

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

Issue No. 84

Summer 2019



News	Page 2
SCVAC 10k Road Championships Bognor Regis	Page 3
SCVAC Track & Field Champion- ships, Abington	Page 5
EAMA Inter-Area Challenge Coventry	Page 7
10K Celtic Challenge Birmingham	Page 9
BMAF 5K road championships Horwich	Page 10
BMAF Trial Championships Gravesend	Page 11
Octogenarians' Park Run, Bushy Park	Page 13
Club Officers	Page 15
Fixtures	Page 16

Mark Hargreaves, above left, winner of 2000m steeplechase in a championship's best performance and Paul Hawkins, below left competing at the SCVAC outdoor Track & Field championships, Abington, 25th May 2019 (see page 5).

NEWS

Our Chairman Arthur Kimber has been appointed to the prestigious position of President of the BMAF.

This well deserved appointment comes after he stood down from his ten year tenure as Chairman of the organisation. However, Arthur, and the Executive members, are anxious that his new position will not be solely a ceremonial one. He says that he does not wish to be merely one that turns up at meetings, giving speeches and handing out prizes but one that still involves practical day



to day tasks within the organisation. Hence will work as an executive president attending Executive and Council meetings.

England Masters team selection process, message from Michael Jefferies, Cross Country Secretary

Just to remind all of you who are interested in selection for the England Masters team in the International Cross Country Challenge this year, the event is being held in Southport on Saturday 16th November, the closing date for entries is 27th September but because the EAMA inter-area XC challenge is only being held on Saturday 28th September EAMA will consider times from this race as part, but only part, of the selection process along with times from the other races advised earlier in the year. Entry forms are available on both BMAF and EAMA websites and when submitting them could I ask that you remember the SAE as this is the means of the Team Manager advising you if you are successful. My address can be found on page 15

SCVAC Half Marathon Championships.

These championships which were due to be held in conjunction with the Burnham Beeches Half Marathon on the 11th August has had to be cancelled. Mark Champion, Road Running Secretary, reluctantly took this decision as there had been only one entrant. Mark is to consider re-scheduling the championships to a date in the Autumn. The news comes as Mark has launched a new club road running trophy, the "Ina Champion Memorial Trophy", more details on page 3.



The Southerner.

I have decided to pass on the editorship of The Southerner and the Spring edition of 2020 will be last that I produce. By then I will have been edited our magazine for over four years and it is time to hand over to someone who can take it forward with an injection of new ideas which I believe it needs.

In this connection we are looking for a volunteer who would be willing to take on the role. I will of course be happy to provide full support to that person. Please contact me at tonyrea465@yahoo.co.uk if you think you can help.

Tony Rea. Editor.

SCVAC 10k Champs at the Bognor Prom 10k, 19 May 2019

SCVAC had a fantastic day at the Bognor Prom 10k.

It's a really great race, with

closed roads,
flat fast course (no wind this year),
and very well organised.

I suspect we'll be back in coming years.

SCVAC results

			Time	Age Grad- ing
Mark Champion	51	V50	36:53	78.87%
Dean Angell	57	V55	38:25	86.53%
Phil Cross	56	V55	40:04	78.95%
Colin Oxlade	60	V60	42:07	77.88%
John Tolhurst	65	V65	45:17	75.93%
Lynne Champion	50	FV50	43:03	79.60%
Barbara Ockendon	66	FV65	52:15	80.96%
Jeannette Giles	81	FV80	01:17:41	68.74%

Dean Angell also won the open V50 competition, with Lynne Champion coming 2nd in the FV50 category.



Mark Champion with MV55s Dean Angell and Phil Cross

Ina Champion Memorial Trophy

First of all who was Ina Champion? Well, she was my Grandma, and she sadly passed away last month at the grand old age of 95.

Was she a runner? Er no ... in fact she was more of the “what are you doing all that running for, it will kill your knees” brigade!

But she was an amazing woman, she lived and worked in London throughout the blitz, she then married and cared for a man who came back from the war badly injured and with a young son (my father). She did this all with determination and a smile on her face. So she had just the right qualities to make her a good runner if the situation had been different.

So why a new trophy? Well as the Road Race Secretary I noticed at the last AGM that SCVAC has a lot of track trophies and the only ‘road’ trophy is related to the Ted Pepper 10k and that’s a multi-terrain race so I wanted to redress the balance, and I can think of no-one better for it to be named after than my Grandma.

