

# FIXTURES

- |       |       |   |  |  |  |
|-------|-------|---|--|--|--|
| Dec   | 13    | US Masters South Pacific Tour Commences   | Mar  | 24   | Midland Veterans Cross Country Champs (11.00 start)  |
| "     | 19    | SCAAA Open meeting Crystal Palace*  | Apr  | 21   | Midland Veterans Road Relay (3x5km) Tipton   |
| "     | 22/23 | All Australian Veteran Track & Field Championships Melbourne  | "  | 27   | Walthamstow AC Veterans Road Race (Details: B. W. Hart, 23 St James's St., London, E.17)   |
| "     | 30    | Hawaiian Masters Meeting, Honolulu  | May  | 4  | Midland Veterans Marathon Champs Rugby   |
| "     | 20    | International Veterans Distance Run, Sydney, Australia  | May  | 19   | 7th World Best Veteran marathon Champs Draveil, Paris. Entry Forms & details available from December 1973, from M. Jesbera, 1, Rue des Epinettse, F.94410 Saint Maurice, France. |
| "     | 29    | International Veterans Distance Run, Auckland, New Zealand  | June   | 15   | Barnet Festival of Sport—Cophthall   |
| "     | 31    | New Years Eve Veterans Road Race, Honolulu  | "  | 16   | Inter-Counties Veteran Road Run (Sun) Champs (10km) Leamington (12.00 start)   |
| 1974  |       |   | "  | 29/30  | Canadian Masters Track & Field Champs Vancouver  |
| Jan.  | 12    | Mitcham AC 25 Kilometre Road Race. Charshalton. Includes over 50, over 40, over 60 and Vets Handicap                  | Aug  | 11   | British Veterans Track & Field Champs Cophthall (Sun)  |
| "     | 16    | SCAAA Open meeting, Crystal Palace*   | 1975   |  |  |
| "     | 19    | Veterans AC Cross Country Champs. Wimbledon   | Switzerland—World Vets 25 Kilometres Championships |  |  |
| "     | 21/23 | International Veterans Meeting. Christchurch, New Zealand   | Aug 11-16  | First World Masters Track and Field Championships, Toronto, Canada |  |
| "     | 29    | Southern Veterans Cross Country Champs Belgrave Headquarters, Wimbledon   |  |  |  |
| (Sun) |       | Common (3 Classes, 2 Races, Noon start) Entries 25p each Individual to Bill Hazle, 5, Oak Hall Road, London, E.11 2JT |  |  |  |
| Feb   | 23    | British Veterans Cross Country Champs Tipton (2 pm and 3 pm starts) Details from: Jack Selby, 15 Tamworth Rd.         |  |  |  |
| Mar   | 2     | Scottish Veterans Cross Country Champs  |  |  |  |

\*Telephone AAA offices, London (01-580 3498) for information on veteran events to be included.

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# VETERIS

the magazine of the

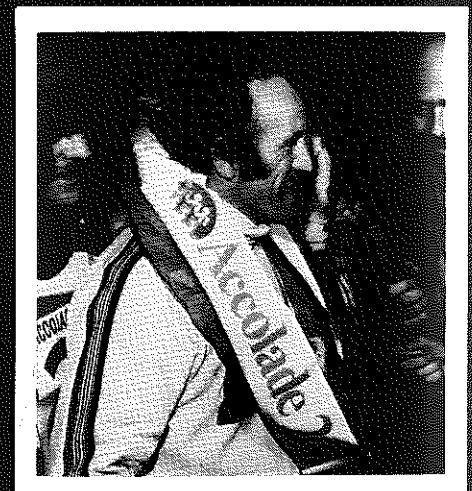
Association of

Veteran

Athletes

25p

Vol. 1 No. 3 December 1973



# VETERIS

the magazine of the Association of Veteran Athletes

Quarterly

December 1973

Volume 1, Number 3

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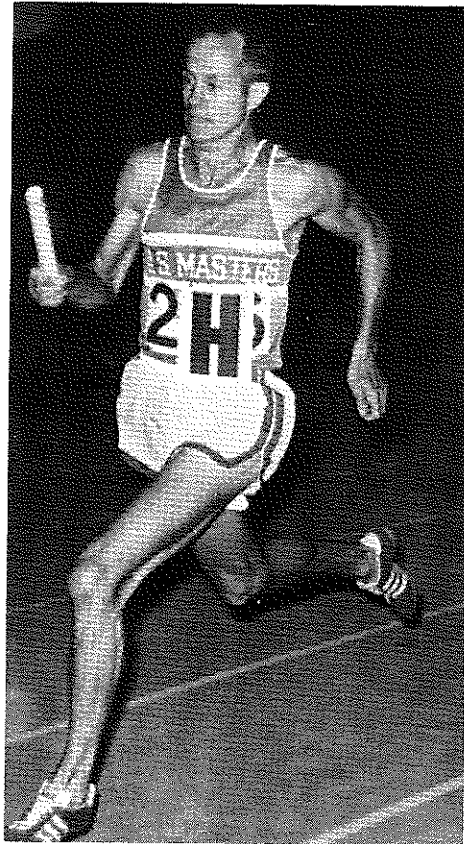


Photo: F. Reynolds

JACK GREENWOOD (USA) World's top hurdler of 1972 (15.0/55.7) also ranked 10th, 5th and 3rd in the 100, 200 and 400 with 11.6/23.1/52.1 - all at the age of 46.



Photo: C. Shippen

HERMANN MULLER (GER), ranked 4th in last year's world marathon lists (2:25:07) finished 5th in this year's World 25 Km road championship in the Isle of Man.

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### GREAT BRITAIN

Veterans AC: Arthur Welling, 65 Browning Ave., Worcester Park, Surrey.

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AUSTRALIA: Wal Sheppard, 148 Manningham Rd. Bulleen, Victoria 3105.

### CANADA:

Don Farquharson, 269 Ridgewood Road, West Hill, Ontario.

NEW ZEALAND: Clem Green, 46 Hargreaves St., Wellington 2.

UNITED STATES: David H. R. Pain (U.S.M.I.T.T.) 1160 Via Espana, La Jolla, California 92037.

Robert G. Fine (N.Y.M.S.A.) 11, Park Place, New York N.Y. 10007

Editor:  
Clive Shippen  
24, Fryston Avenue  
Coulson, Surrey

Statistician:  
John Hayward  
35, Danbury Way  
Woodford Green  
Essex.

Subscriptions & Distribution:  
Tony Betteridge  
98, New Road  
South Darenth  
Dartford, Kent

Advertisement Manager:  
Jack Fitzgerald  
6, Tyers House  
Aldington Road  
LONDON S.W.16

Advertisement Rates:	£2 per s.c. inch
(per insertion)	£7 per ¼ page
	£12 per ½ page
	£20 per page.

### Overseas Correspondents:

Australia: Wal Sheppard  
Canada: Don Farquharson  
New Zealand: Clem Green  
U.S.A.: David Pain

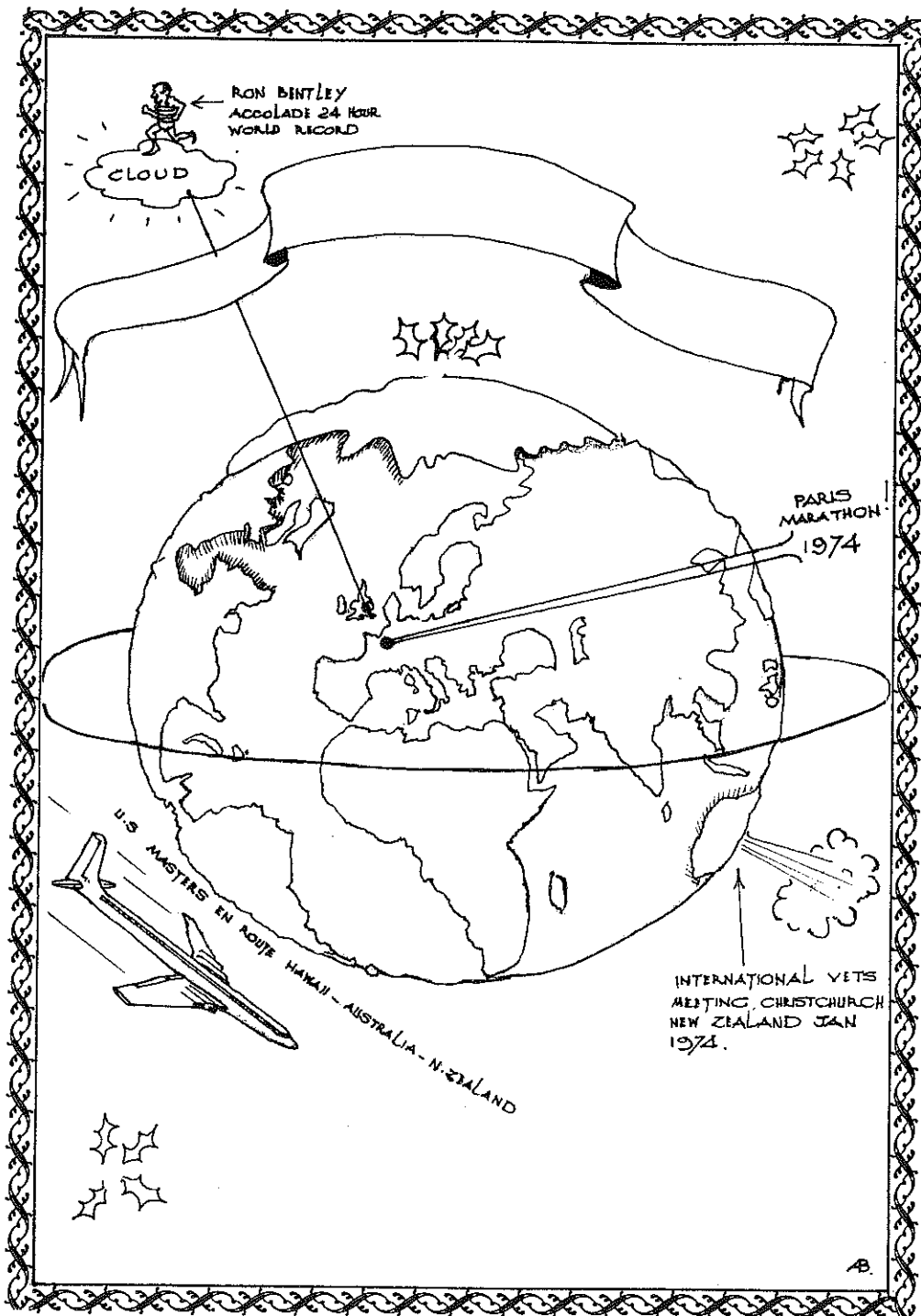
### Subscription Rates:

(including Postage)

International Money Order only.

Europe: 1 year (4 issues) £1.00  
Overseas (Surface):  
1 year (4 issues) £1.50

Airmail rates on request.

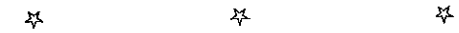


# Editorial

The Editorial Committee of VETERIS extend seasonal greetings to all their readers, and wish veterans and masters throughout the world a peaceful, healthy and happy New Year.



The focal point of world veteran athletics this month will be centred on Melbourne, Australia, where the first Australian Veterans Track and Field Championships take place on Saturday and Sunday 22/23 December. The principal entries will be from Australia, New Zealand and USA. Four weeks later many of the same athletes will have travelled the 1,500 miles to Christchurch, New Zealand, for the Pre-Commonwealth Games International Veterans Meeting on 21/22/23 January. Both meetings will occur during the publicity build-up to the Games themselves, and should provide useful publicity also for our own movement. These gatherings will be the largest for track and field meetings since Europe 1972. We extend our best wishes to all veterans in the Antipodes this month and assure them that those of us who are absent will be with them in spirit.



It is only natural that the emphasis of our first three issues has been on the competitive angle of Veterans athletics. To get started, one has to appeal to the enthusiast and in appealing to the enthusiast alone a magazine is soon labelled a 'Specialist's Mag'. Furthermore, it's scope becomes limited.

The majority of active veterans have been on the athletics scene for many years, and we believe that every effort should be made to encourage them to continue in this enjoyable and healthy way of life. But there is a much larger section of the community who are in greater need of our encouragement—the inactive, sedentary middle-aged adults. We say middle-aged, yet Loyd Percival of the Fitness Institute of Toronto calls 25-35 "the dangerous decade". After 25, "Career, family and home take up more and more time and interest" says Percival, and the decline becomes quite apparent in the late 20's and early 30's. An FIT survey showed that minimum oxygen uptake dropped 27% between 18 and 30, flexibility 21%, strength 14%, heart performance 24%, while body fat was up by 50%! What then will they be like at 50? Rex Gilman, now a US Master, gives an indication. "In August 1972 I failed my company physical, had a slight touch of emphysema, smoked two packs of cigarettes a day, was overweight (230lbs/105kg), had ulcers, bad back, headaches and always feeling out of sorts". The following month he started a diet (ordered by his doctor) and worked out at the Tacoma Olympic Health Club. A month later he started a walking and jogging programme. In his first US "Run for Fun" of 7.6 miles he managed just one mile in 9½ minutes. Yet by August 1973 he had run a mile in 6:58 and 440 yards in 64 seconds. He is now under 170lbs in weight. Gilman's conclusion? "What a wonderful way to stay healthy. I have no more health problems such as ulcers, bad back etc. It's a new way of life for me". There are hundreds of similar conversions but many, many more are needed.

We need to convey to the public at large the benefits of regular, controlled physical exercise, and the pleasures and friendships which result from group activity in this field. They must not be frightened off by the prospects of Competition. "Fitness for Fun" should be the slogan and clubs could do a great deal more to promote this aspect of Veteran athletics.

The US jogging craze of a few years ago died out as a fashion but left a residue of several thousand fit persons who have continued their new way of life. The rest of the world should note the success of the US jogging clubs, which still flourish.

So what should the interested middle-aged novice do? Well, we believe he should first see his doctor and explain his intentions. He would then do well to obtain a copy of Dr Kenneth Coopers book 'Aerobics', or the later 'New Aerobics', which really do explain starting from scratch. Then to join a club, or others with the same interest, so as to enjoy his exercise in company; but to steer clear of competition in the early months.

Active veterans should encourage their inactive fellows to take this course. A broad base of basically fit people will inevitably throw up the competitive types who enjoy the competition our movement provides. Field events and walking stand to benefit from such a policy as well as running. **SO SPREAD THE GOSPEL!**



Photo: B.H.S. Associates

Ron Bentley passes the World Record marker after 22hrs 59mins 40secs. Left is runner-up Peter Hart.

Veteran runners Ron Bentley (43), Ted Corbitt (53) and Derck Funnell (46) took on twelve younger runners and Wally Hayward's World Record in the ACCOLADE 24 HOURS track run at Walton on 3rd/4th November. They not only covered themselves in glory by finishing 1st, 3rd and 6th of eleven finishers, but Ron Bentley set a new All-Comers World Record of 161 miles 545 yards. (259.603km).

# Bentley's ACCOLADE 24 win

Have you ever tried running a marathon? Tough isn't it? If anyone suggested that you might like to turn around and re-run it immediately afterwards you would probably tell him where to get off! What then can you say about a man who ran no less than SIX marathons back to back in the space of 24 hours? No words are adequate to describe such a feat. There seemed to be no doubt in Ron Bentley's mind that he could take the world record, either before or during the run, which was an indication of the self confidence and meticulous preparation which went into the effort. His mind was fixed so rigidly on Wally Hayward's mark that when he reached it the iron will and mental discipline relaxed. With the body left to its own devices he was obliged to don tracksuit and blankets, and had to struggle to even more around the track for the last hour.

Fifteen competitors faced the starter at 6 p.m. on Saturday, 3rd November at Walton's Stompond Lane Track. Gordon Bentley (Ron's brother) led through the first hour with 8¾ miles, with his Tipton team mate Bill Carr maintaining the pace through 2 hours (17½). Ron Bentley and Ted Corbitt were about 5 laps in arrears at this point; but by 6 hours the field had really re-arranged itself, with Ron Bentley ploughing ahead on schedule (40½) from Carr (39), Keating and Berry (38¾) and Corbitt (38).

As dawn broke, Ron shook off the last man who had tried to latch on to him as he strode past, and surged through the 100miles mark in 13:09:40. His pace had now dropped to 6½ miles an hour but he was relaxed, confident and on schedule.

There was an air of expectancy from the steadily growing crowd as the race reached it's final stages and and no one doubted the outcome, but at 146 miles a torrential downpour of rain hit the arena, maintaining its ferocity for half an hour. This was a critical moment for all those still going. Stiffened muscles, cramp and fatigue were to take on even greater intensity through the chilling effect of the rain. Bentley's second, Bert Harbach, became very worried as he watched the rain splash up from the flooded track. Hot water sponges were introduced to stave off the cold and the effect was quite remarkable. His chatter came back and his confidence soared.

Three and a half miles short of the British Record Ron walked a whole lap to gather himself for a brisk run in. The effort, coupled with the scenes of excitement by the onlookers, forced him to walk a half lap to recover and attack the 'Everest' itself. The excitement and emotion he was experiencing caused him to run at the

## RON BENTLEY

Age: 43 years  
Home: Worcestershire, England  
Occupation: Company Director  
Club: Tipton Harriers

### Personal Bests

- Marathon: 2:26:47 (1971) Huddersfield
- 40 Miles (track): 4:14:30 (1970) Cardiff
- 100 Miles (track): 12:37:55 (1971)
- 24 Hours (track): 161mils 545yds (259.603km)
- Two Bridges Race (36): 3:41:50 (1970) Scotland
- Isle of Man TT (37½): 4:06:57 (1971)
- Exeter-Plymouth (44½): 4:42:23 (1971)
- London-Brighton (53): 5:46:50 (1973)  
(Lost 8-10 mins, off course)
- Comrades Marathon (58): 6:24:14 (1972)

record rather too hard, and after 22hrs. 59mins 40secs of running he finally passed Hayward's record of 159 miles 562 yards. He had done it. Congratulations showered upon him from all directions, the television cameras whirred, the reporters flocked around and the flashlights peppered the darkness. Bentley was overcome with emotion. But there was still an hour to go. A long, long hour with nothing to go for. Ron was reduced to a shuffle, and clad in track suit and blanket he barely covered 2 miles before the 24 hours was up: The longest day of his life had culminated in a world record which reflected the tremendous fitness, courage and determination of a remarkable runner — a remarkable VETERAN runner.

The eleven finishers obviously experienced tremendous satisfaction at their achievements, but only one left the ground on a cloud—43 years old Ron Bentley of Tipton Harriers.

### VETERAN RESULT:

- 1 RON BENTLEY (43) (Tipton Harriers)  
161 miles 545 yards (259.603 Km)
- 3 TED CORBITT (53) (NYPC, USA)  
134 miles 1220 yards (216.768 Km)
- 6 DEREK FUNNELL (46) (Epsom & E. Harriers)  
122 miles 1583 yards (197.788 Km)

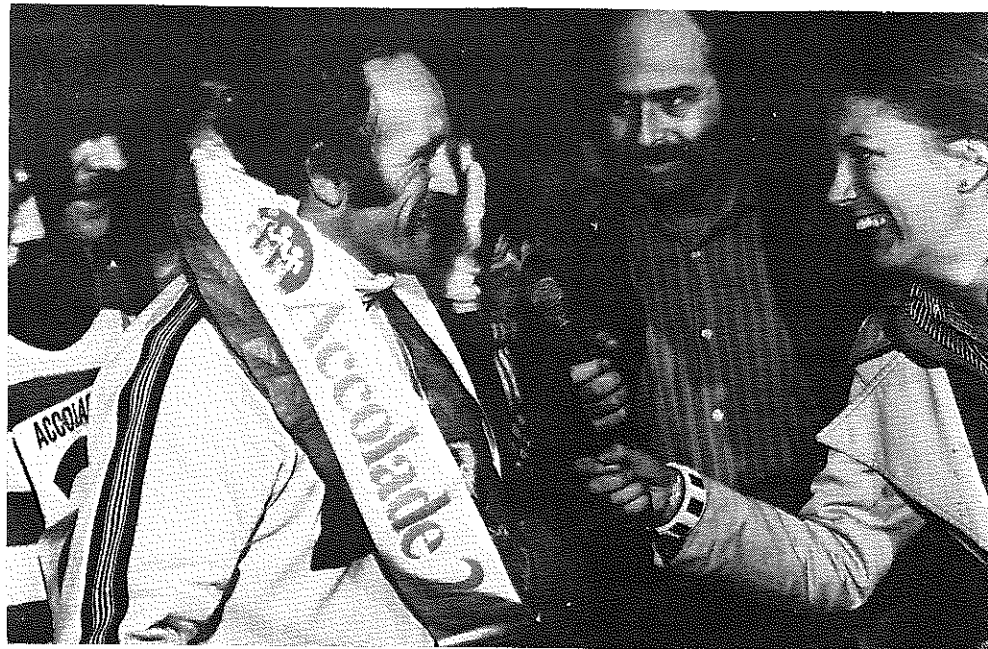


Photo: B.H.S. Associates

The victor is interviewed by B.B.C. Radio and television.

**JOHN JEWELL**, Chief Judge at the Accolade 24 and Editor of the RRC Newsletter, writes on the background and organisation of the race.

Ever since the RADOX 100 in 1971, also sponsored by Nicholas Products Ltd., which Bentley won, there had been a clamour to tackle Wally Hayward's record of 159 miles 562 yards set at Motspur Park twenty years ago.

The aspirants were whittled down to 15 starters, all competitors of long standing, six of whom had run 100 miles, all of whom were considered of sufficient calibre to face the tremendous task before them.

Although Bentley was the only one who looked like threatening Hayward's record at any time during the race after the first hours (he finished 25 miles ahead of the second man) no less than eleven of the fifteen starters were still on the track at the end of the 24 hours.

Hayward's distance did not prove easy to crack, just as the South African did not find Arthur Newton's 152 miles 540 yards easy prey.

The genesis of this event may be traced to the professional pedestrians of the last century.

Arthur Newton regenerated interest in the 24 hour record in the 1920's when competing in professional events such as the two Trans Continental races and also, curious as it may seem, in snowshoe races in Canada.

These promotions dried up when finance was no longer available with the onslaught of the World slump.

Wally Hayward broke the London to Brighton record and the 100 miles Bath Road run in 1953 and he was persuaded by Arthur Newton to extend his visit to Britain before returning to South Africa, by a month. This enabled him to tackle Newton's 24 hour record. The two records were not strictly comparable as Newton's was made on an indoor track of 13 laps to the mile, while Hayward ran in what was the first 24 hour race for amateurs on a standard track.

Ernest Neville organised the 1953 race, and a worthy successor to him has emerged in Eddie Gutteridge. As anyone who has attended such an event will know, the organisation is no light undertaking, requiring as it does that every competitor shall have his time taken and recorded at every lap. This is just one item which has to be fulfilled.

The conduct of the race at Walton operated with clockwork precision, and the thanks of the RRC are due to all those who made this possible; timekeepers, lap recorders etc., not forgetting the back room boys and ladies, who provided meals; all those who played their part throughout the night, during the day and then into the next night.

The RRC is also grateful to Nicholas Products Ltd whose financial help enabled proper facilities to be provided.

(With acknowledgements to RRC Newsletter)

## "Accolade has helped my athletes improve recovery rate and maintain performance"

Ron Murray—Professional Athletics & Olympic High Jump Coach



The more a sportsman puts into his game, the more he perspires, and therefore the more mineral salts he loses. Together with the energy he burns, this loss of 'electrolytes' inevitably affects his sporting performance.

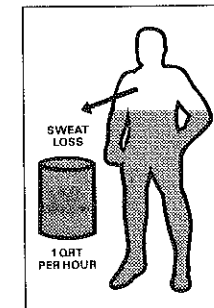
Accolade's balanced formulation scientifically replaces the lost fluids and electrolytes in the right proportions within minutes. It also helps to stop cramps, to quench thirst and – because Accolade contains glucose – to add energy.

Many leading professional players and coaches believe that Accolade is vital to their match and training routines. Ron Murray says "The replacement of mineral salts lost in sweat, rather than just thirst-quenching, is most important to competitive performance".

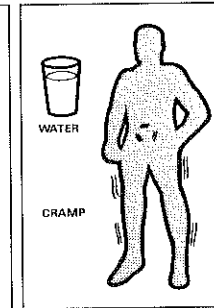
Accolade is a scientifically balanced formulation of mineral salts and glucose which can improve sporting performance.

Take it, mixed with chilled water, before, during and after training and actual performance.

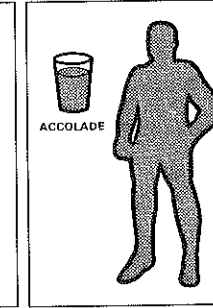
Accolade contains no artificial stimulants, so drink as much as thirst dictates. Available in 60p jars through branches of Boots and leading sports shops.



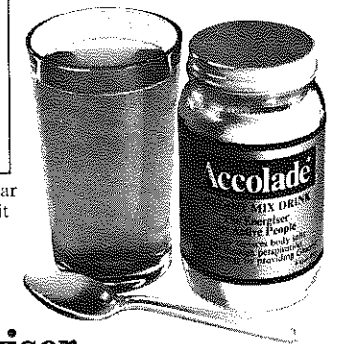
During strenuous exertion up to a quart of body fluid an hour can be lost through perspiration.




The loss of water and electrolytes – mineral salts – in body fluid frequently results in cramps and thirst.



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### Accolade. The Energiser.

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Ted Corbitt was defeated, yet was victorious! At 53 he was the oldest competitor by far, yet he finished third, losing second in the final stages to a flying Peter Hart. Corbitt was magnificent. He was the first to show signs of extreme fatigue yet he persevered to the very end, his face clearly showing the trauma of the battle he fought over the last 10 hours.

Derek Funnell, recently recovered from arthritis in the ankles, had not managed to do the preparation he would have liked. He had a good start, being third at 50 miles (6:47:39), but then paid for lack of background. However, this experienced distance runner had the right mental approach to see him through to the finish.

## THE WINNER

Ron Bentley is a member of that famous distance running club, Tipton Harriers, which won the Comrades Marathon team title in South Africa in 1972.

Up to 1957 he had never run above the marathon distance, but a good run in the Midland Marathon that year, he was 3rd, encouraged him to try his hand in the SLH '30'. He suffered badly enough to decide against any continuation of ultra-distance running. He continued to run in marathons but had little time to train around 1960 as he was working up to 100 hours a week at his job. Tipton Harriers was a big part of his life so, as hard as it was, he would not break contact with them. Come 1964, with more time available and a build-up in fitness he ran a surprising 2:28:23 for third place in the Midland Marathon again.

Tipton's two leading 'ultra' men of the day, Johnson and Fern, were quick to spot the possibilities and pressed Ron into running the London-Brighton (53 miles) that year. It was a tough team race, with Germiston Callies (S. Africa) and Millrose AA New York fielding strong trios, but Bentley hung on to the bitter end despite fading from his team-mates by 35 minutes over the last 18 miles and clinched the title for Tipton. So the seed was sown and ultra-distance became his new interest.

The following year he left his firm and started his own business. For the first 10 months he hardly ran at all, but as things improved and the business became established he resumed training. By the end of 1969 he was quite fit again, so he was asked to make up the Tipton team for the 1970 Exeter to Plymouth race. He decided to make this his last fling (he was now 40) and to train really hard for the first time. He began to run to and from work, and also at lunchtime, logging up to 150 miles a week. This inspired the rest of the Tipton team to increase their work load and they skated the Exeter-Plymouth 44½ miles race with Ron Bentley (1st), John Malpass (2nd), Bill Carr (3rd) and brother Gordon Bentley (4th).

