

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 48

The Newspaper of the British Veterans Athletics Federation

Autumn 1998

British Sprinters In Command



Geoff Ashby

M40 1500m Final: Santamaria [Italy], 554, leads winner Van Geel [NL], Robinson [IRE], Eggar [Austria] and Tony McDonald [GB], with 80 metres to the finish.

In what many old hands described as the best yet, the XIth European Veterans Track and Field Championships provided ten days of excitement and intense competition. Over 4,000 athletes from 38 nations took part. The British competitors numbered about 300 and won 147 medals, but the medals table was dominated by Germany's large contingent, particularly in the older age groups.

The Championships were held in the towns of Cesenatico and Bellaria, on Italy's east coast, a holiday area which most considered to be an ideal location. The weather was warm and sunny, the organisation was first class considering the complexity of the meeting and the area amenities suited those who also wanted a holiday.

The success of British sprinters in recent years appears to have rubbed off on our veteran sprinters! Our M40 and M45 sprinters completely dominated their 100m, 200m and 400m events. In the M40's we had four finalists at 100m, with Kwadwo Ansah taking the gold and Kevin Burgess the bronze, and five finalists at 200m, with Ansah and Burgess giving repeat performances. The M45 sprints, however, carried the most interest and caused the most excitement.

When Peters took the first of his five gold medals of the championships when Britons finished 1-2-3-and 5 in the 100m, with Viv Oliver and Wal Franklyn gaining the minor

medals and Alasdair Ross the man losing out. It was even better in the 200m when Britons filled the first four places, through Peters, Joe Caine, Oliver and Franklyn.

Further down the age groups Charlie Williams ran a superb double in taking the M65 100m and a world best 200m run of 26.06. Alan Meddings powered his way to a M70 double. John Henson won a fast M55 200m in 24.56. British women fared less well, however, and, although we were well represented in the finals and won several silvers and bronze, Angela Mullinger, W40, was our only gold, winning the 100m and gaining second at 200m. Maureen Lewington ran well but she was up against Germany's Ingrid Meier and had to be content with two silvers.

The 400m proved to be the most productive for British athletes. In the M40, David Elderfield and Alan Harrison had a battle royal. Elderfield still had the edge on the final bend but Harrison inched his way level and won it in the last few strides. It was the 1-2-3 in the M45 race which aroused the greatest fervour among our supporters, however. Joe Caines ran a fast 350 metres and was still in the lead entering the home straight but Steve Peters had timed his race to perfection and won by about two metres, with Wal Franklyn coming through to take bronze. John Henson won his second M55

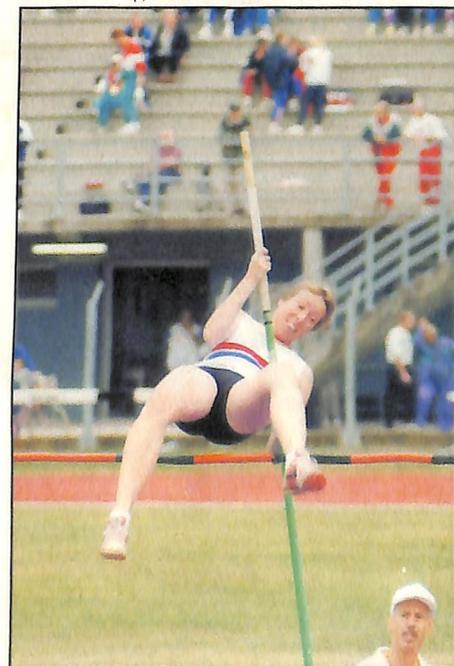
gold and Andrew Blackman won the M65. British women had a good haul of golds at 400m, too. Joylyn Saunders, W45, and W50 Yvonne Priestman both won their events with ease and W60 Dorothy Fraser had a good win to go with her 200m bronze.

At 1500m we had mixed fortunes, as the men's lower age groups showed a remarkably high standard. We did win golds at M55 and M60. Reg Phipps used his renowned finish to good effect to take the M55 and Steve James, the favourite for the M60 title, had recovered enough from the bout of illness which had caused him to miss the 10,000m two days earlier, to win with a well timed effort over the last 200 metres. M50 John Potts made a heroic effort with 300 metres left and was neck and neck with Vakkuri, Finland, and Ambrosini, Italy, with 80 metres to go, but then started to wobble. It looked like he would not make it but he managed to stagger to the line for a bronze. Jimmy Todd missed out on gold when he was pipped on the line in his M75 race. Nancy Hitchmough was a confident winner at W45 and, as expected, Pat Gallagher had no trouble at all in winning the first of her three W50 titles. In a very tight finish, W35 Lynn Marr just lost out and had to be content with a bronze.

Just as our veteran sprinters are reflecting the success of our international sprinting, so our veteran long distance track runners are reflecting the lack of success of their younger counterparts. In the 5,000m and 10,000m events we had only one male winner - Steve James, in the M60 5,000m. Bill Foster, despite running an exceptional

[continued on page 4]

Debbie Singleton wins a W35 bronze



Geoff Ashby

The BVAF Half Marathon - by Maurice Morrell

The BVAF Half Marathon Championship was staged at Liverpool on Aug. 30 in conjunction with the 5th Nike "International" Half Marathon, which incorporated numerous sub-groups such as the U.K, the Merseyside, the Services, the Inter Pub and the Corporate Championships, and the "Liverpool Echo" first timers.

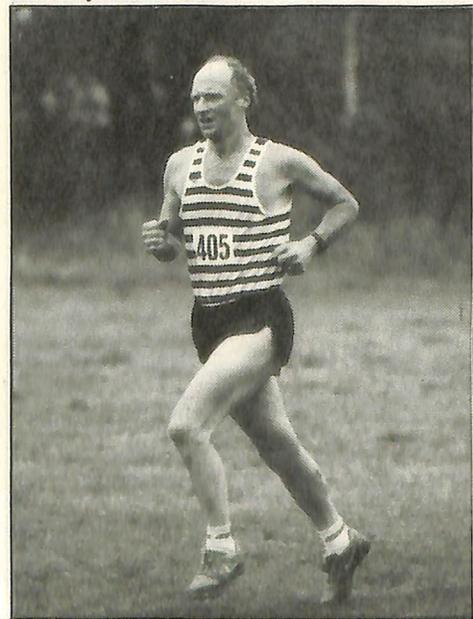
It is only fair that I concentrate this report on the BVAF Championships, although there were about 760 veterans competing, only about 180 had entered the BVAF event. Many had not been properly identified by the organisers from the plethora of different entry forms.

The race started 35 minutes late due to insufficient cones placed on the mainly one lap course. This helped no one, on a day when the temperature was in the 70's. Surely it would have been possible to instruct the over 1800 competitors to break ranks and seek some shade? From a narrow park path start, the race commenced with a lap of Sefton Park and out into South Liverpool. Once under way, it was a good race. Martin Rees, Mike Hager, Rob Wise, Eric Williams, Steve Lonnen, Alex Rowe and Alan Clarkson were soon to the fore, although Rees was identified only as a competitor for the Welsh team in the international event.

A short distance back, Jim Bell was the leading M50 and mixing it with the next rank of younger vets, followed by Bill Adams, who had made the long journey from Lerwick, in the Shetlands. Ever consistent Zina Marchant was well placed ahead of Kath Charnock [Wigan]. Les Haynes, just short of 60, was ahead of Fred Gibbs, the first 60 year old. What a team in the offing for Bingley!

Out through South Liverpool the long straight roads provided little shelter for the runners. The race leaders were the Kenyans, Ojuku and Masya, so the pace was

Les Haynes, M55 winner



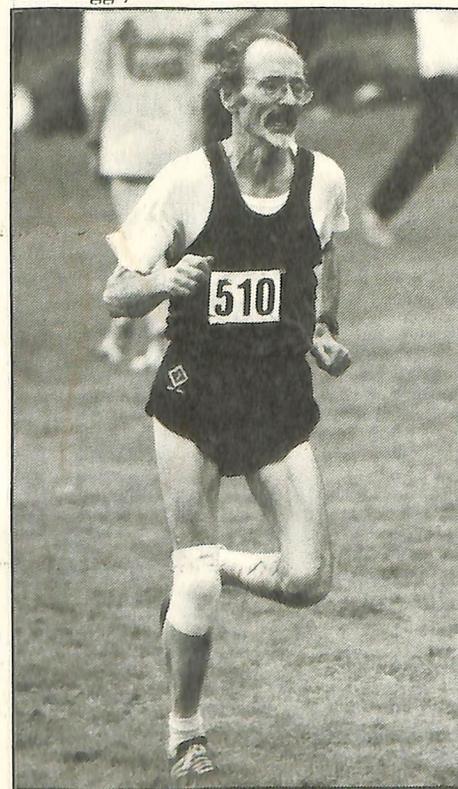
Jeremy Hemming

hot, very hot! A climb to Mossley Hill Church at nine miles and the quick descent towards the park, deceived many runners who had forgotten about the tough final lap of Sefton Park with its undulations. The team race was threatened, as Wirral's apparently unassailable lead was dissipated when their lead runner, Tony McDevitt, fell back rapidly because of injury. Fortunately, their main rivals had forgotten to persuade their best runner Arthur Deane to pay the extra levy and so enter the BVAF Championship. It pays to keep up your area membership!

The runners were enthusiastically cheered on by large crowds lining Sefton Park on the final lap. Martin Rees finished well up the field with a 16th place overall and two minutes clear of Mike Hager who, at 49 years old, did well to beat the 70 minute barrier. Rob Wise continued his run of successes to take the over 40 crown from Stockport's Eric Williams. Steve Lonnen was well clear of Dave Hollins, Alex Rowe and Alan Clarkson, who had a tightly fought battle.

Jim Bell was a clear winner of the M50 group by half a minute, as was Les Haynes, in taking the M55 title, from Invicta's Eddie Broad. Fred Gibbs was a deserved M60 winner, his gluten free diet paying dividends as he finished three minutes ahead of Keswick postman Dennis Hayes. Ron Higgs hung on well to win the M65's with very sore feet - retirement obviously suits him. Max Jones, who has run every "London", won the M70 in a good time and Jim Johnston made his journey from the North East worthwhile by taking the M75. Well done, elder statesmen!

Ron Higgs, M65 winner



Jeremy Hemming

Zara Hyde, who was invited for the elite race, took the W35 title from Kath Charnock and Sandra Irvine from Bellahouston. I heard a Scouse say there were some Americans running, from Bella Houston. True! Denise Wakefield won what must be her first National title, after some years of trying, from local lady Cath Nevin of Penny Lane Striders [Beatles along, does Cath!]

Zina Marchant continued her superb distance running career by easily winning the W45's. In fact she was the second veteran woman to finish, whilst Margaret Dobbs of Thurrock [wife of 3rd M60 Pat Dobbs who was shown as a female in the initial results, despite underlining Mr. on his entry form] was given the W50 title after being shown on the result as "no entry details". What a traumatic week-end for the Dobbs household!

The W55 race was won by Rosemary Armstrong [NVAC] from Blaydon's Eileen Armstrong - again only after examination of the entry forms showed she had correctly entered but was missed out from the championship entries. Pam Jones, former 1950's international from Ilford, deservedly won the W60 title following Pat Dobb's sex change! Louise Gilchrist [Middleton] won the W65 category in good style. She paid the additional £2.00 levy to take part in the BVAF event, but had to wait six weeks for her entry details to be correctly identified and her win verified.

Oh dear! Writing this report has been like a piece of investigative journalism. I hope that Peter Duhig and I have got it right now and the correct awards can be made. There were at least 35 individual errors in the original results, and these spilled over into the team championships. In many cases errors occurred because athletes had not completed their entry blank correctly. Please show your affiliation correctly and ensure that you are a paid up member!

Results page 18

Prize Draw

The prize draw gives support to the paper. Why not join in? Each month there is an overall £125 winner and five £10 runners up. All you have to do is send off a cheque, made payable to Veteran Athletics, for £12, or multiples thereof—to increase your chances of a win—to the Hon. Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot Devon TQ12 6YB

The sooner you do it the sooner you will get in on the draw. Recent winners.

July. 98: £125 to M.Caudwell [Reigate]; £10 to J.Williams, B.Gree, Z.D.Shadow, S.Buckley, P.White

Aug. 98: £125 to P.Gallagher [Bristol]; £10 to C.McCall, C.Slaughter, V.Murray, S.Adkins, R.Ibson

Sept. 98: £125 to A.Simmons [Sutton Coldfield], £10 to J.Waller, P.Monk, A.Clevett, D.Shepherd, J.Denyer

BVAF OPEN INDOOR CHAMPIONSHIPS and PENTATHLON

SATURDAY, FEBRUARY 27th 1999

[under IAAF/WAVA Rules]

NATIONAL INDOOR ARENA, BIRMINGHAM

FIRST EVENT 10.00am

HOTEL ACCOMMODATION FROM WGT TRAVEL [0121-456-1976]

Quality Norfolk Hotel

EVENTS: 60m: 200m: 400m: 800m: 1500m: 3000m: 3000m Walk: 60m Hurdles: High Jump: Pole Vault:
Long Jump: Triple Jump: Shot Put: Pentathlon: 4 x 200m Relay

Pentathlon: Men - 60mH, LJ, SP, HJ, 1000m: Women - 60mH, HJ, SP, LJ, 800m

ENTRY FEE: Non-Affiliated £8.50 first event. £10.50 Pentathlon
Affiliated £6.50 first event. £8.50 Pentathlon
£5.00 each extra event. Relays £5.00

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO BVAF. Postal stamps are not acceptable as payment of entry fees. **Entries close on February 6th 1999**

Information from and entries to Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HF

No s.a.e.necessary. Acknowledgement of entry and event timetable will be sent approximately 10 days before championship. Note: On entry form Veteran Club means BVAF Area Club [MVAC, SCVAC, VAC, etc.]

CHAMPIONSHIP ENTRY FORM

Please use capital letters MALE FEMALE

Surname _____ First Names _____

Address _____

Post Code _____

Telephone No. Day _____ Evening _____

Date of Birth _____ Age Group at 27/2/99 _____

BVAF Area Club _____ Membership No _____ First Claim Club _____

NON BVAF AFFILIATED ATHLETES ONLY

I enclose either a copy of my driving licence no.

Or a copy of my birth certificate

Or a copy of my passport personal details

EVENT	P.B 1997/98	EVENT	P.B. 1997/98	EVENT	PB 1997/98

Payment enclosed for Entry Fees as follows:
First Event:

£8.50 for non BVAF affiliated [Pentathlon £10.50]	£	_____
£6.50 for BVAF affiliated [Pentathlon £8.50]	£	_____
Subsequent Events £5.00 each event	£	_____
Total	£	_____

I enclose crossed cheque/P.O. in sterling currency payable to BVAF
I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 1999 BVAF Indoor Championships.

Signed _____ Date _____



M65 800m: Mike Fox heads for victory with 300 metres to the finish, Neumann [Germany] trails



M65 relay teams on the podium. Centre, winning GB team of Allan Meddings, Charlie Williams, Alan Bateman and Peter Field

[continued from page 1]
10,000m time of 30:15.9, was beaten into third place after a thrilling battle with the German Schinkitz and Spaniard Guerra. Alison Fletcher and Josie Heffernan won golds at W35 and W45 respectively. The only other 10,000m medals were bronze for Pauline Rich and Harry Matthews.

The hurdles yielded quite a haul of medals. We expected a battle in the 400m hurdles between Mike Coker and Howard Moscrop but Moscrop reversed the result of the BVA Championships at Newport and came away to win in 53.77, more than a second faster than Coker's winning time on that occasion. Coker, with a niggling injury, faded to third. The M45 group in this event gave Britain another gold through Bob Stevenson. Alan Wells made a determined effort and was leading out of the final bend, but was visibly weakening and, hitting hurdles, just made it to the line in third place. One of the most outstanding hurdles performances was that of Jenny Pearson, winning the W35 400m in 59.85, a new British Best. Other golds in the hurdles came from Barry Ferguson at 100m and Peter Field at 300m, while Joss Harwood won silver and Colin Shafto, Eamon Fitzgerald, Carol Smith, and Len Williams all won bronze.

In the 5,000m track walks we won three golds, through Bob Care, M50, Ann Lewis, W50, and Ann Von Bismarck, W70., with good support from Denis Withers and Hilda Nyman, both of whom took bronze.

Medals were hard to come by in the field events, except for Evaun Williams, of course. She won the W60 shot, hammer [British Record, 40.13m] and weight pentathlon, and silver in the javelin. Both Neil Griffin and Peter Gordon won their group discus although Griffin had to wait for his last throw to snatch victory. He also won silver in the shot and weight pentathlon. Other field event winners were Bob Brown [M65 pole vault], Carol Filer in the W40 long jump and Jenny Brown, W35, in the high jump.

Sean Power beat the British Record in the M55 high jump with 1.70, but only finished second, as J.Hanus [TCH] beat the existing world record with 1.83. In the triple jump, Power again set a new British mark of 12.58, but again finished second, this time to world record holder Backlund of Finland. Some of the field event silver

medal winners were: hammer, W35 Diane Smith and W50 Lesley Shrosbee; pole vault, Eirion Owen [W35] and Eamon Fitzgerald [M50]; and Mary Wixey in the W75 long jump. Among the bronze medal winners were Claire Cameron, Jim Day, Debbie Singleton, Judy Stafford, Betty Steedman, and Bill Gentleman.

In the pentathlon, Jenny Brown [3862 points] continued her winning ways and looks set to continue when she moves into the W40 group. Four hundred points behind, Wendy Laing won the silver. John Ross set a British Record in winning the M60 pentathlon [3947 points].

Geoff Ashby

Jack Fitzgerald continues the report.

Arriving, as I frequently do nowadays, rather late in the proceedings, I felt like a wayward guest at a dinner party, having missed the hors d'oeuvre and the main meal, but determined to enjoy the sweet, coffee and liqueurs. I made an early start of viewing on the Thursday of the second week at Bellaria, where the women's 5000m were reeled off, starting with the over 60's at 9a.m, carrying on until the W35 group at lunchtime. Pam Jones ran well in the first race to finish 5th, but Pat Gallagher was again the W50 star in a race tailor that was made for her. She sat in for most of the race before steaming away over the last two laps for her second gold in 18:45.88, a faster time than the W45 event.

Alison Fletcher tried hard to emulate her earlier gold in the 10,000m but, although she made ground on Bonamico in the latter stages, she found that the Italian's early pace had clinched it and she had to settle for silver. Trying to watch all the 5,000's was a bit like Russian roulette, with some races at Bellaria and the others at Cesenatico. Harry Matthews and Charlie Dickinson raised our temperatures at M50, Matthews securing his second bronze, with Dickinson a mere 16 seconds behind in 6th. Back at Cesenatico, Jim Estall was our best performer of the younger age groups with 5th at M40.

Ed Shillabeer had made an even more belated appearance than I had and, having brought his own transport, solved the problem of an early start for the 20k walk next morning. We arrived in time to see the end of the women's 10k walk. Ann Lewis was lying 5th overall and was obviously going to win the W50 group and Pam Phillips finished

third in this category. Pam Horwill also won bronze at W60, while Anne Von Bismarck was eventually awarded W70 gold after her Swedish adversary had been disqualified when she ran past her up the finishing straight.

As I had been hearing tales of woe about the track walk disqualifications, I was more apprehensive than usual about the 20k. I was told that if I got past Rasputin I might survive, but nobody pointed out which of the judges was Rasputin! After a bent leg caution on each of the first two laps of eight, I did not dare look at the idiot board until the halfway stage. Observing that only one red spot was against me I relaxed, with the result that my last 10k was much faster than my first. Among the medals were John Gordon, M45, and Colin Young, M60, both winning bronze. Colin, however, had to combat almost all of the officials before receiving his just desserts. He was 3rd but, as his time was the same as the 4th finisher, they had presented the medal to the wrong man!

I had counted four M75's ahead of me in the early stages but, not seeing the Italian Carlo Bomba after the first lap, I had assumed that he had received a red card. After passing a couple in the later stages I believed that I was in line for a medal so, when offered a lift back to the hotel, I declined in favour of picking up my medal. Jokingly, I said that I hoped the presentation would not be too long as I needed to warm up for the marathon next day. I really should keep my lip buttoned! Not only did Bomba win my age group gold but one of those I passed must have been a lapped walker, which pushed me back to fourth. By now, the last bus had gone and, as the route back was the last 6k of the marathon course, I actually did, unwittingly, warm up for that race.

Our 200m runners had been having a field day at the main stadium while this was going on and I arrived in time to see our clean sweep in the M45. Our 800m runners were almost as prolific. Les Duffy, Reg Phipps and Mike Fox all won gold at M50, M55 and M65 respectively while Jimmy Todd [silver], and Tony McDonald, John Potts and John Ross all picked up bronze. We had a 2nd and 3rd at W40 via Nancy Hitchmough and Su James, before Pat Gallagher threw a wobbly after winning another title. After her effortless 5,000m win, I had hoped that she would

[continued on next page]

Team Manager's Report

The track & field season ended on a high note at the European Championships in Italy as British veterans won 58 gold, 40 silver and 46 bronze medals. In the relays we were exceptionally successful, either winning or second in each of the age groups entered. In the 4 x 100m the men won 4 and were second in 2, the women won 3 and were second in 2. In the 4 x 400m the men won 3 and were second in 3, and the women won 1 and were second in 2. We could have done even better if the Team Manager had not misunderstood notification of an alteration to the time table, bringing the 4 x 400 relays forward by one hour. One of our M65 team arrived at the track when every one was lined up for the start and with no warming up, he was several metres down on his best, more than the losing margin. We also lost out on the W50 4 x 400m when, with a very good team, two last minute injuries meant we could not run a team at all, as the rules allowed for only one reserve and stipulated that the five names had to be entered on the day prior to the event.

The overall organisation was good, although, as in Durban, there were errors in the lap scoring in the 10,000m. We need to make sure that we have an adequate number of people to assist lap scoring in both 5,000m and 10,000 events at Gateshead. Declaration pro-

continued from previous page

not do that, but she cannot help running herself into the ground over two laps.

The final day used to be thought of as marathon day for the British contingent, with the relays as a bonus. Alas, no more! Poor Ron Franklin, the delegated team manager, found that all he had to manage was one aged walker, one aging walker and one M40 who intended to only run halfway. Whatever happened to our distance runners? It used to be the case that all the 5,000 and 10,000 and even some of the 1500m runners would round off the championships with an easy run. I bet they will all want to run in the London!

After my frustrating 4th place in the walk, I decided to follow three M75 runners out of the stadium and see how the race progressed. As I was about to start my second lap, the leading runners were just entering the stadium to finish and the roads, previously closed, were now open to traffic. We had some hair raising experiences with mad Italian scooter drivers on the wrong side of the road in shopping complexes. To their credit, the marshals were at their posts, but they were pretty hamstrung, traffic wise. Eventually, at 34km, a sympathetic traffic policeman asked pointedly if I wanted a lift back to the stadium. My M75 adversaries had now long gone so, in a moment of weakness, I decided to let discretion be the better part of valour, leaving Ed Shillabeer as our only finisher.

Throughout the last day Britain and Germany had been carving up the relays between them, but the icing on the cake for me was the quartet of Scott, Coker, Elderfield and Harrison pulling off a narrow victory over an equally talented German foursome. So ended another good championships and let us hope that the Finns can stage an equally well organised games in the year 2000.

cedure created problems for those entered in events due to start in the morning, as they had to sign in before 7.00pm the previous evening, and for afternoon events up to 11.00am on the day. Some athletes arriving late through delayed flights were missing declaration deadlines, but we persuaded the organisers that there should be some dispensation and they were tacked on to heats already drawn.

The biggest complaints involved transport. WGT, as our official tour organisers came in for a certain amount of flak, although mainly for matters outside their control. At the start there was difficulty in getting people from Bologna, the nearest major airport, to Cesenatico, 60 miles away. Coaches had been arranged, but delayed flights and missed transfers [mainly at Brussels], created lots of hassle. Athletes were scheduled to arrive over several days and WGT staff were spending most of their time at Bologna airport to make sure that people did get to Cesenatico, even hiring taxis as the only option.

This meant that they were not around to check on the bus service from the main hotels to the main stadium. This was listed as an inclusive item in their brochure, but it was something that the local organisers had arranged with an Italian group called Firma, and it was Firma who had been paid for it. When this did not work out smoothly in the first couple of days, people were looking to WGT staff to sort it out, but they were tied up with even bigger problems at Bologna.

Finally, the organisers had arranged for shuttle buses from the main stadium to the second one at Bellaria, 6 miles away. They thought that only two buses constantly plying between the two tracks would be sufficient, but they had not allowed for the number of spectators and fellow athletes who wanted to go. People piled on regardless of Italian regulations which do not allow standing passengers. Those standing refused to get off, so the drivers were refusing to start and one bus remained stationary for over half an hour. Extra buses were finally provided. I would like to assure every one coming to Gateshead next summer that a lot of thought is going in to the way we will handle transport to and from the tracks.

My own return flight from Bologna was a nightmare. A very long delay at Brussels [immigration working to rule did not help], then waiting on the tarmac queuing for nearly an hour before take off, before the final straw of an aborted flight due to a damaged engine. We were finally put up overnight in Brussels and flew home next day.

Keith M. Whitaker

1998 Track & Field Rankings

Final call for all athletes who want their best performances to be included in the 1998 Veterans T & F Rankings lists. Men should send theirs to David Burton, 22 Chandlers Way, Steyning, West Sussex, BN44 3NG. Women's performances should go to Sally Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ.

The booklets will be available in February from the addresses above. Cost will be £3.00 + A5 SAE [31p stamp]

1999 VETERANS RUNNING TOURS

4th Malta Track & 10km

Saturday 16th January

Track & Field Competition

Sunday 17th January

10km Road Race

Organised by the Malta AAA

Full Track & Field

programme, plus a flat 10km

and prize giving along with

Maltese based English Tour

leader & Race Director

TOUR PACKAGES

Depart Tuesday 12th January

7 nights 4* New Dolmen

Airport transfers & Tour leader

Prices from £216

**ENTER VERY QUICKLY
LIMITED SPACE ON BOTH**

6th European Road EVAA Championships

Brugge, Belgium

Saturday 26th June

10km Road Race

20km Walk for women

30km Walk for men

Sunday 27th June

'1/2' Marathon

Organised by VAL & ABAV

TOUR PACKAGES

Depart Friday 25th June

3 & 4 night coach packages

National Coach Pick-ups

Hotel ONLY options

3 & 4* Central Brugge Hotels

Veteran Tour leaders

Barry M Whitmore, Bill Steele

& Peter & Kath Duhig

Prices from £70

*All our tours are financially secured
Coach Tours under a Client Trust Account*

Air Tours - We act as "Retail"

Agents for ATOL holders

We confirm to Government & CAA Legislation

Please request both brochures

Running Tours

**P.O. Box 269, Brentwood,
Essex, CM15 8NR, England**

Tel: 01277 26 44 44

Fax: 01277 26 19 34

Veteran Athletics

Vol 1 No 47

67 Goswell Road, London EC1V 7EN Telephone 0181-677-1303 Fax: 0171-251-9045

Editor: Geoff Ashby, 154 Knightlow Rd, Harborne, Birmingham, B17 8QA tel 0121-429-2241. Fax: 0121-434-5929

Editorial Board: Jack Fitzgerald, Sylvester Stein, Les Brown, Bob Belmore, Pat Green

Fixtures: Brenda Burton, 22 Chandlers Way, Steyning, West Sussex, BN44 3 NG

Advertising: Jack Fitzgerald tel 0181-677-1303

Production: Geoff Ashby

Subscription Rates: £10 per annum [4 issues], issued free to members of affiliated clubs
Veteran Athletics is an official publication of the British Veterans Athletic Federation and of the World Association of Veteran Athletes. The editorial policy is not, unless otherwise stated, that of the BVAF and WAVA. Unsolicited material for publication in *Veteran Athletics* is welcomed, preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped addressed envelope. *Veteran Athletics* accepts no responsibility for loss or damaged material. All correspondence will be acknowledged in the letters column at the editorial committee's discretion. This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Area Secretaries.

BRITISH VETERANS ATHLETIC FEDERATION

President: Eric Shirley

Life Vice Presidents: Norman Ashcroft, Bridget Cushen, Jack Fitzgerald, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker, Tom Wood.

Chairman: Keith Whitaker, Leeming Barn, Thornthwaite, Harrogate, HG3 2QU

Assistant Chair-Policy Administration for Home and International Affairs [Vice Chair]: Ron Bell, 25 Llwyn Menllii, Ruthin, Clwyd, N.Wales LL15 1RG

Secretary-Track and Field: Winston Thomas, 67A Waterside, Kings Langley, Herts WD4 8H

Secretary-Road Running & Walks: Peter Duhig, 42 Wimbotsham Road, Downham Market, Norfolk, PE38 9PE

Secretary-C. Country: Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 4XR tel 01223 -234856

Hon. Secretary: Bridget Cushen, 156, Mitcham Road, West Croyden, CRO 3JE tel 0181-683-2602

Women's Representative: Maureen Farish, 35 Queen Anne Avenue, Bromley BR2 3RG tel 0181-289-3164

Treasurer: Danny Herman, Bow House, 3 Bow Green Road, Bowden, Altrincham, WA14 3 LY

Overseas Entries Coordinator: Wendy Dunsford, 12A, Salisbury Road, Grays, Essex RM1 7BQ

Chairman of Records Committee: David Burton, 22 Chandlers Way, Steyning, West Sussex BN44 3NG

Administrative Officer: Jack Fitzgerald, 67 Goswell Road, London. EC1V 7EN

Secretaries of Affiliated Clubs and Associations

Eastern VAC [General]: Peter Chaplin, 1 Gunning Way, Cambridge, CB4 3AQ.