So how does it work? It’s going to be awarded to the SCVAC member who achieves the best age grading score at any of the 4 SCVAC road races. This year’s qualifying races are:

- Bognor Prom 10k
- Dorking 10 mile
- Burnham Beeches Half Marathon
- York Marathon

So what’s the current state of play after Bognor? Well, Dean Angell’s impressive 36:57 gained him an age grading of 86.53%, so he’s the current leader. I look forward to seeing if anyone can beat him in the upcoming races.



MV 65 Winner John Tolhurst



V55 Winners Lynne & Mark Champion

Mark Champion.



FV65 Winner Barbara Ockendon

SCVAC CHAMPIONSHIPS – ABINGDON – 25.05.2019

WORDS – ARTHUR KIMBER PICTURES – TONY REA

MEN

Many excellent performances were recorded at the new venue of Abingdon with 14 CBPs by the men, 9 by SCVAC athletes 2 of them equalled, and 5 by guests, and amazingly 14 by the women, also 9 by SCVAC athletes and 5 by guests.



M35 Allan McSween (*left*) won a sprint double, 100m. in 11.76, 200m. in 23.71 and guest Benjamin Howard threw 39.79 in the hammer.

M40 Michael Barough also won a sprint double, 100m. in 11.63, 200m. in 23.27. Dan Upton won three throws, shot, 12.44, discus, 38.88 and hammer, 33.77.

M45 Guest Stephen McCauley set a CBP in the shot, 14.15 and won the discus with 42.28.

M50 Darren Scott (*bottom right*) was the outstanding athlete with a CBP and British record in the 100m. in 11.47 and a 36.26 to win the javelin, while Barrie Marsden set a CBP in winning the 100m.

hurdles, 14.93.

M55 Steve Beak, in a very competitive race, set a CBP in the 100m, 12.20, and added a 200m. victory with 25.43. Guest Paul Guest won the long jump with 5.20, Allan Leiper won the shot, 12.32, guest Robert Broadbridge won the discus, 39.02, Andy Hall the hammer, 43.13 and Trevor Ratcliffe set a CBP with a long javelin throw of 49.26.

M60 Mark Hargreaves (*Pictured on front page*) set a CBP of 7:57.71 in the 2000m. steeplechase and John Fenton a CBP in the shot, 45.51.

M65 Guest John Browne set a CBP in the 100m, 12.87 and also won the 200, 7.50, Duncan Talbot had a triple success, 100m. hurdles, 21.27, 300m hurdles, 59.03 and high jump, 1.34, and Tony Richards a triple success in very competitive events, shot, 10.99, discus, 33.47 and hammer, 31.93.

M70 Vic Novell scored a double in the sprints, 100m, 14.12 and 200m, 30.04. Newcomer to the age group David Spencer set a CBP to win the 400m, 68.14, guest Tony Wells set a CBP in the 80m hurdles, 14.39, and guest Neal Mason another CBP in vaulting 3.10.

M75 Winston Laing won the 800m. in 3:01.46, while Roger Bruck equalled the CBP with a 1.15 high jump.

M80 Vic Adcock set a javelin CBP with 28.10.



Women

W40 Karen Burles won both sprints, 100m, 12.95 and 200m, 26.85 and Marianne Berndt won shot, 10.10 and discus, 31.70.

W45 Ana Ramos-Villaverde (*right*) set a CBP in the 2000m. steeplechase, 8:16.29 and guest Emma Beales a CBP with a 40.09 discus. Kathryn Miles ran 13.66 to win the 100m. and guest Yvette Clayton 28.54 to win the 200m.

W50 Guest Janet Dickinson was the most successful athlete in this age group with two CBPs, 300m. hurdles, 50.64 and high jump, 1.37, and also winning the 80m. hurdles, 14.37, 200m, 28.19 and javelin, 25.62.

W60 Guest Jane Horder and Teresa Eades both set two CBPs, Jane, 80m.hurdles, 13.57 and 300m. hurdles, 51.40, and Teresa, high jump, 1.20 and long jump, 4.03. She also won the triple jump, 8.41. Joan Trimble also won two events, 15.27 for 100m. and 32.26 for 200m.