Following this great run he was invited to run in the Radox '100' track race and all thoughts of retirement had now gone. He won with the third fastest time in the World, 12:37:50, and followed it up with 3rd place in Scotland's famous Two Bridges race. It was in the Scottish race the following year (1971) that South African Charlie Chase ran. Ron was now Captain of the Tipton team and immediately after the event Chase approached Bentley and threw down a gauntlet on to the table where the Tipton team were seated. Inside

was a challenge for Tipton to visit South Africa and take on all-comers in the Comrades Marathon. Ron told his team that if they won the Brighton again that year he would endeavour to get a fund going to send them out. The outcome is another well known story and the victorious team (Ron was 13th) returned to a hero's welcome as unofficial world champions.

Following the 1972 Polytechnic Marathon, Bentley suffered a nasty foot injury, smashing three toes and requiring stitches in the underside of the foot. He was off running completely for six weeks and even by early 1973 wasn't back to his old fitness. He took the vet's prize in the Huddersfield Marathon again but with his slowest time ever on that course—2:35:40. Most veterans would have been delighted with that time but Ron still wasn't feeling right. At the Isle of Man Veterans 25km race he was a disappointed 27th and in the TT race the following week (37¾ miles) this former course record holder slumped to a lowly 7th.

In July he became further dismayed when a nail went through his foot, putting him out of action for 3 weeks. His next race was the Two Bridges event and for the first time he had to drop out. He had already accepted an invitation for the ACCOLADE 24 and decided there should be no turning back, despite the set backs. He decided to train specifically for this one big event. The mileage went up and the pace slowed down to a steady 8 miles an hour. His normal day was 8 miles to work, 8 miles lunchtime, 8 miles to the clubhouse to join his teammates in a 10-15 mile outing. Sunday mornings, a solid 4 hours. Then 3 weeks before the London-Brighton, Bentley, his brother and Carr started running from 11.30 pm on Saturday nights through to 6 am Sunday morning, with Ron putting in an extra hour to break through the dawn. Every half hour they walked briefly to drink hot soup.

Then came the 1973 London-Brighton and Ron took the vets award with a personal best 5:46:50 despite going off course for 8 to 10 minutes. He had a week's easy training before resuming his special regimen for another 3 weeks.

As he approached the day of the ACCOLADE 24 his training eased off, the carbohydrate boost came into play and he just relaxed. Ron Bentley was confident. He had good cause to be, for with that amount of preparation he was well equipped to take the record. But not even Ron Bentley could have imagined the drama and excitement he was to experience during the race itself.

CLIVE SHIPPEN

“ After winning the Vets title in the RRC London to Brighton Run (53 miles) with 5:46:50 I knew that I was going very well. I didn't train much the following week but then I had time to do 3 weeks at 150 to 160 miles. I went on 'the diet' and didn't run at all after Wednesday lunchtime.

I arrived at Walton at 5.10 pm the Saturday night, feeling very confident and relaxed but everyone in the dressing room seemed surprisingly tense. I spoke to Joe Keating to find out his plans, as he seemed to be the only one who could hold me for a 100 miles. Joe said he was going to run for 50 minutes and walk for 10, but I didn't agree with that as I knew from experience that you've got to start pretty good, for as you tire you obviously slow up.

Anyway, I started off with Joe, Bill Carr and John Berry. I was running about 8¼ miles an hour and although Gordon lapped me a couple of times in the first hour I wasn't worried. I had lapped Joe 2½ times when he walked for ten minutes and when it was time for him to walk again I was still a lap ahead, so then he became 3½ laps down. And that's how it went on.

I took the lead at about 25 miles and went through the marathon in 3:11:50 so I was bang on for the record. I was drinking every mile and, early on, eating honeygel every half hour. I then noticed that when Joe Keating was running fast to catch up his lost laps, that I was holding him. At his next walk I went past pretty fast and timed it so that when he started running again I ran close behind. I then moved past and increased the pace to go away. It was at this point that I brought Joe down and from then on I ran relaxed and went from strength to strength.

Then a new challenge emerged in the form of Gavin Riley. Although he was somewhat down in the race and I was now about 10 miles ahead of the second man, Gavin was worrying me. We ran together for quite a while, but how fresh he was! So again it had to be a tactical battle. I would rather run by myself or in front, so I let Gavin go by about 50 yards. Suddenly he stopped for a drink and I caught him and got ahead. He came in behind so I went pretty sharp for about 3 miles and shot him off the back.

After that it was just me and the clock. I knew that nobody could catch me now so I went on very relaxed

## What they said...

“I've witnessed some fine performances and endurance by ultra-distance men over the years but none finer than were enacted by the runners in the Accolade 24 Hours Race.

If ever a man deserved to crown a career with such glory that man was Ron Bentley. To my mind anything

and started to think about the record. I didn't plan anything but as I ran my second put everything into place. I would have soup and bread, walking half a lap to eat it and then back on the treadmill. When I got to the 100 miles in 13:09:40 I knew if I didn't panic I could break the record. That is if my mind could take the strain, I knew my body would.

Then slowly I got on terms with the record and every hour after the 15th I started gaining on it—a ½ mile to a mile every hour till 21hrs, by which time I was 5 miles up on the time Hayward went through in. I knew if nothing happened to slow me the record was mine, but all of a sudden it started to rain; not just rain but a proper cloudburst. That's when the real battle started. I'd got a pull in my right thigh, the left foot was painful and I was slowing. I tried to convince myself I could still break the record even if I had to walk it, and every lap was one less to do after all. I slowly got on terms again and when I was 3½ miles off the British Record I walked for a full lap and then started my run in. It was very difficult. It's not like any other race, as once you break the records you've got to carry on to the finish and every point is a climax anyway. I went a bit too fast to get there really and when I broke the British record there were scenes, and I had to walk for half a lap.

I was now very emotional and again I probably ran too fast to get to the World record. Anyway, when I passed it most people jumped on to the track to shake hands and I was overcome again with emotion.

I thought I would just walk but due to the cold rain my bad leg had seized solid and for the first time I was cold. When I got to where everyone was in the stands I was so drained of everything I almost collapsed, but I pulled myself together and put on some track suits to try and keep warm and add on a few more miles. I just couldn't run anymore and that last 50 minutes were the longest in my life, but I'll be forever grateful to the people who kept me going to put those vital 2 miles on.

I can understand when people say they are mentally drained. I was, and still am, in a daze. I went from looking great to stumbling round like somebody drunk. But I have a deep sense of satisfaction and shall be ever grateful to the RRC, the sponsors, and the competitors, the officials and everyone who helped to make November 3/4 the greatest day of my life. **RON BENTLEY**

he achieves in the future can never surpass his Walton effort. Although Ron took the main honours I will always remember the day for the last few painful hours of Ted Corbitt's run which typified the courage of these men.

Full marks to the organisers and officials who worked so hard to put on this race to give Ron the chance to capture the record for England and to bring it back to Tipton where we hope it will proudly rest for a long time.”

BERT HARBACH ●●●

Continued overleaf

1972 RANKING LISTS Amendments and additions				
100 Metres Class 1				
11.8	R. Hochreiter(AUS) 45	Cal	19-8	
200 Metres Class 1				
23.5	K. Whitaker (GB) 42	Derby	8-7	
23.6	D. Love (USA)	Cal	19-8	
23.7	F. Higgins (GB)	Derby	8-7	
23.7	R. Hochreiter (AUS) 45	Cal	19-8	
400 Metres Class 1				
53.9	N. Windred (AUS)	S.D.	19-8	
54.0	D. Brodie (AUS)	S.D.	19-8	
400 Metres Class 3				
62.2	B. Deacon (USA) 60	Haw	24-12	
800 Metres Class 1				
2:03.7	F. Thornton (AUS)	Syd	26-3	
1500 Metres Class 1				
3:52.0	M. Bernard (FRA) 40	Brux	20-6	
4:17.5	R. Young (AUS) 40	S.D.	19-8	
1500 Metres Class 2				
4:53.2	F. McCaffrey (GB) 53	Cl	9-6	
5000 Metres Class 1				
14:10.2	M. Bernard (FRA) 40	Col	23-7	
15:20.0	M. Alonson (SP) 42	Vir	16-6	
15:47.0	T. Kelly (Aus) 40	S.D.	19-8	
15:58.4	A. Phillips (GB)	Mid	25-8	
10,000 Metres Class 1				
31:34.6	R. Gomez (FP A) 41	LeC	16-4	
32:12.8	M. Alonson (SP) 42	Pon	1-7	
32:14.0	A. Mimoun (FRA) 52	Four	3-6	
32:18.4	R. Covizzl (FRA)	Lyon	15-6	
32:18.8	P. Geneve (FRA)	Cham	18-6	
32:34.0	A. Phillips (GB)	Lee		
400 Metres Hurdles				
60.2	K. Whittaker (GB)	Cle	3-6	
Marathon				
2:30:21	R. Franklin (GB) 44	Wales	12-8	
2:34:21	S. Goldberg (USA) 40	Ill	8-12	
3:17:18	W. Andberg (USA) 61		3-7	
Shot Class 2				
45' 3"	J. Thatcher (USA) 55	Cal	23-4	

Continued from page 11

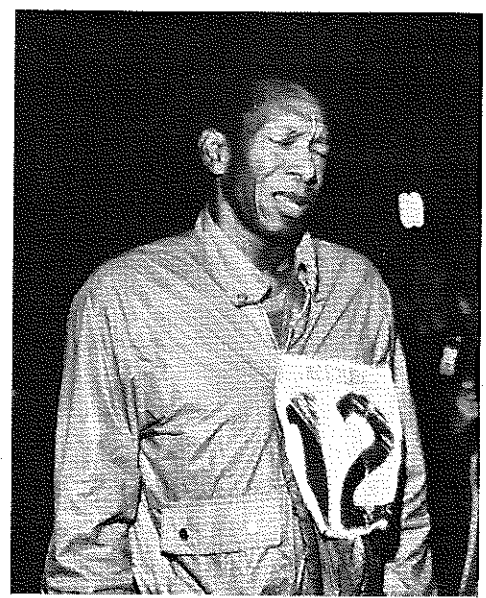
"... it was a magnificent experience to run on the same track at the same time as Ron Bentley. The tension round the track was absolutely fantastic as he approached a new world record. Only when he had broken the record did he falter. I have trained with Ron over the last ten years and know how much sweat and toil it has taken to make the record possible. Ron is a great inspiration to everyone in athletics, and to the local people who know him well he is a living legend. All this, and not to mention he is 43 years of age."

BILL CARR

"I had tremendous feeling for everyone out there. I have been in running now for almost twenty years and during recent times have myself run a few 'Brightons', but I felt that this was a happening already completely outside my knowledge. By halfway these men had already shown courage well beyond all normal horizons. I watched the great Ted Corbitt very closely. What a man! He was the only one whom I did not see have any sudden surges of faster running. He seemed very rough from early morning, right through to the end; a most impressive display of courage and determination. The most amazing thing about the event, generally, was the number of peaks and depressions that almost all seemed to experience; times when the running came again easier after barely being able to raise a shuffle. The concentration required and the pressure on a fellow like Ron Bentley were tremendous. The announcer was telling the captivated crowd that 'Ron is going to break

this record for us Ladies and Gentlemen". I was near to Ron as he muttered "He bloody well is but I wish you'd stop rattlin' about it!"

COLIN HUNT



TED CORBITT

Photo: B.H.S. Associates

# V E T S IN THE N E W S

KONSTANTY MAKSIMCZYK GB (10.6.14) gets better and better as he nears sixty!! for at Bristol on 31st July he sent the senior weight Discus out to 150'8" (45.92m)—his best throw since he was a mere fifty-two. Doctor Mac, as he is popularly known, is of Polish origin and a one time Scottish International. When the Polish teams visit Britain he often acts as interpreter.

RON WALLINGFORD (Canada) A sub 2hr. 20min. marathoner only a few years ago—and a multi capped International at this event and the steeplechase, has joined the Masters ranks and promises good things to come after his win in the Springbank 5.8 mile road race in a record 30:07.6 from 78 starters.

PAYTON JORDAN USA (56yrs) was the boy who pushed Alf Guidet to within one tenth of a second of the Worlds Class 2 100m Record at the American Masters Championships (11.8 to 11.9) Twenty-five years ago as Coach at Stanford University he got others to World Records—one being the great Mel Patton, winner of the London Olympiad 200m.

HOWARD PAYNE GB (42yrs) 17.4.31 can't be kept out of the news. For after his fine achievements reported in the last issue he progressed even further on 27th August when he took second place in the GB v Hungary International at the 'Palace'. There he set a life-time's best of 227'9" (69.42m) and underlined it was no fluke—for the series went:— n.t./69.02/69.42/69.00 67.52 69.64—four over his 1968 previous best of 68.06.

BRIAN BULLEN. Another Briton who can't be kept out of the news—his 1:57.2 noted in the last issue is confirmed. It was achieved at Stretford on 14th August and is a World Best, for the 1:55.8 run of Frank McBride (USA) has proven to be a doubtful performance.

Brian is a team mate of Andy Carter and has been paired with him more than once this year—no wonder his tally of sub two minute 800m races number six in his Veteran debut! Eddie Powell, his Coach, forecasts close to 1:56.0 next season—for this year has been one of finding one's feet after a few years lay off.

HENRY KUPCZYK (40)—Canada—A surprise appearance in this year's Quebec Championships saw Henry record 9:52.0 for the 3,000 metres steeplechase—a pace-setting mark for 1973.

ARTHUR TAYLOR (46) (CANADA), set a new Canadian Masters record when he recorded a brilliant win in the Oktoberfest Open Marathon at Kitchener, Ontario on 6th October. His time of 2:27:01.6 ranked second in the world this year to Bill Stoddart's 2:26:10.

Laurie O'Hara (41) GB just can't help being in the news. The last edition of VETERIS inadvertently credited him with a new GB 1500m mark of 3:39.1! This should have read 3:59.1 (though many would believe anything from O'Hara). To save any confusion over the matter he went to Crystal Palace on 19th September and clocked 3:58.5 for another new mark.

ROGER RUTH, (CANADA) (23.12.27) If readers are wondering whether our ranks' number-one vaulter has retired—the answer is 'no'! He is as good as ever and only just below his all time best, with 15'0" at Seattle on 21st July and second place at the Canadian Champs. with 14'6". He has also recorded 12.2(100m) and 19'5" (LJ).

JOHN PAVELICH (48) (CANADA) of Vancouver has at last been pulled into the Canadian Masters circle in more ways than one. His season's best are Shot 43'6", Discus 144'4" and Hammer 121'0"—all Canadian Records. The first two are within 1'1" and 5'2" respectively of his own all time bests.

BUD DEACON USA (28.4.11) This one time American Navy Commander resident in Hawaii is still setting records at sixty-two. Early in the year he set a Class Record of 2:23.8 over 880yds. (2:23.0 metric) and since then has vaulted 10'6½", HJ 4'8", LJ 15'8½" and TJ 32'4"—all better than last year.

NORMAN LLOYD (GB—USA) 40. Buried in the results of the USA Masters Championships was one time British Mitcham AC athlete Norman Lloyd—returning more than respectable times of 1:59.1 (800m) and 4:10.6 (1500m). In the mid-fifties he was a team mate of Brian Hewson and a member of Mitcham's team that won a National 4x440 yds relay crown—then he departed to America, there to take a course at Stanford University and return all time personal bests of 1:49.2 and 4:02.0 for the mile. He is now an Accountant in California and occasionally trains at the Stanford University Track.

GERD WEIDNER (40) of West Germany pushed Olympic Champion Bernd Kannenberg very hard in their National 50km Championship on 16th September. At 40km Weidner was only 5 seconds down and at 45km Kannenberg had stretched this margin to only 11 seconds. The last 5,000 metres told on the World's leading veteran walker and he finished 1½ minutes in arrears—but with the excellent time of 4:09:27.

Four weeks later Weidner improved his time to 4:01:58 when he finished 5th in the Lugano Cup 50km.

Few men have worked harder than DAVID PAIN to establish recognition for US Master athletes. In common with many of his team members he turned to running only after reaching veteran status, and it was then that he encountered officialdom as it affects athletes. His local golf club tried to prevent him from running on their course, so he took them to court (he is an attorney at law) and won the right to train there at certain times. When he suggested that the word 'Olympics' should be used for the first World Veterans Championships, it was put to him that the I.O.C. might object. "Good", he replied. "Perhaps they might even sue us, and that would be great publicity!" But, closest to his heart is the belief that nothing whatever should prevent any man over 40 from taking part in active

sport—least of all antiquated rules. His fervour on this point rather overflowed during his pre-tour visit to Australia and it got exaggerated publicity in the Australian press and TV. Pain probably didn't realise that the State of Victoria has about 3,000 registered professional runners who compete regularly in handicap races attended by bookmakers and punters. The amateur associations are therefore very sensitive about professionalism. On the other hand, perhaps he did know; he always has been one to grasp the nettle.

With the South Pacific Tour underway this month DAVID PAIN states his case unequivocally for the freedom of the veteran athlete.

## PROFESSIONALISM and the veteran athlete

Much has been written and stated about professionalism as related to the amateur athlete. Nothing has been said about its relevance to the veteran athlete; apparently because no one cares or has thought about the problem. As a matter of fact, few Masters are aware that under the AAU rules we proposed in San Francisco several years ago, that there is *no* rule regarding professionalism in U.S. Masters athletics. As a consequence, any athlete 40 or older may compete regardless of his professional connections, or prior athletic activities. Because of this "non" rule, many ex-professionals have quietly slipped into the Masters and have competed without creating any waves.

To its lasting credit, our AAU,— which is constantly suffering the slings and arrows of criticism from athletes, opportunist politicians, sports writers and others, unanimously adopted the liberal rule, fully realizing that it flew in the face of the generally accepted, but much attacked, rules regarding amateurism.

Veteran athletics is now going international, which raises a problem in that most national AAU organizations are members of the IAAF which controls, or at least attempts to control, all international athletics. The IAAF currently has 144 affiliated members, which includes the U.S. and just about every other major country involved in athletics. The only country we know of which is not a member, is the Peoples Republic of China.

Like the AAU, the IAAF is the frequent subject of criticism, primarily because it is out of step with current popular thinking, and, because it is an international organization (like the U.N.), it reflects the overall views of its worldwide members, many of whom are extremely small countries which covet their power in such a hierarchy. The IAAF, like the AAU, does much good in establishing stability in a sport which, because of its

nature, is populated by individuals, each of whom thinks his views should be the basis of IAAF criteria. For example, this organization is the only accepted sanctioning body for world records and only those efforts which occur in a situation meeting the IAAF criteria may be recognized as world records. Implements, specifications for competition areas, and criteria for athletic events are spelled out by the IAAF. This, of course, assures uniformity of competition and enables efforts worldwide to be compared and records recognized.

The IAAF has also decreed what an amateur athlete shall be. Rule 51 defines an amateur as . . . "one who competes for the love of sport and as a means of recreation, without any motive of securing any material gain from such competition." Most of us would agree that this is a sound definition and that it accurately describes Masters athletes virtually to a man.

The problem arises, however, in that Rule 52 restricts competition to those who qualify as amateurs, as defined by the IAAF. The going gets even more sticky when we look at Rule 53, which declares any athlete a professional who, after reaching 15, has committed any of the following athletic crimes:

- "(i) has competed in any sport for any pecuniary reward;
- "(ii) has taken part in any athletic meeting in which any of the competitors were, to his knowledge, ineligible to compete under International Amateur Athletic Federation rules;
- "(iii) has ever received any pecuniary consideration for teaching, training or coaching in any sport;

NOTE.—Physical education teachers whose work is solely educational and who are not paid directly or indirectly for the coaching of athletes for competitions are eligible to compete as amateurs.

"(iv) has at any time been financially interested in any athletic meeting in which he was entered.

"(v) writes, lectures or broadcasts for payment upon any track or field event or competition without the prior permission of his national governing body. This permission must be given only in the case of a person who is genuinely making a career in that particular activity.

"(vi) receives, directly or indirectly, any compensation for using or recommending the use of any merchandise whatsoever; 'merchandise' shall include anything sold or any service supplied to the public;

"(vii) allows his name or his picture, whether static or moving to be used directly or indirectly to advertise any merchandise;

NOTE.—When and where it is proved that the name or the picture of the athlete was used for the purpose of this paragraph without his knowledge, the indemnity to be collected from the person or persons responsible for the injury, privately agreed or stipulated by the Courts, will revert to the Federation to which the athlete belongs.

"(viii) while training or competing, displays on his person any advertising material other than the accepted name of his club or organisation, or takes on to any arena or course any form of advertising material. This rule shall apply to the competitors' numbers, clothing and travelling bags, but does not apply to articles not clearly visible.  
(see also Note.—Rule 142, para. 5.)

"(ix) takes part in any athletic meeting which is not sanctioned, recognised or certified by the Member in the country in which the event is held.

"(x) accepts directly or indirectly any money or other consideration for expenses or loss of earnings, other than what is permitted under Rule 14.

"(xi) uses drugs as defined in Rule 44 ('Doping').

"(xii) is, and for so long as he remains, ineligible to compete in competitions under the jurisdiction of his national governing body;

"(xiii) enters into a contract or agreement to compete as a professional athlete.

NOTE.—Suspensions and Reinstatement—See Rule 11."

Rule 11, Suspensions and Reinstatement, does provide for the acceptance of an athlete once a professional, now desiring to return to the amateur ranks. The problem, however, is that for reasons the IAAF can best describe, very few athletes are ever able to get reinstated in track, and in most countries it is a virtual impossibility.

This, of course, is the nub of the problem, for Veteran athletes who, once having turned professional, are as though branded with a "P", and as such, can never purge themselves of their prior "sins". This is particularly true where there is both professional and amateur competition in the sport, such as occurs in Scotland and Australia.

It is a basic tenet of the U.S. Masters that any fit man 40 or older, regardless of prior professional connections, is eligible to compete. Any rule which would discriminate against any man otherwise qualified does, we feel, do violence to this precept and makes a mockery of our feeling that Masters track and field should encourage every man over 40 to seek adult fitness by engaging in Veteran competition.

Since few will disagree with this concept, where then, is the problem? It lies in the fact that the rules of most national AAUs and the IAAF were created without any consideration of the Veteran track and field movement, since it did not exist at the time the rules were adopted.

In addition, many organizations take the hidebound view that all rules must be enforced, even when their application in a given situation is patently ridiculous.

It is our feeling that the U.S. Masters International Track Team, as Ambassadors of Veteran Athletics worldwide, must stand for principles which reflect what we believe are in the best interests of our sport.

It is with these thoughts we publish what we feel is basic to Veteran athletics, namely:

That every physically fit man over 40, without exception, is eligible to compete; that no man over 40 should be barred from Veteran competition merely because he may have been a professional at some point in time earlier in his life; and that no veteran athlete should be forced to suffer reprisals merely because he has competed against an athlete who may have been, or for that matter, still may be a professional.

The U.S. Masters must stand firm, if these principles are valid, and insist that all competition in which we engage comply with these concepts. By taking a firm position, we shall see that archaic, petty-fogging rules are exposed to public scrutiny and attendant ridicule, with the resultant rejection and modification thereof.

**DAVID PAIN**

# SPOTLIGHT

# ON ..... Hal Higdon

When a young-looking American impressively ran the opposition off their feet in the 3000m steeplechase during the London Veterans International of 1972, and in so doing made respectable the World's Best Performance for an over 40 year old (9:36.2), a colleague near me asked "Was he ever an international?", to which I had to answer "I don't know".

Then on digging up a few old Track & Field publications enough was gathered to suggest that Hal Higdon was another of those cases of—could and should have been but wasn't. The nearest he got was a 5th in the 1956 U.S.A. Olympic Trials. And his 5th place (first American) in the 1964 Boston Marathon was, in itself, also not good enough to gain Tokio selection. So near, yet so far.

Born in Chicago, Illinois, on the 17th of June 1931, he made the decision that athletics could be a worth while sport when winning the first race he ever entered, a potato sack race in grade school at a Halloween party, for which his mother gave him a reward of 10 cents, leading him to live a cheater's life in the amateur structure ever since!

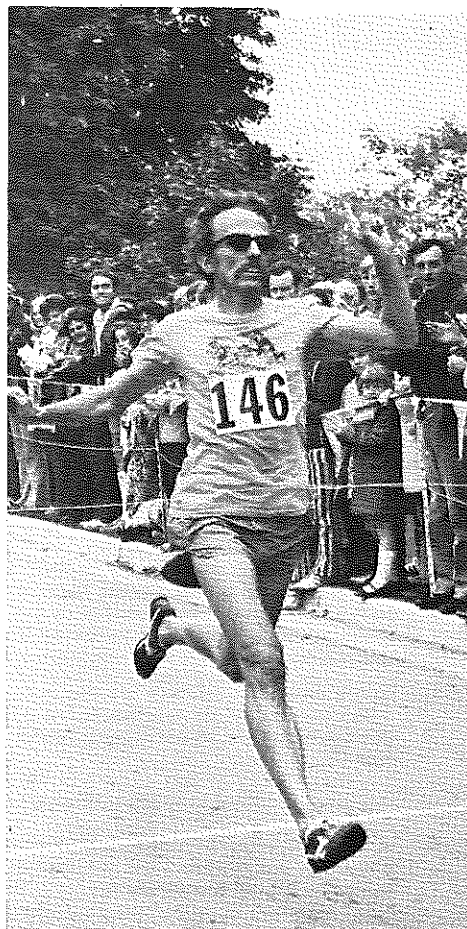
Serious running started at 16 when at High School, and after six weeks in the team he did a mile in 5:04.3 which made him feel the world was his for the asking. This heady feeling was laid low by serious hay fever trouble and suggestions from the doctor that he give up athletics for a year. A year later it was suggested he give it up for life. The Doc. eventually died and Hal felt free to disregard orders and so found out the problem could be lived with.

This restriction on his early years delayed competition at top level until his mid twenties and a period with the Army in Germany. By the time he felt his form good enough to try for 1960 Olympic selection he was all but thirty years of age and he missed out as mentioned above.

After 1960 he eased off but by '64 was tackling the longer races where he had always felt his best form lay. He achieved his best marathon time that year and won an A.A.U. National 1 Hr. and 30 KM Championship: the latter in a time of 1:41:47.4 which this year he surpassed when placing 5th in the same event (first Veteran) with an all-time personal best of 1:40:52.0.

Retirement from competition occurred several times

in the sixties (as distinct from just running—which he assumes will be enjoyed for most of his life). Reflecting on this he wonders if periods of relative quiet are natural, if only to allow one to gather forces for the next big competitive surge—anyway he has found it that way and feels he has benefited from it.



Higdon wins the 1971 Springbank Masters '6'.

HAL HIGDON  
USA (42yrs)

Born: 17th June 1931  
Place: Chicago, Illinois  
Height: 5' 10"  
Weight: 136lbs  
Pulse at rest: 32  
Occupation: Writer  
Club: Indiana Striders

Personal Bests  
(converted to metric \* where applicable)

	Under 40	Over 40
400m	51.9*	—
800m	1:59.1*	—
1500m	3:53.8*	4:11.8*
5000m	14:43.6	14:59.6
10,000m	31:06.6	31:09.2
3000mSC	9:13.8	9:36.2
1hr	11m809yds	11m677yds
30Km	1:41:47.4	1:40:52.0
Marathon	2:21:55.0	2:37:23.6

At the moment he claims to be at the height of his first "veteran's surge"—a peak he hopes to maintain until the 1975 Canadian World Masters Festival—then perhaps a period of quiet before the stimulation of being a fifty year old. However he realizes his ambition may diminish before then because both his sons, the eldest being 14, are developing into promising athletes who if their progress may command interest and drain some of his own incentive to succeed.

