

# NCCWAVA BARBADOS

## BARBADOS- SOME IMPRESSIONS

by  
Brian Oxley

**T**he cross-country is often first on the agenda and so is an indicator of the strength of the meet organisation. In a newly visited country, it also provides a swift and memorable introduction to local scenery and running conditions.

The cross-country was to be the first event at our NCCWAVA meet in Barbados; start at 7.00 a.m. Competitors were told that for an event starting before 9 a.m., they could sign in the evening before. Now imagine this exchange at the registration desk on arrival:-

Competitor (me): "I'd better sign in for the cross country. Where do I do that?"

Pleasant Lady (PL): "Oh, right at the race, that'll be O.K."

Me: "Where's the race, then? Do you have a map?"

PL: "No we don't have a map. You get the bus from here at 6:30."

Me: "But we're living on the other side of the island. It'll be difficult to do that. Far easier to go straight to the race. Where's the race?"

PL: "I don't know. (Then some chat with other seemingly official persons) It's behind the Pine Hill Dairy."

Me: "Where's that?"

PL: "Well I go past it on my way here, but I don't know how to tell you where that is."

Me: "O.K. I'll find it." (not wanting to prolong this discussion)

The following morning, now anxious, we rose very early and went to the Pine Hill Dairy, which we'd found the evening before. No sign of anything whatsoever, anywhere!

So off to the Headquarters hotel to follow the 6:30 bus. We were so early (anxious) that we arrived at 5:45, to find a mini-bus with about a dozen folks in it - most of whom I knew. Norm Green called out, "Come on, Brian! This bus is supposed to leave at 5:45!"

The bus led us to a tiny road, close to the Dairy, one which we had explored already that morning but not far enough. A pickup truck with helpers arrived. We walked up into a hilly cow pasture, followed by Stuart Summerhayes in our rental car (should have been an ATV) with all the bags.

And then everything was O.K. The course was tough - three trips up and around the top of the very highest hill; the cows and bulls all stood still while we passed amongst them, avoiding the results of their labours; the sun shone warmly as we died, and it took only about three days to recover, helped by sand and sea. Actually, the winners covered the 8k incredibly quickly, one might say at breakneck speed. I don't know how they didn't injure themselves on the rocks and sudden descents. The rest of us suffered - slower but safer - and we could take pleasure from just being there when so many others weren't.

What we did learn was that, once they got going, our hosts were friendly and efficient. Who could ask for more? And that was to be the flavour of the meet - my first impressions were wrong this time.

My recovery was delayed by ham-string pain, which led to an interesting 400m. I took care to avoid sunburn, but did undergo a dramatic colour change! It happened this way. I scratched from the 400 an hour before - couldn't do a warm-up. Ralph Romain of Trinidad signed in as I scratched, commiserating with me. He himself was recovering from an injury.

I couldn't stay around to see the race, the meet being behind schedule, but asked Ralph about it the next day. He laughed - I asked why. He said "I never, ever, thought I would be associated with a time like that!" Of course, I asked him "What was your time?" He said "58. something." Ralph is 65.





Canadians take time out from the track to enjoy the beach in Barbados. Front left to right Doug Smith, Kerry Smith, Jack Castle, Jim Pascoe, Dev Sharma; back row Brian Oxley, Edith Gray, Stuart Summerhayes, Gaetan Breton, Jocelyn Dumais, Earl Fee and Jim Flowers.

I asked about Earl Fee and Ralph said "It seemed he didn't want to pass me." I should think not, after an 800!

I later learnt that as Ralph strode along ahead of the field, the announcer (shades of Saskatoon) informed the assembled multitude "And here comes Oxley in the lead." A swift colour change indeed!

