

MASTERS' TRACK AND FIELD (MEN AND WOMEN)

This has been another busy year for our “evergreen fraternity”, who continue to be an example, and inspiration, to the younger Club members. At individual level, there have been a number of outstanding achievements, at national, and international, level.

INDOOR SEASON

Mark Dunwell (V35) won **Gold medals** at 60M at both the **British** and **European** Championships. At the latter, he also won an individual **Silver** in the 200M and collected a **Gold** in the 4 x 200 Relay.

Viv Oliver (V55) won **Gold medals** at both 60M and 200M (in a record time) at the British Championships. At the European Championships, he won **Gold**s in the 60M and the 4 x 200 Relay plus an individual **Silver** in the 200M.

Dalton Powell (V40) won **Silver** at 60M and **Gold** at 200M at the British Championships. (He was unable to participate at the European Championships because of a previous engagement at the (outdoor) World Policeman's and Fireman's Championships in Australia – see below.)

David Oxland (V55) came 4th in the 1500M but won **Gold** in the 3000M at the British Championships. At the European Championships, he won **Silver** in the 3000M.

James Douglas (V35) won **Bronze** in the 60M at the British Championships.

Nigel Winchcombe (V45) came 4th in the Shot at the British Championships.

OUTDOORS

(a) BRITISH CHAMPIONSHIPS

Mark Dunwell won **Silver** in both the 100M and 200M. (Mark also had a very successful year in the BAL. 2nd and 4th places when “A” String and 2nd and 1st places when “B” String in the 100M and 3rd and 2nd places when “B” String in the 200M. In addition, he ran terrific “bends” in the 4 x 100 Relay at all four matches, very much our own Marlon Devonish!)

Viv Oliver won **Gold and Silver** in the 100/200M respectively.

Dalton Powell was 5th in the 100M. (Earlier in the year, he won **Gold** in both the 100 and 200M at the World Policeman's and Fireman's Championships, which were held in Australia.)

David Oxland won **Gold and Silver** in the 1500/5000M respectively. He also won **Gold** at the British Masters Athletics 5K road racing Championships.

James Douglas came 4th in the 100M. (James made one appearance for the BAL League Team, when he featured in the 100M, Triple Jump and the sprint relay. He was also a pillar for the Midlands Team, for which he was athlete of the year for his all-round performances in the sprints and jumps.)

Nigel Winchcombe won **Gold** in the Hammer. (Although hampered by injury, Nigel earned valuable points for the BAL Team in the Shot and Discus at 3 of the matches.)

Clem Bartley (V50) won **Gold** in the Javelin and finished 5th in the 100M. (He also featured for the Midlands Team and came 2nd in the “B” String in his one BAL appearance.)

Colin Palmer (V40) won **Gold** in the 3000M SC. (Colin was ever-present, and a model of consistency, in the BAL League Team. He had three victories, and one 2nd place, in the “B” String 3000SC. He also came 2nd in the same event at the Inter Services Championships.)

Bob Brown (V75) came out of (early) retirement to win **Gold** in the Pole Vault, with a British record (of 2.70M). He also received considerable publicity (local press and TV) due to his subsequent Club appearance in match 4 of the BAL, when he finished 3rd “B” String.

Fiona Palmer (V35) came 4th in both the 200M and 400M. (She **won** the 400M at the Midlands Masters Championships.)

Jane Pidgeon (V40) missed the British Championships as she was still recovering from an injury that had seriously curtailed her summer season. (She had won the 1500M at the Midlands Masters Championships.)

John Statham and Phil Clayton (V45) both featured in the 100M, with John finishing 4th in the final.

(b) WORLD CHAMPIONSHIPS

These were held in Riccione in Italy in the first part of September. A number of folk made the journey. Hopefully, some sun and vino was enjoyed by all after the serious competitive business. Certainly, there were some impressive performances.

Both **Mark Dunwell** and **Viv Oliver** won a brace of **Silver medals** in their respective 100M and 200M (V35 and 55). **Viv** was also a member of the GB 4 x 100 Relay Team that took **Gold** in the V55 category in a new World Record time of 46.16 (from 46.43). There were a number of other finalists and **Colin Palmer** (V40 3000 SC) and **Dave Oxland** (V55 1500M) came close to medals, finishing 4th in the Finals of those events. Encouragingly, virtually everyone did well and achieved “season’s bests” in their events. **Fiona Palmer** also won a **Bronze** in the GB 4 x 400 Relay Team. Finally, our commiserations to **Ian Harding**, who was unable to finish the Decathlon because of injury.

Full details are given in the schedule below. Our congratulations to them all for these achievements. Please keep competing next year!!