[Membership]: Eva Osborne, 61, Damgate, Wymondham, Norfolk NR18 0BG tel 01953 604501

Isle of Man: Christine Bathgate, Kerrowglass, Kirk Michael, Isle of Man IM6 1HP tel 01624 878768

Midlands VAC: [General] E.C.Nichols, Rainbow Cottage, 15 Meadow Lane, Alvechurch B48 7LH

[Membership] C.Simpson, 87 Willow Road, Solihull B91 1UF tel 0121-705-5139

Northern VAC: A.Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire, SK4 3LD tel 0161-432-7586; [Membership] J.H.Linley, Riversdale Cottage, Ffordd-y-Felin, Treuddyn, Mold, CH7 4BD Tel 01352 771543

North East VAC [General]: G.Routledge, 5, St Hildas Ave, Holy Cross, Wallsend, Tyne & Wear NE28 7AB tel 0191-287-1388

Northern Ireland: J.Harris, 3 Orchard Place, Newtownards, County Down, BT23 3AE tel 01247-816595

Scotland [General]: A.Muir, 46, Riverside Gardens, Clarkston, Glasgow G76 8EP tel 0141-644-5448:

[Membership]: F.Parsons, 2308 Great Western Road, Glasgow G15 6SF

Southern Counties VAC [General]: E.Shirley, 2 Ladbroke Close, Pinner, Middlesex HA5 5LB

[Membership]: J.Robinson, 63 Goldney Road, London W9 2AS tel 0171-266-325. [New Members]

V.Thompson, 18 Albany House, Boyfield St. London SE1 0SB tel 0171-928-9577

South West VAC: D.G.Lord, "Old Lord Nelson", 52 North Street, Wareham BH20 4AQ

Veterans AC [Membership]: G.Mellor, 9 Goose Close, Princes Park, Walderslade, Chatham, Kent, ME5

7RH: [General]: Dennis Williams, 82 Prince Georges Avenue., London SW20 8BH tel 0181-543-6112

Welsh VAA: Acting Secretary: John Kersting, "Foreshore", 57/59 Elgin Rd, Pwll, Llanelli, Carm.,

SA15 4AF [Membership] Dave Walsh, 129 Queensway, Coney Hall, West Wickham, Kent, BR4 9DT

tel 0181-462-7554

VAA of England: Mrs. I. Nicholls, Rainbow Cottage, 15 Meadow Lane, Alvechurch, B48 7LH

WORLD ASSOCIATION OF VETERAN ATHLETES

[AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION]

President: Torsten Carlus, Smalandsgaten 25, S-25252, Helsingborg, Sweden. Executive Vice

President: Tom Jordan, 2110 Fairmount Boulevard, Eugene, OR 97403, USA Vice President [Stadia]:

Jim Blair, 43 Emslie Road, Pinehaven, Upper Hutt, New Zealand. Vice President [Road]: Ron Bell, 25

Llwyn Menllii, Ruthin, Clwyd, N.Wales LL15 1RG Member of the Council: Cesar Moreno Bravo,

Chairman IAAF Veterans Committee, Camino A La Piedra Del Comal 24, Col Tapépan, 16020

Xochimilico DF, Mexico Secretary: Monty Hacker, 115 Froome Rd, Athol, 2196 Sandton, South

Africa Treasurer: Guiseppe Galfetti, Bahnhofstrasse 1, CH-8956 Killwangen, Switzerland Chairman

of Records Committee: Willi Koster, Haydnstrasse 28, D-64 347 Griesheim, Germany Women's

Delegate: Bridget Cushen, 156, Mitcham Road, West Croyden, CRO 3JE tel 0181-683-2602

Track & Field Notes

Congratulations to our team in the Europeans in Italy, where they had a tremendous championships, finishing with 147 medals. Particular congratulations to Steve Peters, who successfully defended his 100-200-400 titles from Malmo & Athens, and added again the 4x100 & 4x440 golds. Commiserations to Brian Slaughter, who, in his first outing in European competitions, missed a bronze in the Pentathlon by one point. Congratulations also to Jenny Pearson, who won the W35 trophy for the Year of Women in Sport, donated by EVAA. These were among many great performances in track and field at all age groups. This was one of the best performances by our team, and I hope that we can build on this and challenge the Germans in the older age groups, and have a great team and team spirit in Gateshead next year.

In the General Assembly, there was the possibility of BVAF's Danny Herman elected as treasurer. This was thwarted by the EVAA Council making a bizarre change of the rules, and members voting to have only one member from each affiliate. This was designed to anti Great Britain, and left a very bad taste.

Next, comes the Indoors, including the pentathlon [see page 3]. After a long wait again, we have been given the 27th of February. No late entries please, as I will be away after the closing date. This will be followed by the European Indoors in Malmo. Entries must be with Wendy Dunsford by the 12th December, as they have to be in Malmo by the 31st December, so do not leave it too late, and please follow Wendy's instructions.

Our International in Holland is on June 19, more details in next issue, approximate costs £130.00. Then we will have the Pentathlons and Track Walks [early this year on July 4]. Following this is the greatest event to take place in Britain, the 13th WAVA Championship, Gateshead, with a mass of British entries, despite the criticism from Martin Duff in the AW, and other quarters. Yes, the championships are more expensive than open meetings and general competitions, but this is a World championships, and we all know that we do not sponsor and have to pay our own way. When we compare the price with other championships, the entries are around the same. The only gripe I have is the price of the accommodation, but think of the foreign athletes who have to pay so much because of our high pound, so let us support these championships.

Favours please, at the Newport championships, two people purchased goods from John Bourne on credit cards, 12.99. 42.98. Due to the rain the receipt slips were not usable, so could the persons note that their accounts have not been debited, and contact me or Bourne Sports please.

Finally, I have had several calls from athletes asking and giving me advice about Gateshead. I would like to say that I am not technically involved with Gateshead. I am on the technical team, generally by name only, but I do not have any say or any powers to make changes. I advise, and generally my advice was not taken. I think this will change at some point, as there are many things that need to be sorted out. Should you have any points to raise I suggest that you contact Keith Whitaker, Ron Bell, or Gateshead Leisure Services.

Winston Thomas, Track & Field Secretary



From the Chairman

Many athletes must be wondering what is going to happen under the new structure created to re-

place the British Athletic Federation. I am delighted that David Hemery has been elected as the first President of the new body. It will be his responsibility to oversee the most radical changes in the history of British athletics. Just how veteran athletics will be viewed is uncertain and, although I believe that David will be more supportive, we could be left on the sidelines as before. I believe that, as veterans are taking part in veteran and open competition in such large numbers, the best way forward would be for us to be incorporated as a special section of this new structure.

We will have to wait and see but, meanwhile, must continue lobbying for recognition. On that front I found it encouraging to be invited to attend a meeting later this month of the U.K. Athletics 98 Competition Review. A less happy situation, however, was to find that, at comparatively late notice, the BVAF Indoor T & F Championships were in jeopardy and might not take place. We had made a provisional booking [all that is allowed], well in advance, but priority had since been given to what we are told is the needs of the International meeting, scheduled to take place on the following day. After protracted negotiations we have now been of-

fered a new date of February 27th. Had we been an integral part of the new body, I feel sure that we would have been given earlier consideration.

My time has been very much taken up with the European Championships, and simply extracting the British performances from the daily results booklets took me a couple of days. These are printed in this issue, together with a report from my position as Team Manager. I would, however, like to thank Maurice Doogan and John Dunsford for their assistance, particularly in covering everything at the second track.

The pace is hotting up for Gateshead. Ron Bell and I are attending regular meetings, but other senior BVAF personnel such as Winston Thomas [timetable] and Barbara Dunsford [walks] have become involved with specific areas. Recently a seminar was held in London, with Charlie Hodgson of Hy-Tek, whose computer system will be used at the Championships. This was attended by a number of people, but we are looking for wider involvement.

With such an enormous undertaking and no major commercial sponsor, we are operating on a tight budget. Volunteer help from people who intend being at the Championships and who could give some of their time to assist in a number of ways would be of enormous benefit. A leaflet is enclosed. This

European V.A.A. Notes

From the 11th to 19th September spectators in Italy were treated to some wonderful competition by over 4000 European Veterans athletes. The only down point in the championships came from one athlete deliberately cheating, in falsifying his age and passport identification to be able to compete, for which he will at some point be banned from Veterans competition for at least 2 years.

General Assembly, Jacques Serruys BEL, President elect, and Winston Thomas GB/NI, Technical Manager, were both elected unopposed. Other positions went to Dieter Massin GER, Vice President; Pekka Kurki FIN, Treasurer; Marina Hoernecke-Gil ESP, Secretary; Karel Matzner CZR, Road Event Representative; Selma Turkkal TUR, Womens Representative. A new position of Statistician went to Ivar Soderlind SWE.

Jyvaskyla in Finland, Zurich in Switzerland and Potsdam in Germany, were bidding for the 2000 championships, with the vote going to Jyvaskyla, with the possibility of Potsdam being able to stage the 2002 event.

This was probably the best of all the European Veterans championships to date. The Mayors of the two towns and the local FIDAL Secretary were on hand to present the medals and there was a warm welcome extended to the athletes. The atmosphere was always highly charged.

Among the highlights of the men's track events were the sprints, particularly that of Stephen Peters in retaining his 100m, 200m, and 400m titles won at Malmo, and the M40 400m, where Alan Harrison, 50.12, and

David Elderfield, 50.17, took 1st and 2nd. The most outstanding of the middle distance races was the M40 800m, with Germany's 1980 Olympic medallist Olaf Beyer on view. In a thrilling race, Tony McDonald, Matthias Assmann, Germany, and Beyer broke away from the field with 300m to go. Into the last turn Beyer was ready to pounce on McDonald, when Assmann came on the outside. For 40metres there was a three way battle, then Assmann proved the stronger and won in 1:56.93. Generally the men's field events standards were high, but only two World Records were attained, M55 Jaroslav Hanus TCH, High Jump [1.83m], and M60 Arne Lothe NOR, Hammer [60.22m]

There were also some outstanding performances in the women's events, which, in this, the Year of Women in Sport, was well rewarded by EVAA. W35 Marina Slushkina RUS, winning the 100m [12.50], 100mh [13.70] and Long Jump [6.08m]; Brunhilde Hoffmann W55 GER, the 100m [13.83], 200m, [29.08], 400m [66.95]; and W75 Paula Schneiderhan 100-200-400m, [16.20/35.23/90.02] were some of the three time winners. The field events saw a world best in the W50 Hammer from Inge Faldager DEN, 51.36m. Britain's W60 Evaun Williams SP/HT/Weight Pent [12.13/40.13/5295 points] and W65 Jutta Schaefer GER who won the SP/DT/HT/Weight Pent [10.63/31.65/40.25/5376 points], were among the tops in the throws.

EVAA gave a Best Performance Trophy to the women in 5 year age categories, whilst WAVA gave a trophy for the overall best per-

formance. The latter was awarded to Inge Faldager DEN. The Overall EVAA winners were as follows: W35 Jenny Pearson GB/NI 400mH 59.85; W40 Christine Muller SUI, 80mH 11.66; W45 Inge Dech GER, Long Jump 5.46m; W50 Inge Faldager DEN, Hammer 51.36m; W55 Brunhilde Hoffmann GER, 100m 13.83; W60 Gertraud Schoenauer AUT, Javelin 40.52m; W65 Jutta Schaeffer GER, Hammer 40.25m; W70 Mary Anne Hamm GER, Shot Put 9.13m; W75 Paula Schniederhan GER, 100m 16.20; W80 Friede Liedtke GER, 1500m 10:14.16; W85 Nora Wedemo SWE, 100m 21.26. The trophies were presented by the outgoing EVAA Women's representative, Marina Hoernecke-Gil, ESP.

The Championships will show the world what the British veterans can do, not only in the numbers taking part and in athletic performances, but also in what I regard as the most important of all - the way the whole thing is organised. If you wish to compete in what, for many, is a lifetime's opportunity send for your entry booklet now to Gateshead Leisure Services [address on page 23] and then send your entry form as soon as possible to the British entry co-ordinator, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU. If you can give any of your time to assist with the Championships, simply fill in the leaflet and post to the address given.

When you get your 1999 diary and mark in your important dates, etc. you should also put a red line round the 29th July to 8th August, the most important dates in the veteran's calendar.

Keith M. Whitaker

European Road Championships

Entries for the European Road Running and Walking Championships, to be held in Bruges on the week end of June 26-27, close on April 30. Entry booklets may be obtained by sending two first class stamps to Wendy Dunsford, Overseas Entries Co-ordinator, 12A, Salisbury Road, Grays, Essex, RM1 7BQ. Entries must be returned to Wendy and not sent direct to Bruges, as they have to be verified. As this event is a European Veterans Championship all British entrants must be affiliated to the BVAF.

International Cross Country

Due to print deadlines the report, photos and results of the British and Irish Veterans International Cross Country will appear in the next issue. Meanwhile, Winston Thomas would like to produce a video of the event for distribution to athletes who would like to acquire one. If any one videod the event and would lend a copy to Winston, please contact him. [address on page 6].

There were 136 Championships Records, and 10 World Records set.

Winston Thomas, EVAA Tech. Manager

YOUR LETTERS

The Letters columns of Veteran Athletics are open to all who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. Letters should be kept as brief as possible or they may be cut for space reasons. They should be addressed to The Editor, Veteran Athletics, 154, Knightlow Road, Harborne, Birmingham B17 8QA

Are Standards Necessary

In recent years a number of letters raising questions on medal standards have been printed in V/A but none have been answered. It appears that the standards are about to be reviewed again. I believe that it would help greatly if the letters and the comments mentioned in Winston Thomas's report in V/A 47 were out in the open. The main points I would raise are as follows.

1] Why have standards?

a] I have been told that some athletes feel that they only have to turn up to get a medal and that winning is too easy. Did the weather at the recent T & F Championships at Newport make winning medals easy? Every one who finished in the first three deserved a medal.

b] Or is it because WAVA has standards, and so the regional clubs apply standards because the BVAf has standards.

2] Why do standards apply only to single events on track and field? [Multi events, road and cross country are excluded]. An athlete can win 10k on the road and get a medal regardless of standard as it is difficult to set standards for road races because of the conditions. What about the variable conditions on the track [eg track surfaces and extreme weather]?

3] How are standards calculated? I am sure I am not alone in asking this. I hope that they are not based on a world record set by a super athlete on a super track on a windless, sunny day! Also, why are BVAf standards higher in some events than WAVA?

4] They penalise lesser events. It is easy to get 8 entries for the M40 100m [then the first three are awarded medals regardless], but more difficult in, say, the M50 javelin or the W50 walk. I agree with Sheila Bull's letter in V/A 47 that we should be trying to encourage athletes to enter lesser events and win medals.

If we must have standards then:

a] Could we have two types of medals? The existing ones can be won regardless of the standard [if any one feels that it was won too easily then do not claim it]. For those who beat the standard a superior medal could be awarded. The expense would be minimal, but if expense is the real issue then let athletes purchase medals they have won.

b] Can BVAf give guidance on medal standards? [eg Midlands apply a modified standard, whilst the Scottish apply the BVAf].

I believe it is time to scrap the standards. Some of us have to train long and hard over the years and we have the expense in equipment, travel, hotels and being away for competitors. It is disappointing to finish in the first three and not win a medal because the standard is not achieved or not enough entered. After all part of the entry fee goes towards the purchase of medals.

Malcolm Robertson, Tamworth

For Me To Help You - You Must Help Me

Further to my attendance at the European Championships in Cesenatico in September and numerous conversations with athletes and their spouses, the problems that occurred in Durban last year are still arising. I have, therefore, taken it upon myself, as I do not see any one else doing it, to try and establish what the problems were, why they were happening, and how they can be resolved. Yes, I do know that it is a lot to do with money!

However, before they can be addressed, I need to know what those problems were and in detail. Whether the problems were with flights, hotels, local transport, changes to the programme of events, support / information

from the team management, I need to know.

One person whingeing is an old fart, 100 people whingeing is an electorate that vote with it's feet, but more especially, with it's money. Combined action is needed to sort this out once and for all. So please write to me at the address below. I want a deluge of details, even trivia [but not, T.S. rarely puts his hand in his pocket, I have known that for forty years]. It all adds to the picture and only then can the lateral thinking begin. I already have a few ideas.

What have you got to lose? I can only try. You can only save money [and aggravation].

Maurice Doogan, 5 Stadium St, London SW10 0PU

Organise Our Team Spirit

The European Championships in Cesenatico were a joy - some superb performances by British vets, and almost flawless organisation by the Italians. I have, however, some mildly critical comments of the way we organise ourselves, and some suggestions about future meets.

1] Why not get a definitive GB vest? I saw athletes turning out in at least four different versions, plus several in club outfits, and one idiot running around in a Colombian track suit. The Germans and French look well organised, well turned out teams, but we do not. Let us have one definitive outfit and stick with it!

2] The British team spirit is great, but it tends to be a bit dispersed into clusters. Why not create a GB pitch in the stands, with a damn great Union Jack, where all GB officials and athletes congregate and cheer their heads off? Not every one would wish to be there, but it would provide a place to which we could all gravitate, and at least you would know where to find a British official when you needed one.

3] Newcomers at international championships tend to feel a bit out of it [I did, at my first]. A simple solution, and one designed to foster team spirit, would be to have a British get together on the eve of the meet. Our officials and some of the stars could be introduced, the various procedures outlined, we could be told where the GB noticeboard is [which I discovered by accident], and every one could feel that they were part of a team.

4] There are lots of impromptu parties in the evenings, but it would be very jolly to have an official GB party at the end of the meet. For a modest charge we could all break training together, watch the cabaret [videos of Tony Wells crashing into the last hurdle], and generally have a most convivial time. I would help to organise it if asked.

Mike Fox,

[the idiot in the Colombian track suit]

Basil Neilsen

Along with many readers who knew him, I was saddened by the report in V/A 47 of the death of "Bas", that likeable character who brightened the veteran scene with his ready smile, kind words and humour. A fellow Kiwi, I also came over from New Zealand to witness the Olympics [Helsinki, 1952], and stayed.

Like Basil, I have reluctantly come to accept that my name will be mis-spelled in programmes, results, etc, even though it is of Scottish origin. He often drew my attention to the Danish origin of his family name. What a shame that Basil Christian Neilsen's final tribute had it wrong!

Ian Steedman, Edinburgh

European Championships Physio-Chiro

The administrators of the above treatment had a task of great importance in supporting the GB team, individually and in team events.

I ask the question: Why do athletes who have completed their events, or who are not taking any further part in the championships, or others who are not competing, have to "register for treatment?"

This practice created an overload in treatment vacancies, giving rise to a feeling of rejection to competitors who wanted hands on care and assurance which was not available, but who could see treatment being given in low priority cases.

Perhaps some thought to our fellow competitor's needs will be given at future venues. I was not a competitor asking for help, but I saw feathers being ruffled and harsh words said, which could bring splits in our currently undivided team.

A.A.Meddings, MVAC

Poor Team Selection

I read the report of the Veterans international in Calais in V/A 47 and was pleased to see that those who went enjoyed themselves so much. I only wish that I had been there!

V/A 45 announced this competition and stated that information had been sent to most athletes in the top rankings. There was no suggestion that any one who was interested in competing should contact the organiser. Although I am top in the M50 hammer, I realise that there are several better M40/45 throwers, and I was disappointed, although not surprised, when I received no such information.

I was very surprised, however, when I read the results of the match in "Athletics Weekly" and discovered that the best of our two hammer throwers could only manage 41m, with the other some way behind. As my own standard is considerably better than this, I believe that I should have been offered a place in the team.

I hope that the organisers of any future matches will be considerably more competent.

Chris Melliush, Cambridge Harriers

BVAf Road Running Scheme

What, if anything, is BVAf now doing to promote it's Road Running Scheme? When launched in 1989, it was well received by runners and race organisers alike, but now is rarely encountered, in spite of the obvious benefits that it offers to both.

Is this a symptom of the apparent concentration of BVAf's efforts on behalf of track and field competitors, at the expense of road runners who, I imagine, make up the majority of BVAf membership.

Richard Cashmore

GREAT WEST RUN '99

Incorp. BVAF and SWVAC HALF MARATHON CHAMPIONSHIP

SUNDAY, May 2nd 1999

EXETER ARENA, SUMMER LANE, EXETER

Entry Fees: Athletic Club Member £7.50 before 1/4/99, £8.50 after 1/4/99

Non Athletic Club Member £8.50 before 1/4/99, £9.50 after 1/4/99

Athletes un-affiliated to SWVAC or BVAF must pay an extra £2.00 to enter the Championships

First Name _____ Surname _____

Address _____

Post Code _____

Telephone _____ Age on Day of Race _____ Male Female

First Claim Club _____ Veteran Club _____ BVAF NO. _____

Teams: M40-49 & M50-59 [4 to count]; M60+, W35-44 & W45+ [3 to count]

Entries Close on 30th April 1999: No entries on the day.

I enclose my cheque/P.O of £ made payable to the GREAT WEST RUN

Waiver: I accept that this is a foot race organised under current BAF Rules and Laws. I confirm that I will not enter this half marathon race unless I am 17 years old or older on the day of the race and I am fit to do so. I accept that I take part in this race at my own risk and will not hold the organisers of this race responsible for any injury, loss or damage that might arise as a result of my participation in this event.

Signed _____ Date _____

Entries, with fees and a large SAE to:

GWR, Exeter Harriers, Exeter Arena, Summer Lane, Exeter EX4 8NN

More Of Your Letters

The BVAF Marathon

I am sure that many of us agree with Mike Barnes' article in V/A 47 and wish to see the BVAF Marathon Championship restored to the importance it enjoyed when so ably organised by the Stone Master Marathoners.

However, the marathon boom has long since passed and a veterans only event is unlikely to be financially or logistically feasible, whenever or wherever it might be held. Accordingly, it will have to form part of an existing event, but one which, through its timing and location, attracts maximum support from top class veterans and adds to the prestige of the event itself. To hold it in the "London" would be a mistake. Championship contenders would be lost among the masses during the race and at the finish, and would be unable to identify those they were competing against.

As many veterans run in the "London" in the spring, an autumn date for our championship is clearly desirable. Regarding location, somewhere south of Manchester and north of London would be in easy reach of the greatest number of potential entrants and this suggests from the present calendar, Manchester itself, Nottingham, Wolverhampton and Abingdon.

I hold no particular brief for any of these and would enter whichever one was nominated for the championship. However, a strong case can be made for the new Wolverhampton Marathon. The inaugural event was held on Sept.6, with 442 finishing the full marathon and 749

finishing the half marathon with which it was combined. The single lap course was a pleasant mixture of town and country with reasonable roadside support. Slightly undulating and potentially not as fast as London, it should nevertheless produce good times. At 3:05.41 for the first M60, I was less than two minutes slower than my somewhat disappointing London effort. Wolverhampton offers good rail and motorway access.

Richard Cashmore, Sutton Coldfield

Slowing Down With Age

Ref the Agony Aunt's Column, the interesting article in the last issue contained some inconsistencies that could lead to the setting of unrealistic aspirations. I believe the final advice to be sound, i.e the equating of a 10k time of 42.30 to 42.56 one year later. The additional 26 seconds represent an increase of approx. one per cent in time attributable to the one year of ageing.

For middle of the road runners, a loss of 3-4 seconds per mile per annum can be expected. Elite runners may lose slightly less and slower runners rather more. Over five years, therefore, the middle of the road runner can anticipate a 10k time increase of 1.30 to 2.00. My personal experience indicates, despite many attempts to defeat the effects of ageing [all failed], an increase of 3.3 seconds per mile per annum over distances from 5 miles to half a marathon. **David Newent, Milton Keynes**

Malmo Entries

Entries for the 2nd European Indoor Championships, to be held in Malmo Mar 4-7 have to be returned to Wendy Dunsford at 12A, Salisbury Road, Grays, Essex RM1 7BQ by Dec. 12. It is hoped this magazine will be distributed by that date so that it can remind members who wish to enter.

The entry booklets did not arrive in this country until mid November, so apologies for the late arrival, but it was certainly no fault of BVAF or any one connected with it. Entries have to be checked by Wendy and arrive in Sweden by Dec. 31 and, with the Christmas post being so busy, it is necessary to close entries by Dec. 12.

Malta Veterans Week End

There is still time to enter for the Malta Veterans Weekend. Entries close on Jan. 12. The organisers have agreed to suggestions to reverse the programme and hold the Track & Field Meeting on the Saturday afternoon and the 10km Road Race on the Sunday morning. The organisers state that they have already received a higher number of entries than last year.

Details of package trips with Belle Air Holidays appeared in the last issue and a Running Tours advert can be found on p. 5 of this issue. An entry form was published on page 4 of the last issue.

The El Nino Effect?

I did what all weather forecasters should do. I looked out of the window and I felt my piece of seaweed. I then decided that my trip to Burton On Trent for the British Throwers Pentathlon Championships would be blessed with fine weather. It turned out that way, despite the doom and literal gloom predicted by the experts.

This was a new venue for the championships, with the arena set in pleasant surroundings and plenty of sporting activity going on around us. Despite the nearness of the European Championships the turnout was excellent and entries higher than last year's record. Had there not been a second caged area it could have been a very long job and it was welcome to see the officials, although working hard, taking a common sense and pragmatic approach to the minor imperfections with the second cage.

I was sorry to see that the competition was not as popular with ladies as previously, except in the W50 age group where 59 points

		Short					
		Hammer	Javelin	Shot	Discus	Hammer	Pts
M40	M.Small	11.38	43.81	12.43	40.00	44.63	3227
M45	J.Little	10.81	37.91	11.62	40.06	44.27	3402
	T.Lalley	12.55	31.57	11.24	36.26	42.64	3256
	M.Bousfield	11.14	40.31	12.05	30.71	36.73	3141
M50	M.Hazelwood	13.41	47.46	11.62	40.23	37.02	3627
	M.Leath	10.69	31.86	10.87	32.09	23.15	2622
	J.Bonnett	11.50	30.70	9.62	30.71	25.06	2566
M55	J.Barlett	9.92	27.27	8.79	30.40	23.24	2293
	W.Gentleman	15.19	25.69	10.61	38.18	46.04	3778
	P.Duckers	11.41	32.90	9.88	28.93	27.44	2977
M60	P.Owen	8.30	25.69	10.61	38.18	46.04	3778
	H.Richardson	15.94	35.19	10.58	39.76	43.14	3951
	J.Freebairn	14.90	37.43	11.55	38.03	34.12	3767
M65	J.Phillips	10.81	45.97	9.54	29.55	27.28	3189
	B.Cunningham	6.92	21.95	8.51	26.43	21.61	2088
	J.Watson	13.62	24.55	9.26	34.19	35.69	3535
M70	P.Barber	15.06	18.85	7.18	30.78	42.40	3393
	J.Hanus	-----	20.72	9.42	37.38	30.85	2568
	E.Cheetham	11.10	18.46	9.37	19.57	29.35	2752
M75	J.Parker	10.52	20.55	9.56	20.95	26.27	2747
	N.Carter	10.03	20.95	7.46	23.49	19.33	2430
	J.Gercs	8.80	22.03	9.23	29.10	21.57	3111
W35	D.Smith	12.18	37.20	8.39	21.44	40.00	3023
	W.Dunsford	10.24	16.04	10.12	29.42	28.76	2413
W40	G.McFarlane	6.87	25.10	7.94	25.37	19.93	2160
	S.Owen	7.60	23.50	6.81	14.36	19.57	1886
W45	J.Clark	8.46	15.40	6.71	19.14	32.28	2451
	J.Ricketts	6.25	13.73	5.34	15.79	17.22	1621
W50	M.Woodger	8.17	21.51	7.65	17.45	23.04	2281
	E.Mee	9.11	13.44	8.38	18.03	23.59	2222
W55	M.Swinton	9.88	22.75	8.72	19.39	31.00	3186

Scottish Trophy Winners

During this year's Scottish Veterans annual match against the North East Veterans at Wishaw, the men's and women's trophies awarded for the best age graded performances at the SAF National Track and Field Championships at Dumfries were presented by SVHC President Jim McMillan.

The mens Silver Jubilee Trophy was awarded to 47 year old Brian McKay [Lochgelly] for his time of 2:01.36, recorded when losing narrowly to Stornoway's Alastair Dunlop in an exciting tussle on the home stretch in the M40/45 800m. Brian, who reached the final of the European 800m at Cesenatico, losing the bronze medal by 0.03sec, was given 93.98% for his time at Dumfries, while Alastair's 2:01.22 was worth

separated Margaret Woodger and Elaine Mee. Mention should be made of Diane Smith's W35 British Record of 3023 points and Evaun Williams' massive W60 total to win both her age group and the trophy for the best female points scorer.

In the men's groups life was very different, and I congratulate Michael Small on his luck yet again, the sole competitor in the M40! I am used to seeing Terry Lalley and Merrik Bousfield slugging it out, but this year they were joined by John Little of Border [I almost said Copeland, a Freudian slip], who beat both of them with a British Record. Mike Hazelwood and Bill Gentleman were again too good for their fellows in the M50 and M55 age groups respectively.

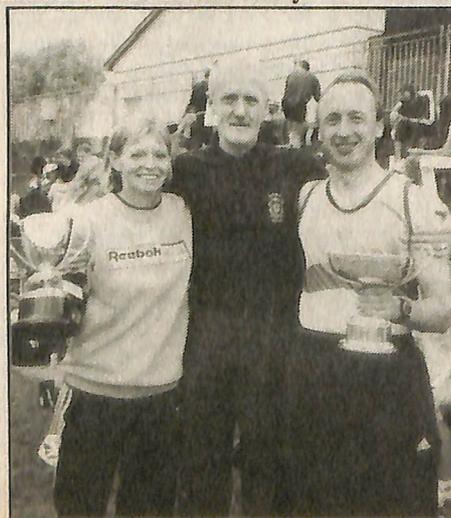
I was fortunate enough to hold off the challenge from John Freebairn and Joe Phillips to retain both the M60 title and the Pamela Carter Memorial trophy for the best male points scorer. Had Jaroslav Hanus not slipped up with the heavy hammer things would have been closer in M65, which was won by John Watson, who beat his own British Record by a handful of points.

It was especially welcome to see Edwin Cheetham, who has a severe and long standing knee problem, taking on Norman Carter, one of the chief organisers. Norman was just pipped for second place by John Parker, however. Janis Gercs, is 75 plus and scored 3111 points. What more needs to be said? Another superb performance!

Judging by the comments made before and afterwards, a good day was had by all including, hopefully, the officials. It was specially satisfying to see the members of the organising British Throwers Club working so well together, especially Phil and Sheila Owen, Norman Carter and the computer wizard, Malcolm Perry. We meet again at Burton on September 12, 1999 and I look forward to seeing every one then.

Hugh Richardson

Below: SVHC President Jim McKinnon with Pat McKinnon and Brian McKay



More Tongue in Cheek Advice

It appears that my last article on how to prepare for next year's World Championships at Gateshead was a bit short on specific detail and I have been inundated with requests from four people requesting advice on their personal situation and problems. Possibly others could benefit from my responses.

The first came from a Welsh athlete who had been told by his doctor that the drug he had prescribed for a 12 month trial period was likely to have some degree of unpredictability. It seems that the effect of viagra varies from day to day. My advice was that he should not buy any Linford Christie style shorts, to avoid hurdling, stick to the triple jump, and I told him not to walk behind me in the Opening Ceremony.

The next letter was from a W35 sprinter who said she was married to a joiner, and was now coached by an ex Dutch discus thrower who had given her some vitamin pills to avoid catching colds. The result had been a six seconds improvement in her 100m time and, although she now has more places with unwanted hair, she feels that she will easily break the world record and she is worried that she may have to make a speech if she does. I told her not to worry about the speech, but to avoid people in white coats holding a syringe or a bottle, to keep her finger nails short, and to make a will.

An unusual problem was from a friend who is not sure of his nationality. He was born on a flight over the Atlantic, is Irish on his mother's side and Scottish from a friend of his father. A complication is that he gets a strange feeling when he hears "Land Of My Fathers". My advice was that if he wins -call himself British, but if he loses -American.

Another query came from a fellow JP and OAP of NVAC who had entered the M65 HJ, TJ and the 5K TR W. He had given his P.B's and wanted to know if it was O.K. to assume that after the AGM, the WAVA rules and not the IAAF would apply and that the BVAF would not be BVAF affil Ath.UK. I said "Yes".

If any of you do have problems regarding your entries or training, do not hesitate to write for help. However, could I say in advance that I will not be able to lend you money for the entry fees, and I am not joking.

