

# Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 50

The Newspaper of the British Veterans Athletics Federation

Spring 1999

## Scottish Raiders Take Relay Title Report by Martin Duff

After the drop in support last year when the event was held at Aldershot, the road relays, which are widely regarded as the BVAF's flagship promotion, were back to full strength. The reason? The event was back at the spiritual home of relay racing - Sutton Park. With the BVAF reminding runners that the year 2000 event would be held in the north, and suggesting that the north includes Scotland and the north east, next year's event could be a pale shadow of this year's extravaganza. The number of teams competing in the event went North of the Border, for example, would surely reach a new low. Consequently, there could be a case to be made for the event to be permanently based at Sutton Park, were it not for the "organisational fatigue" that could set in if the proposal were to be implemented.

Nearly 1000 runners took part this year, with the flagship M40 race finishing 62 teams of eight. The race was led from the end of the fourth leg by Cambuslang, Scottish veterans relay champions on six occasions. Their cosmopolitan line up would be odds on favourites on home territory if the event should go north of Hadrians Wall, but it could spell the beginning of the end for the event itself.

As it was, there were mutterings about the make up of the winning team. For example, how can Frank Barton run for Cambuslang one day and Keith and District the next, both in open UK Athletics competition? Is there one law for the Scots and another for the rest of us?

The jubilant Les Croupiers W45 team with BVAF Chairman Keith Whitaker. Edwina Turner [with the championship shield], Wendy Edwards & Glenda Edwards



Jeremy Hemming

### The start of the combined men's over 50 age groups and women's race

other for the rest of us? There were rumblings, too, about the eligibility of Irishman Gerry Carr, who flew in from Dublin on the morning of the race, to set fastest time of the day [14:40 for second placed Woodford Green]. He brought them up from ninth to third on the sixth stage and, although Chris Brogan and Tony Pamphilon closed dramatically on the final two laps, the effort was too late, as Frank Hurley and Archie Jenkins held on for Cambuslang.

Brighton, the title holders, also left their challenge late and relied too much on Nigel Gates after Eddie Barrett could not get fit in time to get in the team. Gates had cracked a rib when falling in training six days before, so in the circumstances his 14:49 was highly creditable. The competitiveness of the event, when compared with Tipton's complete domination of the "big boys" 12 stage at the same venue four weeks earlier, was commendable. Five teams, including Redhill

[continued on page 10]

## Our Fiftieth Editon

Yes, this is the fiftieth issue of Veteran Athletics, and the editorial committee decided to mark this special occasion by improving the quality of this edition of the magazine, using more colour and better quality paper. The first issue of Veteran Athletics appeared in June 1987 and was published in A3 newspaper format five times a year, although it was soon reduced to four editions per year. The current A4 magazine format, using colour, first appeared in 1996. We believe that we are going from strength to strength and will consider further improvements as finances allow.

This is, of course, the only magazine published in this country which caters exclusively for veterans. Coincidentally, our fiftieth issue corresponds with the decision by Athletics Weekly to scrap their veterans page, and to concentrate, it seems, on items considered more newsworthy. Surely this is a policy which may well backfire as the number of veterans in the sport is growing whereas the number of younger athletes is declining.



Jeremy Hemming

## British Veterans On Form In Malmo

Report by Winston Thomas



Celebrating their silver medals in the W35 relay are, from left, Virginia Mitchell, Lesley Hopkins, Denise Timmis and Jenny Brown

The Second EVAA Indoor Championships in Malmo from March 3-7 was a big success for Great Britain and Northern Ireland athletes. Team members fared well, especially on the track. The team won 92 medals - 40 gold, 29 silver and 23 bronze.

New to the W35 group was Virginia Mitchell who, with Lesley Hopkins, took control of the 400m. Lesley was leading for around 250 metres, when Virginia stepped up a gear and went away to clock 58.07, as Lesley hung on to finish third in 61.03. Hazel Barker won 3 bronze medals, at 60m hurdles [10.64], high jump [1.45m] and shot [10.43m], whilst Carolyn Brown [4.68m] and Denise Timmis [4.65m] had silver and bronze in the long jump. Jenny "I love competing" Brown won the high jump [1.72m], shot put [10.99m] and triple jump [11.16m], and finished second at 800m and 60m hurdles. Following her third in the W40 800m, Carole Smith won the 400m with a well timed run over the last 150m to clock 62.85. Carole Filer held on to take three well earned bronze medals at 60m, 200m and long jump, and Deborah Howard kept it going with silvers in the 800m and 3000m, and bronze at 1500m. My favourite "smiler", Debbie Singleton, won the pole vault with 2.50m.

Janet Lawson made her mark in the W45's with 60m and 200m golds [8.28 and 28.01] and silver in 60m hurdles, whilst Judy Stafford earned a silver in the pole vault and three bronze in the 200m, 400m and triple jump. Vilma Thompson, returning from a spate of injuries, won the shot [10.12m], and was third in the long jump. The W50 group should have been a successful one for Pat Gallagher, who easily won the 3000m in 11:11.34, but then her calf injury flared up again and knocked her out of the rest of the competition. Pat Oakes, making her indoor come back, gained silver in the triple jump, and bronze at 60m hurdles and high jump.

In the W55's we welcomed back Marjorie

Hocknell, after several injuries. She won the 200m in 31.22, as Betty Stracey won the 1500m [6:27.59] and was second in the 3000m. In the W60 group Evaun Williams put on her spikes to run 9.64 for a silver in the 60m, then achieved her usual win in the shot put [11.97m]. Jill Langford was second in the 3000m walk and Dorothy Fraser third in the long jump. Dorothy McLennan, competing for Ireland, won the pole vault [1.50m] and was third in the shot. Brenda Green gained a 400m gold and a 200m silver in the W65, whilst the W70 gave our team a 1-2 in the 3000m walk, with Beryl Randle winning from Anne Von Bismarck in 18:26.52. The evergreen W75 Mary Wixey had her usual good time, winning the long jump [2.41m], and gaining silvers at 60 m and triple jump. The women finished off with two silvers in the relays after storming runs on the last legs by Virginia Mitchell in the W35 and Janet Lawson in W40.

The men's events saw the team cleaning up in the majority of the events they had entered. The competition started with the M40 3000m and Mike Girvan set the scene by winning this convincingly in 8:57.60, with Glyn Harvey in third. This started the trend that continued throughout the championship. Kevin Burgess had a bad start in the 60m and had to settle for bronze in 7.19, still a good time. David Elderfield had silver in the 200m [23.44]. Mike Coker was third in the 60m hurdles. Tony McDonald won the 800m [2:00.65], with Geoff Brewster third. Paul Edwards won the shot put on a very slow dead circle with 16.58m. The M40 400m final, between three British runners and one German, was possibly the best individual track race. Having shown his hand in the heats with a 51.74 run, Germany's Martin Burkle set the pace, stalked by David Elderfield, with Alan Harrison and Tony Mitchell close behind. After 200m it was Burkle, with Elderfield two metres adrift. Again Burkle stretched out,

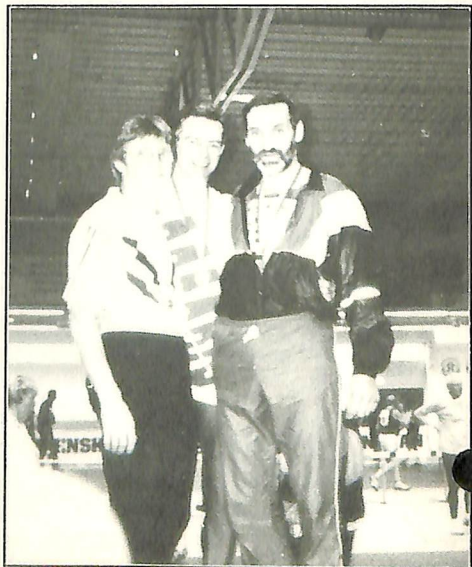
leaving both Harrison and Mitchell, after slow starts, to fight out the third place. Meanwhile, Elderfield held his nerve and with 75m left started to peg back Burkle, then passed him and holding on to a wonderful win in 51.37. Harrison and Mitchell fought all the way with the former just inching ahead.

The M45 group gave the other highlights with Steve Peters wrapping up the 60m and 200m [7.31/23.10]. Viv Oliver was second in the 60m and had to pull out of the 200m. Alasdair Ross won the 400m in 53.38 and there was a real gutsy run from Jack Rutherford, cheered on by the team to take third place in 55.82. Phil McIlpatrick, coming back to fitness, broke the British Record in the 60m hurdles, finishing second in 8.86. Leading from gun to tape, the "mean machine" David Wilcock won the 800m in 1:59.60, with Kevin Archer third in 2:04.04. A mention for Bryan McKay in fourth, and Jack Rutherford in sixth - this race was almost a British championships. Then we had the long awaited clash in the 1500m between Wilcock and Nigel Gates. Gates had already won the 3000m in a new European Record 8:45.19, although there was a faster time pending, and so both of them now had one win. From the gun, Gates took the lead with Wilcock a close second. They gradually pulled away from the rest of the field and made it a two horse race. With 200m to go Wilcock took the lead, and went on to win in 4:06.59. In the M45 field events we only had one competitor, Edward Thompson, who was third in the pole vault.

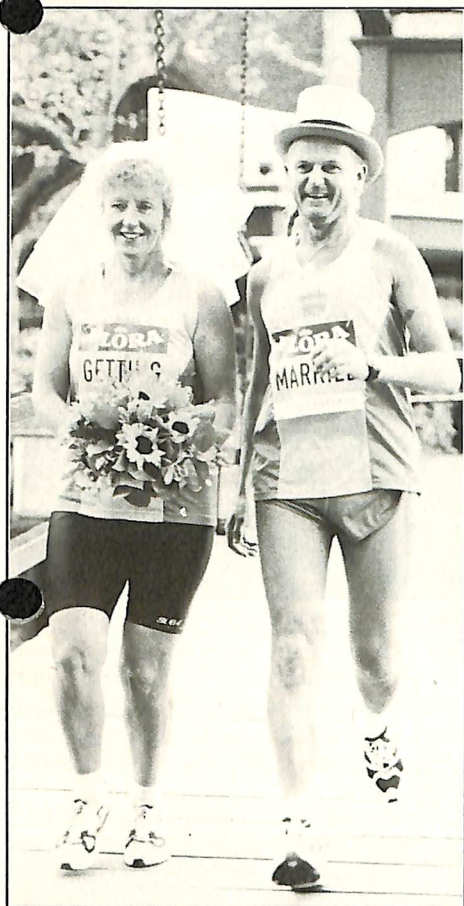
The M50 60/200m were fruitless, but Tony Wells took a silver in the 60m hurdles and a bronze in the 400m. Peter Browne won the 800m in 2:12.60, a race he dominated from the start and never got out of first gear after those trying to catch him all bundled into them selves and lost the chance of ever putting him under any pressure. Bob Care took care of business in the 3000m walk in 13:42.66, nearly a minute ahead of his nearest rival. Who could beat Neal Griffin in the field? As already mentioned, the shot circle was slow and he achieved only a modest

[continued on page 3].

**M50 800m medallists: centre Peter Browne, 1st W.Schmidt [Ger], 2nd, G.Persson [Swe], 3rd.**



## BVAF Members Marry in London Marathon



Jeremy Hemming

Mike Gambrill and Barbara Coles set what is believed to be a unique record when taking part in this year's London Marathon. They were married during the race!

Mike and Barbara, from the Croydon area and members of Vets AC, wearing custom made wedding outfits, stepped out of the race at two miles, exchanged vows in Charlton House in Greenwich and then rejoined the race as man and wife. They are marathon fanatics and have run more than 100 marathons between them.

The couple met while on a training trip to Club La Santa in Lanzarote. They became engaged while running in the 1997 Disney Marathon.



Jeremy Hemming

**BVAF Members in the London Marathon: Mike McGeoch, 7th M45, and Mike Wayne, 714**

## EVAA Indoor Championships

*Continued from previous page*

14.85m to win, but with so many things going on in this event it was not surprising. Two shots burst, and in the end they had to use a competitor's shot. Then, to make things worse Axel Hennmanns collapsed, cut his head on the rim of the circle and was taken to hospital, although he was released the following day. This caused a 40 minute hold up, so a win is a win. Brian Gillo finished fourth.

The M55 brought things back to home base with a welcome back to Ian Foster in the 60m, first through the line in 7.81. John Henson took over and wrapped up the 200/400m in 24.84/56.31, whilst Allan Connor and Vic Blanchard took second and third in the 400m to give GB a 1-2-3. Reg Phipps continued his good form, taking the 800/1500m titles in 2:14.78/4:42.20. Vic Smith was runner up in the 1500m after making a real race of the event with Phipps and fourth placed Mike Smith. John Howe won the 60m

hurdles in 9.72 and was third in the pole vault on count back in a competition where every one stopped to watch Sweden's Hans Lagerqvists set a 4.05m World Record.

In M60 Byron Gray got to grips and ran 8.09 to take silver in the 60m, with Colin Field finishing fourth in both the 200/400m. It was left to John Wilson to sort things out in the 800m. This he duly did, winning with ease in 2:26.96 in a well timed race. In the 3000m walk, Brian Gore just walked away with it in 15:12.18, leaving others way behind. Anthony Bateman won the high jump [1.60m.]

Allan Mellett in M65 continued the medals with 8.29 for a silver in the 60m, followed by a 27.68 to win the 200m. Laurie Forster had thirds in the 800m and 1500m, whilst Jim Day picked up silvers in the 60m hurdles and pole vault. The latter event was won by Bob Brown who, after giving the team a few nervous moments at 2.90m, went on to win with 3.20m. With Alf Woods getting injured in the M70 it was left to a not fully fit Dennis Withers to bring home a medal. This he duly provided in the 3000m walk, winning in 18:52.00 and, like his walking compatriots, wearing a gold plated smile. We closed with the relays where our M40 team of Elderfield, Hickey, Burgess and Peters strolled round to take the gold in 1:34.19. The M50 team won silver and the M60's won bronze. The latter included walker Brian Gore, who showed that he still has the pace, so all walks judges should beware!

There were many good performances which did not yield medals, particularly by Colin Field, who just missed out in all of his three events. Well done to every team member, to Una Gore for all the team spirit and especially to the Team Manager John (physio, masseur, doctor ?) Mills. Let us have a little more of this in Gateshead, but no BB please. (figure it out).

## A party of British vets enjoying themselves after competition in Malmo



Jean Browne

# Another Title For Gates

Report by  
Martin Duff



First lap leaders, M40-49 race. From left Simon May, Nigel Gates, Andy Weatherill & Bill Foster

The picturesque Earlham Park in Norwich, home of the University of East Anglia, played host to a superbly well organised BVAF Cross Country Championships on March 27, but it was a pity that the events were not so well supported. The calibre of the champions and medallists was top notch, but the fields were disappointingly small. Perhaps the BVAF should adopt a different approach to its premier winter fixture, and follow the lead of the South of England event and arrange block entries through the U.K. club system.

Nigel Gates won again, just a couple of weeks after setting a world M45 3,000 metres best of 3:45.0 in the European Indoor Championships in Malmo. He was never seriously challenged once he had made his move, and it will take an exceptional M40 to end his veteran reign. Eammon Martin could be that man, but the former London Marathon winner will have to address the vets scene seriously to do it.

Gates, the former World 10k road champion at Toronto, has only a few blips on his CV throughout his M40 years and, now 45, still sees off the challenge of the top M40's. Going hard from half distance, Gates initially disposed of the challenge of the European vets 10,000 metres bronze medallist Bill Foster, before cruising the last lap. The English vets fell running champion Dave Neill then came through to snatch 2nd place overall and top M40 in the closing stages.

Second to Gates in the M45's, Mike Girvan was a revelation. He, too, had won gold at 3,000 metres in Malmo, while in the last days of his tenure of the M40 group. At Earlham Park he matched Gates stride for stride at the front, before conceding and settling for a close second, ahead of the ever consistent Mike Hager. Wallsend, with three runners in the first ten, had to wait for Tom Mcphail in 59th position to seal their team victory in the M40-49 group, but their North Eastern rivals Elswick had no such problems in the M50's.

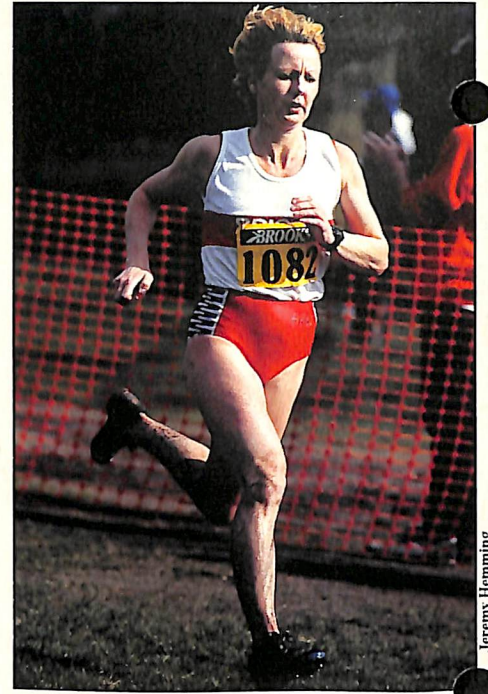
The separate over M50 race saw Harry Matthews take the plaudits from his Elswick team mate, Jimmy Bell. Matthews virtually led throughout and Southern silver medallist John Willoughby looked good for silver at one point, but Bell came through to cement the North East triumph. Willoughby took third, ahead of Norman Fairbrass, as just 54 seconds covered the top nine. Matthews, a previous M45 winner, said: "That was for my father, who died last week."

M60 Steve James narrowly headed the two leading M55's Graham Patton and Martin Ford, but they could not really get on terms with the unbeaten 61 year old. Further back, Chris Elson was the next M55, but just inches separated the other M60 medallists Harry Clayton and Fred Gibbs for most of the race. Clayton held on for silver, as Ron Higgs won the over 65's, well clear of Geoff Oliver and Paschal Morris. The M70's again ran with the women's race and George Phipps continued his highly successful campaign with another solid victory, this time over Peter Thomas and Les Hayward.

Just two weeks after being placed top veteran in the English Senior National, Viv McConnell again produced a top class run to see off former London Marathon overall third placer Ann Ford and Cathy Wheeler. McConnell broke away early and left the rest to fight it out. "I thought I would go from the start", she said after the race, and that was how it turned out.

Further back, the others had to worry about their own medal placings. Wheeler, the Southern bronze medallist, and Heather Robinson were battling, but Ford made a late charge to snatch second overall, leaving Wheeler to sprint hard for the line to hold off Robinson for W35 gold, as Ford took W45.

Judy Meeten ran well for a close sixth and W45 silver, ahead of 1998 champion Gill Dean, who looked a little out of sorts on the day. Meanwhile, Felicity Garland came through to just beat the 1997 London Marathon W50 winner Margaret Auerback, as



Women's race winner Viv McConnell

Chris Lee and Pam Jones added W55 and W60 golds respectively. In the M60+ and women's team races, points were not scored according to BVAF rules and this may have resulted in some teams being awarded the wrong medals. **Results p.18**

## Mud Splashers! Norman Fairbrass, M50



## Open T & F Events in North East

Open veteran events will be held at two meetings organised by NEVAC at Monkton Stadium, Jarrow, for athletes who arrive early or are staying on for a while after the World Veterans Championships.

On Saturday, July 24, the meeting commences at 1.15pm with a 3000m open race, followed by veterans only male and female 200m, 1500m, long jump and discus. Entries accepted on the day up to 12.45pm.

On Wednesday, August 11, the Venmore Mile Meeting, starting at 7.0pm, will include veterans one mile races. Entry on the night up to 6.30pm.

**Denis Field, Chairman, NEVAC**

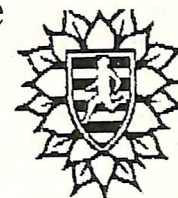
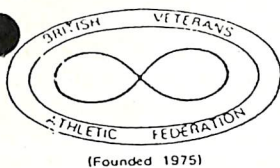
# "The Bradford 10K" & Veterans 10K Race

## incorporating the BVAF 10k Championships

under BAF rules. Permit No. 99.3735

Promoted by Bingley Harriers and Athletics Club

**11.00am, Sunday, 12th September, 1999**



Separate veterans event. A one lap, fast course on good road surfaces. Race Hq at Richard Dunn Sports Centre  
Prizes: Extensive prize list and authorised subventions for leading runners and all 5 year age groups  
Championship medals for 1st, 2nd and 3rd in all 5 year age groups from W35 for women and M40 for men [one M90 entry gold medal]. Team medals in 10 year age groups, subject to entries.

Entry fees: Open Race: £5.00 affiliated club members, £6.00 unattached runners.

BVAF Championship: Members £5.00, non BVAF members entering the Championship £7.00

**Entries will close on 1st September 1999. No late entries or entries on the day.**

### Entry Form

Name \_\_\_\_\_ Male  Female

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Open Club \_\_\_\_\_ Veteran Club \_\_\_\_\_ Veteran Club Membership No. \_\_\_\_\_

Telephone No \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_

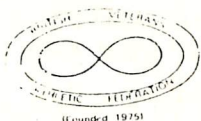
**Entries to: Derek Green, Snaithend House, 12 Snaith Wood Drive, Rawdon, Leeds, LS19 6SZ**

Please send 9 x 6" SAE for race number and information pack. Details will be sent out late August/early September

I enclose cheque/postal order for £ \_\_\_\_\_

I understand that the organisers will not be liable for any loss or injury to myself and I agree to abide by BAF Laws

Signature \_\_\_\_\_ Date \_\_\_\_\_



## BVAF Open 5k Road Race Championships

Promoted by Annan & District Athletic Club

**Sunday 10th October 1999 at Annan Academy, Annan**

Under B.A.F. Permit Rules & S.A.F. Permit Event

One lap course on quiet out of town roads used by local athletes for their training circuits.

**Provisional Timetable: 1.00pm W35+ and M60+: 1.30pm M50/55: 2.00pm M40/45: 3.30pm Awards**

Facilities with parking, full changing, refreshments on sale and spectator provision.

**BVAF Championship Medals:** Individuals all 5 year age groups.

**Teams:** M40-M49 and M50-M59 [4 to score]: M60+ [3 to score]: W35-W44 and W45+ [3 to score].

Important Note: Teams are scored by open club, NOT VETERAN CLUB [unless all runners are 1st claim members only to their veteran club].