Hal's occupation lies in the field of journalism. In the early fifties he was an editor but quit to freelance 14 years ago. Since then he has had 10 books published on various subjects from business to sport (On The Run



Photo by Frank Bryan

Higdon is pipped by Hershberger in the Masters mile at Philadelphia Track Classic of 1972.

From Dogs & People) and even the American Civil War.

His articles have been seen in Sports Illustrated, National Geographic Magazine, Playboy and other leading American journals. Now that he has learnt to let his freelance work free him from regular routine, occupation fits avocation and allows a freedom of training that can find a mid day run avoiding the cold darkness of winter.

Training, he claims, is very flexible and rarely planned more than a day in advance. Around his district he is blessed with a lot of fine running areas: cross country, roads, beach and golf courses. If he wants to use a track the nearest is only ten minutes away by car, although he does very little and has nowadays ruled out all track interval work—mainly because fast running in circles, stopping and starting, makes him more injury prone. Of course this lack of speed-work limits results at the shorter distances but freedom from injury is worth lack of success at that end of the scale. When in top shape between 50 and 60 miles a week are covered, sometimes a bit more. One day's hard workout is almost always followed by a comparatively easy one—and no embarrassment is felt at going through a 10 mile run at 8min. mile pace (!) or even slower; a type of training that far too many runners overlook in their belief that every session must be pushed.

In his first two seasons as a veteran Hal has set one World Best (3,000m SC) and four American Masters Records, at 5,000m, 10,000m, 1 Hour and 30 KM. But he much prefers a good competition to just records. This was made plain at the San Diego Masters Championships this year when opting for the 10,000m in lieu of a possible easy win in the steeplechase, because Laurie O'Ilara was competing. His much respected rival won but dragged Hal to within three seconds of his best ever mark and a new American Masters Record. Feeling at the top of his form during this summer he felt capable of beating his personal bests in all but the shorter events but the right races and conditions didn't quite come together.

His immediate aim now is to lay down a really good marathon, either at Boston next spring, or if he can find the funds, at the World event in Paris next May. He reflects on having missed the Isle of Man 25 KM because being about his most perfect distance he feels he would have given a good account of himself—especially in the rain, which also suits him. However, in view of the trouble at the start he is more than ready to admit he may not have been smart enough to have been standing near the line at the right time!

Hal Higdon is a master athlete who seems to have found the right balance between excellence and sociability. And because he did get his priorities right these last twenty years or so he is now able to complement his career and family life with the sport he so enjoys. It is a lesson that many young dedicated athletes could well learn.

JOHN HAYWARD

Our next SPOTLIGHT will feature those great vaulters Roger Ruth (Canada) and Bud Deacon (USA). Make sure of your March VETERIS by subscribing now.

# U.K. RESULTS

A bright sunny day greeted all who mustered at Coptthall Stadium for the 3rd National Veteran Championships. A record entry of close on 200 athletes ensured all 35 track and 21 field events titles were to be battled for. Notable doubles were achieved in the sprints by evergreen Jack Williams, Chris Fairley and Andrew Blackman. Jim Dixon with a fine 400m flat in 51.1 and 400m Hurdles, a unique double for M. Morrell with the Javelin and Steeplechase. Mike Barratt had a fine 1,500m class 1 win, George Rhodes and Ken Hall had all the way victories in their respective 5,000m races. Pride of the meeting must go to Howard Payne for his 4 championship wins. What a pleasure it

was for all to see the consistency of his hammer throwing and his throw of 65.86m the like of which had never been seen at Coptthall before. Brian Bullen had a fine 800m win and the 3,000m walk, which attracted 14 starters, was notable in as much that the first 3 home all won their individual class. The final track event was the long awaited duel between Laurie O'Hara and Ken Harland; the crowd were not disappointed either for it turned out a splendid race, with Ken getting the better of Laurie over the final 3 laps. A fitting end to truly a magnificent meeting. Rosemary Payne (who incidentally took both the women's events held in conjunction) kindly consented to present the awards. We look forward with pleasure to next year.

## 3rd National Veterans Championships Coptthall Stadium Hendon 12th August 1973

Group 1	-	40-44 years old
Group 2	-	45-49 years old
Group 3	-	50-54 years old
Group 4	-	55-59 years old
Group 5	-	60 and over

### 100m FINAL Group 1

1	A. Blackman (Southgate)	11.7
2	K. Scott (VAC)	11.8
3	D. Howarth (Leigh)	12.2
4	K. Whitaker (Airedale)	12.3
5	F. Persighetti (Southend)	12.5
6	P. Gregory (N. Vets)	12.9
7	J. Coughlan (Highgate)	13.5
8	D. Johnson (Leamington)	14.0

### 100m FINAL Group 2

1	M. Gray (SEAC)	12.2
2	S. Brookes (Ealing)	12.6
3	J. Farrar (Rowntrees)	13.0
4	J. Pritchard (Lancs)	13.0
5	K. Williams (Mitcham)	13.2
6	R. Swain (Boston)	14.0

### 100m FINAL Groups 3,4

1	C. Fairley (Kettering) (4)	13.0
2	W. Georg (Germany) (3)	13.0
3	S. Stein (Highgate) (3)	13.2
4	G. Brookes (Brighton) (3)	13.3
5	G. Norman (Hull) (3)	13.5
6	L. Batt (Highgate) (4)	13.6
7	H. Trafford (Newcastle) (3)	13.7
8	A. Dunn (VAC) (3)	14.0

### 100m FINAL Group 5

1	J. Williams (Brighton)	13.7
2	R. Wilson (Torbay)	14.6
3	A. Busby (VAC)	15.2
4	F. Caviglioli (VAC)	17.8
5	D. Maclean (VAC)	19.5
6	K. Keen (VAC)	20.0
7	C. Speechley (Belgrave)	21.2

### 200m FINAL Group 1

1	A. Blackman (Southgate)	23.2
2	K. Scott (VAC)	23.5
3	K. Whitaker (Airedale)	24.1

4	D. Howarth (Leigh)	24.7
5	F. Persighetti (Southend)	25.4
6	R. Buzzard (Wycombe)	26.2
7	P. Gregory (N. Vets)	27.4
8	P. McEvoy (London Irish)	29.4

### 200m FINAL Group 2

1	S. Brookes (Ealing)	25.5
2	M. Gray (Southampton)	25.6
3	J. Farrar (Rowntrees)	26.0
4	R. Archbald (Norfolk)	26.2
5	J. Pritchard (Lancs)	26.5
6	K. Williams (Mitcham)	26.8
7	F. Thompson (Clayton)	27.0

### 200m FINAL Group 3 & 4

1	C. Fairley (Kettering) (4)	26.5
2	S. Stein (Highgate) (3)	26.6
3	H. Trafford (Newcastle) (3)	27.3
4	G. Norman (Hull) (3)	28.1
5	L. Brown (Woodford) (3)	28.5
6	J. Villacy (Norfolk) (3)	29.2
7	K. Harfree (Unatt) (3)	31.1
8	R. Davenport (N. Vets) (3)	31.6

### 200m FINAL Group 5

1	J. Williams (Brighton)	28.0
2	A. Busby (VAC)	29.8
3	R. Wilson (Torbay)	30.3
4	A. Sutherland (VAC)	35.5
5	D. MacLean (VAC)	43.2
6	C. Speechley (Belgrave)	46.2

### 400m FINAL Group 1

1	J. Dixon (Exeter)	51.1
2	K. Whitaker (Airedale)	52.8
3	K. Scott (VAC)	54.7
4	J. Daniels (Woodford)	56.0
5	G. Feast (Wycombe)	56.5
6	T. Clowry (Cardiff)	58.2

### 400m FINAL Group 2

1	J. Farrar (Rowntrees)	57.8
2	R. Archbald (Norfolk)	57.8
3	F. Thompson (Clayton)	57.9
4	R. Swain (Boston)	61.6
5	J. Dean (Yorks)	62.7

### 400m FINAL Group 3

1	P. Munn (Mitcham)	59.2
2	G. Brookes (Brighton)	59.2
3	A. Huggins (Norwich)	60.8
4	L. Brown (Woodford)	63.0

5	S. Stein (Highgate)	63.0
6	D. Vanhegan (Barnet)	64.1

### 400m FINAL Groups 4 & 5

1	L. Batt (Highgate) (4)	62.4
2	L. Clement (Devon) (4)	77.0
3	J. Hines (VAC) (5)	82.3
4	P. Caviglioli (VAC) (5)	86.1

### 800m FINAL Group 1

1	B. Bullen (Stretford)	2:02.2
2	H. Roberts (Altrincham)	2:03.5
3	N. Donachie (Edinburgh)	2:04.8
4	K. Humphrey (Epsom)	2:07.2
5	P. Stevens (Leicester)	2:08.2
6	T. Clowry (Cardiff)	2:08.4
7	P. Field (Dartford)	2:09.2
8	M. Rowbottom (Tonbridge)	2:12.3

### 800m FINAL Groups 2,3,4&5

1	R. Hunt (Surrey) (2)	2:14.6
2	J. Dean (Yorks) (2)	2:14.8
3	P. Munn (Mitcham) (3)	2:19.3
4	L. Batt (Highgate) (4)	2:27.4
5	F. Dwyer (Blackheath) (3)	2:32.5
6	L. Rolls (VAC) (5)	2:35.0

### 1500m FINAL Group 1

1	M. Barratt (Ealing)	4:04.8
2	C. McAlinden (Paisley)	4:08.4
3	A. Hughes (Rochdale)	4:23.4
4	J. Atkinson (Barnet)	4:34.9
5	P. Maffia (Unatt)	4:40.4
6	A. Rockall (Highgate)	4:41.8
7	G. Gowland (Rowntrees)	4:45.2
8	J. Charman (Crawley)	5:05.2

### 1500m FINAL Groups 2,3,4&5

1	F. Wrigley (Michelin) (2)	4:25.4
2	G. Rhodes (N. Staffs) (2)	4:26.0
3	R. Johnston (TVH) (2)	4:36.2
4	R. Hunt (Surrey) (2)	4:39.5
5	D. Funnell (Epsom) (2)	4:43.9
6	L. Burnett (Woodford) (3)	4:50.6
7	N. Ashcroft (N. Vets) (4)	5:00.9
8	W. Obree (N. Vets) (3)	5:10.4
9	F. Dwyer (Blackheath) (3)	5:15.0
10	H. Sharp (R. Navy) (2)	5:16.0
11	H. Down (TVH) (2)	5:18.0
12	L. Rolls (VAC) (5)	5:50.0
13	F. Wright (Peterboro) (2)	5:52.0
14	A. Parsons (HHH) (2)	5:54.0

### 5000m FINAL Group 1

1	K. Harland (Cambridge)	14:52.6
2	L. O'Hara (Belgrave)	14:56.4
3	J. Luxford (Horsham)	15:34.6
4	D. Dellar (Cambridge)	16:28.4
5	E. Andrews (Havering)	17:12.4
6	B. Harbottle (Elswick)	17:16.7
7	J. Atkinson (Barnet)	17:23.5
8	S. Izzard (Watford)	17:27.4
9	D. Sudbury (SLH)	17:43.4
10	G. Gowland (Rowntrees)	17:55.0
11	A. Goodwin (SLH)	18:11.4
12	R. Grant (Surrey)	No time

### 5000m FINAL Group 2

1	G. Rhodes (Staffs)	16:01.6
2	H. Marshall (Scotts Vets)	16:40.8
3	R. Johnston (TVH)	16:50.2
4	S. Charlton (TVH)	16:56.4
5	D. Funnell (Epsom)	16:59.2
6	A. Hughes (Woodford)	18:06.4
7	G. Hopcroft (TVH)	19:05.5
8	H. Down (TVH)	19:06.8
9	G. Collett (TVH)	19:21.4
10	A. Hitchens (Welsh Vets)	19:26.6
11	E. Grenda (USA)	21:42.0

### 5000m FINAL Group 3,4&5

1	K. Hall (Wirral) (3)	17:14.0
2	J. Fitzgerald (Mitcham) (3)	17:18.2
3	N. Ashcroft (N. Vets) (4)	17:57.0
4	R. Hopcroft (TVH) (4)	19:36.4
5	E. Wallace (Wirral) (5)	19:43.0
6	S. Lee (Norwich) (5)	20:02.0
7	R. Salisbury (Wirral) (3)	20:15.0
8	A. Parsons (HHH) (3)	20:48.8
9	L. Down (QPH) (3)	21:17.2
10	J. Harris (Watford) (5)	24:07.4
11	E. Peacock (VAC) (5)	26:51.8

### 400m Hurdles FINAL

1	J. Dixon (Exeter) (1)	59.2
2	P. Field (Dartford) (1)	63.4
3	A. Sheahan (USA) (1)	65.5
4	J. Knowles (V of Ayl) (1)	71.3

### 3000m S/Chase FINAL

1	M. Morrell (Wirral) (1)	10:21.0
2	G. Morrall (Portsmouth) (1)	10:44.2
3	R. Curtis (Tonbridge) (1)	10:48.8
4	W. Hill (Kent) (1)	11:10.4

## OTHER RESULTS

### 15th August 1973

Scottish Vets 10,000 Metres track championships, Bellahouston.

#### "A" Race

1	W. Stoddart	31:38
2	R. Calderwood	33:45
3	T. O'Reilly	34:46
4	E. Dolan	35:49
5	J. Moore	37:45
6	C. Forbes	38:00
7	R. Gannon	39:52

#### "B" Race

1	J. E. Farrell	39:06
2	W. J. Ross	40:16
3	P. Livingston	40:16
4	J. Kelly	40:26
5	M. Philip	40:57
6	J. Geddes	41:30
7	T. Fletcher	42:42
8	G. Bell	42:45
9	H. Smith	44:09
10	N. Ross	44:29
11	G. Taylor	44:41
12	D. McKirdy	45:05

### 3000m Walk FINAL

1	J. Turner (Brighton) (1)	14:22.6
2	L. Evans (Belgrave) (2)	14:38.0
3	D. McMullen (Bel.) (3)	14:39.2
4	J. Dunsford (Bel.) (1)	14:52.0
5	J. Bromley (Met. P) (2)	15:00.0
6	P. Worth (Verlea) (1)	15:08.2
7	A. Poole (Worcester) (4)	15:25.0
8	F. Butler (Surrey) (2)	15:48.2
9	F. Nicholls (Surrey) (4)	16:50.0
10	A. Roberts (Highgate) (5)	16:52.0
11	W. Symes (QPH) (5)	16:59.2
12	C. Gittens (QPH) (1)	17:12.8
13	A. East (VAC) (5)	18:27.6

### Triple Jump FINAL

1	H. Payne (Birchfield) (1)	11.69m
2	M. Morrell (Wirral) (1)	11.27
3	D. Howarth (Leigh) (1)	10.82

### Long Jump FINAL

1	D. Howarth (Leigh) (1)	5.62m
2	D. Bareford (VPH) (3)	5.38
3	D. Vanhegan (Barnet) (3)	4.95
4	H. Trafford (Newcastle) (3)	4.84
5	P. Gregory (N. Vets) (1)	4.70
6	J. Villacy (Norfolk) (3)	4.52
7	A. Hitchens (Welsh Vets) (2)	4.44
8	D. Johnson (Leamington) (1)	4.08
9	K. Hartfree (Surrey) (3)	4.06
10	R. Davenport (N. Vets) (3)	4.04
11	A. Sutherland (Surrey) (5)	3.80

### High Jump FINAL

1	H. Payne (Birchfield) (1)	1.50
2	D. Howarth (Leigh) (1)	1.44
3	W. Georg (Germany) (3)	1.42
4	D. Bareford (VPH) (3)	1.32
5	W. Hartfree (VAC) (3)	1.32

### Shot FINAL

1	D. Vanhegan (Barnet) (3)	12.44m
2	H. Payne (Birchfield) (1)	12.43
3	W. Georg (Germany) (3)	11.26
4	O. Feldmanis (Mitcham) (2)	10.97
5	W. Kingsbury (Rhondda) (2)	10.81
6	S. Trafford (Newcastle) (3)	10.28
7	P. McEvoy (Lon. Irish) (1)	7.81
8	M. Golling (Welsh Vets) (5)	7.45
9	R. Davenport (N. Vets) (3)	7.25



HOWARD PAYNE

high jumping hammer thrower

### Javelin FINAL

1	M. Morrell (Wirral) (1)	46.08m
2	W. Kingsbury (Rhondda) (2)	39.30
3	D. Vanhegan (Barnet) (3)	38.46
4	T. Clowry (Cardiff) (1)	33.82
5	M. Douthwaite (Hallam) (1)	31.00
6	M. Cullen (Welsh Vets) (5)	22.48

### Hammer FINAL

1	H. Payne (Birchfield) (1)	65.82m
2	L. Bell (R. Navy) (1)	43.72
3	P. Barber (Unatt) (1)	42.86
4	D. Vanhegan (Barnet) (3)	39.50
5	D. Burrage (Barnet) (1)	33.26
6	M. Cullen (Welsh Vets) (5)	21.78
7	J. Coughlan (Highgate) (1)	19.26

### Discus FINAL

1	O. Feldmanis (Mitcham) (2)	40.46m
2	L. Bell (R. Navy) (1)	36.26
3	D. Vanhegan (Barnet) (3)	33.36
4	D. Burrage (Barnet) (1)	31.64
5	D. Bareford (VPH) (3)	30.06
6	W. Georg (Germany) (3)	29.10
7	J. Coughlan (Highgate) (1)	28.36
8	W. Kingsbury (Welsh V) (2)	27.42
9	P. McEvoy (London I) (1)	22.14
10	M. Cullen (Welsh V) (5)	19.62

### 25th August 1973

Two Bridges '36'		
5	W. Russell 41 (Monk)	3:46:33
10	T. Buckingham 54 (Leam)	3:53:29
14	D. McWhirter (Mid. V.)	4:00:15

### 25th August 1973

Mecca '10', Harlow		
25	R. Franklin 45 (TVH)	56:15

Continued from page 19

1.9.73 South London Harriers 30 mile road race.

Table with 3 columns: Rank, Name, Time. Includes T. Buckingham (Leam.), D. Funnell (Epsom & E.), D. McQuillin (Epsom & E.), D. Sudbury (SLH), J. Fitzgerald (Mitcham), G. Stott (Warley AC), L. Opper (Verlea AC).

1st September 1973

Witney '12'

Table with 3 columns: Rank, Name, Time. Includes J. Tarrant 42 (Salf), C. Simpson 44 (Small H), L. McKenzie 40 (Met P).

1st September 1973

London Championships

Table with 3 columns: Rank, Name, Time. Includes K. Harland 40 (Camb), 14:45.2.

1st September 1973

Ben Nevis Race

Table with 3 columns: Rank, Name, Time. Includes M. Davies 40 (Reading), J. A. Pock (Leam), G. Phipps (Leam).

8th September 1973

Maj. Stone 1/2 Marathon

Table with 3 columns: Rank, Name, Time. Includes T. Rooke 40 (Midd), 73:19.

8th September 1973

Worthing Downs '11'

Table with 3 columns: Rank, Name, Time. Includes J. Doggett 45 (S & E), 66:00.

8th September 1973

Greenwich '11'

Table with 3 columns: Rank, Name, Time. Includes L. McKenzie 40 (Met P), S. Izzard 40 (Watford), D. Dellar 44 (Camb H).

9th September 1973

Basildon '10'

Table with 3 columns: Rank, Name, Time. Includes J. Daniels 40 (Morf), G. McEntire 42 (Epsom), A. Hughes 42 (Roch), D. Funnell 46 (Epsom), E. Kirkup 42 (C & C), J. Moroney (Mid V).

9th September 1973

Notts '10'

Table with 3 columns: Rank, Name, Time. Includes D. Rhodes 41 (W & B), 57:26.

15th September 1973

London Marathon

Table with 3 columns: Rank, Name, Time. Includes L. McKenzie 40 (Met P), T. Buckingham 54 (Leam), P. Pringle 42 (Belgrave), J. Fitzgerald 50 (Mitcham).

14th September 1973

LAC/Coca Cola

Table with 3 columns: Rank, Name, Time. Includes H. Payne 43 (Birch), 21:7.1 (66:16).

15th September 1973

Coatbridge '5'

Table with 3 columns: Rank, Name, Time. Includes W. Stoddart 41 (Green), 26:49.

9.9.73 Tanswell 10 mile road race.

Table with 3 columns: Rank, Name, Time. Includes J. R. Daniels (Norfolk G), G. McEntire (Epsom & E.), A. Hughes (Rochdale H), D. Funnell (Epsom & E.), E. Kirkup (C & C), S. Izzard (Watford H), S. Charlton (TVH), J. Salt (Rochdale), L. McKenzie (Met. Police), J. Fitzgerald (Mitcham), E. Flowers (VPH), T. Smythe (Rochdale), P. Pringle (Belgrave H), R. Johnson (TVH), R. Blois (Basildon AC), J. Moroney (C & C), J. Flowers (VPH), P. Chaplin (C & C), G. Collett (TVH), D. Jones (Ilford AC), D. Kent (Barnet & Dist.), P. Kearsey (Eton Manor), H. Down (TVH), B. Wade (Woodford Gn), F. Devonald (Ilford AC), A. Goodwin (SLH), J. Baker (Belgrave H), J. Catton (Ilford), W. Symes (Vets AC), W. Hazle (Woodford Gn), B. Foster (Ilford), A. Poynter (Walthamstow), A. Parsons (HHH), D. Payne (Basildon AC), G. Smith (Eton Manor), L. Down (Vets AC), D. Stewart (Essex Beagles), R. Knight (Chelmsford), C. Palmer (TVH), E. Peacock (Vets AC).

16th September 1973

Midlands Veterans 5,000 metres track championship - Leamington

Table with 3 columns: Rank, Name, Time. Includes G. Phipps (Leamington), W. Mottram (West Brom), W. Aston (Wolv/Bil), T. Buckingham (Leamington), A. Blagg (Sparkhill), C. Beeston (Derby), T. Hughes (Leamington), H. Lewis (Mid Vets), A. Kenny (Sparkhill), N. Blackham (Birchfield).

16th September 1973

Echo Trophy '54'

Table with 3 columns: Rank, Name, Time. Includes T. Rooke 40 (M & C), 30:54.

16th September 1973.

Midlands Veterans 5,000 metres track championship - Leamington

Table with 3 columns: Rank, Name, Time. Includes G. Phipps (Leamington), W. Mottram (West Brom), W. Aston (Wolv/Bil), T. Buckingham (Leamington), A. Blagg (Sparkhill), C. Beeston (Derby), T. Hughes (Leamington), H. Lewis (Mid Vets), A. Kenny (Sparkhill), N. Blackham (Birchfield).

29th September 1973

Action 15 miles road race, Tamworth

Table with 3 columns: Rank, Name, Time. Includes G. Phipps (Leamington), D. McWhirter (Halesowen), W. Mottram (West Brom), B. Boyce (Tipton), M. Capewell (Lozells), J. Young (Tipton).

15.9.73 London Marathon

Table with 3 columns: Rank, Name, Time. Includes L. McKenzie (Met. Police), T. Buckingham (Leam.), P. Pringle (Belgrave H), J. Fitzgerald (Mitcham), G. Stott (Warley), A. Hefford (Orion H).

16th September

Northern Vets 10,000m

Track Championship

Table with 3 columns: Rank, Name, Time. Includes A. Walsham 43 (Salf), J. Salt 40 (Roch), W. Mitchell 40 (ASV).

(50-59)

Table with 3 columns: Rank, Name, Time. Includes N. Ashcroft 56 (Salf), 36:25.

(60+)

Table with 3 columns: Rank, Name, Time. Includes E. Wallace 60 (Wirr), S. Lee 60 (Hor), 39:52, 39:54.

19th September 1973

Crystal Palace

SCAA Meeting

1500m Open

Table with 3 columns: Rank, Name, Time. Includes L. O'Hara 41 (Belgrave), 3:58.5.

200m Vets:

Table with 3 columns: Rank, Name, Time. Includes K. Whitaker 42 (ASV), J. Daniels 42 (Vic Pk).

400m Vets

Table with 3 columns: Rank, Name, Time. Includes K. Whitaker 42 (ASV), P. Griffin (West).

800m Vets

Table with 3 columns: Rank, Name, Time. Includes K. Humphrey 43 (Espom), P. Wilks 40 (Poly).

21st September 1973

Crystal Palace

UK v Sweden International

Hammer

Table with 3 columns: Rank, Name, Time. Includes H. Payne 43 (Birch), 22:4.10 (68.54), 65.28, 66.44, 67.30, 68.54, 64.68.

22nd September 1973

Nuneaton 10 mile road race, Nuneaton.

Table with 3 columns: Rank, Name, Time. Includes C. Simpson (Small Heath), E. Kirkup (Camb & Col), G. Phipps (Leamington), R. Coxon (Woodford G), L. McKenzie (Met Police), M. Capewell (Lozells), P. Wilkinson (Derby & Co), R. Blastland (Derby & Co), B. Boyce (Tipton), K. Dare (Small Heath), W. Mottram (West. Brom), H. Lloyd (Coventry God), P. Burns (Coventry God), W. Aston (Wolv & Bil), A. Blagg (Sparkhill), M. Dwyer (Warley), R. Scott (Coventry God), R. Burson (Halesowen), T. Hughes (Leamington).

29th September

Bernie Hames, Half Marathon

Table with 3 columns: Rank, Name, Time. Includes L. McKenzie 40 (Met Pol), 75:53.

29th September 1973

Highgate Harriers Veterans Cross-country Relay

Table with 3 columns: Rank, Name, Time. Includes Harrison, Dellar, Bray, Leyton, O'Gorman, Fletcher, Fitzgerald, Carr, Appleby, Kean, Burnett, Hoggood, Grainger, Jenkins, Daniels, Charman, Soar, Hart, Till, Greere, Foshbrook, Catton, Smith, Hurst.

Fastest Laps

Table with 3 columns: Rank, Name, Time. Includes K. Harland Camb', G. Brown Verlea, J. Fitzgerald Mitcham.

Fastest over '50'

Table with 3 columns: Rank, Name, Time. Includes J. Fitzgerald Mitcham, Devenald Ilford.

23rd September 1973

Rotherham Marathon

Table with 3 columns: Rank, Name, Time. Includes A. Walsham 42 (Salf), 2:34:50.

29th September 1973

Theivey Pike Fell Race

Table with 3 columns: Rank, Name, Time. Includes M. Davies 40 (Read), J. Salt 40 (Roch).

Veterans AC X-Cty Results

30th September 1973

3 miles (at KISG)

Table with 3 columns: Rank, Name, Time. Includes R. Johnson, C. Walker, T. Taylor, J. Fitzgerald, J. Hay, J. R. Baker, J. Samuels, G. Collett, J. Charman, H. Down, P. Munn, A. Smith, J. Walker, T. Hare, W. Symes, A. McDowell, J. Shave, F. Nickolls, L. Davis, E. Sears, R. Wiseman, A. Hobart, E. Daley, A. Sutherland.

H'Cap

Table with 3 columns: Rank, Name, Time. Includes J. Charman (4:15), J. Walker (5:00), T. Hare (5:15).

30.9.73 London-Brighton Road Race

(52 1/2 miles)

Table with 3 columns: Rank, Name, Time. Includes R. Bentley (Tipton H), G. McEntyre (Epsom & E), D. Funnell (Epsom & E), C. Chase (S. Africa), D. McQuilian (Epsom & E), J. Roberts (Crawley), T. Buckingham (Leam.).

29th September 1973

Chris Vose '7'

Table with 3 columns: Rank, Name, Time. Includes A. Walsham 42 (Salf), M. Morrell 40 (Wirr).

29th September 1973

Lake '15', Cardiff.

Table with 3 columns: Rank, Name, Time. Includes J. Tarrant 42 (Salf), 1:25:07.