Trevor Driver

91.99%. Sprinters John Ross, 60, 90.80% [200m in 26.40]: Jimmy Bryce, 66, 90.16% [100m in 13.72]: and John Rae, 58, 90.00% [400m in 58.58] were the next highest placed among the male competitors.

To 48 year old Pat McKinnon of Kilbarchan AAC [1979 Scottish Commonwealth Games sprinter Pat Pennycook], went the distinction of being the first recipient of the new SVHC Womens Track and Field Cup. Pat's 89.42% for her 100m [13.52] and 87.53% 200m [28.07] were the two most meritorious ladies performances at the championships. Also highly placed were Jane Low, 37, 86.60% [400m in 64.63]: Jan Thompson, 38, 82.79% [800m in 2:24.42] and Janet Lyon, 36, 81.84% [100m in 13.49].

Ian Steedman

BVAF OPEN CROSS COUNTRY CHAMPIONSHIPS

at

EARLHAM PARK, NORWICH**Saturday, March 27 1999 [Permit applied for]****Organised by Eastern Veterans Athletic Club**

[in conjunction with City of Norwich Athletic Club]



Open to all veterans - Women over 35 years, Men over 40 years of age.

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

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

BVAF Team awards to the first three teams M40-49 [4 to count]

M50-59: M60-69: W35-44: W45+ [3 to count]

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

ENTRY FEES:	Member of veteran club:	£4.00
	All other competitors:	£6.00

Non Veteran Club athletes are required to send proof of age. Please send a photocopy of Birth Certificate, Passport or Driving Licence.

Send completed entry form with cheque/postal order and an A5 envelope with a 31p stamp to:
BVAF X-Country Championships, 7 Nutfield Close, Norwich, Norfolk, NR4 6PFClosing Date March 20th 1999. NO ENTRIES ACCEPTED AFTER THIS DATE
Absolutely no entries on the day.**BVAF Open Cross Country Championships 1999 Entry Form**

I wish to be entered for the BVAF Cross Country Championships on 27th March 1999. I agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in this event.

FIRST NAME[S] _____ SURNAME _____
 Age on 27-3-1999 _____ Date of Birth _____
 Gender _____ Age Group _____
 ADDRESS _____

Post Code _____
 HOME TELEPHONE NO _____ ACCOMMODATION DETAILS Yes / No

FIRST CLAIM BAF ATHLETIC CLUB _____
 BVAF CLUB [if different] _____ MEMB. No. _____

YOUNGER TEAM DECLARATION M50-59 _____ W35-44 _____
 I enclose a race fee of £ _____

I confirm that the details above are correct

SIGNED _____ DATE _____

Entry form must be accompanied by an A5 SAE envelope [31p stamp]

WORLD, EUROPEAN & BRITISH INDOOR RECORDS

The world records are out of date as I have been unable to obtain up to date ones from Pete Mundle, Chairman of WAVA Records Committee. It is known that some of the European records achieved by GB athletes are incorrect. I am attempting to rectify this. D.Burton, Chairman, BVAF Records Committee.

UK [at 1/11/98]	European [at 31/8/98]	World [at 1/1/98]
60m		
M40 K Ansah 7.05	K Ansah 7.05	E Hart 6.97
M45 V.Oliver 7.22	V.Oliver 7.22	S Whitley 7.02
M50 B Townley 7.46	B.Townley 7.46	H Morioka 7.37
F Taylor 7.4		
R Taylor 7.4		
M55 B Green 7.63	P.Schouten 7.44	H Hartenstein 7.53
B Green 7.6		
R Taylor 7.6		
M60 R Taylor 7.76	R Taylor 7.76	P Jordan 7.7
M65 C Williams 8.17	C Williams 8.17	C Paul 7.8
M70 A.Meddings 8.52	A.Meddings 8.52	M Larsen 8.45
M75 C Fairey 9.3	F.Muhle 8.72	T.Murphy 8.95
		M Guiseppi 8.9P
		F White 9.81
		H.Liedke 9.81
M80 C Fairey 9.98	H.Liedke 9.81	R.Randall 11.33
M85 A Beckett 11.4	W.Burgren 11.00	A.Pajunen 10.86
	A.Pajunen 10.86	
		E Hosack 17.47
M90		E.Hosack 16.96
M95		J Kirby 7.80
W35 J Kirby 7.80	M Tsoni 7.23	J Kirby 7.80
W40 J.Harwood 8.04	Z.Musinska 7.49	D.Foreman 8.01
H.Godsell 8.0		
W45 M.Lewington 8.42	D.Desmier 8.35	P.Raschker 8.02
W50 M.Lewington 8.42	M.Lewington 8.42	P.Raschker 8.05
W55 U.Gore 8.91	B.Hoffman 8.90	U.Gore 8.91
W60 J.Ogden 9.4	A.Larsson 9.34	I.Obera 9.05
W65 J.Ogden 9.40	J.Ogden 9.40	J.Ogden 9.40
W70 J.Ogden 10.12	P.Schneiderhan 9.85	M.Bowernmaster 10.36
W75 M.Wixey 11.53	G.Svensson 10.91	M.Bowernmaster 11.45
W80 M.Williams 15.67	N.Wedemo 11.82	P.Mehl 14.39
200m		
M40 S.Peters 22.82	S.Peters 22.82	B.Collins 22.19
M45 V.Oliver 23.25	V.Oliver 22.76	B.Collins 22.89
		S.Whitley 22.70P
M50 R.Taylor 23.8	B.Townley 24.17	H.Morioka 23.76
M55 R.Taylor 24.70	G.Muller 24.72	R.Taylor 24.7
M60 R.Taylor 25.25	R.Taylor 25.25	L.Colbert 25.15
M65 C.Williams 26.41	C.Williams 26.61	C.Williams 26.41
M70 A.Meddings 27.40	A.Meddings 27.40	P.Jordan 28.00
M75 A.Lovett 32.65	F.Muhle 29.48	J.Alexander 30.12
M80 W.Baker 34.06	H.Liedke 33.62	B.Ivers 32.9
M85	A.Pajunen 39.20	R.Randall 39.79
M90		M.Salonen 68.6P
M95		E.Hosack 66.78
W35 J.Kirby 25.29	S.Meyers 23.04	J.Kirby 25.29
W40 J.Harwood 25.99	T.Verhoef 25.92	D.Foreman 25.67
W45 M.Hoeknell 27.1	R.Megerle 26.68	P.Raschker 26.18
W50 Y.Priestman 28.41	Y.Priestman 28.41	P.Raschker 26.52
	U.Jabs 28.35	
W55 J.Hulls 29.8	B.Hoffman 29.62	B.Hoffman 29.62
W60 J.Ogden 31.6	C.Franzen 29.93	J.Ogden 31.6
W65 J.Ogden 32.0	A.Larsson 32.41	J.Ogden 32.0
W70 J.Ogden 33.11	J.Ogden 33.11	M.Wixey 35.96
W75 M.Wixey 41.70	G.Svensson 41.17	M.Wixey 41.70
W80	N.Wedemo 46.03	N.Wedemo 48.42
400m		
M40 D.Elderfield 51.06	D.Elderfield 51.06	F.Sowerby 50.15
M45 P.Browne 52.1	G.Muller 51.98	F.Sowerby 49.89
M50 J.Henson 54.7	G.Muller 54.10	H.Morioka 52.72
M55 J.Henson 56.81	G.Muller 54.85	J.Mathis 56.17
M60 F.Taylor 60.22	B.Neumann 57.06	L.Colbert 56.32
M65 T.Clowry 65.83	U.Mattsson 63.91	E.Fee 59.53
M70 R.Atherton 72.37	G.Lindblad 67.77	J.Alexander 66.03
M75 L.Watson 79.1	G.Di Guardo 74.38	J.Alexander 71.84
M80 E.Warwick 114.28	H.Liedke 80.50	A.Emesaks 79.6
M85	E.Haapalainen 107.92	R.Randall 100.86
M90		M.Salonen 167.3
W35 V.Boden 58.24	N.Olizarenko 53.13	I.Gazza-Segolia 57.47
	A.Valdez 54.48P	
W40 B.Blurton 61.8	T.Verhoef 56.82	D.Foreman 57.67
W45 C.Marler 59.86	C.Marler 59.86	C.Marler 59.86
W50 M.Hoeknell 65.63	M.Hoeknell 65.63	M.Hoeknell 65.63
W55 J.Hulls 68.86	J.Hulls 68.86	D.Palinason 67.38
W60 J.Ogden 81.2	A.Nilsson 82.81	B.Vosburgh 67.38
	I.Sogstad 78.96	
W65 T.Borthwick 80.38	T.Borthwick 80.38	T.Borthwick 80.38
W70 P.Taylor 116.0	P.Taylor 116.0	P.Peterson 93.07
W75	G.Svensson 113.8	L.Adams 101.15
W80		P.Mehl 145.03
800m		
M40 P.Browne 1:55.63	P.Browne 1:55.63	K.Popejoy 1:55.5
M45 P.Browne 1:57.32	P.Browne 1:57.32	P.Browne 1:57.32
M50 J.Potts 2:05.09	B-E.Franzen 2:05.08	K.Baker 2:05.8
M55 A.Churchill 2:12.7	A.Churchill 2:12.7	K.Baker 2:05.9
M60 L.Tew 2:21.40	U.Mattsson 2:18.50	E.Fee 2:16.64
M65 H.Tempan 2:24.82	H.Tempan 2:24.82	E.Fee 2:16.80
M70 J.Todd 2:34.2	J.Todd 2:34.2	A.Newman 2:42.0
M75 J.Todd 2:42.35	J.Todd 2:42.35	J.Todd 2:42.35
M80 E.Warwick 4:04.74	T.Stale 3:24.02	A.Newman 3:20.57

M85	G.Kosuh 3-16.5		
W35 P.Gallagher 2-13.6	M.Korpela 3-16.81		
W40 P.Gallagher 2-20.2	E.Haapelainen 4-48.75	C.Espy 5-51.29	
W45 C.Marler 2-19.7	D.Melinte 2-01.49	I.Silai 2-03.2	
	Y.Podkopayeva 2-01.59	Podkop'eva2 01.59	
	P.Gallagher 2-19.7	D.D.Grafius2-23.33	
		P.Gallagher 2-21.7P	
W50 P.Gallagher 2-25.6	P.Gallagher 2-25.6	P.Gallagher 2-28.55	
W55 J.Hulls 2-40.42	G.Van Kooten 2-38.14	V-Kooten 2-37.34	
	G.Van Kooten 2-37.34		
	E.Soderstrom 2-54.00	C.Cappetta 2-44.22	
W60 P.Jones 2-56.91	T.Borthwick 3-00.05	T.Borthwick3-00.05	
W65 T.Borthwick 3-00.05	N.Wedemo 4-11.9	L.Adams 3-39.55	
W70		L.Adams 3-46.79	
W75		I.Granstrom 5-16.53	
W80			
1500m			
M40 G.Grant 3-57.16	E.Coghlan 3-45.3	E.Coghlan 3-45.3	
M45 J.Potts 4-03.69	J.Potts 4-03.69	J.Potts 4-03.69	
M50 J.Potts 4-14.73	J.Potts 4-14.73	J.Potts 4-14.73	
M55 S.James 4-30.35	G.Shalomanov 4-30.1	J.Sutton 4-28.9	
M60 M.Morrell 4-37.80	M.Morrell 4-37.80	M.Morrell 4-37.80	
M65 H.Tempan 4-53.03	H.Tempan 4-53.03	E.Fee 4-47.11	
M70 J.Todd 5-13.1	J.Todd 5-13.1	A.Newman 5-27.4	
M75 J.Todd 5-42.26	J.Todd 5-42.26	J.Todd 5-42.26	
M80 E.Warwick 6-19.34	E.Warwick 6-19.34	A.Newman 6-35.4	
M85 E.Farrell 8-41.47	E.Farrell 8-41.47		
	M.Laiho 8-39.6		
M90			
W35 J.Holt 4-33.35	D.Melinte 4-05.10	I.Silai 4-05.4	
W40 P.Gallagher 4-44.6	Podkopayeva 4-05.19	Podkopayeva4-09.29	
W45 P.Gallagher 4-44.0	B.Fehmann 4-40.48	P.Gallagher4-44.0	
W50 P.Gallagher 4-51.68	P.Gallagher 4-54.97	C.Oxton 4-54.3	
W55 J.Jay 5-24.34	G.V-Kooten 5-20.29	V-Kooten 5-20.29	
W60 J.Ross 5-59.7	V.Vistola 5-51.3	G.Brown 5-58.55	
W65 J.Ross 6-14.16	I.Sogstad 6-03.92	J.Ross 6-14.16	
W70 J.Waller 6-50.6	J.Waller 6-50.6		
W75	P.Mehl 7-43.3		
W80	P.Mehl 12-37.13		
3000m			
M40 N.Gates 8-20.16	N.Gates 8-20.16	N.Gates 8-20.16	
M45 J.Potts 8-47.79	R.de Palmas 8-46.80	R.de Palmas 8-46.80	
M50 L.Presland 8-58.8	L.Presland 8-58.8	L.Presland 8-58.8	
	J.Kurz 8-58.8		
M55 S.James 9-23.43	S.James 9-23.43	S.James 9-23.43	
M60 A.Brown 9-43.88	A.Brown 9-43.88	A.Brown 9-43.88	
M65 W.Marshall 10-32.28	R.Bergman 10-17.02	W.Marshall 10-32.28	
M70 W.Marshall 11-15.72	J.Todd 11-08.49	J.Todd 11-17.99	
M75 J.Todd 12-12.72	J.Todd 12-12.72	J.Todd 12-12.72	
M80 G.Porteous 14-10.79	G.Porteous 14-10.79	G.Porteous 14-10.79	
M85	M.Laiho 16-41.2		
W35 J.Asgill 9-32.93	M.Puica 8-43.49	I.Silai 8-43.49	
W40 P.Gallagher 9-52.64	N.Leveque 9-15.91	R.Marchisio 9-52.8	
W45 P.Gallagher 10-00.05	N.Leveque 9-11.67	D.Fellows 10-41.0	
W50 P.Gallagher 10-17.53	P.Gallagher 10-17.53	P.Gallagher 10-24.38	
W55 J.Manners 11-52.5	J.Janhunen 11-35.70	G.V-Kooten 11-42.90	
	M.Brna 11-39.6P		
W60 J.Ross 12-33.4	J.Ross 12-33.4	J.Ross 12-33.4	
W65 J.Ross 13-09.42	J.Ross 13-09.42	J.Ross 13-09.42	
W70 J.Waller 14-13.7	N.Naumenko 13-27.8	J.Waller 14-13.7	
W75	L.Adams 15-43.66		
W80	I.Granstrom 23-41.32		
60m Hurdles			
M40 P.Melliffrick 8.49	H.Kreiner 8.41	S.Duckrey 8.15	
M45 J.Charlton 8.9	M.Malatitis 8.78	S.Duckrey 8.54	
M50 J.Charlton 9.13	V.Tolvanen 8.92	W.Butler 8.47	
	B.Ferguson 9.0	M.Malatitis 8.92	
M55 B.Ferguson 9.23	B.Ferguson 9.23	E.Pawlik 8.91	
M60 C.Shafto 9.74	I.Sopanen 9.68	P.Mulkey 9.14	
M65 I.Steedman 10.54	V.Keltanen 10.15	B.Bradbury 9.8	
M70 L.Williams 10.9	H.Suokunniti 10.45	M.Larson 10.40	
M75 A.Rawlinson 15.1	R.Taskinen 11.43	F.Finger 11.20	
M80 A.Rawlinson 16.41	R.Taskinen 12.68	A.Pajunen 13.37	
W35 C.Court 8.20	C.Court 8.20	C.Court 8.20	
W40 J.Harwood 8.8	J.Harwood 8.88	J.Vernon 8.8	
	J.Vernon 8.8		
W45 J.Vernon 9.51	D.Desmier 9.50	P.Raschker 9.18	
W50 J.Hulls 10.43	H.lano 9.83	P.Raschker 9.38	
W55 J.Hulls 10.9	L.Kaas 11.59	C.Graham 11.0	
W60 C.Graham 12.03	A.Larsson 10.86	H.Farner 12.3	
W65	A.Larsson 10.86	L.McDaniel 14.26	
W70		J.Valien 16.89	
Long Jump			
M40 B.Williams 7.52	B.Williams 7.52	B.Williams 7.52	
M45 J.Charlton 6.40	T.Taavitsainen 6.90	T.Taavitsainen 6.90	
M50 P.Duckers 5.84	P.Ahomaki 6.50	S.Backlund 6.47	
M55 F.Taylor 5.63	S.Backlund 6.34	B.Morcom 5.87	
	S.Backlund 6.34P		
M60 A.Bateman 5.35	P.Pinto 5.54	D.Richards 5.58	
M65 C.Adlam 4.51	M.Jarvinen 4.96	M.Larsen 5.31	
	A.Kalarai 4.72P		
M70 L.Watson 4.09	H.Simola 4.71	M.Larsen 5.05	
M75 A.Lovett 4.03	H.Simola 4.47	E.Lukens 4.23	
M80	A.Pajunen 3.52	C.Trihan 3.58	
	E.Kohonen 3.55		
M85	W.Burgren 3.09	R.Randall 2.66	
M90		E.Hosack 2.05	
W35 J.Pearson 5.22	I.Ninova 6.81	W.White 6.16	
W40 J.Wills 5.32	K.Lotova 5.24	P.Raschker 5.61	

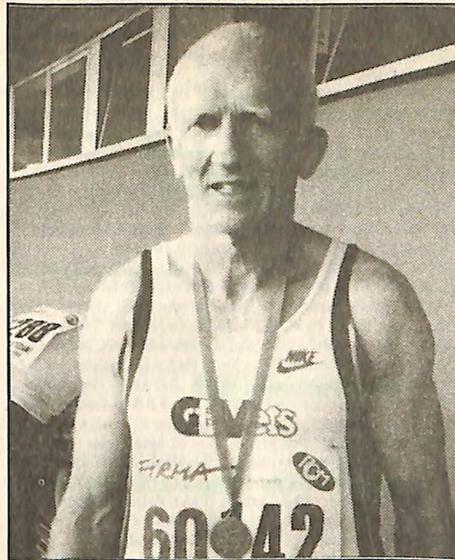
W45 J.Fail 4.80	S.Mattelsson 5.22	P.Raschker 5.75
W50 S.Wood 4.62	E.Sauer 4.73	Praschker 5.00
W55 C.Graham 4.09	B.Hoffman 4.50	A.Larsson 4.50
W60 E.Steedman 3.80	C.Kreuzweiser 4.27	E.Gray 3.80
		B.Vosburgh 3.85
W65 M.Wixey 3.63	A.Larsson 3.92	L.McDaniel 13.71
W70 M.Wixey 3.06	P.Schneiderhan 3.88	M.Bowernmaster 3.31
W75 M.Wixey 2.71	M.Wixey 2.71	M.Wixey 2.71
W80	E.Astrom 1.92	
Triple Jump		
M40 S.Power 14.15	S.Power 14.15	R.Kimble 16.08
M45 S.Power 13.10	G.Bessonov 13.98	M.Tiff 14.82
M50 S.Power 12.74	S.Backlund 13.72	S.Backlund 13.72
M55 D.Marshall 10.50	S.Backlund 13.35	O.Neini 12.20
		S.Backlund 13.35P
M60 T.Crocker 10.24	A.Compri 12.13	A.Compri 12.13
M65 J.Crehan 9.46	J.Rypdal 10.95	A.Compri 10.92
	A.Kalarai 9.68P	
M70 L.Williams 9.25	V.Bartl 9.99	E.Lukens 9.97
M75 D.Pluicox 7.20	H.Simola 9.40	E.Lukens 9.38
M80	E.Kolhonen 8.10	E.Kolhonen 7.95
M85	W.Burgren 6.32	K.Boas 4.83
	A.Pajunen 6.54	A.Pajunen 6.54P
		M.Salonen 3.82
M90		A.Georgiou 11.97
W35 J.Brown 11.49	J.Chen 13.85	P.Raschker 10.78
W40 J.Wills 10.16	K.Lotova 10.86	P.Raschker 11.02
W45 P.Oakes 9.70	D.Desmier 11.02	D.Desmier 11.02
W50 M.Simmons 9.52	M.Simmons 9.52	P.Raschker 10.49
W55 R.Chrimes 8.57	R.Chrimes 8.57	R.Chrimes 8.57
W60 C.Graham 8.35	C.Graham 8.35	B.Steedman 7.98
		A.Lary 8.05P
W65 M.Wixey 6.66	E.Enarsson 7.87	M.Kuehne 7.64
W70 M.Wixey 6.37	M.Wixey 6.37	J.Valien 6.40
W75 M.Wixey 5.17	G.Svensson 6.08	M.Wixey 5.17
W80	A.Korkela 3.00	
High Jump		
M40 G.Griffiths 1.83	J.Wszoka 2.01	J.Barrineau 2.06
M45 S.Power 1.71	M.Tchelnov 1.92	M.Tchelnov 1.92
	E.Fitzgerald 1.76P	
M50 E.Fitzgerald 1.71	T.Zackarias 2.00	T.Zackarias 2.00
M55 T.Crocker 1.62	T.Crocker 1.62	J.C.Brown 1.71
	O.Niemi 1.68	
M60 T.Crocker 1.58	N-B.Nevrup 1.60	J.Gilchrist 1.65
	A.Bateman 1.58	
M65 G.Leete 1.45	N-B.Nevrup 1.57	J.Gilchrist 1.62

John Ross: Multi Eventer Supreme

"Ross is Super at 60" and "Ross in 60's Hit Parade" screamed the headlines in Edinburgh's "Evening News", as the ecstatic reporter wrote in glowing terms of yet another outstanding performance by John Ross. Since writing his name into the record books one week after turning 60 on April 25th, with his British and European Record of 7582 points for the decathlon, John has dominated every multi event he has taken part in this season. He has not only beaten all of his M60 age group rivals but he has outscored, on the WAVA age graded tables, every other competitor, irrespective of age, in two decathlons [SAF and BVAF] and two pentathlons [BVAF and EVAA].

In Glasgow on May 2-3 he took the SAF Veterans decathlon with 7582, ranking him 4th on the world all time M60 list behind those three American Olympian "giants" of yesteryear Mulkey, Morcom and Warmerdam. In the BVAF pentathlon at Solihull on August 9th, he amassed 3823 points for a British Record, 629 better than the next competitor, to earn the trophy for the overall points total. Two weeks later the Scot tackled the BVAF decathlon at Sheffield and, in spite of a sciatic problem, he outshone the other 29 entrants, including four visiting Americans, to retain the Clarke Trophy.

On September 14 at Bellaria, the European pentathlon brought out the best in John's ferocious competitive temperament! He was off the pace, as they say, after a mediocre long jump



John Ross, with his European gold medal

The Nike Masters Games

Throwers Jenny Earle [W35] and Margery Swinton [W55] took part in the Nike World Masters Games in Eugene, Oregon, in August. This is the site of the famous Hayward Track, part of the University of Oregon, and is used for US Trials and countless large meetings. As throwers, the bonus for us had to be the throwing circles, which were good and fast. Within the main area there were two shot circles and one discus circle. The main hammer circle adjoined the track in one of three warm up fields. The lending equipment station was efficient and most helpful. Equipment was in good condition and competition implements were new. The discs and javelins were American made and felt different, although very comfortable.

The W55 age group was the largest group of all. Curse the war time / post war baby boom! Competitors were mainly American, with some Lithuanian, Canadian, Russian, Australian and Indonesian throwers. The dry heat made training and competing a pleasure, although plenty of fluids were needed. All of the events went well for me, some of

[4.54m], but hit back with a superb 44.19m javelin throw for 893 pts and a blistering 200m into the wind in 27.10 [853 pts]. At last in with a real medal chance, he threw the discus 32.82m, disappointing for him as his great rival the German Werner Schallau was heading for the gold after a 40metres plus throw. Ross ran the decisive 1500m as if his life depended on it, destroying hopes of the other 27 competitors with a superb solo run in 5:13.73 [863 pts] to overtake the hapless Schallau, who collapsed at the finish. John's total of 3947 won the coveted gold, with Schallau the silver on 3848. Ross's winning total was more than any other European champion from M40 to M80!

As the Edinburgh sports reporter so aptly said: "John Ross now targets the magical 4000 points after being crowned European veteran pentathlon king". His big chance may well come at the Pan-American Masters in Barbados in November. **Ian Steedman**

Indoor Records [continued from p. 12]

BRITISH		EUROPEAN		WORLD	
M70	B Metcalfe 10.61	T.Wachenfeldt 14.39	R Carter		13.23
M75	S McSweeney 8.20	V Elo 12.88	V Elo		2.88
	B Metcalfe 9.46P				
M80	W Baker 7.33	O Renvall 10.67	R Carter		11.45
M85			T.Hatlen		7.08
			L.Cicconi		8.36P
			V.Sirula		5.45
M90			E.Hosack		4.01
M95			B Carter		13.45
W35	B Carter 13.45	H Fibingerova 21.47	S Melnikova		16.76P
W40	J Kerr 13.75	A Ivanova 19.16	J Kerr		13.75
W45	R Kerr 11.54	I Miller 14.88	M Thomas		11.84
W50	R Chrimes 12.48	T Danilova 14.07	J Grissom		12.66
W55	E Williams 12.09	K Illgen 12.57	A Ivanova		12.55
	R Chrimes 11.66	R.Chrimes 11.66	R.Chrimes		11.66
	J Ogden 9.24	G Zybina 10.13	J Ogden		9.24
W70		K Smildzija 8.23	M Bowermaster		7.76
W75		K.Smildzija 7.71	I Samama		7.06
W80	M Williams 4.36	M Sarvana 6.53	I Brown		5.11
W85		M Sarvana 5.29			
3000m Walk					
M40	R Care 13-07.9	R Care 12-45.6	R.Funkhouser		12-25.9
M45	R Care 13-03.3	R Care 13-03.3	D.Denoon		12-38.71
M50	A Smallwood 13-06.0	A Smallwood 13-06.0	D.Denoon		12-34.9
		G.Sisojev 12-55.3			
M55	D Stevens 14-11.2	D Stevens 14-11.2	E.Kousky		14-22.4
		A.Nokela 13-19.6			
M60	D Stevens 16-10.80	Z.Irbe 15-21.87	M Green		14-44.51
		A.Nokela 13-57.9			
M65	G Chaplin 15-39.67	G Chaplin 15-39.67	G Chaplin		15-39.67
		B.Olepov 14-46.4			
M70	L.Creo 17-34.8	T.Franco 15-27.96	P.Makinen		17-31.6
			T.Franco		15-27.96P
M75	J Grimwade 17-41.6	J Grimwade 17-41.6	C.Scimoni		18-35.8
		V.Padkains 17-26.1			
M80	J Grimwade 17-41.4	J Grimwade 17-41.4	J Grimwade		17-41.4
M85		A.Straug 22-42.03			
W35	S Black 13-52.12	D.Vavracova 12-28.76	M.Torrellas		13-09-55
W40	C Reader 15-59.69	S.Griesbaeh 13-26.52	V.Sedlak		14-23.33
W45	A Lewis 15-52.71	J Bonnet 14-49.0	A Lewis		15-52.71
		V.Heikkila 14-35.7			
W50	J Langford 17-45.4	V.Heikkila 15-11.2	G Migliasso		15-35.7
W55	J Langford 17-31.74	W.Seiler 15-48.47	W.Seiler		15-58.47
W60	M Worth 17-27.9	J.Sommier 17-22.47	J.Sommier		17-22.44
W65	M Worth 17-38.4	M Worth 17-38.4	R.Lefi		19-06.08
		B.Tibbling 17-32.0			
W70	A.V-Bismark 21-50.84	A.V-Bismark 21-50.84	M.Gordon		20-35.87
		B.Tibbling 17-38.10			
		A.De Grandis 21-12.2	M.Crews		22-17.08
			A.De Grandis		21-12.2P
W80	N Wedemo 24-28.00	N.Wedemo 24-28.00	N.Wedemo		24-28.00
		M.Linfgren 22-48.26			
W85		M.Sarvana 32-30.9	D.Robarts		28-47.11

Durban Videos and Results

On page 14 of the last issue of this magazine we suggested that members who had recently received videos or results of the Durban WAVA Championships from Barbara Dunsford may wish to consider reimbursing the BVAF for the storage and customs clearance by paying £1 each as a contribution to the charges imposed by H.M.Customs. Barbara had to collect the items from Heathrow, a process which took half a day of her time, and cost the BVAF over £100.

So far, only four recipients have sent a contribution. Barbara expresses her thanks to those who have contributed. In case the remainder either did not see the article in the last issue or have forgotten about it, we would like to appeal again for contributions from members who received the videos or results. Contributions can be sent to Barbara at 71, Hillside Crescent, South Harrow, Middlesex HA2 0QU

my best throwing for years. The men's shot had a 103 year old competitor who achieved 3.5 metres. At 90 he could hardly carry his shopping, so the doctor advised weight training and he has never looked back. There were world records in some throwing groups but not for Jenny or I, although Scottish age records for hammer and javelin came my way.

The opportunity to visit Nike Town [the original store] and purchase shoes and clothing to last for the next three years was too good to miss. A coolmax T shirt for £3.00 was the best bargain. The enormous store, occupying two floors plus basement is very futuristic in design. Each sport has its own spaceship like capsule room, linked by walkways. The walls are full of posters of Nike sponsored athletes from every sport. In the entrance there was a large group of runners with a Nike person warming up prior to going for a run. Any one can go along to this and it takes place daily. There was a wider range of goods than we normally see as well as different colours and styles and, with the strong pound, shopping was a real pleasure.

It was a successful trip, both on and off the field. The competition was enjoyable and the weather outstanding. No rain, where was it? We came away refreshed from so much good weather and competition. We were asked if we wanted to participate as guest competitors in the Pan Am Games in Barbados, in November. Yes! Jenny would go to the European Championships and I would start winter training and earning the money for Barbados. We won four medals each. Two golds [discus and wt. pentathlon] and two silver [hammer and shot] for Jenny, and three gold [hammer, discus and wt. pentathlon] and one silver [shot] for me. **Margery Swinton**

Copy Deadline

The next issue of V/A will be published in mid March. The deadline for copy is: Results, January 31. Round the Regions notes, February 6. Advertisements, February 15. Other copy, February 15. Results will be published if possible, but BVAF and International events will take precedence, followed by Area Championships.