Team declarations will be accepted on the day [but will close at 12.45 prompt]. Please try to pre entry team names

**Entry Fees:** BVAF members £4.00: Non affiliated and unattached £6.00

**Entries close: 10th September 1999. No late entries will be accepted.**

**Entries to: Mr John Birkett, 17 Dykes Avenue, Annan, Dumfrieshire, DG12 5EL**

Name \_\_\_\_\_ Open Club \_\_\_\_\_

Address \_\_\_\_\_ Area Veteran Club \_\_\_\_\_ Veteran Number \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ /19 \_\_\_\_\_ Age on Day of Race \_\_\_\_\_ Telephone Number \_\_\_\_\_

Team Declarations if known:

Name 1 \_\_\_\_\_ Age \_\_\_\_\_ Name 2 \_\_\_\_\_ Age \_\_\_\_\_

Name 3 \_\_\_\_\_ Age \_\_\_\_\_ Name 4 \_\_\_\_\_ Age \_\_\_\_\_

I enclose cheque / PO payable to A.D.A.C. for £ \_\_\_\_\_ and 9 x 6 SAE for numbers, travel and accommodation details.

I understand that the organisers of this event will not be responsible for any loss or injury to myself and I agree to abide by

B.A.F. Laws. Signed \_\_\_\_\_



# Veteran Athletics

Vol 1 No 50

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## TRACK AND FIELD NOTES

The team for the Interland International in Holland in June proved to be even harder to select this year, as most of the athletes in line for selection wanted to travel. To those who missed out I send my condolences, but you may get another chance next year. I hope we will do well and a report will be in the next issue.

The main event this year is GATESHEAD. I have taken a page in this magazine to acquaint you all with the general guide lines for Drug Testing. Please copy or tear out and keep the information for use now and in the future. Should you be called for testing you are able to take a companion with you. Should you be taking anything that may be on the banned lists, including inhalers, make sure that you have a letter from two doctors, describing the said item, medication etc, the dosage and any other relevant information.

TEAM MANAGEMENT. JOHN MILLS will be the Team Manager, assisted by several others including Maurice Morrell, Henry Morrison, Bob Sexton and Ron Franklin. Hopefully, the majority of the team will be housed at the Durham University, which will be one of the main areas of information. We hope that a central information area will be at the main stadium in Gateshead, with other information areas at the other stadiums. For the Championships there are 4 main points to remember:

1) **It is important for those competing to note that they have to go to Gateshead Stadium to collect their competition information.**

2) **After collecting the information study the contents and take notice of the enclosed documents.**

3) **For competing you have to sign in and declare your intention to compete in an event, so make sure that you note at which stadium, and when you have to sign in. This is your declaration of intent to compete. Miss this and you will not be able to compete in the event.**

4) **For future rounds in the track events take notice on whether you have to sign again, or and at what time you have to report for the event, (generally you do not have to sign again, but arrive for the following round at the time stated before the event, perhaps 15 minutes).**

It is hoped that we will have the chance to march with the bulk of the team, IN TEAM UNIFORM (BVAF Track Suits), at the opening ceremony. After this, I hope that we can meet in various places and give each other support and help.

MEDICAL: We have our own medical team, and members who have paid for this have their cards. Make sure you have the card with you when you go for treatment. It is important that we do not abuse the treatment system. It is not there to cure all ills, and treatments will be regulated.

Finally, we will have a BVAF stand with some goods for sale, and should Bourne Sports not be present, kit may be purchased from BVAF stand. There will also be a raffle with many prizes, including a flight to Brisbane for 2001. **HAVE A GOOD CHAMPIONSHIPS AND GIVE IT YOUR BEST.**

Winston Thomas, T & F Secretary



## From the Chairman

I am now extremely busy in the run up to the World Championships at Gateshead, but I was able to attend the second largest veteran competition of the year, the Road Relays. This event is reported on page 1 but I would like to highlight the top class organisation by the Midland Veterans AC and officials.

There were 225 teams entered and around 2,000 names in the programme. This is roughly the same number that make up the GB entry at Gateshead, and it appears, therefore, that many of our road and cross country runners have declined to take part in the World Championships. The cost of entry is probably a factor, but there was little we could do about this, as the fees have to be agreed with WAVA and are comparable to previous championships. We did try to persuade WAVA Executive to accept a much lower fee for people entering the marathon only, but as they had been criticised for allowing this at Miyazaki, they felt unable to agree to this.

Other than Miyazaki, where the Japanese government sponsored an enormous domestic entry, we have a larger entry than any previous World Championships. The final total will be around 6,000, which will make these championships the largest international event ever staged in the U.K. I was expecting between 8 - 10,000, as there was enthusiastic

support from a number of countries.

The largest non domestic entry is usually from Germany and their entry numbers 687, which shows a 36% increase over Durban, two years ago. The next largest is U.S.A. with 550 [+62%] and Australia has 235 [+60%], figures which suggest that my forecast was not far out. The problems in the Balkans have, no doubt, reduced entries from Eastern Europe e.g. I know that entries from Slovenia are down from 40 to 26. The high value of the pound against most European currencies will also be a deterrent.

Quality is, I believe, higher than ever. Although I like to see as many as possible taking part, there will be some stupendous top level competition which should be a treat to watch. A large number of world record holders have entered [details in Jack Fitzgerald's article on page 14]. British athletes who have performed well in previous championships are well known to readers, but I can add some names who are new to the world stage, such as Keith Anderson, Mike McLeod, Julian Goater, Walter Wilkinson and Paul Edwards, all likely contenders for a world title. David Hemery will, after all, not be competing as he is working abroad at that time.

Mention of David Hemery may raise the question of what is happening with our discussions with UK Athletics. As I can say at present is "Not a lot!". I have continued to

correspond with David Moorcroft and, although he agrees in principle that there should be co-ordination of the whole of veteran athletics, he is so immersed in putting together the new structure of UK Athletics that he wants to delay discussions until he is on top of his immediate priorities.

Team Management - Gateshead: I am pleased that we have several volunteers to help, but as there are around 2,000 British competitors we want to share the load among as many helpers as possible. John Mills, who has acted as Team Manager on other occasions, most recently at Malmo, has agreed to be in overall charge. He will be assisted by Bob Sexton and two of our experienced international competitors, Maurice Morrell and Henry Morrison, who have decided not to compete due to fitness problems. David Lord and Ron Franklin will also be helping and John Marshall, who is taking part in the walks, has offered his services to assist on the cross country day. Other athletes who have free days may be prepared to do something similar and they would be most welcome, as it would make it easier to give cover for meals or other breaks.

The majority of athletes will be registering on Wed. 28th July, the day before competition starts. All registration will be at Gateshead International Stadium, from where you will collect your competitor's pack. This will include your number. All competitors must then go to declaration to confirm your intention of competing in your chosen events.

It is essential to do this well before the event e.g. for a morning event you must declare by the previous evening. If you have problems with time, then arrange for a friend to do it for you. Do not rely on a team manager to do it as they will all be so busy with such a large number of British team members to look after.

Registration will remain open for the period of the championships, so if you are not due to compete until later in the week you can register when you arrive, but do allow adequate time, including declaration and travelling to the venue where your event is scheduled to take place.

It is intended that a separate information desk for British competitors will be set up near Registration. There will be a meeting  
[continued on page 7]

letic Foundation to a seminar on International Year of Women in Athletics and to talk on "Women's Athletics and Ageing: from the Athlete's and Administrator's Perspective". If you are interested in obtaining copies of any of the following papers delivered by some distinguished women speakers, send a SAE [approx. 20p stamp per paper to me]:

- 1] Athletics and Motherhood: Training, Pregnancy and Childbirth [Distance Running & Effect on Female Hormones & Bone Density] by Dr. Carmen Leon, Spain
- 2] Socio-Cultural Gender Stereotyping - Do Women Face Extra Hurdles? Prof. Dorothee Alfermann, Germany
- 3] Doping - Different Conditions, Concerns and Dangers for Women, Dr. Christiane Avotte, Canada
- 4] Strategies to Develop More Coaches for Women & Women Coaches. E. Locatelli, IAAF



## Secretary's Report

**Bridget Cushen**

The BVAFA Annual General Meeting will be held on the evening of Saturday 17th July, in the meeting room at Meadowbank, Edinburgh, immediately after the day's competition in the stadium. All members are entitled to attend and vote. This year will be of particular interest. Firstly, we will welcome some delegates from overseas to the meeting. Secondly, two important issues will be on the agenda at Edinburgh and at Gateshead.

The World Association of Veteran Athletes Council - the sport's governing body, is proposing to change "Veteran" to "Master". WAVA would become WAMA. The main reason is that Championship organising committees find it extremely difficult to obtain sponsorship because of the widespread understanding of "veteran" being analogous with war veteran.

The other issue to discuss is relations with the International Masters Games Association [IMGA], organisers of the multi sports World Masters Games. The first of these Games were financial and organisational disasters, following a very successful international PR promotion campaign. The consequences reverberated throughout veteran sport and seriously affected WAVA's ability to obtain TV coverage or sponsorship for their Championship for some years. The Masters Games held

in Eugene last year were more successful, but track and field entries did not reach expectations. About 25 other sports are included. WAVA have proposed running the athletics part, similar to IAAF's role in the Olympics.

Join up with them or go it alone? Stay "veteran" or become "master"? This is your opportunity to attend and instruct the five British delegates to the WAVA General Assembly on which way you want them to vote.

Entry forms for the 20th Commemorative Japan International Masters Athletic Championships, Kumamoto, 20-23 November 1999, are now available. Entry through national governing body [BVAFA] only. All track and field events, plus a 10km road and half marathon, are programmed. A letter has been sent to the annual Malta 10k road race organiser suggesting a safer route, following complaints from some British competitors.

As the women's javelin has been changed [the centre of gravity is now 3cm. closer to the tip], the IAAF Technical Committee is recommending that no change be made to the present world heptathlon record. They are also recommending a change to the present scoring table, in order to slightly increase the points and give a fair opportunity to athletes to break the record with the new javelin. IAAF technical experts are reviewing current javelin scoring tables. Interestingly, when the men's javelin was changed in 1986, the average loss of distance for the best one hundred throwers was more than 7 metres.

I was invited by the International Ath-

## 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

### Praise for BVAF

I would like to compliment BVAF on their excellent care of officials at the Indoor Championships at the NIA in Birmingham. A full meal was arranged with the cafeteria, and sandwiches of your choice could be produced for those who did not have enough time for a break. Drinks were brought to officials where they were working [even if it did take some time to find out how to reach photofinish!] Well done the organisers!

Additionally, can I praise Winston Thomas for his dedication and hard work? Winston spent a whole day at the Midland Open Indoor Championships going round all the competition and organisational sites, asking questions so that he could note good practice, as well as problems. This preparation enabled our championships to run smoothly. Thank you. **Jeanne Coker**

### Records Out of Date

In the V/A 49 the time of 1:44.02 set by Walton A.C. for the men's 4 x 200m at the BVAF Indoors was shown as a World Record.

I wish to point out that this time has been bettered a number of times by various UK clubs, the fastest being by my club Royal Sutton Coldfield at the BVAF Indoors at Cosford in 1986. The team was Barry Moulton, Arthur Orr, John Topliss, and Ron Taylor. At the time it was a club world record, but I believe that it has been beaten by one of the U.S.A. area teams since. In 1985 we also set a 4 x 100m club world indoor record at Cosford with a time of 48.1. The line up on that occasion was Trevor Brown, Barry Moulton, John Topliss and Ron Taylor.

**John Topliss**

### Newspaper Support Fund

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

Tony Rawlinson, Joe Gough, Ron Hopcroft, Ursula Duckworth

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.

### Holiday Home for Champs

Holiday home, three bedrooms, in historic town of Berwick Upon Tweed. Most dates available, including World Championships period. £250 per week. Details 01905 764761

### Welcome From The North East

On behalf of all in the North East, I would like to endorse all that was written by Keith Whitaker and Ron Bell in the last issue of this newsletter concerning the forthcoming World Championships. All competitors, from whichever part of the world, can be assured of a warm welcome. Besides the main languages of French, German and Spanish, interpreters for another 15 or so languages have been found, so every one should be catered for. I would make one comment on Ron Bell's statement about translating "Geordie" into English. This is ripe, coming from a lapsed "Geordie" himself!

Although many officials from this area are taking part, we also have many from south of the Mason - Darlington line, so perhaps the translation problem may not be as bad as envisaged. Just in case, however, I list a few examples of "Geordiespeak".

- 1] "Tak yer ganzies off": - Please remove your tracksuits.
- 2] "On yer honkers": - To your marks.
- 3] "Wr's next to hoy the baal": - No 23 in the shot circle please.
- 4] "Howay chuck the spear": - The javelin is about to start.
- 5] "Henny hoy your mel ower here": - Ladies hammer next event.
- 6] "Watch out for the clarts": - The course is muddy in places.

There are, of course, many more but I am sure that after a few days or so many will have got the hang of it and will be using some "Geordie" into their conversation. One last word of warning!. When out socialising, be careful not to order either a "pint of broon" or a "snakebite". These are our two most potent ales and can leave one with the mother and father of hangovers. They are not conducive to athletic competition. I am sure that all who come here will have the best of times and I leave you with the old Celtic greeting: "Caile Melle Failte" [a hundred thousand welcomes]. Howay the lads and lassies!

**Richard Balding, President, NEVAC**

### From the Chairman

[continued from page 7]

at 8.00pm on July 28 for all who wish to attend. This will be at the Stadium as the most convenient place for the majority and will be a general introduction, plus an opportunity to meet up with other team members and clear up any enquiries. During the championships a place will be allocated at each venue and which will be marked by a Union Jack, where a Team Manager and notice board will be based. If you have queries or problems, approach the Team Manager. They may not know all of the answers but they will do their best to help.

Finally, I hope you have all got the approved British veterans strip. Due to past changes our members have a wide variety of vests, but it would be nice to see us looking like a team. It is mandatory for team events such as relays, but it is much easier to cheer on British competitors even if you do not know them, if they are wearing British vests.

**Keith M. Whitaker**

### Thanks from Barbara

Dear Veteran Athletes,

Thank you for your support with my treatment. The signs from the first lot of treatment are good. I am feeling more human than I have felt in many a year. The second treatment is in June and Continental Airlines is giving me a free flight, which will help out with costs.

We do not know how long I will need treatment, before I may go into remission, but I have to have the treatment every three months for the time being, so I am grateful for any support you can give me. I want to thank Pat Oakes and Jim Day for setting the trust fund up and running it. To the following who have already given, THANK YOU

Ealing, Southall & Middlesex AC, R.Alexander, D & M Ansley, R.Bale, H.Barker, D.Bayes, D.Barrington, A.Beacham, V.Blanchard, R.Brown, M.Caudwell, B & J.Charles, Mr & Mrs Crooke, B.Cushen, Mr & Mrs Davies, R.Densley, A.Dunlop, R.Ede, B.Ferguson, M.Grant-Stevens, J.Green, A.Goodwin, J.Henson, M.Hocknell, J.Howe, S.Ingall, S.James, T.Jones, V.Mountford, H.Nyman, Mr & Mrs.Oakes, V.Oliver, R.Pitcairn-Knowles, J.Rawlinson, H.Richardson, G.Scutts, J.Shave, T.Simons, Mr & Mrs Sonerson, J.Tipping, J.Todd, T.Wells, M.Wixey, Mr & Mrs Steedman, G.Graham, J.Phillips, three anonymous, and the donation also of U.S.dollars, and offers of help in kind.

**Barbara J.Dunsford, Junior**

### Ted Isaacs

Ted Isaacs, a leading member of the Wirral AC team that won National veterans cross country titles over the years, died on May 7. He had fought cancer of the prostate for three and a half years.

Individually, Ted won the BVAF 5000 metres title in the M50 age group at Corby in 1987, and twice recorded the fastest lap in the BVAF Relay Championships. In 1988 and 1989 he finished third M50 in the BVAF Cross Country Championships. He represented England in the inaugural Cross Country International Wrexham in 1989. As a member of the Northern Veterans A.C, Ted Isaacs won numerous events over the years, but it is as a clubman "par excellence" that he will be remembered. When Ted was on song, Wirral always had their tails in the air.

**Maurice Morrell**

### 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. These are the recent winners:

**January 99:** £125 to Mrs.K.Scarff [Solihull] £10 to G.Jardine, J.Norman, K.Donald, T.Jones, D.Nutley

**February 99:** £125 to Mrs.J.Noble [Chiswick] £10 to J.Johnston, G.Vance, Beyril Ho, B.Davidson, M.Field

**March 99:** £125 to E.Warren [Cardigan] £10 to B.Whitehead, L.Parrott, S.Hardicker, R.Green, J.Leitch



**More from Trevor Driver**

Recently, I was notified by Leeds Medical School that I had been put forward as a volunteer for medical research into athletic activities for the elderly. Wondering who might have done the volunteering for me and putting aside unworthy thoughts that there could be mischievous intent from any one [I wondered about a Welsh triple jumper who is jealous of my good looks], I decided, as much out of curiosity as of an altruistic motive, to attend the clinic.

Initially, it was medical history time and I was faced by the very man himself, the professor of physiology, Not for the first time my parentage was questioned and then he said, "What about sex?" Humourously, I asked him to jog my memory, but he just looked at me. "Waterworks alright" was the next question, and although I nodded he said, "Never mind, we will have a look later" Questionnaire completed, I awaited the physical examination. I was asked if I minded a few students looking in and I readily agreed. "All for a good cause", I thought, and was confident that they would be impressed with my youthful body. About 20 female students appeared and I was introduced as a veteran athlete who would assist in the understanding of the ageing process.

"I think he competes in the truss hurling contest or tossing the incontinence bag", said the professor. Howls of laughter from the students! "Get undressed, please, Mr.Driver, and let us have a look at this wonder body. Yes, everything, unless you have anything to hide." Howls of laughter from the female students! It

is hard to describe what it is like when faced with a group of young ladies looking at you, giggling, and dangling their little fringes.

"Will you jump up and down, please, and then we will listen to your ticker" Have you ever tried to do that naked? Twenty cold stethoscopes later the professor said:" Did you hear it?" and they all nodded. "Will you roll on your side, please" Now I know that they all wore gloves, but 20 fingers later the professor said: "Did you feel it?" and they all nodded. "Now, I will just squirt some local anaesthetic into your old friend so that we can put a camera in". I must say that it

felt as though they had put the tripod in as well, but 20 pairs of eyes later the professor said: "Did you see it?" Nods all round!

By now my hopes and aspirations of even competing at Gateshead were disappearing rapidly. The wheelchair beckoned. Then, suddenly, the professor said: "Thank you, Mr.Driver, for this preliminary examination. We hope you will join with others as volunteers during the forthcoming World Championships. Today was just a get to know you. Thank you for your co-operation. Oh! by the way, our mutual friends - Sean, Joe, Snowy and Tony - send their regards".

Below: BVAf Cross Country. The winning M40 team, Wallsend H, with the Mayor of Norwich



Tony Challis

**THE CARVER WOLVERHAMPTON MARATHON & HALF MARATHON**  
**inc BVAf MARATHON CHAMPIONSHIP**  
**and STAFFORDSHIRE MARATHON CHAMPIONSHIP**  
**WEST PARK, WOLVERHAMPTON,**  
**SEPTEMBER 5th, 1999 at 10.30a.m**



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All proceeds, less expenses, in aid of St. John's Ambulance new headquarters and other local charities.

BVAf medals awarded in all 5 year age groups. BVAf Team medals to first three teams as follows: M40-49 & M50-59 [4 to score]; M60+ [3 to score]; W35-44 [3 to score]; W45+ [3 to score].

**Entry Fees:** Carver & Staffs Marathon £12.00 affiliated, £13.00 unaffiliated: Half Marathon £11.00 affiliated, £12.00 unaffiliated BVAf members : £12.00 Veterans not affiliated to BVAf and wishing to enter BVAf Championship £14.00

**Entries close for Championship events on 28th August 1999. No late entries for Championship events.**

Surname \_\_\_\_\_ First Names \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_ County \_\_\_\_\_ Post Code \_\_\_\_\_  
 Telephone [inc STD] \_\_\_\_\_ Affiliated Club \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex \_\_\_\_\_  
 BVAf Club \_\_\_\_\_ Membership No \_\_\_\_\_

I hereby declare that I am an amateur according to the eligibility rules of the B.A.F. or Athletic U.K. and I am medically fit to run and will do so at my own risk and agree not to hold the organisers responsible in any way for any injury, accident, action, claim, costs or expenses which may arise in consequence from my participation in the event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please send completed entry form, together with a cheque or P.O. and a large SAE to: **Marathon Office, Littles Lane, St Patricks, Wolverhampton, WV1 1JY.** Cheques made payable to Carver Wolverhampton Marathon.

## World Championships Quiz compiled by Ian Steedman

As the countdown to Gateshead begins, this set of questions is intended to refresh your memories of some of the people, events and places associated with the 12 previous WAVA Championships, which began in 1975. Answers on page 22

- 1] This year's biennial WAVA Championships will be the 13th. Can you name the venues of the other 12 in order?
- 2] In which cities, and the year, were the following stadia used for the championships? Slottskogsvallen; Paavo Nurmi Stadium; Haywood Field; Queen Elizabeth 11 Stadium; Etobicoke Centennial Stadium; Olympic Park.
- 3] Where were the championships officially opened by their Imperial Highnesses Prince and Princess?
- 4] At which venues were the decathlon, heptathlon and weight pentathlon officially recognised as WAVA championship events?

- 5] With six gold medallists, the 800m was Britain's most successful track event in 1997. Who were our two lap winners?
- 6] In only one event in 1997 did the British achieve a gold - silver - bronze medal result. Which event, and who were the athletes?
- 7] Can you name the three Britons who achieved a famous track 1-2-3 in 1989?
- 8] The only two world records set by Britons in 1995 were in the same discipline and at the same distance. Which event, and who were the athletes?
- 9] Four British hurdlers won gold in 1997. Can you name them and their events?
- 10] Which country has provided the overall marathon gold medallist the most times? How many times, and who were the athletes?
- 11] Still on the marathon, what have WAVA champions Pentti Torni [Finland], Takeshi So [Japan] and Francis Mukaka [South Af-

rica] in common?

- 12] Two New Zealand athletes between them won a total of 11 gold medals in running events in 1997 and one American excelled with 8 gold and 1 silver at the same championships. Who were they?
- 13] Which championship host city attracted the largest number of competitors? How many were there, to the nearest thousand: 9,000, 10,000 or 12,000?
- 14] Who is the only British veteran to have competed in all 12 championships?

### Copy Deadline

The next issue of V/A will be published in mid September. The deadline for copy is: Results: August 15th.

Round the regions notes: August 15th.

Advertisements: August 20th.

Other copy: August 20th

Results received will be published if possible, depending on space available. BVAF and international results will take precedence, followed by area results.

### Road Relay Championships

*continued from page 1*

Road Runners and Tipton, were within 47 seconds of Cambuslang at the finish.

It was Oxford City's domination of the M50 race that most resembled the 12 stage event. Just a few seconds off the lead at the end of the second stage, and with their three best runners going over the next three laps, there was no way they were going to be beaten. Roy Treadwell, Gareth Jones and John Exley opened a gap of four minutes in the middle of the race. Treadwell and Exley shared second best M50 time of the day [16:02] with Martyn Rouse [Invicta E.K]. It was the latter who had provided Charlie Dickinson [Belgrave] with the platform for a storming day's best 15:48 on the opening lap.

