Coleman W55 9.79 WMAA **60m M55 (F)** 1 Pat Logan M55 7.74 VAC, 2 Donald Brown M55 7.75 MMAC, 3 Gary Leek M55 8.05 SVHC, 4 John Statham M55 8.17 MMAC, 5 Keith Powell

M55 8.57 WMAA, 6 Adam Garel M55 8.62 SCVAC, 7 Tony Killilea M55 8.65 VAC **60m M50 (F)** 1 Mark Phills M50 7.50 VAC, 2 Russell Whiting M50 7.69 WMAA, 3 Rohan Samuel M50 7.76 VAC, 4 Anthony Burniston M50 7.79 NMAC, 5 Paul Canning M50 7.85 EMAC, 6 Wole Odele M50 7.88 SCVAC, 7 Ken Telfer M50 8.31 OPEN **60m M45 (F)** 1 Jason Carty M45 7.16 SCVAC, 2 Ciaran Harvey M45 7.34 SCVAC, 3 Mark Collins M45 7.56 EMAC, 4 Yinka Opaleye M45 7.64 EMAC, 5 Mark Mcallister M45 7.68 SCVAC, 6 Mark Lawrence M45 7.72 MMAC, 7 Martin White M45 7.79 MMAC, **60m M40 (F)** 1 Mensah Elliott M40 7.11 SCVAC, 2 Dominic Bradley M40 7.11 MMAC, 3 Joshua Wood M40 7.34 SCVAC, 4 Stuart Channon M40 7.38 VAC, 5 Michael Barough M40 7.49 SCVAC, 6 Tamas Joo M40 7.59 SCVAC **60m M35 (F)** 1 Mark Hanson M35 7.15 SCVAC, 2 Michael Louise M35 7.18 SCVAC, 3 Marvin Edwards M35 7.26 NMAC, 4 David Beaumont M35 7.29 OPEN, 5 Anthony Meikle M35 7.36 OPEN, 6 Peter Hall M35 7.37 MMAC, 7 Matt Cave M35 7.63 SWVAC **400m M50 (Hts)** 1 Paul Gaylor M50 57.81 SCVAC, 2 Glenn Gray M50 58.01 SCVAC, 3 Wole Odele M50 58.05 SCVAC, 4 David Matthew M50 58.49 SCVAC, 5 Leeroy Golding M50 58.84 NMAC **400m M50 (Hts)** 1 Dominic Bokor-Ingram M50 57.34 SCVAC, 2 Michael Osunsami M50 57.99 SCVAC, 3 David Blackman M50 58.44 SCVAC, 4 Harold Sewell M50 59.16 SCVAC, 5 Andy Coleman M50 59.29 EMAC, 6 Alberto Panfili M50 1:06.50 OPEN, **400m M75/80 (F)** 1 Terry Bissett M75 1:17.37 SCVAC, 2 Ron Davies M75 1:28.85 SCVAC, 3 Arthur Kimber M80 1:50.75 SCVAC **60mH M70+ (F)** 1 Tony Wells M70 10.84 EMAC, 2 Don Butler M80 11.17 NEMAA, 3 Tony Bowman M80 11.86 NMAC, 4 Barry Ferguson M75 14.01 VAC, 5 Earl Taylor M70 15.24 NIMAA **400m M70 (F)** 1 Bruce Hendrie M70 1:11.74 MMAC, 2 Albert Eland M70 1:16.19 NMAC, 3 John Steel M70 1:22.95 MMAC, 4 John Exley M70 1:23.12 SCVAC, 5 Bill O'Connor M70 1:41.28 VAC, **400m M65 (F)** 1 Simon Barrett M65 1:07.23 SCVAC, 2 Timothy Carter M65 1:07.42 VAC **400m**



Caroline Powell - W65 European 400m Record

W65/70/75 (F) 1 Caroline Powell W65 1:11.31 SWVAC, 2 Angela Copson W70 1:24.00 MMAC, 3 Anne Dockery W70 1:31.26 SWVAC, 4 Kathleen Stewart W75 1:32.61 NEMAA **400m W55/60 (F)** 1 Virginia Mitchell W55 1:04.81 SCVAC, 2 Edith Caux W60 1:11.47 EMAC, 3 Jill Roginski W60 1:14.80 MMAC, 4 Hilary West W60 1:15.06 NMAC **400m M60 (F)** 1 Tennyson James M60 1:01.53 EMAC, 2 Ivars Licietis M60 1:01.75 EMAC **400m M55 (F)** 1

Jonathan Tilt M55 57.44 SCVAC, 2 Neil Tunstall M55 58.44 SWVAC, 3 Simon Bickers M55 58.90 MMAC, 4 Tony Killilea M55 1:02.94 VAC, 5 Kemal Gediz M55 1:04.81 SCVAC, 6 Stuart Lynn M55 1:07.28 NEMAA **400m W50 (F)** 1 Joanna Flowers W50 1:03.51 VAC, 2 Lisa Thomas W50 1:05.58 VAC, 3 Tracy Bezaune W50 1:05.83 EMAC, 4 Clare Barr W50 1:08.25 SVHC, 5 Louise Kirby W50 1:11.39 WMAA **400m W45 (F)** 1 Monique Krefting W45 59.15 SCVAC, 2 Yvette Clayton W45 1:05.41 EMAC, 3 Lisa Carpenter W45 1:11.37 SWVAC **400m M45 (F)** 1 Richard Houchin M45 56.55 MMAC, 2 Richard Bruce M45 56.74 EMAC, 3 Julian Smith M45 56.95 EMAC, 4 Dave Cobb M45 57.54 VAC, 5 David Shortridge M45 59.63 SCVAC **400m W40 (F)** 1 Liz Amos W40 1:02.06 VAC, 2 Diana Norman W40 1:02.52 SCVAC, 3 Claire Smith W40 1:04.97 EMAC, 4 Bea Lafreniere W40 1:06.41 SCVAC, 5 Lourdes Bradley W40 1:07.74 NEMAA **60mH W50/55 (F)** 1 Susan Frisby W55 9.76 MMAC, 2 Charmaine Johnson W55 10.88 VAC, 3 Gaye Clarke W55 10.95 EMAC **400m M40 (F)** 1 Martyn Morant M40 52.28 SWVAC, 2 Adam Bellis M40 52.35 SCVAC, 3 Andrew Parker M40 53.14 NMAC, 4 Craig Christian M40 59.06 MMAC **400m W35 (F)** 1 Nicola Brady W35 1:05.22 MMAC, 2 Victoria Watkins W35 1:09.82 WMAA **400m M35 (F)** 1 Dave Awde M35 50.77 SCVAC, 2 Thomas Grantham M35 52.83 NMAC, 3 Steven Tester M35 52.91 VAC, 4 Andrejs Safars M35 54.55 OPEN, 5 Mike Harwood M35 59.24 SCVAC **400m M50 (F)** 1 Michael Gardiner M50 54.06 MMAC, 2 Dominic Bokor-Ingram M50 54.55 SCVAC, 3 Michael Osunsami M50 56.71 SCVAC, 4 Glenn Gray M50 57.48 SCVAC, 5 David Blackman M50 57.61 SCVAC, 6 Wole Odele M50 57.66 SCVAC **1500m M65/70/75/80 (F)** 1 David Bedwell M65 5:04.84 MMAC, 2 Kevin Archer M65 5:17.64 SWVAC, 3 Stewart Thorp M65 5:21.72 SCVAC, 4 John Exley M70 5:50.46 SCVAC, 5 Alan Newman M65 5:52.98 SCVAC, 6 Robert Wood M65 6:06.21 SCVAC, 7 Phil Brennan M75 6:10.57 MMAC, 8 Peter Hamilton M70 6:38.62 SWVAC, 9 Edmond Simpson M80 7:05.11 VAC, 10 Bill O'Connor M70 7:27.36 VAC **1500m W60/65/70/75 (F)** 1 Anna Garnier W60 5:48.79 VAC, 2 Alison Bourgeois W65 5:54.06 EMAC, 3 Nancy Hitchmough W65 6:15.25 MMAC, 4 Avril Riddell W60 6:19.87 VAC, 5 Andrea Sanders-Reece W60 6:32.08 VAC, 6 Lesley Wright W60 6:32.91 SWVAC, 7 Anne Dockery W70 6:45.19 SWVAC, 8 Sue James W65 7:19.89 SCVAC, 9 Iris Hornsey W75 7:59.76 EMAC, 10 Betty Stracey W75 8:46.41 EMAC **1500m M60 (F)** 1 John Thomson M60 5:05.66 SVHC, 2 Steven Taylor M60 5:08.44 NMAC, 3 Peter Mountain M60 5:09.75 SWVAC, 4 Mark Hargreaves M60 5:12.08 SCVAC, 5 Ian Wright M60 5:52.60 SWVAC, 6 Colin Oxlade M60 7:27.77 SCVAC, 7 Kevin Dillon M60 7:53.42 NMAC **1500m M50/55 (F)** 1 Mark Symes M50 4:17.93 SCVAC, 2 Guy Bracken M55 4:23.60 NEMAA, 3 Adrian Haines M50 4:26.49 SCVAC, 4 Steve Atkinson M50 4:33.16 VAC, 5 Tony Tuohy M55 4:39.29 VAC, 6 Andrew Ronald M50 4:41.09 SVHC, 7 Mark Champion M50 4:43.49 SCVAC, 8 Russell Parkin M55 4:43.76 MMAC, 9 Anthony Roper M55 4:43.87 MMAC, 10 Darren Franks M50 5:02.09 VAC **1500m W35/40/45/50/55 (F)** 1 Zoe Doyle W40 4:52.66 VAC, 2 Jacqueline Etherington W40 5:06.47 SVHC, 3 Nikki Sturzaker W45 5:08.43 VAC, 4 Rachel Coupe W45 5:11.58 MMAC, 5 Ana Ramos-Villaverde W45 5:16.25 SCVAC, 6 Lisa Webb W50 5:17.96 VAC, 7 Caroline Cotterell W45 5:22.27 SWVAC, 8 Christine Anthony W55 5:22.54 EMAC, 9 Lynne Champion W50 5:30.43 SCVAC, 10 Breege Leane W55 5:50.05 SCVAC, 11 Louise Jeffries W55 6:04.08 SWVAC, **1500m M35/40/45 (F)** 1 Dean Richardson M45 4:06.95 MMAC, 2 Aaron Brown M35 4:07.16 VAC, 3 Colin Welsh M35 4:09.50 SVHC, 4 Christopher Westcott M45 4:16.49 EMAC, 5 Andrew Pickett M35 4:19.63 SCVAC, 6 Matthew Evans M35 4:24.27 WMAA, 7 Matthew Preston M45 4:31.16 VAC, 8 John Coyle M45 4:32.89 SVHC, 9 Richard Clancy M40 4:33.75 NMAC, 10 Tony Bacon M35 4:37.68 EMAC, **60mH W40/45 (F)** 1 Diana Norman W40 9.46 SCVAC, 2 Paula Williams W45 9.65 MMAC, 3 Amanda Cook W40 9.93 WMAA, 4 Jo Wilding W40 10.72 SCVAC **200m W55 (A+B F)** 1 Susan Frisby W55 29.79 MMAC, 2 Melanie Garland W55 31.43 WMAA, 3 Tessa Stephenson W55 32.73 EMAC, 4 Denise Timmis W55 32.91 EMAC, 5 Charmaine Johnson W55 34.53 VAC **200m M55 (Hts)** 1 Donald Brown M55 26.74 MMAC, 2 Robert Grew M55 26.86 SWVAC, 3 Tony Killilea M55 27.87 VAC, 4 Dion Panambalana M55 28.18 SCVAC, 5 Michael May M55 33.20 VAC **200m M55 (Hts)** 1 Neil Tunstall M55 27.10 SWVAC, 2 John Statham M55 27.48 MMAC, 3 Carlton McDonald M55 27.80 MMAC, 4 Stuart Lynn M55 28.82 NEMAA, 5 Adam Garel M55 28.97 SCVAC **200m M50 (Hts)** 1 Paul Canning M50 25.63 EMAC, 2 Leeroy Golding M50 26.43 NMAC, 3 Petros Anastasi M50 27.62 SCVAC, 4 Trevor Crysell M50 28.93 SCVAC **200m M50 (Hts)** 1 Anthony Burniston M50 25.58 NMAC, 2 Michael Osunsami M50 25.79 SCVAC, 3 Russell Whiting M50 25.87 WMAA, 4 Ken Telfer M50 26.39 OPEN, 5 Glenn Gray M50 26.67 SCVAC, **200m M45 (Hts)** 1 Ciaran Harvey M45 24.19 SCVAC, 2 Martin White M45 25.61 MMAC, 3 Craig Beecham M45 25.82 SCVAC, 4 Paul North M45 26.15 MMAC, 5 Stephen Terry-Short M45 26.53 MMAC **200m M45 (Hts)** 1 Mark Collins M45 24.91 EMAC, 2 Mark Mcallister M45 25.40 SCVAC, 3 Peter Davey M45 25.62

SCVAC, 4 David Shortridge M45 26.41 SCVAC, 5 Nick Lauder M45 26.90 VAC, **200m W65/75/80 (F)** 1 Helen Godsell W65 29.98 SCVAC, 2 Caroline Powell W65 30.74 SWVAC, 3 Kathleen Stewart W75 39.47 NEMAA, 4 Dorothy Fraser W80 54.16 WMAA, 5 Dorothy McLennan W80 1:00.17 SCVAC **200m M75/90 (A+B F)** 1 Allan Long M75 30.82 VAC, 2 Terry Bissett M75 30.96 SCVAC, 3 Ron Davies M75 32.41 SCVAC, 4 Charles Isetts M75 35.66 VAC, 5 Dalbir Singh Deol M90 56.76 VAC, **200m M70 (A+B F)** 1 Tony Wells M70 31.62 EMAC, 2 Earl Taylor M70 36.95 NIMAA, 3 David Whittaker M70 37.90 VAC **200m M70 (A+B F)** 1 Victor Novell M70 30.13 SCVAC, 2 James Smith M70 30.79 SVHC, 3 John Steel M70 33.36 MMAC, 4 Albert Eland M70 34.51 NMAC **200m M65 (A+B F)** 1 John McGarry M65 28.66 SVHC, 2 Timothy Carter M65 30.29 VAC, 3 John Moore M65 30.63 EMAC **200m M65 (A+B F)** 1 Christopher Monk M65 28.31 MMAC, 2 Simon Barrett M65 28.46 SCVAC, 3 Peter Mould M65 28.52 MMAC, 4 David Hinds M65 29.58 VAC **200m W60 (F)** 1 Joan Trimble W60 32.89 SCVAC, 2 Hilary West W60 34.05 NMAC, 3 Nicky Buckwell W60 36.08 SCVAC **60mH M60/65 (F)** 1 Tennyson James M60 9.24 EMAC, 2 Robert Reynolds M60 9.66 NIMAA, 3 Brian Slaughter M60 10.05 VAC, 4 Antti Koskela M60 11.12 OPEN, 5 Duncan Talbot M65 12.53 SCVAC **200m M60 (A+B F)** 1 Tom Phillips M60 28.52 SCVAC, 2 Henry Hopkins M60 28.73 MMAC, 3 Adrian Day M60 29.00 VAC, 4 Roderick Davies M60 29.96 WMAA, 5 Robert Woolliams M60 30.74 EMAC **200m M60 (A+B F)** 1 Ian Broadhurst M60 27.31 WMAA, 2 Graeme Armstrong M60 27.35 SVHC, 3 Ivars Licietis M60 27.51 EMAC, 4 Malcolm Bramhall M60 29.62 EMAC, **200m W50 (A+B F)** 1 Joanna Flowers W50 28.16 VAC, 2 Janet Dickinson W50 28.52 SWVAC, 3 Juliet Sidney W50 28.98 WMAA, 4 Tracy Bezance W50 29.07 EMAC, 5 Louise Kirby W50 31.53 WMAA, 6 Sue Paterson W50 36.12 EMAC **200m W45 (A+B F)** 1 Deborah Ricci W45 30.59 MMAC, 2 Henrietta Anstey W45 31.11 SWVAC, 3 Amanda Broadhurst W45 31.87 WMAA, **200m W45 (A+B F)** 1 Michelle



Mark Johnson

Thomas W45 27.10 WMAA, 2 Yvette Clayton W45 29.72 EMAC, 3 Popsie Wootten W45 30.34 SCVAC, 4 Sharon Dooley W45 30.35 SCVAC, **200m W40 (A+B F)** 1 Claire Spurway W40 26.61 SCVAC, 2 Natasha Norris W40 28.15 SCVAC, 3 Kirstie Taylor W40 28.84 SCVAC, 4 Lourdes Bradley W40 29.25 NEMAA, 5 Carol Holt W40 29.85 NMAC **200m M40 (A+B F)** 1 Amr Ziko M40 25.17 EMAC, 2 Manas Karpha M40 25.85 MMAC, 3 Craig Christian M40 26.39