EUROPEAN CHAMPIONSHIPS RESULTS, CESENATICO, ITALY, SEPT. 11-19, 1998

EVENT WINNERS AND ALL BRITISH RESULTS ONLY

100m: M40 K.Ansah [GB] 11.55 [s.f. 11.24], 3 K.Burgess 11.67 [s.f. 11.57], 6 D.Elderfield 11.90 [s.f. 11.53], 7 P.Hickey 12.15 [ht 11.53] also s-final J.Barclay 11.99 [ht 11.82], B.Mathews 12.16 [ht 12.10], heats R.Cawson 12.23, I.Scholes 12.21 M45 1 S.Peters [GB] 11.56 [s.f. 11.49], 2 W.Franklyn 11.69 [s.f. 11.55], 3 V.Oliver 11.70 [s.f. 11.70], 5 A.Ross 12.11 [ht 12.05], hts B.Hendrie 12.99 M50 V.Vyboctok [SVK] 11.80, 4 B.Townley 12.37 also s-fin T.Deleiros 12.67 [ht 12.60], heats G.Austin 12.97, M.Clerihew 12.74, J.Ellis 13.18 M55 J.Manninen [FIN] 12.34, 5 L.Foster 12.84 [ht 12.65], B.Shearsmith dnf [s.f. 12.70], J.Steede 12.87 [ht 12.72], hts N.Gould 13.30, R.Austin 13.19 M60 J.Radke [GER] 12.39, 5 D.Burton 13.08 [s.f. 12.88], s-fin C.Field 13.64 [ht 13.48], hts T.Bowman 16.99 M65 C.Williams [GB] 13.03, 4 A.Blackman 13.83: s-fin G.Cheetham 14.39; hts J.Cross 16.79, W.Morrow 17.12 M70 1 A.Meddings [GB] 13.34 M75 B.Sobrero [ITAL] 14.37 M80 F.Muhle [GER] 15.66 W35 M.Shushkina RUS 12.7, s-fin S.Hooper 13.38 [ht 13.36], hts D.Timmis 13.51 W40 1 A.Mullinger GB 13.01 [s.f. 12.84], 3 J.Harwood 13.26 [s.f. 12.97] W45 K.Von Riewel GER 13.01, 5 J.Lawson 13.72 [s.f. 13.46], 6 B.Elliott 13.83 [s.f. 13.81] W50 1 M.Eir GER 13.44, 2 M.Lewington 13.51 [ht 13.21], 4 V.Parsons 14.10 [ht 14.00], 5 Y.Priestman 14.11 [ht 13.82], 6 M.Nuttall 14.22 [s.f. 14.16] W55 B.Hoffmann GER 13.83, 4 E.Linaker 14.54 W60 E.Hoffmann GER 14.50, 5 D.Fraser 16.06 [ht 15.85], hts M.Webb 16.55, J.Burns 19.74 W65 E.Mazzenga ITA 15.79, 6 B.Steedman 16.90; hts B.Green 18.67 W70 1 Lorenz GER 17.36 W75 P.Scheiderhan GER 16.204 M.Wixey 19.95 W80 N.Wedemo SWE 21.2

200m: M40 1 K.Ansah [GB] 22.61, 3 K.Burgess 23.25 [s.f. 23.16], 4 D.Elderfield 23.32 [s.f. 23.18], 6 A.Harrison 23.45, 7 P.Hickey 23.56 [s.f. 23.48] also s-final J.Barclay 23.78 [ht 23.66], B.Mathews 24.46 [ht 24.31], heats R.Cawson 24.69, D.Murrie 25.21, C.Pengelly 25.29, D.Curzon 25.38, S.Boardman 27.46 M45 1 S.Peters [UK] 22.50, 2 J.Caines 22.78, 3 V.Oliver 23.11, 4 W.Franklyn 23.24 also s-fin A.Ross 24.30, T.Wells 25.96; hts B.Hendrie 26.48 M50 W.Scholtes [NL] 24.42, 4 B.Townley 25.26 [s.f. 25.01] also s-fin G.Austin 26.68 [ht 26.52], hts J.Ellis 26.87 M55 1 J.Henson [GB] 24.56, 7 J.Steede 26.13 [s.f. 25.84], s-fin A.Connor 26.01, N.Gould 26.28, B.Shearsmith dnf [ht 26.23], I.Foster dnf [ht 26.30], hts R.Sheridan 27.03, R.Austin 27.21 M60 J.Radke [GER] 25.11, 2 D.Burton 26.29, 3 R.Woodland 26.31 [s.f. 26.23], 4 C.Field 27.15 [s.f. 27.05], 7 A.Carter [s.f. 27.33] M65 1 C.Williams [GB] 26.06, 3 A.Blackman 27.65; hts G.Cheetham 30.06, J.Cross 33.95 M70 1 A.Meddings [GB] 27.52 M75 B.Sobrero [ITAL] 31.06 M80 F.Muhle [GER] 34.23 W35 A.Moritz GER 25.33, 3 A.Beadnell 25.79; hts S.McDonald 26.99, S.Hooper 27.72, D.Timmis 28.52 W40 C.Muller SUI 25.74, 2 A.Mullinger GB 26.66, 4 J.Harwood 26.74 [s.f. 26.42], 7 E.Roe 28.03 W45 K.Von Riewel GER 26.69, 3 J.Saunders 27.25, 5 B.Elliott 28.27; hts O.Codrington 31.46, J.Stafford 32.37 W50 1 Meier GER 27.44, 2 M.Lewington 27.58, 3 Y.Priestman 28.57, 4 V.Parsons 29.25, 5 M.Nuttall 29.33, 8 J.Browne 30.87 [ht 30.53] W55 B.Hoffmann GER 29.08, 3 E.Linaker 31.12; hts N.Cross 35.83 W60 E.Hoffmann GER 30.00, 3 D.Fraser 32.90 W65 A.Nyland NOR 32.52, 7 B.Steedman 36.47; hts B.Green 41.17 W70 1 Lorenz GER 37.19 W75 P.Scheiderhan GER 35.23

400m: M40 1 A.Harrison [GB] 50.12, 2 D.Elderfield 50.17, M.Coker dnf, s-finals M.Coker 53.01, F.Scott 53.54 [ht 53.14], B.Mathews 54.86 [ht 53.50], M.Phillips 54.12 [ht 53.70], heats J.Rutherford 55.31, D.Murrie 55.66, R.Cawson 55.70, K.Loveclock 56.52, A.Hutchinson 58.13 M45 1 S.Peters [GB] 50.47, 2 J.Caines 50.55, 3 W.Franklyn 52.47 M50 W.Scholtes [NL] 51.82, 3 A.Deleiros 54.61, 5 G.Pope 55.61; s-fin A.Eland 65.00 [ht 59.00], hts J.Ellis 61.79, R.Davies 65.50 M55 1 J.Henson [GB] 54.53, 4 A.Connor 57.13; s-fin R.Sheridan 61.19 [ht 60.40], hts W.Thomas 59.70 M60 K.Buss [GER] 58.58, 5 C.Field 61.35, 7 J.Wilson 62.57; hts J.Baron 65.74, M.Schofield 65.92, R.Cheekley 67.04 M65 1 A.Blackman [GB] 62.09, 4 M.Fox 64.12, 6 G.Feast 66.74; hts R.Davidson 77.50 M70 W.Selzer [GER] 73.52 M75 1 T.Vikman [FIN] 72.97 M80 O.Ludzuweit [GER] W35 B.Heidrich GER 56.47, 2 A.Beadnell 58.34, 5 J.Brown 59.42, 6 S.McDonald 60.34, 7 S.Hooper 60.82, 8 L.Hopkins 61.40; hts D.Timmis 62.70 W40 C.Muller SUI 58.77, 5 A.Mullinger 61.90, 6 C.Smith 62.06, 7 E.Roe 63.25; hts P.Risk 73.84 W45 1 J.Saunders GB 60.22, 4 B.Elliott 64.72; hts J.Stafford 71.32 W50 1 Y.Priestman GB 65.18, 6 A.Cross 67.93 W60 1 D.Fraser GB 72.07 W65 A.Nyland NOR 73.89, 5 B.Green 99.55 W70 M.Santos POR 121.64 W75 P.Scheiderhan GER 90.02

800m: M40 M.Assmann [GER] 1:56.93, 3 T.McDonald 1:58.75, s-fin R.Bigger 2:03.17, J.Rutherford 2:08.09 [ht 2:06.92] heats M.Bowron 2:19.48, M.Phillips 2:06.92 M45 H.Nygard [NOR] 2:03.72, 4 B.Mackay 2:04.46 [ht 2:02.86] hts A.Newman 2:22.18 M50 1 L.Duffy [GB] 2:07.79, 3 J.Potts 2:08.84, 6 M.Dixon 2:10.89, 10 A.Eland 2:16.48 [ht 2:14.71]; hts E.Richardson 2:18.47, V.Smith 2:20.05, R.Davies 2:23.03 M55 1 R.Phipps [GB] 2:09.48, 10 J.Newcombe 2:23.98 [ht 2:22.96], hts M.Doogan 2:28.81, J.Garber 2:30.26 M60 J.De Wyngaert [BEL] 2:16.49, 3 J.Ross 2:18.24, J.Wilson dnf [ht 2:26.95]; hts R.Cheekley 2:29.28, M.Schofield 2:39.10 M65 1 M.Fox [GB] 2:24.32, D.Howarth dnf [ht 2:44.42]; hts D.Field 2:51.79 M70 G.Linde [LAT] 2:40.80 M75 T.Vikman [FIN] 2:53.13, 2 J.Todd 2:54.73 M80 O.Ludzuweit [GER] 3:18.07 W35 1 Gazda GER 2:14.98, hts J.Brown 2:26.19, J.Lasenby 2:27.52, G.Benjamin 2:58.19 W40 A.Koop GER 2:12.10, 4 D.Howard 2:19.20, 6 C.Smith 2:19.45 W45 D.Gocht GER 2:18.70, 3 A.Hitchmough 2:19.46, 8 S.James 2:36.97 [ht 2:34.14]; hts J.Ricketts 2:57.17 W50 P.Gallagher GB 2:25.30 W55 A.Kolensnikova RUS 2:36.95 W60 E.Hodapp GER 2:50.75, P.Jones 3:00.26 W65 V.Vitola LAT 3:02.41 W70 N.Naumenko RUS 3:17.88 W75 E.Werner GER 3:48.54 W80 F.Liedtke GER 5:01.44

1500m: M40 A.van Geel [NL] 4:14.65, 6 T.McDonald 4:17.27 heats S.Allen 4:21.30, R.Benjamin 4:33.97, S.Smythe 4:41.23, M.Bowron 5:03.02, C.Crack 5:12.02 M45 H.Nygard [NOR] 4:13.22, hts A.Newman 4:34.932 M50 H.Vakkari [FIN] 4:21.50, 3 J.Potts 4:26.16, 6 P.Smith 4:32.50 [ht 4:29.54]; hts M.Dixon 4:42.75, C.Richardson 4:59.70 M55 1 R.Phipps [GB] 4:44.96, 14 M.Doogan 5:03.31, ht 4:57.40] M60 1 S.James [GB] 4:52.16; hts R.Cheekley

5:29.59 M65 R.Conzelmann [GER] 5:02.00, 10 G.Ashby 5:29.35, 14 R.Smith 5:36.12, M.Morrell dnf [ht 5:24.43], hts R.Piteam-Knowles 5:39.14, D.Howarth 5:47.67 M70 H.Backhaus [GER] 5:23.86 M75 T.Vikman [FIN] 6:02.78, 2 J.Todd 6:03.30 M80 T.Stale [SWE] 6:48.85 W35 T.Bahn DEN 4:49.67, 3 L.Marr 4:50.90, 5 A.Fletcher 4:52.50, 7 K.Davidson 4:56.43, 8 J.Lasenby 4:59.34, 10 K.Warhurst 5:07.88, 14 G.Benjamin 6:07.76 W40 A.Koop GER 4:33.13, 4 D.Howard 4:49.81 W45 1 A.Hitchmough GB 4:48.52, 7 J.Heffernan 5:08.76, 8 S.James 5:10.85 W50 1 P.Gallagher GB 5:00.06, 14 L.Elmore 6:23.11 W55 A.Kolensnikova RUS 5:26.59, 4 J.Jay 5:38.40, 10 M.Farish 6:13.41, 13 B.Cushen 6:45.24 W60 E.Hodapp GER 5:39.02, 5 P.Jones 5:58.82 W65 M.Petak AUT 6:18.15 W70 N.Naumenko RUS 6:41.62 W75 E.Werner GER 7:39.02 W80 F.Liedtke GER 10:14.16

5000m: M40 H.Schinkitz [GER] 14:53.29, 5 J.Eastall 15:16.30, 9 K.McLeman 15:55.28, 13 P.Thompson 16:07.11, 23 S.Smythe 17:03.82, 27 R.Benjamin 17:29.33 M45 P.Diaz [ESP] 15:28.92 M50 A.Tsoukanov [RUS] 15:58.28, 3 H.Mathews 16:12.48, 5 C.Dickinson 16:28.80, 10 P.Smith 17:12.57, 13 A.Brashaw 17:37.52, 29 D.Walsh 18:44.64 M60 1 S.James [GB] 16:53.05 M65 F.Vincente [POR] 17:39.06, 5 R.Piteam-Knowles 19:32.89, 10 G.Ashby 20:08.68, 20 A.Walsham 21:47.99, 25 F.Hartas 22:31.17, 27 R.Davidson 22:43.99 M70 A.Siraziev [RUS] 18:43.82, 11 R.Franklin 26:45.02, S.Ward 30:34.43 M75 F.Moskovits [RUM] 23:01.07 M80 T.Stale [SWE] 18:45.77 W35 E.Moser ITA 17:16.06, 2 A.Fletcher 17:27.32, 5 L.Marr 21:25.22, 6 K.Davidson 18:21.04, 8 J.Lasenby 18:57.77, 9 K.Warhurst 19:21.50 W40 L.Blanc FRA 18:06.57 W45 L.Zentner GER 19:10.77, 13 J.Ricketts 24:02.04 W50 1 P.Gallagher GB 18:45.88, 4 P.Rich 20:04.01 W55 I.Janhunen FIN 19:27.74, 8 M.Farish 23:11.36, 9 B.Cushen 24:41.17 W60 A.Wentzien GER, 5 P.Jones 21:43.67, 11 J.Coker 36:12.27 W65 M.Petak AUT 22:27.56, 8 A.Ward 33:53.07 W70 N.Naumenko RUS 25:10.39 W75 E.Werner GER 28:12.42 W80 F.Liedtke GER 36:27.08

10000m: M40 H.Schinkitz [GER] 29:49.58, 3 W.Foster 30:15.09, 5 J.Eastall 31:22.37, 33 P.Thompson 33:32.85, 36 S.Smythe 35:08.46, 50 K.Dillon 42:53.58 M45 H.Karkinen [FIN] 32:44.69 M50 R.Rainone [ITAL] 32:40.51, 3 H.Mathews 33:21.79, 10 N.Robson 35:08.79, 20 A.Brashaw 36:59.01, 33 K.Phillips 38:29.71, 34 D.Walsh 38:33.21 M55 J.Adomeit [GER] 34:19.43 M60 A.Aldegala [POR] 34:53.88, 3 H.Clayton 37:34.26, 31 M.Caudwell 44:22.46 M65 F.Vincente [POR] 36:32.64, 8 R.Piteam-Knowles 42:10.50, 18 A.Walsham 45:00.60, 20 R.Davidson 47:18.51 M70 A.Siraziev [RUS] 38:31.50 M75 1 F.Moskovits [ROM] 7:25.10 M80 T.Stale [SWE] 51:42.67 W35 1 A.Fletcher GB 38:27.46 W45 1 J.Heffernan GB 8:56.49 W50 M.Ketelslegers BEL 39:47.42, 3 P.Rich 41:49.24 W55 I.Janhunen FIN 41:52.5, 5 M.Farish 49:39.81, 7 B.Cushen 52:11.28 W60 V.Litova LAT 49:52.72, 9 J.Coker 77:44.10 W70 N.Naumenko RUS 54:30.47 W75 E.Falke GER 76:50.39

110m H: M40 H.Kreiner [AUT] 14:67, 2 M.Coker 15:03, 3 I.Scholes 15:83, 4 J.Hogan 16:32 [ht 16.23]; ht C.Pengelly 17.79 M45 W.Ritte [GER] 15.89, 4 T.Wells 16.41

100m H: M50 H.Hueble [AUT] 15.20, 3 E.Fitzgerald 15.73 M55 1 B.Ferguson [GB] 15.19 M60 B.Fedorov [RUS] 15.76, 3 C.Shafo [RUS] 16.17 M65 A.Joaniquet [ESP] 17.67, 3 P.Field 18.13, 6 J.Day 20.26 [ht 19.27] W35 M.Shushkina RUS 13.70, 5 W.Laing 15.64, 6 J.Brown 16.05, 7 H.Barker 16.85

80m H: M70 H.Suokunni [FIN] 14.12 M75 B.Sobrero [ITAL] 16.10, 3 L.Williams 17.46 W40 C.Muller SUI 11.66, 2 J.Harwood 11.85, 4 C.Field 12.54 W45 G.Otto GER 13.01 W50 W.Krahe GER 13.44 W55 E.Staehle GER 14.03 W60 I.Schoett GER 14.78 W65 A.Larsson SWE 16.18

400m H: M40 1 H.Moserop GB 53.77, 3 M.Coker 55.43, 5 J.Hogan 58.47 M45 1 R.Stevenson GB 59.02, 3 T.Wells 61.13, 6 T.Hall 63.47 M50 S.Urli ITA 62.57 M55 G.Muller GER 61.44 W35 1 J.Pearson GB 59.85, 5 S.Page 73.54 W40 I.Weber GER 65.89, 3 C.Smith 70.27 W45 M.Lazzarini FRA 71.04, 4 J.Stafford 83.45

300m H: M60 W.Holder [GER] 46.65, 3 C.Shafo 47.99, 7 J.Baron 52.56 M65 1 P.Field GB 51.43, 5 G.Feast 54.81 M70 H.Suokunni FIN 54.94 M75 H.Maynard FRA 63.82, 3 L.Williams 69.86 W50 M.Dahler SUI 51.72, M.Koehnelt dnf [ht 53.84] W55 R.Dykanen NL 55.85 W60 C.Roovers NL 57.54 W65 G.Mielde NOR 68.23

3000m S/C: M40 R.Perez [ESP] 9:12.81, 12 S.Allen 10:30.79 M45 N.Chumakov [RUS] 9:41.22, 12 A.Newman 10:50.44 M50 M.Sisovsky [RUS] 10:22.76, 7 M.Dixon 11:25.78, 10 V.Smith 11:40.90 M55 E.Dobre [GER] 11:27.79, 5 M.Doogan 11:50.43

2000m S/C: M60 T.Valente [ITAL] 7:16.01 M65 F.Vincente [POR] 7:25.10, 4 M.Morrell 7:57.90 M70 M.Cuder [ITAL] 8:35.74 M75 A.Gomes [POR] 10:11.95 W35 S.Poznis SLO 7:34.15, 4 A.Jones 8:30.25 W45 A.Jerman SLO 8:25.89 W50 A.Janeckova TCH 9:08.59 LJ: M40 R.Hellebrecht GER 6.70, 23 D.Murrie 5:47 M45 W.Ritte GER 6.36 M50 P.Ahomake FIN 6.28, 11 M.Clerihew 5.22 M55 H.Besant GER 5.83, 17 J.Panish 4:67 M60 H.Klimmer GER 5.61, 16 C.Field 4:48 M65 A.Joaniquet ESP 5.22, 14 W.Morrow 3.19, 15 J.Christie 2:99 M70 M.Jarvinen FIN 4:59 M75 B.Sobrero ITA 4.15 M80 G.Marabotti ITA 3.70 W35 M.Shushkina RUS 6.08, 7 J.Brown 5.22, 8 W.Laing 5:03 W40 1 C.Field GB 5:23 W45 1 Dech GER 4.67, 11 O.Codrington 3.31, 12 V.Thompson 3.31 W50 M.Dahler SUI 4.70 W55 E.Graff BEL 4.78 W60 C.Smalbruch GER 4.67, 9 D.Fraser 3.68 W65 R.Kreiskott GER 3.80, 6 B.Steedman 3.41 W70 1 Lorenz GER 3.18 W75 P.Scheiderhan 3.62, 2 M.Wixey 2.62

TJ: M40 W.Walther GER 14.20 M45 M.Wenzke GER 13.88 M50 P.Ahomaki FIN 13.08, 12 M.Clerihew 11.00 M55 S.Bachlud FIN 12.95, 2 S.Power 12:58 M60 P.Pinto POR 11.82 M65 A.Joaniquet ESP 10:64 M70 M.Jarvinen FIN 9.94 M75 E.Zensch AUT 8.28 W35 B.Speer GER 11.43, 2 J.Brown 10.98 W40 D.Joho SUI 11.37, 6 C.Field 9.83 W45 K.Lotova RUS 10.69, 3 J.Stafford 8.34 W50 G.Reismann GER 9.24 W55 E.Graff BEL 9.51 W60 C.Smalbruch GER 9.52 W65 G.Mielde NOR 7.73, 3 B.Steedman 6.95 W75 G.Svensson SWE 5.09, 2 M.Wixey 4.91

HJ: M40 V.Jarikov BLR 1.85 M45 V.Grotzankina RUS 1.85 M50 H.Schvabe GER 1.75, 3 E.Fitzgerald 1.70 M55 J.Hanus TCH 1.83, 2 S.Power 1.70 M60 J.Volkert GER 1.55, 5 C.Shafo 1.45 M65 H.Kandeydi TUR 1.48, 7 J.Day 1.33 M70 N.Nevrup SWE 1.48 M75 E.Zensch AUT 1.33 W35 1 R.Brown GB 1.70, 4 W.Laing 1.50, 6 H.Barker 1.45 W40 C.Karg GER 1.60 W45 S.Preselj SLO 1.50, 4

P.Garvey 1.35 W50 R.Voger GER 1.40 W55 C.Hauser GER 1.40 W60 C.Smalbruch GER 1.32 W65 C.Happ GER 1.20 W70 H.Schneider GER 1.06 W75 M.Struven GER 0.97

PV: M40 S.Sigurdsson ISL 4.60 M45 W.Ritte GER 4.71 M50 F.Johansen DEN 4.16, 2 E.Fitzgerald 3.70 M65 1 R.Brown GB 3.40, 3 J.Day 2.90 M70 M.Kutman EST 2.70 M75 E.Zensch AUT 1.80 W35 C.Forcellini ITA 3.10, 2 E.Owen 3.00, 3 D.Singleton 2.40 W40 J.Schoppe GER 2.30 W45 U.Ritte GER 2.40, 2 J.Stafford 2.30 W50 D.Widmann GER 2.20 W55 I.Falt FIN 1.90 W60 D.McLennon IRE 1.70

SP: M40 M.Leskoviaky SVK 15.40, 8 S.Archer 12.95 M45 R.Chavignon FRA 14.35 M50 R.Krone GER 17.35, 2 N.Griffin 15.05 M55 H.Liedtke 17.35, 6 J.Scott 13.34, 16 W.Gentleman 10.58, 21 T.Kent 7.04 M60 I.Livancic CRO 10.26, 38 B.Webb 9.80 M65 H.Brandt GER 13.08, 15 J.Dunsford 7.94 M70 T.Kivi FIN 14.38, 15 A.Woods 9.97 M75 E.Eriksson FIN 12.91 M80 F.Meier SUI 11.20 W35 C.Wardik GER 13.57, 11 W.Dunsford 10.80, 13 C.Cameron 10.68, 15 M.Laing 10.39, 16 J.Brown 10.21, 19 W.Laing 9.80, 21 H.Barker 9.50, 23 J.Earle 8.96 W40 C.Schelenks NL 12.43 W45 S.Melnikova RUS 13.05 W50 E.Anders SUI 13.63 W55 K.Illgen GER 12.47 W60 E.Williams GB 12.13, 17 B.Dunsford 6.54 W65 J.Schaffer GER 10.63 W70 M.Hamm GER 9.13 W75 M.Struven GER 6.39 W80 L.Dezenter GER 5.79

DT: M40 S.Katona FRA 51.27, 14 S.Archer 36.57 M45 1 P.Gordon GB 49.13 M50 1 N.Griffin GB 50.49 M55 K.Liedtke GER 56.44, 16 W.Gentleman 37.74, 20 G.Smith 32.88, T.Kent 26.10 M60 P.Speckens GER 54.27, 40 A.Williams 24.82 M65 C.Rado ITA 54.93, 13 J.Hanus 37.30 M70 M.Jarvinen FIN 40.28 M75 H.Fossnes NOR 37.25 M80 M.Riboni 28.02 W35 L.Vahter EST 46.08, 3 C.Cameron 39.71, 9 J.Earle 32.40, 12 D.Singleton 30.28, 13 W.Dunsford 30.12, 17 S.Moulton 27.61 W40 V.Karsak UKR 42.15, 14 B.Russell 26.63 W45 U.Hohenberg GER 41.47 W50 J.Van Anholt NL 38.15 W55 T.Danilova RUS 39.00, 10 C.Derrien 21.51 W60 1 A.Ruhloger GER 35.36 W65 J.Schaffer GER 31.65 W70 M.Hamm GER 25.97 W75 N.Kutti EST 16.78 W80 W.Reile GER 17.45

JT: M40 J.Belak HUN 73.14 M45 J.Dangren SWE 63.14 M50 J.Brandt GER 54.33 M55 V.odeghia ITA 55.08, 13 G.Smith 36.13 M60 W.Kowalczyk GER 57.56, 22 B.Webb 32.48 M65 A.Itkonen FIN 50.91, 10 M.Morrell 34.00 M70 H.Noreborn SWE 48.91 M75 E.Eriksson FIN 36.13 M80 G.Pertile ITA 25.34 W35 L.Vochenko RUS 46.20, 6 D.Smith 35.79, 10 M.Laing 31.63 W40 E.Revayova SVK 44.73 W45 G.Amicci ITA 41.05, 7 V.Thompson 20.26 W50 R.Vogel GER 40.60 W55 I.Falt FIN 24.01 W60 G.Schonauer AUT 40.52, 2 E.Williams 36.06 W65 B.Kaliediene LIT 34.49 W70 C.Wisperter GER 22.06 W80 G.Khintchouk RUS 13.34

HT: M40 A.Steiger SUI 57.23 M45 F.Kulczuski POL 58.77, 2 C.Black 54.53, 7 A.Woods 46.15 M50 A.Om FIN 61.74, 6 C.Mellish 51.82, 10 K.Prior 44.48 M55 F.Fisker DEN 54.36, 3 W.Gentleman 48.54, 11 J.Scott 40.51 M60 A.Lothe NOR 60.22, 20 D.Bayes 39.12, 32 A.Williams 19.42 M65 C.Rado ITA 48.23, 6 P.Barber 41.72, 10 J.Hanus 36.51 M70 M.Jarvinen FIN 40.16 M75 J.Krawczyk POL M80 E.Hanelainen FIN 27.36 W35 C.Hodel SUI 45.89, 2 D.Smith 44.43, 4 J.Earle 40.92, 7 C.Cameron 36.16, 10 W.Dunsford 32.37, 14 D.Singleton 27.10 W40 W.Knapp GER 40.00, 8 B.Russell 31.63 W45 A.Bellanger FRA 43.58 W50 1 Faldager DEN 51.36, 2 L.Shosbee 38.94, 5 R.Alexander 36.65 W55 G.Mellmann GER 45.91, 2 Y.Miles 18.81 W60 1 E.Williams GB 40.13, 15 B.Dunsford 20.33 W65 J.Schaffer GER 40.25 W70 K.Jortikka FIN 24.48 W80 A.Reile GER 14.81

Pentathlon: M40 G.Werthner AUT 3596, 4 B.Slaughter 3226 M45 G.Gentle NL 3592, 10 J.Martindale 2608 M50 R.Giese GER 3803, 14 M.Clerihew 2502 M55 A.Sjokvist SWE 3746 J.O.Newcombe 2754 M60 1 J.Ross GB 3947 M65 G.Gartner GER 3701 M70 M.Kamila FIN 3890 M75 A.Magnussen 2746 M80 A.Nielsen DEN 2490 W35 1 J.Brown GB 3862, 2 W.Laing 3481, 1 H.Barker 3047 W40 T.Potapava RUS 3758, 2 C.Field 3627 W45 E.Fahrmilch GEL 2764 W50 M.Dahler SUI 4195 W55 M.Maier AUT 4284 W60 L.Kaliediene 4443 W65 G.Mielde NOR 3887

WT: M40 Y.Manganas GRE 3741, 16 S.Archer 2510 M45 G.Kurucz HUN 3669 M50 J.Kropac TCH 5334, 2 N.Griffin 4400 M55 K.Liedtke GER 4903, 8 W.Gentleman 3844, 27 J.Scott 1530, 28 T.Kent 953 M60 W.Kowalczyk GER 5334, 12 P.Barber 3369, 14 J.Hanus 3334 M65 C.Rado ITA 5072 M70 M.Jarvinen FIN 4265 M75 E.Eriksson FIN 4359 M80 A.Nielsen DEN 3468 W35 A.Gusek GER 3545, 7 J.Earle 2919, 8 C.Cameron 2868, 10 D.Smith 2846, 15 W.Dunsford 2536, S.Moulton 2007 W40 A.Jensen DEN 3697 W45 A.Bellanger FRA 3842 7 V.Thompson 2620 W50 1 Faldager DEN 41521, 2 R.Alexander 1212 W55 G.Mellmann GER 4551, 10 C.Derrien 2898 W60 1 E.Williams GB 5295, 19 B.Dunsford 2105 W65 J.Schaffer GER 5376 W70 K.Jortikka FIN 4050 W75 N.Kutti EST 3146 W80 A.Reile GER 3246

5000m Track Walk: M40 A.Pezzattini ITA 22:17.77 M45 F.Parys TCH 21:58.15 M50 1 R.Care GB 23:49.09 M55 V.Sgardello ITA 24:37.25, 12 B.Dobson 27:22.04 M60 V.Korchagin RUS 25:17.26, 7 D.Stevens 27:51.66, 12 R.Powell 28:39.70, 13 D.Mace 29:27.89, 20 J.Marshall 32:49.13 M65 G.Weidner GER 25:27.42, 5 D.Fotheringham 28:44.25, 9 E.Horwill 30:20.06, 13 K.Livemore 31:11.84, 14 P.Burns 31:29.28 M70 R.Schoukens BEL 29:16.23, 3 D.Withers 30:49.88, T.Simons dnf M75 C.Boniba ITA 32:27.52, M80 T.Stale SWE 34:53.44 W35 O.Verimichuk UKR 24:39.54 W40 N.Sapunova RUS 26:40.90 W50 1 A.Lewis GB 27:33.54, 3 P.Phillips 31:50.34, 6 R.Alexander 35:05.28 W55 F.De Wolf BEL 29:14.60 W60 J.Sommier FRA 30:27.20, 3 H.Nyman 32:36.53, 4 P.Horwill 32:59.08, 7 G.Burns 36:38.36 W65 L.Radu ROM 36:42.43 W70 1 A.Von Bismarck 37:37.88 W75 U.Theune GER 36:54.15 W80 M.Nyberg SWE 42:41.02

10km Road Walk: W35 S.Codini ITA 1:01.05 W45 N.Sapunova RUS 54:24 W50 1 A.Lewis GB 56:28, 3 P.Phillips 1:04.43 W55 G.Fleetwood SWE 59:31, 7 P.Ficken 1:07.09 W60 J.Sommier FR 1:00.58, 3 P.Horwill 1:06.27, 5 G.Burns 1:12.19, H.Nyman dnf W70 A.Von Bismarck 1:14.47 W75 U.Theune GER 1:15.13 W80 M.Nyberg SWE 1:27.40

20km Road Walk: M40 R.Petrungaro ITA 1:38.15, 9 C.Bradley 1:46.01, 12 I.Statter 1:53.12, S.Sharpe 2:03.41 M45 R.Cervi ITA

The Multi Events Championship

The Championships also included a Great Britain v USA Challenge Match and a warm welcome was given to M55 Tom Thorne, M50 Jim Shoemaker, M45 Kelly Meares and M40 Jeff Watry. Rex Harvey was still recovering from injury and illness and could not compete, but helped with the officiating. We wish Rex a speedy recovery and hope to meet up with him and the other guys in Gateshead in 1999.