Perhaps Oxford's margin would have been less if Aldershot and Elswick [third and fourth last year] had bothered to turn up. As it was, the way was open for a weakened Bingley H and Poole Runners [the latter for the first time] to collect medals. Bingley were the most consistent squad, finishing sixth on the first leg, they were never lower than third.

Seventeen teams finished the three stage M60 race. In the early stages it appeared that Morpeth would hold on to the trophy that they won for the first time last year. However, Bernie Cordes could not do quite enough to build on the good work of Walter Ryder and Alan Oliver, as both Bingley and Havering saved their best until last. Fred Gibbs for winners Bingley, and Tim Pailthorpe for Havering, scythed through the stragglers in the M50 race in which their event was run. They gobbled up Morpeth and Wirral, who were also ahead at that point. Gibbs' 16:54 and Pailthorpe's 17:05 were the best of the day.

The inaugural M70 race, like the W55's, saw just one team finish. Local club Solihull took the M70's and Bromley Vets the W55's, but there are more out there. Could not the rules be relaxed, to see the area and other vet clubs putting in composite teams of second claim members in these age groups?

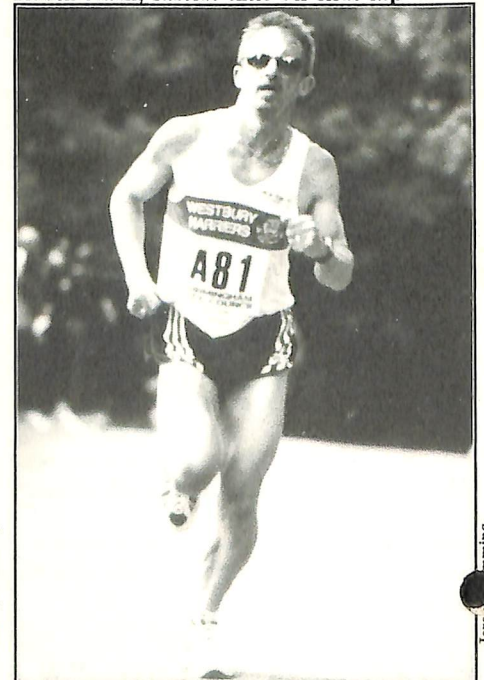
There was much Welsh celebration in the women's race, as Les Croupiers regained the trophy they first won at Sutton Park two years earlier. The casino backed club had been thwarted at Aldershot last year when "Wendy

Edwards' back went", said Edwina Turner, who advanced the Welsh cause from fourth to the gold medal position on the final leg.

Edwards had no such problem this time, as she moved the Welsh senior cross country champions up, before 46 year old Turner did the rest. Earlier, it had been another Welsh lass, Francis Gill, who had held off Danielle Sanderson [the Watford international marathoner] on the opening stage to win the leg in 16:52, the day's fastest.

Ann Ford, another from the marathon background, did the business for Redhill Road Runners in the W45 class when she stretched out in front for the midlanders on the final leg. Celia Duncan, of National vets cross champions City of Norwich, could only watch from a distance in amazement, as Ford clocked the best W45 time of the day [17:32], to take them to fourth overall and a near two minute age group victory. Duncan was second fastest in 18:20.

### Robin Nash, fastest time on first lap



Jeremy Hemming

Jeremy Hemming

First lap: Runners from Southampton, Bridgend, Harrow, Sunderland and Aldershot chase the leaders





# Slough

Borough Council

PRESENTS

## SLOUGH HALF MARATHON, WHEELCHAIR HALF MARATHON & FAMILY FUN RUN

incorporating SCVAC Half Marathon Championships & Grand Prix  
**SUNDAY 5th SEPTEMBER 1999**

UPTON COURT PARK, UPTON COURT ROAD, SLOUGH

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£50 - Third M & F in Half Marathon

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TEAM, VETERAN AWARDS, MEDAL FOR EVERY FINISHER:  
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# READING ATHLETIC CLUB

PRESENT

## 12TH VETERAN'S TRACK & FIELD OPEN MEETING

SUNDAY 3rd OCTOBER 1999 at PALMER PARK STADIUM, READING

Winner Medal each Age Group • First Class Stadium • Easy Access/Parking • Resurfaced Track

Events [Tick Box]

FIELD Minimum 4 Trials [depending on entry]

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 11:00 HT M      | <input type="checkbox"/> 13:00 JT W & M60+ | <input type="checkbox"/> 14:30 JT M40-59   |
| <input type="checkbox"/> 11:00 SP W      | <input type="checkbox"/> 13:00 HJ M & W    | <input type="checkbox"/> 15:00 TJ W        |
| <input type="checkbox"/> 12:00 PV M+W    | <input type="checkbox"/> 13:30 H W         | <input type="checkbox"/> 15:30 DT M40-59   |
| <input type="checkbox"/> 12:00 LJ W      | <input type="checkbox"/> 14:00 LJ M        | <input type="checkbox"/> 16:00 TJ M        |
| <input type="checkbox"/> 13:00 SP M40-59 | <input type="checkbox"/> 14:30 SP M60+     | <input type="checkbox"/> 16:00 DT W & M60+ |

TRACK

- |   |  |
|---|--|
| <input type="checkbox"/> 13:15 100m W, M    | <input type="checkbox"/> 15:20 400m W, M   |
| <input type="checkbox"/> 14:00 800m W, M    | <input type="checkbox"/> 15:45 1500m W & M |
| <input type="checkbox"/> 14:30 5000m W & M  | <input type="checkbox"/> 16:10 200m W, M   |
| <input type="checkbox"/> 14:55 Spr Hdl W, M |  |

I wish to be entered for the event[s] indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the BVA.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Post Code \_\_\_\_\_ Tel. No \_\_\_\_\_

Categories (please tick):

- M 40-44  45-49  50-54  55-59  60-64  65-69  70+   
F 35-39  40-44  45-49  50-54  55-59  60-64  65-69  70+

Entries to: Mr. D. Bradfield, 36, Blewbury Drive, Tilehurst, Reading, RG31 5HL

Entry Fees: £2.00 for each event (£3.00 on day, subject to availability). Cheques or Postal orders: Reading Athletic Club

Closing Date for Postal Entries: 23rd September 1999



**WORLD, EUROPEAN & BRITISH TRACK AND FIELD RECORDS**

<b>M85</b>	V.Colo 7.32	K.Kimura 7.18 V.Colo 7.65P B.Crane 5.51
<b>W35</b>	J.Brown 11.56	G.Chistyakova 14.02 Y.Gaon 13.16 P
<b>W40</b>	C.Filer 10.25	A.Wlodarczyk 12.07 A.Wlodarczyk 12.28 D.Desmier 11.23 D.Desmier 11.37P
<b>W45</b>	P.Oakes 9.83	A.Oolinata 11.98
<b>W50</b>	M.Simmonds 9.52	E.Springmann 10.08
<b>W55</b>	R.Chirimes 9.12	C.Schmalbruch 9.93 S.Peterson 8.73 S.Peterson 9.03
<b>W60</b>	C.Graham 8.40	C.Schmalbruch 10.03 E.Enarsson 7.92
<b>W65</b>	B.Steedman 6.95 M.Wixey 7.44 P	M.Partridge 7.18 M.Partridge 6.31 R.Frith 5.65 R.Frith 5.50
<b>W70</b>	M.Wixey 6.72	
<b>W75</b>	M.Wixey 5.93	
<b>W80</b>		
<b>W85</b>		
<b>High Jump</b>		
<b>M40</b>	G.Griffiths 1.86	I.Major 2.07 J.Barrineau 2.11
<b>M45</b>	S.Power 1.78	A.Pesonen 2.00 C.Rader 1.92
<b>M50</b>	S.Power 1.76	T.Zachariars 1.98 H.Wyatt 1.88 D.Wille 1.88 M.Zhmelnov 1.89P H.Wyatt 1.79 H.Mandl 1.70 J.Gilchrist 1.64 I.Hume 1.48 E.Kolhonen 1.44 I.Hume 1.24 E.Kolhonen 1.31 P V.Colo 1.02 D.Brill 1.88 C.Greiner 1.88 P C.Karg 1.72 P.Raschker 1.60 D.Brill 1.75 R.Vogel 1.53 C.Schmalbruch 1.38 R.Chirimes 1.30 K.McDaniels 1.27 G.Davidson 1.16 L.McDaniels 1.20P L.McDaniels 1.22P I.Samama 1.00 M.Hinton 1.01 S.Evans 0.89 Bowernmaster 0.90P
<b>M55</b>	S.Power 1.70	J.Hanus 1.83
<b>M60</b>	A.Bateaman 1.61	H.Mandl 1.70
<b>M65</b>	G.Leece 1.50	N-B.Nevrup 1.58
<b>M70</b>	G.Leece 1.36	N-B.Nevrup 1.50
<b>M75</b>	L.Williams 1.21	E.Kolhonen 1.44
<b>M80</b>	T.Rawlinson 1.06	E.Kolhonen 1.31
<b>W35</b>	J.Brown 1.72	Y.Panik'ovskikh 1.92
<b>W40</b>	D.Tyler 1.63	C.Karg 1.72
<b>W45</b>	J.Smallwood 1.55	A.Plischke 1.61
<b>W50</b>	D.Tyler 1.47	R.Vogel 1.53
<b>W55</b>	R.Chirimes 1.37	T.Tcheltchik 1.43
<b>W60</b>	R.Chirimes 1.30	C.Smallbruch 1.38
<b>W65</b>		E.Enarsson 1.25
<b>W70</b>	M.Wixey 0.98	K.Smidzina 1.08
<b>W75</b>	M.Wixey 0.91	B.Hielscher 1.03
<b>W80</b>		B.Hielscher 0.88 M.Sarvana 0.88 M.Sarvana 0.93P
<b>Pole Vault</b>		
<b>M40</b>	B.Hooper 4.87 B.Hooper 5.01 P	K.Isaksson 5.21 L.Jessee 5.50
<b>M45</b>	G.Sutton 4.40	W.Ritte 4.71 W.Ritte 4.72 H.Lagerqvist 4.40 D.Boray 4.50
<b>M50</b>	G.Sutton 4.15	H.Lagerqvist 4.26
<b>M55</b>	R.Brown 3.80	H.Lagerqvist 4.15
<b>M60</b>	R.Brown 3.65	H.Schmidt 3.90
<b>M65</b>	R.Brown 3.61	B.Morcom 3.77
<b>M70</b>	A.Woods 2.60	H.Schmidt 3.30
<b>M75</b>	A.Rawlinson 2.10	C.Johnston 2.90
<b>M80</b>	A.Rawlinson 2.00	C.Johnston 2.90 A.Pajunen 1.51 A.Pajunen 2.00 P A.Pajunen 2.00 P E.Hartigan 3.15 S.De Marco 3.36P C.Kelly 3.80P
<b>W35</b>	A.Davies 3.35	U.Makowicz 3.30
<b>W40</b>	J.Cunnane 3.20	M.C.Fabardine 3.20 M.C.Lejune 3.00 E.Hartigan 3.30P E.Hartigan 3.40P P.Raschker 3.38 P.McNab 2.90 J.McDonald 2.51 D.McLennan 2.10 L.McDaniels 2.04 J.Valien 1.62 L.McDaniels 2.00P L.McDaniels 2.10P L.McDaniels 2.16P M.Hinton 1.50P
<b>W45</b>	J.Stafford 2.30	U.Ritte 2.52
<b>W50</b>	P.McNab 2.90	P.McNab 2.90
<b>W55</b>		P.Pitkanen 2.20
<b>W60</b>		D.McLennan 2.10
<b>W65</b>		
<b>W70</b>		
<b>W75</b>		
<b>Shot</b>		
<b>M40</b>	S.Clarke 16.56 M.Edwards 17.61P	I.Ivancic 20.44 B.Oldfield 21.41
<b>M45</b>	S.Clarke 15.80	I.Ivancic 20.77 P.Cohnard 17.71
<b>M50</b>	N.Griffin 15.08	K.Liedtke 18.45 K.Liedtke 17.60
<b>M55</b>	J.Scott 13.35	K.Liedtke 17.50 K.Liedtke 17.50
<b>M60</b>	G.Hickey 13.46	P.Speckens 16.15 P.Speckens 16.01 K.Keshinin 16.46P
<b>M65</b>	G.Hickey 12.99	T.Wachenfeldt 14.43 T.Wachenfeldt 14.71
<b>M70</b>	J.Nesbitt 11.16	V.Elo 14.05 A.Gaynor 14.21P A.Gaynor 14.77P R.Carter 12.64 R.Carter 12.27 L.Ciccioni 8.49
<b>M75</b>	M.Cullen 10.13	E.Wiklund 12.85
<b>M80</b>	W.Baker 7.74	F.Meier 11.83
<b>M85</b>		L.Ciccioni 8.49 K.Lehtinen 8.51
<b>M100</b>		B.Crane 6.97 T.Lane 4.42 T.Lane 4.80 P B.Levinson 3.08P
<b>W35</b>	B.Bedford 16.15	H.Fibingerova 21.38 H.Fibingerova 21.42P S.Krathevskaya 21.42P

<b>W40</b>	B.Bedford 15.72	A.Ivanova 19.05
<b>W45</b>	R.Chirimes 11.25 J.Kerr 11.50 P	H.Parts 16.79 L.Bertimon 15.11
<b>W50</b>	E.Williams 13.22	S.Kofink 14.82 S.Kofink 14.47
<b>W60</b>	R.Chirimes 12.20	S.Kofink 13.20
<b>W65</b>	R.Chirimes 10.90 R.Chirimes 10.90	G.Zybina 10.90 G.Zybina 10.90
<b>W70</b>	M.Williams 7.01	H.Kiehr 8.52
<b>W75</b>	M.Williams 4.95	A.Binder 7.91
<b>W80</b>		B.Nylhed 7.27 I.Samama 7.38P M.Sarvana 5.91
<b>W85</b>	S.Packham 2.74	R.Frith 5.92
<b>W90</b>		M.Wlute 3.39*
<b>Discus</b>		
<b>M40</b>	P.Gordon 58.42	V.Lyakhov 65.40
<b>M45</b>	P.Gordon 54.20	K.Hjeltnes 62.52
<b>M50</b>	N.Griffin 51.49	K.Weiffenbach 68.40
<b>M55</b>	K.Macs'czyk 49.20	K.Liedtke 61.22
<b>M60</b>	K.Macs'czyk 53.42	P.Speckens 60.56
<b>M65</b>	K.Macs'czyk 55.64K	Maksimezyk 55.62
<b>M70</b>	R.Laidler 36.07	K.Jouppila 49.34
<b>M75</b>	M.Cullen 34.20	R.Gustavsson 43.90
<b>M80</b>	H.Karlsson 19.36	O.Renwall 37.86
<b>M85</b>		L.Ciccioni 27.12
<b>M90</b>		
<b>M95</b>		
<b>W35</b>	R.Payne 58.02	F.Melnik 69.60
<b>W40</b>	R.Chirimes 56.40	H.Parts 63.70
<b>W45</b>	R.Chirimes 44.26	H.Parts 59.30
<b>W50</b>	R.Chirimes 33.68	I.Miller 45.48
<b>W55</b>	R.Chirimes 40.86 R.Chirimes 41.40 P	T.Danilova 43.36 T.Danilova 43.36
<b>W60</b>	R.Chirimes 37.56	Z.Wissinger 38.64
<b>W65</b>	R.Chirimes 34.34	R.Chirimes 34.34
<b>W70</b>	M.Wixey 15.76	M.Hamm 25.97
<b>W75</b>	M.Wixey 11.78	A.Reile 22.44
<b>W80</b>	M.Williams 9.54	B.Nyhead 20.50
<b>W85</b>	S.Packham 5.80	I.Samama 13.80
<b>Javelin</b>		
<b>M40</b>	K.Taylor 64.36	J.Markus 78.84
<b>M45</b>	K.Turnbull 58.14	K-H.Janneck 66.52
<b>M50</b>	R.Bartlett 53.78	U.Wartburg 63.78
		T.Moorast 75.94 J.Markus 78.84 P T.Petranoff 76.20P M.Toivonen 63.40 K.Janneck 66.52 P L.Stuart 65.76

<b>M55</b>	R.Bartlett 51.58	J.Smiding 57.70
<b>M60</b>	J.Phillips 46.66	W.Kowalezyk 57.56
<b>M65</b>	D.Field 40.42	H.Noreborn 54.24
<b>M70</b>	H.Karlsson 32.14	H.Noreborn 49.20
<b>M75</b>	J.Geres 25.70	G.Schepe 40.88
<b>M80</b>	W.Baker 23.14	G.Schepe 36.50 G.Schepe 27.34
<b>M85</b>		
<b>M90</b>		
<b>M95</b>		
<b>W35</b>	T.Sanderson 65.18	T.Laakso 67.00
<b>W40</b>	T.Sanderson 64.06	T.Sanderson 64.06
<b>W45</b>	J.Lintem 40.32	A.Gerhards 47.74
<b>W50</b>	C.Graham 36.46	E.Ozolina 45.94
<b>W55</b>	E.Williams 39.52	G.Schonauer 46.08 G.Schonauer 47.84 G.Schonauer 41.28
<b>W60</b>	E.Williams 36.06	B.Kaliedine 34.49
<b>W65</b>	J.Ogden 32.20	
<b>W70</b>	J.Ogden 28.20	J.Gelbrich 28.20
<b>W75</b>	M.Wixey 11.50	J.Gelbrich 23.02
<b>W80</b>	M.Williams 9.36	J.Gelbrich 19.86
<b>W85</b>	S.Packham 4.40	I.Samama 13.74
<b>Hammer</b>		
<b>M40</b>	H.Payne 70.88	Y.Sedykh 75.66
<b>M45</b>	N.McDonald 56.22	S.Stiglic 62.86
<b>M50</b>	C.Melluish 54.51	H.Potsch 63.56
<b>M55</b>	W.Gentleman 51.82H	H.Potsch 63.70
<b>M60</b>	H.Payne 49.76	A.Lothie 60.22
<b>M65</b>	P.Barber 42.43	K-H.Wendel 53.32
<b>M70</b>	W.Kingsbury 35.38	P.Saankoski 50.72
<b>M75</b>	B.Metcalf 26.28	A.Miettinen 45.92
<b>M80</b>		A.Fleischhauer 36.76
<b>M85</b>		F.Bender 27.30
<b>M90</b>		
<b>W35</b>	I.Duffin 50.38	L.Karpova 61.68
<b>W40</b>	J.Cunnane 43.76	A.Bellanger 45.88
<b>W45</b>	P.McNab 40.84	A.Bellanger 45.76
<b>W50</b>	P.McNab 45.00	I.Faldager 51.53
<b>W55</b>	E.Williams 45.02	E.Williams 45.02
<b>W60</b>	E.Williams 40.13	J.Schaefer 46.04
<b>W65</b>	J.Ogden 29.52	J.Schaeffer 44.38
<b>W70</b>		I.Bellin 30.60
<b>W75</b>		I.Bellin 23.34
<b>W80</b>		A.Reile 20.04
<b>W85</b>		I.Samama 15.48
<b>W90</b>		I.Samama 14.40

**Centurion's Millennium**

The Centurions are approaching their own millenium! In the U.K. nearly 1000 Centurions have gone the distance since the club was formed in 1911. To qualify, you must walk 100 miles within 24 hours under race walking rules. The Centurions award each new member his or her unique number for life. There are also centurion groups in the Netherlands, Australia and the U.S.A. Qualifying walks are held annually in the U.K. Holland and Australia.

Centurions come to the event from various backgrounds. Not all come from racewalking by any means. Some are ultra distance runners who take part in events such as the London to Brighton, 100km and 24 hour races. Some are country walkers, e.g. members of the LDWA who take to the roads to fulfill an ambition of achieving Centurionhood. For some this is a one off experience. Some enjoy it so much that they return year after year for the Centurion race, and take part in other long distance racewalks such as the Dutch 100 miles, 100km and 50km events, the great Paris to Colmar walk across France and it's several qualifying races, and other walks in the U.K such as the 50 miles Manchester to Blackpool and the

Bradford 50km race.

The majority of centurions are veterans when they qualify. Veterans undoubtedly have the mental qualities for ultra distance sport, as well as the physical stamina to go the distance. Some Centurions are members of a club such as Surrey Walking Club, which has both country walks and racewalks in it's programme. The club has played a key role in promoting 100 miles races, including the historic "Brighton and back" series and, more recently, in Battersea Park.

The National 24 hours roadwalking championship and 100 miles qualifying event starting at 1.0pm is to be held on August 14-15 in Battersea Park, as a feature of Surrey Walking Club's programme of events to celebrate it's centenary in 1999. Details, Sandra Brown, address below.

A history and handbook of Centurions, packed with fascinating facts and amusing anecdotes of pedestrians past and present, is available from Sandra Brown, Little Gables, Battle Lane, Chew Magna, Somerset BS40 8PX, price £5 including postage and packing. Sandra will also supply details of Surrey Walking Club's Centenary events to any one who is interested [sac please].

## Potential Gateshead Medallists by Jack Fitzgerald

As information on entries for the World Veterans Championships at Gateshead is so far limited to a list, without age groups or events entered, it is possible at this stage to make only educated guesses regarding likely medallists.

The US Masters have hitherto been the strongest team in terms of medals, so their entry list contains impressive names such as world record holders W50 P.Rashker [100/200m], M40 B.Collins [200m], M50 K.Dennis [200m] and M40 S.Duckery [400mH & 110H]. Others include M40 T.Petrano [javelin], W60 I.Obrera [400m] and L.McDaniels, with her impressive combination of best ever W70 marks for high jump, pole vault and 300mH. L.Colbert, M60, also holds a prestigious 400m [56.58] US Masters record. In addition, there are four outstanding race walkers, D.De Noon [M55], L.Brubaker [W35], V.Herazo [W40] and B.Mimm [M70], the latter competed in the 1948 Olympics.

Canada has entered several fine performers, spearheaded by world record holders D.Brill, W45 High Jump, and Earl Fee, M65 800m. Graham Fell, the outstanding international s/chaser, a familiar name to British vets from his years in home competition, has also entered. From Australia comes M55 T.Roberts whose records include 800m and 1500m. Two ex record holders are also in the team. R.Austin, now M60, ran 22.14 for a M45 mark, and W55 H.Searle held W40 long jump record with 5.59m in 1989. W50 M.Thomas holds the javelin record and S.Brasher is credited with the W65 10,000m record. New Zealand sends R.Robertson, M55, who holds world records for 3000m s/chase and 5000m.