6th October 1973

North Staffs League

Table with 3 columns: Rank, Name, Time. Includes G. Rhodes 45 (Staff), F. Wrigley 45 (Mich).

FAST '10' BY O'HARA

Laurie O'Hara, in winning the Crawley

'10' on October 6th, set what is believed to be a world best time for ten miles by a veteran. The course has been accurately hand measured. There were 32 starters in the three vets classes. The race itself was led throughout by O'Hara, who went through 5 miles in 25:04, followed by Tony Weeks-Pearson (27:12) and in joint third place were Clive Shippen and Pat Newall (27:47). A thunderstorm started after about 10 minutes and continued to the end.

Crawley AC Vets 10 mile

Road Race & Southern Championships

CLASS 1

Table with 3 columns: Rank, Name, Time. Includes L. O'Hara (Belgrave H), A. Weeks-Pearson (Crawley), C. Shippen (Belgrave H), P. Newall (Belgrave), J. Cook (Crawley), R. Dickins (Crawley), T. Taylor (Bracknell), R. Purkis (Stevenage), M. Carr (Woodford Green), K. Till (Crawley), G. Mooney (Crawley), E. Matravers (Veterans AC), J. Shelton (Crawley), B. Reeves (Crawley), M. Day (Crawley).

CLASS 2

Table with 3 columns: Rank, Name, Time. Includes J. Fitzgerald (Mitcham AC), G. Scutts (Porismouth), R. Bott (Mitcham), B. Watts (H.L.H.), G. Pearson (Belgrave), B. Wade (Woodford Green), A. Parsons (H.L.H.), P. Munn (Mitcham), F. Nickolls (Vets AC), G. Miller (Liverpool F).

CLASS 3

Table with 3 columns: Rank, Name, Time. Includes S. Lee (Horwich), F. Caviglioni (Basildon), E. Peacock (Vets AC).

Teams

Table with 3 columns: Rank, Name, Time. Includes Belgrave, Crawley, Mitcham.

3rd October 1973  
British Police '10'  
Vets Result

1	W. Anderson 41 (Met A)	55:19
2	K. Jones 40 (Met B)	56:19
3	M. Morrall 40 (Chesh)	57:13

**HARLAND SPARS IN RELAY**

Cambridge Harriers showed their strength in the Veterans age groups when they scored an easy victory in the Veterans Relay at Bexley on October 6th held over three laps of the same course as used for their Open Relay.

Dave Dellar led all the way on the first lap for the Cambridge "A" team to hand over 200 yards up on Jack Brown (Cambridge "C") with Hill of Blackheath in third place. Frank Byrne had a good run for Cambridge "A" on the second leg and increased their lead to over 600 yards, Hoppood taking Blackheath up to second with Kent AC moving up to third through Hale.

Nobody can give 2 minutes to Ken Harland and with easily the fastest time of the day he brought Cambridge home winners by a margin of 5 minutes.

1	Cambridge H "A"	53:31	(D. Dellar, F. Byrne, K. Harland)
2	Blackheath H	58:33	(W. Hill, D. Hoppood, L. Fletcher)
3	Woodford Green "A"	59:42	(L. Burnett, N. Donachie, J. Hayward)
4	Cambridge H "B"	61:02	(E. Bowring, D. Coffey, L. Blackbeby)
5	Cambridge H "C"	61:07	(J. Brown, N. Hurst, T. Davis)
6	Kent AC	61:48	(W. Craig, R. Hale, P. Yates)

Fastest:

1	Harland	16:23
2	Dellar	17:57
3	J. Brown	18:35
4	Hale	18:38
5	Hill	18:53
6	Fletcher	19:10

Over 50

1	Blackbeby	20:09
2	Burnett	20:10
3	F. Dyter (B'heath)	20:53
4	L. Cass (Camb)	21:00
5	H. Humphries (W. Grn)	21:21
6	P. Brown (Camb)	21:45

6th October 1973  
Haywards Heath 5,000m X-Cty

1	J. Luxford (HBS)	15:30
2	M. Baker (HBS)	16:05
3	K. Humphrey (Epsom)	16:09
4	R. Curtis (Tonb.)	16:14
5	A. French (Folk)	16:15
6	H. Martin (HBS)	17:31
7	R. Gibson (New)	17:35
8	G. Wooton (B'Hill)	17:55

29 finished

20th October 1973  
Lancaster & Morecome

23	A. Walsham 43 (Salf)	43:38
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6th October 1973 Vets AC  
5 miles (at Petersham)

1	E. Flowers	30:44
2	J. Flowers	30:47
3	R. Hewitt	31:30
4	H. Down	31:34
5	A. Smith	34:00
6	A. McDowell	35:07
7	W. Hayne	43:15
8	R. Wiseman	45:00

H'Cap

1	R. Hewitt (5:50)	25:40
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13th October 1973 Vets AC  
3 miles ("Freemasons' Arms")

1	D. Martin	21:55
2	W. Hayne	26:25
3	R. Wiseman	31:17
4	W. Jackson	33:20

H'Cap

1	W. Hayne (8:00)	18:25
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14th October 1973  
Maekintosh '10'

22	T. Kilmarin 41 (Rown)	51:11
43	G. B. Spink 40 (Bing)	52:59
54	T. Rouke 40 (Midd)	54:25

20th October 1973  
Surrey League I

12	L. O'Hara 41 (Belgrave)	24:29
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Surrey League II

10	A. Horne 40 (Ran)	27:26
11	G. McEntire 42 (Epsom)	27:35

20th October 1973  
Jurd Trophy '44'

3	M. Barratt 40 (E & S)	22:52
20	J. Doggett 45 (Soton)	24:41

20th October  
Faversham '5'

9	W. Kerr 41 (Belgrave)	29:14
14	D. Wigley 42 (Invicta)	30:16
29	A. French 40 (Folk)	32:10

20th October 1973 Vets AC  
5 miles (Pavillion)

1	S. Izzard	28:06
2	S. Charlton	28:10
3	P. Maffia	30:10
4	E. Flowers	30:14
5	J. Flowers	30:17
6	G. Collett	30:30
7	H. Down	31:37
8	J. Walker	34:00
9	A. Else	34:26
10	D. Paye	34:27
11	J. Shave	35:40
12	F. Nickolls	37:17
13	R. Wicks	38:43
14	W. Jackson	41:48
15	R. Wiseman	45:55
16	A. Hobart	46:25

H'Cap

1	A. Hobart (21:50)	24:35
2	S. Izzard (2:30)	25:36
3	F. Nickolls (11:40)	25:37

27th October 1973  
Biggleswade Cross-country

13	G. Brown 40 (Verica)	30:58
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28th October 1973  
Batley '6'

14	K. Hodkinson 41 (N Vets)	29:21
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3rd November 1973  
K & M '15'

9	K. Hodkinson 41 (N Vets)	1:19:39
38	N. Byers 40 (N Vets)	1:29:09

21st October 1973  
Three Towers Race

5	K. Hodkinson 41 (N Vets)	2:01:18
7	G. Rhodes 45 (Staff)	2:02:44
15	M. Davies 40 (Read)	2:07:16



Photo: C. Shippen

**KEN HODKINSON**

21st October 1973  
Midland Veterans Athletic Club  
10,000 metres Road Race & Handicap  
Halesowen

1	C. Simpson (Small Heath)	33:33
2	G. Phipps (Leamington)	34:40
3	B. Boyce (Tipton)	35:31
4	W. Mottram (West. Brom)	35:41
5	D. McWhirter (Halesowen)	36:57
6	W. Hammond (Wol. & Bil)	37:08
7	H. Lloyd (Cov. Godiva)	37:22
8	T. Buckingham (Leamington)	37:28
9	S. Jackson (Bristol)	37:36
10	J. Young (Tipton)	37:42
11	M. Dwyer (Warley)	38:52
12	C. Beeston (Derby)	39:45
13	H. Haden (Tipton)	39:51
14	A. Blagg (Sparkhill)	40:09
15	R. Evans (Wol. & Bil.)	41:51
16	R. Richmond (Sparkhill)	41:57
17	J. Sherwood (Tipton)	42:17
18	T. Hughes (Leamington)	42:58
19	W. Bradley (Cov. Godiva)	44:11
20	H. Lewis (Mid. Vets)	45:20
21	N. Blackham (Birchfield)	47:05
22	D. Wakeman (Mid. Vets)	47:51

Continued on page 25

In his quest for interesting competition JACK FITZGERALD has travelled far and wide during his ten years as a veteran. Now established in the class 2 ranks, he ventured North of the English border a few weeks ago to test himself against his Scottish counterparts. We had a job to get him back!

**THE INCHINNAN HALF MARATHON**

From the time I was met by John Farrell on Saturday morning, October 14th, until leaving at 9.30 a.m. on the following Monday, I was privileged to experience the traditional hospitality which is synonymous with the Scottish Veteran Harriers. Between these times I was able to fit in a traffic free 9½ mile training run over some really beautiful country in excellent company, and participate in one of the most interesting and enjoyable races in the Athletic Calendar.

I refer of course to the Inchinnan Half Marathon which is a yacht handicap starting from India Tyres Recreation Ground through Houston to Bridge of Weir, where the runners are turned back over the same route in reverse.

I was interested to see that I was off 9 minutes from Scratch men, Alastair Wood and Bill Stoddart, as I had been beaten by that margin by Laurie O'Hara in the Southern Vets 10 mile Champs. the previous week in Crawley, and it would act as a guide to their respective form. In fact, Alastair passed me at the 11 mile mark and Bill came past with his usual cheery word within sight of the finish, so a 10 mile race between these top veterans at the moment would be very competitive indeed.

I started with Jack MacLean, who I had just managed to beat in the Isle of Man 25Km. However after we hit the road after 1½ laps of the starting field, it was obvious to me that I wasn't going to live with Jack on this day.

It is when you reach the turn at Bridge of Weir that you realise how the race is progressing. Ted Johnson who had been limit man with Harry Haughie was still leading, but unlike most out and back races where the status quo is usually established by the turn, in a yacht handicap one realises that the field is closing fast. This is pleasant enough from the point of view of your catching the limit men, but when you are on your own way back you appreciate how fast the back markers are closing on you. That great organiser Walter Ross actually applauds runners as they pass him, which I think is taking sportsmanship a little too far. Another disconcerting feature of the Yacht Handicap is, that when

you are within staggering distance of the finish and are congratulating yourself that only one (in this case, Wood) of the backmarkers have passed you, whoosh! one after the other sail past. The scenes at the finish as you traverse the recreation ground in reverse are reminiscent of the old National Cross Country days, with wives, children and supporters giving much vocal support and unheeded advice to the tiring competitors.

For the record Jim Sweeney (off 25 minutes) caught Ted Johnson late in the race to place first past the post with Ben Bickerton (off 14 minutes) in third position. Jack MacLean had run a blinder to get through to sixth and had in fact run sixth fastest time of the day, while Alastair Wood had turned in a magnificent 67:04 to snatch seventh place; but of course I didn't know this until much later.

The wives and supporters had apparently held their own competition to see who could provide the tastiest food, and the result was a gastronomic treat at the banquet which followed. I discovered that there was a great difference between an English and Scottish dumpling, which proves that even Class 2 veterans are capable of assimilating knowledge after races.

Walter Ross in his own inimitable style presented the seemingly never ending prize list and, if further indication of Scottish sportmanship was needed, all seven Sassenachs left the meeting with prizes! My genial host, John Emmett Farrell, again emphasised his superiority in Class 3, but must be looking over his shoulder at Gordon Porteous who will be 60 next February in good time for the Paris Marathon.

Norman Ashcroft obliged with his usual few words on forthcoming events, the most interesting being that the 1977 Worlds Track and Fields Championships could well be held on a new Tartan track planned at Glasgow, and not at Meadowbank as first envisaged. Certainly on the evidence of this race, the organisation of Walter and his Committee look capable of taking on the larger venture, and there will certainly be no shortage of hospitality and enthusiasm in this area.

	Actual Time		Actual Time		Actual Time
1	A. J. Wood (Scratch)	1:07:04	14	N. Ashcroft (12:00) (2)	1:22:03
2	W. Stoddart (Scratch)	1:08:26	15	G. Porteous (13:30) (2)	1:22:47
3	C. MacLinden (2:00)	1:09:49	16	P. Shillito (18:30)	1:24:30
4	W. Rigby (4:30)	1:13:12	17	J. E. Farrell (14:30) (3)	1:24:45
5	W. Ramage (4:30)	1:13:24	18	J. Kelly (14:00) (2)	1:24:56
6	J. McLean (9:00)	1:16:02	19	J. Geddes (18:30) (2)	1:26:37
7	C. Fraser (6:30)	1:18:05	20	C. Third (17:30)	1:27:14
8	J. Fitzgerald (9:00) (2)	1:18:06	21	J. Hanton (20:00) (2)	1:27:33
9	E. Dolan (8:00)	1:19:06	22	W. J. Ross (14:30) (2)	1:27:57
10	B. Bickerton (14:00)	1:19:49	23	H. Smith (21:00) (3)	1:29:01
11	J. Lowrey (12:30)	1:20:17	24	J. Sweeney (25:00)	1:29:16
12	C. Forbes (12:00)	1:20:44	25	J. Fletcher (23:30)	1:29:59
13	T. Mercer (10:00)	1:20:57	26	D. Anderson (15:30) (2)	1:30:41
			27	N. Ross (24:00) (2)	1:32:51

Race Time		
1	J. Sweeney	1:04:16
2	E. Johnson (3)	1:05:02
3	B. Bickerton	1:05:49

(2) Denotes Class 2 (Over 50)  
(3) Denotes Class 3 (Over 60)

# COROEBUS

## says ~ ~ ~

When a 34 years old Irishman named Rafferty announced to the world that he would run from Perth to Sydney (2,800 miles) and better Tulloh's trans-continental pace in the act, no one felt inclined to argue the merits of the challenge. Except George Perdon that is. Forty-nine years old Perdon is an Australian veteran 'pro' who ran 145 miles in 24 hours a few years ago in an attempt on Wally Hayward's world record. Displaying remarkable self-confidence he stated that he would leave Perth a week later than Rafferty and arrive in Sydney a week earlier!

The last news to reach me is that Rafferty has averaged over 40 miles a day, but that Perdon has clocked over 60 and, what is more, has passed Rafferty at the half way mark bang on schedule.

George Perdon may be a professional, but he is still 49 years young for all that. The confidence, fitness and endurance he has displayed has brought good publicity to bear on veteran athletics.

★ ★ ★

When the excitement of Ron Bentley's magnificent 24 hours record had died down last month, John Jewell of the RRC received a telephone call pointing out that the Guinness Book of Records had credited a Norwegian with a slightly longer distance. The meticulous RRC man was sceptical to say the least and on further investigation it was revealed that the claimed mark had been a solo effort, by a non-amateur, on the road. I am surprised that the McWhirter twins, who started out as track and field statisticians, should permit such marks to be published when they know full well the precision of measurement and strict rules of officiating that apply to distance running records.

★ ★ ★

As the entries for veteran events grow and grow, five year groupings become more commonplace. But the means of classification do not. There is confusion at times particularly when group numbers up to '7' are used. As it is not always practical to have 5 year groups in all classes, consecutive numbering would vary from one event to another. It seems to me that there should be some standardisation here and there is much to favour a base classification of:

Class 1	—	40-49 years
Class 2	—	50-59 years
Class 3	—	60-69 years
Class 4	—	70+ years

If demand warrants it, Class 5 and Class 6 may be added. This classification is easily identifiable and used by most veterans. When it comes to five year groupings surely it is preferable to use 1A, 1B; 2A, 2B; 3A, 3B, etc. Group 2B indicates 55-59 rather more clearly than group 4, I would have thought.

I have already been asked if the new electrolyte replacer drink ACCOLADE was named after the 24 hour race or vice-versa! Either way, the new drink has produced much discussion. It is marketed by Nicholas Products Ltd., a world-wide Australian based company. The fruit flavoured drink is in powder form and not only replaces the fluid lost through vigorous exercise but also the chemicals (electrolytes) lost in perspiration: electrolyte replacers have been known for years, of course, and many veterans will recall how US Master Bill Gookin produced a concoction nicknamed 'Gookinaid' (now sold in US as ERG) after analysing the perspiration he lost during hard training. As winner of this year's US Masters Marathon one cannot help wondering how much the electrolyte replacer assisted his performance.

Gatorade is extensively used by sportsmen in the USA, and Nicholas Products have had great success with their version, called Staminade, in Australia. It has now been launched under the name ACCOLADE in Europe and is available in Britain from any major branch of Boots, and other retail outlets, including sports shops, through Hedleys, London W.11, and Hancocks, S.W.4., wholesalers.

A jar (60 pence) makes a gallon of liquid, using a heaped teaspoonful of the powder to a tumbler of water, and is said to contain the correct proportions of body salts, glucose and water and be a great improvement on salt or glucose tablets in combating the onset of fatigue, loss of stamina, muscle cramp etc., particularly in hot or humid conditions.

It seems to me that, although reputed to be of value to all sportsmen, it is of particular significance to the marathon runner. As he turns from athlete to zombie during those last 6 miles he needs all the aids he can get. It will be interesting to see how the believers and non-believers fare in the World Veteran Marathon Championships in Paris next May.

★ ★ ★

US Master Gerry McCall has a large back yard to his home in Bakersfield, California. Nothing surprising in that you may say. Except that this extra large back yard possesses a running track of it's own. Gerry constructed the banked dirt circuit himself and trains on it daily.

★ ★ ★

Another Bakersfield resident is 69-years-old Sing Lum who entered his first track meeting at the age of 65, turning in a time of 16.2 for the 100 metres. He has improved on that since and collected several medals during the US Masters tour of Europe last year. He now holds World Age Records for the 100 metres at 66, 67 and 68 and his best time has improved to 14.7

Sing Lum's physician was against his running at first, but now he is all for it. The lean, fit US Master is proud of his improved physical condition and lowered pulse rate. How long will he continue running? "I'm just gonna keep on running 'til I die, I guess" he smiled.

Continued opposite

continued from page 22

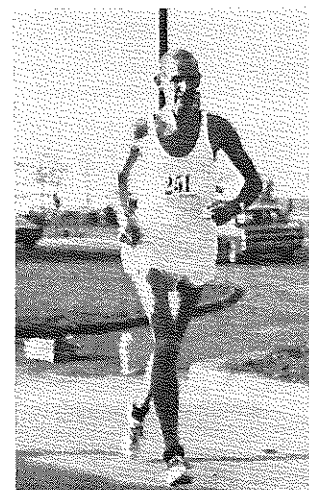


Photo: J. Hayward

### GEORGE BETTS (59)

27th October 1973  
Harlow Marathon

Course:

1 small and two large laps over mainly traffic free cycle paths that in total presented a reasonably hard course containing very little flat running. The weather was sunny, dry but cold towards the end.

Two-hundred and seventy-one started in this race that was not only the National Championship but was to settle the English and Welsh team selection for the British Commonwealth Games being held in New Zealand next January. There were 38 veterans entered and, from the results; 21 completed the course.

It is worth recording that the winner of the Open Race was one Ian Thompson, a virtual unknown from Luton who, in running his first ever marathon, did an amazing 2:12:40. Eight runners beat the race record of 2:17:59! And such was the domestic standard that we had to wait until 50th place before the first veteran finished. It was to be Britain's premier marathoner 42 year old Arthur Walsham in 2:29:38—George Phipps 71st (2:36:50) and Ian McKenzie 92nd (2:41:51) completed the top trio. Other interesting

performances came from the ever amazing Tom Buckingham (55) in 117th place 2:48:31 and George Betts (59) 174th 3:09:56.

Veteran Results:

50	A. Walsham'	42	2:29:38
71	G. Phipps	40	2:36:50
92	I. McKenzie	40	2:41:51
105	J. McLean		2:44:33
117	T. Buckingham	55	2:48:31
120	A. Weeks-Pearson	41	2:50:02
133	G. B. Spinks		2:52:59
135	D. McQuillan		2:53:40
137	P. Pringle		2:54:19
142	J. E. Davies		2:55:36
143	D. Hardy		2:55:53
144	R. Reynolds		2:56:05
145	J. Moroney		2:56:06
163	D. J. Granger		3:05:12
166	N. Nielson		3:06:37
171	G. Betts	59	3:09:56
184	K. Till		3:23:23
188	D. R. Jones	41	3:25:25
194	W. J. Darby		3:30:25
199	A. Poynter		3:38:20

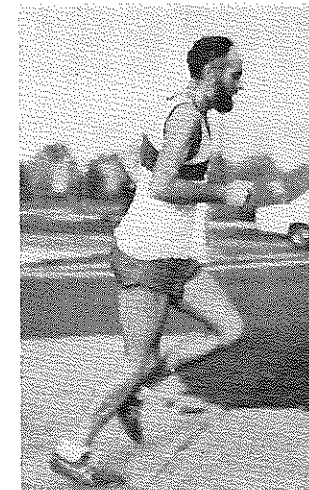


Photo: J. Hayward

### GEORGE PHIPPS

11th November 1973 Vets AC  
5 miles (KLG)

1	R. Johnson	30:08
2	C. Connell	31:48
3	J. Samuels	32:05
4	S. Charlton	32:12
5	T. Taylor	32:38
6	E. Flowers	33:07
7	J. Hay	33:11
8	J. Flowers	33:14
9	G. Betts	33:40
10	G. Collett	34:25
11	R. Hopcroft	35:14
12	J. Charman	35:15
13	A. Goodwin	35:34
14	G. Storey	35:50
15	B. Weekes	36:17
16	J. Walker	36:35
17	J. R. Baker	37:02
18	A. Smith	37:23
19	D. Martin	37:53
20	A. McDowell	38:04
21	W. Hedges	38:58
22	J. Shave	39:38
23	F. Nickolls	40:25
24	L. Davis	42:45
25	R. Wiseman	51:38
26	A. Hobart	51:50
27	W. Smith	52:18
28	C. Ide	52:33
29	E. Daley	55:00

H'Cap

1	B. Weekes (9:10)	27:07
2	R. Johnson (2:30)	27:38
3	J. Hay (5:00)	28:11

3rd November 1973  
Red Rose League

12	J. Salt 40 (Roch)	32:10
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3rd November 1973  
Cambourne Festival '15'

10	D. Giles (exeter)	1:39:02
12	Chiverton (Marines)	1:46:22

10th November 1973  
Inter Club Cross-country (5 1/2)

1	C. Shippen 41 (Belgrave)	31:20
2	J. Davies 40 (Belgrave)	32:18
3	W. Hill 42 (B'Hth)	32:50
4	D. McKeown 40 (Bels)	33:05
5	J. Bowen (Mit)	33:24
6	Crowder (B'Hth)	33:42
7	Vetterlein (B'Hth)	34:04
8	C. Henn 42 (Bels)	34:07
9	A. Pawsey (Mit)	34:51
10	J. Fitzgerald (Mit)	34:58
11	D. Hopgood (B'Hth)	35:24
12	D. Jones 44 (Bels)	35:27

24 finished  
Teams 1 Belgrave 2 Mitcham 3 B'Hth

10th November 1973 South of Thames CC		
34	G. McEntire 42 (Epsom)	26:29
48	W. Anderson 41 (Met Pol)	26:48
100	A. Horne 40 (Ran)	27:45

The British Womens Veterans AC was officially formed at Bowater House, London, on 16th September. Vera Searle is Chairman and Hazel Rider Secretary/Treasurer. The club is open to women over the age of 35 years and the WVAC is keen to recruit members. I feel sure that there must be many wives of male veterans who are ready to say "If you can't beat them, join them". Perhaps they can do both with the Womens Vets! A letter to Mrs Hazel Rider, 1 Malthouse Lane, Shorne, Near Gravesend, Kent will produce further details of their activities, and I understand that track, field, cross-country and road will all be catered for if

sufficient demand is forthcoming.

★ ★ ★  
Dr Arthur Wint, the 1948 Olympic 400 metres champion (46.2) and 1952 silver medallist in the 800 metres (1:49.4), is the new Jamaican High Commissioner in London. Wint was a great favourite with British fans during the years he lived in London and ran for Polytechnic Harriers. He must be about 54-years-old now. Is it possible he could be persuaded to appear in the next National Track and Field Championships?

# VETERAN CLASS RECORDS

ASSOCIATION of VETERAN ATHLETES  
CLASS RECORDS  
revised as at November 1978

These records contain revisions to those listed at the head of the published 1972 Ranking Lists, as well as new ones set this year. As our world coverage and connections are far from complete they may still be imperfect—only time will give them the perfection we all seek.

by John Hayward

<b>100 Metres</b>					
<i>Class 1</i>					
10.7	T. Baker	40	USA	Koln	13.9.72
<i>Class 2</i>					
11.7	A. Juilland	50	USA	Koln	13.9.72
11.7	S. Stafford	51	USA	Los A	19.6.70
<i>Class 3</i>					
12.9	V. McIntyre	61	USA	Los A	20.6.71
<b>200 Metres</b>					
<i>Class 1</i>					
22.3	D. Smith	40	USA	San D	2.7.72
22.3	G. Rhoden	45	JAM	San D	2.7.72
<i>Class 2</i>					
24.1	A. Juilland	50	USA	Koln	14.9.72
<i>Class 3</i>					
26.6	V. McIntyre	60	USA	Irvine	25.6.71
<b>400 Metres</b>					
<i>Class 1</i>					
49.7	J. Dixon	41	GB	Lon	26.6.73
<i>Class 2</i>					
56.1	R. Morcom	51	USA	Phild	18.9.71
<i>Class 3</i>					
61.5	F. Syostrand	60	USA	San D	7.7.73
<b>800 Metres</b>					
<i>Class 1</i>					
1:57.2	B. Bullen	40	GB	Stret	14.8.73
<i>Class 2</i>					
2:05.1	W. Sheppard	50	AUS	Lon	25.8.72
<i>Class 3</i>					
2:23.0	B. Deacon	61	USA	Hawaii	7.1.73
<b>1500 Metres</b>					
<i>Class 1</i>					
3:52.0	M. Bernard	40	FRA	Brux	20.6.72
<i>Class 2</i>					
4:20.0	W. Sheppard	50	AUS	Lon	25.8.72
<i>Class 3</i>					
4:53.2	W. Andberg	61	USA	Stock	31.8.72
<b>3,000 Metres</b>					
<i>Class 1</i>					
8:22.0	A. Mimoun	41	FRA	St M	6.6.62
8:22.0	L. O'Hara	41	GB	Lon	23.6.73
<i>Class 2</i>					
9:46.2	J. Gilmour	52	AUS	Perth	6.11.71
<i>Class 3</i>					
10:50.0	J. Berg	62	GER	Koln	13.6.71
<b>5,000 Metres</b>					
<i>Class 1</i>					
14:10.0	M. Bernard	40	FRA	Paris	29.7.72
<i>Class 2</i>					
16:05.8	J. Gilmour	53	AUS	Koln	13.9.72
<i>Class 3</i>					
17:42.6	W. Andberg	60	USA	San D	3.7.71

<b>10,000 Metres</b>					
<i>Class 1</i>					
29:57.4	A. Mimoun	43	FRA	Cambrai	1.8.64
<i>Class 2</i>					
32:15.0	A. Mimoun	52	FRA	Chal	18.6.72
<i>Class 3</i>					
35:57.4	E. Kruzicky	62	GER	Koln	16.9.72
<b>110 Metres Hurdles (Open)</b>					
14.4	D. Finlay	40	GB	Lon	1.8.49
<b>400 Metres Hurdles (Open)</b>					
54.8	J. Dixon	41	GB	Warley	27.5.73
<b>3,000 Metres Steeplechase (Open)</b>					
9:36.2	H. Higdon	41	USA	Lon	24.8.72
<b>High Jump</b>					
<i>Class 1</i>					
2.05 (6'8½")	E. Nilsson	40	SWE	Ljungby	25.9.66
<i>Class 2</i>					
1.72 (5'8")	R. Morcom	51	USA	N Y	22.7.72
<i>Class 3</i>					
1.46 (4'9½")	S. Thompson	62	USA	Hawaii	26.10.72
<b>Long Jump</b>					
<i>Class 1</i>					
7.13 (23'4½")	D. Jackson	40	USA	Irvine	11.6.72
<i>Class 2</i>					
6.23 (20'5½")	R. Morcom	51	USA	Los A	17.6.72
<i>Class 3</i>					
5.03 (16'6")	M. Anders	61	USA	San D	21.4.73
<b>Triple Jump</b>					
<i>Class 1</i>					
14.41 (47'3¼")	H. Strauss	40	GER		16.5.71
<i>Class 2</i>					
12.04 (39'6")	G. Farrell	54	USA	Woodl.	26.7.72
<i>Class 3</i>					
10.12 (33'2½")	S. Thompson	62	USA	Hawaii	29.9.72
<b>Pole Vault</b>					
<i>Class 1</i>					
4.60 (15'1¼")	R. Ruth	44	CAN	Gote	7.9.72
<i>Class 2</i>					
4.15 (13'7¾")	R. Morcom	51	USA	Lon	25.8.72
<i>Class 3</i>					
3.88 (12'9")	H. Schmidt	60	GER	Duisb	14.10.72
<b>Shot</b>					
<i>Class 1</i>					
19.77 (64'10½")	R. Colnard	41	FRA	Paris	18.7.70
<i>Class 2</i>					
16.60 (54'5½")	G. Ker	50	USA	Van-N	7.7.73
<i>Class 3</i>					
13.42 (44'0¼")	S. Herman	67	USA	Walnut	30.4.72

continued on page 27

# Excellence Versus Sociability

The thing that struck me at the U.S. Masters Championships this year was the increasing level of competition. Looking at them from across the track, master runners are indistinguishable from open-class runners. Unless you are close enough to see the grey hair, or have a stopwatch, they look just as good artistically as those who compete in the Olympics. And the races are just as good. There was a stirring battle in the 1500 at San Diego and fight-to-the-wire 1600 meter relay. Undoubtedly there were other interesting events that escaped my notice because of my own involvement with competing. The depth isn't there in all events, but that will come.

by HAL HIGDON

But however similar the two grades may appear visually, there is a marked difference in approach by the athletes. I remember many of the races of my youth, our Olympic trials, the Boston Marathon, various collegiate and national championships, as being moments of intense tension. I recall sleepless nights. I recall at times barely having the strength to walk to the starting line. One had the feeling that one had to win or be disgraced for life.