The women started the competition, with five entries. Jenny Brown won the W35 with a good all round performance. Jacky Ricketts did likewise at W45 and it was good to see Jacky Charles and Betty Steedman competing again after injury and taking the W55 and W65 titles respectively. Jacky and husband Bruce [5th in M55] had a rushed second day in order to get away to see their first grandchild. Bruce somehow managed to keep his concentration in the hurdles, despite loud calls of granddad as he came out of the blocks.

However, congratulations to both of them.

In the decathlon, the USA athletes were paired with GB athletes who were expected to make similar scores, in order to make it a competitive match. Had it not been for Jim Shoemaker's injury things could have been a lot closer. Tom Thorne [USA] won the M55's, but it was not until the pole vault before he could shake off Brian Loten and then open up a cushion of 300 points.

Ty Lewis took the lead after the first event at M45 and never lost it, increasing the gap over Kelly Meares [USA] as the event progressed. Tim Wall and Jeff Watry [USA] had the closest contest. Although Tim held the lead until the discus he fell behind during the pole vault and so it stayed that way until the 1500m. Tim ran a stormer to win in 4:35.02 and improved on his 1997 score by nearly 200 points.

Ian Steedman won the M70's. In the M65's, Gordon Daborn and Jim Day ex-

changed the lead throughout both days, with only two points separating them after the ninth event, the javelin. Gordon then won the 1500m and the title.

I have saved the best until last. John Ross won the M60's, topping the 7000 point barrier, which is accepted as being world class. He also earned the trophy for best overall performance of the week-end. The match was won for the second time in a row by GB, 23177 points to 20987.

The second day was spoilt by very heavy rain, which lasted almost for the full duration [four hours] of the decathlon pole vault. However, the competition went well, benefitting from electric timing. Ian Thomas, ably

assisted by Winston Thomas, did the scoring and the Sheffield officials once again did a great job.

I do not yet know the date of the 1999 Championships. However, they are likely to be in mid September to suit recovery from the World Championships in Gateshead. As soon as I know I will put the date and venue in V/A and in the veteran's column in Athletics Weekly.

John Charlton

Great Britain v USA Decathlon Match

Great Britain		United States		
Age	Name	Score	Name	Score
M40-44	Tim Wall	6211	Jeff Watry	6065
M45-50	Ty Lewis	6047	Kelly Meares	5315
M50-54	L.Dunn	4948	Jim Shoemaker	3107
M55-59	John Howe	5916	Tom Thorne	6500
GB total score		23122	US total score 20987	

		100m	LJ	SP	HJ	400m	H'dles	DT	PV	JT	1500m	Pts	
M40	T.Wall	12.39	.. 5.77	10.32	1.60	54.50	17.97	31.19	2.90	38.13	4:35.02	6211	
	T.Watry	12.89	.. 5.18	10.72	1.78	58.73	17.66	32.91	3.30	42.81	5:11.67	6065	
	B.Slaughter	12.59	.. 5.52	10.08	1.42	56.38	18.87	31.40	2.80	37.52	4:46.95	5656	
	J.Mayor	12.58	.. 5.86	8.99	1.69	56.99	17.06	22.57	2.40	30.10	4:54.43	5626	
	R.McAvoy	12.81	.. 5.03	8.42	1.36	57.65	19.99	24.58	2.00	34.62	5:14.18	4635	
M45	T.Lewis	12.79	.. 5.48	7.85	1.57	57.31	18.01	19.83	3.10	33.99	5:04.72	6047	
	K.Meares	13.34	.. 4.95	8.88	1.60	65.77	19.65	25.50	3.60	29.47	6:14.60	5315	
	N.Baker	13.34	.. 4.76	7.29	1.36	61.86	19.24	20.20	1.90	21.15	5:28.16	4502	
	S.Nelson	13.02	.. 4.96	7.33	1.24	RTD							
	J.Charlton	12.53	.. 5.83	10.80	1.48	57.60	15.49	29.01	3.00	35.00	dnf	6444	
M50	M.Joyce	13.72	.. 4.58	8.07	1.36	61.93	17.88	24.18	2.70	28.47	5:39.00	5337	
	G.Sutton	12.28	.. 5.00	8.69	1.36	59.14	19.75	16.45	3.00	20.85	6:13.34	5327	
	L.Dunn	13.60	.. 4.60	6.45	1.36	61.90	20.05	22.75	2.20	25.77	5:11.01	4948	
	A.McLeod	13.56	.. 4.73	7.43	1.36	73.00	23.39	17.30	1.10	18.24	6:55.86	3457	
	J.Shoemaker	14.92	.. 3.74	8.95	1.15	dnf	22.55	24.52	1.90	26.53	7:13.85	3107	
	M55	T.Thorne	13.50	.. 4.55	9.54	1.54	66.86	17.85	29.62	2.80	36.72	6:07.37	6500
		B.Loten	13.81	.. 4.90	9.82	1.27	62.20	18.82	32.92	2.40	34.85	5:38.98	6345
		J.Howe	13.60	.. 4.50	9.32	1.36	64.64	17.34	30.59	2.50	28.73	6:47.06	5916
		B.Harlick	14.99	.. 3.99	8.36	1.39	73.07	20.91	29.03	2.80	28.94	6:43.04	5011
		B.Charles	14.33	.. 4.18	8.00	1.30	68.22	20.52	20.33	2.00	26.43	6:07.09	4815
M60	E.Frost	13.86	.. 4.16	7.24	1.21	70.84	21.34	19.09	2.50	18.84	6:03.46	4581	
	D.Vaughan	14.95	.. 4.20	8.27	nhc	69.96	23.86	22.61	2.00	24.80	6:11.81	3891	
	J.Ross	13.38	.. 4.20	9.13	1.30	59.94	18.37	34.66	2.30	39.42	5:15.98	7038	
	D.Burton	12.80	.. 4.14	8.62	1.33	61.80	18.39	26.31	2.20	27.56	5:49.51	6359	
	J.Freebairn	15.37	.. 4.13	12.16	1.48	74.78	19.62	37.37	2.20	34.98	6:47.64	6034	
	T.Driver	14.36	.. 4.42	9.60	1.36	73.17	20.35	31.04	1.80	31.86	7:02.40	5475	
	T.Mackay	15.15	.. 4.15	11.19	1.39	74.44	18.79	34.96	nhc	32.37	dnf	4989	
	M65	G.Daborn	14.37	.. 3.50	7.80	1.21	74.84	18.54	26.00	1.80	28.38	6:37.31	5672
		J.Day	14.98	.. 3.84	8.36	1.30	78.87	19.82	21.79	2.50	22.53	8:21.26	5314
		C.Taylor	15.50	.. 3.47	9.90	1.21	75.85	22.63	22.23	1.60	23.68	6:35.95	5017
M70	I.Steedman	15.36	.. 3.97	8.14	1.12	76.09	15.39	21.16	1.50	20.89	8:08.51	5444	

European Results [continued from p.14]

1:35.59, 3 J.Gordon 1:55.40, 8 J.Gates 1:59.36 M50 A.King IRE 1:50.49 M55 V.Sgardello ITA 1:45.02, 5 E.Shillabeer 1:51.42, 6 B.Dobson 1:53.46 M60 V.Korohagan RUS 1:48.53, 3 C.Young 1:55.24, 7 D.Stevens 2:03.17, 9 R.Powell 2:04.18, 10 D.Mace 2:07.38 M65 G.Weidner GER 1:48.41, 5 E.Horwill 2:09.01, 8 P.Burns 2:15.20, 9 K.Livemore 2:19.59 M70 R.Schoukens BEL 2:04.17, 4 D.Withers 2:15.01, 7 T.Sinons 2:19.08 M75 C.Bomba ITA 2:15.52, 4 J.Fitzgerald 2:31.04 M80 R.Jordell NOR 2:40.59
Marathon: M40 M.Avatenso ITA 2:27.25 M45 A.Puehler AUT 2:29.24 M50 F.La Regina ITA 2:36.35 M55 J.Adornit GER 2:37.43, 45 E.Shillabeer 4:13.56 M60 M.Rosales ESP 2:46.50 M65 H.Hun GER 2:59.14 M70 P.Lazar ROM 3:27.42 M75 E.Santoni ITA 3:53.10 M80 A.Osselaer BEL 4:18.00 W35 U.Sorazu ESP 2:51.53 W40 M.Muller SUI 2:56.04 W45 M.Staggl AUT 2:59.09 W50 K.Risch GER 3:06.53 W55 H.Bensch GER 3:31.53 W60 A.Woientzien GER 3:22.09 W65 L.Sunova SVK 4:51.12 W70 E.Gutsch AUT 4:56.50
4x100m Relay: M40 1 GB [Ansah, Burgess, Elderfield, Hickey] 44.56 M45 1 GB 44.77 [Franklin, Ross, Oliver, Peters] M50 1 Germany 46.89, 2 GB 48.10 [Clerihew, Deleiros, Ellis, Townley] M55 1 GB 48.82 [Austin, Connor, Steede, Henson] M60 1 Germany 48.56, 2 GB 50.31 [Burton, Field, Ross, Woodland] M65 1 GB 52.87 [Meddings, Blackman, Field, Williams] W35 1 Germany 48.84, 2 GB 50.10 [Hooper, Timmis, McDonald, Beadnell] W40 1 GB 51.09 [Filer, Roe, Harwood, Mullinger] W45 1 GB 58.66 [Codrington, Elliott, Stafford, Thompson] W50 1 GB 53.43 [Parsons, Priestman, Nuttall, Lewington] W60 1 Germany 59.50, 2 GB 67.07 [Steedman, Green, Webb, Fraser]
4x400m Relay: M40 1 GB [Scott 52.8, Coker 51.0, Elderfield 50.75, Harrison 49.55] M45 1 GB [Franklin 53.2, Wells 57.7, Oliver 3:36.67, Peters 53.35] M50 1 Germany 3:45.68, 2 GB 3:46.79 [Deleiros 55.6, Eland 57.9, Potts 57.7, Duffy 55.6] M55 1 GB 3:46.17 [Connor 56.5, Steede 58.5, Phipps 57.2, Henson 54.0] M60 1 Germany 4:01.13, 2 GB 4:07.21 [Wilson 63.4, Carter 61.9, Field 63.0, Ross 58.9] M65 1 Germany 4:24.64, 2 GB 4:24.64 [Field 69.1, Feast 68.9, Blackman 63.9, Fox 63.9] W35 1 Germany 3:55.32, 2 GB 3:58.58 [McDonald 61.5, Hooper 59.9, Beadnell 58.0, Brown 59.2] W40 1 GB 4:11.44 [Filer 65.4, Smith 61.7, Mullinger 61.5, Howard 62.8] W45 1 Germany 4:16.70, 2 GB 4:33.03 [Elliott, Stafford, James, Saunders -no split times]

		HEPTATHLON							
		Hurdles ... HJ	SP	200m	LJ	JT	800m	PTS	
W35	J.Brown	16.23	1.63	10.09	27.39	5.43	32.40	2:26.75	5184
	H.Barker	17.50	1.50	9.91	29.05	4.64	23.69	2:53.61	3978
W45	J.Ricketts	17.06	0.96	5.45	33.72	3.53	12.36	2:57.62	2768
W55	J.Charles	16.88	1.14	7.28	33.09	3.92	19.53	3:29.03	4301
W65	B.Steedman	dnf	0.96	5.44	35.64	3.36	12.01	3:48.65	3465

European Championships: Yvonne Priestman wins the W50 400m by a large margin



Geoff Ashby

Around the Regions

NORTHERN

Our annual 10k road event over the out and back course at Irlam in late August, took place on a wet and blustery day. Pre vet guest runner Eddie Shaw led the 57 strong field home in 34:10, with East Cheshire clubmate Paul Sinnott having one of his best runs, only 28 seconds behind. Eddie's brother, Bill, Middleton H. who is enjoying a new lease of life since becoming a vet, finished 3rd in 35:21. Altrincham's Ken Burgess [M55] showed that age is no deterrent by running the 9 miles to the venue as a warm up, finishing 5th in the race, and then using the return run home as a warm down - a total of 25 miles. All good training for his forthcoming Snowdonia Marathon.

In the women's race Sue Crehan showed that she has lost none of her talent due to parenthood, running the excellent time of 40:11, and finishing about 7 minutes clear of her closest rival Pam Golder.

Membership Secretary John Linley has been planning a fell race for some time. On Sept.20 he set the ball rolling on a warm, sunny day at the Horseshoe Pass in North Wales. Watched by many tourists, the first small ascent sorted out the 25 strong field into some sort of order, and another climb gave the runners a superb view over the Vale of Llangollen. The first big climb of 500 feet to the top of Moel y Gamelin saw even the leaders walking, before a broad, stony path led to a final, long, grassy descent to the Ponderosa Cafe finish, where the prizegiving took place. The first NVAC member was M50 runner Nev.Griffiths [Spectrum], with Eryri's Victoria Musgrove having an excellent run to finish 4th overall and first W40. M60 Peter Norman showed his pedigree on the fells with another great run on this difficult terrain.

Hard working Jack Betney again organised a first race monthly run at Edgworth on Oct.4. This 7 miles event around the reservoirs requires strategic marshalling which was led by Arthur Walsham, Alan Fearnley and Jack's grandson, and all followed the correct route. Blessed with ideal conditions, this is a monthly run which should not be missed. Sixty eight finished, with the class of new member Paul Muller [Wrekin] forging a lonely path ahead. He negotiated the twists and turns and ups and downs in style to clock 38:58. A welcome face returning to competition after a long absence was that of Harry Clague who took the M50 in 5th place in 43:19, over a minute clear of Peter Wilkinson.

Sale's Kath Maycock led the 9 women home in 54:11, well clear of Stephanie Charman [S.Liverpool]. A rarity occurred with father and daughter from the Heeler family finishing together in 60:58. Elaine Heeler won the W40 category, while Brian had to be content with 2nd M70 behind Wirral's Mike Bancroft.

In the 10km Track Championships on Oct.11 gale force winds prevented fast times. Lynne Marr and Archie Jenkins made the long trip from the North East and were rewarded with fine victories. Lynne made the initial pace and plugged away against the home straight wind, pulling well clear of the older men and two other women. Her solo 38:56 was an excellent effort. In the other race Dave Southern and Adrian Harris tried to stay with Archie Jenkins at sub 80 second laps, but had to be content to let him build up over a minutes lead as the race progressed, with Archie recording 33:49. Further down the field Eric Wicksteed and Derek Walton were the nearest competitors, only 9 seconds separating them after 25 gruelling laps. Eric took M50 gold in 38:28 and Derek M55 in 38:37. **Derek Walton**

SCOTTISH

The A.G.M. of the S.V.H.C. took place on Oct.18 at Coatbridge Sports Centre, a total of 40 members attending. Prior to the start, presentations of engraved quiches were made to former presidents Danny Wilmoth and Neilson Hare and retiring president Jim McMillan, in honour of their valued services to the club during their terms of office. In his opening address Jim McMillan referred to the sad loss to the club of four of its most enthusiastic members who had passed on during the year: Frank Gallagher, Harry Haughey, Tom Harrison and Jim Kelly.

Presenting his report, Jim took the opportunity to

publicly thank all who had assisted him in his year of office, particularly the members of the general committee, without whose co-operation his task would have been well nigh impossible. He mentioned with pleasure the success for the second year running of the club's organisation of the BVAF Indoor Championships at Kelvin Hall. At long last the men's team outscored the North East men in the annual match held at Wishaw on Sept.5, on what was arguably the warmest day of the summer track season! As expected the women maintained their winning sequence to contribute to the overall team victory by 489 to 303. Scots also competed with success in the SAF Veterans Championships at Dumfries, the BVAF meeting at storm lashed Newport and the European Championships in Italy. The various road races in the club's calendar continued to be well contested but there is now tending to be a falling off in numbers taking part and, as elsewhere in Britain, there are many veterans running in open races who are not members of the veteran club in their area.

Membership Secretary Fred Parsons, who stepped into the breach mid-year on the departure to England of Bill Armour, reported a drop of paid up members from 709 to 657 [535 male and 122 female], a little disconcerting in view of the initiative to boost membership in the run up to next year's World Championships in Gateshead. Our unassuming and diligent treasurer Eileen McMillan announced her retirement from the position which she had held so efficiently. She reported that finances were in a healthy state and no increase in subs would be necessary.

The election of office bearers and committee resulted:

Honorary President: David Morrison. President: Cammy Spence. Immediate Past President: Jim McMillan. Hon. Secretary: Alex Muir. Hon Treasurer: Betty Steedman. Representatives to BVAF: Henry Morrison, Ian Steedman. Representative to West District, SAF: Molly Wilmoth. Auditors: Bob Donald, Gordon Porteous. Other committee members: Brian Collie, Davis Fairweather, John Freebairn, Jim Geddes, Bill McBrinn, Celia Thompson, Danny Wilmoth.

Members were informed that the SAF's Veteran Indoor Championships are to take place in Kelvin Hall on 13-14 February 1999 and would be run concurrently with the National Combined Events Championships. Again, entries are welcomed from athletes outwith Scotland, whether Scottish qualified or not. Entry forms can be obtained from the SAF Office, Caledonia House, Redheughs Rigg, South Gyle, Edinburgh, EH12 9DQ shortly after the New Year.

Scottish veterans not regularly competing in Scotland who have performances in the 1998 track season which they think might merit inclusion in the SATS Scottish Athletics Yearbook 1999, should send details of event, venue, performance and position, club and date of birth to Ian Steedman, 33 Grange Loan, Edinburgh EH9 2ER, no later than Dec.31. **Ian Steedman**

WELSH

Ten Welsh vets, five women and five men, were among athletes competing in the European Championships in Italy. They returned home with 11 medals, the ladies coming out on top with eight. Pat Gallagher, W50, was the star with wins at 800m, 1500m and 5000m. Two Brecon members won silver, Margaret Nuttall in the W50 4x100m relay and Eirion Owen in W35 pole vault. Three silver medals were also won by the Cardiff mother and daughter combination of Mary Webb [W60 4x100] and Sue Hooper [W35 4x100 & 4x400]. Among the men, Roy Austin, Neath, won gold in the M55 sprint relay and Cardiff's Sean Power [M55] took silver at both high jump and triple jump.

Cardiff hosted the British 10k Road Championships on Sept.27. Winning Welsh veterans were Martin Rees [M40+] and Dic Evans [M50+]. In the women's event, Francis Gill, Neath, and Bernadette Walters, Cardiff, came 2nd & 3rd in the W35 category.

Congratulations to the Swansea M60 team of David Naylor, Jon Kirsting and John Collins, who won silver in the National Road Relays at Aldershot. Finally, ultra distance runner Sam Moore ran the 184 miles from Rhyl to Llanelli. It took Sam, a 50 year old grandad and a member of Sospan Road Runners, three days. Runners from clubs along the route accompanied him and, thanks to sponsors, substantial funds were

raised for leukaemia research. **Mary Webb**

Below: Mother and daughter European relay silver medalists Mary Webb and Sue Hooper



ISLE OF MAN

In blustery conditions, an encouraging field of 49 intrepid souls tackled the I.O.M. Marathon on Aug.16. As an event organised by the IOMVAC it was fitting that veterans should be dominant, filling 14 of the first 20 places. Apart from the three rabbits up front who produced the senior men's winner in 2:33.57, the next three places were hotly contested by M45's Mike McNichol [E.Antrim], Terry Bates [IOM] and Paul Douglas [Stafford]. After running 20 miles in close company, Mike proved the stronger and pulled away to finish 4th overall and 1st M45 [2:55.56], with Terry 5th [2:57.41] and Paul 6th.

Keeping up with the oldies, Mike Gellion took M40 honours from Paul Bullock in 3:04.54. Local doctor David Young was the M50 winner, his 11th position helping the IOMVAC to take the team prize ahead of last year's winners, Ballymena RR. First M55 was John Williams in 3:25.20. The women's race was won by Catherine O'Regan [Stanley], whose time of 3:58.57 was a W60 record. Second was Helen Ross-McGill [Horsforth], well clear of the equal 3rd. Anne Connolly and Colette O'Hagan.

The half marathon saw a strong run by Tony Livingston [New Marske], finishing 3rd overall and 1st M40 in 79:40, nearly 10 minutes ahead of 2nd M40 Ian Crawford [IOM], who in turn finished just ahead of M45 winner John Cronk [Taunton]. Francis Boal [Ballydrain] took the M50 title, whilst the women's prize was won by our own Rose Hooton, who is putting together some consistently good times.

As ever, this event is made by the friendly and efficient manner in which it is organised and is due almost entirely to the efforts of Pete Cooper. He found time to compete and, although his time of 91:40 was not up to his usual standard, he went home a winner, knowing that his job was completed and he could now start getting ready for next year!

Tony Livingston's fine 3rd place was not the end of his running on the island as he went on to win the week long Grand Prix, consisting of the full or half marathon on Sunday, a 4 miles hill race on Monday, a 10 miles road event on Wednesday, a hilly 10k on Thursday and a 4 miles round the houses on Friday, total 50 miles if you complete the marathon. Terry Bates and Mike Gellion held a lead early in the week as extra points were awarded for completing the marathon, but by Wednesday Tony had a commanding lead. A final push on Friday saw Terry ease ahead of Mike to take 2nd overall, with Mike taking the M40 prize. Francis Boal took M50 honours and IOMVAC's own Colin Bowen the M55 to finish an enjoyable week, and on for your diaries.

New ground was broken when two teams competed in national events. Four members entered the Liver-

pool Half Marathon and put in an excellent performance, with Terry Bates 118th in 82:29, Mike Gellion 130th [83:23, Ian Crawford 224th [88:17] and Pete Cooper 350th [94:09]. The rumour is that this team finished 3rd in the BVAF Championship. It would be a tremendous result, if confirmed.

The other team went to Warrington for the Inter Area T & F Trophy. Although outnumbered, some very creditable performances were recorded. Top of the list must be Liz Corran and Maureen Cox, who both won their 2000m walk event. Not to be outdone, Simon Cox, Maureen's husband, finished 2nd in the M40 walk, recording a PB of 9:50.3. The sprint events produced medals for Alan Connor [2nd M50 at 200m & 400m] and for Di Shimmell [3rd, W45 80m H]. There was a string of 4th places for Geoff Hall at hammer, shot and discus, and for John Marchment at 100m & 200m. Ruth Callin, Brian Cowley, Dave Corrin and Terry Bates completed the team and all agreed that it was an experience worth repeating.

Further afield, Alan Connor kept the Island in the forefront with a brace of medals and a wealth of experience from the European Championships to pass on to our track runners. Well done, Alan! **Terry Bates**

SOUTHERN

SCVAC

It is obvious from the European Championship results that the status quo of the British male sprinters' performances, like their younger International counterparts, were very much superior to the middle and long distance runners. This was emphasised by the SCVAC Best Performance Awards as, with an unprecedented 34 male track performances over 90% on the age graded scales, no less than 24 were at events up to and including 400m.

Best of these, for the second successive year, was the evergreen Charlie Williams, whose World Record 26.06 for the 200m at the age of 67 earned him a 97.61% rating. He backed this up with a 12.8 100m for a slightly inferior 97.50%. Next best were Roger Honey's 15.00 110mH at 43 [94.80%] and Wal Franklyn's 11.35 100m at 46 [94.71%].

If Charlie is the king of the male stars, then Carolyn Oxtan is undoubtedly his female counterpart, as no less than four of her performances headed the women's list. Although she broke both the W55 800 and 1500m World Records with 2:24.8 and 4:57.4, it was an earlier 800m of 2:22.7, when she was a mere 54 year old, which topped the bill with 96.68%. Two other athletes to reach the magic 90% were Angela Mullinger with a 12.7 100m at 43 [93.79%] and Diane Clark with a 25.3 200m at 40 [90.98%].

For the third year running women's jumps and throws were dominated by Jenny Brown and Evaun Williams. Jenny scored 92.93% for her 1.71m high jump at 39 and Evaun a massive 99.59% for her hammer throw of 41.58m at 60. Runners up in these sections were Jean Hulls [1.20m HJ] at 59 [83.33%] and Jo Ogden with a 8.71m shot put at 71 [88.06%]. The men's jumps category goes to Ajit Kalirei for a 9.31m triple jump at 52 [84.65%]. The men's throws were the most competitive. So much so that the Committee decided that they could not separate Chris Melluish, who threw the hammer 54.51m at 53 [84.67%], and Gordon Hickey, whose shot put of 12.99 at 64 earned him 86.60%. Thus both of these fine athletes will receive trophies at the AGM at Francis House on Nov.13.

Also to be presented at the AGM are the Grand Prix awards for 1998. These are also decided by age graded points awarded at each of the distance championships, i.e. cross country, 10k road, 10 milies, half marathon and marathon. As usual, members who competed in all five events invariably win the overall prize and this year was no exception. Last year's female winner, Pam Lucas, was again an ever present and repeated her 1997 triumph with 184 points. The male winner was Martin Clarke [Ilford] who also completed five events and won with 168 points.

Three septuagenarian members have been conspicuous by their absences from the track and road scene during 1998. Ken Crooke, the hitherto hard working treasurer, has had health problems [a mysterious recurring back ailment] since returning from the Durban World Games. He has recently undergone a hernia

operation, but is somewhat pessimistic on a return to athletic fitness.

Joselyn Ross's problems have been of a pulmonary nature, exacerbated by an operation that went awry. She did go to Cesenatico as a spectator, but has since suffered from a cycling mishap. No bones broken, however, and she hopes to compete again, probably after the cross country season.

Josie Waller, recovering from a cardiac arrest, was told to make a choice between retiring or taking a chance. Being Josie, she chose the latter, to her ultimate cost. Although the local hospital continue to carry out further tests, a bypass has been temporarily ruled out. She is, however, hoping that recent laser work on difficult cases will result in her name being submitted for consideration. Meanwhile, she is taking plenty of long walks, indulging in country dancing and carrying on her twin duties of Road Secretary for Teignbridge Trotters and organiser of the BVAF 300+ Club.

Jack Fitzgerald

VAC

Rain following a very wet period made conditions the worst in memory at the last VAC cross country, yet members went through the deep puddles in style. The M40 vets were, for once, right up front with 10 in the first 12, as Mark Watling won his second race emphatically. The next three, Steve Smythe, new member Kevin Jennings and Mike Nouch had a battle from the top of the hill for the minor places.

The Women's Open one lap was run concurrently because of the conditions. Splitting from the men after the white gate, where a marshal could just be made out through the downpour, Josie Heffernan looked to have the edge, but challenger Maggie Statham produced the better speed on the flat to win by 8 seconds. Jane Davies, now in the 50 class, was third in a well competed race.

At Lea Valley Circuit on the VAC 5k day, rain fell on the walk and, later, the strong winds made the runners struggle. A large field of 31, with Essex League, raced the walk and set four CBP's. Steve Allen of Ilford won readily in 24:47, a CBP from his clubmate Steve Uttley. Carl Lawton [Belgrave] was 3rd vet and 1st 50 as another Ilford, David Kates, took the 45 gold. Pam Phillips, still Ilford, was 1st woman of six, 32:12, from Mary Worth, 33:06 [CBP], bringing long authority to 70 class.

London Irish's Gerry Staunton, open, was challenged in the run by Stu Littlewood until, sensationally, the athletic winner of the walk, Steve Allen, came through for 2nd place and club 1st in the run, with 17:35 in a strong headwind. Liam O'Hare and Maurice Doogan took the 50 and 55 gold but a new name winning the 60's was Reg Haines of Woodford, one of the supporting clubs in a tight fixture period, along with Hercules and Folkestone.

VAC vets did well in the first Surrey League matches. The men, now in lofty Div.2, were 12 strong and placed 6th of 9 over windy Epsom Downs. Mark Watling, the race 3rd, was our equal highest placing ever. The women also had race 3rd in Lyn Higgs, as 10 more mustered to place 2nd, in Div. 1, on the sand hills at Tilford.

The opening cross country drew fresh blood in the person of Mark Watling of Blackheath. After Ken Daniel had shown him the way, Watling won in 26:10, from a field of 55. Chris Chataway was in good shape for 1st 65, while a week later another who was a competitor in the Bannister era, Charlie Walker [Belgrave], was elected President of the Veterans AC.

The club's vote for President of the new Athletics UK, after debate in committee and support for Mike Turner and Eddie Kululundis, was finally for David Hemery. At Surrey County, members Eric Thomas and Marilyn Clarke won the Vet champs over spacious Richmond Park easily. Thomas was pursued by VAC champ Mike Waite and Barry Attwell, while Charlie Dickinson, 5th, won the 50's easily. **Jeremy Hemming**

EASTERN

Yes, the Inter Club 10k road race did take place at Comberton, Cambridge on September 27. Not, as origi-

nally envisaged, as a full Inter Area Challenge with all age groups represented. However, thanks to those who travelled from the north, from London and the south, plus a number of EVAC members, there were sufficient runners to hold a triangular four to a side race. As can be seen from the results on page 19, the race was won by the Northern Veterans AC.

The field was small, but the quality good. Unlike most of Cambridgeshire the course was not flat, the first four kms being mostly uphill, compensated by a 3k stretch down hill on the return, enough for the winner Alex Rowe to record a personal best.

The date did clash with the Inter Area Track & Field Challenge at Warrington but, when the date was decided on it was thought that clubs, who number their membership in hundreds, would be able to find enough to fulfil both fixtures.

Peter Chaplin

Results of Raffle

The raffle went well and we expect a surplus of around £ 3,000, so thanks to all those who entered and to those who sent donations.

Winners: Joslyn Ross, Herts. E Maclean, Grennock. Carole Derrien, Jersey. W Scullion, Aberdeen. Mrs P Brown, York. A Summersgill, E Grocock, Sheffield. L Stegges, Upton. Jim Harris, Co Down. P Ferguson, Bucks. H.E McMahon, Andover. M Martineau, Jim Evans, Jersey. Graham Ayre, Beds. Mr. Bland, Cumbria. David Weatherburn, Sheffield. Vince Plank, Cardiff. J Lang, Grennock. Dave McNamee, Dr M Clark, Middx.

Donations: P Frean, M James, A Dunlop, I Adams, P Card, C Thompson, V Duckworth

Winston Thomas

Gateshead Update

The following tours will be offered:

The Castles: This takes in the castles and market towns of Northumbria, offering the best of British history and the picturesque villages and towns of Northumberland.

York. One of the most famous historical cities in England with its famed Cathedral, cobbled streets and antique shops.

Beamish An open air heritage museum, which shows the history and culture of North East England. Well worth a visit, with too many attractions to mention.