W65 Helen Godsell recorded a double victory in the sprints with CBPs in 100m, 14.27 and 200m, 30.15.

W70 Moira West set two CBPs, 100m. in 15.35 and 200m. in 33.54. Rose Webb set a 800m. CBP with 4:35.23 and Noel Blatchford (*below left*) a 3000m. walk CBP, 19:20.11, while Liz Sissons won all four throws, shot, 8.22, discus, 17.47, hammer, 21.02 and javelin, 16.41.



Venessa Hannan

EAMA INTER AREA CHALLENGE – COVENTRY – 06.07.2019

WORDS – ARTHUR KIMBER

PICTURES – TONY REA

At the new Coventry venue the match was, as usual, very competitive and held in a very friendly atmosphere. Four CBPs were set two by SCVAC men, two by SCVAC women and one by a MMAC athlete. All athletes mentioned are SCVAC athletes, unless their club is stated.

MEN'S MATCH

In the sprints Mensah Elliott ran a fast 11.67 to take second place in the M35 race, Vic Novell won the M70 100m. race in 14.22, M35 Adam Bellis took a double second with a 23.52 200m. and a 52.90 400m. M50 Dominic Bokor-Ingram (*right*) was the outstanding athlete with three wins, 200m, 24.69, 400m, 53.79, a CBP, and then a 2:12.85 800m. David Spencer, a newcomer to the M70 age group, set a 65.93 400M. CBP and Terry Bissett just lost out in a close M70 200m. race to take second place in 30.67.

The other middle distance performances of note, apart from Dominic's, were Bartosz Porzuceck's M35 800m in 2:06.24 for second place, Stewart Thorp's (*below right*) second in the M60 1500m. in 5:18.37 and John Exley's second in the M70 1500m, 5:52.55. Malcolm Martin won the M60 2000m. walk in 11:18.25.

SCVAC won both hurdles races, Mensah Elliott easily winning the M35 110m. in 15.37 and Barrie Marsden the M50 100m. in 15.10. SCVAC teams won two 4x100m. relays, M60 in 57.43 and the M70 in 59.51.

In the jumps, M60 Duncan Talbot cleared 1.37 to win the high jump on countback, John Andrews pole vaulted 3.30 to win the M50 event and Tony Mitchell won the M60 long jump, 4.36.

In the throws M35 Dan Upton had a very successful day, winning the discus, 37.04, second in the shot and hammer, 12.14 and 32.62. M50 Allan Leiper won the shot, 12.48, with a second in the discus, 34.97, M50 Andy Hall was second in the hammer, 38.34 and Trevor Ratcliffe easily won the M50 javelin with a long 51.46.



WOMEN'S MATCH

In the sprints Moira West took the M70 100m. race with a CBP of 16.16 and Helen Godsell (*right*) scored a double victory with a 29.98 200m. and a 70.00 400m.

In the middle distance races Virginia Mitchell ran a fast 800m. in 2:26.85 to set a W50 CBP and newcomer Debbie Forrest (*below*) took second in the W50 3000m, 11:56.74. W35 Paula Williams, MMAC, set a CBP in the 100m. hurdles with 13.00. The 4x100 relay team took second places, W35 in 56.30 and W60 in 67.48.

In the jumps W60 Teresa Eades won the high jump with 1.27 and Sue Yeomans the W50 pole vault event with 2.50, while newcomer Sarka Hawkin made her debut with a 3.01 vault, beaten into second place only by countdown..

Louise Wood took second in the W50 triple jump with 9.75. In the throws W70 Liz Sissons was the only winner, shot with 7.77. Caroline Garrett set a CBP in the W50 javelin for VAC.