MMAC, 4 Andrew Gordon M40 26.49 VAC **200m M40 (A+B F)** 1 Dominic Bradley M40 23.17 MMAC, 2 Adam Bellis M40 24.02 SCVAC, 3 Michael Barough M40 24.54 SCVAC, 4 Stuart Pearce M40 26.37 WMAA **200m W35 (F)** 1 Lisa Boland W35 27.33 SCVAC, 2 Naana Adusei W35 27.64 NMAC, 3 Eleri Jones W35 29.12 WMAA, 4 Lindsay Badman W35 30.54 SCVAC, 5 Victoria Watkins W35 31.06 WMAA **200m M35 (F)** 1 Peter Hall M35 23.40 MMAC, 2 Michael Louise M35 23.40 SCVAC, 3 Andrew Spour M35 23.70 EMAC, 4 David Beaumont M35 23.90 OPEN, 5 Thomas Grantham M35 24.80 NMAC, 6 Mike Harwood M35 25.90 SCVAC **200m M55 (F)** 1 Donald Brown M55 25.75 MMAC, 2 Neil Tunstall M55 25.99 SWVAC, 3 Robert Grew M55 26.59 SWVAC, 4 John Statham M55 27.33 MMAC, 5 Carlton McDonald M55 27.75 MMAC, 6 Tony Killilea M55 27.86 VAC **60mH M55 (F)** 1 Donald Brown M55 9.24 MMAC, 2 Neil Tunstall M55 9.26 SWVAC, 3 Glen Reddington M55 9.91 SCVAC, 4 Ian Crawley M55 10.66 SCVAC **200m M45 (F)** 1 Ciaran Harvey M45 23.57 SCVAC, 2 Mark Collins M45 24.89 EMAC, 3 Mark Mcallister M45 25.12 SCVAC, 4 Peter Davey M45 25.43 SCVAC, 5 Martin White M45 25.46 MMAC, 6 Craig Beecham M45 25.57 SCVAC **3kW M70+/W35+ (F)** 1 Carolyn Derbyshire W40 16:24.75 MMAC, 2 Melanie Peddle W50 16:48.15 EMAC, 3 Emma Dyos W40 16:49.38 OPEN, 4 Wendy Kane W50 17:42.39 MMAC, 5 Cath Duhig W60 18:24.81 EMAC, 6 Roger Michell M70 18:26.21 MMAC, 7 Rachel Lawless W55 18:59.17 VAC, 8 Susan Barnett W65 20:32.63 EMAC, 9 Geraldine Legon W60 21:46.13 SCVAC, 10 Angela Martin W50 22:09.60 SCVAC, 11 Karen Williams W65 22:58.04 MMAC **3kW M40/45/50/55/60/65 (F)** 1 Mark Williams M50 15:35.30 MMAC, 2 Peter Boszko M65 16:03.38 MMAC, 3 Stuart Bennett M60 17:04.36 VAC, 4 Ian Torode M60 18:07.10 SWVAC, 5 Raymond Robinson M40 19:01.19 NEMAA, **800m M55 (F)** 1 Simon Bickers M55 2:19.87 MMAC, 2 Andy Gannaway M55 2:20.10 VAC, 3 Jed Turner M55 2:20.74 NMAC, 4 Norman De Bruin M55 2:21.34 NEMAA, 5 Chris Ireland M55 2:22.20 NMAC, 6 Brett Davis M55 2:22.37 WMAA, 7 Geoff Lowry M55 2:22.55 MMAC, 8 Kevin Pye M55 2:27.56 MMAC, 9 Ray Taylor M55 2:28.37 OPEN **800m M50 (F)** 1 Mark Symes M50 2:04.91 SCVAC, 2 Dominic Bokor-Ingram M50 2:07.15 SCVAC, 3 Steve Atkinson M50 2:08.39 VAC, 4 Adrian Haines M50 2:09.11 SCVAC, 5 David Matthew M50 2:09.41 SCVAC, 6 Andy Coleman M50 2:12.73 EMAC, 7 Andrew Ronald M50 2:15.66 SVHC, 8 Stewart Fountain M50 2:24.36 EMAC, 9 Darren Franks M50 2:28.82 VAC **800m M45 (F)** 1 Dean Richardson M45 2:02.06 MMAC, 2 Andrew Keane M45 2:02.57 SCVAC, 3 Richard Scott M45 2:04.68 SWVAC, 4 Christopher Westcott M45 2:05.46 EMAC, 5 Tony James M45 2:09.87 MMAC, 6 Nick Andrews M45 2:10.04 OPEN, 7 Robert Datnow M45 2:10.48 VAC, 8 Daniel Johnson M45 2:14.19 SCVAC, 9 Jason Kabel M45 2:19.13 OPEN, **800m W65/70/75/80/85 (F)** 1 Alison Bourgeois W65 2:53.35 EMAC, 2 Angela Copson W70 3:01.59 MMAC, 3 Nancy Hitchmough W65 3:03.20 MMAC, 4 Ros Tabor W65 3:03.38 VAC, 5 Anne Dockery W70 3:25.46 SWVAC, 6 Sue James W65 3:39.79 SCVAC, 7 Betty Stracey W75 4:15.38 EMAC, **800m M70/75/80/85 (F)** 1 Bruce Hendrie M70 3:00.91 MMAC, 2 John Exley M70 3:03.76 SCVAC, 3 Phil Brennan M75 3:08.05 MMAC, 4 Terry Casey M75 4:44.64 VAC, 5 Richard Pitcairn-Knowles M85 4:57.18 VAC **3000m M35/40/45 (F)** 1 Bruno Lima M35 9:12.50 NMAC, 2 Paul Gaylor M50 9:37.75 SCVAC, 3 Matthew Evans M35 9:46.20 WMAA, 4 Ian Johnston M50 9:48.00 SVHC, 5 Richard Clancy M40 10:05.61 NMAC, 6 Dean Kane M35 10:07.85 SVHC, 7 Mark Champion M50 10:13.58 SCVAC, 8 Peter Costley M50 10:32.43 SWVAC **800m M65 (F)** 1 Kevin Archer M65 2:25.71 SWVAC, 2 David Bedwell M65 2:30.17 MMAC, 3 Stewart Thorp M65 2:37.41 SCVAC, 4 Ed Connolly M65 2:39.48 VAC, 5 Trevor Solomon M65 2:55.57 VAC, 6 William Lonsdale M65 3:04.73 SVHC **60mH M50 (F)** 1 Barrie Marsden M50 9.07 SCVAC, 2 Andy Lewis M50 9.12 SCVAC, 3 Neal Petley M50 10.04 NMAC, 4 Keith Newton M50 10.11 SCVAC, 5 Paul Canning M50 10.70 EMAC, 6 Derek Warn M50 11.55 SCVAC **3000m M45/55 (F)** 1 John Coyle M45 9:45.15 SVHC, 2 Darren Bradley M45 9:48.07 SCVAC, 3 Justin Reid M45 9:49.14 NIMAA, 4 Tim Kelly M45 9:49.18 MMAC **3000m M45/55 (F)** 1 Guy Bracken M55 9:15.69 NEMAA, 2 Tony Tuohy M55 9:49.09 VAC, 3 Geoff Lowry M55 10:03.48 MMAC, 4 Philip Coleman M55 10:27.46 SCVAC, 5 Malcolm Down M55 10:50.86 EMAC, 6 Karl Hick M55 12:09.90 MMAC, **800m W45/55 (F)** 1 Virginia Mitchell W55 2:26.89 SCVAC, 2 Nikki Sturzaker W45 2:28.78 VAC, 3 Rachel Coupe W45 2:30.59 MMAC, 4 Ana Ramos-Villaverde W45 2:30.91 SCVAC, 5 Christine Anthony W55 2:33.57 EMAC, 6 Christine Feely W55 2:44.20 EMAC, 7 Hilary West W60 2:55.27 NMAC, 8 Lesley Wright W60 3:17.01 SWVAC **800m W35/40/45/50/55/60 (F)** 1 Liz Amos W40 2:23.22 VAC, 2 Georgie Parnell W35 2:23.34 WMAA, 3 Fiona Maddocks W35 2:24.65 SCVAC, 4 Jacqueline Etherington W40 2:28.74 SVHC, 5 Tina Wickens W50 2:32.85 MMAC, 6 Lisa Thomas W50 2:33.88 VAC, 7 Lisa Webb W50 2:34.26 VAC, 8 Clare Barr W50 2:37.24 SVHC, 9 Patricia Thomas W50 2:55.83 VAC, **800m M40/60 (F)** 1 Charlie Thurstan M40 2:02.00 MMAC, 2 Paul Harmer M40 2:04.88 MMAC, 3 Glen Richardson M40 2:05.83 EMAC, 4 John

Thomson M60 2:26.14 SVHC, 5 Peter Mountain M60 2:27.18 SWVAC, 6 John Donaldson M60 2:27.63 EMAC, 7 Steven Taylor M60 2:27.78 NMAC, 8 Geoffrey Brewster M60 2:34.30 EMAC, 9 Austin Davies M60 2:39.77 WMAA, **800m M35 (F)** 1 Dave Ragan M35 1:56.88 OPEN, 2 Aaron Brown M35 1:58.11 VAC, 3 Colin Welsh M35 1:59.78 SVHC, 4 Sean Reidy M35 2:00.74 EMAC, 5 Bruno Lima M35 2:01.55 NMAC, 6 Peter Watkeys M35 2:05.45 WMAA, 7 Matt Moon M35 2:09.19 MMAC, 8 Thomas Procter-Legg M35 2:11.74 MMAC, **3000m M60 (F)** 1 Andrew Wetherill M60 10:10.93 MMAC, 4 Nigel Gates M65 10:16.02 SWVAC, 5 Derek Jackson M65 11:02.24 MMAC, 6 David Bedwell M65 11:25.46 MMAC, 7 Stewart Thorp M65 11:26.64 SCVAC, 8 Alan Newman M65 12:30.95 SCVAC, 2 Ian Wright M60 12:34.74 SWVAC, 9 John Exley M70 12:38.27 SCVAC, 3 Malcolm Thirlaway M60 13:03.22 NEMAA, 10 Peter Hamilton M70 13:13.76 SWVAC, 11 Phil Brennan M75 13:36.99 MMAC **60mH M45 (F)** 1 Gary Smith M45 8.83 EMAC, 2 Laurence Ramm M45 8.99 EMAC, 3 Peter Davey M45 9.24 SCVAC, 4 David Shortridge M45 13.06 SCVAC

High Jump Women 1 Diana Norman W40 1.55, 2 Jo Wilding W40 1.39, 3 Irie Hill W50 1.39, 4 Janet Dickinson W50 1.39, 5 Heidi Nicholas W35 1.36, 5 Melanie Garland W55 1.36, 7 Susan Frisby W55 1.36, 8 Penny Butcher W60 1.27, 9 Gaye Clarke W55 1.27, 10 Teresa Eades W60 1.24, 11 Susan Richardson W55 1.24, 12 Charmaine Johnson W55 1.21, 13 Sue Yeomans W65 1.18, 14 Wendy Lewis W50 NH, 14 Mary Barrett W60 NH, 14 Emily McMahon W65 NH, **High Jump M55 Up** 1 Ian Crawley M55 1.52, 2 Paul Masterton M55 1.49, 2 Antti Koskela M60 1.49, 4 Paul Guest M55 1.49, 5 Duncan Talbot M65 1.41, 6 David Blunt M65 1.39, 7 Malcolm Bramhall M60 1.39, 8 Paul Askew M60 1.37, 9 Steven Harger M65 1.37, 10 Kemal Gediz M55 1.35, 11 Paul Oakes M65 1.30, 12 Colin Hague M60 1.25, 13 Roger Bruck M75 1.15, 14 Phil Rees M75 0.90, 15 Steve Linsell M55 NH, 15 Trevor



Donald Brown

Wade M60 NH, 15 Geoffrey Kitchener M65 NH, 15 Tony Bowman M80 NH, 15 Don Butler M80 NH, 1 Michael Burr M35 1.80, 2 Clint Nicholls M40 1.70, 3 Donovan Davenport M45 1.65, 4 Nigel Hayman M40 1.60, 5 Paul Husbands M50 1.55, 6 Andrew England M45 1.50, 7 Christopher Kent M45 1.50, 8 Martin Gardner M40 1.50, 9 Dean Kane M35 NH, 9 James Hind M40 NH **High Jump M35-M54** 1 Derek Warn M50 2.90, 1 David Blunt M65 2.90, 3 Jon

Ladley M35 2.80, 4 Ian Crawley M55 2.80, 5 Alan Easey M55 2.70, 6 Keith Powell M55 2.60, 7 Mark Burgman M60 2.40, 8 Dean Robinson M45 NH, 8 Andy Del Nevo M50 NH, 8 Alan Hardy M60 NH, **Pole Vault M35-M69** 1 Mark Johnson M50 4.30, 2 Chris Mills M40 4.10, 2 James Robinson M40 4.10, 4 Robert Kingman M45 3.90, 5 Ian Parkinson M40 3.80, 6 David Gordon M50 3.40, 6 John Andrews M55 3.40, 8 Ron Todd M55 3.20, 9 Richard Phelan M55 3.00, 10 Allan Leiper M55 NH **Pole Vault M70 Up** 1 Neal Mason M70 3.00, 2 John Bradley M75 1.80 **Pole Vault Women** 1 Irie Hill W50 3.40, 2 Gillian Cooke W35 3.30, 3 Jemma Eastwood W40 3.20, 4 Caroline Parkinson W35 3.10, 5 Alison Murray W50 2.81, 6 Sue Yeomans W65 2.50, 7 Louise Kelly W40 2.50, 8 Stephanie Pain W45 2.40, 9 Teresa Eades W60 2.30, 10 Claudia Cabbage W45 2.20, 11 Sandra Pedley W50 1.80

Long Jump M50 1 Boguslaw Zelechowski M50 5.41, 2 Keith Newton M50 5.05, 3 Neil Carrington M50 4.86, 4 Neal Petley M50 4.72, 5 Richard Weekes M50 4.71, 6 Derek Warn M50 4.6, 7 Trevor Crysell M50 4.55, 8 Dave Roberts M50 4.4, 9 Andy Lewis M50 4.19, **Long Jump M45** 1 Donovan Davenport M45 5.88, 2 Craig Beecham M45 5.82, 3 Laurence Ramm M45 5.55, 4 Neil Lincoln M45 5.51, 5 Stephen Thorpe M45 5.16, 6 Martin Willis M45 3.98 **Long Jump M35/M40** 1 Neil Barton M35 6.04, 2 Michael Burr M35 5.98, 3 Clint Nicholls M40 5.77, 4 Stephen Leek M35 5.73, 5 Justin Hubbard M40 5.66, 6 Grant Stirling M40 5.65, 7 Aaron Bollu M40 5.28, 8 Amr Ziko M40 4.93 **Long Jump M65 Up** 1 Paul Oakes M65 4.2, 2 William Lonsdale M65 4.19, 3 David Blunt M65 4.18, 4 John Charlton M70 4.02, 5 Timothy Carter M65 3.83, 6 Ron Davies M75 3.71, 7 Steven Harger M65 3.65, 8 James Smith M70 3.64, 9 Roy White M70 3.5, 10 Duncan Talbot M65 3.25, 11 Roger Bruck M75 3.11, 12 Dennis Wallington M65 2.88, 13 Patrick Reynolds M65 2.84, 14 Kevin Bates M65 2.79, 15 Phil Rees M75 2.1 **Long Jump W55 Up** 1 Melanie Garland W55 4.52, 2 Susan Frisby W55 4.24, 3 Susan Richardson W55 3.86, 4 Denise Timmis W55 3.85, 5 Teresa Eades W60 3.8, 6 Charmaine Johnson W55 3.79, 7 Rosalind Zeffertt W55 3.7, 8 Julie Wakelam W60 3.58, 9 Clare St John-Coleman W55 3.54, 10 Emily McMahon W65 3.44, 11 Lyn Sole W55 3.39, 12 Sandra Francis W60 3.37, 13 Lyn Ahmet W65 3.18, 14 Iris Holder W75 2.82, 15 Daphne Marler W70 2.02, 16 Dorothy McLennan W80 1.8 **Long Jump W35-W50** 1 Gillian Cooke W35 5.21, 2 Diana Norman W40 5.07, 3 Janet Dickinson W50 4.85, 4 Paula Williams W45 4.52, 5 Louise Wood W50 4.56, 6 Amanda Cook W40 4.32, 7 Joanne Abel W45 4.3, 8 Heidi Nicholas W35 4.25, 9 Lisa Tanushi W40 4.24, 10 Amanda Broadhurst W45 3.78, 11 Jo Wilding W40 4.21, 12 Andrea Westcott W45 2.79 **Triple Jump W55 up** 1 Melanie Garland W55 9.38, 2 Teresa Eades W60 8.77, 3 Mandy Rowley-Jones W55 7.99, 4 Susan Richardson W55 7.99, 5 Julie Wakelam W60 7.39, 6 Lyn Ahmet W65 7.17, 7 Iris Holder W75 6.08, 8 Daphne Marler W70 4.7 **Triple Jump M65 up** 1 David Folgate M65 10.17, 2 Ian Thomson M65 9.23, 3 David Blunt M65 9.01, 4 William Lonsdale M65 8.63, 5 Bela Nagy M70 8, 6 James Smith M70 7.94, 7 Patrick Reynolds M65 6.46, 8 Phil Rees M75 5.61 **Triple Jump M35-M45** 1 Michael Burr M35 12.29, 2 Grant Stirling M40 12.2, 3 Donovan Davenport M45 11.87, 4 Nigel Hayman M40 11.41, 5 Craig Beecham M45 11.33, 6 Dean Kane M35 5.9, 7 Aaron Bollu M40 11.15, 8 Stephen Lake M45 10.71 **Triple Jump M50-M60** 1 Keith Newton M50 11.29, 2 Julien Gittens M55 11.04, 3 Neil Carrington M50 10.23, 4 Clifford Warren M55 9.98, 5 Paul Canning M50 9.89, 6 Henry Hopkins M60 9.72, 7 Richard Weekes M50 9.69, 8 Trevor Crysell M50 9.58, 9 David Shields M55 8.91, Philip Bowers M50 NM, John Barratt M55, Wayne Howe M60 **Triple Jump W35-W50** 1 Joanne Abel W45 9.44, 2 Amanda Cook W40 9.19, 3 Heidi Nicholas W35 8.46 **Long Jump M55-M60** 1 Paul Guest M55 5.4, 2 Barry Morris M60 4.7, 3 Ian Crawley M55 4.76, 4 Brian Slaughter M60 4.7, 5 Alan Easey M55 4.58, 6 Roderick Davies M60 3.94, 7 Keith Powell M55 4.48, 8 Peter Morgan M60 3.64