Holy Island and Bamburgh. This tour offers the finest castle in the area, together with a trip to the Holy Island of Lindisfarne. The Island is accessed by a causeway and is the birthplace of Christianity, home to St. Cuthbert. This tour offers magnificent coastal scenery with seal and nature islands.

Durham. This city offers a smaller version of York and will probably be offered on a half day basis as it is so close to Newcastle and other centres being used.

Edinburgh, Royal Yacht and Tattoo. This should be the most popular tour and will be a sell out, with the opportunity to visit the royal yacht Britannia and appreciate the luxury experienced by heads of state and royal families. On view will be the honeymoon suite used by Prince Charles and Princess Diana. The tour will also take in Princes Street for sightseeing and shopping and, in the evening, to the castle for the world famous Tattoo with its marching bands and displays.

A full colour brochure will be available at the end of November. **Ron Bell**

RESULTS • RESULTS • RESULTS •

Veterans Inter Area Track & Field [Bill Taylor Trophy], Warrington, 27/9/98

100m: M40: 1 E.Smart NE 11.5, 2 V.Oliver M 11.6, 3 P.Hickey N 11.9, 4 J.Marchmont IOM 12.5, 5 N.Hetherington W 12.5, 6 T.Wells E 12.8, 7 R.Ashford SW 13.5, 8 N.Baker S 13.7 M50 1 G.Sutton W 11.8, 2 B.Townley N 12.5, 3 T.Cox M 12.5, 4 P.Dutton IOM 13.0, 5 P.Harris E 13.0, 6 H.Lyall NE 13.1, 7 B.Ruff S 13.9, 8 T.Stürzaker SW 15.1 W35 1 W.Stone E 12.7, 2 L.Felton S 13.4, 3 A.Hesketh N 13.6, 4 P.Dutton M 13.8, 5 M.Mackay NE 14.3, 6 H.Collins SW 15.1 W45+ 1 J.Lawson E 13.6, 2 V.Kirkland 14.4, 3 A.Darby SW 14.6, 4 V.Parsons S 15.2, 5 M.Williams N 15.3, 6 R.Cain IOM 15.8

200m: M40: 1 V.Oliver M 23.2, 2 P.Hickey N 23.9, 3 N.Hetherington W 25.4, 4 J.Marchmont IOM 25.5, 5 R.Ashford SW 25.7, 6 P.Davy NE 25.9, 7 N.Baker S 26.8, 8 S.Peters E 30.8 M50 1 B.Townley N 25.2, 2 A.Connor IOM 25.8, 3 P.Harris E 26.1, 4 D.Burton M 26.1, 5 H.Lyall NE 26.2, 6 J.Howe W 27.7, 7 B.Ruff S 27.8 W35 1 W.Stone E 26.1, 2 A.Brown N 27.1, 3 L.Felton S 27.3, 4 S.Hooper W 27.8, 5 S.Brown M 29.9, 6 M.Mackay NE 30.5, 7 L.New SW 30.8 W45+ 1 J.Lawson E 28.3, 2 V.Parsons S 29.6, 3 A.Darby SW 30.2, 4 V.Kirkland M 30.4, 5 M.Williams N 31.5, 6 R.Cain IOM 32.3

400m: M40 1 G.Sinclair M 52.8, F.Scott N 54.8, 3 R.Wharton E 55.4, 4 G.Fulcher SW 56.2, 5 D.Murrie NE 56.5, 6 B.Cawley IOM 56.7, 7 N.Hetherington W 58.0, 8 N.Baker S 64.3 M50 1 J.Henson N 55.4, 2 A.Connor IOM 59.1, 3 P.Harris E 59.9, 4 C.Jones NE 63.0, 5 M.Dwyer SW 64.1, 6 T.Cox 65.2 W35 1 A.Brown M 60.3, 2 W.Stone E 61.5, 3 S.Hooper W 63.1, 4 G.Dobson NE 69.9, 5 S.Brown M 71.1, 6 L.New 71.4 W45+ 1 C.Marler N 64.1, 2 A.Darby SW 68.4, 3 D.Perry E 70.2, 4 C.Green M 77.6

800m: M40 1 G.Fulcher SW 2:00.4, 2 P.Ivans M 2:00.4, 3 G.Brewster E 2:02.1, 4 R.Murray N 2:04.5, 5 K.Archer NE 2:04.7, 6 D.Foley S 2:05.7, 7 AN Other IOM 2:13.7, 8 D.Jessett W 2:14.1 M50 1 M.Erith SW 2:11.6, 2 G.Eland NE 2:14.7, 3 R.Scholes N 2:14.9, 4 R.McDonald M 2:19.4, 5 E.Bradshaw E 2:30.0 W35 1 L.Felton S 2:23.2, 2 J.Battersby NE 2:29.2, 3 P.Chammings E 2:33.2, 4 P.Dutton M 2:41.9, 5 H.Collins SW 2:48.2 W45+ 1 N.Hitchmough 2:37.7, 2 A.Darby SW 2:44.4, 3 J.Morley N 2:51.0, 4 I.Hornsey E 2:57.5, 5 M.Louden W 3:30.5

1500m: M40 1 T.McDonald N 4:05.7, 2 G.Harvey E 4:05.8, 3 L.Fussess M 4:16.0, 4 A.Jenkins NE 4:17.7, 5 D.Foley S 4:19.7, 6 D.Jessett W 4:33.1 M50 1 P.Hyde N 4:26.2, 2 J.Bell NE 4:29.9, 3 M.Erith SW 4:42.4, 4 E.Bradshaw E 4:52.5, 5 R.McDonald M 4:53.2, 6 J.Collins W 5:17.5 W35 1 L.Marr NE 4:59.9, 2 T.Pike E 5:02.0, 3 B.Murray N 5:08.8, 4 H.Collins SW 5:38.9 W45+ N.Hitchmough M 5:31.9, 2 J.Morley S 4:51.9, 3 C.Potts E 5:48.3, 4 C.Lee NE 5:55.5, 6 J.York SW 6:54.5

5000m: M40 1 L.Furness M 15:37.8, 2 A.Dent NE 15:53.9, 3 D.Carrington N 15:58.6, 4 G.Harvey E 16:04.4, 5 R.Hackett W 16:31.4, 6 S.Nice S 16:55.2, 7 T.Poates IOM 18:07.2, 8 S.Mottershead SW 18:23.9 M50 1 H.Matthews NE 16:26.5, 2 M.Smedley M 17:05.2, 3 A.Bradshaw N 17:11.3, 4 T.Culshaw S 17:37.8, 5 J.Collins W 18:49.0, 6 D.Corrn IOM 18:57.3, 7 M.Simmons E 20:59.1 W35 1 L.Marr NE 18:09.7, 2 J.Moorkite S 18:19.6, 3 V.Battye N 19:11.2, 4 K.Warhurst E 19:15.7, 5 H.Collins SW 21:45.3 W45+ 1 C.Kilkenny M 18:37.1, 2 J.Ellis S 19:51.5, 3 M.Swithenby E 20:49.3, 4 C.Lee NE 20:55.8, 5 M.Louden W 22:47.8, 6 J.Ricketts N 23:39.0

10m Hb: M40 1 L.Scholes N 16.1, 2 T.Wells E 16.2, 3 T.Wall M 17.7, 4 N.Baker S 19.9, 5 J.Loughton NE 25.6 M50 1 B.Ferguson S 16.6, 2 C.Shafo N 16.7, 3 J.Howe W 18.0, 4 P.Harris E 19.3, 5 D.Burton M 19.8, 6 T.Stürzaker SW 20.9, 7 T.Taylor NE 25.3 W35 1 G.Clarke E 15.7, 2 W.Laing N 15.8, 3 L.New SW 19.7, 4 G.Dobson NE 20.6

80m Hb: W45+ 1 E.McMahon S 14.3, 2 J.Lawson E 14.7, 3 D.Shimmell IOM 17.0, 4 J.Ricketts N 18.4, 5 E.Mee M 20.8

2000m Walk: M40 1 T.Taylor N 9:29.8, 2 S.Cox IOM 9:50.3, 3 A.Jenkins NE 11:44.5, 4 E.Horwill M 11:48.1, 5 S.Mottershead SW 13:27.7, 6 S.Peters E 14:41.4 M50 1 T.Taylor NE 11:55.0, 2 P.Burns N 12:13.6, 3 M.Simmons E 12:33.0, 4 B.Chillery SW 12:34.3, 5 P.Duckers M13:16.5, 6 J.Collins W 13:45.1 W35 1 L.Corrn IOM 10:09.2, 2 H.McGoldrick N 11:56.7, 3 P.Horwill M 12:31.5, 4 G.Dobson NE 13:24.9, 5 W.Dunsford S 16:23.7 W45+ 1 M.Cox IOM 10:44.2, 2 M.Swithenby E 11:08.6, 3 J.Langford M 12:06.7, 4 J.York SW 13:12.7, 5 G.Burns N 13:31.2, 6 B.Terry S 15:20.5

HJ: M40 1 C.Hesketh N 1.65, 2 D.Murrie NE 1.60, 3 T.Wall M 1.55, 4 R.Ashford SW 1.50, 5 J.Barwick E 1.465, 6 S.Smith S 1.45 M50 1 R.Groves N 1.60, 2 S.Powder W 1.55, 3 P.Harris E 1.40, 4 T.Cox M 1.35, 5 B.Ferguson S 1.30 W35 1 W.Laing N 1.50, 2 C.Filer E 1.50, 3 M.Mackay NE 1.30, 4 P.Dutton M 1.25, 5 L.Hicks SW 1.10, 6 W.Dunsford 1.00 W45+ 1 E.McMahon S 1.25, 2 M.Simmons E 1.25, 3 M.Williams N 1.20, 4 E.Mee M 1.05

HT: M40 1 T.Lalley W 43.25, 2 J.Moreland M 40.29, 3 M.Bousfield N 38.30, 4 G.Hall IOM 27.33, J.Wild NE 23.59, 6 R.Wharton E 18.16, 7 S.Mottershead SW 14.97 M50 1 C.Melluish S 50.92, 2 M.Hazelwood N 39.75, 3 P.Duckers M 29.55, 4 J.Walters W 27.99, 5 F.Martin E 25.86, 6 J.Charlton NE 23.25

PV: M40 1 B.Jones N 3.80, 2 G.Sutton W 3.10, 3 T.Wall M 3.10, 4 K.Hatton S 3.00, 5 J.Loughton NE 2.90, 6 B.Chillery SW 2.80, 7 J.Barwick E 1.42

SP: M40 1 M.Bousfield N 12.23, 2 J.Moreland M 11.86, 3 T.Lalley W 10.67, 4 G.Hall IOM 10.53, 5 J.Wild NE 9.20, 6 R.Gibbons S 8.88, 7 J.Barwick E 8.62, 8 S.Mottershead SW 6.34 M50 1 D.Myerscough N 13.24, 2 J.Walters W 10.92, 3 M.Leath M 10.27, 4 B.Lowton SW 10.09, 5 F.Martin E 9.37, 7 J.Charlton NE 8.82 W35 1 M.Laing N 10.86, 2 W.Dunsford 10.52, 3 S.Hall M 8.87, 4 G.Dobson NE 7.07, 5 T.Sortwell E 6.64, 6 L.Hicks W45+ 1 R.Martin E 9.43, 2 B.Terry S 9.24, 3 C.Marler N 8.79, 4 E.Mee M 7.56, 5 B.Elliott NE 6.38, 6 D.Shimmell IOM 6.03, 7 M.Cowap W 5.34, 8 J.York SW 3.97

DT: M40 1 J.Moreland M 46.96, 2 W.Renshaw N 37.16, 3 T.Lalley W 35.92, 4 J.Wild NE 26.85, 5 G.Hall IOM 24.71, 6 S.Smith S 21.64, 7 J.Barwick 21.40, 8 S.Mottershead SW 16.09 W35 1 W.Dunsford S 2.30, 2 S.Hall M 26.30, 3 G.Dobson NE 23.94, 4 T.Sortwell E 21.06, 5 L.Hicks SW 14.07 W45+ 1 B.Terry S 24.57, 2 R.Martin E 24.12, 3 E.Mee M 18.22, 4 B.Elliott NE 17.79, 5 C.Marler N 16.93, 6

M.Cowap W 14.62, 7 D.Shimmell IOM 13.68, 8 J.York SW 12.36 T.J: M40 1 S.Powder 12.69, 2 T.Wall M 12.36, 3 S.Smith S 11.33, 4 R.Morley N 11.05, 5 D.Murrie NE 11.04, 6 T.Gibson SW 10.59, 7 J.Barwick E 10.09 M50 1 A.Cheers W 10.58, 2 B.Cutler M 10.52, 3 P.Harris E 10.12, 4 B.Loten SW 10.08, 5 T.Driver N 9.78

LJ: M40 1 T.Wall M 6.02, 2 S.Smith S 5.72, 3 H.Hesketh N 5.71, 4 D.Murrie SW 5.61, 5 R.Ashford SW 5.09, 6 J.Barwick E 5.04, 7 B.Cowley IOM 4.78 M50 1 B.Cutler M 5.01, 2 A.Cheers W 5.00, 3 P.Harris E 4.98, 4 J.Parish N 4.92, 5 B.Ruff S 4.87, 6 B.Loten SW 4.81, 7 H.Lyall NE 4.57 W35 1 C.Filer E 5.10, 2 W.Laing N 4.68, 3 M.Mackay NE 4.57, 4 P.Dutton M 4.15, 5 L.Hicks SW 3.43, 6 W.Dunsford S 2.25 W45+ 1 E.McMahon S 4.67, 2 D.Perry E 4.25, 3 A.Darby SW 3.89, 4 C.Lyon-Green M 3.71, 5 R.Cain IOM 3.61, 6 J.Ricketts N 3.12

JT: M50 1 M.Hazelwood N 47.81, 2 C.Arnold S 45.41, 3 P.Owen M 38.92, 4 J.Charlton NE 35.50, 5 B.Loten SW 35.23, 6 J.Howe W 29.57, 7 F.Martin E 28.33 W35 1 M.Laing N 32.91, 2 L.New SW 30.33, 3 G.Dobson NE 30.31, 4 T.Sortwell E 25.82, 5 S.Hall M 16.96, 6 W.Dunsford S 15.30 W45+ 1 D.Perry E 20.26, 2 B.Terry S 16.48, 3 B.Elliott NE 15.54, 4 D.Shimmell IOM 15.10, 5 J.York SW 11.35, 6 M.Wixey M 10.21, 7 M.Cowap W 7.18

Medley relay: [200, 400, 400, 800] Men 1 M, 2 E, 3 NE, 4 SW, 5 W, 6 IOM, 7 S, N dnf Women 1 N, 2 E, 3 M, 4 S, 5 NE, 6 SW

Men's Result: 1 North 200, 2 Midland 188, 3 North East 132, 4 East 128, 5 Wales 123, equal 6 South and South West 92, I.O.F Man 62

Women's Result: 1 East 175, 2 North 146, 3 Midland 132, 4 South 129, 5 North East 103, 6 South West 99, 7 I.O.F Man 42, 8 Wales 30

Match Result: 1 North 346, 2 Midland 320, 3 East 303, 4 North East 235, 5 South 221, 6 South West 191, 7 Wales 153, 8 I.O.F Man 104

BVAF 5Km Road Champs, Sutton Park, 11/10/98

M40 1 R.Wise 15:25, 2 G.Newhams 15:37, 3 N.Arnold 15:41, 4 S.Lennon 15:53, 5 P.Milligan 15:55, 6 P.Bennett 15:57, 7 A.Maddocks 15:58, 8 D.Reed 15:59, 9 M.Flowers 16:00, 10 M.McGeoch 16:06, 11 M.Bamsdale 16:09, 12 P.Willacy 16:13, 13 K.Bright 16:15, 14 D.Dymond 16:19, 15 G.Brewster 16:22, 16 M.Strange 16:24, 17 R.Stanier 16:28, 18 P.Thompson 16:29, 19 H.Roberts 16:31, 20 R.Wallis 16:31, 21 G.Rawlinson 16:33, 22 T.Potter 16:35, 23 A.Kerr 16:39, 24 P.Khal 16:41, 25 P.Stafford 16:45, 26 P.Bullock 16:46, 27 H.Knowles 16:47, 28 S.Johnson 16:52, 29 P.Carian 16:53, 30 C.Miles 17:02, 31 R.Rubery 17:03, 32 P.Hurcombe 17:04, 33 K.McLellan 17:05, 34 A.Grant 10:07, 35 H.Fowler 17:09, 36 S.Allen 17:11, 37 K.Spare 17:13, 38 M.Walton 17:14, 39 A.Barrable 17:15, 40 L.Smith 17:21, 41 D.Farquar 17:25, 42 H.Cardwell 17:26, 43 R.Hooper 17:29, 44 S.Radcliffe 17:37, 45 K.Sullivan 17:38, 46 G.Collins 17:44, 47 L.Coltan 17:56, 48 D.Daly 18:29, 49 P.Coventry 18:31, 50 K.Knight 18:45, 51 E.Parker 18:50, 52 J.Stott 18:51, 53 G.Maguire 19:05, 54 J.Ellric 19:18, 55 B.Worthington 19:22, 56 S.Jeavons 20:38, 57 K.Dillon 20:43, 58 E.Ramage 22:34

M45 1 N.Gates 15:17, 2 M.Hager 15:32, 3 P.Flavel 15:53, 4 S.Owen 16:01, 5 R.Hunt 16:02, 6 P.Witcomb 16:05, 7 G.Dalton 16:23, 8 R.Church 16:25, 9 G.Hannaford 16:27, 10 K.Swadkins 16:30, 11 V.Rollason 16:38, 12 P.Banks 16:40, 13 K.McGeoch 16:42, 14 A.Grice 16:48, 15 K.Braiford 16:49, 16 C.Cope 17:00, 17 S.Nice 17:10, 18 B.Wareing 17:14, 19 R.Brown 17:20, 20 R.Evans 17:19, 21 N.Price 17:27, 22 M.Jones 17:29, 23 R.Tolson 17:29, 24 A.Newman 17:34, 25 D.Emery 17:35, 26 R.Scott 17:52, 27 P.Finn 17:57, 28 J.Hill 17:59, 29 M.Woolrich 18:00, 30 M.Smith 18:02, 31 T.Hudson 18:10, 32 K.Best 18:20, 33 T.Howarth 18:20, 34 M.Pope 18:25, 35 M.Hopkins 18:40, 36 G.Brown 19:02, 37 D.Jackson 19:26, 38 S.Hawes 21:34, 39 D.Calder 22:48, 40 P.Keegan 24:25

M50 1 P.Hyde 16:04, 2 H.Matthews 16:15, 3 B.Hilton 16:20, 4 J.Exley 16:35, 5 A.Kean 16:41, 6 J.Smith 16:57, 7 M.Rouse 17:10, 8 L.O'Hare 17:11, 9 M.Smedley 17:21, 10 M.Parker 17:21, 11 H.Clague 17:24, 12 T.Culshaw 17:30, 13 J.Potts 17:36, 14 R.McTall 17:38, 15 J.Shirley 17:44, 16 P.Allen 17:46, 17 H.Taylor 17:59, 18 S.Bach 18:01, 19 S.White 18:08, 20 D.Telford 18:29, 21 M.Robinson 18:30, 22 A.Edwards 18:31, 23 K.Hom 18:33, 24 R.Pike 18:38, 25 R.Green 18:45, 26 B.Harris 18:47, 27 R.Parker 18:48, 28 P.Brenchley 18:52, 29 E.Bradshaw 18:57, 30 J.Matthews 19:14, 31 T.Simpson 19:38, 32 R.Davies 19:40, 33 M.Smith 20:07, 34 A.Simmonds 20:49, 35 D.Howe 21:38

M55 1 M.Ford 16:58, 2 L.Presland 17:06, 3 L.Davis 17:07, 4 C.Elson 17:13, 5 L.Haynes 17:25, 6 G.Patton 17:32, 7 D.Gibson 17:37, 8 E.Broad 17:57, 9 R.Phipps 18:14, 10 C.Bolton 18:19, 11 M.Hawkins 18:16, 12 M.Doogan 18:44, 13 M.Berry 18:49, 14 B.Cox 19:18, 15 M.Sawyer 19:25, 16 J.Cox 19:33, 17 J.Dwyer 19:37, 18 T.Jukes 19:43, 19 A.Gilmour 19:55, 20 C.Antonio 20:10, 21 J.Patterson 20:11, 22 T.Cole 20:46, 23 R.Bunn 20:56, 24 C.Brennan 24:44

M60 1 S.James 17:20, 2 F.Gibbs 17:30, 3 H.Clayton 18:08, 4 D.Hayes 18:11, 5 R.Haines 18:33, 6 D.Chapman 19:21, 7 J.Smithurst 19:40, 8 T.Everitt 19:42, 9 R.Nelson 20:04, 10 M.Butterly 20:08, 11 P.House 20:35, 12 A.Prouse 20:41, 13 K.Sutton 20:50, 14 J.Reeves 20:55, 15 R.Stewart 21:48, 16 J.Elliott 22:05, 17 L.Travers 22:10, 18 J.Parker 22:47, 19 B.Nelson 24:14, 20 N.Slide 24:27, 21 W.Rawlins 24:39, 22 L.Kyd 25:59

M65 1 G.Spink 18:32, 2 R.Higgs 18:39, 3 R.Pitcaim-Knowles 19:53, 4 G.Ashby 20:32, 5 T.Home 20:56, 6 J.Blackburn 21:04, 7 N.Stuart-Thorne 21:12, 8 P.Kearsey 21:23, 9 M.Higgins 21:51, 10 J.Atkinson 22:25, 11 L.Green 22:59, 12 J.Hayward 23:04, 13 P.Hartas 23:21, 14 G.Chapman 24:37, 15 G.Vance 25:16, 16 C.Morley 25:59

M70 1 G.Phipps 21:30, 2 J.Quantrell 24:16, 3 T.Hoy 24:42

W35 1 M.Bailey 18:14, 2 A.Vesey 18:26, 3 J.Cunningham 18:37, 4 Y.Crawley 18:51, 5 S.Lappage 18:59, 6 G.Cudworth 19:16, 7 T.Erskine 19:21, 8 K.Warhurst 19:30, 9 P.Knowles 19:47, 10 K.Scarff 19:54, 11 A.Hurford 20:24, 12 D.Batsford 21:05, 13 A.Haywood 22:09

W40 1 A.Pugh 18:53, 2 D.Howard 19:04, 3 J.Jackson 19:09, 4 J.Clarkie 19:14, 5 M.Penry 20:05, 6 L.Taylor-Green 23:07, 7 S.Hartas 26:16

W45 1 D.Underwood 18:21, 2 G.Dean 18:24, 3 C.Kilkenny 18:33, 4 J.Heffernan 18:56, 5 C.Duncon 19:12, 6 S.James 19:17, 7 J.Walker 20:54, 8 M.Coffey 21:22, 9 M.Palmer 22:52, 10 L.Pynn 23:17

W50 1 P.Gallagher 18:27, 2 E.Statham 19:06, 3 M.Auerback 19:20, 4 F.Garland 19:31, 5 L.White 19:48, 6 P.Rich 19:52, 7 K.Howe 20:20

J.Witterick 20:53, 9 M.Perry 22:07, 10 L.Foulger 22:43, 11 K.Prest 23:03, 12 B.Harvey 23:38, 13 M.Shirley 25:01, 14 P.Antoniou 25:08

W55 1 D.Tsakirianos 20:40, 2 V.Hancock 20:51, 3 C.Lee 21:16, 4 J.Beckford 21:39, 5 J.Bryan 23:20, 6 I.Hornsey 23:24

W60 1 B.Atkinson 27:04

W65 1 B.Hoy 30:02, 2 B.Chapman 32:26

Teams: M40-49 1 Brighton & Hove 47, 2 Bridgend 76, 3 Tipton 80 M50-59 1 Elswick 83, 2 Invieta 92, 3 Derby & C97 M60+ 1 Bingley 16, 2 Woodford Green 29, 3 Gosforth 45 W35 Derby Ladies 29 W45+ Westbury 55, 2 Royal Sutton 76, 3 Barnet & D 87

BVAF Half Marathon, Liverpool, 31/8/98

M40 1 R.Wise 1:10.36, 2 E.Williams 1:10.49, 3 S.Louren 1:11.54, 4 D.Hollins 1:12.20, 5 A.Rowe 1:12.23, 6 A.Clarkson 1:12.30, 7 G.Ratcliffe 1:14.09, 8 S.Davies 1:14.27, 9 J.Pearless 1:16.17, 10 R.Butterfield 1:16.38, 11 I.Ford 1:16.42, 12 G.Rawlinson 1:16.53

M45 1 M.Rees 1:07.54, 2 M.Hager 1:09.58, 3 J.Fidler 1:16.24, 4 P.Bailey 1:20.20, 5 T.Bates 1:21.29, 6 F.Royle 1:22.10, 7 P.Duhig 1:22.13, 8 J.Curry 1:22.16, 9 P.White 1:22.36, 10 G.Bell 1:23.07, 11 A.McDevitt 1:25.07, 12 I.Carson 1:25.44 M50 1 J.Bell 1:13.05, 2 W.Adams 1:14.54, 3 I.Barnes 1:15.03, 4 S.Curran 1:18.02, 5 F.Davies 1:20.54, 6 F.Hughes 1:22.06, 7 T.Kelly 1:22.51, 8 R.Coomes 1:24.31, 9 K.Culshaw 1:24.42, 10 J.Morley 1:25.17, 11 B.Hargreaves 1:27.25, 12 A.James 1:27.57 M55 1 L.Haynes 1:18.10, 2 E.Broad 1:20.04, 3 K.Buckle 1:21.54, 4 D.Edge 1:28.38, 5 P.Griffin 1:31.30, 6 M.Hopkinson 1:32.38, 7 D.Voyle 1:33.28, 8 P.Westbrook 1:39.26, 9 J.Kennedy 1:50.59 M60 1 F.Gibbs 1:19.36, 6 D.Hayes 1:22.30, 3 P.Dobbs 1:23.59, 4 A.Dunn 1:25.04, 5 J.Irvine 1:26.43, 6 J.Smithurst 1:29.21, 7 L.V.Hodkinson 1:29.59, 8 R.Jones 1:30.17, 9 M.Mahoney 1:30.50, 10 J.Lilly 1:34.29, 11 D.Scott 1:35.03, 12 J.Taylor 1:39.21

M65 1 R.Higgs 1:26.44, 2 G.Spink 1:27.53, 3 J.Roberts 1:32.35, 4 M.Ball 1:32.56, 5 T.Home 1:40.29, 6 A.Walsham 1:42.39, 7 W.Amour 1:46.42, 8 J.Coulthard 1:55.30, 9 D.Crompton 1:56.10, 10 C.Wilkinson 1:56.42, 11 J.McAloon 2:01.11, 12 L.Trestow 2:06.31

M70 1 M.Jones 1:43.55, 2 H.Turner 1:55.22, 3 E.Pendleton 1:58.27, 4 C.Jones 1:58.54 M75 1 J.Jolston 2:03.49, 2 C.Colman 2:27.52 W35 1 Z.Hyde 1:16.33, 2 K.Chamock 1:22.42, 3 A.Irvine 1:32.05 W40 1 D.Wakefield 1:30.18, 2 C.Nevin 1:32.01, 3 M.Mckenzie 1:37.04, 4 C.Cutler 1:42.50, 5 G.Westbrook 1:45.22, 6 T.Bullock 1:48.07, 7 I.Owen 1:50.52, 8 B.Greenhalgh 1:54.14, 9 C.Caron 2:02.53, 10 L.Waldron 2:11.07, 11 C.Reader 2:14.53 [Walk] W45 1 Z.Marchant 1:21.57, 2 S.Cariss 1:27.30, 3 S.Cooper 1:30.04, 4 P.Roberts 1:42.30, 5 A.Fortune 1:45.40, 6 G.Houghton 1:49.49 W50 1 M.Dobbs 1:56.11, 2 S.Lawson 2:10.17 W55 1 R.Armstrong 1:56.04, 2 E.Armstrong 1:58.13, 3 K.Wingate 2:16.56 W60 1 P.Jones 1:38.52 W65 1 L.Gilchrist 1:50.49

Teams: M40-49 1 Wirral, 2 Liverpool H, 3 Isle of Man VAC M50-59 1 Spectrum M60 1 Bingley, 2 Wirral, 3 Bellahouston W35-44 Spectrum

Scottish Vets v North East Vets, Wishaw, 5/9/98

100m: M40 1 E.Smart NE 11.8, 2 M.Williams S 12.0, 3 A.Laird S 12.2, 4 J.McGarry S 12.4, 5 E.Bull 13.6, 6 R.McClymont NE 13.6, 7 J.Callender S 14.0 M50 1 M.Clerhew S 12.3, 2 H.Lyle NE 12.7, 3 T.Page NE 12.8, 4 D.Tate NE 13.4, 5 J.Rae S 13.5, 6 A.Orr S 13.6, 7 J.Sloan S 14.9 M60 1 J.Ross S 13.2, 2 J.Bryce S 13.6, 3 P.Pye NE 13.8, 4 B.Pamaby 14.3, 5 G.Bridgeman S 15.1, 6 R.Checkley NE 15.2 W35 1 A.Martin S 13.9, 2 C.Graham S 14.4, 3 A.Scott S 14.7, 4 V.Davidson S 15.0, 5 G.Dobson NE 15.0 W45+ 1 P.McKinnon S 13.5, 2 S.Wood S 14.7, 3 P.Spence S 16.9 W55 1 E.Linaker S 14.2, 2 B.Steedman S 16.8

200m: M40 1 E.Smart NE 23.8, 2 A.Laird S 24.7, 3 J.Shearer S 24.9, 4 J.McGarry S 25.5, 5 R.Ross S 27.3, 6 J.Callender S 28.4 M50 1 H.Lyle NE 26.4, 2 D.Tate NE 26.9, 3 T.Page NE 26.9, 4 A.Orr S 28.5, 5 J.Sloan S 29.4 M60 1 B.Pamaby NE 28.4, 2 J.Bryce S 29.2, 3 P.Pye NE 31.2, 4 R.Checkley NE 31.2, 5 G.Bridgeman S 32.3, 6 J.Parker S 33.7 W35 1 A.Martin S 29.0, 2 C.Graham S 30.3, 3 A.Scott S 30.7, 4 J.Tinkler NE 30.7, 5 V.Davidson S 31.5, 6 G.Dobson NE 31.8 W45 1 E.Linaker S 31.1, 2 S.Wood S 31.5, 3 B.Steedman S 35.9, 4 P.Spence S 38.6

400m: M40 1 M.Williams S 53.3, 2 A.Laird S 53.7, 3 G.Pemberton NE 57.2, 4 R.Ross S 59.0 M50 1 A.Eland NE 50.0, 2 J.Rae S 59.2, 3 D.Tate NE 59.5, 4 J.McKechnie S 60.6, 5 T.Page NE 63.2, 6 A.Orr S 64.2, 7 J.Sloan S 65.9 M60 1 B.Pamaby NE 69.0, 2 R.Checkley NE 69.9, 3 A.Galbraith S 71.2, 4 J.Parker S 73.5, 5 W.Drysdale S 88.9 W35 1 A.Martin S 65.0, 2 J.Tinkler NE 68.0, 3 C.Graham S 68.5, 4 C.Thompson 69.5