I still want to win, but not at the expense of other things. Perhaps this is because with age comes maturity. I still get nervous, but not so much that it spills out and dominates my life. Part of it may be because I'm winning more as a master than I did in youth. I got a late start in track and was never better than a good second-stringer in my twenties, but now I'm a record breaker. I have more confidence in my ability and this relaxes me. But more than that,

master's track is more social. I think this is partly because of the leadership of David H. R. Pain and partly because we are athletes with families and the planning for our meets seems to focus as much on entertainment for them as on competition for us. This is quite healthy. My wife had about given up going to track meets recently because they had begun to bore her, but she attended the master's track meet this year and enjoyed herself so much that now she is telling me that she is planning on next year when we will be going to Vancouver, Gresham, and Calgary for competition.

I hope that Masters track and field will continue to accommodate the average or below average runner. It always has been true in long distance races on the road where Olympic athletes and YMCA joggers mix freely with nobody thinking it unusual. But it rarely was ever true in track and field as a whole where a sprinter incapable of running 9.5 would be embarrassed to appear. Not only that, he would be unable to appear because of standards which limit entries. But fitness runners have found a home in master's track. Elwyn Davies, the Canadian and former London bobbie, was a disaster on the track but a delight leading songs in the pub after the race. We need to accommodate social runners as well as champion runners. And they have been accommodated so far and I only hope that as the level of competition increases that we won't get so hung up on excellence that we close the door on the average club runners. I understand that the World Veteran Championships in Toronto in 1975 will do this by having qualifying days in which anybody can compete.

And while I am on the subject, isn't it unfortunate that there isn't at least one race in the Olympic Games that would be open to anybody who showed up at the line? Isn't it too bad that the marathon isn't a truly open event? I suppose if they opened such an event, they would have 20,000 or 30,000 starters with tremendous logistic headaches, but this would allow a lot of people to participate even as also-rans in the Olympics. This is part of the lure which attracts so many Americans to the Boston Marathon each year — to run with the best, even though they may finish more than an hour behind the leader.

The Olympic Games have long ago closed out the average runners of the world, but these runners have a home in masters track.

<b>Discus</b>					
<i>Class 1</i>					
55.91 (183'5")	A. Consolini	41	ITY	Athens	20.5.58
<i>Class 2</i>					
54.18 (177'9")	F. Gordien	50	USA	Walnut	28.4.73
<i>Class 3</i>					
43.84 (143'10")	K. Carnine	64	USA	Modesto	7.6.72
<b>Javelin</b>					
<i>Class 1</i>					
72.54 (238'0")	J. Smiding	40	SWE	Gavle	17.9.72
<i>Class 2</i>					
54.76 (179'8")	B. Morales	55	USA	Honolulu	13.11.72
<i>Class 3</i>					
40.87 (134'2")	K. Carnine	64	USA	Gresh	15.7.72
<b>Hammer*</b>					
<i>Class 1</i>					
69.42 (227'9")	H. Payne	43	GB	Lon	27.8.73
<i>Class 2</i>					
55.90 (183'4½")	K. Hein	50	GER	Hamb	20.9.58
<i>Class 3</i>					
32.06 (105'2")	R. Hubbell	63	USA	Los A	19.6.72
*Hammer subject confirmation:					
232'7"	R. Klim	40	USSR		in July 73

As Chairman of the British Sprint Club and Coaching Secretary of the Hertfordshire County A.A.A., GORDON DABORN is actively involved in the coaching of young sprinters. But at 41 he is no mean sprinter himself. At the International Veterans Meeting at Crystal Palace last year he raced to a 51.9 clocking for 400 metres which placed him second in the 1972 Veteran Rankings.

# Sprint Training

Sprinters must have that very special gift which enables them to make explosive efforts. This ability Sprinters share with Jumpers and Throwers but unlike them Sprinters have to sustain their efforts for periods varying from 5 to 50 seconds or so. Since the special techniques involved in starting are employed only for about 0.5 seconds and the minimum modification of style should be used at the finish, it is obvious that most time is spent between start and finish. With these facts in mind training should be apportioned accordingly. Few can afford much time for practising finishes and, indeed, perhaps it is more profitable not to change style for the finish. The starting technique is an unnatural sequence and needs sufficient practice to make it a conditioned reflex. Starting technique should not be practiced when you are fatigued because the skills involved must be associated only with the fastest possible movements and also because technique tends to deteriorate as fatigue builds up.

The bulk of your training time must be used to improve your running ability. That is you must acquire the necessary skills and encourage strength, stamina and suppleness for without these attributes you cannot run a fast race. With skill, strength and suppleness alone you may be able to move very fast over short distances but all races longer than approximately 70m for men and approximately 40m for women involve stamina — the amount of stamina required obviously increases as the distance increases. Everyone knows that in order to be a skillful sprinter it is necessary to have strength, stamina, the ability to achieve the required range of movement and the right mentality. The correct mental approach is essential or you are a poor sprinter — strength is fairly easily acquired by wellknown techniques such as weight training. — Suppleness *should* be a matter of maintaining what you already have by taking the correct exercise frequently. — The really tough part of training is the acquisition of stamina. This does not happen overnight. Strictly one should define stamina in terms of cardio-respiratory and cardio-vascular fit-

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ness. If this is done it becomes clear that the acquisition of stamina is slow because it involves the modification of vital structures of the body and these tend to oppose change. The fact that your heart is involved presents an obvious way of monitoring both the progress of training and the effect of training.

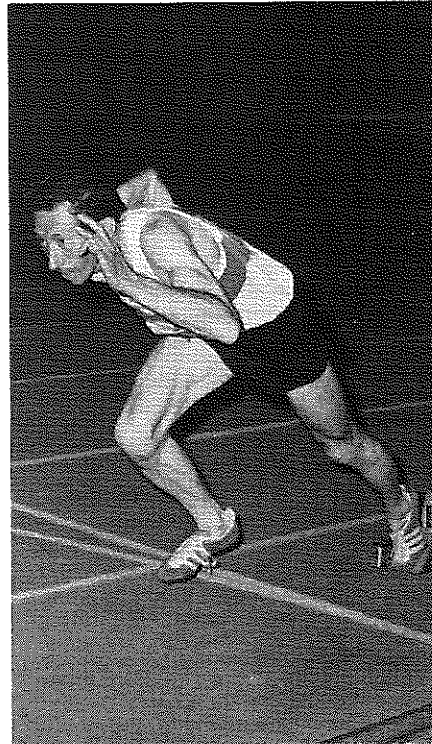
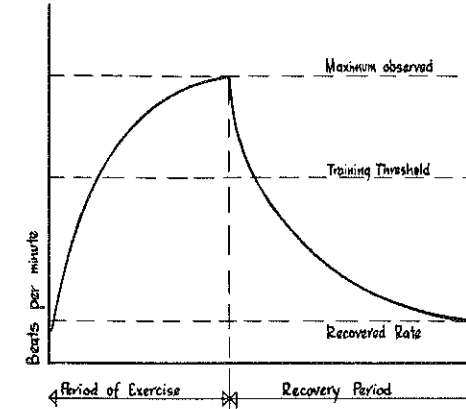


Photo: F. Reynolds

GORDON DABORN

When you run your metabolic rates increase and your heart and lungs endeavour to keep pace with the change. These changes of pace can be observed quite easily but with varying degrees of accuracy. A graph of pulse rate against time can be quite enlightening — even useful (see Fig. 1). The time taken for the pulse rate to return to the recovered rate, from the maximum observed after severe exercise, depends upon fitness. If a standard work load is used to produce the fatigue the recovery rate may be used as a routine measure of fitness. Physiologists (e.g. M. J. Karnoven) tell us that there is a training threshold at a rate equivalent to 60% of the difference between the maximum and recovered rates. Unless the pulse rate is raised above this point little or no improvement in cardio-respiratory fitness occurs. This fact can be employed in designing Interval Training sessions. Many names have been used to describe various forms of Interval

Training and typical examples which I have seen quoted are as follows:—

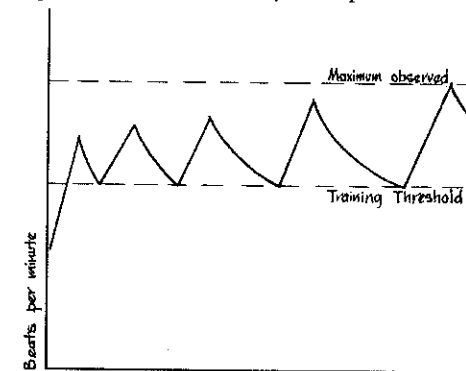


CARDIAC RESPONSE TO EXERCISE  
(Figure 1)

"Repetition Running"	600 to 800 m striding
"Interval Running"	200 m in 32 sec/fast spell
"Tempo Training"	200 m in 26 " "
"Sprint Training"	200 m in 24 " "

These figures have probably been selected arbitrarily and cannot possibly hold for all athletes. Descriptions sometimes used by middle and long distance athletes are: Speed Work, Faster Than Race Pace, Race Pace and Slower Than Race Pace (continuous or steady state running). The principle is that Interval Training sessions can be designed to improve in various ratios the anaerobic and/or aerobic mechanisms of energy production.

It would be better to define Interval Training in terms of the intensity of the work load and the pulse rate to which recovery can be permitted. If a



Duration of Interval Training.  
INTERVAL TRAINING ~ CARDIAC RESPONSE  
(Figure 2)

graph is plotted of pulse rate versus time during an Interval Training session (using a fixed work load and a fixed recovery period) it can be seen (Fig.2) that the recovery period becomes longer and the degree of fatigue steadily increases until the peak heart rate observed approaches the physiological maximum and the recovery period becomes impractically long.

Interval Training sessions which are controlled by monitoring pulse rates are automatically progressive and optimum for the individual.

Typical Interval Training sessions could be:—

8 x 150 m	at full effort with recovery to	120 beats per min.
6 x 150 m	" 130 " " "	" "
4 x 150 m	" 140 " " "	" "

The number of repetitions possible and the effects which can be expected from the various recovery limits will be individual parameters.

Recovery to the higher pulse rate limits tends to encourage the anaerobic mechanism.

When recovery to high pulse rate limits is desired it is difficult to control this type of training if pulse counting is by hand and stop watch. Recovery continues during counting and errors increase as rates increase. Electronic timing, on the other hand is almost instantaneous and accuracy increases as rates increase. Pulse rate telemetry is excellent provided the transmitter is unobtrusive, but regrettably it is too expensive for the majority of coaches. Personally I find home made, plug in, heart rate meters invaluable. Not only do they cost less than 20% of the cost of telemetry but the only parts carried by the athlete are surface electrodes.

Gordon Daborn will be organising monthly training courses from October 1973 to March 1974. Veteran sprinters are welcome and, if interested, should contact Gordon for further particulars at "Taychreggan", Rivershill, Watton at Stone, Hertford.

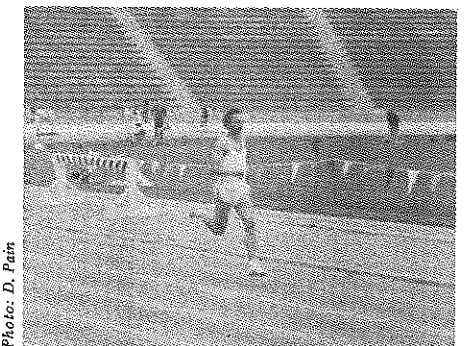


Photo: D. Pain

KEITH WHITAKER (42) SETS U.S. MASTERS  
400m RECORD OF 51.1secs.

# WORLD NEWS & results

## Australia

This month sees the National Veterans Track and Field Championships at Melbourne. The US Masters International Track Team are programmed to participate, but at time of going to press there appear to be certain procedural difficulties. In anticipation of these being resolved, the Championships are expected to be the biggest Veteran gathering since Europe 1972. Full report, results and photos will appear in the March edition of VETERIS.

In the West Australia, State Championships, World Champion John Gilmour, now 54 years ran 6 seconds faster for 10 miles than he did when winning in 1956. John finished 10th in 56:16, Col Junner ran 58:52 and Cliff Bould 63:00; John did it again in the 15 miles, finished 9th in 86:29—two minutes faster than when he won in 1948, Col ran 90:10.

Most veterans are avaricious readers of anything relating to their sport. To those who are eagerly seeking more material to devour we would recommend "The Veteran Athlete", a bi-monthly duplicated magazine edited by Jack Pennington. Priced at a modest 20 cents (+ 10c postage), it can be obtained from the following distributors:—

City to Surf, Sydney Veterans Results (40-49)	
15 Stan Chorlton	48:02
30 Dave Power	49:06
45 Graham Kent	50:06
66 Peter Piper (46)	51:23
73 Tony Visalli	51:49
184 Robin Clyne	55:15
264 Frank Thornton	56:54
270 Les Sobey	57:05
281 Fred Devlin (48)	57:19
491 Harold Kemp	60:07
(50-59)	
92 George McGrath	52:52
192 Jack Pennington	55:31
244 Alf Beverstock	56:37
319 James Paton	57:54
404 Vic Townsend	59:05

(60+)	
629 Harold Batterham	61:37
861 Syd Hesketh	64:05
3052 Tom Millard (70)	91:12

9th June 1973 Australian Veterans 10km Cross-country Centennial Park., Sydney. Conditions very good—No wind—15°C (40-49)	
1 S. Chorlton (40)	32:58
2 P. Piper (40)	35:47
3 A. Visalli (41)	36:27

NSW — Mrs E Piper, 130 Moverly Rd., South Coogee, NSW 2034  
SA — A L Digance, 35 Dinwoodie Ave., Clarence Gdns., SA 5039  
Vic — Keith Routley, 47 Aurum Crescent, Ringwood, Vic 3134.

Adelaide Harriers celebrated their 25th birthday by conducting a 60km (38 miles) Track race, veterans placed 2nd and 3rd with Bob Clarke 5:02:21 and Ron O'Neil 5:11:58 with Herb Barnes (50) bringing up the rear in 6:11:18.

When Logan Irwin called a meeting on 20th April 1971 to form the NSW Wirinum Veterans AAC, it was thought that this would be the first Australian veterans club. We now hear that the South Australia Veterans Club are claiming the title of 'pace setter' with a formation date of 14th April 1971. Any other claims?

Sydney's City to Surf 15kms Road Race (the world's largest) fielded 4,300 starters on August 12th, with ages ranging from 7 to 70. Australia's John Farrington set an early lead and maintained it to a record 43:16.6, a mammoth 47.6 secs ahead of Ken Moore (USA) with New Zealand's Terry Manners another 29.8 secs back. Albie Thomas, on the brink of veterans status was 14th in 47:50.

4 K. Ollerenshaw (45)	37:03	6 L. Hooper (46)	38:38
5 R. Hall (41)	38:00	7 W. Sheppard (51)	39:48
6 F. Devlin (48)	38:25	8 I. Carter (46)	40:41
7 E. Ethernott (47)	38:44	9 A. Lynch (45)	42:19
8 N. Windred (45)	39:49	10 T. Robbins ( )	43:29
9 L. Sobey (44)	40:28	11 P. Colthup (52)	43:39
10 D. Brodie (45)	40:46	12 J. Johnston (51)	44:06
11 G. Freeman (41)	43:53	13 G. Sarfaty (46)	44:06
12 R. Cartwright (45)	46:38	14 J. Stevens (56)	44:43
		15 D. McNair ( )	45:49
		16 J. Tennant (50)	46:24
		17 W. Bishop (53)	46:32
		18 H. Ward ( )	46:34
		19 L. Jones (48)	46:35
		20 J. Sheppard (49)	49:48
		21 J. Farrell (46)	50:06
		22 H. Stevens (45)	51:01
		23 D. Bevan (54)	51:09
		24 T. McConnell (46)	59:58
		25 G. Simpson (66)	63:55

16th June 1973 Victorian 10km Cross-country (Vets results)			
1 R. Blackney (41)	34:28	7 Jim Jack ( )	68:57
2 Ron Young (42)	38:10	8 David McNair ( )	73:03
3 C. Collister (46)	39:20	9 Horrie Ward ( )	76:33
4 L. Sykes (40)	38:01	10 Jim Sheppard ( )	79:40
5 D. Elliott (41)	38:38	11 John Tutton ( )	80:32
		12 Bill Burke ( )	81:07

23rd June 1973 Wirinum Veterans A.A.C. Marathon Championship	
3 J. Conway (43)	3:01:05
4 K. Routley (49)	3:02:10
5 G. Riley (43)	3:04:10
6 I. Carter (46)	3:18:33
7 L. Jones (48)	3:22:41

A new course was used for the Marathon, consisting of a 2 mile lap, and 4x6 miles, starting and finishing on the Hensley Athletic Field. The race was open to all athletes and eight took advantage of this. It was also ratified by the AAA of NSW as a qualifying race for the Australian Titles in Perth and four athletes ran inside 2hrs 40min. Gugh Brown (R.B.), R. Gribble (St. G. and Vet) D. Edwards (St. G.) and A. Jones (R.B.), of the eight, four complete their first Marathon.

Class 1	
1 P. Piper (10/8/27)	2:54:15
2 T. Visalli (1/1/32)	2:58:15
3 W. Hunter (21/6/31)	3:44:43

Class 2	
1 V. Townsend (29/5/19)	3:08:23

Class 3	
1 H. Batterham (23/5/11)	3:36:47
2 F. Wrightson (19/3/05)	3:54:22
3 A. Southwood (24/10/11)	4:55:28

14th July 1973 Victorian Marathon (Vets Results)	
1 N. Duff (42)	2:34:53
2 T. Orr (49)	2:41:05

16th July 1973 John Gilmour ran 37:28 to place 21st in South Australia State 10km ccc. to Col Junner's 40:03. In the State 10 miles John ran 57:38, Col, 61:42, Cliff Bould 62:42.	
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22nd July 1973 Wirinum Veterans A.A.C. 15Km Cross Country Championship	
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Class 1	
1 S. Chorlton (28/5/33)	50:31
2 T. Visalli (1/1/32)	55:09
3 P. Piper (10/8/27)	56:10
4 J. Croft (17/3/31)	58:44
5 K. Patterson (19/6/32)	60:05
6 L. Sobey (2/8/29)	61:43
7 R. Cartwright (13/7/28)	71:50
8 J. Bowes (18/1/28)	72:36

Class 2	
1 V. Townsend (29/5/19)	62:36
2 R. Payne (29/5/21)	66:19
3 S. Delamotte (1/9/22)	66:58
4 J. Baker (9/12/18)	70:32
5 K. Cravino (21/6/20)	78:21

Class 3	
1 L. Williams (16/9/09)	72:20
2 A. Metcalfe (26/4/08)	82:55

28th July 1973 King of the Mountains	
Theo Orr	2:05:05
Keith Routley	2:10:54
Jim Conway	2:14:23
Wal Sheppard (51)	2:22:52

25th August 1973 Wirinum Veterans A.A.C. 25Km Road Championship Centennial Park	
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Class 1	
1 S. Chorlton (28/5/33)	83:38
2 P. Piper (10/8/27)	94:30
3 R. Hall (5/8/32)	102:17
4 A. Hutt (14/10/31)	108:08

Class 2	
1 G. McGrath (21/12/19)	94:41
2 V. Townsend (29/5/19)	102:41
3 T. Cassidy (18/1/15)	128:57

Class 3	
1 A. Southwood (24/10/11)	140:42

## Canada

Preparations for next year's first Canadian Masters Championships in Vancouver are now underway. The meet will take place on June 29th and 30th at the Fine Minoru Park Stadium, Richmond under meet Director Dr Doug Clement. All track and field events will be included, hopefully in 5 year age groups.

Intending competitors from the eastern seaboard and Europe will be interested to know that Don Farquharson will be organising a competition/sightseeing tour for Masters and their families which will include the Vancouver meet and have the added attraction of including the US Masters Championships in their itinerary (July 5, 6 and 7). The grand tour lasts from Friday evening, June 28th, to Sunday evening July 14th. All particulars from Don Farquharson, 269 Ridgewood Road, West Hill, Ontario.

John Pavelich, Vancouver, who holds several Canadian Masters records in the throws has best efforts this year of 43'6" in the 16lb shot, 44.0 metres (144'4") in the 2kg discus and 121' in the 16lb Hammer. The discus throw was achieved at the BC Championships (open) in July. John was listed in the Veteris world rankings (11th in shot, 17th in discus) as "J Pavelich USA".

Bill Wyllie (track) and Hans Warwas (field) are preparing a comprehensive set of Canadian Masters records. These will be published shortly.

Ex-British shot putter Richard Guest (In Britain's Top Ten 1960/61/62—pb 51'4½") is a recent recruit to the

ranks of the CMITT. He has also just opened an Adult Fitness Centre in Toronto.

Cy Allan became one of the few Masters to represent a province when he ran for Nova Scotia in the Canadian National Marathon Championship. He finished 19th in 2:52:37.

Feature news of this year's road running amongst Canadian Masters must be Art Taylor's tremendous display in winning the Oktoberfest Marathon at Kitchener, Ontario on 6th October from one of Canada's good young marathoners and eclipsing his own Canadian Masters record in the process. Ideal weather, a sizeable field including 21 (or more) Masters, a large crowd and a well organized race over a carefully measured, relatively hilly course saw Art finish strongly in a time which would have placed him sixth in last year's World rankings.

THE 3rd ANNUAL ONTARIO CHAMPIONSHIPS OF CANADIAN MASTERS INTERNATIONAL TRACK TEAM  
29th & 30th September, 1973

Oshawa Civic Stadium was the Venue for this exciting meet and the facilities could not have been bettered anywhere in the Province. Proceedings were further enhanced by the enthusiasm with which the city of Oshawa invited us to hold our meet coupled with beautiful sunny 65°F weather. The athletes responded by setting no less than 34 new Canadian Masters records.

The meet was graced by the presence of competitors from USA and representation from the Province of Quebec and long will we remember the amazing performances of such men as George Braccland a 60-year-old from USA who took part in 15 events winning 11 of them and Norm Bright of Seattle who travelled 3 days and nights by bus to take part. Exciting competition was too numerous to completely recount but in Group 1 (40-44), Alf Sundin showed excellent all round form in a variety of events, Roy Cowall's grace and speed in setting the new 200 metre record whilst Bob Bowman and Ed Whitlock duelled in thrilling fashion in the middle distances, the former winning 5 events and placing in 4 more. Canadian team captain Bill Allen, although injured, won the 10,000 metres from a rapidly improving Brian Martindill. Len Olson proved the strong man in most throwing events. In 1B (45-49) John Reeves proved superior at the longer distances, Bill Cameron filled the middle distance slots well whilst the two Karls, Virkavs and Pavasars of Latvian track club showed they were spirited competitors at shorter races and field events.

The age 50-59 (Group 2) was the scene of some

100m: Class 1A (40-45)		200m: Class 1B		400m: Class 1A	
1	Alf Sundin (U/A Ham)	1	K. Virkavs (LTC, T)	1	J. Lauder (Woodstock)
2	Bob Bowman (MTFC, W)	2	K. Pavasars (LTC, T)	2	B. Oxley (MTFC, Sca)
3	John Lauder (MTFC, W)	3	J. Nolan (MTFC, T)	3	J. Parr (Hamilton)
4	B. Oxley (MTFC, S)	4	D. Farquharson (MTFC, P)	4	A. Rappich (MTFC, T)
100m: Class 1B (45-49)		200m: Class 2		400m: Class 1B	
1	K. Pavasars (LTC, T)	1	A. Woodhouse (U/A, Sca)	1	K. Virkavs (LTC, T)
2	D. Farquharson (MTFC, P)	2	J. Hutchinson (USA)	2	D. Farquharson (MTFC, P)
3	A. Sinclair (MTFC, N)	3	H. Warwas (SC 64, T)	3	J. Nolan (MTFC, Sca)
4	P. Belliveau (U/A, Osh)	4	M. Hicklin (MTFC, W)	4	P. Belliveau (U/A, O)
100m: Class 2		200m: Class 3		400m: Class 2	
1	J. Hutchinson (USA)	1	G. Braccland (USA)	1	A. Woodhouse (U/A, S)
2	A. Woodhouse (U/A, Sca)	2	(New Canadian Open Record)	2	J. Hutchinson (USA)
3	R. Warwas (SC 64, T)	3	C. Hills (USA)	3	H. Warwas (SC 64, T)
4	M. Pickl (SC 64, T)	4	F. Boigner (SC 64, T)	4	Ted Clark (MTFC, W)
5	M. Hicklin (MTFC, Wi)	5	A. Brosz (SC 64, T)	5	D. Stiles (Oshawa L)
100m: Class 3		200m: Class 1A		400m: Class 3	
1	G. Braccland (USA)	1	G. Braccland (USA)	1	G. Braccland (USA)
2	(New Canadian Open Record)	2	N. Bright (USA)	2	J. Hutchinson (USA)
3	C. Hills (USA)	3	R. Barrand (Oshawa, L)	3	H. Warwas (SC 64, T)
4	A. Brosz (SC 64, T)	4	(New Canadian Open Record)	4	Ted Clark (MTFC, W)
5	F. Boigner (SC 64, T)	5	(New Canadian Open Record)	5	D. Stiles (Oshawa L)
6	B. Till (MTFC, T)	6	(New Canadian Open Record)	6	K. Gyaki (SC 64, T)
7	Art Keay (U/A, T)	7	(New Canadian Open Record)	7	M. Hicklin (MTFC, W)
110mH: Class 1		400m: Class 1B		400m: Class 3	
1	M. Woerle (SC 64, T)	1	K. Virkavs (LTC, T)	1	G. Braccland (USA)
110mH: Class 2		400m: Class 2		(New Canadian Open Record)	
1	M. Pickl (SC 64, T)	1	A. Woodhouse (U/A, S)	2	J. Hutchinson (USA)
110mH: Class 3		400m: Class 3		(New Canadian Open Record)	
1	C. Hills (USA)	1	G. Braccland (USA)	1	N. Bright (USA)
2	(New Canadian Open Record)	2	(New Canadian Open Record)	2	R. Barrand (Oshawa L)
3	G. Braccland (USA)	3	(New Canadian Open Record)	3	(New Canadian Open Record)
4	A. Brosz (SC 64, T)	4	(New Canadian Open Record)	4	(New Canadian Open Record)
200m: Class 1A		400m: Class 3		500m: Class 3	
1	R. Cowell (Dundas, O)	1	G. Braccland (USA)	1	N. Bright (USA)
2	(New Canadian N. & O. Record)	2	(New Canadian Open Record)	2	(New Canadian Open Record)
3	A. Sundin (U/A Ham)	3	(New Canadian Open Record)	3	(New Canadian Open Record)
4	J. Lauder (MTFC, W)	4	(New Canadian Open Record)	4	(New Canadian Open Record)
5	K. Buchanan (Oshawa, LTC)	5	(New Canadian Open Record)	5	(New Canadian Open Record)
6	A. Rappich (MTFC, T)	6	(New Canadian Open Record)	6	(New Canadian Open Record)

memorable battles between Ted Clark and Charles Eagen; Walt Long and Don Stiles; Alex Woodhouse and John Hutchinson; Hans Warwas and team mate Max Pickl, whilst 55-year-old John O'Neil reigned supreme setting a new Canadian record at 5,000 metres and winning the 10,000 metres too.