Hammer W55toW35 1 Bethan Lishman W35 40.32, 2 Janet Smith W50 35.69, 3 Karen Jones W55 33.97, 4 Deborah Montgomery W50 33.67, 5 Julie Wilson W55 32.41, 6 Sue Lawrence W45 29.95, 7 Nicola Long W40 29.61, 8 Kim Weir W55 28.54, 9 Karen Llewellyn W55 26.97, 10 Gaye Clarke W55 26.96, 11 Wendy Dunsford W55 23.25, 12 Hazel Gering W45 19.95, 13 Joanna Sparkes W45 17.72 **Shot Put M70up** 1 Geoff Tyler M70 11.68, 2 Barry Hawsworth M70 11.44, 3 Eric Barker M75 10.71, 4 John Watts M75 10.19, 5 James Sloan M75 9.66, 6 David Kuester M70 8.91, 7 John Gilbert M75 8.89, 8 Brian Bowley M70 8.54, 9 Ron Davies M75 7.96, 10 Hugh Ryan M80 7.95, 11 Tony Bowman M80 7.49, 12 John Kirkham M90 5.24, 13 James Farrar M90 3.8 **Discus M55-M60** 1 John Moreland M60 44.5, 2 Stuart Ryan M55 40.79, 3 Allan Leiper M55 37.89, 4 Nick Barton M55 37.37, 5 Robert Broadbridge M55 36.68, 6 Graeme Packman M60 35.33, 7 Michael Hausler M55 33.54, 8 Trevor Ratcliffe M55 33.3, 9 Andrew Rushbrook M55 30.79, 10 Jim Gillespie

M55 26.29, 11 Peter Wishart M55 23.55, 12 Keith Seldon M60 22.15 **Discus M50** 1 Kevin Brown M50 43.86, 2 John Twiddle M50 38.63, 3 Peter Evans M50 35.4, 4 David Brown M50 33.77, 5 Leeroy Golding M50 28.56, 6 Vito Ricci M50 28.44, 7 Simon Wills M50 25.71 **Shot Put M65** 1 Trevor Straker M65 10.97, 2 Tony Richards M65 10.95, 3 Paul Oakes M65 10.54, 4 Nigel Hooker M65 9.55, 5 Bunt Scott M65 9.47, 6 John Wild M65 9.41, 7 Kevin Bates M65 9.03, 8 Bill Renshaw M65 8.72 **Discus M35-M45** 1 Greg Pell M45 38.88, 2 Matthew Allison M45 38.65, 3 Dan Upton M40 35.94, 4 Simon Achurch M40 34.67, 5 Sam Cater M35 31.46, 6 Ian Williams M40 29.52, 7 Dan Gartlan M35 29.52, 8 Stephen Leek M35 25.09, 9 Martin Willis M45 17.3 **Javelin M50-M60** 1 Martin Tucker M50 40.93, 2 Stuart Ryan M55 37.52, 3 David Brown M50 36.66, 4 Stephen Langdon M60 36.11, 5 Michael Hausler M55 33.73, 6 Nick Barton M55 33.4, 7 Peter Evans M50 32.42, 8 Keith Seldon M60 31.05, 9 David Hunt M50 30.78 **Weight Throw W60 up** 1 Evaun Williams W80 12.07, 2 Claire Cameron W60 11.21, 3 Renate Prells W60 10.25, 4 Julie Wakelam W60 10.12, 5 Pat Higgins W60 8.9, 6 Brenda Russell W60 8.84, 7 Anne Martin W80 8.22, 8 Lesley Bowley W60 6.68, 9 Stephanie Stamp W65 5.82 **Javelin M35-M45** 1 Matthew Allison M45 50.74, 2 Shaun Wall M35 44.77, 3 Simon Achurch M40 41.86, 4 Matt Cave M35 41.55, 5 Sam Cater M35 39.99, 6 Christopher Kent M45 39.57, 7 Andrew Bruce M45 39.07, 8 Stephen Leek M35 36.71, 9 Greg Pell M45 35.79, 10 Ian Williams M40 27.15, 11 Dan Upton M40 26.06 **Weight Throw W35-W55** 1 Janet Smith W50 13.31, 2 Julie Wilson W55 10.81, 3 Sue Lawrence W45 10.52, 4 Karen Jones W55 10.56, 5 Hazel Gering W45 5.78, 6 Kim Weir W55 8.58, 7 Karen Llewellyn W55 8.24, 8 Wendy Dunsford W55 7.83 **Weight Throw M65 up** 1 Barry Hawksworth M70 16.73, 2 John Watts M75 15.32, 3 Eric Barker M75 13.72, 4



Jonathan Tilt and Neil Tunstall

John Wild M65 13.1, 5 Paul Oakes M65 12.19, 6 David Kuester M70 11.39, 7 Clive Thomson M65 11.21, 8 Tim Saunders-Mullins M65 11.19, 9 Bill Renshaw M65 9.35, 10 John Gilbert M75 9.34, 11 Hugh Ryan M80 9.29, 12 Patrick Reynolds M65 8.87, 13 Brian Bowley M70 8.77, 14 John Kirkham M90 5.4 **Hammer M35-M50** 1 Richard Martin M35 54.49, 2 George Perkins M35 45.3, 3 Mark Roberson M40 43.94, 4 John Twiddle M50 41.22, 5 Paul Kelly M50 39.09, 6 Simon Achurch M40 37.19, 7 Sam Cater M35 33.72, 8 Steve Feely M50 33.38, 9 Dan Upton M40 30.63, 10 Greg Pell M45 29.77, 11 David

Brown M50 29.31, 12 Vito Ricci M50 28.96, 13 David Glendower M50 24.28, 14 Simon Wills M50 17.79, 15 Garry Glave M45 14.44 **Shot Put W35-W45** 1 Monique Heijns W40 10.8, 2 Diana Norman W40 10.72, 3 Paula Williams W45 10.29, 4 Marianne Berndt W40 10.12, 5 Sue Lawrence W45 9.97, 6 Ruth Jansen W45 9.42, 7 Louise Kelly W40 9.18, 8 Claudia Cubbage W45 9.15, 9 Bethan Lishman W35 8.22, 10 Hazel Gering W45 6.9, 11 Carey Hollick W45 6.64, 12 Joanna Sparkes W45 5.48 **Shot Put M55-M60** 1 Allan Leiper M55 12.80, 2 Michael Hausler M55 12.64, 3 John Moreland M60 12.38, 4 Stuart Ryan M55 12.25, 5 Steve Pomeroy M55 10.85, 6 Robert Broadbridge M55 10.77, 7 John Fenton M60 10.71, 8 Nick Barton M55 10.56, 9 Ian Crawley M55 9.28, 10 Peter Wishart M55 9.27, 11 Jim Gillespie M55 9.09, 12 John Birkett M60 8.83, 12 Peter Knott M60, 14 Graeme Packman M60 **Shot Put M45-M50** 1 Gintas Degutis M45 13.58, 2 John Twiddle M50 13.03, 3 Greg Pell M45 11.73, 4 Martin Tucker M50 10.98, 5 Christopher Kent M45 10.9, 6 David Brown M50 10.37, 7 Vito Ricci M50 9.18, 8 Martin Willis M45 7.88, 9 David Glendower M50 7.64, 10 Simon Wills M50 7.35 **Discus M70 up** 1 Michael Ferne M70 39.1, 2 John Watts M75 37.79, 3 Barry Hawksworth M70 36.86, 4 Geoff Tyler M70 34.68, 5 James Sloan M75 28.56, 6 Brian Bowley M70 27.79, 7 David Kuester M70 26.28, 8 John Gilbert M75 25.95, 9 Hugh Ryan M80 17.76, 10 John Kirkham M90 12.3 **Discus M65** 1 John Wild M65 37.53, 2 Tony Richards M65 37.27, 3 Bunt Scott M65 36.24, 4 Paul Oakes M65 34.82, 5 Trevor Straker M65 29.52, 6 Bill Renshaw M65 24.16, 7 Patrick Reynolds M65 19.24 **Shot Put M35-M40** 1 James Taylor M35 14.14, 2 Simon Achurch M40 12.17, 3 Dan Upton M40 12.07, 4 Shaun Wall M35 11.31, 5 Thomas Grantham M35 11.02, 6 Sam Cater M35 11.01, 7 Martin Gardner M40 10.89, 8 Mike Harwood M35 10.27 **Hammer M55-M60** 1 David Valentine M60 45, 2 John Moreland M60 40.92, 3 Robert Broadbridge M55 39.46, 4 Ian Cooley M60 39.43, 5 Steve Pomeroy M55 37.07, 6 Mike Bale M60 34.03, 7 Nick Barton M55 32.19, 8 Andrew Rushbrook M55 30.09, 9 Jim Gillespie M55 24.72 **Hammer W60 up** 1 Evaun Williams W80 33.83, 2 Renate Prells W60 30.13, 3 Julie Wakelam W60 25.85, 4 Claire Cameron W60 25.74, 5 Pat Higgins W60 24.2, 6 Vilma Thompson W65 23.73, 7 Brenda Russell W60 22.52, 8 Anthea Bramford W70 21.55, 9 Angela Morgan W60 21.04, 10 Anne Martin W80 20.83, 11 Stephanie Stamp W65 18.73, 12 Liz Brandon W70 18.68, 13 Lesley Bowley W60 13.36 **Discus W55 up** 1 Julie Wilson W55 29.67, 2 Claire Cameron W60 26.02, 3 Hazel Barker W55 24.73, 4 Karen Llewellyn W55 21.28, 5 Wendy Dunsford W55 20.35, 6 Renate Prells W60 20.08, 7 Julie Wakelam W60 18.83, 8 Brenda Russell W60 15.55, 9 Lesley Bowley W60 11.52, 10 Stephanie Stamp W65 11.02 **Javelin M65 up** 1 Mike Bennett M65 32.47, 2 Barry Hawksworth M70 31.21, 3 Paul Oakes M65 31.05, 4 Bunt Scott M65 29.36, 5 Peter Daw M70 25.47, 6 David Kuester M70 24.47, 7 Earl Taylor M70 22.24, 8 Brian Bowley M70 20.4, 9 John Gilbert M75 19.96, 10 Patrick Reynolds M65 13.33, 11 Hugh Ryan M80 12.34 **Discus W35-W50** 1 Vanessa Hannam W45 37.49, 2 Marianne Berndt W40 29.14, 3 Sue Lawrence W45 28.41, 4 Jacqueline Cherry W45 27.8, 5 Deborah Montgomery W50 21.95, 6 Carey Hollick W45 21.62, 7 Bethan Lishman W35 20.3, 8 Hazel Gering W45 17.69 **Weight Throw M35-M50** 1 John Twiddle M50 14.15, 2 Richard Martin M35 14.07, 3 Paul Kelly M50 13.35, 4 George Perkins M35 12.91, 5 Steve Feely M50 11.24, 6 Simon Achurch M40 10.83, 7 Dan Upton M40 10.14, 8 Sam Cater M35 10.08, 9 David Brown M50 9.74, 10 Vito Ricci M50 9.59, 11 Greg Pell M45 9.13, 12 David Glendower M50 8.97, 13 Shaun Wall M35 8.84, 14 Christopher Kent M45 8.43, 15 Martin Gardner M40 7.39 **Javelin W50 up** 1 Caroline Garratt W55 31.37, 9 Evaun Williams W80 25.59, 3 Deborah Montgomery W50 24.86, 4 Julie Wilson W55 18.59, 5 Julie Wakelam W60 18.44, 6 Hazel Barker W55 16.15, 7 Pat Higgins W60 14.34, 8 Stephanie Stamp W65 10.58, 9 Evaun Williams W80 25.59 **Javelin W35-W45** 1 Sue Lawrence W45 25.25, 2 Lisa Tanushi W40 25.17, 3 Maria Townsend W35 22.67, 4 Nikki Sturzaker W45 17.7, 5 Carey Hollick W45 15.61, 6 Hazel Gering W45 13.33 **Weight Throw M55-M60** 1 David Valentine M60 17.28, 2 John Moreland M60 16.34, 3 Ian Cooley M60 14.47, 4 Mike Bale M60 13.2, 5 Steve Pomeroy M55 12.84, 6 Nick Barton M55 11.94, 7 Andrew Rushbrook M55 10.78, 8 Jim Gillespie M55 9.53 **Hammer M70 up** 1 Barry Hawksworth M70 43.95, 2 Eric Barker M75 36.16, 3 John Gilbert M75 28.71, 4 David Kuester M70 27.17, 5 Hugh Ryan M80 21.13, 6 John Kirkham M90 16.42, 7 Phil Rees M75 16.04 **Shot Put W50-W55** 1 Charmaine Johnson W55 10.51, 2 Deborah Montgomery W50 9.68, 3 Irie Hill W50 9.57, 4 Julie Wilson W55 9.42, 5 Susan Frisby W55 9.38, 6 Hazel Barker W55 8.75, 7 Tessa Stephenson W55 8.31, 8 Karen Llewellyn W55 7.93, 9 Wendy Dunsford W55 7.32 **Hammer M65** 1 John Wild M65 35.78, 2 Stephen Ford M65 33.8, 3 Nigel Hooker M65 33.37, 4 Tim Saunders-Mullins M65 32.04, 5 Clive Thomson M65 30.11, 6 Bill Renshaw M65 26, 7 Robert Bridges M65 24.29, 8 Patrick Reynolds M65 18.52 **Shot Put W60 up** 1 Mary Barrett W60 10.19, 2 Vilma Thompson W65 8.88, 3 Liz Brandon W70 5.81, 4 Dorothy McLennan W80

5.35, 5 Claire Cameron W60 9.47, 6 Stephanie Stamp W65 5.97, 7 Anthea Bramford W70 5.54, 8 Jill Roginski W60 8.52, 9 Paula Booth W60 7.21, 10 Renate Prells W60 7.21, 11 Angela Morgan W60 6.83, 12 Penny Butcher W60 6.82, 13 Brenda Russell W60 5.69, 14 Lesley Bowley W60 4.72

WMACI Torun 2019: A View From the Back of the Field

I have never been much of a track runner having always preferred the road, so the M70 3000m at the WMACI in Torun was, for me, always going to be a survival shuffle. And so it was. Right at the back of the field and lapped multiple times.

I had run on the indoor track in Torun four weeks before in the Polish Masters Indoor Championships also in the M70 3000m, or, to be honest, in the women's (all age groups) 3000m. You see I missed the start of the M70 entirely due to my own foolishness, but was allowed to tag onto the back of the women's race. As usual I was lapped multiple times, recorded my slowest ever 3000m, but still placed second in the M70 classification. I collected my 17th Polish Championship medal. Most of these medals were for race-walking, and, unlike my running, were earned with good quality efforts, that resulted in Polish Championship records. Others, of greater ability, have now erased most of them.

So why start in the WMACI 2019 as a runner and no hopper? (Tony Tuohy will remember me from the 1980's as a sub 52.00 10 miler!). Several reasons. Although Park Runs suit me better, I can't quite give up. Running and race walking have been part of my life since 1963. Last year I celebrated 50 years as a member of Surrey Walking Club. A foot defect which resulted in DQ's terminated any further hopes of walking. Nowadays, I don't race often - once or twice a year, perhaps -but I still need to get my kit on four or five times a week and get out for a trot. Another reason for my WMACI entry was to show solidarity with my Polish colleagues: they all turned out with pride no matter how slow or feeble. In addition, Torun is a local venue for me - less than two hours on the train from my home - so how could I possibly not take advantage of this? I am sure you would do the same if you lived nearby. I also wanted to defy and rebel against my body just one more time, and not give in to the malfunctioning veins in my left leg. Finally, there was the joy of meeting old friends and being swept up in the wonderful atmosphere. It was inspiring - and that is a core value of the Masters. We inspire and give hope to others. It might also be said, that in our oft troubled world, cooperation, goodwill, and a sense of fair play, might make it a better place to be. So, to my British friends, thank you for taking part, for contributing, for being inspiring, and for just being there. Good luck, stick at it, and, perhaps, see you next time.

Lyn Atterbury is a member of Blackheath & Bromley, Vets A C, and Surrey Walking Club. In the 1970's he was a member of the University of Saskatchewan's Track Team as a runner and a walker, and in the 1990's turned out for Ilkeston Running Club. He has been putting his kit on for more than 55 years. During that

period he has been known to have run, and walked, fast, at least occasionally. He did not run fast at the WMACI 2019 in Torun. He has lived in Poland for many years.