800m: M40 1 A.Dunlop S 1:59.2, 2 B.McKay S 1:59.9, 3 A.McIndoe 2:02.9, 4 W.Prat S 2:05.3, 5 K.Archer NE 2:06.4, 6 G.Pemberton NE 2:15.6 M50 1 A.Eland NE 2:15.8, 2 R.Young S 2:20.5, 3 P.Kelly S 2:22.1, 4 C.Jones S 2:28.1, 5 B.Campbell S 2:28.1, 6 H.Lyall NE 2:40.7 M60 1 J.Ross S 2:22.7, 2 J.Gornley S 2:40.3, 3 J.Parker S 2:41.5, 4 R.Checkley NE 2:47.7, 5 A.Galbraith S 2:56.3, 6 H.McGinley S 2:58.4, 7 T.Joynton NE 3:46.6 W35 1 C.Aitken S 2:26.3, 2 J.Battersby NE 2:27.3, 3 J.Thompson S 2:28.5, 4 L.Marr NE 2:30.5, 5 C.Lawless NE 2:31.5, 6 H.Morton S

RESULTS • RESULTS • RESULTS •

I.Stewart S 16:02.7, 4 F.Connor S 16:46.5, 5 A.McEwen S 18:39.1, 6 J.Lamb NE 19:42.1, 7 P.McGregor S 19:56.5 **M50** 1 H.Matthews NE 23:6, 2 R.Young S 17:01.7, 3 D.Fairweather S 17:40.4, 4 J.Walmsley NE 22:30.1 **M60** 1 J.Gornley S 19:25.3, 2 A.Shaw S 19:27.7, 3 J.Parker S 20:10.8, 4 H.McGinley S 21:27.3, 5 W.Drysdale S 22:52.5

Long Jump: **M40** 1 J.McGarry S 4.88, 2 G.Pemberton NE 4.82, 3 E.Bull S 4.72, 4 J.Callender S 4.64, 5 J.Davidson S 4.51 **M50** 1 M.Clerihew S 5.15, 2 H.Lyall NE 4.42, 3 T.Taylor NE 4.12, 4 J.Sloan S 3.86, 5 T.Attey NE 3.61, 6 B.Campbell S 3.61, 7 D.Fairweather S 3.24 **M60** 1 J.Ross S 4.32, 2 B.Parnaby NE 3.93, 3 G.Bridgeman S 3.86, 4 A.Galbraith S 3.69, 5 J.Gornley S 3.35 **W35** 1 C.Graham S 4.10, 2 V.Davidson S 4.09, 3 A.Martin S 4.08, 4 G.Dobson NE 4.04 **W45** 1 S.Wood S 4.29, 2 P.McKinnon S 4.10 **W55** 1 B.Steedman S 3.34

Triple Jump: **M40** 1 M.Clerihew S 10.52, 2 A.Dunlop S 10.32, 3 G.Pemberton NE 10.16, 4 E.Bull S 9.97, 5 J.Callender S 9.83, 6 K.Archer S 9.61, 7 J.Davidson S 9.51 **M60** 1 D.Field NE 8.61, 2 J.Freebairn S 8.49, 3 A.Galbraith S 7.52 **W35** 1 A.Scott S 8.78, 2 C.Graham S 8.30 **W45** 1 P.McKinnon S 8.93, 2 S.Wood S 8.30 **W55** 1 B.Steedman S 6.61

Shot: **M40** 1 J.Davidson S 10.60, 2 C.Black S 9.80, 3 D.Cameron S 9.43, 4 J.Wild NE 9.27, 5 P.Dodsworth NE 7.86, 6 B.Lamb NE 6.69, 7 J.Morton S 6.66 **M50** 1 J.Scott S 12.97, 2 J.McBeth S 11.49, 3 W.Gentleman S 10.26, 4 J.Sloan S 9.92, 5 D.Tate NE 7.86, 6 G.Routledge NE 6.90, 7 T.Taylor NE 6.88 **M60** 1 J.Freebairn S 11.17, 2 R.Pye NE 9.78, 3 J.Ross S 9.41, 4 D.Field NE 7.88, 5 B.Parnaby NE 7.62, 6 J.Christie S 5.62 **W35** 1 B.Douglas S 8.52, 2 W.Boyington S 7.90, 3 G.Dobson NE 7.19, 4 V.Davidson S 6.89, 5 C.Courtney NE 6.31, 6 C.Thompson S 6.19 **W45** 1 M.Swinton S 9.08, 2 P.Spence S 6.48, 3 C.Love S 5.25 **W55** 1 B.Steedman S 5.11

Discus: **M40** 1 J.Wild NE 27.09, 2 P.Dodsworth NE 25.65, 3 J.Davidson S 24.57, 4 D.Cameron S 23.61, 5 J.Morton S 19.00 **M50** 1 J.McBeth S 40.14, 2 W.Gentleman S 37.86, 3 J.Sloan S 30.02, 4 J.Scott S 29.42, 5 G.Routledge NE 17.71, 6 T.Page NE 15.15, 7 T.Taylor NE 14.18 **M60** 1 D.Field NE 38.38, 2 J.Freebairn S 37.56, 3 P.Pye NE 32.36, 4 J.Scott S 26.32, 5 G.Bridgeman S 24.23, 6 B.Parnaby NE 22.31, 7 J.Christie S 19.69 **W35** 1 W.Boyington S 28.37, 2 B.Douglas S 26.90, 3 V.Davidson S 22.18, 4 G.Dobson NE 21.26, 5 C.Courtney NE 18.97, 6 C.Thompson S 17.28 **W45** 1 M.Swinton S 23.95, 2 P.Spence S 15.57, 3 C.Love S 14.54, 4 B.Steedman S 12.98, 5 J.Battersby NE 12.69

Hammer: **M40** 1 C.Black S 52.01, 2 P.Gordon NE 50.18, 3 P.Dodsworth NE 35.58, 4 D.Cameron S 31.79, 5 J.Wild NE 28.16, 6 J.Morton S 18.29, 7 J.Callender S 17.32 **M50** 1 W.Gentleman S 46.53, 2 J.McBeth S 42.02, 3 J.Scott S 40.24, 4 G.Routledge NE 13.46 **M60** 1 J.Freebairn S 35.03, 2 D.Field NE 28.37, 3 P.Pye NE 20.89 **W35** 1 C.Courtney NE 22.50, 2 B.Douglas S 21.69, 3 W.Boyington S 20.46 **W45** 1 M.Swinton S 29.26

Javelin: **M40** 1 J.Wild NE 33.00, 2 J.Callender S 30.80, 3 P.Dodsworth NE 28.43, 4 E.Bull S 26.82, 5 J.Morton S 24.86 **M50** 1 J.Scott S 29.67, 2 D.Tate NE 27.73, 3 J.Sloan S 25.28, 4 T.Attey NE 22.84, 5 G.Routledge NE 19.46, 6 T.Taylor NE 16.44, 7 T.Page NE 14.25 **M60** 1 J.Ross S 40.80, 2 J.Freebairn S 36.00, 3 D.Field NE 35.64, 4 P.Pye NE 26.52, 5 B.Parnaby NE 21.56, 6 G.Bridgeman S 20.63 **W35** 1 G.Dobson NE 26.94, 2 W.Boyington S 24.84, 3 B.Douglas S 18.03, 4 C.Courtney NE 17.28, 5 V.Davidson S 11.48 **W45** 1 C.Love S 16.92, 2 P.Spence S 8.46 **W55** 1 B.Steedman S 9.96

1600m Medley Relay: **M40** 1 S:35.6 **M50** 1 NE 4:24.7 **M60** 1 S 4:44.8

Match Result: Men: SVHC 333, NEVAC 249 Women: SVHC 156, NEVAC 54 **Overall Result:** SVHC 489, NEVAC 303

NEVAC 10 Miles Champs, Nuneaton, 20/9/98

M40 1 A.Weatherill 54:06, 2 B.Jones 54:10, 3 M.Flowers 54:55, 4 T.Night 57:53, 5 M.Evans 58:16, 6 H.Fowler 59:32, 7 P.Hurcombe 61:36, 8 P.Coventry 65:59, 9 A.Turrell 76:27, 10 R.Owen 70:53 **M45** 1 V.Rollason 56:20, 2 T.Craddock 58:11, 3 D.Emery 59:55, 4 J.Millard 60:48, 5 A.Webb 62:49, 6 M.Jones 64:10, 7 E.Sanders 65:33, 8 W.Waine 66:49, 9 S.James 68:57, 10 G.Hardy 69:26, 11 J.Gibbs 70:29, 12 K.Southgate 71:35, 13 C.Smith 71:56 **M50** 1 G.Woodward 61:01, 2 M.O'Neill 64:38, 3 D.Bryson 67:37, 4 T.Harvey 73:03, 5 J.Heywood 74:35, 6 D.Burns 76:28, 7 R.Gough 77:16 **M55** 1 M.Ford 60:50, 2 R.Russell 63:53, 3 R.Beacham 68:34, 4 R.Suddens 70:16, 5 M.Knight 73:54 **M60** 1 R.Grove 63:47, 2 D.Lyons 72:37, 3 W.Aston 82:54, 4 K.Warfield 86:14 **M65** 1 G.Oliver 65:31 **M70** E.Nicholls 89:26 **W35** 1 W.Scarrif 69:25, 2 J.Anderson 87:53, 3 A.Stuart 89:39 **W40** E.Clifford 82:19 **W45** M.Deaney 74:21 **W50** L.White 68:27

Teams: Men 1 B'ham Rowheath 27, 2 Broms & Redd 55, 3 Stourport 65 Women Broms & Redd 15

SCVAC Half Marathon Champs, Slough, 6/9/98

M40 1 R.Sargent 89:22 **M45** M.Clark 83:07 **M50** A.Steedman 82:38, 2 G.Jarvis 100:38 **M55** 1 T.Merritt 96:41, 2 G.Williams 99:12 **M60** 1 L.Parrott 88:39, 2 C.Wroth 91:16 **M75** J.Fitzgerald 143:06 **W45** H.Emery 97:30 **W55** 1 S.Smith 116:52, 2 P.Lucas 122:51 **M60** E.Mansfield 109:51

SCVAC 10 Miles Champs, Twickenham, 29/9/98

M40 1 M.Walmsley 56:38, 2 A.Fletcher 57:42, 3 S.Smythe 59:50, 4 R.Sargent 67:13 **M45** M.Clark 59:51 **M50** K.MacDonald 63:32, 2 R.Kebbell 68:12, 3 M.Hickman 72:07, 4 G.Jarvis 73:03 **M55** 1 G.Williams 69:38, 2 T.Merritt 72:33 **M60** 1 C.Wroth 66:41, 2 M.Rosbrook 79:05 **M65** 1 W.Gardner 81:11, 2 D.Porter 84:07, 3 R.Collins 93:20 **M70** 1 R.Hale 76:27, 2 R.Jeffries 81:59 **M75** 1 G.Cunning 92:10, 2 J.Fitzgerald 99:41 **M80** M.Hutchings 99:16 **W40** Z.Gaffen 70:25 **W55** P.Lucas 86:37

SCVAC Marathon Champs, Abingdon, 18/10/98

M40 1 A.Fletcher 2:50:58, 2 R.Sargent 3:10:29 **M45** M.Clark 2:57:39 **M50** 1 O.Phipps 2:48:39, 2 B.Dodd 3:09:09 **M55** 1 G.Williams 3:41:22, 2 T.Merritt 3:55:14 **M65** 1 R.Webb 3:05:48, 2 J.Borland 3:56:40 **M75** J.Fitzgerald 5:24:51 **W35** S.Wolanski 3:37:12 **W55** 1 P.Lucas 4:19:26, 2 P.Bonner 5:01:42

Grand Prix - Final Result: [after 5 events] Men Clarke 168, Williams 140, Wroth 128, Merritt & Sargent 110, Parrott 107, Jarvis 91, Hale 87, Fitzgerald 84, Rosbrook 84, Fletcher & Hamilton 72, Walmsley 67, Smythe 54, Keblell 46, Flavell, Thomas, Charlton & Webb 40 Broad, Wallace & Steadman 39, Daniel & Newman 38, Robinson & Chandler 37, Dodd, Hancock, Cosgrove & McDonald 36, Borland 35, Nice & Jefferies 34, Matson 33, Irvine 32, Hickman, Nankivell & Griffiths 31, Allen & Kimber 30, Cleverly & Cunning 29, Dillow 28, Whitmore 27, Monk & Gardner 26, Stacey & Hutchings 25, Franklin 24, Shepperd & Porter 22, Brenchley 21, Finn, Holden & Collins 20, Simmons 17, Hemming 16, Cauldwell 14, Bowering & Steed 13, Pender 12, Smith 11, Howick 10, Doulton 9, Shave 8, McDevell 6, Thornton 5

Women P.Lucas 184, Z.Gaffen 113, J.Coker 68, P.Jones, G.Dean, E.Mansfield & S.Wolanski 40, A.Fletcher, M.Statham & H.Emery 39, E.Quinton, S.Smith & P.Bonner 38, J.Hulls 37, S.James 36, R.Webb 34, E.Hussey 33

NVAC 10 Miles Champs, Warrington, 25/10/98

M40 1 A.Rowe 54:05, 2 G.Rawlinson 57:12, 3 A.Harris 57:44, 4 E.Wilson 58:32, 5 P.Morgan 62:34, 6 E.Parker 63:42, 7 K.Dillon 75:52 **M45** A.Hudson 58:48, 2 N.Price 59:20, 3 K.Fowler 62:13, 4 F.McConnaick 63:49, 5 M.Pope 64:28, 6 T.Vallance 65:31, 7 T.Mannion 68:22, 8 R.Russell 68:43, 9 J.Rice 87:05 **M50** 1 H.Claque 60:27, 2 E.Wickstead 62:33, 3 G.Davies 63:53, 4 P.Henley 67:00, 5 N.Pratten 67:36, 6 D.George 79:25 **M55** 1 D.Walton 63:56, 2 D.Edge 65:59, 3 S.Almond 69:00, 4 J.Wilson 79:33, 5 R.Dalry 84:39, 6 K.O'Brien 91:42 **M60** 1 B.Gane 67:54, 2 L.V-Hodkinson 68:19, 3 W.Atkinson 68:54, 4 P.Spratt 70:05, 5 J.Bigger 72:49, 6 K.Briggs 73:12, 7 C.Rankin 76:42, 8 W.Smith 89:00, **M65** 1 P.Dibb 73:06, 2 A.Walsham 73:43, 3 D.Crompton 83:13, 4 J.McAloon 83:33, 5 J.Longdon 83:59, 6 R.Packer 87:22, 7 B.Jester 89:43, 8 L.Testron 90:32, 9 E.Lloyd 90:32, 10 D.Newton 104:53 **M70** B.Heeler 79:25, 2 J.Coulter 87:17, 3 A.Fearnley 95:12 **M75** 1 J.Johnson 90:56, 2 L.Heald 119:30 **W35** 1 T.Lewis 70:08, 2 J.Cordingley 75:59 **W40** D.Wakefield 68:46 **W45** 1 K.Maycock 75:59, 2 S.Charmen 76:37, 3 J.Adams 79:19 **W50** M.Trickey 79:27 **W55** A.Bland 74:13

Teams: **M40** Altrincham 46 **M45+** Wirral 39 **M60** 1 Sale 80, 2 NVAC 139 **M65+** Penny Lane 146 **W35+** Sale 10

NVAC 10K Track Champs, Bury, 11/10/98

Race 1: 1 L.Marr W35 38:56, 2 T.Child M60 40:03, 3 V.Battye W40 41:18, 4 P.Brennan M60 41:50, 5 P.Dibb M65 42:43, 6 B.Rogers M65 42:49, 7 B.Bullen M65 42:55, 8 A.Walsham M65 44:42, 9 P.Knott M60 45:28, 10 B.Hargreaves M65 48:17, 11 P.Collier W50 51:48, 12 J.Johnson M75 54:18

Race 2: 1 A.Jenkins M45 3:49, 2 D.Southern M40 34:52, 3 A.Harris M40 35:11, 4 K.Fowler M45 37:52, 5 E.Wickstead M50 38:28, 6 D.Walton M55 39:37, 7 D.Edge M55 39:58, 8 S.Collier M50 42:06, 9 K.Black M50 43:11, 10 J.Rhodes M55 45:20

Vets AC Open 5k Road, Lea Valley, 25/10/98

1 G.Staunton M45 17:15, 2 S.Allen 40 17:35, 3 S.Littlewood 17:44, 4 L.O'Hare 50 17:52, 5 J.Culshaw 50 18:03, 6 S.Collie 51 18:24, 7 K.Fennelly 45 18:38, 8 D.Williams 52 18:49, 9 R.Haines 60 18:52, 10 M.Miller 51 18:54, 11 R.Marsh 50 19:10, 12 B.Hann 44 19:30, 13 M.Dooan 59 19:45, 14 A.Ellam 40 19:49, 15 M.Howe 60 19:57, 16 M.Statham W45 20:05, 17 L.Vials 51 20:07, 18 T.Wellard 49 20:18, 19 P.Morgan 55 20:40, 20 E.Simpson 61 20:42, 22 R.Bale 52 21:20, 22 R.Isherwood 46 22:08, 23 L.Forster 68 22:29, 24 G.Richardson 63 23:10, 25 J.Hayward 69 23:50, 26 L.Elmore W53 26:10, 27 J.Charmen 69 26:36, 28 J.Hay 72 26:55, 29 B.Forster W68 27:32, 30 J.Fitzgerald 75 30:18

Vets AC Open 5km Walk

1 S.Allen 40 24:47, 2 E.Ellam 25:11, 3 S.Utley 40 25:30, 4 C.Lawton 50 27:03, 5 D.Kates 45 27:27, 6 M.Graham 50 27:46, 7 P.King 45 28:40, 8 P.Cassidy 55 28:51, 9 D.Sharpe 45 29:20, 10 R.Powell 60 29:23, 11 P.Phillips W50 32:12, 20 K.Livermore 65 33:23, 21 M.Worth W70 33:06, 22 P.Ficken W55 33:44, 23 H.Nyman W60 35:04, 24 H.Jaquest 70 36:54, 25 A.Von Bismarck W70 37:54, 26 L.Brown 75 40:40

Inter Club 10k Challenge, Cambridge, 27/9/9

1 A.Rowe M40 NVAC 31:47, 2 J.Kilsby M40 VAC 32:33, 3 I.Van Lokven 40 EVAC 33:28, 4 C.Heury 40 NVAC 33:39, 5 P.Hilton 50 NVAC 34:04, 6 C.Dickinson 50 VAC 34:11, 7 G.Gibbs 60 NVAC 36:02, 8 L.Stone 40 EVAC 38:12, 9 K.Horn 50 NVAC 38:35, 10 T.Laybourne 60 EVAC 39:31, 11 M.Lee 40 EVAC 40:07, 12 M.Howe 60 VAC 40:29, 13 M.Chaplin 40 EVAC 41:45, 14 P.Rich W50 VAC 42:22, 15 A.Rich 45 VAC 42:25, 16 L.Morris 55 VAC 42:35, 17 G.Smith 50 EVAC 42:47, 18 P.Howard 55 EVAC 42:48, 19 P.Westlake 65 EVAC 43:28, 20 T.Braverman 50 EVAC 43:43, 21 S.Hansford 45 EVAC 44:28, 22 M.Turner 55 EVAC 44:45, 23 A.Tristram 55 EVAC 44:55, 24 M.Callow 60 EVAC 45:06, 25 P.Jones W60 VAC 45:18, 26 R.Bardell 55 EVAC 45:46, 27 S.Barnett W45 EVAC 46:06, 28 J.McKellar 60 EVAC 46:14, 29 D.Braverman W45 EVAC 47:16

Teams: 1 NVAC 17, 2 EVAC 32, 3 VAC 35

NVAC 7 Miles C. Country, Gt Harwood, 8/11/98

M40 1 M.Girvan 42:13, 2 G.Rawlinson 43:10, 3 B.Shaw 43:50, 4 A.Harris 44:09, 5 G.Cunliffe 46:12, 6 P.Irwin 48:47, 7 B.Green 58:16, 8 K.Dillon 63:20 **M45** 1 S.Breckell 46:18 **M50** 1 F.Reilly 43:10, 2 P.Wilkinson 47:20, 3 A.Fielding 48:27, 4 D.Evans 48:58, 5 E.Wickstead 52:57, 6 S.Almond 53:05, 7 K.Mayor 55:28, 8 S.Cottier 56:30 **M55** 1 D.Walton 49:54, 2 T.Lytle 51:53, 3 J.Smith 52:41, 4 R.Ashby 53:59, 5 K.Black 57:23, 6 C.Simpkin 60:16, 7 J.Wickcock 61:13, 8 R.Armstrong 61:31, 9 J.Wilson 65:10, **M60** 1 L.V-Hodkinson 52:52, 2 W.Atkinson 55:52, 3 J.Park 57:53, 4 N.Jones 58:21, 5 T.Parr 62:40, 6 J.Buller 74:05, 7 B.Wilde 81:25 **M65** 1 P.Dibb 59:57, 2 B.Hargreaves 65:53, 3 C.Doyle 67:39, 4 J.Longdon 70:10, 5 B.Lister 75:22 **M75** 1 L.Heald 78:39 [3 of 4 laps], **W40** 1 P.Breckell 77:25 **W45** K.Maycock 60:23, 2 S.Charmen 61:46, 3 J.Adams 63:26 **W50** P.Golder 66:42, 2 P.Collier 71:38 **W60** 1 M.Gartrell 68:55 **W65** 1 L.Snal 69:38

SWVAC T & P Champs, Exeter, 21/6/98

100m: **M40** 1 H.Thomas 12.1, 2 J.Watson 12.1, 3 R.Ashford 12.4, 4 R.Davies 12.5, 5 K.Jackson 12.8, 6 M.Burne 13.3, 7 T.Fortes 13.8, 8 R.Johansen 14.0 **M45** 1 D.Woolley 12.3 CR, 2 N.Minting 12.4, 3 S.Mottershead 13.2 **M50** 1 R.Lavis 13.5, 2 T.Sirzaker 14.8, 3 P.Clark 16.5 **M55** 1 R.Sheridan 13.0, 2 C.Davey 13.6 **M60** 1 B.Griffiths 14.4, 2 J.Peaty 14.9 **M65** C.Davies 15.2 **M75** L.Williams 16.0 **W50** 1 V.Bovell 16.0, 2 J.Hindle 16.0 **W75** 1 M.Wixey 19.0, 2 J.Waller 22.3

200m: **M40** 1 J.Watson 16.9, 2 H.Thomas 24.9, 3 R.Ashford 25.3, 4 R.Davies 26.2, 5 C.Pengelly 26.2, 6 K.Jackson 27.7, 7 M.Burne 28.3 **M45** 1 D.Wolley 24.9, 2 B.Minting 25.6, 3 S.Mottershead 26.2, 4 R.Fitzgerald 28.0 **M50** 1 R.Lavis 27.2, 2 M.Erith 28.5 **M55** R.Sheridan 26.5 CR **M60** 1 B.Griffiths 29.5, 2 J.Peaty 32.1 **M65** C.Davies 31.6 **M75** L.Williams 53.2 **W35** C.Penn W40 C.Smith 29.2 **W75** 1 M.Wixey 42.8 BR, 2 J.Waller 48.8

400m: **M40** 1 D.Cooke 54.4, 2 H.Thomas 57.5 **M45** 1 B.Minting 55.3, 2 S.Mottershead 58.0, 3 R.Fitzgerald 64.5 **M50** 1 G.Sutton 60.1, 2 M.Renyard 62.5, 3 M.Erith 64.1, 4 P.Clark 86.3 **M55** R.Sheridan 62.2 **M65** C.Davies 72.1 **W75** 1 Waller 1:59.0

800m: **M40** 1 S.May 2:05.0, 2 D.Donaghy 2:05.1, 3 B.Gardner 2:07.1 **M45** 1 B.Minting 2:06.9, 2 S.Mottershead 2:14.1, 3 B.Silto 2:15.2 **M50** 1 M.Erith 2:13.1, 2 M.Renyard 2:20.7, 3 P.Clark 3:06.1 **M55** M.Dyer 2:21.6, 2 M.Hindle 2:23.9, 3 M.Gilmore 2:47.4 **M60** G.Wiltshire 2:24.6 **M75** B.Davidson 3:30.4 **W40** 1 C.Smith 2:24.0, 2 J.Walpole 2:25.4, 3 A.Darby 2:34.5 **W75** J.Waller 4:22.4

1500m: **M40** 1 S.May 4:13.5, 2 D.Wilson-Evans 4:14.9, 3 B.Gardner 4:16.5, 4 D.Donaghy 4:17.6, 5 M.Baddick 4:20.0, 6 R.James 4:43.4, 7 R.Johansen 5:25.7 **M45** **M50** 1 B.Chapman 4:37.1 CR, 2 M.Erith 4:54.4 **M55** 1 D.Collins 4:58.2, 2 M.Dyer 5:07.7, 3 A.Smith 5:38.0, 4 M.Gilmore 5:51.6 **M60** G.Wiltshire 5:10.3 CR **M65** W.Davies 5:46.6 CR **W35** M.Blair 5:16.6 **W40** A.Darby 5:17.2 **W55** S.Abbot 6:55.1 CR

3000m: **M40** 1 S.May 8:57.0, 2 D.Wilson-Evans 8:57.5 **M45** D.Manley 11:32.8 **M50** B.Chapman 9:45.8 CR **M65** 1 W.Davies 12:02.0, 2 F.Fartas 13:10.3 **M75** B.Davidson 15:16.6 CR **W35** M.Blair 11:33.2 **W45** Z.Marchant 10:55.7

5000m: **M40** C.Martin 16:51.4 **M45** A.Amraoui 16:23.4 **M50** 1 B.Collins 18:15.2, 2 C.Ringer 18:36.6, 3 M.Erith 20:21.0 **M55** A.Smith 20:08.1 **M60** G.Wiltshire 19:00.9 **W45** Z.Marchant 18:09.3

800m H: **M75** L.Williams 17.1 CR **W45** J.Fail 12.8 CR

100m H: **M40** 1 T.Sirzaker 21.1 **M55** B.Loten 17.7 CR

110m H: **M40** C.Pengelly 18.4

400m H: **M40** C.Pengelly 69.4 **M45** J.Kennedy 71.3 **M50** P.Clark 96.6 **W40** C.Smith 74.0

3000m S/C: **M40** M.Baddick 10:42.4 **M50** M.Renyard 11:34.1, 2 P.Clark 13:48.0

3000m Walk: **M40** A.Bainborough 16:04.8 **M45** S.Maidment 16:01.9 **M60** C.Dunn 17:12.5 **M65** F.Turner 18:52.5 **W35** D.Aspden 19:05.2 **W40** S.Hume 22:35.5 **W50** J.York 21:18.9 **W70** A.Von Bismarck 21:43.8 CR

5000m Walk: **M40** A.Bainborough 28:08.0 **M45** S.Maidment 27:35.9 **M60** C.Dunn 29:48.8 **M65** F.T

FIXTURES

INTERNATIONAL

- 16-17 Jan Malta Vets T & F Sat 16th and 10km Road Sun 17th, entry form V/A 47, C/D Jan 12
- 4-7 Mar European Indoor Champs, Malmo, Sweden, see note page 9
- 26-27 Jun European Veterans Road Champs, Brugges, 10K & Half Marathon + Road Walks. See note on p.7
- 29 Jul - World Vets Track and Field Championships, Gateshead. See page 23
- 8 Aug

NATIONAL

- 27 Mar BVAf Open Cross Country Champs, Norwich. entry form p.11
- 2 May BVAf Half Marathon Champs, inc. in Great West Run, Exeter Arena 10.30 start, entry form p.9
- 22 May BVAf Open Road Relays, Sutton Park, Info from J Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU [details in next issue]
- 4 July BVAf Pentathlon, Solihull, Birmingham [entry form in next issue]
- 17-18 Jul BVAf Track and Field Champs, Meadowbank, Edinburgh, see next issue
- 6 Sept BVAf Marathon Champs, incorp. in Wolverhampton Marathon
- 1 Oct BVAf 5Km Road Champs, Annan, Scotland

NORTH

- 10 Jan NVAC Monthly run. 10K C.C, Leverhulme Park, Long Lane, Bolton
- 7 Feb NVAC Monthly run, 10K Road, Stockton Heath, Warrington, Noon
- 21 Feb NVAC Cross Country Championships, Leisure Centre, Broadoak Road, Ashton-U-Lyne. 1st race 1pm. See Newsletter
- Mar NVAC Monthly run, Oldham. Date to be confirmed
- 21 Mar NVAC 20 miles Road Champs inc. in Rochdale '20'. See Newsletter
- 11 Apr NVAC Monthly run, 10K Road & Promenade, Wallasey RUFC (prov)
- 23 May NVAC Monthly 10K Road & paths, Hood Lane, Warrington. Noon

NORTH EAST

- 3 Jan NYSD Cross Country
- 9 Jan NEHL Cross Country, Prudhoe
- 16 Jan Morpeth 11K
- 17 Jan Durham Cross Country Relays
- 17 Jan NYSD Cross Country
- 23 Jan Farringdon Cross Country
- 6 Feb NEHL Cross Country, South Shields
- 13 Feb Signals Road Relays
- 14 Feb NYSD Cross Country
- 20 Feb NEVAC Cross Country Champs, Rosehill, Wallsend. G Routledge
- 27 Feb NEHL Cross Country, Durham
- 6 Mar Gosforth Road Relays
- 14 Mar Wallsend Post National Cross Country
- 20 Mar South Shields 10k
- 2 Apr Elswick Relays
- 5 Apr Hartlepool 10K
- 11 Apr Wallsend 10k
- 25 Apr Blyth 10

MIDLAND

- 10 Jan MVAC Cross Country Champs, Alexander Stadium, Perry Barr. 11.30am cd 31/12. See newsletter
- 7 Feb MVAC Cross Country Handicap, Archbishop Grimshaw School, Kingswood cd 25/1 Info from J Walker
- 25 Apr MVAC Road Relay Champs, & AGM, Tamworth. Info from J Walker
- 18 Apr MVAC Spring Track and Field Warm Up, Redditch. Info from M Priestman, 57 Maple Road, Rubery, Birmingham B45 9EB
- 13 June MVAC Track and Field Champs, Solihull. Info from M Priestman
- 4 July MVAC & BVAf Pentathlon, Solihull

EASTERN

- 24 Jan EVAC Cross Country Championships, Arrington, Cambs.