Germany have traditionally finished unofficial runners up in previous championships, although on home soil, Gt Britain will be hoping to reverse this. On the evidence of last year's European Championships this will be difficult, as over 50 of Germany's gold medallists from last year's European Championships have entered. The list is too long to include here but does include world record holders M55 K.Liedke [shot & discus], W75 P.Shneiderhahn and A.Reile, and European record holders U.Ritte [E45 pole vault], I.Meier [W50 100/200m], P.Speckens [M60 discus] and W.Kowalczyk [M60 javelin]. In addition, they have three more secret weapons. G.Mueller, M55 400mH world record holder and 100mH, M60 P.Mirkes, who holds the European 400m record and B.Neumann, whose European M65 records include 200m and 400m.

Holland's contenders who triumphed last year in Italy include T.Schenkells [W40 shot], J.Van Annholt [W50 discus], C.Roovers [W60 300m hurdles], A.Van Geel [M40 1500m], A.Heijdens [M5 5000m], G.Gentle [pent] and W.Scholtz [M50 200/400m]. Their team is augmented by two outstanding world record holders, M50 R.Mercelina [800m, 1:59.45] and S.Herlaar, the M65 1500m supremo [4:39.87].

Sweden send nine who won in Italy. J.Damgren [M45 javelin], H.Lagerquist [M55 pole vault], A.Sjokvest [M55 pent], N.Nevrup [M70 high jump], H.Noreborn [M70 javelin], A.Magnusson [M75 pent], T.Stale [M80 5000m & 10000m], A.Stale [M65 80m H] and N.Wedemo [W80 100m], plus European M50 javelin record holder [63.78m] U.Von Wartburg.

From Belgium are European champions M. Ketelslegers [W50 10000m], E.Graf [W55 long

& triple jumps], F.de Wolf [W55 5000m & 10000 walks], J.deWyngaert [M60 800m], R.Schoukers [M70 5000 & 20k walks], A.Osselaur [M80 marathon]. They will be joined by that great distance runner Omer Van Noten, many times winner of the Brugges G.P. France also have six European champions - L.Blanc [W40 5000m], G.Lazzarine [W45 400mH], A.Bellanger [W45 hammer], J.Sommier [W60 5 & 10k walks], S.Katona [M40 discus] and R.Chavignon [M45 shot].

Italy, host country for last year's European championships, provide six winners - C.Forcellini [W35 pole vault], M40 M.Petrungaro and M45 R.Cervi, both 20k walk, M.Cuder [M70 s/chase], B.Sobrero [M75 100/200/80mH] and G.Maribotti [M80 long jump]. Austria sends European champions H.Kreiner [M40 110mH], G.Werthner [M40 pent], E.Zenach [M75 high, long & triple jumps], G.Schoneur [W60 jav] and E.Gutsche [W70 marathon]. They are augmented by the outstanding M60 high jumper Horst Mandl, whose European record stands at 1.70m, and Hans Potech, world M60 hammer record [58.50m].

From Norway we welcome A.Trave [W40 10000m], H.Nygaard [M45 800/1500m], A.Lothe [M60 hammer], R.Jordell [M80 20k walk], A.Nylard [W65 400m] and N.Undersaker, a former holder of world s/chase records. Denmark's title holders include I.Jonson [W40 wt pent], I.Faldager [W50 hammer], F.Johanson [M50 pole vault], F.Rasmusson [M55 hammer] and A.Nielson [M80 pent].

Spain's famous five are O.Sarazu [W35 marathon], F.Perez [M45 5000m], P.Rodriguez [M40 steeplechase], M.Rosules [M60 marathon] and A.Joquinet [M65 100mH, long & triple jumps]. Next door neighbours Portugal provide four champions in A.Aldegalega [M60 10000m], P.Pinto [M60 triple jump], A.Gomez [M70 steeplechase] and M.Santos [W70 400m].

Switzerland also produce good champions and we are pleased to welcome C.Hodell [W35 hammer], C.Muller [W40 80mH], M.Dahler [W50 300mH, long jump & pent], E.Anderes [W50 shot] and F.Meier [M80 shot]. The Czech Republic's team include winners A.Janeckova [W50 steeplechase], F.Paoy [M45 walk] and J.Hanus [M55 jigh jump], while from Slovenia we welcome two steeplechase winners, W35 S.Poznic and W45 V.Vylostock. Poland and Ireland are represented by a brace of champions each. The former has two hammer title holders, M45 F.Koleynski and M75 J.Krawczyk. The Emerald Isle has A.King [M50 20k walk] and that great sports ambassador Dorothy McLennan [W60 pole vault].

Greece, Turkey, Lithuania and Estonia all have a European champion each, respectively Y.Manganas [M40 wt pent], H.Kaneydi [M65], B.Kalediene [W65 javelin] and N.Kutti [W75 discus & wt pent]. Another outstanding world champion to honour us with his presence is Ralph Romain from Trinidad, whose M60 400m time of 53.88 is one of the most astounding in the annals of athletics.

Finally, we come to the host country. The following all won their respective European championship events in 1998, and on that basis alone must be strong candidates for at least a place in the medals. W35 A. Fletcher [10000m], J.Brown [high jump and pentathlon]. She will be W40 at Gateshead]. W40

A.Mullinger [100m], C.Filer [long jump]. W45 J.Saunders [400m], N.Hitchmough [1500m], J.Heffernan [10000m]. W50 Y.Priestman [400m], P.Gallagher [800/1500 & 5000m], A.Lewis [400m & 10k walks]. W60 D.Fraser [400m], E.Williams [shot, hammer, wt. pent]. W70 A.Von Bismarck [5k & 10k walks]

M40 A.Harrison [400m], H.Moscrop [400mH] M45 S.Peters [100/200/400m], R.Stevenson [400mH], P.Gordon [discus] M50 L.Duffy [800m], N.Griffin [discus], R.Care [5k walk]. M55 J.Henson [200/400m], R.Phipps [800/1500m]. B.Ferguson [100mH]. M60 S.James [1500/5000m], J.Ross [pent], M65 C.Williams 100/200m], A.Blackman [400m], M.Fox [800m], P.Field [300mH], R.Brown [pole vault]. M70 A.Meddings [100/200m].

Apart from Fletcher, Heffernan, Gallagher and James, readers will notice an absence of gold medallists at 5000m, Britain's strongest discipline in the past. However, on paper at least, it appears that we could remedy this situation at Gateshead. Keith Anderson, a fugitive from fell running, has surprised many since joining the hallowed ranks of veterans by representing Britain at senior level recently. He should spearhead an M40 cross country squad which could include former National cross country champion J.Goater, R.Nash, B.Foster, M.Girvan and possibly Olympic silver medallist Mike McLeod.

Nigel Gates, the British M40 10000m record holder will be contesting the M45 group, while further up the age scale Nick Rose will be trying to prove that he has not completely lost the edge. D.Faircloth, who finished a close 4th in the 1969 Commonwealth marathon will be putting back the clock to compete in the M50 group. On the distaff side, Debbie Percival, the first W35 in the London marathon, will be making her veteran debut, with backing from quality runners like J.Moorekite, Z.Marchant, B.Cardly-Wise and D.Underwood. Race walkers also have great credentials on these occasions and our hopes will rest on new M40 champions C.Maddocks and N.Carmody, ex internationals R.Dobson and R.Mills and M60's B.Gore and C.Young.

Among our top middle distance prospects is Peter Browne, M40 world record holder not contesting M50. Other world record holders entered are T.Borthwick [W65 800m], steeplechasers T.Colebrook and V.Boden, C.Oxton [800/1500m], and P.Molloy [M45 1500m]. Former sub four minute miler W.Wilkinson is now competing with distinction in M50 group. Among our newer middle distance stars are V.Mitchell, the W35 European Indoor winner at 400m, British Indoor 35 800m champion H.Daniels and highly talented Dave Wilcock.

Hurdlers who, no doubt, will give a good account of themselves are M.Coker, Marjorie Hocknell, Jean Hulls, Tony Wells, Jos Harwood and Les Williams. Sprinters with outstanding credentials are European Indoor champion Kevin Burgess, Maureen Lewington, Viv Bonner, and former WAVA multi gold medallist Una Gore, now in W60 group.

Top British jumpers entered include W40 world pole vault record holder J.Cunnane and M55 triple jumper S.Power. Throwers are headed by new vet and international shot putter Paul Edwards, W65 record holder R.Chimes and W50 hammer silver medallist in Italy L.Shrosbee. Finally, Sharon Gibson, probably the third best British javelin thrower after T.Sanderson and F.Whitbread, has just joined the veteran ranks and will be taking part.

## Road Championship Proposal

I will be putting the following proposals to membership at the AGM on July 17.

Proposal One: [Foreword] When the Inter Area 10k takes place it is usually a competitive, high quality event, easily as good as the National 10k. Last year and the previous year, it sadly fell short of the mark, due to low key organisation, poor choice of date, etc. The National 10k is also falling short of the mark. Being incorporated in an open event, it does not always suit many athletes, due to geographical venue, nature of race chosen, etc. We [the BVAF] struggle to make any income from it. Put the two together and we would have the finest veteran 10k in the country. This could be an exciting prospect and an attractive event for future sponsorship. At present, the Inter Area 10k is usually run by EVAA or MVAC or WVAA, etc, which means that all income goes to veterans. The National 10k, usually organised by an outside club, means that only 30%, at most, goes to veterans.

Proposal: I propose that, as from the year 2000, the two events are amalgamated and organised in the Areas on a North / South/ Central rotation, to get the best possible return from the event by way of performance, publicity and finance.

Note: North would comprise NVAC, NEVAC, SVHC, NIRVAC, IOMVAC

South would be SWVAC, SCVAC, VAC

Central would be EVAC, MVAC, WVAA

Proposal Two: [Foreword] BVAF road events are mainly organised by non BVAF organisers, in other words, open races that host our events.

Three years ago the BVAF implemented a policy of agreements with race organisers to ensure that some income was procured from these events for the BVAF. This has worked reasonably well, with BVAF realising approx. 25% of the entry monies from Championship events. In reality, this is a low return from a National Championship.

If the Area clubs were to take on the responsibility of organising such events, the benefit to veteran athletes would be far greater. An Area Club, being part of the BVAF, shares all expenses of the event with BVAF and profits/losses are then split 50-50 between the Area and the BVAF. I would like to see this concept go one stage further and encompass the growing interest and ability of veteran athletes with reward for outstanding performance. This will encourage veterans to participate in veteran championships and help give [athletes and BVAF] the kudos that being a focus of athletic excellence should give. This would also increase the potential of media and sponsorship interest in veteran championships.

Proposal: I propose that all future BVAF Road Championships are organised by the Area Clubs on a North / South / Central rotation and that the profit should be split into the following three sections. 1] One third to the organising area. 2] one third to BVAF 3] One third to an athletes prize fund, to be managed by the BVAF, for incentive awards for performances of excellence. I would suggest financial prizes for these performances be awarded to: 1] The first male and female competitors the cross the

line, regardless of age. 2] The Clubs with first team in each of the age group races.

**Peter Duhig, BVAF Road Secretary**

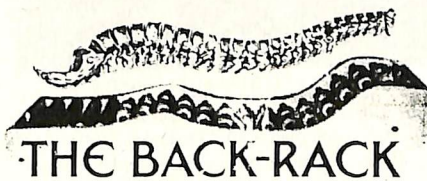
## Campaign To Restore Vets Voice

Most readers will by now be aware that Athletics Weekly have scrapped the Vets Voice page, the weekly feature edited by Martin Duff. This was useful and interesting and helped to keep veterans up to date with news and fixtures and was particularly useful to veterans in between the quarterly issues of this magazine.

Martin Duff points out that he will still be writing news items and articles and sending them in to Athletics Weekly, but they will have to compete with all other news. Based on the few items concerning veterans which have been printed in AW over the last few weeks, opinion must be that there will be no contest.

It is, of course, almost impossible for most vet's stories and information to compete as news and so Alastair Aitken has launched a campaign to get "Vets Voice" restored as a separate feature. Readers can help by writing and protesting to Athletics Weekly. With a circulation of about 12,000, not much larger than this magazine, the editorial board of Athletics Weekly must take notice if large numbers of veterans complain. Letters should be sent to Athletics Weekly, 13 Cavell Court, Lincoln Road, Peterborough, PE1 2RJ

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#### NOTES

1. Chronic is defined as suffering from the same complaint for a period of more than 3 consecutive months. 2. Disability can be caused by a hereditary defect, accidental damage, age or lifestyle. 3. If you have a pre-existing medical condition, you should consult your doctor before using the Back-Pack.

[UK and Worldwide patents pending. Patent application number 972670.4]

Mr. Lucklinski is well known to many BVAF members. He has been very successful in BVAF Championships in recent years, winning medals in the Decathlon and also in the individual hurdles, high jump and pole vault.

## Around the Regions

### NORTHERN

At Stockton Heath on Feb. 7 the monthly run took place over 10kms of roads and park path. It was dry, cold and sunny and the older age groups dominated the sharp end of the field. M50 Robbie McGall gained his first victory in a monthly run, comfortably beating his Altrincham clubmate Ken Burgess [M55], with M50 James Beesley 75 seconds adrift. Brian Gore [Wigan] regained his best form to win the handicap. W55 Margaret Bradshaw led home the ladies, in a disappointing turn out, in 45:54, from Sale's Pam Golder [W50]. Thanks are due to Les Vaughan-Hodkinson for organising a hiccup free day.

On a wild, windy and wet Feb. 21 at Ashton, every one deserved a medal for turning out, whether as a marshal or as a competitor, especially Race Director Martin McGann. From 8.am until 6.0pm, with some help from E. Cheshire H. members, he laid out, tended and dismantled the markings on a quagmire of a course. In the racing only the strongest prevailed, as Neil Robson [Bingley] won his second championship from Tony Hesketh [Horwich], and also led his club to victory over Altrincham in the M50 category. John Davies [Newcastle - Lyme] had an excellent return to form in getting the better of the rarely seen Harvey Gott in the M55's. The stupendous Steve James was fifth overall, over two and a half minutes ahead of Fred Gibbs, no mean performer, in the M60 group. Recent convert to the M65's Les V-Hodkinson, won a close battle with the evergreen Gerry Spink. In the women's event, Lynne Marr was the outstanding runner, finishing in 48:39.

The M40 and M45 groups had to endure the worst of the weather, including a vicious hail storm towards the finish. Rotherham's Paul Venables repeated last year's win on this course, beating the favoured Mike Girvan, with Morpeth's Archie Jenkins having the run of the day to take M45 gold, only 5 secs behind Girvan.

Yet another wet and windy day at Ashton on March 7 saw a small friendly field of 40 take to the roads again. The conditions slowed times, and only two runners averaged faster than six minute miling for the 10km. Geoff Rawlinson went straight to the front and stayed there, to beat local Dave Mellor by over a minute in 35:59. Trevor Carson ran well on his home course to win the M50's, whilst Peter O'Hare's good run was rewarded by a bottle of wine as 2nd M40. Further down the field, Joyce Gent got back to winning ways at W55 in 51:16. The first woman was Ros Dunnington, who is running into a rich vein of form. Her time of 41:10 gave her 15th place overall, excellent in the conditions.

Awaiting the start of the Rochdale 20 on March 21 was like being on the "blasted heath", as the wind howled and rain hammered down. Of the 36 NVAC members who entered for our longest championship event, 32 started and finished, an excellent feat. The course had been altered from 2 x 10 mile laps to 1 x 4.2 miles plus 3 x 5.2 miles, with the finish by the duck pond in Springfield Park. Part of the first lap was off road on a stony, slippery path for about one km, which no one enjoyed. The two Alans, Clarkson and Bowers, took pride of place at the head of the field and on this day of slow times, were the only ones inside two hours.

Eric Wilson [Blackburn] had an inspired run to beat Middleton's John Reilly by 17 seconds. In the M65's, Leigh's Chris Hallinan had an excellent warm up for his trip to the Boston Marathon, winning his group by almost 17 minutes. The top female run came from Knavesmire Harrier Beverley Hodgson, 85th overall in 2:33.15. The oldest finisher was M75 Ted Joynson [Gateshead] who finished in 3:42.12. **Derek Walton**

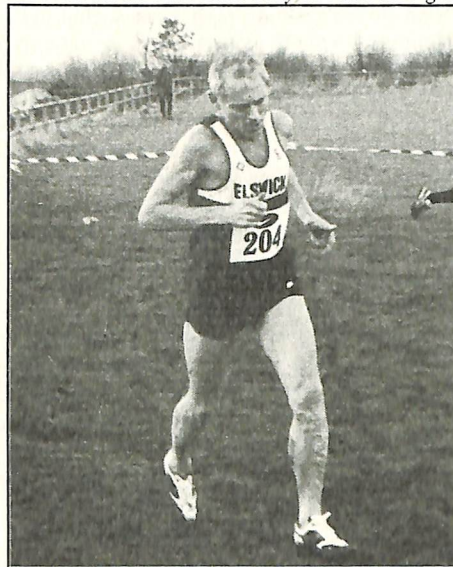
### NORTH EASTERN

NEVAC again held their cross country championships at Rosehill, Wallsend, on Feb. 20. Although pre entries were near normal, the numbers competing were disappointing. It was a cold, windy day, but it stayed dry and the course was the best it had ever been. The council had recently constructed a three foot, two pole fence across the course but it was no obstacle to former BVAF champion Sheila Allen, who was a convincing winner of the first 6km race from BVAF W35 champion Lynne Marr. Making first appearances in the cham-

pionships. Dawn Elliott took W35 silver and Rebecca Adams took the bronze. International Val Hancock won W55 gold and finished fourth overall! Second W40 Maureen Dodsworth, Christine Heslop and W40 winner Sheila Allen won team gold from Elswick. Eileen Armstrong, W60, won her category in an excellent 10th overall, leaving many younger competitors in her wake.

Also run over 6km, the over 65 men's race was won by Bob Peart, now M70. Second was M65 Billy McNeill, with track specialist Barry Parnaby taking M65 silver and Mike Hall in third. Fresh from his European and World successes, James Johnston took M75 gold from Gateshead's very own Ted Joynson.

The second race of the day, over 10.2km, saw the return to M50 gold of Elswick's Harry Matthews, back in superb form. Defending champion and team mate Jimmy Bell, the BVAF half marathon champion, had to settle for silver, with in form Peter Kelly making it 1-2-3 for the Elswick team. They also had M55 gold



Les Routledge

### Colin Bolton, NEVAC M55 cross country title

as Colin Bolton went one better than last year. Tenth overall in the combined M50-64 race was M60 winner Walter Ryder, with club mate Bernie Cordes 2nd, just 15 secs ahead of great rival Ian Barnes from Darlington.

Making his club debut, Sunderland's M40 Ian Haggan won the main event in a fantastic time, given the windy conditions, of 33:15. Never far behind, also in brilliant form, was former winner and defending M45 champion Archie Jenkins. Second in last year's event, and 3rd this year, was Peter McDaid, competing as a guest, having missed the closing date. Peter Saint was 4th, taking M40 silver from Wallsend team mate Paul Merrison. In 2nd M45 place was Cumbrian Ron Fletcher with Morpeth's Chris Dentice 3rd. Sunderland, by a mere two places, won team gold from 1998 champions Morpeth. Tynedale H were a well deserved third.

The North East is booming in veteran athletics, on the roads and in track & field, so let us hope for a larger turn out in next year's events. Although event organiser George Routledge is no longer the NEVAC secretary, the championships may still be on the same course next year, but we are open to offers! **George Routledge**

### EASTERN

The sixth running of the EVAC Road Relays on April 25 proved to be the best supported yet, with 15 clubs taking part fielding 32 teams. For the first five years it has been difficult to get more than one women's team to take part. This year there were 10 teams finishing! There were in fact well over 100 runners taking part when counting the mixed and incomplete teams.

Nene Valley H. as has become their habit over the last three years, were clear winners of the four stage over 40's race, and this time the three stage over 50's men's competition as well. They led from the second leg. Brewster [Huntingdon] had a clear lead on the first leg, thus denying them the lead from start to finish. Chris Clarke just managed to pip him by one second for the fastest time of the day.

In the over 50's, Giorgio Garafolo, running for a mixed Bedford & C. team, came from 23rd to 13th to

clock the fastest of the day in this age group. City of Norwich A.C. were also clear winners of the women's three stage event. Celia Duncan and Diane Marsh had two of the three fastest times, but were unable to beat Joan Lazenby, who has recently joined Cambridge A.C. and who in turn was unable to beat the course record of 11:49. Thanks must go to Tony Churchill for allowing us to use the facilities at the Conference Centre, and to those members of Cambridge and Coleridge AC who marshalled the course. The AGM followed the presentation of medals to the winning teams. **Peter Chaplin**

### ISLE OF MAN

Top honours in this issue must go to Alan Connor, who won the BVAF M55 Indoor 200m title in Birmingham. Third fastest in his heat, Alan pulled out all the stops in the final to win in a Manx record of 25.73. He then travelled to Malmö, where he improved the record again to 25.69, finishing 5th overall. He showed his versatility by running the 400m, again producing a PB and taking silver in 57.04. He then added a second silver when running for the GB team in the 4x200m relay. Congratulations go to Alan, and we hope he can keep it together for the World Champs in Gateshead.

Our first major races of the year were the Manx Airlines sponsored half marathon run and 20k walk in Douglas on Feb. 27. The 20k and 10k walks started the racing, with 25 competitors braving the windy conditions. After 12.5 laps the first vet man home was Mike Holgate in 59:46, with Jackie Bairstow close behind in 60:02 to take the first W40 prize. Next came the ever improving Val Kneale, W50, in 66:48, shadowed by the evergreen Brian Brough, M60, in 67:32. Others in action were M60 Dennis Quaggin [67:47], M65 John Lelan [69:27] and W55 Brenda Charlton [73:48].

Guest runners and seniors ran away with the main honours in the half marathon. M40 went to Murray Lambden in 77:38, a clear 2:30 ahead of Terry Bates, M45 winner. A late run by Alan Postlethwaite saw him win comfortably in 80:25, with John Grady having a steady run to take M55 [88:24]. The 2nd M45 was Mike Gellion [81:12], followed by club mate and 3rd M45 Phil Motley [81:54]. Runner up M40 Alan Bagley, completed the 26.5 laps in 85:42. 3rd place going to Dave Ronan [86:33]. The ladies were represented by Marie Noon, who won W35 in 87:33, ahead of Lorraine Stignant who, despite suffering a bad asthma attack, still finished in a well paced 106:34. The most unfortunate runner of the day was I.O.M. Marathon organiser Peter Cooper who, due to a mix up in lap counting, had to finish twice, but still managed to run a PB of 86:41. If any one deserved two medals, it was Peter!