EAMA Inter Area Indoor Track & Field Challenge - 24th February 2019

(see local area news for report)

M35 60m 1 Mensah Elliott (M40) SCVAC 7.25, 2 Stuart Channon (M40) VAC 7.42, 3 Andrew Spour EMAC 7.44, 4 Carl McMullen NMAC 7.72, 5 Stephen Buttler (M40) WMAA 7.77, 6 Martin Aspley-Davis (M40) MMAC 7.89, **M50 60m** 1 Wole Odele SCVAC 7.90, 2 Paul Canning EMAC 7.91, 3 Richard Cooper SWVAC 8.17, 4 Leeroy Golding NMAC 8.20, 5 Keith Powell (M55) WMAA 8.67, 6 Terry Selway (M55) MMAC 8.95, 7 Michael May (M55) VAC 9.57, **M60 60m** 1 John Browne (M65) EMAC 8.24, 2 Christopher Monk (M65) MMAC 8.39, 3 Tom Phillips SCVAC 8.47, 4 Ian Broadhurst WMAA 8.72, 5 David Hinds (M65) VAC 9.01, 6 Trevor Downward SWVAC 9.05, **M70 60m** 1 Neal Mason SWVAC 9.26, 2 Tony Wells EMAC 9.29, 3 John Steel MMAC 9.59, 4 Ron Davies (M75) SCVAC 9.64, 5 Mel James WMAA 10.09, 6 Barry Ferguson (M75) VAC 10.21, **M35 200m** 1 Adam Bellis (M40) SCVAC 23.83, 2 Andrew Parker (M40) NMAC 24.32, 3 Steven Tester VAC 24.52, 4 Sean Reidy EMAC 25.15, 5 Martin Aspley-Davis (M40) MMAC 25.24, 6 Stuart Pearce (M40) WMAA 26.63, **M50 200m** 1 Mark White VAC 25.80, 2 Paul Canning EMAC 25.85, 3 Neil Tunstall (M55) SWVAC 26.44, 4 Wole Odele SCVAC 26.48, 5 Leeroy Golding NMAC 26.64, 6 John Statham (M55) MMAC 27.47, 7 Keith Powell (M55) WMAA 28.49, **M60 200m** 1 Tennyson James EMAC 26.91, 2 Ian Broadhurst WMAA 27.49, 3 Christopher Padmore (M65) SCVAC 28.06, 4 Christopher Monk (M65) MMAC 29.27, 5 Adrian Day VAC 29.65, 6 Trevor Downward SWVAC 30.53, **M70 200m** 1 Terry Bissett (M75) SCVAC 31.26, 2 Bruce Hendrie MMAC 31.41, 3 Tony Wells EMAC 31.67, 4 Mel James WMAA 34.29, 5 Charles Isetts (M75) VAC 36.03, 6 Raymond Lewis SWVAC 38.34, **M35 400m** 1 Adam Bellis (M40) SCVAC 52.18, 2 Martyn Morant (M40) SWVAC 52.20, 3 James Moroney MMAC 52.36, 4 Sean Reidy EMAC 52.96, 5 Andrew Parker (M40) NMAC 53.14, 6 Steven Tester VAC 53.58, 7 Owen Cheshier WMAA 55.95, **M50 400m** 1 Adrian Haines SCVAC 58.40, 2 Simon Bickers (M55) MMAC 58.70, 3 Mark White VAC 58.90, 4 Leeroy Golding NMAC 59.17, 5 Neil Tunstall (M55) SWVAC 59.33, 6 Brett Davis (M55) WMAA 63.60, **M60 400m** 1 Ivars Licietis EMAC 62.21, 2 Kieran McDonnell WMAA 62.83, 3 Christopher Padmore (M65) SCVAC 64.30, 4 Henry Hopkins MMAC 66.01, 5 Timothy Carter (M65) VAC 67.33, **M70 400m** 1 Bruce Hendrie MMAC 72.58, 2 Alan Forse (M75) SCVAC 74.81, 3 Derek Wardle VAC 81.36, 4 John Garber (M75) EMAC 82.13, 5 Raymond Lewis SWVAC 85.20, 6 Barrie Roberts (M75) WMAA 96.07, **M35 800m** 1 James Moroney MMAC 2:02.09, 2 Pete Watkeys WMAA 2:02.34, 3 Wayne Lashley VAC 2:04.21, 4 Christopher Westcott (M45) EMAC 2:05.94, 5 Richard Davidson (M40) SWVAC 2:13.48, 6 Jason Newell (M45) NMAC 2:43.75, **M50 800m** 1 Adrian Haines SCVAC 2:19.26, 2 Simon Bickers (M55) MMAC 2:21.03, 3 Brett Davis (M55) WMAA 2:21.82, 4 Malcolm Down (M55) EMAC 2:26.82, 5 Peter Mountain (M60) SWVAC 2:29.47, **M60 800m** 1 Kevin Archer (M65) SWVAC 2:30.18, 2 David Oxland (M65) MMAC 2:32.95, 3 Raymond Daniel EMAC 2:35.15, 4 Austin Davies WMAA 2:38.10, 5 Graham Webster (M65) NMAC 2:42.92, **M70 800m** 1 Richard Bloom VAC 3:00.51, 2 Philip Brennan (M75) MMAC 3:05.48, 3 John Batchelor (M75) SCVAC 3:10.34, 4 John Garber (M75) EMAC 3:13.12, 5 Paul Allen WMAA 3:18.63, 6 Raymond Lewis SWVAC 3:35.20, **M35 1500m** 1 Simon Coombes (M45) EMAC 4:14.77, 2 Matthew Evans WMAA 4:28.22, 3 Peter Caton (M40) VAC 4:29.70, 4 Eddie O'Gorman (M45) SWVAC 4:50.74, 5 Patrick Thielemans (M40) SCVAC 5:02.29, 6 Jason Newell (M45) NMAC 5:49.30, **M50 1500m** 1 Mark Symes SCVAC 4:17.84, 2 Anthony Roper (M55) MMAC 4:53.11, 3 Paul Spowage (M55) EMAC 5:01.20, 4 Martyn Cole (M55) WMAA 5:01.65, 5 Darren Franks VAC 5:03.38, 6 Peter Mountain (M60) SWVAC 5:03.97, **M60 1500m** 1 Andrew Wetherill MMAC 4:56.97, 2 Pete Crockford VAC 5:09.77, 3 Kevin Archer (M65) SWVAC 5:09.83, 4 Charles Arnold EMAC 5:28.89, 5 Mark Williams WMAA 5:43.79, **M70 1500m** 1 Kenneth Bowman EMAC 5:49.46, 2 Richard Bloom VAC 6:04.82, 3 Philip Brennan (M75) MMAC 6:12.23, 4 Paul Allen WMAA 6:30.57, 5 John Batchelor (M75) SCVAC 6:41.04, **M35 3000m** 1 Simon Coombes (M45) EMAC 9:20.73, 2 Adrian Lewis (M45) WMAA 10:14.82, 3 Mark Champion (M50) SCVAC 10:20.81, 4 Jason Newell (M45) NMAC 12:38.50, **M50 3000m** 1 Paul Gaylor SCVAC 9:42.53, 2 Tony Tuohy (M55) VAC 10:04.47, 3 Anthony Roper (M55) MMAC 10:14.10, 4 Paul Flynn WMAA 10:45.01, 5 Malcolm Down (M55) EMAC 11:08.19, 6 Ian Wright (M60)

SWVAC 13:30.09, **M60 3000m** 1 Andrew Wetherill MMAC 10:20.78, 2 Nigel Gates (M65) SWVAC 10:24.51, 3 Pete Crockford VAC 11:00.97, 4 Stewart Thorp (M65) SCVAC 11:25.97, 5 Charles Arnold EMAC 11:33.85, 6 Graham Webster (M65) NMAC 12:02.71, 7 Mark Williams WMAA 13:04.02, **M35 2km Walk** 1 Francisco Reis (M55) SCVAC 9:22.59, 2 Mark Williams (M60) MMAC 10:10.88, 3 Sebastian Parris VAC 10:57.90, 4 Adam Hills (M40) EMAC 12:32.97, **M50 2km Walk** 1 David Annetts VAC 9:11.80, 2 Peter Boszko (M65) MMAC 10:29.12, 3 Keith Palmer EMAC 12:49.21, Robin Wood WMAA DIS, Alan Newman (M65) SCVAC DIS, **M60 2km Walk** 1 Malcolm Martin SCVAC 11:12.44, 2 Stuart Bennett VAC 11:30.85, 3 Stephen Allen EMAC 11:38.13, 4 Ian Torode SWVAC 11:52.96, 5 Roger Michell (M70) MMAC 12:03.94, **M35 60m Hurdles** 1 Mensah Elliott (M40) SCVAC 8.19, 2 Gary Smith (M45) EMAC 8.84, 3 Alwyn Lombaard (M40) VAC 9.83, 4 Carl McMullen NMAC 10.05, 5 Martin Aspley-Davis (M40) MMAC 11.21, **M50 60m Hurdles** 1 Des Wilkinson (M55) EMAC 9.25, 2 Neil Tunstall (M55) SWVAC 9.34, 3 Donald Brown (M55) MMAC 9.44, 4 Glen Reddington (M55) VAC 9.70, 5 Glyn Price WMAA 10.98, **M35 4x200m** 1 VAC - Wayne Lashley, Nick Lauder (M45), Rory Macfarlane, Alwyn Lombaard (M40), 2 WMAA - Owen Cheshier, Stuart Pearce (M40), Adrian Lewis (M45), Pete Watkeys, 3 EMAC - Justin Hubbard (M40), Aaron Bollu (M40), Adam Hills (M40), Sean Reidy, 4 SCVAC - Wole Odele (M50), Adam Bellis (M40), Mark Champion (M50), Paul Gaylor (M50), 5 MMAC - Martin Aspley-Davis (M40), John Statham (M55), Anthony Roper (M55), Simon Bickers (M55), **M50 4x200m** 1 EMAC - Ivars Licietis (M60), Tennyson James (M60), Steve Mayfield, Paul Canning, 2 VAC - Michael May (M55), Paul Wignall (M65), Mark White, Richard Weekes, 3 WMAA - Keith Powell (M55), Mark Williams (M60), Brett Davis (M55), Robin Wood, **M60 4x200m** 1 WMAA - Roderick Davies, Austin Davies, Kieran McDonnell, Ian Broadhurst, 2 VAC - Philip Bell, Adrian Day, Timothy Carter (M65), David Hinds (M65), 3 SCVAC - Tom Phillips, Stewart Thorp (M65), John Batchelor (M75), Christopher Padmore (M65), 4 MMAC - Henry Hopkins, David Oxlund (M65), Philip Brennan (M75), Christopher Monk (M65), **M70 4x200m** 1 MMAC - John Steel, Lawrie Dunn, David Cowley, Bruce Hendrie, 2 SCVAC - Terry Bissett (M75), Alan Forse (M75), Ron Davies (M75), Roger Bruck (M75), 3 EMAC - John Garber (M75), Ian Forster, Kenneth Bowman, Tony Wells, 4 WMAA - Barrie Roberts (M75), Mel James, Paul Allen, Ian Robinson, **M35 High Jump** 1 Clint Nicholls (M40) EMAC 1.75, 2 Owen Cheshier WMAA 1.70, 3 Alwyn Lombaard (M40) VAC 1.60, 4 Martin Aspley-Davis (M40) MMAC 1.60, 5 Carl McMullen NMAC 1.55, 6 Grant Stirling (M40) SCVAC 1.45, **M50 High Jump** 1 Philip Bowers EMAC 1.50, 2 Paul Husbands MMAC 1.50, 3 Gary Capon (M55) SCVAC 1.45, 4 Paul Guest (M55) SWVAC 1.45, 5 Robin Wood WMAA 1.30, **M60 High Jump** 1 Paul Askew MMAC 1.35, 2 Trevor Wade SCVAC 1.26, 3 David Folgate (M65) EMAC 1.20 **M70 High Jump** 1 Lawrie Dunn MMAC 1.20, 2 Roger Bruck (M75) SCVAC 1.17, 3 Ian Robinson WMAA 1.02, Ian Forster EMAC nhr, **M35 Pole Vault** 1 James Robinson (M40) MMAC 4.00, 2 Chris Mills (M40) SCVAC 3.80, 3 Robert Kingman (M45) EMAC 3.60, 4 Jon Ladley VAC 3.00, 5 Jason Newell (M45) NMAC 2.30, **M50 Pole Vault** 1 Glyn Price WMAA 3.80, 2 John Andrews (M55) SCVAC 3.40, 3 Terry Selway (M55) MMAC 2.90, David Blunt (M65) VAC nhr, **M35 Long Jump** 1 Carl McMullen NMAC 5.76, 2 Clint Nicholls (M40) EMAC 5.51, 3 Grant Stirling (M40) SCVAC 5.42, 4 Franck Triolaire (M45) VAC 5.04, 5 Martin Aspley-Davis (M40) MMAC 4.87, **M50 Long Jump** 1 Philip Bowers EMAC 5.01, 2 Paul Guest (M55) SWVAC 4.96, 3 Paul Husbands MMAC 4.71, 4 Robin Wood WMAA 4.63, 5 Gary Capon (M55) SCVAC 4.62, 6 Richard Weekes VAC 4.45, **M60 Long Jump** 1 Henry Hopkins MMAC 4.62, 2 Trevor Wade SCVAC 4.42, 3 David Folgate (M65) EMAC 4.07, 4 Roderick Davies WMAA 4.04, 5 Timothy Carter (M65) VAC 3.82, **M70 Long Jump** 1 Neal Mason SWVAC 3.91, 2 Lawrie Dunn MMAC 3.71, 3 Ron Davies (M75) SCVAC 3.57, 4 Ian Forster EMAC 3.01, **M35 Triple Jump** 1 Grant Stirling (M40) SCVAC 11.91, 2 Aaron Bollu (M40) EMAC 11.13, 3 Carl McMullen NMAC 10.77, 4 James Robinson (M40) MMAC 9.49, 5 David Shields (M55) WMAA 8.47, **M50 Triple Jump** 1 Paul Harrison EMAC 10.66, 2 Gary Capon (M55) SCVAC 10.25, 3 Robin Wood WMAA 9.94, 4 Terry Selway (M55) MMAC 9.86, 5 David Blunt (M65) VAC 8.71, 6 Roger Morley (M60) NMAC 8.70, **M35 Shot** 1 Clint Nicholls (M40) EMAC 9.44, 2 Franck Triolaire (M45) VAC 8.69, 3 Ian Williams (M40) WMAA 8.61, 4 Martin Aspley-Davis (M40) MMAC 8.25, 5 Geoffrey Render (M40) NMAC 5.84, **M50 Shot** 1 Michael Hausler (M55) EMAC 12.14, 2 Peter Wishart (M55) VAC 9.39, 3 Paul Guest (M55) SWVAC 8.82, 4 Leeroy Golding NMAC 8.50, 5 Alex Ahmet (M60) SCVAC 8.41, 6 David Glendower WMAA 7.86, 7 Terry Selway (M55) MMAC 6.67, **M60 Shot** 1 John Fenton SCVAC 11.19, 2 Keith Seldon VAC 10.23, 3 Graeme Packman EMAC 9.59, 4 Roderick Davies WMAA 7.07, 5 Henry Hopkins MMAC 6.38, **M70 Shot** 1 Geoff Tyler EMAC 11.66, 2 Ivan Ivanovic (M75) VAC 9.78, 3 David Cowley MMAC 9.65, 4 John Gilbert (M75) SCVAC 8.00, 5 Ian Robinson WMAA 7.76