SOUTH

- 19 Dec VAC 4.8M CC, Camp Road, SW19, HQ Belgrave Hall, Denmark Road, Enter Belgrave Hall. Start 2.30, please note
- 9 Jan Surrey Womens League, Richmond Park, 3pm
- 16 Jan Surrey Mens League, Div II, Lloyd Park, Croydon, 3pm
- 23 Jan VAC CC Champs. Men & Women, Camp Road, 2.30pm, Enter on day
- 24 Jan 48th Mitcham 25K Road Race. SCVAC Champs & Grand Prix event. Details from Entries Sec. 6 Tyers House, Aldrington Road, SW16 1TJ
- 31 Jan SCVAC Indoor Track & Field Champs, Crystal Palace. First event 1pm. Entries £2.50 per event members, £3.50 per event Guests (no awards). Entries +SAE, Sec. 64 Goddard Ave, Swindon, Wilts, SN1 4HS. cd 16/1
- 6 Feb VAC 4.8M CC, Camp Road, SW19, Belgrave Hall, Denmark Rd. 3pm

- 20 Feb SCVAC Cross Country Champs (GP event) Horsenden Hill, Perivale 2pm. Entries £2.50 Member, £3.50 Guests (No awards). Entries + SAE to 64 Goddard Ave, Swindon. cd 6/2
- 27 Feb Surrey Womens League, Lloyd Park with Croydon H.
- 27 Feb Surrey Mens League, Div II, Venue to be confirmed

SOUTH WEST

- 10 Jan SWVAC Stubbington Green 10K, 1000 hrs.
- 24 Jan SWVAC Romsey 5 miles, 1100 hrs
- 14 Mar SWVAC Eastleigh 10K, 1430 hrs
- 2 May Great West Run inc BVAf Half Marathon Champs, Exeter Arena, 1030
- 20 June SWVAC Track & Field Champs, Exeter Arena, (Inc AGM) 1000 hrs

SCOTTISH

- 12 Dec SVHC Christmas Handicap, Lochinch
- 13 -14 Feb SAF National Indoors Champs, Kelvin Hall, Glasgow, details see Scottish notes on page 17
- 27 Feb SAF National Vets Cross Country Championships, Hawick
- 21 Mar Veterans Six Stage Relay, Torrance

WALES

- 3 Jan WVAA Old Father Tyme 5 miles Road Race Championships. Llandaff Rugby Club, Contact Derek Williams/K Bray

ISLE OF MAN

- 26 Dec Millenium Relay, Skye Hill, Ramsey, H'capped Event, 09.30 Teams of 4
- 24 Jan Island Cross Country Championships, Ramsey, 2pm

BVAf 5K M50-59 race: Race leaders Peter Hyde [512], Harry Matthews [536] and Brian Hilton



Book Review: From Sophie to Sonia

From Sophie to Sonia charts the history of women's athletics in Ireland. It is perhaps not generally realised that women's athletics did not become accepted in Ireland until the 1960's and, in fact, before this period was actively discouraged. Talented Irish women had to compete overseas.

The author, Noel Henry, describes the background and the prejudices prevalent at that time and how they were overcome. In depth articles on Irish women athletes, ranging from Sophie Pierce Evans, the first Irish international athlete, who competed for Great Britain, to the present day greats Catherine McKiernan and Sonia O'Sullivan, make absorbing reading. There are pen pics of about 70 other top Irish performers over the years.

The book will interest not only those who have an Irish background or an interest in Ireland, but also every one who has a passion for athletics. The book contains about 70 photographs and a wealth of statistical information can be found among its 207 pages. Sophie to Sonia is priced at £9.95 plus £1 postage and is available from Noel Henry, 61, Rathdown Park, Greystones, County Wicklow, Ireland.

Gates Still At The Top - Report by Alastair Aitken



Jill Cunningham [317], Sandra Lappage [318], Celia Duncan [793], Jackie Jackson [494], and Debbie Howard [499], chase the leaders.

The BVAf 5km Road Championships, held at Sutton Park, Birmingham on October 11, attracted a record entry, according to Midland Vets treasurer Colin Simpson. The venue was easy to get to for a large percentage of BVAf members and MVAC deserve a pat on the back for their organisation. The event was blessed with fine weather and the only possible problems on the gently undulating course were a sharp turn soon after the start and some confusing marking tapes.

Nigel Gates, now 45, has shown remarkable consistency as an all round winning veteran performer and took Brighton & Hove to yet another convincing victory. In my opinion Gates's record can only be matched in the M40-49 category over the last 20 years by Taff Davies and Roy Fowler. After one kilometre of the M40-49 event, the leading group of seven was led by 48 year old Tipton battler Mike Hager, together with M40 Rob Wise, who has had such an excellent year on the roads. Tucked in behind was Gates, and also in the bunch were Greg Newhams and Nigel Arnold, the 2nd and 3rd M40's. Wise, the tough tattooed Plymouth runner, led for three quarters of the race, with Hager and Gates close at hand, but then Gates started to motor, quickly gained a 20 metre advantage and increased it slightly by the finish.

It was nice to see Gates winning his race through a head to head contest, as he has won most of his veteran races well ahead of the field! He commented that, as a high profile athlete when becoming a vet, that had been forced on to him. Now he was into another age group he did not feel the pressure to make the race any more. He has achieved a World Best 8:27.7 for 3000m earlier this year.

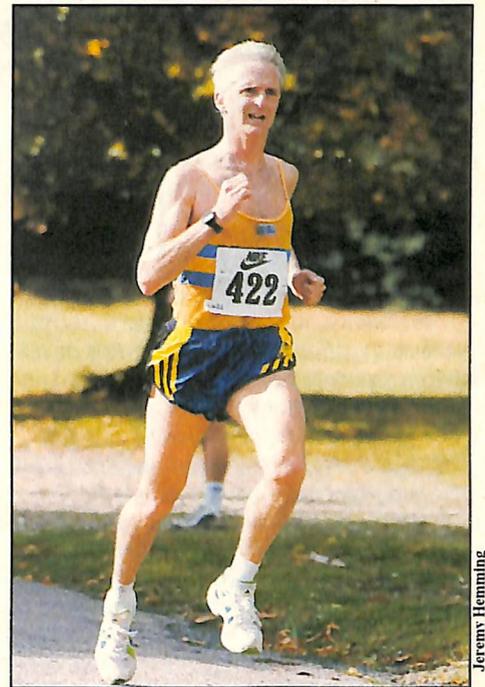
The 50-59 race was won by Salford University lecturer Peter Hyde, his third major veteran title this year. The early part of the race was fast and a group of half a dozen broke away. Among them were Alasdair Kean, Harry Matthews of the winning

Elswick team, Barry Hilton and Hyde. John Exley, the fastest of Oxford's Southern relay squad, was just adrift of the group. Hyde moved ahead after applying pressure on the hill. Although Matthews chased hard, Hyde never looked like losing in the last mile. Exley came through for fourth. The first over 55 runners were 7th, 8th and 9th overall. They were Martin Ford [Cheltenham], and two former M50 cross country champions Les Presland and Les Davis.

In the over 60's event Steve James appears to be unbeatable in his age group so far. He achieved a World Best in the summer with a 16:24 5000m. The M65 winner, Gerry Spink [Bingley], like James one of the best juniors in the country at one time, did try to join James for the first 400m in a bid to break Ron Higgs, the man who has been taking M65 titles this year. That move worked for winning team man Spink, as Higgs could not catch him, as hard as he tried. James, however, went forging ahead and appeared to be going well clear, but Fred Gibbs of Bingley moved up and stayed with him for quite a while. James seemed concerned about that, but managed to ease away on the last lap. There was another struggle for the M60 bronze, as Harry Clayton beat Dennis Hayes on the run in.

Woodford Green, without Charlie Crump, were second team. It was interesting to see Dave Chapman, once a respected international steeplechaser, in the team. Leamington's George Phipps, despite a recent leg operation, ran a relaxed race and at the same pace that he likes to run in training, to win the M70.

In the women's event, Havant's Melanie Bailey, who was 35 in March and is coached by her runner husband Bill Bailey, won in style, but there were early challenges from runners such as that supreme competitor Pat Gallagher, W50. Then another category winner, W45 Diane Underwood set the pace. At



Greg Newhams [Bridgend], 2nd M40

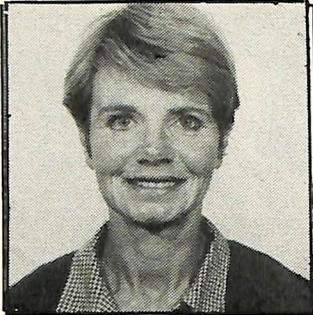
the half distance Bailey, who was first vet in the Rotterdam marathon in 2:51, had taken command, but only narrowly. Bailey was strong on the last climb and on the downhill stretch to the finish, with Underwood, Gill Dean, Alison Vesey, Gallagher and Chris Kilkenny all within 13 seconds of her. Elaine Statham, second W50, came in 13th of the 53 finishers. The first two over 55 were Dee Tsakarisionis and Val Hancock, 30th and 31st. Derby won the team event and had three in the first 14 home. **Results p.18**

Melanie Bailey, Women's race winner



Photographs Available

Jeremy Hemming contributes many of the photos which appear in V/A. He has large stocks of photos taken at major veterans events in this country, available at very reasonable prices. Contact at [office] 249, Merton Rd, London SW18 5EB tel/fax 0181 871 9989 or [home] 0181 675 4643.



Veronica Manley

Veronica Manley has offered to answer readers questions, give training tips or advice on injury prevention/treatment and nutrition. She has many years experience as a graduate sports teacher [teaching adults], runs her own fitness consultancy business and is a practising private physiotherapist. She is an enthusiastic member of the Eastern Veterans AC. Members letter's will be answered personally and a selection will be used in these columns. Please send queries to the editor, address on page 6. Although Veronica gives her advice free it is suggested that readers who receive advice may wish to make a small donation to the BVA.

Jenny Crick, at the age of 62, had a bad fall and damaged her knee, which became swollen with large amounts of fluid. Despite surgery, fluid remained and, after starting to train again after a long lay off her other knee became swollen, with pain in calf and thigh.

Patella bursitis/tendinitis is often the result of a blow to the knee or a fall. The bursa, of which there are several within the knee capsule, is a fluid filled sack that serves to lubricate the joint, thereby reducing friction in the surrounding tissues.

When the knee suffers a blow the fluid escapes into the surrounding tissue, producing a swelling called bursitis. This condition may be acute, as in your original accident, or it could also be an overuse/ chronic injury caused by repeated compression associated with overuse of the joint. In acute cases the fluid build up can be removed surgically by a syringe, although this is mainly done to rule out the possibility of infection that may have entered the wound.

The fact that full range of movement in the knee is not possible indicates that there is still some fluid on the knee. As you point out, you have compensated for this knee restriction by taking an increased work load on to the good leg and probably affected your running gait and biomechanics. This would pre-dispose you to further injury, as well as stressing the hips and lower spine.

You wanted to train for a marathon, but the injured leg does not stretch properly and your good leg therefore feels the effects of doing twice the work. The obvious answer is to get rid of the fluid in the injured knee, which is not easy. Once a bursa leaks into the surrounding cavities, it is often simply a question of time to reduce the swelling.

Acute traumatic bursitis that you had after the accident has, with repeated insult to the knee, led to the more common chronic bursitis. Here the bursal wall thickens and, when filled with fluid, appears distended, unlike acute bursitis when the distended

bursa becomes filled with a bloody effusion. Inflammation typically develops from friction. This is often seen in runners who are subjected to excessive valgus stress of the knee [knock knee]. Women, with a wide pelvis, are particularly at risk. Tight hamstrings and calf muscles can also effect pronation of the foot, resulting in further knee stress. This would explain the pain you have felt in your uninjured leg.

The treatment for bursitis is ice therapy, compressive strapping, anti inflammatories and, most importantly, avoiding activities that irritate the condition. Running will only hamper the natural healing processes. Take advantage of this lay off time to develop a balanced conditioning programme, which is the key to injury prevention. Stretch the hamstrings, quads, calf muscles and iliotibial band. These muscles contribute to knee sta-

bility. Maintain aerobic endurance by cycling and then you can return to your sport once the swelling and pain has subsided, without having lost too much fitness.

Newspaper Support Fund

The supporters listed below have contributed since the last issue. We are grateful for their generosity.

M. Caudwell, A. Garrett, J. Beswick, L. Tew, M.L. Quinn Sally Gandee, Mr. Richardson, Marina Hoerneck-Gil

We still need donations to augment income and assist the continued publication of this newspaper. Please send cheques, payable to Veteran Athletics, to Mr L. Brown, 55 Middle Lane, London, N8 8PE

Donations received after press date will be acknowledged in the next issue.

WAVA 1999 Hotel Accommodation

As many members will be aware, the booking of accommodation at the WAVA Championships follows the normal practice of booking by price band, not by individual hotels. This practice can result in athletes being allocated hotels anywhere in the N.E. of England. Offering British athletes the opportunity to book any hotel on the list would be administratively impossible as, at the time of writing, 33 establishments are being used. To ensure that British athletes are all housed at the same location, receive the best value for money and have the easiest journeys to competition venues, university accommodation has been reserved at Durham and hotel accommodation at Durham and Washington.

Durham: This historical city offers the best access to venues and has the best facilities of the three universities being used. The city has excellent eating places and first class training / jogging areas and many attractions and places of interest. As it is a smaller city, the restaurants and pubs are cheaper. Riverside Stadium is only 5-10 minutes away, and Gateshead and Monkton stadiums 20-25 minutes. For those athletes using their own cars, all stadiums are reached by using the A1M. However, the old road between Durham and Chester Le Street may be better for the Riverside Stadium, which will also be the venue for the cross country events. Road walkers have a straight route to Team Valley, easily reached off the A1M.

Washington is just off the A1M and offers a multitude of shops and restaurants, with the historic "Old Town" a tourist attraction. Travel time to Riverside is 5 minutes and the other venues 10-15 minutes.

Both Destinations: When selecting the most suitable accommodation for British athletes careful consideration was given to access to all the venues and the route from hotels and universities. Travelling time will be less from Durham and Washington, irrespective of whether private vehicles or courtesy buses are used. There will be fewer stopping points for buses, and private vehicles can avoid the traf-

fic hold ups in Newcastle centre.

Hotel accommodation is of better quality, as prices charged in Newcastle put them into a higher bracket without always offering better services. Other criteria used in selecting the destinations were the locality attractions and appeal. There are other establishments closer to the competition but the locality lacks appeal. Courtesy buses will be available but private vehicle use will offer the greatest flexibility, with advantages in selecting your own travel times. Buses will collect from certain points and transfer to Gateshead Stadium, where a fleet of buses will transfer on to other competition venues.

Price structure

It may be helpful to explain the accommodation prices and how they differ from tourist resorts. In resorts, hotels are built and rooms sold to travel companies. If the hotel does not sell, it does not make a profit. The buyer will have a choice of several hotels and hotel owners will discount prices to get the business. If they do not they do not appear in the travel brochure. If they group together to force up prices, then travel companies will boycott that resort.

However, in the case of major sporting events the situation is totally reversed. Hoteliers often increase their prices, knowing that the demand will be greater than the supply. They will certainly not offer discounts when they know they can sell all available rooms at the full price. Universities also realised that they were cheaper than hotels so they have now increased their prices, as they know they are one of the few establishments that can take large numbers of guests. It is difficult to obtain discounts from hotels when there is a major event in town and we have been fortunate to obtain the rates we have. As a final point it is worth noting that, already, most of the quality accommodation in Gateshead and Newcastle is classed as unavailable, or is selling at an increased price, for the dates of the Europa Cup in 2000.

Ron Bell

Northern Vets Retain Bill Taylor Trophy

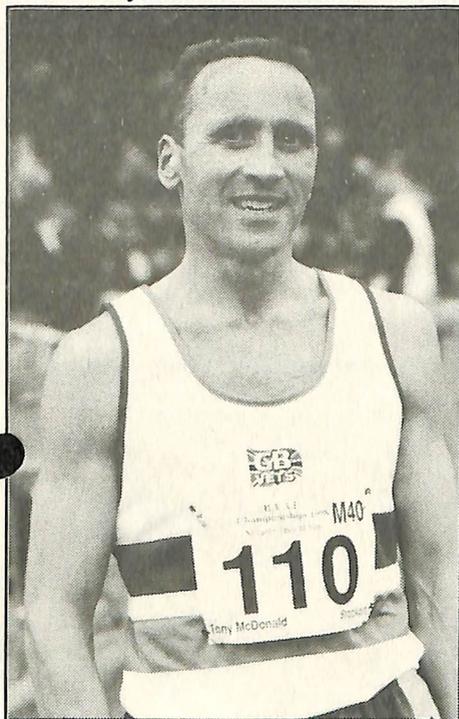
The Inter-Area track and field meeting for the "Bill Taylor Trophy" brought to a close a busy period for veteran athletes and it was encouraging to see the enthusiasm that was engendered by teams from seven areas.

Hosted by the Northern veterans, the meeting ticked over like clockwork, thanks to the dedication to duty by the large number of northern officials who attended. Some of them were judging for the sixtieth time this season. We even had the luxury of an excess of officials, I believe!

The meeting got off to a sensational start. In the first event, Steve Peters, the multiple gold medalist from the European Championships, stumbled just metres from the tape in the 200m when leading from Viv Oliver and collapsed on the track. In a desperate search for points, Steve dragged himself over the line to finish last and score a point. Nothing daunted, Steve doctored himself for the grazes he suffered and soon scored another point - by plodding round the 2000m Walk in a new European worst time for the event!

Competition thereafter raged furiously as, urged on by enthusiastic fellow competitors and supporters, the areas vied for leadership.

Below: Tony McDonald, 1500m winner



Jeremy Hemming

In the M40 sprints, Viv Oliver was denied a double by Eric Smart, but Peter Hickey scored well in both sprints for the North. In the W35 sprints, Wendy Stone tried valiantly for a triple but, having won the 100m and 200m, had to give way in the 400m to the runner up from the longer sprint, Alison Brown.

Tony McDonald, another "tired" European competitor, won a thrilling 1500m from Glyn Harvey who is now domiciled in the East, whilst Graham Fulcher won a very good 800m by a whisker from Peter Ivans in an excellent field. In the M50 800m, Mike Erith overhauled pacemaker George Eland to complete a South West double.

In the women's events, Lesley Felton won the W35 800m easily. Lynn Marr carried on

her long season with a good win at 1500m from Tessa Pike, and then completed the double by scoring over Janice Moorekite in the 5000m. [The announcer apologises humbly for failing to identify Janice correctly during the race and blames the excited crowd dancing in front of his box]. For the Midlands, Nancy Hitchmough did the double in the W45 800/1500m and Chris Kilkenny took the 5000m.

The M40 5000m saw Ian Furness win from Alan Dent and Dave Carrington, whilst another stalwart in Harry Matthews had a good victory in the M50 event. Peter Hyde won a good M50 1500m duel with the North East's Jim Bell, who had just dropped down from his recent M50 win in the BVAFA Half Marathon.

In the walks, whilst there were wins for two Taylors, evidence of the desperate search for points was exemplified by the sight of Archie Jenkins, Pete Duckers and Steve Mottershead deserting their usual events to tackle Steve Peters. I thought their styles were impeccable - good solid earth shaking strides, and legs locked with rigor mortis at the end! In the women's walks, the two Isle of Man contestants Liz Corrin and Mo Cox showed how it should be done with wins for their small team.

Jan Lawson scored heavily for the Eastern Vets by winning both W45 sprints convincingly and finishing second in the hurdles. Emily McMahon replied by taking the hurdles and high jump for Southern Vets. Caroline Marler, back from globe trotting, picked up valuable points by winning the 400m and placing second in the shot. Wendy and Mandy Laing had high scores for the North in the W35 shot, high jump, javelin, hurdles and long jump. Baby brother Robbie is a team in himself for Liverpool H, but he has some way to go before he reaches veteran ranks, otherwise the North could sit back and relax!

The spirit of this event was epitomised by the sight of Mary Wixey travelling all the way from Devon to pick up points in the javelin for the Midlands. Mary is 75 years young! Other "spots" included the winning of the M40 high jump by Chris Hesketh, son of the great cross country international. His wife Alison also scored in the W35 100m. Wendy Dunsford, our new Entries Co-ordinator, took part in six events for the Southern ladies. Can I say that she scored "heavily"? I have already risked the wrath of her mother for 15 years.

In the field David Myerscough, Merrick Bousfield and Mike Hazelwood gained good points for the North, and we saw an excellent hammer demonstration from Chris Melluish. Sean Power and his colleague Alun Cheers won the triple jumps for Wales, and Brychan Jones won a super pole vault for the North.

The medley relays met with great approval, with the North winning the women's event and then producing further drama in the men's race. The meeting ended as it had begun with the North's 800m runner Bob

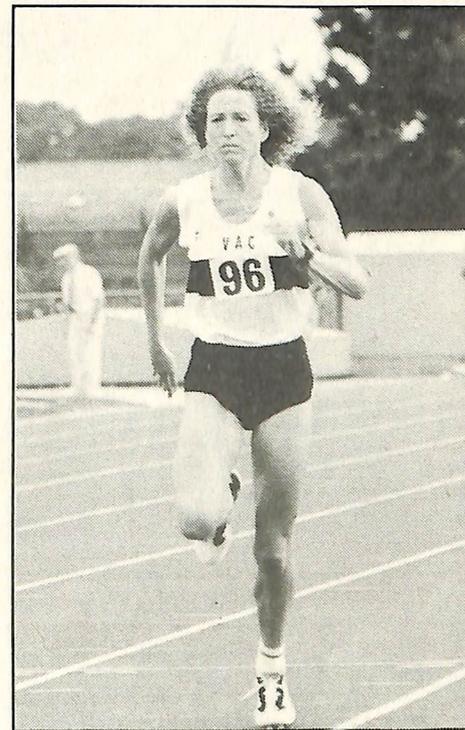
Murray limping off the track, when leading, due to a pulled muscle, leaving the Midlands to pip the Eastern Vets [sans Peters] by a narrow margin.

The overall women's event was won by Eastern vets and the overall men's by the North. Combining all of the scores, the Northern vets retained the trophy they won at Solihull last year. That great enthusiast Bill Taylor would have heartily approved of the meeting named in his honour.

A few final tributes - to the team managers for getting the teams together [nice to see you, Isle of Man], to Derek Howarth and the Northern vets for staging the meeting, to Edgar and Irene Nichols for their four hour stint collating results and scores. Thank You. Now, where are we next year? *Results p. 18*

Maurice Morrell

Below: Lesley Felton, W35 800m winner



Jeremy Hemming

World Championships Entries

Barbara Dunsford is now receiving entries for the World Championships at Gateshead July 28 - August 8, 1999. She asks us to point out, however, that some people are not reading the instructions carefully. Already, she has received entries which have not included the WAVA fee of £10.00. This just creates extra work as entries cannot be accepted if the payment is not correct.

The other point is that the £21 fee for a first event only has to be paid once other than for a decathlon/heptathlon or weight pentathlon. If entering, say, a shot put and weight pentathlon, the fee is £21 + £7.

Any one writing to Barbara must send a SAE if they want a reply or if an entry receipt is required. Closing date for the World Championships is in April and all entrants must be members of a BVAFA affiliated club. Entry booklets from Gateshead Borough Council, Leisure Services Dept, Civic centre, regent Syreet, Gateshead NE8 1HH. Entries must be returned to Entries Co-ordinator, 71, Hillside Crescent, South Harrow, Middlesex HA2 0QU

TRACK AND FIELD SPECIALISTS



GB VETS KIT

GB Vets Ladies Lycra Crop Top - With embroidered logo, available in sizes 10, 12, 14, 16, **£15.95**

GB Vets Ladies Lycra Matching Briefs - Sizes 10, 12, 14, 16, **£12.95**

GB Vets Vest - With embroidered logo, sizes S, M, L, XL, ladies 10, 12, 14, 16, **price £12.99**

GB Vets Tracksuit



Vest

Short



GREAT BRITAIN

GB Vets Tracksuit - Super soft tactual fabric, embroidered logo, available in sizes S, M, L, XL, XXL, **£49.99**

GB Vets Shorts - Colour navy/red/white, mens & ladies, **£10.95**

GB Vets Unisex Lycra Shorts - Colour royal/red/white, available in sizes S, M, L, XL, **price £14.99**

GB Vets Unisex Lycra Tight - Colour royal/red/white, available in sizes S, M, L, XL, **price £19.99**

BVAF TRACK AND FIELD CHAMPIONSHIPS SOUVENIR SHIRTS



Unfortunately due to the extreme weather conditions and we were not able to set up our stall on day 2 of the championships and many entrants were not able to obtain souvenirs:-
T-Shirt - Sizes M, L, XL, **PRICE £5**
BVAF Souvenir Sweatshirt - Sizes S, M, L, XL, **PRICE £10**

BE SEEN WEAR

Viga Ultralite Trews - Polyester 4 way stretch, tie-cord waist with tie-lock, key pocket, pin tuck front, stirrups, each design incorporating Viga's exclusive "Ultralite" fabric, Random or Diametric pattern, sizes S, M, L, XL, usual **£24.95, offer £12**



Diametric Pattern

Random Pattern

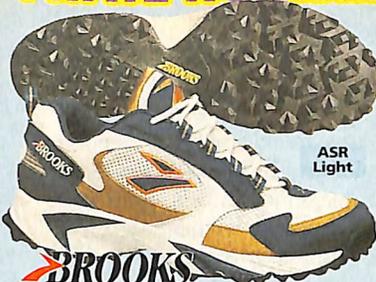
Training Top

SAVE £13

SAVE £10

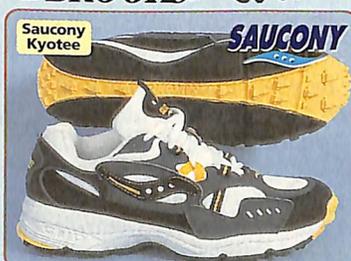
ALSO AVAILABLE:
Trews - All over Ultralite print, sizes S, M and XL only, usual **£27.95, £20**
Lycra Tights - With Ultralite print, sizes S, M, L, and XL, usual **£29.95, offer £18 - SAVE £12**
Training Top - With Ultralite print front and back, sizes S 34/36" and XL 40/42" only, usual **£29.99, offer £20 - SAVE £10**

TRAIL RUNNING SHOES



ASR Light

Brooks ASR Light - Suitable for on and off road or on the most rugged of trails, a real aggressive lugged outsole, Hydroflow cushioning system holds your foot from the bumps, mens 6-11 including half sizes plus 12, ladies 3-9 including half sizes, **£49.95**



Saucony Kyotee

SAUCONY

Asics Gel Roc - On/off road training shoe, features Alpha Gel heel, solid rubber studded tread pattern sole, sizes 6-12 inc half, **£49.95**
Saucony Kyotee - Top quality trail shoe with Grid rearfoot, aggressive teeth on outsole for really great grip, sizes 3-12 inc half sizes, **£64.99**

Walsh Raid - Light weight quick drying fabric, multi size hexagonal stud and bar carbon rubber outsole for grip, excellent heel support with optional stability rand, ideal for varied outdoor activities, trail/cross country running and mountain biking, sizes 3 1/2-13 inc half sizes, **£59.99**



Asics Gel Roc



Walsh Raid

CROSS COUNTRY SHOES



Adidas Apollo Cross Country Shoe - Sizes 4, 4 1/2, 5, 5 1/2, **offer £34.95**, 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, 11 1/2, 12, **offer £39.95**



Adidas Techstar Sprint - UK 4, 4 1/2, 5, 5 1/2, 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, usual **£39.99, offer £25**

RACE WALKING OFFERS



Adidas 2000 Racewalk - Colour black/violet/gold, sizes 5 1/2, 6, 6 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, 11 1/2, 12, usual **£59.99, offer £29.95**



Asics Hyper Sprint Spike - 7, 7 1/2, 8, 8 1/2, 9, 10, 10 1/2, usual **£59.99, offer £39.95**

REEBOK TRACK & FIELD SHOE OFFERS

<p>ATHLETIC PV/LJ</p> <p>SAVE £40</p> <p>Reebok Athletic PV/LJ Highly supportive, well cushioned performance long jump/pole vault shoe performs at the highest level, UK sizes 4 1/2, 5 1/2, 8, 12, 13, 14, usual £69.95, offer £29.95</p>	<p>INTERVAL HEX</p> <p>SAVE £25</p> <p>Reebok Interval Hex - Versatile shoe offering comfort and stability for mild pronators, UK mens sizes 8 & 9 only, usual £54.95, offer £29.95</p>	<p>AZTREK HEX</p> <p>SAVE £15</p> <p>Reebok Aztrek Hex - One of Reebok's most popular running shoes, ideal for both on and off road, shoe features good stability, UK sizes 7, 8, 9, 10, usual £54.95, offer £39.95</p>	<p>CAYENNE HEX</p> <p>SAVE £15</p> <p>Reebok Cayenne Hex - Lightweight shoe designed for racing and training, Hexalite lightweight honeycomb impact cushioning system, available in UK sizes 7, 8, 9, 10, 11, 11 1/2, 12, usual £49.95, offer £34.95</p>
<p>WORLD PRIX 1500</p> <p>SAVE £20</p> <p>Reebok World Prix 1500 - Lightweight track spike ideal for track training and competition, UK sizes 8 1/2, 10, 11, usual £39.95, offer £19.95</p>	<p>WORLD PRIX DISTANCE</p> <p>SAVE £25</p> <p>Reebok World Prix Distance - For serious track athletes seeking a superior lightweight track shoe which offers rear-foot protection, UK sizes 7 1/2, 8, 8 1/2, 9, usual £49.95, offer £25</p>	<p>WORLD PRIX SPRINT</p> <p>SAVE £30</p> <p>Reebok World Prix Sprint - Ideal for all sprint distance - from 100m through to 800m, sizes 8, 9, 9 1/2, 10, usual £49.95, offer £20</p>	<p>ATHLETIC TRIPLE JUMP</p> <p>SAVE £40</p> <p>Reebok Athletic Triple Jump - Highly supportive, well cushioned, sizes 4, 4 1/2, 8, 8 1/2, 9, 9 1/2, 14, usual £69.99, offer £29.95</p>
<p>ATHLETIC JAVELIN</p> <p>SAVE £30</p> <p>Reebok Athletic Javelin - UK sizes 7, 7 1/2, 8, 9, 11, 13, 14, usual £69.95, offer £39.95</p>	<p>ATHLETIC HAMMER/DISCUS</p> <p>SAVE £20</p> <p>Reebok Athletic Throw Hammer/Discus - UK 6 1/2, 7 1/2, 8 1/2, 9, usual £49.95, offer £30</p>	<p>ATHLETIC HIGH JUMP</p> <p>SAVE £20</p> <p>Reebok Athletic High Jump - UK sizes 6, 6 1/2, 7 1/2, 9, 9 1/2, 13, 14, usual £49.95, offer £30</p>	<p>ATHLETIC SHOT/DISCUS</p> <p>SAVE £20</p> <p>Reebok Athletic Shot/Discus - UK sizes 5, 6, 7, 8, 8 1/2, 9, 10 and 14, usual £49.95, offer £30</p>

MAIL ORDER. All orders add £3 post and packing. Send cheque/postal order or telephone/fax your order quoting Access, Visa or Switch.

BOURNES SPORTS

Asics Ewan Thomas "Wonderboy" T-Shirt - Sizes S, M, L, **offer £12.95**

MAIL ORDER SPECIALISTS

CHURCH STREET, STOKE ON TRENT, ST4 1DJ
TELEPHONE: 01782 410411 FAX: 01782 41072