TEAM SCORES

TEAM	MEN	WOMEN	OVERALL
MMAC	287	234	521
EMAC	228.5	204	432.5
SCVAC	250	175	425
WMAA	172	198	370
SVHC	151	167	318
SWVAC	105.5	144	249.5
VAC	108	66	174

CELTIC CHALLENGE

Birmingham 26th May 201

As there were several Southern Counties Vets AC runners selected for the England team in the above event held as part of The Great Run Birmingham 10K I thought they deserved a mention for their efforts as by common consent it was a tough and not particularly attractive course. England were extremely well represented, the Celtic Nations, sadly, were not quite so numerous but the overall quality of the field was very high even stretching to Jo Pavey in the open event. Our ladies were led by Kate Rennie 2nd (45-49) in 38.41 with Penny Forse 3rd (65-69) in 46.54 and Sue Garner 5th (70-74) in 55.34. Our leading man was Paul Whelpton 1st (65-69) in 38.46 followed by Dave Beattie (*below left*) 3rd (70-74) in 46.16 with a very strong (75-79) group led by Tony Brackstone 3rd in 50.58 with Dave Moorekite (*bottom of page*) 4th in 51.35 and Tony Rea 5th in 51.52. Dave Moorekite's wife Janice ran in the open race to finish in 52.11. Qualification for the event was not easy and on a chilly, damp day our athletes performed magnificently.

Mick Jefferies



BMAF Road 5k Championship, Horwich, Sunday 16 June

Horwich is a small town near Bolton, which hosts a week-long Festival of Races (cycling, fell races and road races) every year in mid-June. For a number of years BMAF have used this event for their 5k Championship. The race, on totally closed roads, consists of three undulating circuits of the town centre with an uphill finish to each lap.

A modest number of SCVAC members made the trip North to Horwich this year, but they recorded some good performances between them. I was pleased to meet up with three old friends from Oxford City AC before the start: Stewart Thorp, Roy Treadwell and John Exley, (*pictured left to right*) who had made an early start and travelled up by car on race morning. I also met Margaret Connolly, (*pictured far right*) wearing our SCVAC club vest, and Des Michael from Barnet AC.



At Horwich Leisure Centre, Race HQ, the BMAF team of Peter Kennedy, Alex Rowe and Rob Fox greeted and processed the arriving athletes and furnished them with their bib numbers, timing chips and age group numbers.

On a fine June morning at 11am, around 130 runners toed the start line, with a show of hands by each age group confirming that the older athletes were positioned behind the youngsters. A klaxon signalled the start, and with no start timing mat our finish times would all be “gun times”. In practice this only cost a few seconds for the oldies like me.

The younger age groups were soon far ahead and I found myself tracking fellow M70s Roy Treadwell and John Exley. Roy gained a 30 seconds advantage by the finish, but I had a closer tussle with John, who prevailed by 11 seconds to win Silver.

Ahead of us, Stewart Thorp was 5th M65 behind some top class runners: Nigel Gates, Kevin Hesketh, David Oxland and Stan Owen.

SCVAC member Des Michael, in his final year in the M65 group, was 10th, with the consolation of recording a time 28 seconds faster than the M70 winner – good luck next year Des.

Margaret Connolly was surprised and delighted to win a W60 silver medal.

The race as a whole was notable for some outstanding age graded scores. No less than 11 out of 127 finishers achieved over 90%. The top three scores were Angela Copson W70 with her time of 22.15 worth 97.6%, Alistair Walker, M60 with 16.58 worth 96.5%, and Nigel Gates, M65 with 18.01 worth 93.2%.

A glance at the full results (available on the BMAF website) shows how close some of the battles were, with 1st place Mick Hill (M40) of Leeds City just 2 seconds clear of Raymond Edgar (M35) of Lancaster and Morecambe. In the M55 group, Simon Wright pipped Steven Watmough by one second.

I recommend this race to our members, as all who attended in 2019 agreed that it is a fine event.

Dave Beattie

BMAF TRIAL CHAMPIONSHIPS.**Gravesend 30th June 2019**

The BMAF Multi-Terrain Championships took place Sunday 30th June within the 30K North Downs Run, on a warm sunny day over a very challenging course some outstanding performances by SCVAC athletes were recorded. (See overleaf)



Left Celia Findley, Above David Gill'