More of our members are taking to the hills! The club is well represented in local fell races, with Dave Yound [M50] regularly taking the super vet category prizes. Also prominent are Roger Moughtin, who always produces a strong run. Alan Bagley, who has perfected the steady but sure approach to such great effect and Robbie Callister, who has developed the down hill flying technique to perfection. Dave and Alan were both involved in the recent Manx Mountain Marathon, a 31 miles run across the backbone of the Island from Ramsey to Port Erin. Dave again took the super vet title in a time of 6:34.48 and Alan just behind in 6:35.13. The beautiful scenery of the Island certainly makes this side of athletics enjoyable even when negotiating bog and competing in mist and rain. Well done every one! Just go out there and do it! **Terry Bates**

### WELSH

Welsh Veterans Athletics is paying tribute to Sean Power. His performances at BVAF Indoor are well documented. A world record in the triple jump and a British record in the high jump - a remarkable feat as a few days before he was ill and was doubtful he would compete. He inspired a group of Welsh vets to return with medals. Glyn Sutton, competing at M60 for the first time, won the shot, with Brian Webb 3rd. John Howe, M55, finished 2nd in both pole vault and 60m, and Tom Thompson [Brecon] was 2nd in M45 pole vault.

The women's standard bearer was Margaret Nuttall [Brecon]. She won W50 golds at triple and long jumps and was 2nd at 60m. Mary Webb had a W60 bronze at 200m, W45 Janet Beese [Newport] won the shot and W60 Averil Williams 2nd in the shot.



The WVA 10k Road Champs were incorporated in the Alberto Cova 10k at Swansea in April. Mick McGeoch [Les Croupiers] won the M40, followed by Roberts [Bridgend] and J.Rees [Neath]. M.Rees [Neath] took the M45 title, with J.Collins [Swansea] in 2nd. E.Davies [Cardiff] won the M55's and secretary Jon Kirstin won the M60 title. Bernadette Walters [W35] was the first woman, with A.Richards [Cardiff] in 2nd. Cardiff duo J.Bragg and Francis Williams finished 1-2 in the W40's. J.Lovell [Neath] won W45, with Sheila Adkins leading the way at W50. Our outgoing president Myfanwy Loudon won the W60 title.

There will be a strong presence of Welsh vets at Edinburgh and at Gateshead and we look forward to seeing our friends in veteran athletics. **Mary Webb**

#### SOUTHERN

**SCVAC:** The third race of 1999 to qualify for the "Grand Prix" series was the 10k road, held with Blackheath H "Ted Pepper Memorial Race" at Beckenham. Due to road works, the course was slightly longer which, although affecting event records, did not alter the age graded performances which determine the G.P.points. The club's cross country champion, Mark Watling of the organising club, was again in the frame in the open race, gaining 3rd place and 1st M40 with 34:13. Second M40 Bernard Hutchinson ran well to place 5th overall, 13 seconds slower. Steve Smythe completed the M40 placings, just ahead of 1st M50 Owen Phipps, who was a minute ahead of his Ilford team mate Martin Clarke, the 1st M45. Stuart Nice of Medway was 2nd M45, 26 seconds ahead of 1st M55 Robin Dickson [38:18]. Once again Steve Charlton, at 72, was the best of the older fellows with 40:49, and it was good to see Denis [Lofty] Holden pick up the gold medal. Denis is on record as being one of the select few who have won both the South of the Thames Senior and Junior cross country championships in the same season, before suffering ill health, which limited his international career. Again the Club female turn out was disappointing. Pam Jones, 62, was again the star with a W60 overall win by 83 seconds over legendary Joyce Smith. New W40 Cath Messent and old faithfuls Bridget Cushen and Betty Norrish were the other gold medalists, but come on, ladies, let us see more of you at the Slough Half Marathon on Sept.5, the next of the G.P. series. Pam Jones, of course, retained her 100% record in the age gradings with her third successive 40 points total. The only hitherto 100 per center was 52 year old Phipps, who, on this occasion dropped a point to superset Steve Charlton, who again topped the 90% barrier with 91:58. With two of the Southern track & field fixtures already held, interest has been aroused among the older age groups with one track and one field event allocated to the over 60's in each fixture for additional points. I was even persuaded to run my first 1500m for 36 years in the first and my first 200m ever in the 2nd. I decline to publish the respective times. **Jack Fitzgerald**

**VAC:** A large increase in membership has been attributed to the World Games and to Brugges, but only a few of these have come into competition as yet. We would exhort any of the new members reading this to come along and get the benefit of competing against their veteran peers and put final shape on their training. If you want it high level, it will be ready to go. If you need it easy, there will be space. If you do not have a clue where you are at, you may find out if you come to Battersea Park with the VAC. It also applies to guest vets who are in the capital.

At VAC, track sprinters have been in sharp form. David Elderfield recorded 11.5 in the well competed April meet. Women won two races, Dina Francis in 100m and Suzanne McGladdery, who has distance form, appropriately in a 300m. A complete novice in the person of John Lock, who found a race with Charlie Manning, took the plunge. David Curzon was prominent again ahead of Cathy Thomas at the new April date. She clocked 13.8 and 28.0 and also had success at 400m in the South East Inter Counties Women Vets.

Surrey set the pace in this match at Kingsmeadow, but the Kent ladies overtook Hampshire for second with a late surge. In the club, older sprinters led by Terry Bissett, demonstrated consistency, with such as Michael Martineau, Cliff Taylor and David Barrington setting the challenges. The Surrey County Vets T & F had more runners than the senior county champs had this year in some events, and marked it's fifth year by acknowledging 28 CBP's.

VAC road racing had the prospect of moving round Battersea Park to avoid the new track construction. Numbers suffered, but iron man John Rye doubled the two races to date with a 27:20, the best time for two years. Second in the table was fluent M50 Liam O'Hare, with 29:28. Battersea specialist Dennis Williams, in form after a 2:51 London, kept it going, while the next name in 50's was a new one Derek Wardle.

Recent entrants running the park included fifth placer Edward Fitzmaurice, Davoid Pierson of Medway, Jeff Prestridge of the home club, and Ted Baker from Reigate Priory, who headed the 60's. New signer William Gristwood was fastest member in the London, recorded at 2:27.58. **Jeremy Hemming**

### Book Review: All In My Stride

From Changi to World Champion by Richard Harris. This is the story of that phenomenal veteran runner John Gilmour. I have not read a more interesting account of any one's experiences as a prisoner of war in Japan - the will to survive, the camaraderie between the Australian prisoners, the understanding of the mentality of the guards and Gilmour's belief that he would make it and race again.

After the war, despite ill health due to malnutrition and beatings as a prisoner, Gilmour went on to achieve his ambitions of winning Australian titles. He then became a respected coach, before venturing into veteran athletics. Since then, over a span of 25 years, he has bettered world age groups performances for every distance from 800m to the marathon. In the WAVA Championships at Hanover in 1977 he won the M60 800m, 1500m, 500m, 10000m [all in record times] and then went on to win the marathon.

Gilmour's start in life was not easy. Born in 1919 in Scotland, his family were part of the white dream of the 1920's - the Group Settlement Scheme in Australia, which meant being on the poverty line during the depression. The book describes their early struggles, Gilmour's terrible experiences during the war, and his fight to regain fitness and win. John Gilmour will be 80 this year, and is still running.

This is not just a book for the athletics

monomaniac. It is also a book for those who wish to be inspired by a good read and to encourage those who wish to enjoy running into old age.

All In My Stride has 204 pages and sells at \$A20 [with post and packing \$A30.95 in the U.K] direct from John Gilmour [an autographed copy] at 5, Rae Place, Leeming 6149 WA, Australia, or from the publisher, Hesperian Press, PO Box 317, Victoria Park, WA 6979, Australia. **Alastair Aitken**

### New NEVAC Officers

NEVAC General Secretary George Routledge stepped down at the Annual General Meeting and retired from the post that he had so successfully occupied for more than eight years. His outstanding work was acknowledged at the meeting. The measure of the enormous amount of work he did for NEVAC became evident when it was decided that it would be necessary to split up his former duties and distribute them among five new officers.

The shared responsibilities will be carried out by:

General secretary: Harry Mathews

Ass. Secretary - Membership: Val Hancock/ Bill McNeil

Ass. Secretary - Newsletter: Dave Pearson

Ass. Secretary - Registration/Results: Geoff Wood/R. Balding

Ass. Secretary - Entries/Programme: Phil Pye

Ass. Secretary - Fixtures/Records: Denis Field

Ass. Secretary - Comp. Organisation: Denis Field

**Harry Mathews**

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**NB: Bill Bennett is a former 4mins 7secs miler and is a Vice-President of the British Milers Club; he is also a member of the Welsh Veterans No. 144!**

#### Athletes quotes;

The knee injury cleared in a few weeks - SN - Kings Lynn  
Tendons better - knee much improved - SH - York  
Ankle pain eased in days - GB (3rd Euro.Vets 800)-Cams.  
Circulation improved within days! - NW - Swindon  
Achilles eventually improved - top 100 female-RH-Worcester  
Eczema completely cleared! - 65 yrs old TW-Sutton Coldfield  
Much more energy - FF (Mrs)-Caithness  
My sciatica is 80% better!-MT-Dagenham  
It cleared my back problem - GC (Mrs)-Grantham

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# RESULTS • RESULTS • RESULTS •

## BVAF Cross Country Champs, Norwich, 27/3/99

**M40:** 1 D.Neill 34:30, 2 W.Foster 34:42, 3 P.McDavid 35:23, 4 A.Rowe 35:29, 5 A.Wetherill 35:53, 6 P.Merrison 36:07, 7 P.Saint 36:09, 8 J.Kilsby 36:17, 9 S.May 36:22, 10 R.Kindersley 36:23, 11 P.Venables 36:26, 12 D.Dymond 36:31, 13 N.Arnold 36:38, 14 D.Walsh 36:44, 15 L.Brookman 36:46, 16 T.Pamphilon 36:46, 17 P.Roberts 36:42, 18 N.Miller 36:45, 19 P.Chase 37:02, 20 M.Barnsdale 37:03, 21 G.Harvey 37:05, 22 G.Ratcliffe 37:08, 23 C.Clark 37:24, 24 S.Davies 37:24, 25 R.Holland 37:32, 26 W.Rick 37:36, 27 R.Williams 37:37, 28 A.Normandale 37:40, 29 R.Rubery 37:46, 30 A.Martins 37:48, 31 M.Shields 37:48, 32 M.Watling 37:53, 33 S.Elvidge 37:55, 34 N.Allison 37:56, 35 P.Thompson 38:00, 36 R.Stanier 38:09, 37 A.Chell 38:10, 38 G.Rawlinson 38:11, 39 A.Girling 38:14, 40 S.Smythe 38:42, 41 N.Watkin 38:23, 42 T.Soutar 38:43, 43 M.Eustace 38:50, 44 K.McLellan 38:57, 45 S.Huntington 39:04, 46 T.McPhail 39:09, 47 C.Purse 39:11, 48 G.Coulam 39:14, 49 D.Hassall 39:21, 50 C.Keen 39:37, 51 T.McCarthy 39:40, 52 A.Lawes 39:41, 53 P.Bevilaqua 39:4, 54 J.Harding 39:49, 55 C.Speight 39:56, 56 P.Barlow 39:58, 57 W.Surman 40:01, 58 I.Redford 40:05, 59 M.Jones 40:26, 60 M.Ede 40:50, 61 R.Lindsay 40:57, 62 S.Allen 41:01, 63 K.Power 41:06, 64 H.Knowles 41:08, 65 C.Edgington 41:13, 66 V.Johnston 41:48, 67 N.Goodwin 41:50, 68 D.Pring 41:55, 69 M.Branford 41:59, 70 R.Goad 42:10, 71 P.Bower 42:11, 72 B.Thorpe 42:15, 73 A.Cattell 42:31, 74 R.Benjamin 44:19, 75 M.Chaplin 44:24, 76 F.Robinson 44:23, 77 P.Finnage 44:42, 78 G.Kent 44:43, 79 A.Austin 45:21, 80 R.Pick 45:41, 81 D.Mail 47:17, 82 M.French 48:12, 83 G.Malcolm 54:11

**M45:** 1 N.Gates 34:22, 2 M.Girvan 34:59, 3 M.Hager 35:49, 4 B.Ford 36:35, 5 A.Jenkins 36:57, 6 S.Owen 36:58, 7 R.Hunt 37:15, 8 M.Pigott 37:17, 9 T.Seakins 37:20, 10 D.Wilcock 37:27, 11 D.Wheeler 38:16, 12 P.Keen 38:19, 13 R.Grant 38:30, 14 A.Newman 39:33, 15 R.Hill 40:08, 16 P.Johnson 40:13, 17 D.Michael 40:20, 18 S.Nice 40:54, 19 P.Finn 41:09, 20 P.Duhig 41:17, 21 D.Kelleher 41:27, 22 M.Lindsay 41:39, 23 H.Holmes 41:46, 24 P.Harris 41:58, 25 M.Collins 42:02, 26 S.Bell 42:20, 27 P.Dancer 43:01, 28 T.Hudson 43:03, 29 G.Thomas 43:05, 30 K.Youngs 43:29, 31 D.Jackson 43:46, 32 J.Dowsett 43:46, 33 J.Russell 43:58, 34 C.Gilbert 44:04, 35 N.Poppleton 44:29, 36 N.Hollier 45:11, 37 C.Stebbins 45:25, 38 M.Johnson 46:32, 39 P.Hewitt 46:48, 40 J.O'Leary 47:05, 41 J.Hurford 47:21, 42 K.Dillon 50:54

**M50:** 1 H.Matthews 37:04, 2 J.Bell 37:11, 3 J.Willoughby 37:17, 4 N.Fairbrass 37:26, 5 T.Hesketh 37:30, 6 C.Dickinson 37:31, 7 J.Exley 37:33, 8 N.Robson 37:39, 9 G.Wootton 37:58, 10 P.Probin 38:26, 11 R.Chapman 38:43, 12 P.Kelly 39:00, 13 L.O'Hare 39:28, 14 B.Hilton 39:35, 15 M.Welland 39:39, 16 P.Binus 39:34, 17 R.Crutland 39:39, 18 M.Powell 39:55, 19 M.Rouse 40:02, 20 R.Treadwell 40:08, 21 M.Smedley 40:30, 22 S.Herrington 40:37, 23 T.Edge 41:04, 24 D.Nankivell 41:08, 25 B.Tate 41:19, 26 R.Black 41:19, 27 R.Parker 41:39, 28 T.Culshaw 41:48, 29 J.Shirley 41:12, 30 K.Temperton 42:16, 31 M.Spragg 42:19, 32 D.Christopher 42:23, 33 K.Horn 42:27, 34 W.Russell 42:36, 35 A.Holland 42:51, 36 A.Harvey 42:56, 37 J.Gabriel 43:03, 38 A.Stedman 43:09, 39 R.Pike 43:17, 40 R.Green 44:10, 41 R.Webb 45:33, 42 M.Braddbrook 46:08, 43 B.Thompson 46:10, 44 R.Kebbell 47:00, 45 L.Cousins 48:18, 46 K.Haddock 52:26, 47 L.Mathieson 53:58

**M55:** 1 G.Patton 39:10, 2 M.Ford 39:10, 3 C.Elson 39:36, 4 L.Haynes 39:51, 5 R.Graham 41:12, 6 R.Dover 41:13, 7 V.Smith 41:31, 8 K.Parry 41:45, 9 P.Meredith 42:02, 10 G.Harold 42:14, 11 K.Huckle 43:33, 12 C.Gordon 43:42, 13 E.Bovington 43:55, 14 R.Mawer 44:17, 15 C.Antonioni 44:45, 16 M.Taylor 43:57, 17 M.Turner 45:12, 18 M.Carter 45:13, 19 B.Bromley 46:49, 20 R.Tucker 47:12, 21 G.Kidman 47:20, 22 R.Dawson 47:59, 23 R.Glover 48:09, 24 J.Kirk 48:09, 25 D.Gilbert 48:10, 26 B.Collins 49:46, 27 S.Harris 50:23, 28 L.Cooper 54:06, 29 T.Billham 54:48

**M60:** 1 S.James 38:56, 2 F.Gibbs 40:28, 3 H.Clayton 40:28, 4 T.Paillhorpe 41:25, 5 B.O'Gorman 42:08, 6 W.Ryder 42:32, 7 K.Spacie 42:45, 8 G.Gee 43:39, 9 C.Hughes 44:31, 10 B.Cordes 44:51, 11 J.Steed 44:57, 12 A.Oliver 46:16, 13 J.Smithurst 46:24, 14 M.Butterley 46:31, 15 M.Knight 46:33, 16 M.Rosbrook 48:35, 17 D.Pettet 48:39, 18 R.Saiz 49:44, 19 D.Kemp 53:54, 20 R.Double

54:28, 21 J.Hutso 54:38, 22 B.Bowering 54:54, 23 J.Cox 55:52

**M65:** 1 R.Higgs 42:51, 2 G.Oliver 44:35, 3 P.Morris 45:18, 4 C.Porsmore 45:51, 6 G.Ashby 46:39, 6 M.Ball 47:25, 7 R.Pitcairn-Knowles 47:45, 8 W.Davies 48:25, 9 G.Spink 48:55, 10 L.Forster 49:04, 11 D.Holden 50:02, 12 R.Blastland 50:18, 13 E.Cooper 50:41, 14 D.Thomas 50:48, 15 W.Aston 50:50, 16 W.Clapham 51:06, 17 G.Travers 52:51, 18 J.Atkinson 53:54, 19 T.Birch 55:18, 20 H.Craven 56:13, 21 P.Chaplin 58:40

**M70 [6km]:** 1 G.Phipps 24:25, 2 P.Thomas 25:54, 3 L.Hayward 26:21, 4 P.Webb 26:53, 5 R.Franklin 28:01, 6 J.Quantrell 28:35, 7 C.Todd 29:43, 8 F.Copping 30:04, 9 D.Ball 32:13, 10 D.Smith 32:20, 11 A.Norrish 38:52

**M75:** 1 A.Smith 28:11, 2 J.Johnston 30:30

**W35:** 1 C.Wheeler 20:17, 2 H.Robinson 20:18, 3 S.Bower 20:59, 4 K.Davison 21:03, 5 Y.Crawley 21:17, 6 L.Marr 21:21, 7 J.Pidgeon 21:24, 8 K.Armstrong 21:28, 9 C.Acford 22:10, 10 L.Lasenby 22:10, 11 A.Hurford 22:31, 12 K.Warhurst 23:05, 13 J.Clay 24:02, 14 K.Southall 24:34, 15 D.Batsford 24:38, 16 T.Stephenson 24:54, 17 T.Minton 25:07, 18 K.Johnstone 25:09, 19 C.Paul 25:57, 20 L.Thomas 27:41

**W40:** 1 V.McConnell 20:11, 2 S.Allen 20:21, 3 A.Jeeves 21:28, 4 A.McNally 21:44, 5 J.Clarke 21:54, 6 L.New 23:28, 7 C.Brighton 23:33, 8 S.Fairchild 24:02, 9 S.McCarthy 24:04, 10 J.Candler 24:46, 11 F.Poland 25:01, 12 E.Hartendrip 25:55, 13 S.Crowley 26:02, 14 D.Slemmon 26:22, 15 V.Hewitt 26:44, 16 E.Hudson 27:32, 17 D.Mason 28:29, 18 C.Messent 28:30, 19 C.Burrage 29:02, 20 G.Benjamin 30:00, 21 G.Dickenson 30:22

**W45:** 1 A.Ford 20:16, 2 J.Meeten 20:48, 3 G.Dean 21:06, 4 D.Marsh 21:40, 5 C.Duncan 22:03, 6 J.Heffernan 22:08, 7 H.Hepplawite 22:12, 8 P.Partridge 23:01, 9 S.Fleming 23:11, 10 J.Foster 23:20, 11 D.Bailey 23:25, 12 C.Marler 24:02, 13 S.Fenwick 24:23, 14 S.Dormer 25:06, 15 L.Smith 25:10, 16 G.Beumont 25:28, 17 N.Pinkerton 25:35, 18 T.Doyle 25:50, 19 J.May 26:26

**W50:** 1 F.Garland 22:15, 2 M.Auerback 22:21, 3 E.Statham 22:42, 4 P.Riell 22:55, 5 M.Chev 23:47, 6 J.Witterick 24:09, 7 B.Hutcheon 24:48, 8 M.Coffey 25:21, 9 A.Cross 25:46, 10 K.Preston 26:18, 11 M.Curran 26:40, 12 L.Elmore 26:55, 13 J.Potter 27:19, 14 C.Brown 28:05, 15 R.Webb 28:38, 16 P.Antonioni 28:51, 17 M.Shirley 29:01, 18 V.Mountford 29:51

**W55:** 1 C.Lee 24:36, 2 J.Beckford 24:41, 3 I.Hornsey 25:33, 4 E.Oshome 26:38, 5 S.Gandee 26:53, 6 B.Tushen 28:14, 7 N.Cross 29:17, 8 H.Marchant 31:24, 9 P.Hill 40:47

**W60:** 1 P.Jones 24:49, 2 A.Martin 25:30, 3 J.Hulls 26:32, 4 M.Holmes 26:42, 5 U.Duckworth 27:50

**W65:** 1 B.Smith 30:38, 2 B.Forster 32:33, 3 B.Norrish 33:15

**Teams: M40-49:** 1 Wallsend 83, 2 Warrington 99, 3 Tipton 125, 4 Rotherham 125, 5 Nene Valley 127, 6 Woodford Green 145