That amazingly fit 60-69 group was an inspiration. The already mentioned duo of Braccland and Bright were often pushed to the tape by Claude Hills and Roy Barrand and the two eldest competitors Richard Bredenbeck (Ohio) aged 67 and Albert Brosz of Scarborough (66).

Following the meet a gala dinner took place at the Oshawa Civic Auditorium at which the City was formally thanked by Don Farquharson CMTT President; Roy Barrand, Oshawa City Clerk, replied.

John Hutchinson thanked the entire group on behalf of the US visitors whilst everyone present vowed not to miss the first Canadian Masters Championships in Vancouver, June 1974 and the 1st World Masters event at the CNE in Toronto 1975.

800m: Class 1A		800m: Class 1B		800m: Class 2	
1	R. Bowman (MTFC, W)	1	K. Virkavs (LTC, T)	1	G. Braccland (USA)
2	E. Whitlock (W-I, M)	2	J. Hutchinson (USA)	2	(New Canadian Open Record)
3	A. Rappich (MTFC, T)	3	H. Warwas (SC 64, T)	3	N. Bright (USA)
4	J. Masil (SOTC)	4	M. Hicklin (MTFC, W)	4	R. Barrand (Oshawa, L)
5	A. Lynn (MTFC, N)	5	J. Nolan (MTFC, S)	5	(New Canadian Open Record)
6	B. Oxley (MTFC, S)	6	(New Canadian Open Record)	6	(New Canadian Open Record)
7	R. Webster (U/A, W)	7	(New Canadian Open Record)	7	(New Canadian Open Record)
3000m: Class 1B		800m: Class 3		1500m: Class 1A	
1	W. Cameron, (MTFC, E)	1	G. Braccland (USA)	1	E. Whitlock (W-I, M)
2	S. Edwards (C Borden)	2	(New Canadian Open Record)	2	R. Bowman (MTFC, W)
3000m: Class 2		800m: Class 2		1500m: Class 1B	
1	D. Stiles (OLTC)	1	W. Long (USA)	1	W. Cameron (MTFC, E)
2	T. Clark (MTFC, W)	2	M. Hicklin (MTFC, W)	2	D. Farquharson (MTFC, P)
3	Dr C. Eagan (Ottawa)	3	J. Young (MTFC, W)	3	J. Nolan (MTFC, S)
5,000m: Class 1A		800m: Class 3		1500m: Class 2	
1	B. Bowman (MTFC, W)	1	G. Braccland (USA)	1	W. Long (USA)
2	B. Allen (MTFC, S)	2	(New Canadian Open Record)	2	D. Stiles (OLTC)
3	D. Wolfe (KWFC, K)	3	(New Canadian Open Record)	3	C. J. Eagan (Ottawa)
4	D. Milne (MTFC, S)	4	(New Canadian Open Record)	4	M. Hicklin (MTFC, W)
5	R. Comyns (USA)	5	(New Canadian Open Record)	5	(New Canadian Open Record)
6	R. Belton (Oshawa)	6	(New Canadian Open Record)	6	(New Canadian Open Record)
7	R. Webster (Woodstock)	7	(New Canadian Open Record)	7	(New Canadian Open Record)
5,000m: Class 1B		800m: Class 3		1500m: Class 3	
1	J. Reeves (U of T TC)	1	G. Braccland (USA)	1	N. Bright (USA)
2	C. Hall (MTFC)	2	(New Canadian Open Record)	2	(New Canadian Open Record)
3	J. Gray (Pembroke TC)	3	(New Canadian Open Record)	3	(New Canadian Open Record)
4	S. Edwards (C Borden)	4	(New Canadian Open Record)	4	(New Canadian Open Record)
5	A. Sinclair (MTFC, N)	5	(New Canadian Open Record)	5	(New Canadian Open Record)
6	T. Maidman (OLTC)	6	(New Canadian Open Record)	6	(New Canadian Open Record)
7	J. Raymer (MTFC, W)	7	(New Canadian Open Record)	7	(New Canadian Open Record)
8	J. Campbell (Etobicoke)	8	(New Canadian Open Record)	8	(New Canadian Open Record)
9	G. Homas (U/A)	9	(New Canadian Open Record)	9	(New Canadian Open Record)

10,000m: Class 2A		10,000m: Class 2B		10,000m: Class 3	
1	Ted Clark (MTFC, W)	1	J. A. O'Neil (USA)	1	N. Bright (USA)
2	Dr C. J. Eagan (Ottawa)	2	W. Sheriden (Watertown)	2	(New Canadian Open Record)
3000m: Class 1A		4 x 100m Relay Class 1		5,000m Walk: Class 1	
1	R. Bowman (MTFC, W)	1	Toronto	1	J. Owers (Barrie)
2	E. Whitlock (W-I, M)	2	Woodstock	2	(New Canadian N. & O. Record)
3	A. Rappich (MTFC, T)	3	(New Canadian Open Record)	3	L. Olson (USA)
4	J. Masil (SOTC)	4	(New Canadian Open Record)	4	R. Guest (U/A)
5	A. Lynn (MTFC, N)	5	(New Canadian Open Record)	5	K. Pavasars (LTC)
6	B. Oxley (MTFC, S)	6	(New Canadian Open Record)	6	M. Woerle (SC 64, T)
7	R. Webster (U/A, W)	7	(New Canadian Open Record)	7	H. Gonnermann (SC 64, T)
3000m: Class 1B		5,000m Walk: Class 2		5,000m Walk: Class 3	
1	W. Cameron, (MTFC, E)	1	M. Gouic (Gladstone TC)	1	G. Braccland (USA)
2	S. Edwards (C Borden)	2	H. Hoffman (Gladstone)	2	E. Sharpe (MTFC, T)
3000m: Class 2		5,000m Walk: Class 3		Shot: Class 1A	
1	D. Stiles (OLTC)	1	G. Braccland (USA)	1	L. Olson (USA)
2	T. Clark (MTFC, W)	2	(New Canadian Open Record)	2	A. Sundin (Hamilton)
3	Dr C. Eagan (Ottawa)	3	(New Canadian Open Record)	3	M. Woerle (SC 64, T)
5,000m: Class 1A		Shot: Class 1B		Shot: Class 2	
1	B. Bowman (MTFC, W)	1	J. Reeves (U of T TC)	1	A. Zakis (LTC, T)
2	B. Allen (MTFC, S)	2	C. Hall (MTFC)	2	(New Canadian N. & O. Record)
3	D. Wolfe (KWFC, K)	3	J. Gray (Pembroke TC)	3	H. Warwas (SC 64, T)
4	D. Milne (MTFC, S)	4	S. Edwards (C Borden)	4	D. Stilas (OLTC)
5	R. Comyns (USA)	5	A. Sinclair (MTFC, N)	5	M. Pickl (SC 64, T)
6	R. Belton (Oshawa)	6	T. Maidman (OLTC)	6	(New Canadian Open Record)
7	R. Webster (Woodstock)	7	J. Raymer (MTFC, W)	7	(New Canadian Open Record)
5,000m: Class 1B		Shot: Class 2		Shot: Class 3	
1	J. Reeves (U of T TC)	1	A. Zakis (LTC, T)	1	G. Braccland (USA)
2	C. Hall (MTFC)	2	(New Canadian N. & O. Record)	2	(New Canadian Open Record)
3	J. Gray (Pembroke TC)	3	H. Warwas (SC 64, T)	3	F. Boigner (SC 64, T)
4	S. Edwards (C Borden)	4	D. Stilas (OLTC)	4	(New Canadian Native Record)
5	A. Sinclair (MTFC, N)	5	M. Pickl (SC 64, T)	5	(New Canadian Native Record)
6	T. Maidman (OLTC)	6	(New Canadian Open Record)	6	(New Canadian Native Record)
7	J. Raymer (MTFC, W)	7	(New Canadian Open Record)	7	(New Canadian Native Record)
8	J. Campbell (Etobicoke)	8	(New Canadian Open Record)	8	(New Canadian Native Record)
9	G. Homas (U/A)	9	(New Canadian Open Record)	9	(New Canadian Native Record)
5,000m: Class 2A		Shot: Class 3		Hammer Throw: Class 1	
1	E. Vivancos (MTFC, T)	1	G. Braccland (USA)	1	L. Olson (USA)
2	Dr C. J. Eagan (Ottawa)	2	(New Canadian Open Record)	2	R. Guest (Toronto)
3	Ted Clark (MTFC, W)	3	(New Canadian Open Record)	3	M. Gonnermann (SC 64, T)
4	R. Thornton (Peterboro')	4	(New Canadian Open Record)	4	M. Woerle (SC 64, T)
5	Bill Goldsmith (MTFC, T)	5	(New Canadian Open Record)	5	(New Canadian Open Record)
5,000m: Class 2B		Hammer Throw: Class 2		Hammer Throw: Class 3	
1	J. O'Neil (USA)	1	A. Zakis (LTC, T)	1	G. Braccland (USA)
2	(New Canadian Open Record)	2	(New Canadian N. & O. Record)	2	(New Canadian Open Record)
3	(New Canadian Open Record)	3	(New Canadian N. & O. Record)	3	(New Canadian Open Record)
4	(New Canadian Open Record)	4	(New Canadian N. & O. Record)	4	(New Canadian Open Record)
5,000m: Class 3		Hammer Throw: Class 3		Discus: Class 1	
1	N. Bright (USA)	1	A. Zakis (LTC, T)	1	L. Olson (USA)
2	(New Canadian Open Record)	2	(New Canadian N. & O. Record)	2	A. Sundin (Hamilton)
3	(New Canadian Open Record)	3	(New Canadian N. & O. Record)	3	K. Pavasars (LTC)
4	(New Canadian Open Record)	4	(New Canadian N. & O. Record)	4	H. Gonnermann (SC 64, T)
10,000m: Class 1A		Hammer Throw: Class 3		Discus: Class 2	
1	Bill Allen (MTFC, S)	1	G. Braccland (USA)	1	C. Hills (USA)
2	E. Martindill (STC, H)	2	(New Canadian Open Record)	2	(New Canadian Open Record)
3	D. Wolfe (KWFC, K)	3	(New Canadian Open Record)	3	(New Canadian Open Record)
4	J. Comyna (USA)	4	(New Canadian Open Record)	4	(New Canadian Open Record)
5	D. Milne (MTFC, S)	5	(New Canadian Open Record)	5	(New Canadian Open Record)
6	R. Balton (Oshawa)	6	(New Canadian Open Record)	6	(New Canadian Open Record)
7	Bob Rhodes (U of T)	7	(New Canadian Open Record)	7	(New Canadian Open Record)
10,000m: Class 1B		Discus: Class 3		Discus: Class 4	
1	J. Reeves (U of T)	1	L. Olson (USA)	1	C. Hills (USA)
2	J. Reid (KWFC, W)	2	A. Sundin (Hamilton)	2	(New Canadian Open Record)
3	R. Long (MTFC, E)	3	K. Pavasars (LTC)	3	(New Canadian Open Record)
4	J. Gray (Pembroke TC)	4	H. Gonnermann (SC 64, T)	4	(New Canadian Open Record)
5	F. Pritchard (MTFC, H)	5	M. Woerle (SC 64, T)	5	(New Canadian Open Record)
6	A. Sinclair (MTFC, N)	6	(New Canadian Open Record)	6	(New Canadian Open Record)
7	T. Maidman (Oshawa L)	7	(New Canadian Open Record)	7	(New Canadian Open Record)
8	J. Campbell (Etobicoke)	8	(New Canadian Open Record)	8	(New Canadian Open Record)

6 M. Woerle (SC 64, T)		24.20		Discus: Class 2	
7 D. Farquharson (MTFC, P)		19.26		1 A. Zakis (LTC, T)	
				29.78m	
				(New Canadian Open Record)	
				3 J. Hutchinson (USA)	
				22.24	
				4 M. Pickl (SC 64, T)	
				21.96	
				5 H. Warwas (SC 64, T)	
				19.14	
				Discus: Class 3	
				1 C. Hills (USA)	
				30.20m	
				(New Canadian Open Record)	
				2 G. Braccland (USA)	
				28.22	
				3 A. Brosz (SC 64, T)	
				22.90	
				Javelin: Class 1	
				1 A. Sundin (Hamilton)	
				43.44m	
				(New Canadian N. & O. Record)	
				2 L. Olson (USA)	
				42.90	
				3 R. Guest (U/A)	
				42.54	
				4 K. Pavasars (LTC)	
				30.98	
				5 M. Woerle (SC 64, T)	
				30.78	
				6 H. Gonnermann (SC 64, T)	
				28.18	
				Javelin: Class 2	
				1 J. Hutchinson (USA)	
				27.44m	
				(New Canadian Open Record)	
				2 M. Pickl (SC 64, T)	
				21.36	
				(New Canadian Native Record)	
				Javelin: Class 3	
				1 C. Hills (USA)	
				26.72m	
				(New Canadian Open Record)	
				2 A. Brosz (SC 64, T)	
				20.50	
				Long Jump: Class 1A	
				1 R. Bowman (MTFC, W)	
				5.30m	
				2 V. Cassis (U/A, T)	
				5.00	
				3 M. Woerle (SC 64, T)	
				4.85	
				Long Jump: Class 1B	
				1 K. Pavasars (LTC, T)	
				5.27m	
				Long Jump: Class 2	
				1 J. Hutchinson (USA)	
				4.45m	
				2 M. Pickl (SC 64, T)	
				4.30	
				3 H. Warwas (SC 64, T)	
				4.19	
				Long Jump: Class 3	
				1 C. Hills (USA)	
				4.17m	
				(New Canadian Open Record)	
				2 G. Braccland (USA)	
				4.00	
				3 F. Boigner (SC 64, T)	
				3.91	
				(new Canadian Native Record)	
				4 A. Brosz (SC 64, T)	
				3.59	
				High Jump: Class 1	
				1 F. Klassen (TOC)	

TONY WEEKS-PEARSON, former Oxford 'Blue' at cross-country and track, gained selection for England's international cross-country team in the fifties. He is a schoolmaster and co-author of that excellent glossy hardback "The Centenary History of the Blackheath Harriers", which occupied seven years of his spare time. During the sixties he gradually faded out of the English club scene, but on reaching veteran status his interest was re-kindled and running shoes and pen have been brought into action with a new zest. We shall be featuring several articles by Tony. This first one discusses the veteran's approach to declining performance, his philosophy of life and the tailoring of training methods to suit the mature adult as he reaches . . .

## . the end of the plateau

Middle and Long distance running for Vets.

The first issue of 'Veteris' certainly raised several interesting questions—and, for me most of the few basically vital ones. I liked, for instance, David Pain's down-to-earth attitude that mature people like us must recognize how our performances will necessarily deteriorate with age: the native optimism of athletes can easily lead us into self-deception. Targets have got to be realistic ones—more especially in these later years we never thought would come. (Not the least intriguing aspect of Vets. Athletics is what it can teach us about the living business of growing old(er). I've felt much better, thanks, after reading also what Pain says about it being an illusion that a few veterans appear to get better as they age: now that that dreadful trio of Barratt, O'Hara and Harland—without mentioning anyone nearer to Hadrian's Wall—can be placed in perspective as illusions, I've felt myself running a whole lot faster—even if that's an illusion as well.

Like 'Coroebus' (all right, I know it's a Nom de Belgrave Bloom—but 2,700 years old indeed!) I have comforted myself with theories about how much faster some veterans are because they started later in life—some at thirty, others nearer forty. Chiefly, it has helped my knees which are certainly of the opinion that things like ligaments have a built-in limited life-span for wear and I do mean tear.

Which part of my anatomy painfully reminds me of training. There are samples of regimes of some American veterans and of Arthur Walsham in the "Runner's World" publication 'Running After Forty' and personally I shall look forward to information of this sort in future numbers of 'Veteris' as well as details of results. I think there is a lot to be learned from veterans' experience, chiefly because at our ages you can't take liberties with yourself, athletically speaking, and so any training has to be grounded in sense and thought out purposefully if it is to pay off. Young athletes can do some damn silly things and can get away with self-murder; when you are older you do have to work for it, don't you? Considering how much importance I attached to running in my younger days I think about it more intelligently nowadays by comparison. Of course, there are a lot of things coming out of research for runners these days that I wish had been available earlier to me, but even so, I wish I had applied more hard thought to competition and training when younger.

Still, that's spilt milk and what is fascinating to me now



is the solving of this problem of getting the best out of oneself now that difference and decisions can be seen to be more crucial. Before detailing some of my own current experiences, in hopes that they will encourage others to write in with their's, I think it's worth stressing the significance for me of that expression above, 'getting the best out of oneself'. This, as far as I'm concerned, expresses one of the chief shifts in my attitude to running from former days. Essentially, I'm competing more with myself than with my fellow runners now—in terms of measuring up to personal targets, whether reasonable or not. I don't want to seem hypocritical about this; naturally, I am still competitive towards opponents, but I now see them much more as part of a pattern in doing the same sort of thing as me in gaining what may be described as a more private satisfaction than the former ones of open competition of younger life. I must confess that being beaten doesn't bother me half as much as it would have at one time. Some would indict this as either sentimentality or rationalizing my physical senility. I don't think so, and I believe it to be the underlying cause of the impressive, and to me unique, atmosphere of cordiality at last year's International Vets Meeting at Crystal Palace. On the other hand, I find myself taking more seriously, if anything, my own personal progress of targets and aims—the times I set myself and how well I know myself to have done on a particular day in terms of full

performance and concentration.

My justification for this, to some a seemingly cowardly approach, is that it must necessarily be so, given our general life situation and it is the realism in Pain's argument that I found impressive. To ignore the essence of this truth is to run the risk of disappointment or at any rate to miss some of the wider satisfactions of later life. I am here chiefly, of course, thinking of middle age when one first confronts problems brought by the sense of change in life, of which the greatest is the first real consciousness of one's own life, and not merely others', being finite and mortal. In more concrete terms there are for many of us the greater weights of responsibility of family and work. In middle age both of these are more often than not at their height: the children have not left home yet and one's work responsibility is very likely at its greatest. In these respects as well as others it seems to me that the chief need of this stage of life is synthesis—holding all the by now various elements of one's life in harmonious balance. This has as its corollary the need also to cultivate introversion—looking inward to a greater extent than previously to examine one's life experience, see what is of chief worth, what must be discarded and what is to be carried forward to the second half of adulthood.

Without, I hope, pushing this argument on too long, I should like to confess to expressing something of a contradiction here in respect of athletics as extravert, certainly to the extent of it being physical concentration. Again, personally, I have found the kind of body/mind division that this implies to be a problem for me. It has entailed, and continues to do so, some sort of differing and even conflicting aims. But then again, it can be seen as part of "the fascination of what's difficult".

End of tedious metaphysical digression. But what, I hear you say, of the training? "What", as Peter Sellers' politician would say, "about the training indeed?" Apart from the aforesaid dreaded Knees I find the chief problem is oxygen: I mean, getting enough of it; and here I'm not revealing the breathtaking discovery that one runs out of breath when running but confirming Ron Holman's observation in the first issue about the decline of oxygen uptake after 25 years of age. I think it's a very significant factor and anyone interested can find more in the Runner's World publication 'Running After Forty' where there are details in the article "Time—the Great Thief". After quoting Alex Comfort about forty years being 'the end of the plateau of adult vigour', it describes Dr. George Sheehan's conclusions "The key to performance is the maximum pulse rate. This declines 5-10 beats a decade, and separates the men from the 40-year olds, the 40s from the 50s, and so on. This decrease in capacity for all out effort amounts to a loss of at least 7% in performance. In a five-minute mile this would be 20 seconds, which is just about how it works out." Dr. Sheehan quotes Scandinavian tests which indicate that a man's maximum heart rate at age 25 is about 200 beats per minute. By age 40, it drops to 182 beats, and goes down to 153 beats by the time he reaches age 65. Maximum heart rate is a key because it controls the oxygen that pumps through a racing body. The faster a

man goes, the more he needs. But the older he grows, the less he gets.

Apart from shooting ourselves what do we do about this if we are ambitious veteran athletes? I may be disappointing those who have penetrated this verbal thicket to this point if I say that I have no solution (how could I have?) but I do want to suggest that, possibly, pace training is essential in middle age so that the 'oxygen uptake' (very impressive, that expression) remains, as it were, boosted. Well, this may produce welcome controversy among readers since Arthur Walsham for one is quoted in the same 'Runners World' booklet as saying "I consider I have wasted many years flogging myself on the track, doing interval training. Now I do very little speedwork; mostly distance running at just under six-minute mile pace".

Still, we ordinary mortals shouldn't be reduced to jogging pace by this emphasis: under six minute miles probably is pace work for most of us and the lungs will be working away at this effort. Certainly, too, pace was the keynote in the article of the first issue on Laurie O'Hara's work-outs and I myself like to include extended fast periods of around one mile when I can manage it. Steady runs of the kind Arthur Walsham refers to are my staple—the kind of run where you don't bash yourself silly but, all the same, feel as though you are working at it at a high enough rate for raising the heart beat and developing tolerance. These also suit me better when, as I frequently have to, I do early morning training, which, incidentally, I sometimes prefer because it ensures that at least I get some done rather than chicken out when tired at the end of the day.

The other unit of shorter faster work which I find useful is 600 metres. At my age it seems to satisfy the condition of a sufficient distance reflecting something of the sustained character of racing without losing pace and it becoming a 'plodding' session.

Above all, though, it seems to me to be necessary more and more to be very flexible in approach—to be, as I've said, 'intelligent' about one's programme and to be constantly in touch with how one feels at different times; so that, in addition to the training I've just sketched out, I also find regular long distance runs essential for the all-important conditioning foundation, for much of the year to fit one in at the weekend as well as, much more occasionally but valuable in their way, sessions of short sharp intervals with very brief rests. I prefer to race once a fortnight, though it rarely turns out like this, and is more often a pattern of all-or-nothing.

Anyway, I hope some of this helps to start a continuing dialogue about training for Veteran distance runners, as well as other events, since I'm certain that we can not only assist ourselves but others too with our special 'guinea-pig' role. What I would really be glad to see is a systematic and large-scale study of Veterans' lives and training habits. For us, the two must go together now that more are competing seriously than ever before.

TONY WEEKS-PEARSON

# PIKE'S PEAK or bust

## ~ your lungs that is!

For those interested in a different kind of running challenge, Rudy Fahl's Pike's Peak Marathon in Colorado Springs, Colorado, offers everything one could ask for in a physical — and for some a spiritual — challenge.

On August 12th, a member of U.S. Masters accepted that challenge. The "race" — actually it is a contest between man and mountain — commences at 6,500' elevation at the foot of the Cog Railway, which also goes to the summit 14,110' up. The runners move up the Barr Trail, achieving 9,000' within the first 3.5 to 4.0 miles. At 5.0 miles, one reaches a fairly level area which is the only point on the trail where any level running can be engaged in. At approximately 6.5 miles, the Barr Camp, 10,300' elevation, the first water is given out. Here, the trail steepens, where, at 12,000' the timberline is encountered with loose gravel on the trail, and those slogging upward at a snail's pace are met with deflation in greeting the leaders already on their way back down. It is here where the lowlander first fully appreciates the numbing effect of the ever-increasing altitude. Breathing becomes increasingly difficult, with hot, dry air searing one's windpipe. Running, for most — even jogging — is over, and one accepts the unthinkable, i.e., walking the rest of the way to the top. The "runner" stops at a stream for a refreshing drink of cogl mountain water, but upon standing erect, he immediately experiences dizziness and anoxia. As you move ever more slowly up the steepening trail and pass others sprawled by trailside, holding their sides while gasping for breath, one's sole intent is to just keep moving, for once you stop, you are done for. Muscles tighten up and resolve to finish in good time dissipates. You look up and see numerous competitors, all walking on the trail as it zigzags ever upward. The sun is relentlessly blazing down from the summit and at least two miles of trail remains. Soon, but not soon enough, there is greyhaired Katherine Fahl, (72), who has herself made 70 ascents of this, her beloved mountain, handing out orange slices and cups of water laboriously lugged down from the top and giving vocal encouragement to the flagging athletes. "One mile to the top," she calls out. One looks up another 800' and asks, "But, how long?" The reply; "30 to 45 minutes." Your heart sinks, realizing that almost three and one-half hours have transpired and even a modest 4-hour target is perhaps slipping away. With bowed head and little more than grim determination, the competitor heads up the trail, to be confronted with the inappropriately named final portion of the trail, the "Golden Stairs", where even the most fit admit defeat at the hands of the mountain and abandon their dogtrot for a scramble and walk to the top.

As the air gets thinner — the breath faster and more like a death rattle — people appear on the rocks above the trail urging you on. You have no idea where the finish is until you round a curve and see it 100' ahead and

then launch into a ludicrous caricature of a sprint with leaden legs and feet, where you collapse across the finish line.

Immediately, the competitor is seized by medics from the world-famous Mayo Clinic, who wish to see just what happens to a human body pushed to such limits. Perhaps they would learn more as psychiatrists, as what has transpired is part madness.

Some runners, about 30 out of 250 entrants, have enough reserve remaining after a short rest at the top to turn about and start the equally demanding descent from 14,110' back to Manitou Springs, for a total of 26.8 miles of trail, virtually none of which is level.

Overall winner was mining geologist Richard Trujillo (25), a native of the Colorado mountains, who lives in the mining town of Ouray at 7,800' and works at a mine located at 8,200' and trains at 12,000'. Rick tied last year's defending champion, Chuck Smead (22), to the top in the remarkable time of 2:07:38.5 (Smead's to the top record last year was 2:09:30). Trujillo broke away from Smead on the descent to break the legendary six-time winner, Indian Steve Gachupin's up-and-down record of 3:39:47 by one second. Gachupin (30), far off form, ran a creditable 3:17:30 ascent, but appears through as a dominating factor in the open division.