W35 60m 1 Ellena Ruddock (W40) MMAC 8.11, 2 Joanne Frost (W40) WMAA 8.22, 3 Lisa Boland SCVAC 8.26, 4 Helen Channon (W40) VAC 8.30, 5 Cara Marsh SWVAC 9.06, 6 Carol Holt (W40) NMAC 9.11, 7 Heidi Nicholas EMAC 9.28, **W50 60m** 1 Juliet Sidney WMAA 8.74, 2 Janet Dickinson SWVAC 8.79, 3 Angela Bates VAC 8.82, 4 Michele Wakefield SCVAC 9.64, 5 Tessa Stephenson (W55) EMAC 10.11, **W60 60m** 1 Joan Trimble SCVAC 9.78, 2 Emily McMahon (W65) EMAC 10.26, 3 Sally Hine (W65) MMAC 10.32, 4 Hel James (W65) VAC 10.92, 5 Dorothy Fraser (W80) WMAA 14.34, **W70 60m** 1 Angela Copson MMAC 11.35, 2 Iris Holder (W75) WMAA 11.38, 3 Anne Dockery SWVAC 11.96, 4 Iris Hornsey (W75) EMAC 12.92, 5 Eileen Kear (W85) SCVAC 16.16, **W35 200m** 1 Ellena Ruddock (W40) MMAC 26.75, 2 Lisa Boland SCVAC 27.91, 3 Claire Smith (W40) EMAC 28.19, 4 Joanna Flowers (W50) VAC 28.49, 5 Eleri Jones WMAA 29.48, 6 Carol Holt (W40) NMAC 29.95, 7 Henrietta Anstey (W45) SWVAC 31.50, **W50 200m** 1 Janet Dickinson SWVAC 28.74, 2 Sharon Samuel WMAA 30.00, 3 Susan Frisby (W55) MMAC 30.28, 4 Lisa Thomas VAC 31.07, 5 Michele Wakefield SCVAC 32.22, 6 Tessa Stephenson (W55) EMAC 33.30, **W60 200m** 1 Edith Caux EMAC 32.27, 2 Rosalind Townsend-Hope (W65) WMAA 36.80, 3 Sally Hine (W65) MMAC 37.30, 4 Ros Tabor (W65) VAC 38.72, 5 Lesley Wright SWVAC 38.74, 6 Lyn Ahmet (W65) SCVAC 42.61, **W35 400m** 1 Monique Krefling (W45) SCVAC 58.46, 2 Joanna Flowers (W50) VAC 63.14, 3 Sharon Wilkinson (W45) NMAC 64.00, 4 Natalie Bratt MMAC 64.34, 5 Corinne Nurse (W40) EMAC 64.52, 6 Victoria Watkins WMAA 69.74, 7 Lisa Carpenter (W45) SWVAC 71.07, **W50 400m** 1 Lisa Thomas VAC 66.81, 2 Fiona Palmer MMAC 70.40, 3 Louise Kirby WMAA 72.19, 4 Mary Brown (W55) SCVAC 74.90, 5 Elizabeth Welbourn (W55) EMAC 74.92, **W60 400m** 1 Helen Godsell (W65) SCVAC 72.23, 2 Edith Caux EMAC 72.89, 3 Rosalind Townsend-Hope (W65) WMAA 80.75, 4 Ros Tabor (W65) VAC 81.13, 5 Nancy Hitchmough (W65) MMAC 88.55, **W35 800m** 1 Georgie Parnell WMAA 2:23.24, 2 Lizzie Amos (W40) VAC 2:24.27, 3 Sharon Wilkinson (W45) NMAC 2:40.46, 4 Carolyn Derbyshire (W40) MMAC 2:57.38, **W50 800m** 1 Virginia Mitchell (W55) SCVAC 2:27.97, 2 Sarah Everitt WMAA 2:32.83, 3 Lisa Webb VAC 2:36.53, 4 Christine Anthony (W55) EMAC 2:38.53, 5 Sharon Orridge MMAC 2:41.68, 6 Louise Jeffries (W55) SWVAC 2:54.79, **W60 800m** 1 Anna Garnier VAC 2:57.84, 2 Diane Baldwin EMAC 3:03.38, 3 Nancy Hitchmough (W65) MMAC 3:07.55, 4 Rosalind Townsend-Hope (W65) WMAA 3:09.86, 5 Lesley Wright SWVAC 3:13.19, 6 Sue James (W65) SCVAC 3:45.26, **W70 800m** 1 Angela Copson MMAC 3:04.35, 2 Anne Dockery SWVAC 3:22.53, 3 Iris Hornsey (W75) EMAC 3:58.49, **W35 1500m** 1 Clare Elms (W55) VAC 4:50.75, 2 Helen Taczynski EMAC 5:05.23, 3 Llinos Jones WMAA 5:14.02, **W50 1500m** 1 Sarah Everitt WMAA 5:17.81, 2 Clare Jolliffe MMAC 5:19.57, 3 Christine Anthony (W55) EMAC 5:21.05, 4 Lisa Webb VAC 5:22.67, 5 Caroline Wood (W55) SCVAC 5:43.78, **W60 1500m** 1 Diane Baldwin EMAC 6:02.34, 2 Avril Riddell VAC 6:23.99, 3 Lesley Wright SWVAC 6:46.58, 4 Helen Lutley (W65) WMAA 7:08.43, 5 Sue James (W65) SCVAC 7:12.56, **W35 3000m** 1 Helen-Marie Davies (W40) WMAA 10:59.89, 2 Helen Taczynski EMAC 11:01.54, 3 Lynne Champion (W50) SCVAC 11:45.54, 4 Sarah Williams (W45) VAC 12:32.23, **W50 3000m** 1 Sarah Everitt WMAA 11:13.31, 2 Clare Jolliffe MMAC 11:19.03, 3 Caroline Wood (W55) SCVAC 11:51.00, 4 Louise Jeffries (W55) SWVAC 13:16.04, 5 Angela Underdown EMAC 16:54.55, **W60 3000m** 1 Diane Baldwin EMAC 13:11.06, 2 Avril Riddell VAC 13:25.80, 3 Andrea Webster WMAA 14:08.25, **W35 2km Walk** 1 Carolyn Derbyshire (W40) MMAC 10:39.14, 2 Penelope Cummings (W40) VAC 10:54.77, 3 Melanie Peddle (W50) EMAC 11:12.22, 4 Sue Davies (W50) SCVAC 13:10.81, **W50 2km Walk** 1 Wendy Kane MMAC 11:36.02, 2 Helen Middleton (W55) EMAC 11:49.25, 3 Maureen Noel (W55) VAC 13:07.66, 4 Angela Martin SCVAC 14:19.56, 5 Louise Kirby WMAA 15:37.48, **W60 2km Walk** 1 Ann Wheeler MMAC 11:57.28, 2 Diane Baldwin EMAC 12:51.39, 3 Noel Blatchford (W70) SCVAC 12:53.21, **W35 60m Hurdles** 1 Julia Machin (W45) SCVAC 9.38, 2 Paula Williams (W45) MMAC 9.52, 3 Lyndsay Yellop (W40) EMAC 10.44, 4 Amanda Broadhurst (W45) WMAA 10.87, **W50 60m Hurdles** 1 Susan Frisby (W55) MMAC 9.89, 2 Kay Reynolds SCVAC 10.46, 3 Janet Dickinson SWVAC 10.59, 4 Wendy Lewis VAC 10.70, 5 Gaye Clarke (W55) EMAC 11.27, 6 Jan Timberlake WMAA 11.82, **W35 4x200m** 1 Paula Williams (W45), Natalie Bratt, Janelle Quinn (W40), Ellena Ruddock (W40) MMAC, 2 Lyndsay Yellop (W40), Helen Taczynski, Corinne Nurse (W40), Claire Smith (W40) EMAC, 3 Joanne Frost (W40), Eleri Jones, Georgie Parnell, Amanda Broadhurst (W45) WMAA, 4 Cara Marsh, Janet Dickinson (W50), Henrietta Anstey (W45), Lisa Carpenter (W45) SWVAC, 5 Joanna Flowers (W50), Lizzie Amos (W40), Sarah Williams (W45), Angela Bates (W50) VAC, **W50 4x200m** 1 Juliet Sidney, Melanie Garland (W55), Sharon Samuel, Louise Kirby WMAA, 2 Anna Garnier (W60), Rachel Waters, Lisa Thomas, Lisa Webb VAC, 3 Tessa Stephenson (W55), Gaye Clarke (W55), Janice Hardcastle (W55), Elizabeth Welbourn (W55) EMAC, **W60 4x200m** 1 Joan Trimble, Lyn Ahmet (W65), Helen Godsell (W65),

Teresa Eades SCVAC, 2 Diane Baldwin, Penny Butcher, Emily McMahon (W65), Edith Caux EMAC, 3 Sally Hine (W65), Jillian Roginski, Nancy Hitchmough (W65), Angela Copson (W70) MMAC, 4 Julie Wakelam, Iris Holder (W75), Rosalind Townsend-Hope (W65), Dorothy Fraser (W80) WMAA **W35 High Jump** 1 Julia Machin (W45) SCVAC 1.60, 2 Heidi Nicholas EMAC 1.40, 3 Janelle Quinn (W40) MMAC 1.40, 4 Claudia Cabbage (W45) WMAA 1.30, **W50 High Jump** 1 Alison Murray WMAA 1.41, 2 Kay Reynolds SCVAC 1.26, 2 Janet Dickinson SWVAC 1.26, 4 Gaye Clarke (W55) EMAC 1.20, 5 Rachel Waters VAC 1.11, **W60 High Jump** 1 Penny Butcher EMAC 1.26, 2 Teresa Eades SCVAC 1.23, 3 Jillian Roginski MMAC 1.17, 4 Julie Wakelam WMAA 1.14, 5 Anna Garnier VAC 1.02, **W35 Pole Vault** 1 Caroline Parkinson SCVAC 3.20, 2 Jemma Eastwood (W40) EMAC 2.80, Claudia Cabbage (W45) WMAA nhr, **W50 Pole Vault** 1 Alison Murray WMAA 2.80, 2 Susan Yeomans (W65) SCVAC 2.60, 3 Sandra Pedley EMAC 1.90, **W35 Long Jump** 1 Julia Machin (W45) SCVAC 5.14, 2 Joanne Frost (W40) WMAA 5.13, 3 Heidi Nicholas EMAC 4.46, 4 Janelle Quinn (W40) MMAC 4.28, **W50 Long Jump** 1 Janet Dickinson SWVAC 4.77, 2 Louise Wood SCVAC 4.65, 3 Jan Timberlake WMAA 4.13, 4 Susan Frisby (W55) MMAC 4.02, 5 Janice Hardcastle (W55) EMAC 3.11, **W60 Long Jump** 1 Teresa Eades SCVAC 3.98, 2 Penny Butcher EMAC 3.71, 3 Jillian Roginski MMAC 3.66, 4 Julie Wakelam WMAA 3.58, 5 Hel James (W65) VAC 2.74, **W70 Long Jump** 1 Iris Holder (W75) WMAA 2.88, 2 Iris Hornsey (W75) EMAC 2.29, 3 Eileen Kear (W85) SCVAC 1.12, **W35 Triple** 1 Julia Machin (W45) SCVAC 10.81, 2 Amanda Cook (W40) WMAA 8.59, 3 Heidi Nicholas EMAC 8.53, 4 Janelle Quinn (W40) MMAC 8.18, **W50 Triple Jump** 1 Louise Wood SCVAC 9.91, 2 Melanie Garland (W55) WMAA 9.28, 3 Janice Hardcastle (W55) EMAC 7.10, **W35 Shot** 1 Paula Williams (W45) MMAC 11.06, 2 Marianne Berndt (W40) SCVAC 10.56, 3 Claudia Cabbage (W45) WMAA 9.11, 4 Carey Hollick (W45) EMAC 6.90, **W50 Shot** 1 Jennifer Agyepong VAC 9.09, 2 Janet Dickinson SWVAC 8.99, 3 Susan Frisby (W55) MMAC 8.95, 4 Kay Reynolds SCVAC 8.65, 5 Karen Llewellyn (W55) WMAA 7.92, 6 Wendy Dunsford (W55) EMAC 7.26, **W60 Shot** 1 Vilma Thompson (W65) SCVAC 8.99, 2 Jillian Roginski MMAC 8.51, 3 Renate Prells WMAA 7.48, 4 Carole Filer EMAC 7.05, 5 Anna Garnier VAC 6.56, **W70 Shot** 1 Elizabeth Sissons SCVAC 7.91, 2 Iris Holder (W75) WMAA 5.43, 3 Angela Copson MMAC 4.34, 4 Iris Hornsey (W75) EMAC 4.07

Men 1 EMAC 243, 2 SCVAC 225, 3 MMAC 222, 4 VAC 179, 5 WMAA 159, 6 SWVAC 101, 7 NMAC 68

Women 1 EMAC 203, 2 WMAA 201, 3 SCVAC 200.5, 4 MMAC 176, 5 VAC 130, 6 SWVAC 73.5, 7 NMAC 14

Overall 1 EMAC 446, 2 SCVAC 425.5, 3 MMAC 398, 4 WMAA 360, 5 VAC 309, 6 SWVAC 174.5, 7 NMAC 82

BMAF Cross Country Championships - Belfast, Northern Ireland - 9th March 2019

The 2019 BMAF Cross Country Championship was held in the grounds of Stormont Estate, the home of the Northern Ireland assembly. The imposing building is fronted by a statue of Edward Henry Carson and they both look down a long straight driveway flanked by grass and wooded verges. Persistent rain for several days prior to the event, gave way to a cold but dry day with plenty of early Spring sunshine. The course measured two laps and the testing route was made that much harder with large parts covered in ankle deep mud.

First off were the women and M65 plus who had to run three laps (6km). A tightly contested race was eventually won by Rebecca Luxton (25.48), just six seconds ahead of local athlete Amy Bulman. Claire Donnelly was third.

Stanley Owen won the M65 category in 26.05 with Paul Elliott and Terry Eakin finishing second and third respectively.

Other 6km category winners were Helen Byers (W40), Stephanie Robson (W45), Shileen O'Kane (W50), Sue Cordingley (W55), June McMinn (W60), Sue Haslam (W65), Violet Davidson (W70), Mick Casey (M70) and Ken Black (M75).

Jethro Lennox was first home in the M35-M64 race over four laps and 8km. His time of 29.33 secured the M40 title. He was followed home by Steven McAlary (M35) and Ben Reynolds (M55).

North Belfast's Eamon White took the M50 category whilst Alastair Johnson (M45) and Alastair Walker (M60) also won their respective age groups.

RACE 1 - 6K Women and M65+ (6K), 1 Rebecca Luxton CHELM (W35 1) 25:48.00, 2 Amy Bulman WILLH (W35 2) 25:54.00, 3 Stanley Owen SALFH (M65 1) 26:05.00, 4 Claire Donnelly ANIUA (W35 3) 26:12.00, 5 Shileen O'Kane LAGNV (W50 1) 26:17.00, 6 Wendy Roethenbaugh MMAC (W50 2) 26:40.00, 7 Heather Kelly BDRAI (W50 3) 27:02.00, 8 Susan Ridley EDIN (W50 4) 27:05.00, 9 Paul Elliott BEECH (M65 2) 27:07.00, 10 Stephanie Robson BINGH (W45 1) 27:12.00, 11 Clair Quigley NDOWN (W35 4) 27:27.00, 12 Terry Eakin NDOWN (M65 3) 27:38.00, 13 Mick Casey BARNS (M70 1) 27:56.00, 14 Maggie Cooper WIRRL (W50 5) 28:05.00, 15 Graham Webster LYSTA (M65 4) 28:17.00, 16 Alex Sutherland INVNH (M70 2) 28:22.00, 17 Sue Cordingley BINGH (W55 1) 28:23.00, 18 Lauren Marsden SWINT (W45-->W35 2) 28:30.00, 19 Helen Davies STR (W45 3) 28:43.00, 20 Sue Haslam SCARB (W65 1) 28:57.00, 21 Ernest Hall DROM (M65 5) 29:05.00, 22 Claire Scott NDOWN (W45-->W35 4) 29:27.00, 23 Dave Beattie CRAW (M70 3) 29:36.00, 24 Helen Byers NDOWN (W40 1) 29:50.00, 25 Rebecca Mills SWINT (W35 5) 30:26.00, 26 Steve Herington HEREC (M70 4) 30:39.00, 27 Linden Nicholson LASSW (W65 2) 30:51.00, 28 David Seaton NDOWN (M70 5) 30:55.00, 29 Zara Fulton NDOWN (W40 2) 31:43.00, 30 Pamela Phillips NDOWN (W40 3) 31:54.00, 31 Mike Smith DUBRB (M65 6) 31:54.00, 32 Glyn Smith CAMCO (M70 6) 32:15.00, 33 Andrea Hough NMAC (W55 2) 32:29.00, 34 Harry Matthews ELSWH (M70 7) 32:44.00, 35 June McMinn NDOWN (W60-->W35 1) 33:21.00, 36 Fiona Wilson RZH (W45 5) 33:27.00, 37 Kim Matthews ELSWH (W55 3) 33:50.00, 38 Michele O'Neill-Hall NEVAC (W50 6) 34:55.00, 39 Joan Melanophy STPET (W45 6) 34:57.00, 40 Kathryn Mellor RUSHC (W45 7) 35:46.00, 41 Catriona Gourley GIFFN (W55 4) 36:30.00, 42 Julia Galea ILFRD (W60 2) 37:13.00, 43 Ken Black SPECS (M75 1) 39:59.00, 44 John Taylor HTONH (M75 2) 43:15.00, 45 Wendy Doxey SWINT (W55-->W35 5) 44:21.00, 46 Violet Davidson BDRAI (W70 1) 48:42.00, 47 Janette Kilgour HTONH (W65 3) 51:32.00, 48 George Routledge HTONH (M70 8) 52:17.00

Team Scores W35-44, 1 NDOWN 1:26:44 (4: Quigley; 6: Scott; 7: Byers) 2 SWINT 1:43:17 (5: Marsden; 8: Mills; 12: Doxey)

RACE 2 - 8K Men M35 - M64, 1 Jethro Lennox SHETT (M40 1) 29:33.00, 2 Steven McAlary CDS (M35 1) 29:40.00, 3 Ben Reynolds THH (M55 1) 29:45.00, 4 Eamon White NBELH (M50 1) 29:47.00, 5 Moray Anderson CORST (M40 2) 29:52.00, 6 Martin Shore THH (M40 3) 29:59.00, 7 Alastair Johnson GOSFH (M45 1) 30:14.00, 8 Jeff Cunningham HHH (M35 2) 30:19.00, 9 Tom Ferrington CORST (M40 4) 30:31.00, 10 Neil Carty NBELH (M50 2) 30:33.00, 11 Michael Combe WILLH (M40 5) 30:34.00, 12 Andy Weir THH (M50 3) 30:36.00, 13 Andrew Mitchell TVH (M45 2) 30:38.00, 14 Stephen Dickens RUSHC (M40 6) 30:49.00, 15 David Hudson SALFH (M40 7) 30:50.00, 16 Paul Cheetham THH (M45 3) 30:53.00, 17 Colin Donnelly CAMBL (M55 2) 30:56.00, 18 Marlon Dunkley RUSHC (M40 8) 30:58.00, 19 Ross Milne CORST (M40 9) 31:03.00, 20 Philip Leybourne SALFH (M50 4) 31:09.00, 21 John Lloyd SALFH (M40 10) 31:33.00, 22 Nicky Napier ANNAD (M40 11) 31:36.00, 23 Peter Knight MMAC (M55 3) 31:37.00, 24 Alastair Walker TEVDL (M60 1) 31:41.00, 24 Paul Thompson SPRGW (M40 12) 31:41.00, 26 Tommy Hughes LEICC (M55 4) 31:42.00, 27 Neil Curran EDOWN (M40 13) 31:45.00, 28 David Proctor WILLH (M35 3) 31:46.00, 29 Ifan Lloyd SWAN (M55 5) 31:48.00, 29 Nat Glenn NBELH (M50 5) 31:48.00, 31 Stephen Watmough WARRA (M55 6) 31:59.00, 32 Matthew Munro HHH (M40 14) 32:04.00, 33 Robert McHarg DATCH (M55 7) 32:07.00, 34 Peter Mackie SHETT (M40 15) 32:09.00, 35 David Turtle EANTM (M40 16) 32:12.00, 36 David Clarke NBELH (M55 8) 32:13.00, 37 Robert Atkinson

BARFS (M60 2) 32:18.00, 38 Colin Bishop WARRA (M55 9) 32:42.00, 39 Alan Barnes HHH (M40 17) 32:58.00, 40 Laurence Johnston NBELH (M60 3) 33:11.00, 41 Paul Merrison SUNDH (M60 4) 33:23.00, 42 Graham Moffatt RUSHC (M50 6) 33:29.00, 43 Michael Bridgeland CHELM (M60 5) 33:34.00, 44 David Norman WARRA (M55 10) 33:46.00, 45 Steve Smith SWAN (M55 11) 34:13.00, 46 Billy McCartney SALFH (M40 18) 34:18.00, 47 James Wallace NBELH (M55 12) 34:32.00, 48 Thomas Leitch VPCW (M45 4) 34:39.00, 49 James Ward HHH (M40 19) 34:54.00, 50 Langdon Williams EXMH (M50 7) 35:02.00, 51 Steven Doxey SWINT (M55 13) 35:03.00, 52 Norman Mawhinney SCRAB (M60 6) 35:43.00, 53 Malcolm Davies STR (M50 8) 35:46.00, 54 Sean McAllister LARNE (M55 14) 36:14.00, 55 Thomas Guest SWAN (M55 15) 36:21.00, 56 Ed Wilson STOKE (M35 4) 36:31.00, 57 Matt Hibberd SOTON (M35 5) 36:42.00, 58 Martin Farran LEEDS (M55 16) 36:48.00, 59 Paul Lemmon BINGH (M55 17) 37:13.00, 60 Gerry O'Doherty SPRGW (M60 7) 37:21.00, 61 Paul Smith RRC (M50 9) 37:32.00, 62 Trevor Rayner SALFH (M55 18) 37:51.00, 63 Kevin Bowen RUSHC (M35 6) 38:01.00, 64 Derek Clyne TEVDL (M60 8) 39:28.00, 65 Robert Nagorski HHH (M55 19) 39:53.00, 66 David Sweet RUSHC (M55 20) 39:58.00, 67 Morten Højbjerg RUSHC (M50 10) 40:23.00, 68 Valdis Pauzers HHH (M60 9) 41:18.00, 69 Gerald Meah CAMCO (M60 10) 43:18.00, 70 Edward Skinner TIPTR (M60 11) 58:46.00