**M50-59:** 1 Elswick 16, 2 Bingley 40, 3 Oxford 47, 4 Barnet 94, 5 Woodford G 99, 6 Leeds 103

**M60+:** 1 Morpey 193, 2 Bingley 200, 3 Blackheath 246, 4 C'amburidge 254

**W35-44:** 1 C'ofNorwich 143, 2 Fairlands 176

**W45+:** 1 C'ofNorwich 80, 2 Bromley V 215, 3 Wymondham 218

## European Veterans Indoor Championships, Malmo, Sweden March 4-7

### [Event winners and British performances only]

**60m M40:** 1 B.DUPUY FRA 7.15, 3 K.BURGESS 7.19 His

**PHICKEY** 7.63, R.CAWSON 7.86, D.CURZON 7.71, R.DAVIES 8.35, D.ELDERFIELD 10.21

**M45:** 1 S.PETERS 7.31, 2 VOLIVER 7.36, 7 P.MC ILEFTRICK 7.78

**M50:** 1 M.KOCH GER 7.51 His

**B.HENDRIE** 8.17, T.WELLS 8.19

**M55:** 1 FOSTER 7.81, 8 B.SHEARSMITH 8.23 His

**4 N.GOULD** 8.56, 5 H.FERGUSON 9.01, 7 R.AUSTIN 8.23

**M60:** 1 T.TAMARO ITA 7.90, 2 B.GRAY 8.07, heats C.FIELD 8.80

**M65:** 1 B.KIMMEL GER 8.23, 2 A.MELLETT 8.29

**M70:** 1 H.HOFFMANN GER 8.86

**M75:** 1 G.HERBST GER 8.95

**M80:** 1 U.SANSONETTI ITA 9.93

**W35:** 1 J.STOPKA GER 7.87, 4 L.HOPKINS 8.33, 6 D.TIMMIS 8.53, heats H.BARKER 8.55

**W40:** 1 C.MULLER SUI 1.1, 3 FILER 8.35

**W45:** 1 J.LAWSON 8.28, 4 VTHOMPSON 10.00

**W50:** 1 M.DÄHLER SUI 8.88

**W55:** 1 R.JONKERS HOL 9.6

**W60:** 1 C.SCHMALBRUCH GER 9.00, 2 E.WILLIAMS 9.64

**W65:** 1 A.LARSSON SWE 9.72, 4 B.GREEN

11.72

**W70:** 1 H.SCHNEIDER GER 11.88

**W75:** 1 G.SVENSSON SWE 11.33, 2 M.WIXEY 12.10

**200m M40:** 1 B.DUPUY FRA 22.40, 2 D.ELDERFIELD 23.44, 3 P.HICKEY 23.56, 4 K.BURGESS 23.96

Hts D.MOLENS 25.37, R.DAVIES 27.91

**M40:** 1 S.PETERS 23.10 His

1 VOLIVER 24.73

**M50:** 1 D.DEBONNAIRE FRA 24.76, His T.WELLS 25.75, B.HENDRIE 26.17, P.ANTHONY 26.31, A.STIRLING 26.78

**M55:** 1 J.HENSON 24.84 His

A.CONNOR 25, I.FOSTER 25.70, B.SHEARSMITH 25.98, T.BISSETT 26.28, N.GOULD 26.55, R.AUSTIN 27.05

**M60:** 1 T.TAMARO ITA 25.96, heats C.FIELD 28.59

**M65:** 1 A.MELLETT 27.68

**M70:** 1 W.SELZER GER 29.28

**M75:** 1 G.HERBST GER 29.82

**M80:** 1 U.SANSONETTI ITA 33.39

**W35:** 1 A.MORITZ GER 25.45, 4 L.HOPKINS 27.43, heats D.TIMMIS 27.97

**W40:** 1 MULLER SUI 26.28, 3 C.FILER 27.47, 4 G.HORWEDEL 28.31

**W45:** 1 J.LAWSON 28.01, 3 J.STAFFORD 32.84

**W50:** 1 B.LITTENHEIM SWE 29.58, heats J.BROWN 30.93

**W55:** 1 M.HOCKNELL 31.22

**W60:** 1 A.HOLM SWE 32.47, 4 D.FRASER 34.34

**W65:** 1 A.LARSSON SWE 33.90, 2 B.GREEN 42.20

**W75:** 1 G.SVENSSON SWE 40.52

**400m M40:** 1 D.ELDERFIELD 51.37, 3 A.HARRISON 52.03, 4 A.MITCHELL 52.04 His

M.COKE 53.99, D.MOLENS 54.58

**M45:** 1 A.ROSS 53.38, 3 RUTHERFORD 55.82

**M70:** 1 SCHOLTES HOL 53.75, 3 T.WELLS 56.72, His A.STIRLING 57.74, P.ANTHONY 57.83

**M55:** 1 J.HENSON 56.31, 2 A.CONNOR 57.03, V.HANCOCK 57.75 His

W.THOMAS 59.83

**M60:** 1 H.GASPER GER 60.85, heats C.FIELD 66.25

**M65:** 1 B.HEDSTRÖM SWE 66.18

**M70:** 1 W.SELZER GER 70.59

**M75:** 1 G.LINDBLAD SWE 69.59

**M80:** 1 U.SANSONETTI ITA 84.91

**W35:** 1 V.MITCHELL 58.07, 3 L.HOPKINS 61.00, 4 D.TIMMIS 63.28

**W40:** 1 C.SMITH 62.85

**W45:** 1 L.ZENTNER GER 65.12, 3 J.STAFFORD 72.60

**W50:** 1 LITTEHEIM SWE 69.03

**W55:** 1 R.JONKERS HOL 68.04

**W60:** 1 A.HOLM SWE 73.43, His D.FRASER 74.04

**W65:** 1 B.GREEN 104.28

**800m M40:** 1 T.MC DONALD 2:00.65, 3 G.BREWSTER 2:03.28

**M45:** 1 D.WILCOCK 1:59.60, 3 K.ARCHER 2:04.04, 4 B.MC KAY 2:04.17, 6 J.RUTHERFORD 2:06.27

**M50:** 1 BROWN 2:12.60

**M55:** 1 R.PHIPPS 2:14.78, 4 M.SMITH 2:18.99

**M60:** 1 J.WILSON 2:26.96

**M65:** 1 T.NILSSON SWE 2:43.50, 3 L.FORSTER 2:45.65, 6 T.WYER 2:52.05

**M70:** 1 A.KANT SWE 2:52.35

**M80:** 1 H.JOSEFSSON SWE 3:13.92

**W35:** 1 G.MANNERS SWE 2:20.97, 2 J.BROWN 2:23.38, 4 C.SMITH 2:27.37

**W40:** 1 A.KOOP GER 2:16.20, 2 D.HOWARD 2:19.76, 3 C.SMITH 2:20.71

**W45:** 1 VJENSEN DEN 2:26.0

**W50:** 1 E.GRIMM DEN 2:45.80

**W55:** 1 R.JONKERS HOL 2:57.48

**W60:** 1 B.EKLUND SWE 2:52.79

**W65:** 1 B.DEPRETER 3:27.76

**1500m M40:** 1 G.ROBINSON IRL 4:09.15, 2 M.GIRVAN 4:09.25, 4 T.MC DONALD 4:09.72, 5 G.HARVEY 4:14.02, 12 K.DILLON 5:19.88

**M45:** 1 D.WILCOCK 4:06.59, 2 N.GATES 4:08.13, 5 K.ARCHER 4:17.29, 4 A.JENKINS 4:17.51

**M50:** 1 V.SOLOVOVYOV UKR 4:30.00, 4 J.POTTS 4:34.77

M55: 1 P.PHIPPS 4:42.20, 2 V.SMITH 4:42.74, 4 M.SMITH 4:49.14

**M60:** 1 W.FORSTNER GER 5:16.85

**M65:** 1 V.FRANCISCO POR 5:01.79, 4 FORSTNER 5:36.34, 10 T.WYER 6:29.40

**M70:** 1 J.VETTER GER 6:21.71

**M80:** 1 H.JOSEFSSON SWE 6:30.78

**W35:** 1 U.WOLF GER 4:56.00

**W40:** 1 KOOP GER 4:42.21, 3 D.HOWARD 4:48.76

**W45:** 1 L.ZENTNER GER 3:50

**W50:** 1 E.GRIMM DEN 5:39.35

**W55:** 1 B.STRACEY 6:27.59

**W60:** 1 B.EKLUND SWE 5:54.62

**W65:** 1 B.DEPRETER BEL 6:59.18

**3000m M40:** 1 M.GIRVAN 8:57.60, 3 G.HARVEY 9:29.59

**M45:** 1 N.GATES 8:45.19, 4 A.JENKINS 9:00.24, 7 K.ARCHER 9:21.13

**M50:** 1 J.THOMAS FRA 9:18.40

**M55:** 1 S.JONSSON SWE 10:00.60

**M60:** 1 S.LANSEN DEN 10:35.39

**M65:** 1 V.FRANCISCO POR 10:40.82, 4 L.FORSTNER 12:07.12

**M80:** 1 O.LUDZUWEIT GER 16:01.51

**W35:** 1 U.WOLF GER 10:16.82, 2 L.MARR 10:38.82

**W40:** A.PEREZ ESP 10:15.63, 2 D.HOWARD 10:18.62

**W45:** 1 L.ZENTNER GER 10:51.01

**W50:** 1 P.GALLAGHER 11:11.34

**W55:** 1 G.FLEETWOOD SWE 13:12.95, 2 B.STRACEY 13:36.16

**W60:** 1 B.EKLUND SWE 12:30.66

**W65:** 1 B.DEPRETER BEL 15:20.60

**60m M40:** 1 H.KREINER AUT 8.30, 3 M.COKE 8.63

**M45:** 1 E.LONGAUER SVK 8.65, 2 P.MC ILEFTRICK 8.86

**M50:** 1 W.DE RONDE HOL 8.79, 2 T.WELLS 8.92

**M55:** 1 J.HOWE 9.72

**M60:** 1 H.KLIMMER GER 9.39

**M65:** 1 H.KANDEYDI TUR 10.49, 2 J.DAY 11.19

**M70:** 1 J.KUTMAN EST 10.83

**M75:** 1 H.ALBRECHT GER 12.93

**W35:** 1 A.MORITZ GER 9.03, 2 BROWN 9.71, 3 H.BARKER 10.64

**W40:** 1 C.MULLER SUI 8.92, 4 C.FILER 9.76

**W45:** 1 D.DESMIER FRA 9.61, 2 J.LAWSON 9.63

**W50:** 1 M.DÄHLER SUI 10.37, 3 POAKES 11.37

**W55:** 1 R.DUKMAN HOL 10.98

**W60:** 1 K.LEILL EST 11.35

**W65:** 1 A.LARSSON SWE 11.93

**3000m Walk M40:** 1 B.GUSTAVSSON SWE 12:59.46

**M45:** 1 EPARYS TCH 12:51.55, 4 S.PENDER 17:24.71

**M50:** 1 R.CARE 13:42.66

**M55:** 1 UZETZMANN GER 15:53.95

**M60:** 1 B.GORE 15:12.18

**M65:** 1 K.H.HARTWIG GER 16:37.17

**M70:** 1 D.WITHERS 18:52.00

**M75:** 1 R.BLIXT SWE 19:55.64

**W40:** 1 M.SCHWANTZER AUT 16:43.3

**W45:** 1 M.SILVA POR 15:21.0

**W55:** 1 W.SELER GER 16:17.3

**W60:** 1 J.SOMMIER FRA 17:59.3, 2 J.LANGFORD 18:21.8

**W70:** 1 B.RANDLE 18:26.5, 2 A.VON BISMARCK 22:22.3

**High Jump M40:** 1 V.ZHARIKOV BLR 1.85

**M45:** 1 J. HUYBERS HOL 1.60

**M50:** 1 F.VIVOD SLO 1.70

**M55:** 1 J.HANUS TCH 1.71

**M60:** 1 A.BATEMAN 1.60

**M65:** 1 ANDERSEN DEN 1.51

**M70:** 1 N.B.NEVUR SWE 1.46

**M75:** 1 E.ZENSKI AUT 1.28

**M80:** 1 R.TASKINEN FIN 1.13

**W35:** 1 J.BROWN 1.70, 3 H.BARKER 1.45

**W40:** 1 GREGOR GER 1.55

**W45:** 1 R.GÄRTNER GER 1.50

**W50:** 1 F.EALDAGER DEN 1.35, 3 POAKES 1.20

**W55:** 1 R.VOGEL GER 1.48

**W60:** 1 C.SCHMALBRUCH GER 1.32

**W65:** 1 E.ENARSSON SWE 1.18

**W70:** 1 C.WIPPERSTEG GER 1.06

**W75:** 1 Pole Vault M40: 1 J.KOIVISTO FIN 4.30

**M45:** 1 W.RITTE GER 4.7, 3 T.THOMPSON 3.00

**M50:** 1 H.HAGENHUBER AUT 3.70, 4 B.HENDRIE 3.00

**M55:** 1 H.LAAGERVIST SWE 3.05, 3 J.HOWE 3.2

**M65:** 1 R.BROWN 3.20, 2 J.DAY 2.80

**M70:** 1 B.JONSSON SWE 2.90

**M75:** 1 E.ZENSKI AUT 2.10

**W40:** 1 D.SINGLETON 2.50

**W45:** 1 U.RITTE GER 2.40, 2 J.STAFFORD 2.20

**W50:** 1 H.STUBENDORFF GER 2.30

**W55:** 1 D.NIX GER 2.40

**W60:** 1 D.MC LENNAN IRL 1.50



Jeremy Hemming

# RESULTS • RESULTS • RESULTS •

**Jump M40** 1 J.ODDSSON ISL 6.29 **M45** 1 J.NIKULA FIN **M50** 1 PAHOMAKI FIN 6.25 **M55** 1 S.BÄCKLUND FIN 5.96 **M65** 1 A.JOANIQUE ESP 5.09, 10 J.CHRISTIE 3.13 **M70** 1 D.GÉZA HUN 4.32 **M75** 1 H.ALBRECHT GER 3.76 **M80** 1 R.TASKINEN FIN 3.15 **W35** 1 F.DESMASVRES BEL 5.01, 2 C.SMITH 4.68, 3 D.TIMMIS 4.65 **W40** 1 V.LOLES ESP 5.32, 3 C.FILER 4.94 **W45** 1 D.DESMIER FRA 5.03, 3 V.THOMPSON 3.50 **W50** 1 H.STUBENDORFF GER 4.51 **W55** 1 G.KINGER SWE 4.25 **W60** 1 C.SCHMALBRUCH GER 4.58, 3 D.FRASER 2.99 **W65** 1 A.LARSSON SWE 3.58 **W70** 1 H.SCHNEIDER GER 2.75 **W75** 1 M.WIXEY 2.41

**Triple Jump M40** 1 W.WALTHER GER 14.08, 8 PKINGSTON 11.40 **M45** 1 POUDEVNIKOV RUS 13.33 **M50** 1 CHERNYATEVYCH UKR 13.04 **M55** 1 S.BÄCKLUND FIN **M60** 1 PPINTO POR 11.47 **M65** 1 O.NIEMI FIN 10.46 **M70** 1 J.RYPDAL NOR 9.77 **M75** 1 J.LEHMUSKOSKI FIN 8.39 **W35** 1 J.BROWN 11.1 **W40** 1 R.OELANDS HOL 10.74 **W45** 1 D.DESMIER FRA 10.73, 3 J.STAFFORD 7.87 **W50** 1 M.DÄHLER SUI 9.28, 2 POAKES 8.93 **W55** 1 R.DUKMAN HOL 8.89 **W60** 1 C.SCHMALBRUCH GER 9.45 **W65** 1 E.ENARSSON SWE 7.71 **W75** 1 G.SVENSSON SWE 4.95, 2 M.WIXEY 4.94

**Shot Put M40** 1 PEDWARDS 16.58, **M45** 1 TRUMI EST 14.63 **M50** 1 N.GRIFFIN, 4 B.GILLO 12.81 **M55** 1 K.GOLDSCHMIDT GER 14.38 **M60** 1 K-H MARGGER 13.54 **M65** 1 A.SAETHER NOR 13.13 **M70** 1 H.WILL GER 15.82 **M75** 1 ERIKSSON FIN 12.4 **M80** 1 F.MEIER SUI 11.58 **W35** 1 J.BROWN 10.99, 3 H.BARKER 10.43 **W40** 1 T.SCHENKELS HOL 13.29 **W45** 1 V.THOMPSON 10.12 **W50** 1 F.FALDAGER DEN 11.71 **W55** 1 K.ILLGEN GER 12.48 **W60** 1 E.WILLIAMS 11.97, 3 D.MC LENNAN 5.64 **W65** 1 A.LARSSON SWE 8.44 **W70** 1 C.FEDERSTEG GER 8.02 **W75** 1 EUGER GER 7.75

### ional Vets Road Relays, Sutton Park, 22/5/99

**M40** 1 Ron Hill Cambuslang 2:05:07, 2 Woodford Green AC 2:05:17, 3 Brighton & H 2:05:38, 4 Redhill RR 2:05:49, 5 Tipton H 2:05:54, 6 Rotherham H 2:07:18, 7 Telford AC 2:07:21, 8 Nene Valley H 2:08:10, 9 Middleton H 2:09:24, 10 Sunderland H 2:10:11, 11 Aldershot F & D 2:10:28, 12 Southampton RC 2:10:42, 13 B'ham Rowheath 2:10:44, 14 Salford H 2:11:29, 15 Derby & C 2:11:35, 16 Les Croupiers 2:11:37, 17 Holmfirth H 2:12:36, 18 Huncote H 2:12:47, 19 Bridgend AC 2:12:54, 20 Broms & Redditch 2:12:56, 21 Sheffield AC 2:13:05, 22 V of Aylesbury 2:13:05, 23 Neath H 2:13:26, 24 Wrexham AC 2:13:31, 25 C of Hull 2:13:40, 26 Mansfield H 2:13:44, 27 Oxford C 2:14:03, 28 Cleethorpe AC 2:14:10, 29 Wallsend H 2:14:15, 30 Potteries M 2:14:23, 31 Swansea H 2:14:26, 32 South London H 2:14:42, 33 Bedford & C 2:14:49, 34 Bristol AC 2:14:55, 35 Blackburn H 2:15:05, 36 Southport Waterloo 2:15:35, 37 Westbury H 2:16:11, 38 Harrow AC 2:16:32, 39 Notts AC 2:16:43, 40 Altrincham & D 2:16:57, 41 Barnsley AC 2:16:57, 42 Halesowen AC 2:18:00, 43 Wirral AC 2:19:00, 44 Rugby & D 2:19:37, 45 Chelmsford AC 2:19:50, 46 Massey Ferg 2:19:53, 47 Clayton Le Moors 2:21:06, 48 North Fyde AC 2:21:19, 49 Bolton U 2:21:58, 50 West Bromwich H 2:22:44, 51 Barnet & D 2:23:11, 52 Enfield Haringey 2:24:18, 53 Border H 2:24:24, 54 Poole R 2:26:01, 55 Sunderland Strollers 2:26:42, 56 Birchfield H 2:27:03, 57 Stroud & D 2:27:09, 58 Finch Coasters 2:28:00, 59 Hillingdon AC 2:28:24, 60 Scunthorpe & D 2:29:29, 61 R.Sutton C 2:31:14, 62 Watford H 2:36:57

**Fastest laps:** 1 T.Power [Telford] 14:40, 2 G.Carr [Woodf'd] 14:43, 3 A.Wetherill [Redhill] 14:47, 4 N.Gates [Brighton] 14:49, 5 R.Nash [Westb'y] 14:56, 6 B.Jones [Wrexham] 15:02, 7 E.Williams [Salford] 15:03, 8 P.Warden [Redhill] 15:06, 9 P.Spermin [Bristol] 15:07, 10 Barton [Cam'lang] 15:08

1 Oxford C 1:38.34, 2 Bingley HI 42.23, 3 Poole R 1:42.34, 4 Derby & C 1:43.06, 5 Blackheath H 1:43.55, 6 Stockport H 1:44.22, 7 Rotherham H 1:44.28, 8 Bristol AC 1:44.33, 9 Altrincham & D 1:44.37, 10 Tipton H 1:45.19, 11 Invicta EC 1:45.21, 12 Thames H & H 1:45.25, 13 Broms & Redditch 1:45.38, 14 Birchfield H 1:45.54, 15 Pottesme M 1:46.11, 16 Doncaster & Stain'th 1:46.58, 17 Cambridge H 1:47.16, 18 Hercules Wimb' 1:47.23, 19 Salford H 1:47.34, 20 Clayton-L-M 1:47.56, 21 Cheltenham & C 1:48.21, 22 Notts AC 1:48.54, 23 R.Sutton C 1:49.09, 24 C of Bath 1:49.13, 25 Barnet & D 1:49.23, 26 Bolton U 1:49.43, 27 Liverpool H 1:49.49, 28 Southampton RC 1:50.41, 29 Newcastle Staffs 1:50.55, 30 Woodford G 1:51.21, 31 C of Hull 1:51.23, 32 Les Croupiers 1:51.24, 33 Mansfield H 1:51.47, 34 Middleton H 1:53.14, 35 Hillingdon AC 1:54.23, 36 Pembroke Sefton 1:55.00, 37 Bedford & C 1:55.05, 38 Wrexham AC 1:56.05, 39 Nuneaton H 1:56.45, 40 Spectrum S 1:57.29, 41 Shaftesbury B 2:04.09

**Fastest Laps:** 1 C.Dickinson [Belgrave] 15:48, 2 M.Rouse [Invicta] 16:02, 3 R.Treadwell [Oxf'd] 16:02, J.Exley [Oxf'd] 16:02, 5 A.Keen [Derby] 16:03, 6 M.Ford [Chel'm] & W.Chance [Notts] & G.Jones [Oxf'd] all 16:12

**M60** 1 Bingley H 54.52, 2 Havering & Maybr'k 55.19, 3 Morpeth H 56.20, 4 Wirral AC 57.44, 5 Derby & C 58.48, 6 Hillingdon AC 59.06, 7 Barnet & D 59.25, 8 Neath H 59.27, 9 Clayton-L-M 59.41, 10 Watford H 1:00.02, 11 Gosforth H 1:00.54, 12 Halesowen AC 1:00.55, 13 Verlea AC 1:00.59, 14 Solihull & S Heath 1:01.18, 15 Wrexham AC 1:02.31, 16 Cambridge 1:02.56, 17 Altrincham & D 1:09.59

**Fastest Laps:** 1 F.Gibbs [Bing] 16:54, 2 T.Paithorpe [Hav'ing] 17:05, 3 W.Ryder [Morpeth] 17:37, 4 E.Knight [Hales'ing] 18:04, 5 G.Spink [Bing] 18:06, 6 N.Fisher [Woodf'd] 18:07

**M70** 1 Solihull & S Heath 1:14.34

**W35** 1 Les Croupiers 54.42, 2 Reading RR 55.17, 3 C of Bath 55.34, 4 Derby L 56.09, 5 Shaftesbury B 56.11, 6 Rotherham H 57.00, 7 H H 57.21, 8 Cardiff AC 57.27, 9 Watford H 59.11, 10 Barnsley AC 59.11, 11 Clayton-L-M 59.27, 12 Wrexham AC 59.33, 13 Rugby & D 1:00.45, 14 Birchfield H 1:00.55, Bromley Fets 1:01.45, 16 Notts AC 1:01.58, 17 Woodford G 1:02.11, 18 R.Sutton C 1:02.52, 19 Spectrum 1:04.26, 20 Forest of Dean AC 1:05.29, 21 Mansfield H 1:06.04, 22 Barnet & D 1:06.04

**Fastest laps:** 1 F.Gill [Neath] 16:52, 2 D.Sanderson [Watf'd] 16:55, 3

N.Atkins [Birch] 17:28, 4 Z.Marchant [Bath] 17:29, 5 Y.Crawley [Derby] 17:48, 6 W.Edwards [L.Croup] 17:53, 7 E.Turner [L.Croup] 17:53, 8 K.Armstrong [Shafts] 17:56

**W45** 1 Redhill RR 55.44, 2 C of Norwich 57.30, 3 Kentlandshire H 57.40, 4 Bingley H 59.55, 5 Coventry F 1:01.08, 6 Halls AC 1:01.21, 7 Reading RR 1:02.37, 8 Barnsley 1:04.15, 9 Les Croupiers 1:05.21, 10 Wrexham AC 1:06.24, 11 Middleton H 1:06.44, 12 West Bromwich H 1:15.26