Below Karen Samuel



SCVAC Athletes results within the BMAF Trial Championships

Name	Position	Category	Time
Julian Rendall	2nd	MV40	2.18.34
Daniel Witt	4th	MV40	3.07.40
Elise Rendall	1st	FV40	2.46.25
Heather Fitzmaurice	2nd	FV45	2.40.50
Alun Rodgers	4th	MV50	2.30.33
Andy Howey	1st	MV55	2.16.15
Andrew Noble	2nd	MV55	2.20.57
Derek Humphrey	4th	MV55	2.32.27
Bob Fursey	5th	MV55	2.49.46
Graham Brown	7th	MV55	3.25.21
Celia Findley	1st	FV55	2.57.48
Karen Samuel	2nd	FV55	3.56.58
David Gill	1st	MV60	2.33.48
John Gurney	2nd	MV60	2.42.05
Janice Moorekite	1st	FV60	3.05.14
Walter Hill	1st	MV65	2.44.45
Joyce Bell	1st	FV65	4.12.55
David Winch	1st	MV70	2.41.36
Trevor Edgley	2nd	MV70	2.59.27
Barry Bell	3rd	MV70	3.27.22
Sarah Marzaioli	1st	FV70	3.39.07
Tony Rea	1st	MV75	3.30.30
James Fitzmaurice	2nd	MV75	4.12.22



Janice Moorekite
(above left)

Julien Rendall
(above centre)

Joyce Bell (above
right)

James Fitzmaurice
(left)

Barry Bell (right)



RECORD NUMBER OF OCTOGENARIANS RUN BUSHY PARK PARKRUN



At the third annual Octogenarian Get-together at Bushy Park Parkrun on 6th July a record number of 48 men and women aged over 80, with a probable combined age of over 4,000 years, celebrated their longevity by finishing this 5K run over a dusty course on a very warm and sunny morning. They travelled long distances from far and wide.

Space does not permit mention of all 48 finishers (see results overleaf) but, once again, there were some outstanding performances by both men and women. Margaret Smith lowered the M85-89 age group best by almost two minutes with 42:55. Of the seven in the younger women's age group, W80-84, first was Margaret Williams in 34:09; second Monique McInnes 42:58; third Anne Middlemiss 43:12.

First of the 32 M80-84 finishers was Douglas Milsom in a remarkable 27:17; second Gerald Billis, 29:04; third Tom Everitt 31:19.

Of the eight men in the M85-89 group Allan Smith was first with 37:25, Richard Pitcairn-Knowles second in 37:56, and Albert Yee third in 38:45.

It was Albert Yee who donated medals to celebrate the event at the party after the race when the Octogenarians and their families tucked into cup-cakes and prosecco very kindly organised once again with tables, chairs, glasses, etc., by Carol Dickinson of Bushy Park.

Afterwards, the brain behind the idea of celebrating being over 80, George Frogley, thanked Carol, the many helpers and, of course, all the marshals and other volunteers who made it possible for all 1365 runners to enjoy the whole event.

Photo by Carol Dickenson – Report by Richard Pitcairn-Knowles

Finisher's table overleaf

2019 BUSHY PARK PARKRUN - 48 OCTOGENARIAN FINISHERS

M80-84

578	Douglas Milsom	27:17	77.03%
733	Gerald Billis	29:04	74.14%
896	Tom Everitt	31:19	75.04%
914	Leonard Gaul	31:36	70.09%
963	Tom Hartigen	32:41	65.94%
968	John Smithurst	32:48	65.70%
1007	Tom Harrison	33:27	66.22%
1012	Lewis Williams	33:33	64.23%
1060	John Heiron	34:11	64.80%
1083	Raymond Blackwell	34:37	60.71%
1095	John Allen	34:51	60.31%
1100	Geoffrey Symons	34:54	61.75%
1147	Mike Bangham	36:16	57.95%
1162	Ron Denney	36:35	62.28%
1172	Allan Lang	37:08	56.60%
1176	Maurice Francis	37:18	59.38%
1183	Graham Mealor	37:34	55.94%
1184	Raimon Saiz	37:36	60.59%
1187	John Abrams	37:40	58.81%
1195	Roger Wilks	37:57	60.04%
1213	Alan Palmer	39:04	55.16%
1218	Peter Richards	39:41	52.96%
1229	David Traynor	40:14	52.24%
1251	Colin Munro	41:09	51.07%
1283	Ivan Boggis	43:24	48.43%
1288	John Last	44:07	51.64%
1294	John Dickson	44:35	47.14%
1299	David German	45:24	46.29%
1319	Martin Clark	47:45	45.13%
1332	Les Brown	51:31	41.83%
1340	George Frogley	53:20	
1357	John Hanscomb	60:58	37.37%