Team Scores M35-44, 1 CORST 1:31:26 (3: Anderson; 6: Ferrington; 11: Milne), 2 SALFH 1:33:32 (9: Hudson; 12: Leybourne; 13: Lloyd), 3 HHH 1:35:21 (5: Cunningham; 18: Munro; 21: Barnes), 4 RUSHC 1:39:48 (8: Dickens; 10: Dunkley; 27: Bowen) **M45-54**, 1 THH 1:31:14 (1: Reynolds; 5: Weir; 7: Cheetham), 2 NBELH 1:32:08 (2: White; 4: Carty; 8: Glenn), 3 RUSHC 1:53:50 (9: Moffatt; 14: Sweet; 15: Højbjerg) **M55-64**, 1 WARRA 1:38:27 (6: Watmough; 10: Bishop; 14: Norman) 2 NBELH 1:39:56 (8: Clarke; 11: Johnston; 16: Wallace), 3 SWAN 1:42:22 5: Lloyd; 15: Smith; 20: Guest

BMAF Indoor Pentathlon Championships - Lee Valley - 17th February 2019

MEN (performance and points shown for each discipline - total at the end)

(Rank Name Club Age Group 60mH LJ SP HJ 1000m) 1 Lewis Penna-Kincell RAF SM 9.67 605 5.33 447 9.17 436 1.47 367 02:43.33 837 2692, DNS Ashley Steventon RAF SM 0 0 0 0 0 0, 1 Sean Reidy EMAC M35 8.95 788 5.58 533 8.48 413 1.74 610 02:49.53 783 3127, 2 Mark Beer NMAC M35 9.41 690 6 628 10.78 557 1.86 714 03:23.61 464 3053, 1 Clint Nicholls EMAC M40 9.59 728 5.32 542 8.79 472 1.71 619 03:14.28 613 2974, 2 Simon Downs NMAC M40 10.07 631 5.18 510 7.31 375 1.59 512 03:11.55 638 2666, 3 Martin Aspley-Davis MMAC M40 11.34 410 4.5 363 8.18 432 1.56 488 03:32.61 458 2151, 1 Laurence Ramm EMAC M45 8.88 962 5.65 702 11.14 691 1.65 636 03:12.99 699 3690, 2 Gary Smith EMAC M45 8.83 972 5.31 615 9.51 572 1.56 552 03:48.12 411 3122, 3 Chris Ness VAC M45 12.21 351 4.31 377 7.05 394 1.44 449 03:07.76 748 2319, 4 Geoff Butler VAC M45 12.5 312 4.09 330 7.9 455 1.5 504 03:50.77 392 1993, DNF Jason Newell NMAC M45 12.74 281 4.5 419 7.99 462 1.47 480 0 1642, DNF Andrew England NMAC M45 0 2.04 6 9.26 554 0 0 560, 1 Gary Palmer VAC M50 11.41 506 4.72 542 9.26 537 1.5 577 03:19.53 717 2879, 2 Ronan Gately IRL M50 11.86 435 4.66 527 9.5 554 1.5 577 03:30.10 626 2719, 3 Neal Petley NMAC M50 10.1 741 4.59 508 7.42 407 1.38 464 03:51.77 457 2577, 4 Marc Juffkins MMAC M50 11.98 418 4.49 483 8.71 498 1.41 488 03:44.69 510 2397, 5 Derek Warn SCVAC M50 11.32 522 4.68 531 8.08 454 1.29 381 0 1888, 6 Leroy Gould SCVAC M50 11.22 537 3.95 354 6.29 329 1.29 381 0 1601, DNS Adam Young MMAC M50 0 0 0 0 0 0, 1 Ian Crawley SCVAC M55 10.59 733 4.82 657 9.34 598 1.56 723 03:13.75 851 3562, 2 Derek Osborne WMAA M55 10.97 664 4.64 604 8.79 556 1.47 627 03:26.98 733 3184, 3 Pete Stepney SCVAC M55 10.62 726 4.56 582 6.2 359 1.38 536 03:22.80 769 2972, 4 Keith Powell WMAA M55 11.26 613 4.58 587 7.67 470 1.38 536 04:03.99 448 2654, 5 Andrew Rushbrook SCVAC M55 11.75 532 4.17 475 8.9 564 1.29 449 03:52.37 530 2550, DNS Clifford Warren EMAC M55 0 0 0 0 0 0, 1 Peadar McGing IRL M60 10.54 797 4.06 525 9.58 603 1.41 653 03:32.13 776 3354, DNS Graham Mabelson EMAC M60 0 0 0 0 0 0, 1 Barry Gibbs SCVAC M65 12.86 500 4.08 628 8.38 570 1.29 610 04:11.97 565 2873, 2 Duncan Talbot SCVAC M65 12.4 570 3.5 443 7.37 487 1.38 723 04:14.88 545 2768, DNS Gerald Daniel EMAC M65 0 0 0 0 0 0, DNS Peter Thompson VAC M65 0 0 0 0 0 0, DNS Lawrie Dunn MMAC M70 0 0 0 0 0 0

WOMEN (performance and points shown for each discipline - total at the end)

(Rank Name Club Age Group 60mH HJ SP LJ 800m) 1 Etchells Shawnie RAF SW 11.65 435 1.35 460 6.18 283 3.89 283 03:25.17 167 1628, DNS Jodie Albrow SCVAC W35 0 0 0 0 0 0, 1 Diana Norman SCVAC W40 9.54 984 1.5 795 10.23 618 5.01 717 02:30.52 776 3890, 2 Jo Wilding SCVAC W40 10.75 761 1.38 644 6.24 330 4.08 433 02:48.98 560 2728, 3 Jody Ward MMAC W40 11.63 614 1.29 534 7.21 399 4.5 557 03:08.84 364 2468, 4 Helen Nyberg-Mitroi SWE W40 12.44 491 1.17 399 6.05 316 3.85 371 03:08.56 367 1944, DNS Maria Butler VAC W40 0 0 0 0 0 0, 1 Andrea Westcott EMAC W45 15.23 183 1.17 460 5 269 2.6 117 03:34.54 233 1262, 1 Janet Dickinson SWVAC W50 10.59 883 1.38 842 8.93 612 4.57 765 02:55.22 661 3763, 2 Philippa Terry SCVAC W50 12.5 573 1.17 544 7.73 512 3.11 283 03:16.27 454 2366, DNS Wendy Lewis VAC W50 0 0 0 0 0 0, 1 Susan Frisby MMAC W55 9.88 1088 1.38 966 8.45 633 4.23 750 03:21.27 496 3933, 2 Charmaine Johnson VAC W55 11.19 854 1.26 771 10 774 3.72 554 03:30.00 421 3374, 1 Jill Roginski MMAC W60 11.07 956 1.17 747 7.81 643 3.78 683 03:02.22 783 3812, 2 Penny Butcher EMAC W60 11.78 840 1.29 941 6.28 492 3.67 637 03:09.17 712 3622

Nigel Gates: putting the Master into athletics since 1964

Nigel Gates has to be the Duracell bunny of British distance running. There are athletes who have run faster and athletes who have run for longer but very few, if any, can claim to have run so well for as long as schoolteacher Gates, who is still in outstanding form at pension age.

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Howard Griggs
Sports Editor

GATES SMASHES WORLD RECORD

NIGEL Gates from East Hoothly smashed the world over-45 3000m record when he finished ninth in the South of England championship at Withead Stadium.

Gates, who has been going well in recent weeks, actually broke the record in the final lap of the race, finishing in 8:52.7, a time which was 11.4 seconds faster than the previous record of 9:04.1 set by Mark Wells in 1953.

It was not until the following day that news came through that over-45 rival Martin Rees from Swansea had broken the record set by a Russian several years back, the previous day, but Rees' record of 8:35 was to be short-lived as Gates' time of 8:52.7 chopped another eight seconds off that.

In the women's 3000m championship Libby Jones from Hailsham had a splendid run to finish seventh in 10:42.5.

In the men's 3000m, Paul Stacey from Heathfield, who has been sidelined all season through injury, made a triumphant return to competition, finishing in 11:07.5, a time which was 11.2 seconds faster than the previous record of 12:18.7 set by Derek Warn in 1988.

The 3000m event is a 2.4 mile swim followed by an incredible 112 mile bike and a 100m run.

SEAPORED Strider Alan Lade showed his mettle when he became the first club member to attempt the toughest of all events in the athletic calendar when he took part in the Longest Day Ironman Triathlon near Wolverhampton.

The triathlon event is a 2.4 mile swim followed by an incredible 112 mile bike and a 100m run.

In the 10k race, a tough downhill run, Pete Cook was the first to finish for the club followed by Dave Berley, Martin Bulger, Bill Young, Linda Jennings and Helen Edgar.

East Hoothly's Nigel Gates breaks the world over-45 3000m record

Equestrian news

A TOP placing in an Advanced at Brockhurst Park on Sunday was the perfect confidence booster for Lucinda Harris ahead of the Blenheim International Horse Trials, writes Robert Clarke.

Lured equal second after a 31 dressage with event winners Jo Mee-Smith and Albie O'Gorman

Nahlin returns

14 Farnham

Nigel Gates M45 3000m World Record 1998

Alan Newman, online news writer for runABC South magazine, recently caught up with the former Masters world record holder, with whom he shares a year of birth, a degree of longevity and none of his talent!

The Gates story begins in 1964 in his birthplace, Bath, with a record breaking victory in his school cross country and continues with an individual silver and team gold in the British and Irish Masters International cross country in Swansea in November 2018 – almost 60 years since first showing athletic talent while following Beagling hunts in the Wiltshire countryside!

A great supporter of parkruns, Gates opened his account for 2019 with his fastest time (18:22) for three years at

Weymouth. Nigel was happy to answer a few questions and perhaps reveal a few secrets of his phenomenal success over such a remarkable span.

Can you summarise what keeps you motivated after such a long running career?

For me running is powerful! To say I simply love it does not do justice to the exhilaration I feel when I run. It has also been and still is my personal means of self-expression and self-development.

Tell us more about your childhood sports background.

I was seven when I started chasing the hounds in Beagling packs. At the time I did not spare a thought for the hares. I just enjoyed the thrill of running in a new, unknown area of Wiltshire countryside every winter Saturday afternoon. Later, at secondary school, I was uncatchable playing for the rugby team, until everyone else got bigger. I biked to school and played football every break-time. I also turned down stage school after some considerable acting successes. I somehow managed to fit in passing my O and A levels, despite all this activity.



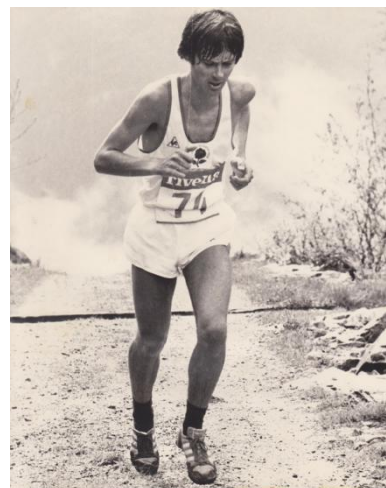
Nigel Gates wins School XC Race 1964

Were you handed down any sporting genes from your parents?

My parents were very talented amateur dramatists but they loved sport and athletics in particular. My mother used to walk home from school with Roger Bannister's sister and occasionally Roger himself.

Roger Bannister featured in your first school victory?

Yes, in a way. Aged 11, I had total determination, without any basis, that I was going to win the school cross country race. I broke Bannister's course record and got a nice write up in the Bath Evening Chronicle. I didn't run for my County, though, until I decided to start training aged 16. Progress was rapid and I was third in the English Schools Cross Country and 1500m within two years.



Nigel Gates in Salvan Emaney mountain race 1980

It would be interesting and possibly unique to know which of your many successes was your favourite from each decade.

When I was 22, I ran for Westbury in the 1976 Midland Road Relay. I set off on leg 2, well down the field and tore through the pack. I had broken Brendan Foster's National Road Relay record. I thought I could be the next Brendan but the more seriously I trained the closer to breakdown I got. I'm proud of my achievements, though, as British distance running was packed with talent then.

In 1982 I returned from living in Switzerland to set up my own health club. I brought with me the confidence and relaxation I had gained from mountain running and won the first Bath Half in 63:01. I continued running in my 30s because I still loved everything running does for you and I was still travelling and achieving through running.

After turning 40, I went on to win 20 World Masters titles and set three world age-group records. I think my best run in my 40s was recording 8:27.7 for 3000m at 45. We had a family holiday in Minorca before, so I just took myself off for 30 minutes every day to zoom up and down the sand dunes. The time stood as a world record for quite a few years.

At 53, I thought I could defend my World Masters Mountain over-50 title in Switzerland until about 10 minutes from the end when I fell apart. I had to analyse my training to work out what went wrong. I was delighted to win the race the next year in Austria with a powerful finish.

There must be more to your continued success than just a love of running?

I feel running should enhance, not limit your life. I have run best when I have been working in something I enjoy and my best results have come since my family became my top priority. I am a very competitive person, who loves to set goals, but separate to that is the pure enjoyment of running I feel. To do it in a natural setting is fantastic for my soul. This is why I have enjoyed training in the Alps so much.

I have tried to eat healthily since I was 20 and only take medication as a very last resort. I enjoy a drink or a treat as much as anyone, though. I run off-road at least 90% of the

time and I buy a new pair of shoes before the old ones are finished. That way I can rotate my shoes effectively and spend less in the long run. My garage looks like a shoe museum!

What about your current employment and training/racing plans?

I've worked in Special Needs Education for a number of years but I am feeling the pull of running in the mountains again. With that in mind, I have set up a running holiday camp in Switzerland in August 2019 and would love to share the experience with a group of runners.

My goals for the future are to be running in beautiful countryside and I would like to run faster than last year in the 3k to 10k range, but the first goal is more important than the second.

Finally, looking ahead, what will the 70-year-old Nigel Gates be doing?

I will run for as long as possible. I really appreciate still feeling fit and bouncy, whatever it does for my longevity. I am hard wired to do my best though, so I hope I will be competing in my age group and also trying to improve my best parkrun age-grading.



Nigel Gates winning M50 World Masters Mountain Running Championships in Keswick

Nigel Gates stat pack...

Ran 18:00 aged 63 at Weymouth parkrun in June 2016 for 91.48% (parkrun best). Other PBs: 3000m – 8:00.7; 5000m – 13:50.8; 10K – 28:19; 10 miles – 48:40; Half Marathon – 63:01.

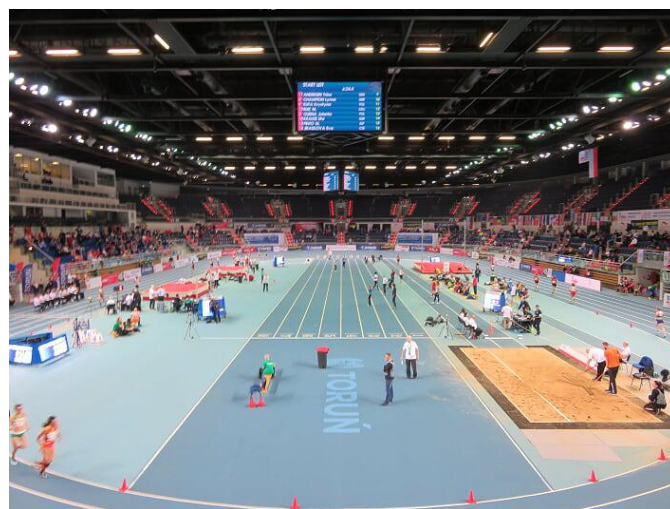
Masters world records: M40 3000m indoors – 8:20.16 (Birmingham, 23/01/94); M45 3000m – 8:27.7 (Brighton, 19/08/98); M50 3000m indoors – 8:49.37 (Birmingham, 14/02/04)

Details of Nigel Gates' training camp in Leysin, Switzerland available by email from patricia.gates@btinternet.com

Images courtesy Nigel and Patricia Gates

Interview courtesy of runABC, local and nationwide running news across the UK

Phil Bell intended going to Torun to compete. But a chest problem mean't he could only spectate - here is his journal



The impressive Torun indoor stadium

Notes:

Left London on Saturday around 6-30am got a taxi to City Airport, feeling really nervous more than when the thought of competing, still struggling with Bronchial problems but trying to set this aside. Check in at City really easy and although had long wait for flight, having got there very early it was relaxing. The flight was extremely smooth on time and uneventful. Just as we touched down in Warsaw got text from fellow athlete Nick Lauder letting me know how to transfer to the station for the train. Also that Mike May was still at the arrivals and so we met and had a tea. The transfer to the station very straightforward and as we all had numbered seats easy enough to sort train, although no lifts or escalators, which made it hard. As I had struggled during the week I was advised to keep in regular contact so texts to my wife were reassuring and then called to let her know I was safely here. The train journey was dull but on time and arrived safely in Torun, with a taxi to the hotel and settled in. Rather than mess about got a taxi to the stadium and picked up accreditation stuff wondered around met up with a few fellow athletes then back to the hotel shared a taxi with Australian Team Manager Donna Hiscock (who was no longer competing due to a knee replacement). Then had a restaurant meal not particularly appetising but ok. It is worth noting that had I been competing in the 400m I would



Ian Richards on his way to a 3km Indoor World Record

certainly had to use the email service to confirm, given that the entries closed back in January it would seem reasonable to expect the excuse for numbers to be rather lightweight. The usual procedure for confirming around 12 hours prior to running surely would have been more acceptable and plenty of time to sort heats etc. This draws me to another of my early gripes times provided by athletes. In the UK we are all very fortunate to have the Power of 10 but it seems even our own athletes seem to think that what they did last year is still a reasonable assessment for this. That said surely in this data and age the majority of organisations could replicate this and make the heats allocation fairer and more simplistic.