As the 247 contestants set an entry record for the 18-year old event, so were records set in the women's division by Joan Ulyot (33), San Francisco, California, 3:14:44; Major Ernie Cunliffe (35) Colorado Springs USAD Academy 2:27:31; and Andy Hornbaker, Sr. (40), of Security, Colorado, breaking Hal Higdon's 1-year record by two minutes, with an outstanding 2:39:46.



ANDY HORNBAKER climbs Pike's Peak

Photo: Tom Perkins

Rudy Fahl (75), Meet Director and a resident of Colorado Springs, completed his 139th ascent of Pike's Peak in 4:55:0.

Some of you as track "nuts" may recall Ernie Cunliffe in the late 50's and early 60's when, as a world class 800m/880 yard man, he operated on the premise that if you got far enough out in front, no one could catch you. Although Ernie usually opened up a gigantic distance between himself and the opposition, he'd usually die at the 660 mark, with the remaining contestants making a dash at him, as he struggled towards the finish line. As often as not, he'd get nipped at or near the tape; but, it made good races and we remember Major Cunliffe's running when most of his contemporaries have been forgotten.

We spoke to Ernie and he's most anxious to reach 40 when he intends to return to the shorter distances. In the meantime, he's setting long distance records as a sub-Master.

Rudy (75) and Katherine Fahl (72), will accompany the U.S. Masters tour to the South Pacific. Since Rudy can't bring Pike's Peak with him, he states he will specialize on the sprints on the tour. Also competing at Pike's Peak this year, as he has for the last four or five, was barrel-chested San Franciscan, Walt Stack (65), who completed the ascent in 3:57:15, and in so doing, won his 60 and over division. Walt and Marsie, his wife, will also make the down-under tour. We are looking forward to the companionship and camaraderie both of these vivacious couples will add to the team. Besides, Walt

and Rudy are fine athletes in their own right, notwithstanding their advancing years.

One casualty was U.S. Master Dr. Frank McCabe (54), Denver, Colorado, who holds the 50 and over records of 3:00:00 set in 1972. Dr. McCabe was present at the starting line, but did not compete due to an injury sustained at the AAU Masters in San Diego this year. As a result, this division was won by Larry Fox (51), Campbell, California, in the excellent time of 3:17:31. We had the unhappy experience of being up with Fox at the halfway mark, but helplessly watched him disappear up the trail at the 10,000' elevation. Larry had one week's training at Camp Crockett and it really helped.

Anyone who wishes to attack this event seriously should train on trails at altitudes of 6,000'-12,000' and should live at altitude a minimum of four weeks, preferably longer. A two week stint at Camp Crockett, 8,000', just prior to the ppm, although a fine training experience, is really not enough if you are seriously planning to challenge the leather-lunged locals.

Seven of the 11 division winners, all came from habitats 5,000' or higher in elevation. Notwithstanding our singular lack of success, we nevertheless, came away with a singular sense of accomplishment. Try it, you'll like it!!

(To enter next year's race or to get results write Rudy Fahl, 2400 West Colorado, Colorado Springs, Colorado 80904.)



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PERSONAL ATTENTION TO ALL ENQUIRIES

continued from page 33

Triple Jump: Class 1		
1	K. Pavasars (LTC, T)	10:26m
2	R. Bowman (MTFC, W)	9:77
3	M. Woerle (SC 64, T)	9:34
4	K. Buchanan (Oshawa)	9:31
5	H. Gonnermann (SC 64, T)	8:42

Triple Jump: Class 2		
1	J. Hutchinson (USA)	9:53m
	(New Canadian Open Record)	
2	M. Pickl (SC 64, T)	9:07
	(New Canadian Native Record)	
3	H. Warwas (SC 64)	6:89

Triple Jump: Class 3		
1	C. Hills (USA)	8:80m
	(New Canadian Open Record)	
2	A. Brosz (SC 64, T)	6:42

30th June 1973  
Albert Brosz (66) won the Senior Olympics Decathlon at Santa Barbara with the following marks scoring a total of 1475 points.  
100m—15:7 secs 110mHurdles—24.9s  
Long Jump—3.18m Discus—24.78m  
Shot—9.72m Pole Vault—1.98m  
400m—1:27 Javelin—24.78m  
High Jump—1.17m 1500m—7:55.6

1st July 1973 Canada Day Marathon Eastern Canadian Championships		
3	Bill Allen	2:53:11
5	Bob Bowman	2:54:50
11	Dave Milne	3:09:45
14	Joe Fernandez	3:18:36
16	John Nolan	3:21:27
17	Charlie Ward (2)	3:23:31
24	Ron Belton	3:30:28
27	Doug Laister (2)	3:32:23
28	Bob Madeley	3:32:23
29	Eugene Osborn (2)	3:35:25
30	Al Sinclair	3:40:12
32	Ted Harwood	3:42:28
33	Norm Frank	3:43:15
36	Bill Goldsmith (2)	4:30:15
38	Judy Kazdon	4:33:15
	(only lady finisher)	
	(39 finishers)	

Same Venue MTRRA Half Marathon		
20	Frank Haydon	1:39:16
23	Alan Taylor (2)	1:42:10
24	Fred Pritchard	1:43:12
28	Doug Bennett (2)	1:54:03

2nd July 1973 Hants Port N.S. 6 miles (10 a.m.)		
7	Cy Allan	30:05

2nd July 1973 11 Miles at Middleton (Same Day!!) (6 p.m.)		
4	Cy Allan	67:05

15th July 1973 MTRRA 1 Hour Track Run (Hot, Humidex 104)		
10	Dave Milne	9m 505yds 2ft
12	Charlie Ward (2)	9m 299yds 1ft
16	Doug Laister (2)	8m1428yds 1ft
19	Ron Belton	8m1007yds 1ft
20	Bob Madeley	8m 988yds 1ft
24	Don Farquharson	7m1700yds 2ft

11th July 1973 Handsworth Track, BC 3000m Open		
7	Dennis Coveney	9:37
10	Ivor Davies	9:47

14th July 1973 All Comers Meet Brantford Ontario		
800 metres	Bob Bowman	2:05.4
400 metres	John Lander	57.1
5000 metres	Bill Allen	15:31.0

15th July 1973 MTRRA 1500m Track		
	Don Stiles (53)	5:04.1
	Keith Buchenan (43)	5:16.0

18th July 1973 All Comers Meet Etobicoke		
5000 metres	Bill Allen	15:27.0

18th July Halifax N.S. 5.5 miles		
5	Cy Allan	30:03
30	Ed O'Brian	35:22
43	Frank Anderson	38:00
57	Steve MacNeil	40:30

21st July 1973 Stanley Park Vancouver 15 miles		
4	Peter Haley (LGRR)	1:30:19

21st July 1973  
International Meet Birchmount Stadium  
We had yet another great 1500m race at this meet put on by a Finnish group who brought over Viren, Tuominen and other great Finnish olympians

Despite the non-appearance of several US runners for whom we reserved places and some injuries amongst our own people, the Masters 1500 although featuring a mere 5 runners drew considerable applause. Bill Allen led from the start with Bob Bowman, Art Taylor, Bob Cushman (Dettering, Ohio) and John Masil in close attendance. After a first lap of 65 seconds the two leaders broke away and the 800 passed with Bob still hanging on in 2:13.0. Third lap saw Bill pressing hard to open up a 15 yard lead in 3:21.0. He continued the pressure and was able to kill off Bob's final sprint and win putting up a second new Canadian Record within a month.

1	Bill Allen (MTFC)	4:04.4
2	Bob Bowman (MTFC)	4:12.8(pb)
3	Art Taylor (KWTC)	4:22.6
4	Bob Cushman (TC Ohio)	4:29.5
5	John Masil (Sc OPT TC)	4:44.4

3rd August 1973 Calgary Road Runners 1 mile Championship. (approx. 10yds long)		
5	Tony Dancer	5:12.0
10	Roy Fisher	5:38.0
11	Alan Clove	5:46.0
13	L. Bennett	6:29.0
14	Arthur Dyson (70)	6:55.0
15	D. Graig	7:21.0

28th July 1973 Quebec Provincial Championships (open) 1500m:		
4	Ed Whitlock	4:16.6
	(ranks 4th best ever in Canada)	

1st August 1973 Dartmouth N.S. (Masters) 6 miles		
1	Cy Allan	33:58
2	Frank Govais	37:59
3	Gordon Warnica	40:45
4	Bill Thompson	42:30
5	Steve MacNeil	45:21

2 miles		
1	Roger L. Frank (45)	10:11
2	Morell Cloutier	10:20
3	Ed O'Brien	10:37
4	Frank Anderson	10:51

4th August 1973  
Whitby's K of C, 5 mile Road Race organizer Bob Wright must have felt pleased with the Masters turnout on this very hot humid day. Masters out-numbered the combined Open and Boy's fields.

1	Bill Allen	27:51.6
2	Bob Bowman	28:22.0
5	Andrew Ivan	29:45.0
8	Jack Reid	31:33.0
9	Ralph Land	31:52.0
12	Brian Oxley	32:35.0
14	Don Stiles (2)	32:55.0
16	Ron Belton	33:37.0
17	Al Sinclair	33:41.0
21	Ken Kignell (2)	34:49.0
22	Keith Buchanan	35:06.0
23	Jim Parks	35:51.0
24	Don Farquharson	36:24.0
26	Bruce Summers	37:03.0
29	Roy Barrand (3)	39:15.0
29	Elwyn Davies	39:15.0
34	Glenn Holmes	42:57.0

18th August 1973 Alberta (Open) Track and Field Championships. Cold!! 32 degrees 10,000m		
8	Tony Dancer	36:33
9	Jim Klein	38:17

18th August 1973 Handsworth Track BC 6 miles		
10	Jim Conway (LGRR)	32:47
11	Peter Haley (LGRR)	33:00
	Ivor Davies (LGRR)	33:07

19th August 1973 Metro Toronto RRC 25km Another hot weather race and plagued by too few helpers resulting in some runners missing a turn around and going over distance. Masters results only.		
1	Bill Allen	1:29:51
2	Peter Morgan	1:44:41
3	Art Rappich	1:46:32
4	Ron Belton	1:54:22
5	Don Stiles (2)	1:54:23
6	Ralph Lang	1:57:07
7	Brian Oxley	2:00:27
8	Doug Laister	2:05:38
9	Fred Pritchard	2:05:38

continued on page 39

11th August 1973 New Glasgow NS 5 miles		
6	Cy Allan	26:14

22nd August 1973  
Allcomers Meet, Birchmount Stadium, Toronto.  
Bob Bowman, running in a large open field, lowered the Ontario 800m. record with a fine effort 2:04.3. In the same event Alastair Lynn ran 2:23.8. John Reeves put on a fine effort too in the 5000m for 17:11.9.

25th August 1973 Back to Stanley Park, Vancouver The "Palmer" 10 mile Road Race		
14	Jim Conway	55:27.4
16	Ivor Davies	55:58.8
	Adrian Vali (56)	61:43.0

The Individual age records book does not list 10 miles but judging from the age 56 figures for 6 miles, 10,000m and the 1 hour run listed, Adrian's time would rank very highly if performed on the track

26th August 1973  
The terrible twins, Allen and Bowman went to St Hyacinthe, Quebec for an Open 30 miles race in which the runners teamed in pairs and ran back to back 2 1/2 mile loops thus each completing 15 miles. 37 teams competed with many of Canada's foremost runners taking part. When it was announced that an over 40's team was running they got lots of support and finished 6th in a time of 2:43:02

22nd September 1973 University of Calgary Inv. 6 mile CC (50 finishers)		
20	Bill Wyllie	36:23.0

23rd September 1973 Springbank Park Int. Road Races. London, Ontario. Masters 6miles (5.8)		
8	Tony Dancer	36:33
9	Jim Klein	38:17

## New Zealand

Christchurch is in the final throes of preparation for the Commonwealth Games, to be held January 24th to February 2nd. Christchurch has a population of about 300,000 and in the Canterbury area as a whole there are about 20 clubs with 1100 registered athletes—over 100 being veterans. The vets run for their own open clubs but take part in special veteran meetings such as the Canterbury and National cross-country and annual road championships (15km).

With the track and field season now underway the major interest is naturally the Commonwealth Games—except perhaps for the vets, that is; for the International Veterans Meet will be held on January 21st and 22nd,

The setting is splendid and amongst the 78 starters were last year's 2nd and 3rd place's, Art Taylor and Bill Allen, both out for blood; the ubiquitous Bob Bowman; previous winner John Reeves; rising stars Bryan Martindill and Bob Lazenby; about 25 US Masters, amongst them a strong group from Cambridge-Mass., our old friend Roland Anspach; and an ex-patriate Englishman named Doyle just turned 40 and now living in Windsor, Ontario. Formidable as they all looked however they were all topped, and the record shattered, by a man who came down from Sudbury (Ontario) uncertain whether he should run the open 12 miles or, having just passed his 40th birthday, run his first Masters race. A few moments before race time he made his decision and Ron Wallingford, many time Canadian International, won the race.

1	Wallingford (Sudbury)	30:07.6
2	Doyle (Windsor)	30:19.6
3	Taylor (KWTC)	30:30.8
4	Bowman (MTFC)	31:14.0
5	Martindill (Hamilton)	32:07
6	Lazenby (KWTC)	32:10
7	Hanson (USA)	32:44
8	Anspach (USA)	33:15
9	Wolfe (KWTC)	33:32
10	Sullivan (USA)	33:36
11	Reeves (U of T)	33:49
12	Young (USA)	34:15
13	Morgan (MTFC)	34:35
14	Comyus (USA)	34:59
15	Milne (MTFC)	34:59
16	Camaron (MTFC)	35:17
17	Harwick (USA)	35:42
18	Trace (Lond. Pacer)	35:42
19	Lang (MTFC)	35:44
20	Oxley (MTFC)	35:50
21	Lynn (MTFC)	36:18
22	Reid (KWTC)	36:44
23	Crangie (MTFC)	36:57
24	O'Neil (USA)	37:16*
25	Jackson (London)	37:20
26	Laister (TOC)	37:29
27	Rhodes (U of T)	37:31
28	Strong (L Pacers)	37:35
29	McComb (Burl y)	37:35
30	Trueman	37:42
31	Long (USA)	37:46
32	Pritchard (MTFC)	37:52
33	Gerard (USA)	38:05
34	Phillips (USA)	38:16
35	Kreis	38:19

30th September 1973 LaFontaine Park, Montreal. 12 miles		
12	Gilbert De La Soie	70:30
36	Earl Shaw	82:44
38	Gordon Gilmore	83:55

6th October Octoberfest Marathon, Ontario.		
1	Art Taylor (KWTC)	2:27:01.6
2	Bob Lazenby (KWTC)	2:46:16
3	Doug Wolfe (KWTC)	2:51:44
4	Frank Smith (Burl Y)	2:56:09
5	Dr J. Kendall	2:57:51
6	Mike Harrington (Skyline)	3:04:44
7	Jack Reid (KWTC)	3:05:54
8	Dr V. Zak (Buff)	3:07:40
9	John Richardson (Buff)	3:19:02
10	Gord McComb (Burl Y)	3:21:00
11	Bill Cameron (MTFC)	3:24:34
12	R. Kendall (USA)	3:28:40
13	M. Marshall	3:28:42
14	R. Sullivan (USA)	3:28:51
15	S. Skolick	3:29:49
16	Bob Madely (TOC)	3:31:30
17	F. Pritchard (MTFC)	3:33:01
18	B. Krylowicki (Hamilton)	3:37:45
19	A. Taylor (Burl Y)	3:49:20
20	D. McNally	4:13:34

just two days before the star attraction commences. The meeting will be held at New Brighton AC's cinder track, about a mile from the Games stadium, though a slight chance still exists that the stadium itself will be available. Both venues are 5 or 6 miles east of the city, close to the coast but sheltered from the troublesome east wind off the sea by good tree belts.

A large Australian contingent will be in attendance, as will a small party of US Masters hived off from the main USMITT tour. Many of the visitors to Christchurch are expected to whet their appetites at this pre-Games meeting and there are high hopes for it's success.

Veteran athletics has only just begun to be accepted in the South Island, writes John Drew, correspondent of Christchurch's morning newspaper 'The Press'. The more populated and monied North Island has Auckland City which is the centre of most things, including veteran's athletics.

Clarrie Gordon, who has run every Christchurch Akaron (50 miles eight stage relay) since it began 38 years ago has, after years of striving, founded the local veterans club. This, together with much plugging of veteran results in local write-ups, wore down the detractors. Now, instead of hiding their age, the blokes come out skiting that they will soon be vets! Very gratifying after

the earlier resistance.

Police Superintendent Gil Tait (57) practices the unusual combination of road running/hammer/shot. With half a dozen cops joining him regularly in open events he has to keep the upper hand all round, particularly with rugged characters like Ernie 'Tiger' Tuck in the squad!

Don Cameron (40) has been running 180 miles a week in preparation for an attack on the record for the 685 miles run from Sydney to Melbourne. (Result next issue).

N Z VETERAN CC CHAMPIONSHIP			
Christchurch August 11, 1973, 9K.m.			
1	R. Chase(40) Lynndale	32:18	32
2	R. O'Brien(42) Taiari	32:58	34
3	C. Reece(40) New Brgtn	33:06	35
4	L. Malloves(45) Otahuhu	33:38	36
5	D. Cameron(4) Baptist	33:44	37
6	S. Gawler(44) Rotorua	33:48	38
7	R. Stevens(40) Olympic	33:54	39
8	R. Flaus(43) Christch.	34:03	40
9	G. Gibson(45) Lynndale	34:30	41
10	W. Hobbs(45) Olympic	34:40	42
11	J. Eccles(48) Plm. North	34:48	43
12	H. Nelson(50) Nelson	34:49	44
13	J. Tobin(40) Olympic	34:50	45
14	B. Cornwall(41) Howick	34:56	46
15	B. Keown(42) Gore	34:58	47
16	F. Perry(43) Leith	35:22	48
17	A. McKernan(42) Civil Ser.	35:43	49
18	J. Stuart(48) Greymouth	35:45	50
19	R. Cain(41) Caversham	35:55	51
20	R. McDowell(42) Scottish	36:07	52
21	P. May(44) University	36:13	53
22	D. Tucker(41) University	36:30	54
23	F. Sharp(52) United	36:36	55
24	I. Brownie(44) Christch.	36:40	56
25	V. Dunbar(41) Presbryn	36:50	57
26	D. Ashton(48) Leith	36:57	58
27	L. Maxted(40) Toc H	36:58	59
28	H. Wilson(41) New Plyth.	37:09	60
29	R. Creed(41) University	37:14	61
30	J. Duggan(40) Olympic	37:17	62
31	R. Heaps(45) Leith	37:18	63
32	D. Field(43) Christch.	37:25	64
33	W. McLeod(40) New B.	37:46	65
34	J. Cook(48) Kapiti	37:52	66
35	I. Columbus(42) Marl.	38:00	67
36	D. Lucas(41) Methodist	38:03	68
37	R. Hunt(49) University	38:05	69
38	G. Shaw(48) Olympic	38:13	70
39	R. Heseltnie(41) "	38:22	71
40	M. Poulton(40) Christch.	38:46	72
41	E. Jackson(52) University	38:50	73
42	C. Baxter(48) Methodist	39:03	74
43	R. Lindsay(44) Presbryn	39:24	75
44	B. Jenkins(47) Scottish	39:30	76
45	J. Spencer(42) United	39:52	77
46	C. Mallard(43) Wellington	40:16	78
47	M. Mee(42) Baptist	40:35	79
48	S. Jelley(46) Olympic	40:39	80
49	R. Dowland(48) Alexandra	40:44	
50	M. Munro(48) E. Dist.	41:01	
51	F. Hamlin(49) Masterton	41:18	
52	D. Bates(41) Olympic	41:32	
53	A. Wayman(62) Methodist	41:37	
54	B. Whittington(42) Oly.	41:43	
55	N. Sutton(41) Toc H	41:46	
56	N. Sadler(40) Greymouth	42:20	
57	K. Coates(41) Christch.	42:42	
58	E. Pearce(49) "	42:45	
59	B. Beale(48) New Brgtn.	42:49	
60	C. Green(56) Scottish	42:51	
61	W. Rollo(46) New Brgtn.	43:13	
62	J. Nash(56) Wellgtn.	43:25	
63	L. Francis(52) Masterton	43:54	
64	G. Currie(58) United	44:07	
65	F. Reid(43) Anglican	44:18	
66	B. Morton(47) Masterton	44:44	
67	J. Smithers(53) Technical	44:54	
68	A. McPherson(45) Presbryn.	46:00	
69	E. Beattie(50) Hutt.V	46:18	
70	L. Edwards(44) New Brgt.	46:31	
71	R. Spence(44) Wellington	46:36	
72	J. Drew(60) Veteran	46:45	
73	L. Steel(44) United	46:55	
74	G. Tait(57) Christch.	47:10	
75	E. Tuck(59) "	47:52	
76	J. Holland(48) Alexandra	48:47	
77	J. Cain(46) Caversham	48:47	
78	C. McLaren(46) New B.	51:48	
79	J. Locke(65) Christch	53:32	
80	L. Fox(60) Olympic	57:52	

## United States

At home, the cross-country season is well underway, but those lucky US Masters who are in David Pain's South Pacific tour have kept themselves track and field orientated as they prepare for competition this month in Fiji, Australia, New Zealand and Hawaii.

Professional Track & Field has taken notice of the growing popularity of master performances throughout the US.

ITA officials in a letter to Bob Fine have indicated they would "very much like to consider slating senior events in every meet next season".

Jim Terrillo, meet operations director of ITA, added that 20 US meets are planned and that room could be made for senior competition in each.

At present no further details are available.

Dr Steve Seymour, 52, former American record holder in the javelin died here June 18 from an apparent heart attack.

Dr Seymour set a US record of 248'10" in the javelin in 1947 representing the Los Angeles Athletic Club. He was the silver medalist in the 1948 Olympic Games, and won the Class 2 Javelin events at the 1972 International Veteran meetings in London and Cologne with 159'9 1/2" (48.70m) and 163'6" (49.84m) respectively.

Dr Seymour, an osteopathic physician, practiced at the Ross-Loos Medical Centre in Los Angeles.

He leaves two daughters, Stephanie, 23 and Mrs Liana Hudson, 27, and a son, Ronald 22.

David Pain has been corresponding with the US State Department about the possibility of the US Masters

engaging in a State Department sponsored tour to perhaps the USSR or the People's Republic of China, and has received some expression of interest, primarily from Dr Walter Boehm of the State Department. Dr Boehm handles the athletic exchanges for the Department, and is, himself, a sub 4:40 Masters Miler in the Washington, D.C. area.

The New York Pioneers continued their domination of the Eastern Masters track and field scene by walking off with the team trophy by a 59 to 23 margin over the NYAC. The Pioneers triumph marked a clean sweep by the New York Club of the three major eastern meets, each by a substantial margin.

Bob Fine, Masters Sports Assoc. President in discussing the unusually large number of records felt that more of the same could be expected in future Masters meets. Bob explained that each succeeding meet was introducing new and sharper competition. Inquiries to his New York office have been coming from many former

regional, national and olympic competitors who have remained in shape but stayed away from competition. According to Bob those of us who follow the Masters Records are in for some surprises in the coming months.

The Master Striders division of the Beverly Hill Striders has enjoyed considerable success this year under the direction of Co-ordinator Byron C. Potts and his assistant Tom Sturak. The BHS Masters won two National AAU team championships—the 15km in Rochester, Minn. and the One Hour Run in Santa Barbara. At the US Masters Championships in San Diego, BHS athletes took 19 places in the three divisions.

Their team victories came primarily as the result of fine running by Jerry Smartt, Tom Sturak and John Storm. But their future winning prospects have been hit by the departure of Jerry Smartt who was ranked in the 1972 World lists at 800m (14th, 2:04.4), 5,000m (18th, 15:44.4) and 10,000m (12th, 33:01.5). Jerry has left for Iran where he will coach that country's distance runners in preparation for the 1974 Asian Games.

US Masters Results		Div III		Div II							
(cont'd from September VETERIS page 25)		1	B. Deacon 62 (HMTc)	100' 4"	1	D. Johnson 56 (Shore AC)	27:15.9				
Discus		2	R. Nichols 62 (GBR)	94' 6"	2	A. Smith 52 (Unat)	27:36.4				
Div I		3	J. Dick 62 (Unat)	85' 0"	3	R. Long 54 (BHS)	29:56.1				
1 S. Thompson 40 (BHS)		147'0"	Hammer Throw								
2 J. Pavelich 47 (CAN)		141'6"	Div III								
3 C. Fraundorfer (FTC)		135'6"	1 L. O'Neill 65 (Montana)				30:41.5				
Div II		1 Hubbell (STC)				85' 5 1/2"	2 E. Lahden Pera 67 (SDTC)		33:28.2		
1 G. Ker 50 (C del M)		150'11"	2 Dick (Unat)				74' 1"				
2 D. Aldrich 54 (C del M)		131' 3"	3 Blakesley (SDTC)				73' 0 1/2"				
3 N. Heard 55 (C del M)		130' 8"	Triple Jump				110m High Hurdles				
Div III		Div I				Div I					
1 J. Dick 62 (Unat)		102' 0"	1 D. Jackson 42 (DCM)				46' 11"	1 A. Feola 40 (BHS)		15.5	
2 R. Drummond 66 (Unat)		96' 3"	2 P. Schlegel 44 (CDM)				37' 3 1/4"	2 J. Greenwood 47 (Unat)		15.7	
3 S. Hermann 69 (STC)		92' 2"	3 D. Onnelly 44 (SDTC)				36' 8"	3 Bill Adler 40 (MS)		18.6	
Div IV		Div II				Div II					
1 R. Higgins 71 (Unat)		74' 0"	1 G. Farrell 55 (CDM)				37' 5"	1 J. Sharp 52 (CDM)		18.7	
2 G. Mowrey 72 (Unat)		68' 4"	2 J. Sharp 52 (CDM)				33'11 1/2"	2 O. Gillett 54 (CDM)		19.8	
3 H. Husney (YMCA)		32' 7 1/2"	Div III				Div III				
Shot Put		Div III				Div III					
Div I		1 B. Deacon 62 (HMTc)				30' 4 1/4"	1 B. Deacon 62 (HMTc)		22.3		
1 S. Thomson (MS)		45' 1 1/2"	2 W. McFadden 68 (SDTC)				29' 7"	2 S. Thompson 62 (HMTc)		28.6	
2 T. Wassam 41 (Unat)		43'10 1/4"	3 S. Thomson 62 (HMTc)				27' 8 1/2"				
3 J. Pavelich (VOC)		42' 7 1/2"	Div IV				Div IV				
Div II		1 R. Higgins 71 (CDM)				24' 9 1/2"	Div IV				
1 G. Ker (CDM)		52' 4 1/2"	Pole Vault				Div I				
2 N. Heard 55 (CEM)		45'11 1/2"	Div I				1 French (STC)		11' 6"		
3 J. Thatcher 57 (CMTc)		41' 9 1/2"	2 Wallace (STC)				9' 7"	2 Bay Area Striders		n.t.	
Div III		3 Holmes (SDTC)				9' 7"	3 NCSTC		n.t.		
1 R. Drummond 66 (Unat)		43' 6"	Div II				400 Relay				
2 J. York 60 (Unat)		42'11 1/2"	1 Brown (CDM)				10' 7"	Div I			
3 A. J. Puglizevich 65 (NC)		41'11"	2 Gillett (CDM)				10' 7"	1 Corona del Mar A		n.t.	
Div IV		3 Vernon				9' 7"	2 Bay Area Striders		n.t.		
1 G. Mowrey 72 (Unat)		30' 9 1/2"	4 Winton (CDM)				8' 5"	3 NCSTC		n.t.	
		5 McMahon (SDTC)				6' 6 1/2"	5,000 Metres				
Javelin		Div III				Div II					
Div I		1 Deacon (HMTc)				9' 1"	1 M. Hernandez 50 (SMTC)		17:13.1		
1 B. Held 46 (SDTC)		201' 6"	2 Thompson (HMTc)				8' 5"	2 A. Escamilla 50 (SDTC)		17:36.0	
2 N. Brayton 43 (CDM)		168' 8"	3 Brose (SP64)				6' 2"	3 W. Schank 51 (NCSTC)		17:38.0	
3 R. Straub 40 (SDTC)		153' 9"	5,000 Meter walk				Div III				
Div II		Div I				Div III					
1 W. Morales 56 (CDM)		170' 3"	1 John Kelly 44 (BHS)				24:03.1	1 W. Andber 62 (TCTC)		18:24.3	
2 D. Aldrich 54 (CEM)		142' 4"	2 John Markon 44 (LIAC)				25:40.3	2 N. Bright 63 (SNOH)		19:15.7	
3 J. Siefert 55 (SDTC)		139' 6"	3 J. McLachlan 42 (U of C)				28:07.7	3 J. Montoya 61 (STC)		19:55.0	

Continued overleaf.