M85-89

1177	Allan Smith	37:25	67.31%
1194	Richard Pitcairn-K	37:56	66.39%
1210	Albert Yee	38:45	67.48%
1263	Bob Emmerson	41:50	60.20%
1281	Geoff Jackson	43:20	62.88%
1285	Tom Allen	43:32	55.82%
1336	Brian Rule	57:49	46.01%
1362	Arthur Walsham	65:00	43.79%

W80-84

1059	Margaret Williams	34:09	78.04%
1276	Monique McInnes	42:58	65.17%
1279	Anne Middlemiss	43:12	61.69%
1282	Iris Griffin	43:24	61.41%
1341	Dorothy Mc Lennan	53:53	53.48%
1342	Shelagh Allen	53:55	50.60%
1350	Joan Hannan	54:53	49.71%

W85-89

1274	Margaret Smith	42:55	71.88%
------	----------------	-------	--------

Richard Pitcairn-Knowles



Club Officers for 2019

Chairman:

Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD. Dartford Harriers 01634 389554: arthur.kimber@gmail.com

Vice Chairman:

Tom Richards 101 Doulton Place, Macmillan Way, Tooting, London, SW17 6AT : 020 37594389 thomasrichards@talktalk.net

Secretary & Minutes Secretary:

David Beattie 64 Lumley Road, Horley, Surrey RH6 7JL Crawley AC 01293 412625: beattieruns@blueyonder.co.uk

Treasurer:

Tom Richards as above.

Membership Secretary:

Jeremy Carmichael, 1 Tintern road, Gossops Green, Crawley, West Sussex, RH11 8NG,

Crawley AC, 01293 547855, ultraslow@blueyonder.co.uk

New Members Secretary:

Vilma Thompson 18 Albury Road, Boyfield Street, London, SE1 0SB Belgrave Harriers 02079289577 villythompson18@gmail.com

Road Running Secretary:

Mark Champion. 64 South Hill Road Gravesend DA12 1JZ, 01474 396715, markchampion2012@googlemail.com

Race Walking Secretary:

Walter Hill, Tain Cottage, Ifield Rd, Charlwood, Surrey RH6 000 Crawley AC 01293 862327. walterhelen@tiscali.co.uk

Cross Country Secretary:

Mick Jefferies. 5 Cornflower Close, Weaving, Maidstone, Kent ME14 5VL. Dragons Running Club, 01622 632484, jefferies_478@hotmail.com

Newsletter Editor:

Tony Rea, 2 Kings Lodge, 71 King Street, Maidstone Kent ME14 1BG, Dragons Running Club, 01622 758489: tonyrea465@yahoo.co.uk

T&F League Secretary: Arthur Kimber

T&F (outdoor) Secretary: Kay Reynolds.

T&F (indoor) Secretary: Arthur Kimber.

Medals & Kit: Arthur Kimber

Club Records: Mark Champion, details above.

Club Webmaster: Mike Peel Blackheath & Bromley Harriers AC

07970101871: mike@mikepeel.co.uk

Southerner 200 Club: to buy shares please contact Tom Richards - details above.

Southerner contributions welcome, please send to Tony Rea- details above

FIXTURES SUMMARY

SOUTHERN COUNTIES VETS AC

2019

20th October SCVAC Marathon Championships York

2020

16th February SCVAC Indoor track & Field Championships. Lee Valley

NATIONAL (*Selection only: for full list of events please refer to BMAF website*)

2019

21st September British Masters 10,000m Track Championships. Jarrow

28th September English Masters Inter-area Cross Country Championships. Bury St Edmunds

20th October British Masters Marathon Championships York

2020

23rd February British Masters Indoor Pentathlon Championships and South of England Indoor Track & Field Championships Lee Valley

1st March EAMA Indoor Track & Field Inter-area Challenge Lee Valley

7th-8th March British Masters Indoor Track & Field & Winter Throws Championships Lee Valley

INTERNATIONAL

2019

1st September England Vs Celtic Nations Masters international Half Marathon Maidenhead

5th-15th September European Masters Track & Field Championships Venice

20th October England Vs Celtic Nations Masters International Marathon York

16th November British & Irish Masters Cross– Country International Southport

2020

15th –21st March European Masters Indoor Track & Field Championships Braga Portugal

3rd—5th April European Masters Non-Stadia Championships Madeira Portugal

20th July– 1st August World Masters Track & Field Championships Toronto Canada.