**Fastest Laps:** 1 A.Ford [Redhill] 17:32, 2 C.Duncan [Norwich] 18:20, 3 D.Marsh [Norwich] 18:27, 4 J.Chambers [Hallam] 18:40, 5 C.Wolstenholme [Hallam] 18:41, 6 S.Cariss [Bing] 18:44

**W55** 1 Bromley Vets 1:09.33

### BVAF Half Marathon Championships, inc in Great West Run, Exeter, 2/5/99

**M40** 1 R.Nash 1:09:01, 2 A.Rowe 1:12:32, 3 N.Sirs 1:12:48 **M45** 1 M.Girvan 1:09:54, 2 M.Hager 1:12:39, 3 A.Amraoui 1:12:54 **M50** 1 J.Exley 1:15:07, 2 R.Treadwell 1:17:01, 3 M.Rouse 1:18:22 **M55** 1 L.Davis 1:17:22, 2 V.Hancock 1:20:52, 3 D.Walton 1:25:11 **M60** 1 P.Watson 1:29:52, 2 G.Wiltshire 1:28:00, 3 R.Gould 1:31:19 **M65** 1 R.Webb 1:29:52, 2 C.Portsmore 1:30:53, 3 M.Hall 1:33:54 **M70** 1 J.Harris 1:22:13 **W35** 1 C.Newman 1:20:54, 2 J.Noad 1:27:08, 3 D.Mort 1:27:22 **W40** 1 R.Wilson 1:27:38, 2 A.Ford 1:43:46, 3 P.Harrison 1:48:37 **W45** 1 B.'ardy Wise 1:22:35, 2 Z.Marchant 1:26:44, 3 S.James 1:32:59 **W50** 1 J.Mills 1:31:28, 2 S.Beatchop 1:41:01, 3 A.Lucas 1:50:32 **W55** 1 P.Chrome 1:54:28, 2 F.Kyte 2:01:13 **W60** 1 J.Royal 1:45:42

**Teams: M40-49** 1 Tipton 38, 2 Les Croupiers 118 **M50-59** 1 Invicta East Kent 52, 2 Les Croupiers 109 **M60** 1 South West Vets AC 44 **W35** 1 Exeter H 48, 2 Exmouth H 98, 3 Dawlish Coasters 149

### NVAC Track & Field Championships, Warrington, 23/5/99

**100m:** **M40** 1 F.Scott 12.4, 2 C.Briggs 12.9, 3 E.Green 13.0, 1 D.Bannister 13.8 **M45** 1 M.Singleton 12.7, 2 M.Crossley 13.1, 3 G.White 13.9, 4 A.Marsh 14.5 **M50** 1 R.Salter 12.3, 2 G.Barratt 12.7, 3 K.Gibson 13.5, 4 A.McLeod 13.7, 5 B.Chapman 14.1 **M55** 1 J.Henson 12.6, 2 B.Shearsmith 13.0, 3 T.Riddsdale 15.6 **M60** 1 J.Scott 13.4, 2 D.Herman 14.3, 3 D.Lee-Jones 14.4, 4 R.Sykes 15.7 **M65** 1 J.Crehan 17.0, 17.1 **M75** 1 B.Parkinson 19.4 **M80** 1 R.Dear 33.8 **W35** 1 W.Harrison 13.6, 2 H.Barker 13.7, 3 A.Hesketh 14.3 **W40** 1 C.Danby 14.8, 2 P.Risk 16.4 **W45** 1 G.Howarth 15.5 **W50** 1 M.Williams 15.6

**200m:** **M40** 1 S.Wymark 24.7, 2 F.Scott 24.7, 3 I.Broadhurst 25.2, 4 A.Hutchinson 26.3, 5 C.Briggs 26.8 **M45** 1 M.Singleton 25.8, 2 M.Crossley 26.3, 3 G.White 28.3 **M50** 1 R.Salter 25.5, 2 G.Barratt 26.3, 3 K.Gibson 31.6 **M55** 1 J.Henson 25.7, 2 V.Blanchard 26.7, 3 B.Shearsmith 27.1 **M60** 1 J.Scott 29.1, 2 D.Lee-Jones 30.3, 3 M.Schofield 30.4, 4 D.Herman 31.1 **M65** 1 D.Howarth 32.1, 2 J.Heswick 35.2 **M70** 1 Moran 36.7 **M75** 1 B.Parkinson 41.2 **M80** 1 R.Dear 79.7 **W35** 1 A.Hesketh 28.9, 2 W.Harrison 28.9 **W40** 1 C.Danby 30.5 **W45** 1 G.Howarth 33.3 **W50** 1 M.Williams 32.4

**400m:** **M40** 1 S.Wymark 53.4, 2 F.Scott 53.6, 3 M.Phillips 54.8, 4 A.Hutchinson 56.1 **M45** 1 G.White 64.8 **M50** 1 P.Lavin 59.3, 2 A.Eland 64.1, 3 K.Gibson 70.7 **M55** 1 V.Blanchard 58.1, 2 D.C.'owgill 67.5 **M60** 1 J.Baron 63.5, 2 M.Schofield 65.6, 3 D.Lee-Jones 67.1, 4 D.Herman 72.1 **M65** 1 D.Howarth 71.7 **M70** 1 R.Dear 150.0 **W35** 1 A.Hesketh 64.9, 2 J.Hicken 68.6 **W45** 1 Ricketts 79.9

**800m:** **M40** 1 P.Milligan 2:05.9, 2 P.Willacy 2:06.4, 3 G.Armitage 2:09.3, 4 A.Rowe 2:14.2, 5 A.Chapman 2:20.4 **M45** 1 R.Murray 2:05.0, 2 D.Gee 2:12.8, 3 J.Hancock 2:15.3 **M50** 1 W.Wilkinson 2:08.1NR, 2 R.Scholes 2:21.2, 3 S.Molyneux 2:51.4, 4 M55 1 S.Erlam 2:22.5, 2 D.'C'owgill 2:27.6, 3 B.Schofield 2:28.3 **M60** 1 J.Wilson 2:29.4, 2 R.Kneil 2:44.0, 3 M.Schofield 2:52.2 **M65** 1 L.V.Hodkinson 2:32.0, 2 D.Howarth 2:47.4 **M70** 1 F.Wrigley 3:33.9 **W35** 1 S.Wright 2:29.7, 2 J.Hicken 2:39.1 **W40** 1 B.Murray 2:27.2, 2 L.Flatman 2:30.6 **W45** 1 Morley 2:52.9

**1500m:** **M40** 1 P.Milligan 4:12.1, 2 A.Rowe 4:19.9, 3 T.Duffy 4:24.5, 4 A.Chapman 4:45.2, 5 S.Worden 4:45.7, 6 D.Allenby 4:56.3 **M45** 1 D.Gee 4:15.2, 2 R.Murray 4:18.0, 3 A.Jenkins 4:31.6, 4 J.Hancock 4:35.8 **M50** 1 B.Hilton 4:31.8, 2 A.Bradshaw 4:52.5, 3 R.Scholes 4:52.4 **M55** 1 S.Erlam 4:50.8, 2 B.Swindells 4:57.9, 3 D.'C'owgill 5:16.5, 4 A.Peers 5:17.3, 5 D.Walton 5:24.9 **M60** 1 R.Kneil 5:39.9 **M65** 1 L.V.Hodkinson 5:12.9, 2 P.Dibbs 5:27.8, 3 B.Rogers 5:47.5, 4 J.Heswick 6:10.0 **M70** 1 F.Wrigley 7:23.0 **W35** 1 S.Wright 5:01.5, 2 L.Marr 5:10.3 **W40** 1 L.Flatman 5:09.2, 2 S.Crehan 5:13.6, 3 L.Wrigley 5:22.1 **W45** 1 J.Morley 5:49.6, 2 A.Rhodes 6:08.1, 3 M.Dean 6:16.9, 4 S.Chapman 6:17.8 **W50** 1 B.Bradshaw 7:23.0

**5000m:** **M40** 1 A.Rowe 15:28.7, 2 T.Duffy 15:47.4, 3 C.'Henry 16:26.5, 4 D.Allenby 17:35.6, 5 M.Jones 17:52.7 **M45** 1 D.Gee 16:23.0, 2 A.Jenkins 16:57.8 **M50** 1 B.Hilton 16:32.8, 2 A.Bradshaw 18:12.7, 3 S.Molyneux 21:22.1 **M55** 1 D.Voyte 17:53.6, 2 D.Walton 18:27.7, 3 A.Peers 19:56.9 **M60** 1 D.Edge 19:06.8 **M65** 1 P.Dibbs 20:28.7, 2 R.Silver 22:02.2, 3 A.Walsham 22:46.2 **M70** 1 Heeler 23:14.8 **W35** 1 L.Marr 19:07.8, 2 K.Forster 20:23.3 **W40** 1 S.Crehan 19:36.7 **W45** 1 A.Rhodes 22:46.3, 2 S.Chapman 23:15.2 **W50** 1 B.Robinson 23:54.1

**800m:** **W45** 1 G.Howarth 16:5NR, 2 J.Ricketts 18.0

**1000m:** **W35** 1 W.Laing 16:0NR, 2 H.Barker 17.2

**100mH:** **M40** 1 C.Hesketh 18.5, 2 R.McAvoy 20.4, 3 R.Hall 22.2

**300mH:** **M60** 1 C.Shafo 49.1, 2 J.Baron 49.5

**400mH:** **M40** 1 Broadhurst 64.2, 2 T.Wells [g] 64.7, 3 R.Hall 71.7

**M50** 1 B.Chapman 81.2 **W35** 1 A.Hesketh 76.3, 2 J.Ricketts 90.6

**PV:** **M40** 1 J.Taylor 3:60, 2 R.Mackenna 2:70, 3 R.McAvoy 2:20

**M50** 3:00 **W40** J.Cunnane 3:00

**TJ:** **M40** 1 E.Green 11.33, 2 I.Broadhurst 11.17, 3 C.Hesketh 10.82, 4 C.Briggs 10.82 **M50** 1 B.Chapman 8.30 **M65** 1 J.Crehan 8.50

**SP:** **M40** 1 D.Abernethy 13.34, 2 D.Gard 9.93, 3 R.McAvoy 9.15

**M45** 1 B.Renshaw 1.21 **M50** 1 M.Bousfield 13.33, 2 J.Charlton 11.34, 3 M.Hazelwood 11.11, 4 D.Webster 9.18, 5 P.Brooks 8.05 **M55** 1 D.Myerscough 13.45NR, 2 W.Gentleman 10.70, 3 J.Howe 10.29, 4 J.Smith 9.94, 5 J.Parish 9.24 **M60** 1 R.Sykes 11.01, 2 D.Lee-Jones 8.59, 3 W.Nicholls 8.20, 4 D.Utley 7.80 **M65** 1 J.Watson 10.14, 2

J.Beswick 6.69 **M70** 1 A.Novak 6.67, 2 V.Murray 6.64 **W35** 1 M.Laing 11.00NR, 2 W.Laing 10.27, 3 H.Barker 9.94, 4 D.Smith 7.92

**W40** 1 J.Cunnane 8.51, 2 P.Risk 7.78 **W45** E.Lloyd 6.93 **W50** M.Williams 6.82

**DT:** **M40** 1 D.Abernethy 43.45, 2 R.McAvoy 27.61, 3 D.Gard 26.62

**M45** 1 B.Renshaw 36.01, 2 B.Gard 30.61, 3 C.Senior 23.81 **M50** 1 M.Bousfield 39.10, 2 M.Hazelwood 38.52, 3 D.Webster 37.05, 4 B.Lockley 37.02, 5 J.Charlton 31.67, 6 P.Brooks 28.45, 7 K.Williams 25.64 **M55** D.Myerscough 41.60NR, 2 W.Gentleman 34.84, 3 G.Smith 33.57, 4 J.Smith 26.02 **M60** 1 R.Sykes 34.99, 2 D.Utley 28.42, 3 W.Nicholls 26.27, 4 D.Lee-Jones 25.49 **M65** 1 J.Watson 35.41, 2 J.Beswick 21.84 **M70** A.Novak 14.42 **W35** 1 K.Heswick 30.72, 2 D.Smith 23.20 **W40** 1 J.Cunnane 34.74NR, 2 P.Risk 18.01

**W45** 1 J.Ricketts 22.19, 2 E.Lloyd 16.90

**HT:** **M40** R.McAvoy 10.77 **M45** 1 W.Renshaw 32.71, 2 J.Edwards 30.40 **M50** 1 B.Lockley 47.79, 2 M.Bousfield 41.86, 3 M.Hazelwood 36.70, 4 D.Webster 33.02 **M55** 1 W.Gentleman 47.50, 2 J.Howe 33.36, 3 J.Smith 21.09 **M65** J.Watson 34.08 **M70** A.Novak 19.61

**W35** 1 D.Smith 42.52NR, 2 K.Heswick 27.69 **W40** J.Cunnane 40.89

**W45** 1 E.Lloyd 21.53NR, 2 A.Rhodes 15.14

**LJ:** **M40** 1 C.Hesketh 5.74, 2 C.Briggs 5.26, 3 E.Green 5.04, 4 R.McAvoy 5.02, 5 R.Hall 4.44 **M45** 1 B.Gard 4.50 **M50** 1 J.Charlton 5.84NR, 2 A.McLeod 4.58, 3 K.Gibson 4.50, 4 K.Tugwell 3.08 **M55** 1 J.Parish 4.50, 2 D.Myerscough 4.44 **M60** 1 R.Sykes 4.02 **M65** 1 J.Crehan 3.91NR, 2 M.Morrell 3.54 **W35** 1 W.Laing 4.92, 2 H.Barker 4.51, 3 M.Laing 4.32 **E45** 1 G.Howarth 3.76NR, 2 F.Crompton 3.52

**M60** 1 M.Williams 3.65

**HJ:** **M40** 1 C.Hesketh 1.75NR, 2 R.McAvoy 1.40 **M50** 1 R.Groves 1.55, 2 A.McLeod 1.40, 3 K.Tugwell 1.35 **M55** 1 D.Myerscough 1.35, **M60** C.Shafo 1.45 **W35** W.Laing 1.55NR, 2 H.Barker 1.50, 3 M.Laing 1.40 **W50** M.Williams 1.35

**JT:** **M40** 1 D.Abernethy 51.40, 2 T.O'Malley 47.03, 3 R.McAvoy 38.15, 4 D.Gard 31.20 **M45** 1 T.Riorden 38.57, 2 B.Gard 36.46, 3 B.Renshaw 25.30 **M50** 1 M.Hazelwood 46.15NR, 2 M.Bousfield 38.82, 3 M.Linaker 38.77, 4 K.Williams 28.79, 5 B.Chapman 24.33

**M55** 1 G.Smith 39.35, 2 D.Myerscough 33.73, 3 J.Parish 29.83 **M60** 1 D.Utley 28.08, 2 D.Lee-Jones 24.04, 3 W.Nicholls 21.62 **M65** 1 M.Morrell 32.23, 2 J.Watson 23.98 **M70** A.Novak 9.91 **W35** D.Smith 36.79, 2 M.Laing 31.39, 3 W.Laing 26.72 **W40** 1 J.Cunnane 26.02, 2 P.Risk 21.88 **W45** 1 F.Crompton 19.97, 2 S.Chapman 9.82

**3000m Walk:** **M40** 1 D.Turner 14:44.2 **M45** 1 T.Malone 15:32.7, 2 C.Senior 19:35.4 **M55** 1 P.Pearce 19:52.2 **M65** 1 J.Payn 18:26.8, 2 P.Burns 18:47.5, 3 R.Francis 19:18.0, 4 G.Dowling 19:49.6 **M70** 1 E.Grocock 19:03.5, 2 V.Murray 22:02.8 **M75** C.Colman 19:13.9 **W60** G.Burns 19:47.0

### NEVAC Cross Country Champs, Walkend, 20/2/99

**M40** 1 I.Haggan 33:15, 2 P.Sant 34:35, 3 P.Merrison 34:43, 4 A.Dent 34:46, 5 D.Hall 35:45, 6 M.Broadhurst 36:18, 7 R.Proper 36:26, 8 N.Whalen Giffiths 36:58, 9 B.Bernstein 37:16, 10 L.Brown 37:17, 11 J.Dickinson 37:31, 12 J.Watson 38:35, 13 N.Armstrong 39:34, 14 R.Ball 40:13, 15 B.Liddle 40:14, 16 B.Courtney 40:26, 17 B.Lamb 42:16, 18 G.Malvern 47:36 **M45** 1 A.Jenkins 34:11, 2 R.Fletcher 36:12, 3 C.Dentice 36:24, 4 A.'atley 36:40, 5 J.Maddison 37:12, 6 N.Cassidy 37:21, 7 S.Daley 38:14, 8 K.Brewis 39:03, 9 B.Long 39:19, 10 A.Storey 3

# FIXTURES

## INTERNATIONAL

- 29 Jul - World Veterans Track & Field Championships, Gateshead. Entries now closed  
 8 Aug closed  
 13 Nov British & Irish Veterans International Cross Country, Bideford, Devon

## NATIONAL

- 4 July BVAF Pentathlon and 10K Track Walks, Solihull, entries now closed  
 17-18 BVAF Track and Field Champs, Meadowbank, Edinburgh, entries close July  
 June 19. See entry form in last issue  
 14-15 National 24 hours and 100 miles Walking Champs, Battersea Park, London, details Sandra Brown, Surrey Walking Clu, details p.13  
 Aug  
 5 Sept BVAF 10K Road Walk, Leicester  
 6 Sept BVAF Marathon, Wolverhampton, see ad & entry form on p.9  
 11/12 BVAF Decathlon/Heptathlon, Woodbourne Road Stadium, Sheffield, Sept  
 10.00am entry form in last issue  
 12 Sept BVAF 10K incorporated in Bingley 10K, see entry form on p.5  
 26 Sept Inter Area Track & Field Challenge, Watford  
 10 Oct BVAF 5K Championships, Dumfries, see ad & entry form, p.5  
 5 Dec BVAF 10 Miles Championships [with Nene Valley 10], details next issue.

## NORTH

- 30 June NVAC Track and Field, Cleckheaton Stadium. 7.00pm  
 15 Aug NVAC Monthly run, 10K Road & Paths. Irlam Steel Recreation & Social Club, Liverpool Rd. Irlam  
 19 Sept NVAC 4 mile Fell Race, From Ponderosa Café at Horseshoe Pass.  
 3 Oct NVAC Monthly run. 7m round Edgworth Reservoir.  
 31 Oct NVAC 10 mile Road Champs, Padgate College, Padgate, Warrington.  
 7 Nov NVAC monthly run. 7 miles Cross Country. Mercer Street Baths, Gt. Harwood. Noon

## NORTH EAST

- 26 June NEVAC Track and Field Champs, Monkton. 11.30am Field, 1.00 Track  
 5 July NEVAC League No. 4, Monkton, 7pm  
 24 July NEVAC League No. 5, Monkton, 11am followed by 1.30 Open events Track & Field for Vets  
 11 Aug NEVAC Venmore Meeting 1 mile open to Vets + Throws, 6.30, Monkton  
 21 Aug NEVAC League No. 4 Throws Match. Monkton, 12 noon  
 4 Sept NEVAC Silksworth Throws Meeting, 11.30am  
 11 Sept NEVAC v Scottish Vets, Monkton, 12 noon  
 18 Sept NEVAC Pentathlon Championships, Monkton, 12 noon  
 29 Sept NEVAC 10K/5K Track Races, Monkton 6.30pm M65 & Women - M50/55 6.30pm M40/45  
 9 Oct NEVAC Silksworth Throws Meetings

## MIDLAND

- 4 July MVAC & BVAF Pentathlon. Entries close June 13  
 12 Sept Tamworth Throws Meeting, Men and Women  
 19 Sept MVAC 10 mile road championships, Nuneaton

## EAST

- 4 July EVAC 10K Comberton, Cambs  
 3 Oct EVAC Cross Country Relays, Arrington, Cambs  
 8 Nov 5M + 5K Walk, Stoke Ferry, open to ALL VETS, Enquiries to Secretary

## SOUTH

- 23 June VAC Track and Field, Kingsmeadow, 7pm  
 29 June SE Inter-counties Vets Track and Field, Kingsmeadow, 6.30pm  
 5 July Southern Vets Track and Field League, 6.30pm, Various venues  
 13 July VAC 5 miles Run and Walks, Battersea Park, 7pm  
 14 July VAC Track and Field, Kingsmeadow, 7pm  
 18 Aug VAC Track, Kingsmeadow, 7pm + 5M run & walk Battersea Park  
 29 Aug VAC Track and Field Championships, 11.30am. Cd 18/8. Kingsmeadow  
 5 Sept SCVAC Track and Field Final, Colindale  
 5 Sept SCVAC Half Mara Champs + G.P. in conj Slough Half Mara see ad p.11  
 8 Sept VAC 10,000m, Kingsmeadow, 6.30pm M40-45, 7.15 over 50 & Women  
 18/19 Kent CO rest of Vets Track and Field events. JR Ashford, cd 27/8  
 3 Oct Reading Open Veterans T & F, see ad & entry form on p.11

## SOUTH WEST

- 4 July SWVAC Grand Prix No. 9 Portland 10m, 1100 hrs  
 11 July SWVAC Grand Prix No. 10, "See Ability" Wellington, 10m, 1030 hrs  
 8 Aug SWVAC Grand Prix No. 11, Sturminster Newton 13m, 1030 hrs  
 22 Aug SWVAC Grand Prix No. 12, Torbay Royal Regatta 10k, 1900 hrs  
 29 Aug SWVAC Grand Prix No. 13, Hayle 10m, 1430 hrs  
 5 Sept SWVAC Grand Prix No. 14, Calne 10K (Championships) 1100 hrs  
 26 Sept SWVAC Grand Prix No. 15 City of Bristol 13.1m, 1100 hrs

## SCOTLAND

- 1 Aug 6 Stage Ballot Team Race IBM Greenock  
 14 Aug Glasgow 800 10K Road Race, Lochinch  
 11 Sept NEVAC v SVHC, Jarrow  
 3 Oct Half Marathon Handicap Race, Ayr  
 17 Oct 10K Track Championships inc. Andy Forbes Memorial Race, Coatbridge

- 17 Oct SVHC AGM Coatbridge  
 6 Nov Rolls Race 6 miles Bent Park, Hamilton

## WALES

- 6 July SWVAC Track and Field League, Neath  
 11 Aug SWVAC Track and Field League, Cardiff

## ISLE OF MAN

- 2 July Western 10 Road Race, Viking Longhouse, Peel, inc Island Champs. 7pm  
 4 July Ellan Vannin Fell Race Tholt y Will, Sulby, 20 miles 8am  
 4 July IOMVAC Track & Field Champs Pt 2, NSC Douglas, cd 1/7  
 15 Aug IOMVAC Marathon and Half Marathon, Ramsey, 9am. Contact Peter Cooper Tel/Fax 01624 842 477  
 15 Aug- IOM Grand Prix of Running, 5 Races in Six Days Details from Terry  
 20 Aug Bates 01624 672820  
 16 Aug Peel Hill Race & Peel Walks, Marine Hall, Peel, 7pm  
 18 Aug Southern '10' Run/Walk, Castletown Stadium, New Course, 7pm  
 19 Aug Anna Marie Cutillo Run/Walk, Foxdale School, 7pm  
 20 Aug Peel 4, Peveril Hotel Peel, 7pm  
 29 Aug Laxey Horseshoes Fell Race, Laxey Prom. 11.75 miles, 2pm  
 26 Sept IOMVAC Open 10 mile Walk, NSC Douglas, 10am  
 3 Oct Celtic Marine TT Relay Walk, Douglas, 8am  
 7 Nov IOMVAC Syd Quirk Memorial Half Marathon, Janets Corner, Castletown, inc. Island Half Marathon Champs, 10.15am  
 20 Nov IOMVAC Autumn Handicap, NSC Douglas, 10.30am

## BVAF On The Web

The British Veterans Athletic Federation is now on line. It's address is [www.veteran-athletics.freeserve.co.uk](http://www.veteran-athletics.freeserve.co.uk)

The site gives information on all fixtures within the Federation and, during the next month, will be extended to include results, ranking lists, BVAF news and items of interest. Any one who wishes to place an advert on the BVAF web page should contact Ron Bell, e-mail address [wava@enterprise.net](mailto:wava@enterprise.net)

Club secretaries and members are welcome to send interesting material for inclusion on the web page. Please send in disk format to Ron Bell [address on page 6].