## Results

### Women

#### 100 Metres

**W40:** - (Wind 0.6) 3. Dawkins, Maggie W44 15.30 14.48 74.38%; 5. Sherrard, Judy W44 16.82 15.92 67.66%

**W55:** - (Wind -0.7) 1 Radcliffe, Marg W56 16.59 13.99 76.91%; 2 Rosenitsch, Annemarie W58 16.64 14.04 76.68%.

**W60:** - (Wind -0.5) 3 Gray, Edith W63 16.38 13.28 81.07%

**W75:** - (NWI) 2 Kotelko, Olga W79 22.11 15.31 70.28%.

#### 200 Metres

**W55:** (Wind 1.6) 1 Rosenitsch, Annemarie W58 33.40 27.76 77.96%; 2 Radcliffe, Marg W56 35.22 29.27 73.94%.

**W75:** - (Wind 2.5) 2 Kotelko, Olga W79 49.10 32.98 65.62%.

#### 400 Metres

**W40:** - 4. Sherrard, Judy W44 1:22.61 1:16.73 62.43%.

**W55:** - 1 Radcliffe, Marg W56 1:20.31 1:05.70 72.92%.

**W65:** - 1 Horne, Jean W66 1:17.13 56.83 84.29%.

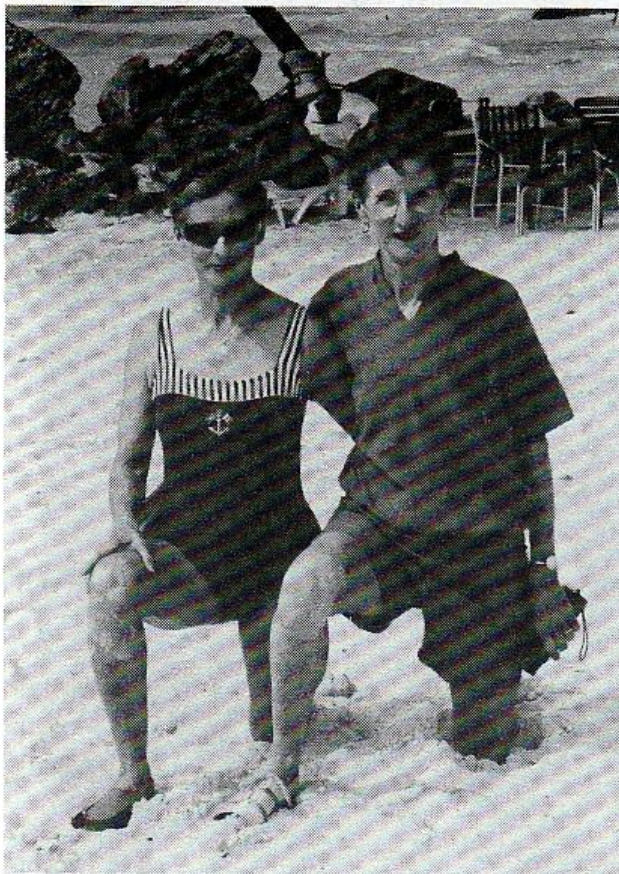
#### 800 Metres

**W65:** - 1 Horne, Jean W66 3:00.26 2:10.86 86.26%.

#### 1500 Metres

**W65:** - 1 Horne, Jean W66 6:21.33 4:38.80 82.66%.





Other Canadians at the beach in Barbados were Ann Marie Rosenitsch (left) and Jean Horne.