Sunday

After breakfast on Sunday which included a few interpretations for fellow athletes staying at the same hotel. I was off to attend Mass at Church of the Holy Spirit, a practising Catholic this is extremely important and in Torun certainly no shortages of available churches, there seem to be one every few minutes so this certainly helped given my health. Then after some relaxation headed to the stadium. I thought I should try and walk evidence suggested about 20 minutes, met Mike May on route who suggested a shorter route past the cemetery although I thought on reflection maybe it was not the most appropriate given my current state of health but as you read it was ok. It was a pleasant day at the track met with many fellow athletes mainly GB and as well as recalling my own issues was able to commence my career as a photograph but Tom (Phillips) needed not worry my standard was purely for fun and though I say it myself the quality leaves a lot to be desired but that's for others to judge not me. Although as an athlete I am often critical of the organisation the stadium did look awesome and the replay cameras, screen results especially for the track events was amazing. However if I had been doing any field events the same could not be said for them. Later that day were the 400m heats with drop outs my own age group was 4 heats with 1st and 2 fastest times to the final. This did throw up some interesting results as you can see from the results. In between the racing decided to have some food but not very good lacked heat and the organisation was not up to

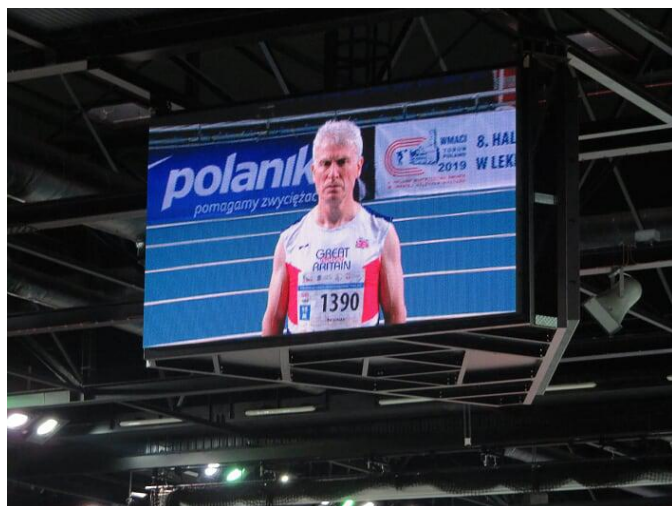
previous meetings standards even NCFC (my soccer team Norwich City) can do better. More photos and met with more athletes and their aches and pains stories and not unusual but like myself always very happy to be still competing well into their senior years 70 and more, where are the health sceptics when you want them thousands of competitors still running, jumping throwing with skill and desire who says sport stops at 30, 40 or even 85+. I caught up with several of runners after the 400m photo opportunities and then walked back to the Hotel, quick recovery then stroll for a snack at Macdonalds not much time for anything else and back to Hotel feeling more relaxed.

Monday

After breakfast decided to watch the early 60m races including the M65 on the tablet rather than rush to the track. A major step forward from some of the first Championships now that one can see all the action live on the TV, a fantastic experience especially if you have friends and family at home or which in the case many here this week could be thousands of miles away. The reception is great and quality very good, a very positive move. This is by far not the only one in previous competitions athletes once confirmed on an event then if they then pulled out of subsequent entered events then all following events would not be permitted to compete. However one still feels that athletes should be more realistic about their endeavours and not spread themselves too thinly. That said there some good races even with those with tired legs from yesterday's 400m as well as an early start for many athletes. The walk to the track was still hard but appeared to be getting better. At the track watched and photograph more 60m. In the younger age groups there were some amazing times not least Francis Obikwelu in the M40 clocking 7.09 in his heat the nearest to him was a Brit in 7.12, roll on the semis. After lunch and with several race walks the 400 semi finals: several had gone from heats to finals so bit dispersed. The high jumps were exciting but after hearing comments later one could see that having two competitions simultaneously was ok but they needed to move the beds further apart. It was good too see when walking around the stadium that since our(GB) medics had been coming to these champs how many other countries are following our example although a more formal approach might be helpful maybe as part of the entry fee. This is another of my own issues that of being injured just before a completion whether an insurance could be undertaken to cover withdrawal due to injury, ratified by doctors etc. Met up with Andy Gannaway he was doing the 800 and later chatted, while watching some brilliant racing. It is clear that the wealth of talent at this level of athletics is truly global now, even Mongolia involved, however whilst they had enthusiasm and a natty kit no medals this time.

Back to the hotel about 5pm and then met Nick Lauder and Pat Logan(both in the 60m & 200m) for dinner close to the hotel and not too expensive. There was certainly no lack of restaurants, and the food good and not too many squiddlies (Mr Logan's colloquialism for the Polish currency). Then back

and early night still having difficulties breathing but I think not as bad.



Pat Logan on the big screen

Tuesday

Another early rise this time to see the 60m semi finals, and some amazing performances and especially the from the British contingent, at all age groups both men and women. The prospect of Francis Obikwelu running in his semi final certainly gave a boost to all the other semi finals as with some some fantastic times particularly from the British contingent. On the positive side the results service both in the stadium was speedy, although online was equally as impressive. Another positive was that several local groups of school children had been invited to watch and although more boisterous than other spectators still great to see them cheering on especially their compatriots.

Back to the athletics, yet to see the warm up area but the short distance athletes reckon ok but not much for the longer race goes or the field events competitors. Whilst it is always amusing to many that people are still keen to run, jump and throw even at an age when many would not even consider it is a testament to the sport. Like many sports from Marathon downwards you will all sorts taking part, one should take nothing away from their desire to compete. Many will try any artificial element to improve their performance long socks, arm covers, lighter spikes or many a combination of all and later in the meeting strips of colourful tapes up and down their bodies not as many would think to keep them together but to aid their ageing and tiring muscles, I can vouch for the latter at least as a workable solution speak to any physio.

In the afternoon the finals for the 400m with some enthralling races at all ages and some less predictable results given the number of fallers over the last 60m although for some not quite enough!. There were several beneficiaries of this not least the ladies, (Joanne Flowers & Jacqui Hodgson especially) and others simply through the large number of DQs. Another venue for dinner not bad, pork very popular and well cooked, followed by an early night feeling loads better.

Wednesday

Decided to rise early for two reasons the first was to test my fitness. I was able to sprint around 80m but short of breath after I vast improvement but clearly not good enough to race although obviously disappointed but on the mend. The start of the 800m soon followed so no time to dwell. The first up was the M55 including Andy Gannaway in coming 4th needed to rely on other heat results to progress to the final, the subsequent results went Andy's way and so a final slot for tomorrow Thursday. This highlights an important schedule issue, it was possible that if all athletes that entered had confirmed then these runners would have been required to race again later in the day. Surely this is not good planning and make more sense to have the 60m over two days similar to the 200m. There is a thought that this rationale would assist those doubling up in the 400m and 800m. However whilst it should be possible to enter as many events as possible one should concentrate on individual events not multi that should be left to the likes of those in the pentathlon or decathlon. This scheduling left the stadium with a smattering of jumps and limited track events. The one other aspect which would help both competitors and spectators, is the showing of qualifiers after races and maybe more regular updates on other events in the stadium such as Long or Triple as well as the scores for multi events. In addition maybe the existing records either World or European.

The 60m finals certainly did not disappoint the British Team picked a few medals of various colours but Mr Obikwelu stole the show with 6.91 in his final, Dwain Chambers watch out, he took the applause and hopefully this will encourage others with similar pedigrees to come forward and join the Masters. Many spectators often query the timings to such a high degree well analysing the result often show where winning a medal or not, reaching a final or not can be determined by 1000ths of a second. Felt stronger but still a while away from full fitness.

As the weather was still good strolled back to the Hotel and relaxed. Later met up with Andy, Nick, and Adrian for dinner good food and pleasant surroundings. Another reasonably early night.

Thursday

Early breakfast on Thursday and then off to see 200m and particular my own age group. Although as track competitors travelling to the stadium was varied as well as walking there was free trams and buses. However for the Pentathletes they need even the shortest journeys to be taken by bus as officials were afraid they could get lost given the age of some probably for the best! But one should at this stage praise some more of the organisers as the speed at which they set up hurdles and took them down was extremely efficient.

Whilst I understand athletes do get injured when it is clear that they will not be competing more than 24 hours from the face surely it would be possible to reset the heats or even

later stages. Certainly one cannot understand why reserves are not available for the final! Apart from these comments some really good racing but some dubious entry times.

No doubt there will have been some interesting discussions around who is in and who is not in the relays, even after so many tournaments I fail to see why it should be an open discussion after all one knows the times here and in addition times from power of 10. I believe it is time that this should be left to a team management and not to who has the most influence or where the face fits. We have guidelines so let's use them.

Decided to relax during the afternoon and visit a couple of sights then get some early dinner and then back to see the 800m and particularly the British contingent. The races were very exciting but finished late, back to hotel. It should be noted that had the numbers for the 800m turned up then they could have had both semi-finals and finals the following day, and yet the 60m were over 3 days why I ask myself.

Friday

Up reasonable time and after breakfast popped to the station by bus to get railway ticket and then headed to the arena. Met more athletes and more photo opportunities Dave Kemp arrived Wednesday and then injured in warm up, but that's life and so had to sit it out but more interesting takes particularly relays but that's a whole subject in itself. The 200m semi-finals were a bit of a damp squib, not many men through to the finals but a few illustrious performances from several of the ladies who qualified well for the final together with some of the younger male athletes. After the 200m saw several 1500m races including several Brits great racing and then back for relax before returning to see the 200m finals before a well earned drink and food as well as and chat obviously about the organisation Masters Athletics good and bad. Although not before we had witness a few more fantastic performances our own Don Brown winning gold at 60m hurdles in his age group and a Belgian winning the same event in his age group and then about an hour later winning another gold in the 200m.



M40 200m Relay Team World Record

Saturday

Took off for a walk into town do some shopping and check out Mass times for the evening. Then took the tram and got to the stadium ready for the relays for many this is the one and only chance of getting a medal and it is also fun to watch. The earlier races showed how many had not run them before and their lack of experience lead to several teams either running too far by not realising that only the first 250m is in lanes, or mucking up the changeover or causing the inevitable pile up at the changeover, which for spectators merely added to the excitement. There were some notable performances a world record for the British team against the Portuguese including Francis Obikwelu, a bazaar race where two heats and the first only two teams Great Britain and Portugal then 4 in the second whatever happened to common sense? A sub for finals or reordering. The M60 British team won Bronze then promoted to Silver after the Polish team were disqualified then after an appeal back to Bronze.

So in between these last few events our British W50 pole vaulter quietly took gold and a world record. This was intermingled with the closing ceremony presumably to ensure a captive audience and why not. Our own Donald Brown spoke on behalf of the athletes at how the championships had been etc etc. The speeches and handing over the flag to Edmonton for the next World Masters Indoor Championships in 2021. Back to the final few relay races. The highlight was the British M40 who not only smashed the Portuguese including Mr Obikwelou but secured the gold and a world record. Then after a short relax a meal and check the football results of course (Norwich City supporter – another win against Middlesborough and now 4 points clear) then back to Hotel pack and an early night.

Sunday

An early start in the morning breakfast then taxi to the station, thought about a bus but thought taxi what the heck. Train on time and journey homeward back to London City with lots of reflections from a great trip.

Addendum:

This was to be my 15th international competition stretching back since 1996 both indoor and outdoor, but I have been involved in athletics since primary school. Also I would like add I am no literary genius and this is a journal not a essay masterpiece.

Torun, An Alternative Report by Roger Garland

Torun is a dedicated World Heritage Site, but for this visit we were more interested in the superb indoor athletics track on the edge of town. As we had already visited Torun back in 2015 for the European (Masters) Championships we knew our way around so were able to advise and support some of

the other athletes, helping reduce the anxiety levels often associated with such international adventures!



The magnificent indoor facility at Torun – possibly the best indoor athletics venue in Europe

However, not everything went to plan so here are a few of the highlights (lowlights?) from the Champ's

Several Athletes – had failed to book the transfer bus from the airport to Torun, then seemed surprised that their names were not on the list for the bus, so blamed the organisers!

A Group of Female (GB) Athletes – heard good reports of a certain restaurant in Torun that supplied traditional Polish food. They ventured in one evening only to be shuffled along, then downstairs. The food they ordered was not available – all they could get was burgers. They went elsewhere the next time.

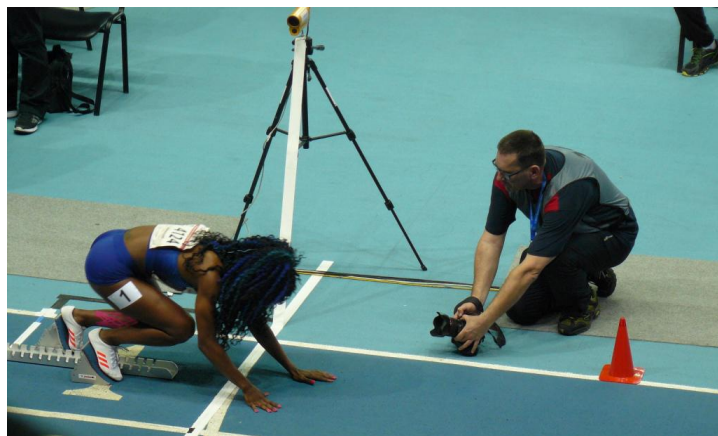
Some Athletes – rather than take a flight direct to the local airport near Torun, decided to go a day earlier via Frankfurt in Germany, then catch a connecting flight with Lufthansa. Unfortunately this was the day that Lufthansa cancelled 55 of their flights at short notice, including the one to Bydgoszcz near Torun.



Hands Up The Two GB Athletes – who (quite understandably) began to panic when they each got stuck in the ladies toilet, just before their races. Several other ladies are rumoured to have similarly suffered.



Some of the Photographers – were really intrusive. When an athlete is concentrating on the start of her 200m event in the World Championships, does she really benefit from having a camera pushed into her face?



Another Photographer – was so close to the inside lane that a female runner hit the telephoto lens on his camera in one of the distance races. He looked shocked, but there was no apology, nor seemingly any realisation that he was at fault.

One of the "Smaller" GB Athletes - appeared to have put on a bit of weight since I last saw her. It was only some time later that I realised she was (literally) wearing about six layers in case it was cold walking from the Historic Old Town of Torun across to the stadium.

Our Hotel in Torun – The Mercure, was very nice but for some unknown reason "house-keeping" forgot to see to our room on one of the days. We could make our own bed so that was ok, but shock horror we had no milk for our coffee nor any bottled water. A quiet word with Reception and as well as an apology we received some milk and a voucher for a drink at the bar. It seemed a waste to use the voucher on bottled water, so we had a glass of red wine!

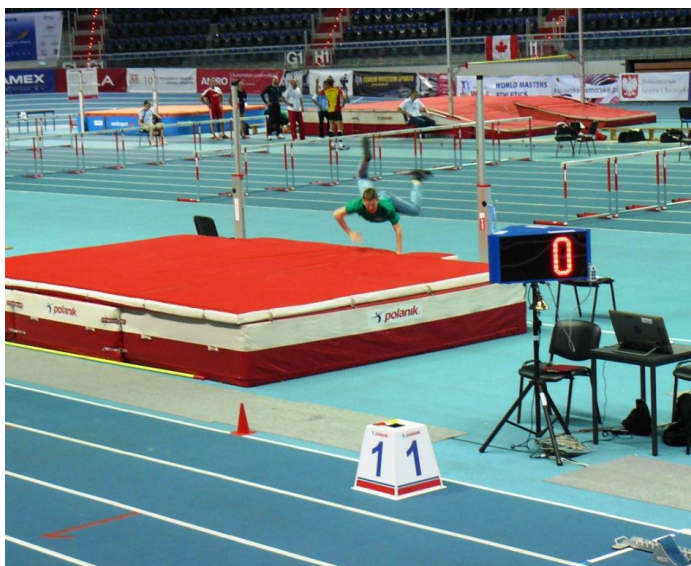
The Final Couple of Days – we stayed at a different hotel, on a sports complex in Bydgoszcz. First morning, house-keeping forgot to see to our room! Sadly, this hotel did not have a bar, so no free wine.

The 10k Road Race – almost ground to a halt after 300m. As is usual, the police and race officials had erected barriers to

close off some of the roads. The race started and the runners were on their way to the first junction, following a lead car. The car was forced to stop, horn blasting, as the barriers had not been removed to open up the course for the athletes. Metal barriers were hurriedly dragged away by the somewhat embarrassed officials, just in time for the front runners to proceed. It might otherwise have been the shortest 10k in the history of road running

Who was the Athlete – that made their way to the stadium by tram, but said they didn't know where to catch the tram for the return journey, so had to have a taxi? The return tram stop was possibly just across the road from where you got off :-)

Barrie Roberts – made an interesting comment, that there appeared to be two different High Jump competitions. It is true that two separate High Jump beds were in use, but what Barrie had noticed was that on one bed they were using a high jump bar, whilst on the other bed athlete after athlete was jumping with no bar. He asked how the medals would be awarded. Maybe they awarded virtual medals, in the same way they were jumping over a virtual bar?



On a Related Matter – if you are one of the Volunteers helping on High Jump for several hours and there is a lull in the proceedings, how do you spend your time? Well, this young lad above decided to have a go himself, over one of Barrie Robert's virtual bars.