## Veterans Athletic Association of England Report

### Inter Area Track & Field Challenge - September 26, Watford

Please note the change of date, due to a clash of commitments for some Area Clubs. This is one of the highlights of our year. It has been commented that the event exceeds the BVAF Track & Field Championships in terms of corporate atmosphere and quality of competition for the Bill Taylor Challenge Trophy. I have certainly enjoyed being involved and urge you to support your Area team for this needle contest.

### Home International Cross Country - November 13, Bideford, Devon

Thanks to David Lord and the organising team, arrangements are well in hand. There will be competition for all the usual age groups, plus M65 and W55 included as full scoring teams. At our meeting in March in Birmingham it was decided to retain the current selection formula which has served the English teams so well in recent years. Phil Lee will be sending information to be published in local newspapers about where and when submissions for consideration should be sent, but the general advice is that competition in BVAF and high class events of similar distance and nature, i.e. 10k and 5k road and cross country, will be used for comparison. It is also stressed that current form will be very much a deciding factor at the selection meeting to be held in October.

Associated races will be organised by the local athletic club for all ages from U13 upwards, making it a truly family affair. Accommodation in Bideford and Barnstaple has been kindly sponsored by Peter Brend, and it will be possible to extend your stay at one of his hotels in this beautiful part of the country at very favourable rates.

### Inter Area Club 10k Road Challenge

There will not be a contest this year, but it has been decided to incorporate this event into the BVAF 10k from 2000.

### VAAE AGM, Friday July 16 at 9.00pm at BVAF T & F, Edinburgh

We have not been very successful in attracting folk to our meetings in the past and, having tried various formats, it has been decided to break with tradition this year and meet before competition starts. Please try to attend as we are representative of all the English Area Clubs and we value your input. I shall be contacting Clubs with detailed financial information, more precise news of the venue and an AGM agenda shortly.

Irene Nichols

## Still Running Well After 62 Years

Seventy two year old George Phipps, a vice-president of BVAF and the current BVAF M70 cross country champion, was running twice each day when only 10 years old. It was not part of scheduled athletics training, however, as his uncle had a milk round in South Wales and wanted young George to help him. As there was no other way of getting there, he used to run the four miles each way to link up with his uncle. He has been running ever since.

Moving from South Wales to Cambridge while still at school, Phipps played rugby and carried on running. He joined the local Cambridge club and started to run well from the age of 18, winning the Cambridgeshire cross country championships several years in succession and finishing third in the Eastern Counties Championships. He ran in the Inter Counties event on several occasions and was selected for the Welsh International team three times. He states that he was always up there, but never quite able to make it to the top. Phipps was, however, a consistent top class club runner over a long period of time.

By the time he was 40 Phipps had moved to Leamington. He was a driving force in the setting up and organisation of Midland Veterans AC and helped to form the BVAF in the 70's. Organising events was one of his interests and he admits that he always ran better when both organising and running. Among the titles that George Phipps has won in the past are the BVAF M50 cross country championship in 1977 and the M65 title in 1992. Last year he won the BVAF M70 5k road championships at Sutton Park and also achieved a double in the track and field at Newcourt, where he won 1500m and 5000m.

The former Deputy Head of Engineer-



ing at a college of further education, where he taught metallurgy, retired 10 years ago. He trains 35 - 40 miles per week, although would like to do more in order to keep his weight down to 9 stone 7lbs, his ideal racing weight he says. Most of his running is over the country as he finds it so relaxing, although about 20% is done on the road to improve speed. Phipps' favourite running is trail running. He ran in the South Downs Way event at the age of 64, covering the 80 miles course in 12 hours 55 minutes, and breaking the existing over 60 record by nearly three hours.

Alastair Aitken

Bronwen Cardy-Wise, BVAF Half Marathon W45 winner, passes through the centre of Exeter



## Nash Wins BVAF Half

The BVAF Half Marathon Championship was this year incorporated into the Eurobell Great West Run at Exeter on May 2nd. Robin Nash [Westbury], only a couple of months into the veteran ranks and overcoming a lengthy lay off due to injury, put in an impressive performance, finishing 5th in the overall race, to take the M40 title in 69:04. Although M45 Mike Girvan was chasing hard throughout, he could not hold on to Nash and finished 50 seconds adrift, but this was another great run from Girvan, who is having a very good season. Third veteran to finish, and second M40 in 72:32, was Northern vet Alex Rowe, who had a battle with M45 Mike Hager [Tipton], before finishing just seven seconds clear.

Oxford's John Exley beat clubmate Roy Treadwell by almost two minutes for the M50 title, and in the M55 group former M50 cross country champion Les Davis [77:22] had a convincing three and a half minute margin over Vince Hancock. Further down the age groups local runner Peter Watson had an easy win at M60, while in M65 Roy Webb [Arundel] had just one minute to spare over Charles Portsmouth [Fleet]. The BVAF's own Chelsea Pensioner, John Harris, won the M70 gold. Tipton, through their quartet of Hager, Rubery, Eustace and Wood were easy winners of the M40 team race.

Local supporters certainly had something to cheer about in the women's race. Cathy Newman [Exeter] not only won the BVAF W35 title but was also the open race winner in 80:54, a minute ahead of her nearest challenger. The performance of Bronwen Cardy-Wise [Bromsgrove], however, was outstanding. She finished third in the race in 82:35 to take the W45 title, to beat Zina Marchant, now at the top end of the W45 age group, by over four minutes. There was a close finish for silver and bronze W35 medals as Joy Noad [Maidenhead] got the better of Swansea's Diane Mort by 15 seconds.

Rachel Wilson of South Devon had a very good win in W40 group, while at W50, Jenny Mills of Bideford ran well to finish comfortably ahead of Sheila Beauchop, who made the long journey from Kinross in Scotland.

## New Publication for World Championships

Do you know who has won most gold medals at World Championships, or which GB athlete has won most individual medals? The answers to these questions, and many others, are given in a new book produced to coincide with the World Veterans Championships, held in the U.K. for the first time.

Contents include winners of every event held in previous championships, the winners of the most gold medals, event winners by country, all British individual medallists, plus numerous other statistics. The book can be obtained from D.Burton, 22 Chandlers Way, Steyning, West Sussex BN 44 3NG for £4.00 + A5 SAE [31p stamp]. It will be available at the BVAF Championships at Edinburgh. David & Brenda Burton can now be contacted by e-mail, thevet(at)steyning\freeseerve.co.uk



**Veronica Manley**

# Agony Aunt

*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.*

*This issue's request for advice comes from a 64 year old 800 metre runner who has been suffering from pain in the groin.*

Groin pain can arise from varying different structures and involve diverse pathology. Groin pain can be referred from the back, the sacroiliac region, and also from the bowel, bladder and kidney. A visit to your G.P. would be worthwhile to rule out these possibilities.

The majority of sporting injuries in this area involve muscles and tendons. The adductor longus is the most frequently injured muscle in the pelvic and groin area and, because of it's proximity of it's pubic attachment to that of the abdominal muscles, means that chronic inflammatory change may affect both structures.

Groin strains account for between 5% and 8% of all sports injuries, and affect athletes whose activities require either quick changes in direction, soccer players for example, or those activities requiring propulsion and acceleration, such as sprints and middles distance races. The athlete complains of a sharp pain in the groin region, followed by increased pain and stiffness and weakness in hip movements outward, inward and upward. The runner may be able to tolerate running straight ahead, but may find side to side running causes pain.

In this case the complaint is of pain in both sides of the body. This possibly indicates that the injury is due to an overuse coupled with a biomechanical disadvantage, rather than to a sudden acute episode.

It has been shown that 60% to 80% of tendon overuse injuries are contributed by training errors. Either the distance is too long, or the intensity is too high, or the progression is too fast. Ageing, too, has

it's part to play. Veteran athletes suffer more from overuse injuries, and these are more commonly degenerative.

The hip and back lose flexibility and the muscles lose their strength. The biomechanical imbalances produce degenerative joint changes. Loss of flexibility results in muscle shortening. Notice how a veteran's stride length becomes shorter as he ages. The hip flexor muscles responsible for maintaining stride length have become shorter and this leads to a greater susceptibility to injury.

In training, the body adapts to the demands. After a while you might notice a failed adaptation. You carry on training, but your times do not improve. So, what do you do? Yes, train even harder. What the body needs is more time to adapt. If you return too soon there is a period of recurrent injury vulnerability. The tissue is still damaged.

To overcome this type of groin injury I suggest that, as the problem lies in the loss of range of motion in the hip and pelvic regions, you should concentrate on improving the range of motion of the hip abductors and hip flexors, in addition to undertaking a general stretching routine for the hamstrings and quads. Try the following stretching and strengthening exercises.

**Specific hip flexor stretch:** Standing on one leg, foot to 12 o'clock, place other foot on chair and lean forward until stretch is felt. Repeat with standing foot pointed to 3 o'clock.

**Lateral rotator stretch:** Seated position. Cross one leg over thigh and place elbow on outer knee. Gently stretch buttock muscle by pushing bent knee across body while keeping pelvis on floor.

**Adductor stretch:** Standing sideways to chair, place leg to be stretched on the chair and slowly bend other knee. Keep hips in a neutral position.

**Strengthening exercises:** Attach a thereband or elastic tubing to a table. Standing on one leg, place other foot in the band. Perform exercises lifting the leg upwards, backwards, sideways across the body and behind. These exercises will strengthen the muscles associated with stability of the hip and pelvic regions.

Maintain cardiovascular fitness by water running. Perform short sprints in deep water. This will give sprint specific training and develop individual skills of high knee lifts and increased range of motion that would not be possible on dry land. When you can run, leap, and bound without pain then, and only then, should you return to full training.

**Right: BVA Half Marathon, Exeter: Womens race winner Cathy Newman, W35**

## WAVA Quiz Answers

1] Toronto, Gothenberg, Hanover, Christchurch, Puerto Rico, Rome, Melbourne, Eugene, Turku, Miyazaki, Buffalo, Durban.

2] Gothenberg [1977], Turku [1991], Eugene [1989], Christchurch [1981], Toronto [1975], Melbourne [1987].

3] Miyazaki, Japan in 1993 by Prince and Princess Akoshino.

4] Decathlon and heptathlon, Eugene [1989], and weight pentathlon, Buffalo [1995].

5] Dave Wilcock [M40], John Wilson [M60], Jim Todd [M75], Tina Colebrook [W40], Toni Borthwick [W65] and Jose Waller [W75].

6] Heptathlon [W35]: Jenny Brown [1st], Hazel Barker [2nd] and Jackie Gilchrist [3rd]

7] Peter Browne [gold], Ron Bell [silver], Les Duffy [bronze] in M40 800m.

8] 5000m race walk: Doug Fotheringham [M65] and Len Creo [M70].

9] 100mH: Barry Ferguson [M55] and Colin Shafto [M60]. 400mH: Mike Coker [M40] and Tony Wells [M45].

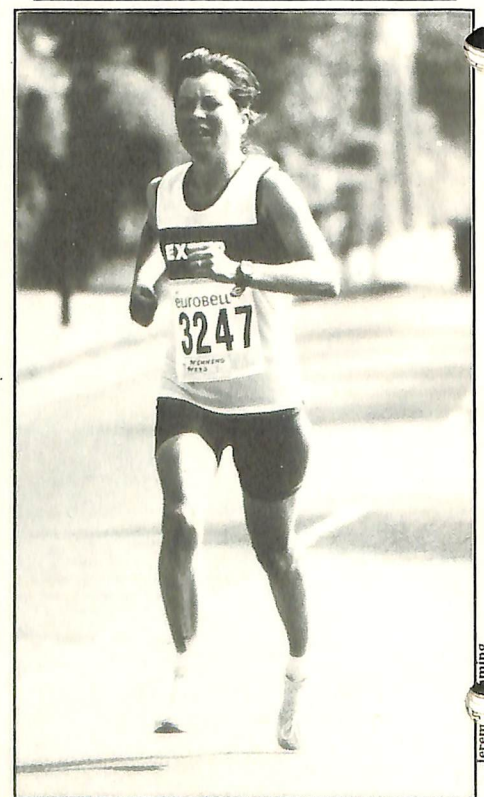
10] Great Britain three times. Eric Austin in 1975 and 1977, Tim Johnston in 1983.

11] They are the only winners of the marathon from the host country of the championships. A Briton to win in 1999?

12] The New Zealanders were Derek Turnbull [M70], golds in 800m, 1500m, 5000m, 10000m, 10k cross country, marathon and silver in c.country team. Ron Robertson [M55], golds in 1500m, 5000m, 10000m, 3000m s/chase, 10k c.country. USA's Phil Raschker [W50], golds in 100m, 200m, 400m, 80mH, 300mH, PV, LJ, 4 x 100m relay and silver in HJ.

13] Miyazaki in Japan had 12000 [12,178 to be exact, which included 9701 Japanese].

14] John Dunsford [M65], husband of Barbara [race walk judge and British entries co-ordinator for Gateshead].



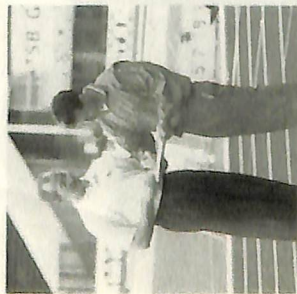
# Your Step-by-Step Guide to Drug Testing Procedures

Sportsmen and women may be tested for drugs at any time, on the day of competition or during training. All testing takes place at short, or no notice. With competition testing, some governing bodies of sport specify a recommended selection procedure for competitors. For example, new records will only be ratified with a negative test.

Whether an athlete is selected for testing during training or competition, the procedure is the same.

## Notifying the Athlete

After an event or during training, in the UK, the competitor will be notified in writing by a UK Sports Council Independent Sampling Officer (ISO) that they have been selected for a drug test. Where appropriate, the competitor will be allowed to complete his/her training session. With out-of-competition testing, the competitor may be given short, or no notice.



## Reporting for Testing

A chaperone accompanies each competitor to be tested to the Doping Control Station waiting room. Sealed, non-alcoholic drinks are available, alongside reading material. All competitors are entitled to have a representative (from his/her sport's national governing body) present.



## Selecting a Collection Vessel

When the competitor is ready to provide a sample of urine, he/she is asked to select a sample collection vessel.



## Providing a Sample under Supervision

The competitor must remove sufficient clothing so that the ISO can directly observe the competitor providing the urine sample into the collection vessel. When the competitor has provided the required amount of urine - generally 100ml - he/she must return directly to the Doping Control Station administration room. Only the competitor should handle the sample.



## Selecting the Sample Containers

The competitor will now be asked to select a pair of pre-sealed bottle containers.



## Breaking the Security Seals

The competitor will be invited to break the security seals.



## Dividing the Sample

The competitor will then be asked to divide his/her sample between the A and B sample bottles, putting approximately two-thirds of the sample into the A bottle and a minimum of 30ml into the B bottle.



## Sealing the Samples

The ISO ensures that the bottles have been tightly sealed by checking the bottle tops. The competitor is then invited to select two numbered seals and to seal the A and B packs.



## Recording the Information

The ISO records the bottle code and seal numbers on the Sample Collection Form; this information is checked by the competitor. The competitor is then asked to declare any medications that he/she has taken in the previous week.



## Certifying the Information

The ISO then asks the competitor (and their representative if present) to check all the information on the Sample Collection Form and if satisfied, to sign the form. The ISO will also check and sign the form. The ISO provides the competitor with a copy of the Sample Collection Form and the competitor is free to go.



## Transferring the Samples to the Laboratory

The samples - in their sealed transit containers - are then sent to an accredited laboratory by a secure chain of custody for analysis. The laboratory receives the copy of the Sample Collection Form which details only the sample, seal numbers and the competitor's medications. No other information is provided which might allow the competitor to be identified.

## Reporting the Analytical Result

Following laboratory analysis of the competitor's A sample, if no banned substances are found, a negative result will be reported to the relevant sport governing body and the B-sample destroyed. This report is usually available within 10 days of the sample collection. If required, results can be made available within 24 hours during a major competition. If banned substances are found, the governing body is notified of the finding. The governing body then notifies the competitor.

In the case of a positive test, the procedure is generally as follows:

- the competitor may be suspended from competition while the reason for the presence of the banned substance is considered.

The competitor is then entitled to a second analysis of the urine sample in the B bottle which the competitor (and/or a representative) may observe, plus an opportunity to present his/her case.  
b) a decision will be taken. This may include suspension from competition for a given period, or even in some cases, a lifetime ban.  
c) every competitor is however, entitled to appeal against the decision reached.

These procedures have been developed to ensure security and fairness in drug testing. Competitors can of course, refuse to be tested. However, such a refusal is considered as though the urine sample gave a positive result.

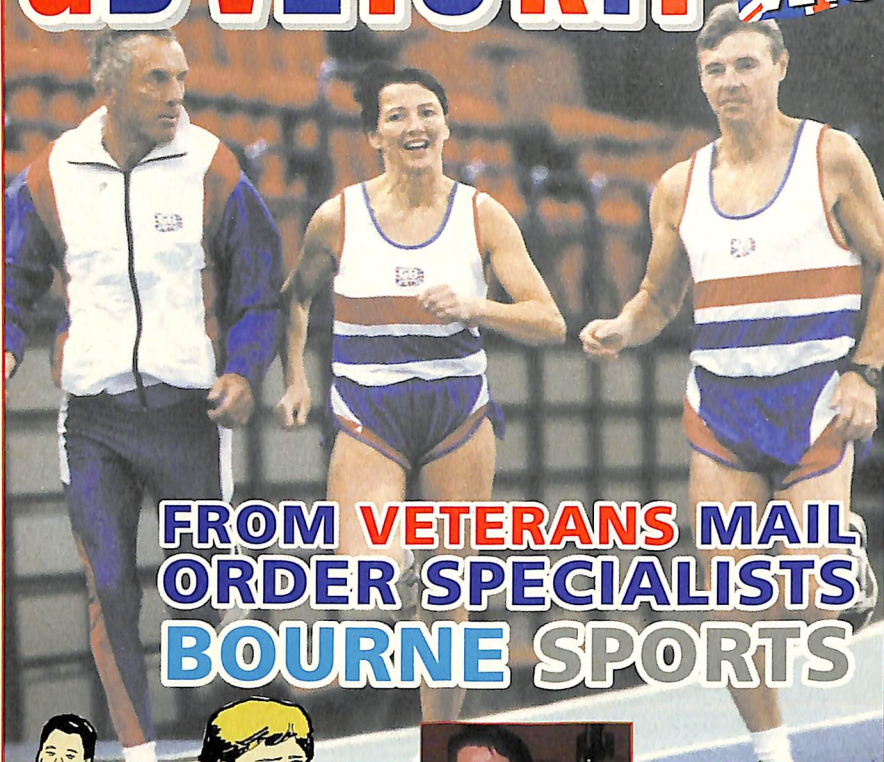
*(A detailed list of the classes of drugs which are banned by the International Olympic Committee (IOC) is available from the UK Sports Council. Those over the counter preparations which may be taken for common ailments (such as hayfever, asthma, etc) and which are permitted under the doping regulations of the IOC are listed in the UK Sports Council's Doping Control information booklet, number 4.)*

UK Sports Council,  
Ethics and Anti-Doping Directorate,  
Walkden House,  
10 Melton Street,  
London,  
NW1 2EB  
Telephone: 0171 380 8029



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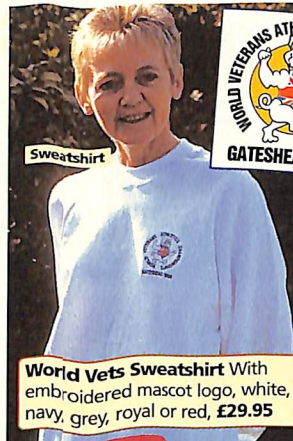
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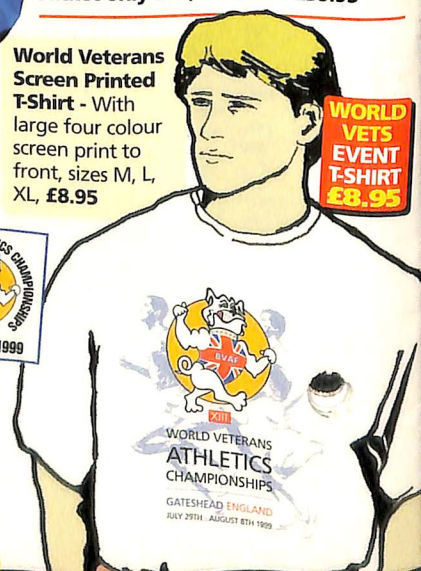


World Veterans Athletics Jacket - Fully lined, zip pockets, embroidered mascot logo, colours royal/white/red, sizes S(36/38"), M(40/42"), L(42/44") or navy/white/gold, sizes S(36/38"), M(40/42"), L(42/44"), XL(44/46"), £29.95

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World Veterans Screen Printed T-Shirt - With large four colour screen print to front, sizes M, L, XL, £8.95

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GB Vets Long Sleeve T-Shirt



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

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