#### 5000 Metres

**W35:** - Dumais, Jocelyne W39 DQ.

#### 10000 Metres

**W45:** - Tedford, Catherine W45 DNF.

#### 80 Metre Hurdles

**W50:** - (NWI) 1 McBlain, Liz W50 16.60 17.11 71.39%

**W60:** - (NWI) 1 Gray, Edith W63 18.01 16.38 74.57%.

#### 300 Metre Hurdles

**W50:** - 1 McBlain, Liz W50 1:16.54 1:32.25 57.17%.

#### High Jump

**W50:** - 1 McBlain, Liz W50 1.25m 1.62m 77.64%.

**W55:** - 1 Radcliffe, Marg W56 1.00m 1.37m 65.79%.

**W60:** - 1 Gray, Edith W63 1.20m 1.76m 84.51%.

**W75:** - 1 Kotelko, Olga W79 0.90m 1.58m 76.27%.

#### Pole Vault

**W60:** - 1 Gray, Edith W63 1.80m 2.85m 64.06%.

#### Long Jump

**W40:** - (Wind -4.2) 2 Dawkins, Maggie W44 3.63m 4.19m 55.76%.

**W50:** - (Wind -0.1) 2. McBlain, Liz W50 3.40m 4.53m 60.28%.

**W55:** - (Wind 0.0) 1 Radcliffe, Marg W56 3.85m 5.52m 73.47%.

**W60:** - (Wind -0.6) 2 Gray, Edith W63 3.58m 5.51m 73.36%.

#### Triple Jump

**W50:** - (NWI) 1 McBlain, Liz W50 7.66m 10.00m 66.26%.

#### Shot Put

**W40:** - 2 Dawkins, Maggie W44 6.89m 7.36m 34.33%.

**W50:** - 2 McBlain, Liz W50 9.74m 11.85m 55.28%.

**W75:** - 1 Kotelko, Olga W79 5.77m 13.94m 64.98%.

#### Discus

**W40:** - 3. Dawkins, Maggie W44 22.09m 23.40m 31.69%.

**W75:** - 1 Kotelko, Olga W79 14.11m 35.16m 47.60%.

#### Hammer

**W50:** - 2 McBlain, Liz W50 28.31m 33.32m 55.55%.

**W75:** - 1 Kotelko, Olga W79 13.71m 26.56m 44.27%.

#### Javelin

**W75:** - 1 Kotelko, Olga W79 14.93m 41.14m 51.45%.

#### Pentathlon

**W50:** - 1 McBlain, Liz W50 3180.

#### Weight Pentathlon

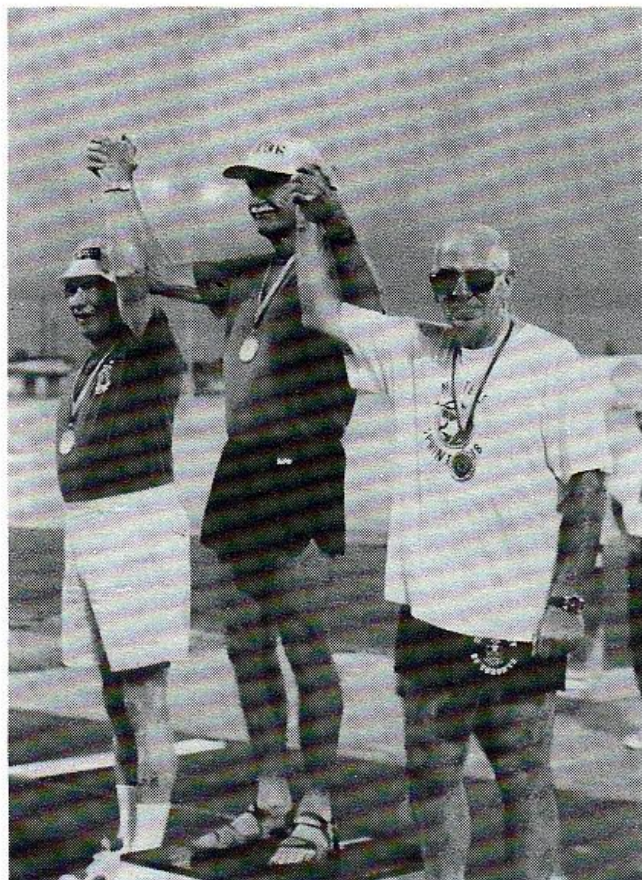
**W50:** - 1 McBlain, Liz W50 2811.

**W75:** - 1 Kotelko, Olga W79 2759.

#### 5,000 Metre Race Walk

**W55:** - 1 Rosenitsch, Annemarie W58 33:33.28; 27:46.20 73.04%





**Jim Flowers (right) on the medal podium at the NCCWAVA meet in Barbados**

## **Men**

### **100 Metres**

**M40:** - (Wind 0.8) 2 Grose, Val M43 11.67 11.14 88.52%; 3 Smith, Kerry M44 11.72 11.19 88.14%.

**M45:** - (Wind 0.3) 3. Linder, Walter M47 12.33 11.39 86.62%

**M70:** - (NWI) 6 Flowers, Jim M70 15.76 12.12 81.41%.

### **200 Metres**

**M45:** - (NWI) 3. Linder, Walter M47 24.89 NWI 22.80 86.50%.

**M60:** - (NWI) 5. Sharma, Dev M62 28.74 NWI 23.65 83.40%.

### **400 Metres**

**M45:** - Carter, Michael M49 DNF.

**M60:** - 2 Sharma, Dev M62 1:06.50 53.69 80.63%.

**M65:** - 2 Fee, Earl M69 1:02.37 48.05 90.09%; 3 Callender, Thomas M66 1:12.76 56.06 77.23%.

### **800 Metres**

**M45:** - 1 Carter, Michael M49 2:14.33 2:01.65 83.62%.

**M50:** - 3. Judson, Fred M52 2:18.19 2:00.45 84.46%.

**M60:** - 2. Pascoe, James M60 2:36.67 2:05.31 81.18%.

**M65:** - 1 Fee, Earl M69 2:23.03 1:48.84 93.48%.

### **1500 Metres**

**M45:** - 3 Carter, Michael M49 5:15.00 4:47.82 72.17%.

**M50:** - 4. Judson, Fred M52 4:53.88 4:18.27 80.42%.

**M60:** - 1 Pascoe, James M60 CANADA 5:43.03 4:36.21 75.20%.

**M65:** - 1 Fee, Earl M69 5:08.86 3:56.41 87.86%.

**M70:** - 3. Farquharson, Don M73 7:46.50 5:37.14 61.61%.

### **5000 Metres**

**M45:** - 1 Smith, Doug M47 21:25.45 19:53.03 65.24%.

**M50:** - 4 Breton, Gaetan M50 20:04.68 17:55.90 72.35%.

### **8000 Metre Cross Country**

**M50:** - 1 Breton, Gaetan M50 33:57.00 30:25.97 70.04%.

**M65:** - 1 Oxley, Brian M65 59:11.00 46:17.24 46.05%; 2 Castle, Jack M68 1:13:50.00 57:44.71 36.91%.

**M70:** - 1 Farquharson, Don M73 1:10:52.00 52:22.66 40.69%.

### **10000 Metres**

**M45:** - 2. Smith, Doug M47 47:30.00 43:39.72 61.78%.

**M50:** - 2 Breton, Gaetan M50 44:03.00 39:33.42 68.19%.

**M60:** - 2 Castle, Jack M68 1:20:22.00 1:00:52.67 44.31%.

**M75:** - 1 Galbraith, Jack M76 1:08:53.00 47:03.67 57.31%.

### **80 Metre Hurdles**

**M70:** - (NWI) 2 Flowers, Jim M70 18.61 NWI 18.72 69.00%.