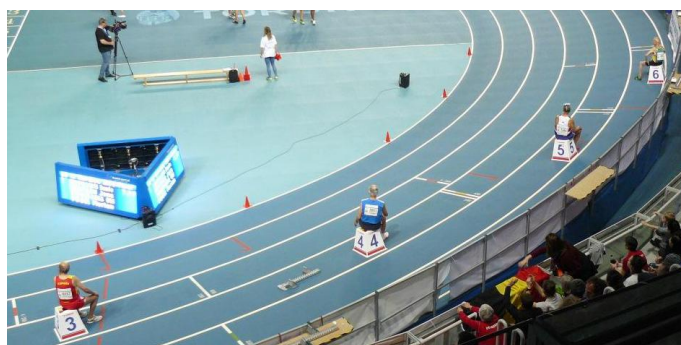
If You Are a Pole Vaulter – how do you best improve your chances of victory? One option might be to spike the drinking water being used by fellow pole vaulters



Chris Monk – one of the GB athletes - must have been a bit surprised to discover he was in an obstacle race as an official positioned a Lane Box in his way



Somethings - you don't see every day. Maybe it was due to the age of the athletes, but when did you last come across a 200m race with the athletes starting from a sitting position?



One of the GB "Multi Event" Guys – that we had seen at previous Championships messaged to say that he had flown to Hungary – oops – the rest of us were in Poland!

EVENT	RESULTS
2X200	T 4TH
2X200	T 4TH
2x200	T 3RD

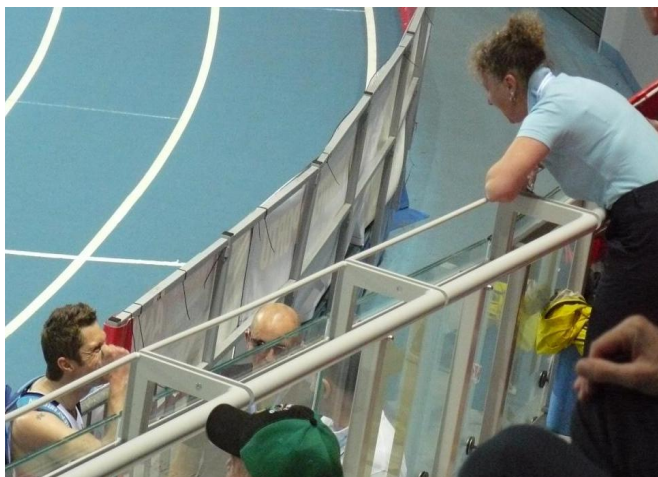
In the 200m Races – to run on or inside the line around the bends is cheating and can lead to an athlete being DQ'd. We were told that no less than 29 of the 200m runners at these Championships were DQ'd for running on or inside the line around the bends

Results on the Welsh Masters Website – recorded several athletes as having competed for GB in that rarely run event, the 2x200 relay

On Their Way to the Stadium – one of the GB athletes discovered that a bird had pooped on her head. WMAA's Pat Gallagher told her it was good luck! The athlete went on to win Silver in the Triple Jump setting an age PB and a new British Record.

A Very Experienced WMAA Athlete – collected his race numbers but failed to declare for his event – the only event in which he was competing. Luckily a friendly and very supportive GB Team Manager somehow persuaded the organisers to let him run. He went on to secure the only (individual) Gold Medal won by any of the Welsh Masters athletes, male or female.

The particular member of GB Team Management was later heard to say that she quite liked jewellery



The athlete (left) and the Team Manager at the end of the race

The particular member of GB Team Management was later heard to say that she quite liked jewellery. :-)

Another of Our Experienced Athletes – had a small problem in Torun, when she cut her finger whilst undertaking a spot of retail therapy. Whilst we don't have photographic evidence, eye witnesses have reported rather a large amount of Welsh blood splattered on the floor of the shop in question.

A Group of WMAA Ladies – rented an apartment in Torun, in part because they were keen to have the use of a washing machine for their kit and other small items. Sadly, they couldn't persuade said washing machine to work. Should they contact the owner, find a laundrette, take their dirty washing to a nearby apartment rented by a friend – or maybe they should simply plug it into the electricity socket?

A GB Athlete – patiently waited outside a toilet cubicle for the occupant to finish their business. However, it was not an individual cubicle but a connecting door leading to about a dozen cubicles, as they discovered after waiting for a few minutes.

Some Italian Athletes – found a few seats in the stand, where they planned to support some of their fellow countrymen/women. No sooner had they sat down than they were warned by a grumpy old Englishman not to shout too loud in support of their athletes. I'm still not sure who was most shocked, me or them. Just where does it say in the WMA rule book about the maximum volume supporters can use in cheering on their athletes – and what power does grumpy thinks he can exert over enthusiastic Italians?

Watching the Long Jump – I overheard one of the USA coaches shout to his female athlete "This is the World Championships, not a Jog and Jump competition". Fantastic comment – loved it!



British and Irish Masters Cross Country International Selection 2019

EAMA would like to apologise to all those runners who applied for selection in 2018 in the belief that a strong performance in the Inter Area Cross Country would lead to them being picked for the team. I am afraid that the click on article at the side of the EAMA Cross Country page was incorrect and should not have been there. It was part of a discussion document that was never agreed on. The first line should have had "In the future" added at the beginning which would have totally changed the meaning. This was missed out by the person who put the info onto the website. EAMA can only apologise to those who were misled by this article into believing they were automatically guaranteed selection.

It was very difficult selecting the teams in 2018 due to the fact that not many runners raced against each other. Even in the BMAF events which we use as a guide, in some age groups there were only 2 runners who had competed in them and they were not even in the same race. EAMA therefore had to look at race times in other events which was not satisfactory as the courses and conditions were very varied.

In order to try and get more competition between the runners EAMA are going to put more emphasis on targeted races in 2019. Competing well in the BMAF Cross Country, 5K and 10K races will have greater importance than local races. You will need to do at least 2 out of the 3 events which will give you a better ranking in your age group.

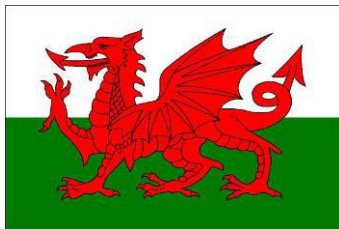
The Cross Country is in Belfast on 9th March, the 10K is at Blyth, Northumberland on 7th April and the 5K is, as always, in Horwich on 16th June. EAMA are aware that all these races may mean a great deal of travelling and expense for you, especially as two of the events are in the north, which maybe a problem if you live in the South. The races are also early in the season and form may dip as the season continues.

To try and alleviate these difficulties EAMA are also going to nominate races in the North and South of the country which are later in the season for you to compete in. This will give EAMA a more up to date form guide and also mean that those of you, who may not have been able to enter some of the BMAF events, an opportunity to compete. EAMA would still have difficulty in selection if you only did the south or north nominated race as you may not have raced against anyone from another region which is why the BMAF events are still a necessity.

Many runners quoted the Performance Guide/ Power of Ten in their applications but it is only a performance guide if you have performed against other applicants on the same date and course. This is what EAMA would like you to do in 2019.

Look out on your Area/EAMA web site for the races that have been targeted for the selection process.

Philip Lee EAMA Cross Country Secretary



Welsh Masters Ladies



Masters Inter Area (indoor) Challenge 2019

What a difference a day makes!

We drove away from Lee Valley with smiles on our faces and a Silver Trophy in the boot of our car, having come **JOINT FIRST** in the competition alongside Eastern Masters. This is the best result WMAA Ladies have ever achieved in the history of the competition – a superb Team performance. We had an overnight stop on the way home, with an evening meal and a celebratory bottle of wine – very nice it was too.

By the following day we have arrived home and that afternoon receive the results. We read there have been a couple of corrections, but nothing that had an affect on the team positions. Imagine our shock and disappointment when we see that the WMAA Ladies are now shown as having come second, two points behind Eastern Masters. Sadly, the Silver Trophy will need to be returned and the “corrections” to the results have really taken the gloss off what was still an amazing Team performance by our small squad of female athletes. Second place is our best ever position at Lee Valley and is a result we only managed to achieve thanks to a truly remarkable set of ladies.

The Track Events

Jan in the Sprint Hurdles



As always, the first track events were the **Sprint Hurdles**.

Amanda Broadhurst (W35-49) from Wrexham plus **Jan Timberlake** (W50-59) from Worcester filled these two

slots and got the Team total ticking over nicely with 6 points. Both athletes setting SB's

60m Sprints - are always exciting to watch and this year it was no different. In the W35-49 age category **Jo Frost** (B&R) set an SB of 8.22s for second place whilst at W50-59 **Juliet Sidney** (Newport) went one better with 8.74s for first place in a blanket finish with less than one tenth of a second dividing the first three athletes! In the W60-69 age group we didn't have a sprinter so **Dorothy**

“Dot” Fraser (Lincoln) stepped in to cover “just for the points”. OK she came last, but Dot still secured some points for the Team. In the World Indoor Championships later this year Dot will be running against athletes her own age, in the **W80-85 age group!** Meanwhile, in the final 60m sprint of the day at Lee Valley **Iris Holder** (W70+) from Worcester recorded her fastest time of the season, with 11.38s. Collectively these athletes gathered 22 points for the WMAA Team total.

In the 200m Sprints – **Eleri Jones** (W35-49) from Newport made her WMAA debut coming 5th with her first ever sub-30 clocking. **Sharon Samuel** (B&R) in the W50-59 age group set an SB of 30.00s coming second whilst at W60-69 **Ros Townsend-Hope** (Worcester) also came second in her age group, with an

SB of 36.80s. Together, these WM ladies scored

15 more

points for the Team.

Sharon in her starting blocks



Eleri starting her 200m race



The 400m Races – saw **Vickie Watkins** (Worcester) dip under 70s for the first time this season although it was only good enough for 6th place, such was the standard of competition in the W35-49 age category. At W50-59 **Louise Kirby** (Newport) achieved 3rd place with an SB of 72.19s and Ros Townsend-Hope at W60-69 also came 3rd with 80.75s outpacing GB International Ros Tabor on the finishing straight. 12 more points for Team Wales!



Georgie winning the 800m

At 800m – we were sadly missing **Pat Gallagher** in the W70+ age category following a nasty head injury. Even so, Pat was in the audience cheering on her WMAA team mates. In the W35-49 age group **Georgie Parnell** (Chepstow) ran a storming race setting her fastest time in 15 years with 2'23.24 leading from gun to tape. **Sarah Everitt** (Bristol & West)

chased home current World Champion, Virginia Mitchel, for a strong 2nd place of 2'32.83 (SB). In the W60-69 age category **Ros Townsend-Hope** was running again, this time coming 4th and helping secure 17 points between these 800m athletes.

At 1500m - **Llinos Jones** Swansea set an SB coming 3rd in a race won by Clare Elms in a **New World Record!** At W50-59 **Sarah Everitt** cruised to victory in 5'17.81 for maximum points, whilst **Helen Lutley** (Newcastle Emllyn) at W60-69 in only her second (ever) track race came home in 4th place. Collectively, these 1500m runners scored 16 more points towards our Team total.



Helen in the 1500m



Andrea, Helen-Marie and Sarah, at the end of their 3000m races

The 3000m races - were amazing! **Helen-Marie Davies** (W35-49) from Swansea took the lead on the first lap and running the race of her life smashed her previous PB by 26 seconds! Helen won the race in a time of 10'59.89 for maximum points. Another maximum followed, **Sarah Everitt** with 11'13.31 setting a Championship Best Performance in the (W50-59) age group. At W60-69 **Andrea Webster** was making her track debut (yes, it was Andrea's first race on a track!) coming 3rd with a time of 14'08.25. Together, these three athletes added 19 points to our Team total.

evident throughout the squad, making my job all the more enjoyable. Louise finished 5th in her age group, scoring 3 points for Welsh Masters and was cheered across the line by all the remaining Race Walk competitors.

The Field Events

Traditionally, Pole Vault – is the first field event. Sadly, **Claudia Cabbage** (Portsmouth) at W35-49 failed to register a height having selected to join the competition at 2.20m. **Alison Murray** (Wimbledon) cleared 2.80m to win the competition at W50-59 equalling the Championship Record and claiming maximum points (7) for the victory.

In the High Jump – the same two athletes were competing. **Claudia** came 4th with an SB of 1.30m in the W35-49 age group whilst **Alison** equalled the Championship Record (for the second event in one day!) with a PB of 1.41m in the W50-59 age category. At W60-69 we welcomed **Julie Wakelam** (B&R) to the Welsh Masters squad. Julie cleared an SB of 1.14m to secure 4th place. These athletes scooped up a valuable 15 Team points for WMAA.



Julie in the High Jump

At Long Jump – we often do quite well and this year was no exception. In the W35-49 category Jo Frost jumped an SB of 5.13m but this time Jo was pipped by just 1cm. At W50-59 **Jan Timberlake** recorded 4.13 and **Julie Wakelam** W60-69 registered 3.58m for another SB on her debut. In the W70+ age group **Iris Holder** is getting ever closer to her 3m target and jumped to victory with 2.88m. Collectively they accumulated 22 Team points in the Long Jump.

Triple Jump – is another event where we often do well. In the W35-49 category **Amanda Cook** (from Wrexham) hopped, stepped & jumped her way to an SB 8.59m and 2nd place. In the W50-59 age group **Melanie Garland** (Worcester) cleared 9.28m again coming 2nd set an SB and moved to the top of the UK age group rankings. These two managed to gain 12 more points for Team Wales

Iris landing in the sand on her 78th Birthday!



Shot Putt – saw **Claudia Cubbage** competing once again, coming 3rd with a distance of 9.11m for another SB in the W35-49 age category (4kg Shot). At W50-59 **Karen Llewellyn** (Pembroke) came 5th with



Claudia in the Shot Putt

7.92m (3kg Shot) and at

W60-69 **Renate Prells** (Swansea) came 3rd with 7.48m (3kg Shot). Both Karen and Renate had travelled from South West Wales solely to do Shot Putt – impressive dedication indeed to the WMAA Team. In the W70+ age group **Iris Holder** was competing again, this time coming second with 5.43m to secure 2nd place. Together, our Shot Putters scored 19 points to help boost our Team total.

The 4x200 Relays

The W35-49 Team of Eleri Jones, Georgie Parnell, Amanda Broadhurst

and Jo Frost recorded a very reasonable time of 1'57.04 but on the day this was only good enough for 3rd place, such was the quality of the opposition.

The W50-59 Team of Juliet Sidney, Melanie Garland, Louise Kirby and Sharon Samuel certainly looked a formidable squad on paper but still had to safely get the baton around. No need to worry, they scorched around in 2'01.99 setting a **New Welsh Masters record** in their age group. Their time was also slightly quicker than the GB (W55-59) ladies 4x200 relay team in the 2018 European Indoor Championships!

The W60-69 Team of Dorothy

Fraser, Iris Holder, Julie Wakelam and Ros Townsend-

Hope were always doing it just for a few points and this is

how it turned out. Collectively our Relay Teams delivered an excellent 16 points to add to the WMAA total.

Our "record setting" (W50-59) 4x200 relay team, left to right, Sharon, Louise, Juliet and Melanie



Summary

A wonderful day of Masters Athletics over in North London, with Welsh Masters members that travelled from far and wide in order to attend. If they ever sit and think about it, some of the athletes and officials from the other regions must wonder how we do it!

How do we manage to get such a strong team together?

How do we do that when we have the least number of athletes from which to select our squad?

How do we manage to get people to travel such massive distances in order to compete?

How do we consistently come "top 3" in the Inter Area competition?

How do we get our Team to be so supportive of their colleagues?

How do we generate such volume when cheering on our colleagues?

How come we are the only region with a very obvious Team presence at Lee Valley for the Inter Area?

The answer is that we try harder – and people are keen to compete under the Welsh flag. We have a great Team Spirit and we support each other in so many ways. For example, how many of the Regional Groups offered their athletes the chance to come along to a group meal not far from Lee Valley the night before the event – possibly just the one!!

Sadly our men's team were not quite so successful this year, coming 5th out of the 7 teams in the competition. I think they had difficulty in filling all the slots, due to injury, illness or whatever. There were several really good performances from some of the men, but overall they couldn't match the consistent points scoring of the ladies Team.

Very well done to everyone who helped make our trip to Lee Valley so successful. In a Team event like this we need all age groups at all disciplines to deliver – and deliver you most certainly did!

Congratulations on another superb Team performance ladies.

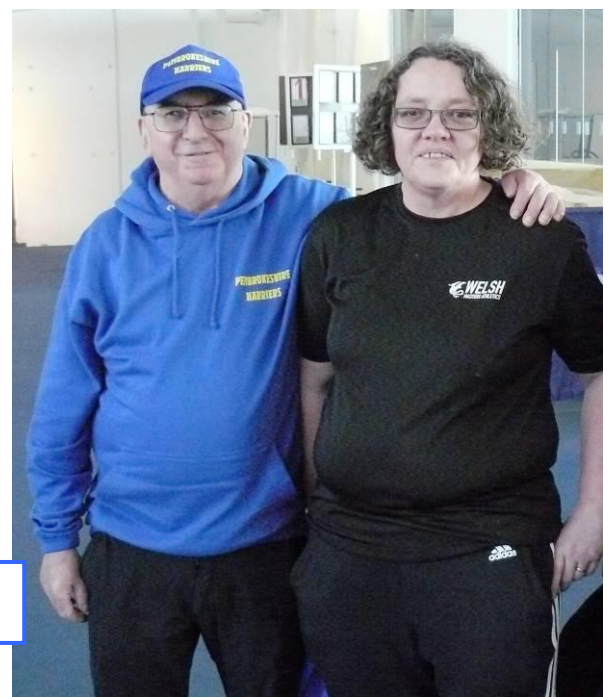
Roger Garland - Ladies Team Manager



To finish, a few very special photos...



The camaraderie of the Race Walkers who wanted a group photo with Louise



Richard and Karen Llewellyn who celebrated their Wedding Anniversary at Lee Valley with WMAA friends



The presentation of the trophy to Welsh Masters and Eastern Masters ladies, jointly.

Now we have to give it back!

Is this as close as we will get to winning the Inter Area Cup? Hopefully not!

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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				