Women's 200 metres		
Div C (40-49)		
1 N. Hobson (SDTC)	32.2	
2 P. Georg (Unat)	37.5	
Div D (50-59)		
1 C. Hargus (SDTC)	34.7	
2 A. Parziale (unat)	43.8	

Women's 1500 metres		
Div C (40-49)		
1 N. Hobson	5:25.0	
2 V. King	6:47.0	
3 B. Bettencourt	7:55.0	
Div D (50-59)		
1 K. Hargus	6:27.0	
2 J. Simon	6:34.0	
3 J. Aldrich	6:49.0	

Div E		
1 A. Parziale	7:43.0	

Women's 5,000 metres		
Div C		
1 N. Hobson (SDTC)	20:29.9	
2 E. Hamilton (SDTC)	22:37.0	

Div D		
1 J. Simons (YMCA)	23:52	
2 C. Hargis (SDTC)	23:43	

10th June 1973  
1973 AAU Masters National  
15 Kilometre Championship.

Sunny, 92°, 15-25 mph wind.  
Quite flat, one minor hill.

Hal Higdon led from start to finish, running the first mile in 5:19. Jerry Smartt ran with him until Hal pulled away after 3 miles. The high temperature of 92° prevented any record-breaking times. Higdon's time at 3 miles was 16:33; six miles, 33:08. Goldberg went through in 17:16 and six in 35:18.

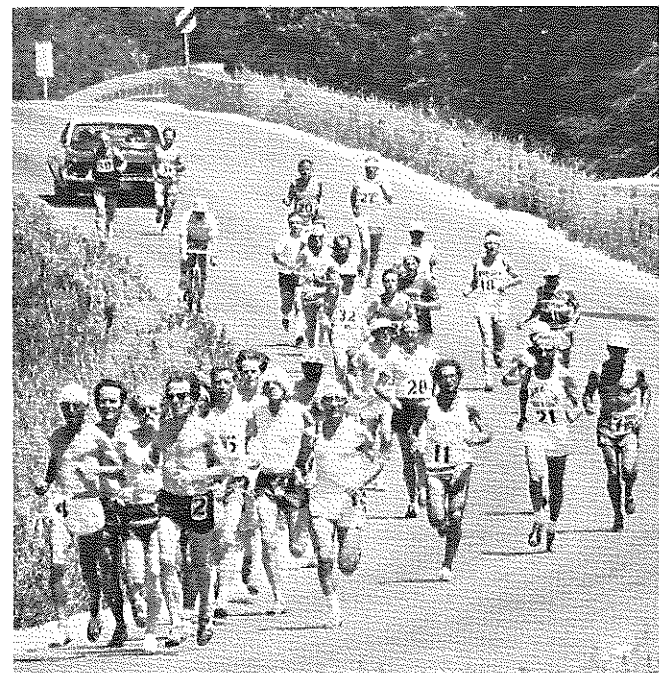
1 Hal Higdon (41) (IS)	52:48.8
2 Steve Goldberg (40) (ITC)	55:30
3 Robert Coffey (41) (CCD)	56:27
4 Dr Alex Ratelle (48) (TC)	57:04
5 Tom Sturak (41) (BHS)	57:37
6 Jerry Smartt (41) (BHS)	59:08
7 Tom McAloon (40) (TCT.)	59:37
8 John Storm (42) (BHS)	59:44
9 Duane Peterson (42) (Un)	60:06
10 Ed Leete (45) (Unat)	60:46
11 Auldon Johnson (41) (TC)	61:08
12 Lloyd Bostian (41) (Unat)	61:56
13 John Strommer (43) (Un)	62:14
14 Bill Freedman (44) (Lvtc)	63:05
15 John King (41) (Unat)	67:49
16 Dr Dale Hurd (41) (Unat)	67:57
17 Dr Larry Boise (41) (TC)	69:35
18 John Leppi (40) (Unat)	70:14
19 Harry Stanko (51) (Unat)	71:06
20 Dr John O'Leary (51) (Un)	72:01
21 Ray Henderson (45) (Un)	74:59
22 Tony Bridwell (51) (RTC)	76:37
23 Dr Richard Moore (46) (U)	77:53
24 Lee Jones (40) (Unat)	80:25
25 Bill Rose (48) (Unat)	80:32
26 Dr Bill Andberg (62) (TC)	82:20
27 Lowell Hegg (47) (Unat)	91:23

27th June 1973				
Atlantic Coast Championship 2 mile Masters, Cape May, New Jersey				
7 Tony Diamond (44)	10:38			
8 Bob Fite (46)	10:44			
9 Bob Fine (42)	10:46			
10 Frank Wick (40)	11:01			
11 Bob Jones (42)	11:03			
12 Ralph Frazer (43)	11:06			
13 Russ Glatz (41)	11:11			
14 Harry Henriques (46)	11:20			
15 Stan Brason (42)	11:29			
16 Ray Sampson (40)	11:44			
17 Paul McSorley (44)	11:45			
18 Bob Mimm (48)	11:59			
19 John Heid (40)	12:14			
20 Ray Druzdowski (40)	12:34			
21 Harold Waite (48)	12:47			
22 Sandy Kalb (45)	13:48			

Fifty plus honors fell for the third year to George Sheehan, Shore AC, who turned in an 11:08 performance one second over the record he set in 1971. Whitey Thomas in a nip and tuck battle with Bill Tribou grabbed second slot.

The 60 plus group, a newly established category, fell to Otto Essig who turned in a 13:20 performance.

(50 +)				
The 60 plus group, a newly established category, fell to Otto Essig who turned in a 13:20 performance.				
1 George Sheehan (54)	11:08			
2 Whitey Thomas (50)	11:14			
3 Bill Tribou (52)	11:15			
4 Ray Gordon (55)	11:35			
5 Jerry Pewter (51)	11:52			
6 Dave Williams (53)	12:13			
7 Dan Geer (53)	12:18			
8 John Woods (55)	12:42			
9 Jack Brickely (51)	12:56			
10 Charles Harrington (51)	13:00			
11 Otto Essig (67)	13:20			
12 Angelo Bressani (55)	13:25			
13 Bill Shafer (62)	13:26			
14 Sam Perna (59)	13:59			
15 Ed Soban (50)	14:31			
16 Joe Kleinerman (61)	14:32			
17 Jerry Hoch (56)	15:34			
18 Virginia Lucas (41)	16:29			
19 Elton Fisher (70)	18:17			



SMARTT (4) and HIGDON (2), with STURAK between them, set the pace in the AAU 15 kilos. GOLDBERG (11) was second

10th June 1973		
6 mile run at Central Park sponsored by Radio Station WBAI-FM (40-49)		
1 Jerry Mahrer	40:56	
2 Sidney Landau	42:14	
3 James Clark	42:40	
4 Jim Nolan	43:16	
5 George Sailer	43:20	
6 Michael Bennett	45:09	
7 Dudley Glasse	45:52	
8 Don Dwoarkin	46:20	
9 Lewis Brown	46:44	
10 Robert Thompson	52:56	
11 William Walsh	53:03	
12 Peter Kolish	61:21	

(50 +)		
1 Fred Burke	44:30	
2 Geo. Spitz	47:13	
3 Abe Schwartz	49:12	
4 Leonard Van Ardsdale	65:35	
5 Diomedei Martori	65:59	

24th June 1973		
20 Kilometre Run at Clove Lake Park SI sponsored by Staten Island AC (40-49)		
1 Joe Burns	1:14:40	
2 Don Russell	1:24:42	
3 Art Kikek	1:25:35	
4 George Haller	1:26:18	
5 Joe Viverto	1:26:39	
6 Steve Hidden	1:26:54	
7 Dan Dougherty Sr.	1:29:06	
8 Dr Dave Spaniel	1:30:46	
9 Dr Alfred Mauro	1:31:00	
10 Don Jameson	1:31:10	
11 Jim Nolan	1:31:37	
12 Bob Muller	1:37:11	
13 Ted Smith	1:41:59	

(50 +)		
1 Ted Corbitt	1:19:43	
2 Dr Geo Sheehan	1:22:32	
3 Bill Coyne	1:26:02	
4 Bill Brobston	1:36:46	
5 Mike O'Hara	1:48:15	
6 George Spitz	1:49:15	
7 Ed Granowitz	1:51:44	
8 Joe Keller	1:59:30	

28th June 1972  
Cape May, NJ Beachfront  
Third Annual East Coast Veterans East Coast Championship (2 miles)

1 Joe Burns	10:20
2 Bill King	10:33
3 Walt McConnell	10:36
4 Joe Bessel	10:51
5 John Karol	10:57
6 Bob Fite	10:59
7 Harry Henriques	11:01
8 Charles Huhtanen	11:31
9 George Sheehan (2)	11:36
10 Bob Fine	11:40
11 Russell Glatz	11:42
12 Stan Brason	11:44
13 Ralph Fraser	11:46
14 Andy Crichton	11:56
15 Paul Kiel	12:00
16 Dave Williams (2)	12:03
17 Bob Mihm	12:06
18 Dan Geer	12:11
19 Jerry Reuter (2)	12:21
20 Dan Wise (2)	12:43
21 Ed Mather	12:47

22 Bill Harkulich	12:57
23 Leon Wach	13:21
24 Abe Schwartz	13:46
25 Ben Puchaski	14:17
26 Claude Hills	15:41
27 Jerry Hock	15:42
28 Ginny Lucas (1st Woman)	17:49

9th June 1973		
Palos Verdes Marathon		
26.22 miles hilly		
10 Dick Bartek (SBAA)	2:46:14	
34 Paul Reese (NCSTC)	2:59:24	

1st July 1973		
College of Canyons Cross-country 7 miles		
1 Laurie O'Hara (40) (GBR)	39:11	
11 Ken Hall (50+) (GBR)	44:04	

1st July 1973		
10 mile RRC Champs at Farmingdale LI on 440 yd track sponsor RRC (40-49)		
1 Joe Viverto	1:05:01	
2 Nat Cirulnick	1:08:00	
3 Art Kikek	1:08:17	
4 Don Jameson	1:11:20	
5 Allen Druckman	1:12:09	

1st July 1973		
Newport Beach 10.2 miles hilly 40 +		
1 Jerry Smartt (BHS)	57:43	
2 Owen Gorman (STC)	58: +	
3 John Storm (BHS)	60:43	

2nd July 1973		
All Comers (Venice HS) (masters events) 880 Yards		
1 Alan Hughes (GBR)	2:05.2	
2 Tom Sturak (BHS)	2:05.7	

1 Mile		
1 Laurie O'Hara (GBR)	4:21.5	

4th July 1973		
SPA 15km Championship Santa Barbara 9.3 miles		
29 Dick Bartek (SBAA)(40+)	52:29	
114 Frank Spaeth(UNAT)(50+)	67:32	

4th July 1973		
8.5 mile Run at Mahopac sponsored by K of C & Mahopac Parents (40-49)		
1 Jim McDonagh	47:35	
2 Joe Burns	47:42	
3 Don Russell	56:44	
4 John Tobey	55:59	
5 Art Kikek	56:18	
6 Allen Druckman	56:57	
7 Jack Wallace	56:58	
8 Bob Muller	57:38	
9 Robert Nelson	57:58	

(50 +)		
1 Bill Barbston	60:52	

7th July 1973		
South El Monte Blind Hndcp. 7.9 miles		
38 Sam Nicholson (STC)(40+)	48:30	
82 Clyde Ailing (STC) (50+)	54:41	

8th July 1973		
3/4 mile Run at Clove Lake Park SI sponsored by Staten Island AC (40-49)		
1 Dan Dougherty Sr	22:36	
2 Art Kikek	23:08	
3 Geo Haller	23:29	

(50 +)		
1 Morty Schwartz	31:35	

15th July 1973		
5,000 metre Lichtenstein Memorial Run at Van Cortlandt Park sponsored by RRC (40-49)		
1 Joe Burns	19:29	
2 Tom Cameron	20:33	
3 George Haller	21:05	
4 Allen Druckman	22:22	
5 Nat Cirulnick	23:09	
6 Fred Lebow	24:58	
7 Richard Miller	26:38	

(50 +)		
1 Bill Coyne	22:07	
2 Jerry Ruetter	22:10	
3 Jiri Osolobse	26:45	
4 Nat Cirulnick	23:09	
5 Ed Granowitz	27:02	
6 Bill Steiner	28:33	
7 John Brennan	29:52	

22nd July 1973		
One Hour Met AAU Champ at Huntington LI on 440 yd track sponsored by LIAC		
1 Joe Burns	10m 671 yds	
2 Joe Viverto	9m 1551 yds	
3 Art Kikek	9m 13 yds	
4 Don Jameson	8m 1111 yds	
5 Allen Druckman	8m 910 yds	
6 Pat White	8m 671 yds	
7 Fred Lebow	7m 1416 yds	

EASTERN CHAMPS		
One hundred and sixty-five competitors from 16 eastern states, California, Hawaii and Canada, demolished sixteen world track and field marks at the Fifth Eastern Masters Track and Field Championships at Randalls Island on July 21.		

Despite a continuous drizzle, throughout the entire program, that at times became a downpour, studding the track with inch deep puddles, four track events went off to new age group records. The soggy turf and muddy conditions of the Randalls Stadium failed to hold back field event competitors who also did their part adding twelve new marks to the afternoon's total.

Ignoring the spongy, soggy turf that made footing for field event performers both difficult and risky, Claude Hills, Phil Partridge and Art Wright set double and triple marks in field competition.

Hills walked off with new marks in the long jump 13'7 1/2", the high jump 4'0" and closed out the day with his third triumph a fine 72'-3" toss of the discus.

Phil Partridge also pulled off a triple and despite rain and wind flung the hammer 83'-2 1/2", the discus 105'-4" and for his third record of the day heaved the javelin 121'-8".

# WALKING

DICK HORSLEY of the West Australian Amateur Walking Club travelled to Hamburg, West Germany, in September to compete in the World Veterans Championships. Only recently turned 60 years (born 21.12.1912) he not only won the 10,000 metres Class 3 title but set what is believed to be a world's best time for the Class - 54:26.8.

Dick should be a firm favourite to win his class in the Australian Veterans Track and Field Championships at the Box Hill track, Melbourne this month. His best marks since turning 60 are as follows:-

TRACK	ROAD
1500m: 7:30 (12.3.73)	5miles: 43:37 (23.6.73)
2000m: 10:23 (10.1.73)	6miles: 52:43 (15.9.73)
3000m: 15:36 (27.1.73)	10km: 54:26 (9.6.73)
2miles: 17:09 (7.3.73)	15km: 83:05 (1.9.73)
1hour: 10,690m (19.8.73)	10miles: 89:08 (1.9.73)
	12miles: 1:52:52 (11.8.73)
	20km: 1:56:43 (29.7.73)

These performances have been confirmed by Dr. M. G. Davey of the WAAWC. Perhaps other readers would notify us of comparable marks.



Canada's selection for the Maccabiah Games in Israel was on an Open basis (no Masters) but Max Gould, aged 56, was picked for Canada. The 50km race (31¼ miles approx) took place at 3pm with a 100 degree temperature. Max finished 5th of 11 walkers in 5:02:48—his best ever (the race was won by Olympian Dr Shaul Ladany in 4:28.0).

On September 2nd, walking again in considerable heat in the Toronto (York University) 50km, Max finished 2nd to Pat Farrelly in 5:09:20. Art Keay (67) was the only other finisher of an original 8 man field in 6:56:56.



Over the weekend of July 14-15, Beverly Hills Master Strider John Kelly walked across Death Valley (120mi) in 34 hours—24hours better than the former record. During John's trek—Temperatures reached 156 degrees in the sun and 120 in the shade.



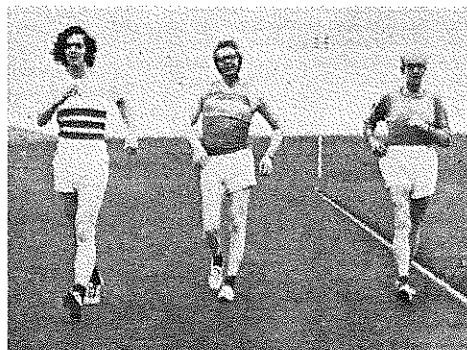
Reporting on the Lugano Cup Finals for ATHLETICS WEEKLY, Colin Young observed, "Looking at the ages of the first 10 in both events it would appear that thirty is just the commencement of the 'Big-time' in race walking. The average for the 20km was 29+ while the 50km worked out at 31+, with the range from Karl Heinz Stadtmuller (20) to the man who set a track 50km record this year, Gerd Weidner (40).

However, the West German was by no means the oldest competitor on view, the two Canadians Alex Oakley (47) and Karl Merschenz (46) taking that honour.

## Three Generations of Walkers in the Scamell Family

Photo and Report by Mike Street

A unique sight in Essex athletics is the Scamell Family out walking on Sunday morning. For the Scamells' ages range from 72-year-old Joe down to Michael, aged 18, with his father Joe Junior in the middle.



Grandad Scamell first started walking in 1925 when he joined Belgrave Harriers. He became club champion over 5 miles in 1928 and obtained his Middlesex County Colours. Joe junior became a member of Belgrave in 1941, and became Middle East Land Forces Inter-Services Champion over 1 and 2 miles.

His son Michael is Newham AC Champion over 3km. Joe senior still competes and took part in last year's Enfield '7', while Joe junior can only race when work permits. All three, however, train regularly at Newham AC's ground just round the corner from their home in London's East End.

(With acknowledgements to Athletics Weekly)

Abdon Pamich moved into the veteran ranks the day after he had completed a very satisfying 20km in the Lugano Cup—13th with 93:56.



## FRED NICKOLLS writes...

Although the Veterans A.C. of England had been formed in 1931 (see Veteris, Sept. 1973), it was not until 1937 that a 1 mile walking championship was held.

This first race went to L. Hornsey in a time of 9:29.0, a very modest time by modern standards—but a start had been made.

The following year E. Lawrence knocked a whole minute off to win in 8:28.0.

Then came the war and a cessation of the Club's activities.

When peace returned, championships were held at 2 miles and the 1946 race went to A. H. Foster in 15:34.0.

By 1952 George West (the clubs Race Walking Sec. from 1948 to 1967) had reduced the record to 15:10.0.

The final 2 mile record was set at 14:34.0 by Ken Easlea in 1967 and then we turned metric, the 3,200 metre record also being held by Easlea with 15:09.8 in 1972.

In 1946 the inaugural 5miles road championship was held and this produced a dead-heat between F. G. Cheesewright and A. H. Foster in 38:39.0.

Ten years later Ron West, who had walked in the 1948

Olympics, set the record at 37:05.0 and although this has not been beaten over the last 17 years, Ken Easlea equalled it in 1967.

In 1949 it was decided to include a London to Brighton championship to be held in conjunction with the open race, and an annual trophy was presented by Harold Whitlock (the 1936 Berlin 50kms Champion) to the winner.

This first championship was won by L. Barrett in 8:50:27 for the 5½ mile race.

Whitlock himself won it the next year in 8:43:47 and then in 1955 Vic Stone set an as yet unequalled 8:16:59.

26th June 1973

5 mile Road Walk  
Tooting Bec.

1	D. McMullen	43:45
2	R. Rudd	45:07
3	F. Butler	45:25
4	F. G. Nickolls	47:05
5	C. V. Gittins	49:30
6	E. Winn	49:50
7	A. East	52:05
8	W. Garrett	54:40
9	W. Morris	54:50

Handicap won by R. Rudd (off 5:55)

17th July 1973

5 mile Road Walk  
Battersea Park

1	F. Turner	38:59
2	L. K. Evans	40:34
3	R. Rudd	43:01
4	K. Easlea	44:45
5	F. Butler	45:37
6	F. G. Nickolls	46:38
7	A. Roberts	46:46
8	C. Gittins	49:45
9	A. East	50:25
10	W. Morris	54:04
11	J. Shepherd	58:43

Handicap won by R. Rudd (off 4:25)

21st August 1973

Welwyn Garden City  
10,000m Track

5	G. Coleman 51 (Highgate)	51:24
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25th August 1973

Sussex (England) v Normandy (France)  
20km

10	D. McMullen 51 (Belgrave)	113:19
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Handicap won by R. Rudd (off 5:55)

7th August 1973  
5 mile Road Walk  
Tooting Bec

1	L. K. Evans	40:41
2	D. McMullen	41:17
3	F. Butler	42:38
4	R. Rudd	45:02
5	F. G. Nickolls	47:38
6	A. East	50:01
7	W. Grant	50:32
8	W. Garrett	50:35
9	E. Levitt	53:24
10	E. Frost	57:33
11	E. Hine	57:37

Handicap won by F. Butler (off 5:15)

Result of 1973 "LESTER" points cup  
(based on handicap point over five  
5 mile Road Walks)

1	R. Rudd	113 points
2	A. East	112½ "
3	F. G. Nickolls	106 "

(A terrific battle right up to the last race)

11th September 1973  
Welwyn Garden City  
5,000m Track

9	P. Worth (Verlea)	25:35
12	J. Bromley (Belgrave)	25:54

22nd September

Highgate 'Hour' Races  
'A'

20	K. Easlea 48 (Enf)	11,467m
'B'		

19	J. Bromley 48 (Belgrave)	11,378m
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10th November 1973  
Enfield '7'

19	L. Duquemin 43 (Belgrave)	55:44
25	G. Coleman 51 (Highgate)	56:40

Nest Issue:  
Some interesting age performances.

## OVERSEAS RESULTS

23rd June 1973

Wirun Veterans AAC  
20Km Walking Championship

1	V. Townsend (29.5.19)	53:53
Class 3 (Over 60)		
1	B. Jones (23.2.03)	74:26

35-39 years

1	L. Irwin(9/9/33)	105:12.0
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40-49 years

1	L. Waddell (25/1/32)	114:46.0
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60 and over

1	B. Jones (23/2/03)	152:37.0
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30th June 1973

Wirun Vets AAC 10km Track Champs  
Class 2 (50-59)

1	V. Townsend (29.5.19)	53:53
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Class 3 (Over 60)

1	B. Jones (23.2.03)	74:26
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9th September 1973

Canadian 20km

3	K. Merschenz 46	102:31 (50:04)
4	A. Oakley 47	102:33 (50:08)

26th August 1973

Santa Monica Marathon Walk

2	Irv. Spector (BHS)(1st40+)	4:59:51
4	Bob Long (BHS)(1st50+)	5:22:56

10th November 1973

20km Track

1	G. Weidner 40	2:36:55
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(46:55, 95:35, 2:26:36)

## VETERANS AC

The club's annual dinner and dance will be held at the South Kensington Dining Club on February 2nd, 1974. The price of tickets will be £2.25 each and not as previously advertised. Details from A. E. Welling, 65 Browning Avenue, Worcester Park, Surrey.

# For the Over 70's VINTAGE REVIEW

Pride of Place this edition must go to an Athlete who in his 72nd year has formed a Veterans Club exactly half a century after founding his first-claim Club. A truly unique performance. After four years of spasmodic competition in the Merchant Navy, Matt Cullen decided to take a shore job in order to obtain more regular competition. At the same time he set about forming Swansea Valley Athletics Club. It was hard going at first as professionalism took precedence in South Wales in those days, and the Amateurs of Swansea Valley's training was confined to nightly sessions of Jumps and Throws on a strip of Common land 60 yards by 30 yards. Their first meeting was held a year later in September 1924. This apparent late date was forced upon them by the fact that it was held at the local cricket ground, which meant waiting until the end of the Cricket season. Although most of their early members were field events specialists, (throughout the thirties they held every Welsh Field event record except the High Jump) they also won the Welsh Junior Cross Country Championships in 1936 and produced six Welsh Cross Country Internationals. Probably their best individual performer was C. G. Cupid a tin miner who won both sprints at the World Workers Olympiad at Vienna in 1931, and was unbeaten in these events between 1929 and 1934 including a win over the British Champion G. Saunders of Reading AG.

In 1972 Matt's enthusiasm was rekindled when he read about the proposed International Veterans match at Crystal Palace. He made the journey South and in the over 60s event he threw the 1½ Kilo discus 81' 2", almost certainly a Class 4 record. This year Matt founded the Welsh Vets (Membership at the moment, just over 20) mostly Field Events men, but knowing Matt's enthusiasm it will soon snowball into other specialities as his Swansea Valley did. They are confidently hoping to send a team across the border for the 1974 National Track and Field Championships.

With the Cross-Country season upon us again, Walter Fellows whose 4th place in Class 4 Division of the 25 Kilos at the Isle of Man was probably overlooked by many in the welter of results, will no doubt be well to the fore. He will be joined in this Division by Ron "CHALKY" White next year. Chalky is already planning for the next World 25Kilometres (Switzerland 1975) and will be warming up in the Mitcham 25 Kilometres on 12th January 1974. Another Cross Country Septegenarian will be visiting U.K. from the States shortly when 77 year-old Virgil Sturgill arrives for a short period. Blackheath Harriers have already invited him to run as a guest at their fixture at Hayes on December 1st, so by the time this goes to print that run will be yet another entry in Virgil's extensive log book.



I make no apologies for returning to A. G. "BOB" Roberts although he was featured in the last Vintage Review. Bob's performances during 1973 were phenomenal for a 71 year old and almost certainly constitute Class 4 records in every case. They are as follows; 3,000 metres (Cophthall Stadium, August 12th) 16m. 52secs, 2 miles (Parliament Hill, August 27th) 18m. 1.5secs, 6 miles (Battersea Park, March 3rd) 55m. 51secs, 10,000 metres (Victoria Park, June 2nd) 58m. 43secs, 10 miles (Battersea Park, April 7th) 94m. 50secs and 20 Kilometres (Battersea Park, April 7th) 119m. 59secs, remarkably consistent by any standards. Other good performances by U.K. Class 4 Athletes include Alf Sutherlands 200 metres in 33.5 at Battersea and 12' 5¼" (3.81 metres) Long Jump at Cophthall, and Bob Wiseman's 400 metres in 84.6 for second place in San Diego plus first place in the 800 metres there.



Readers will notice I have taken the precaution of using the words "almost certainly" in claiming Class 4 World records. I am hoping to get together with Pete Mundle in the near future to rationalise all over 70 performances, in the hopes of producing rankings lists similar to John Hayward's younger age groups. There are anomalies however, such as the kilo Discus which I believe was used in the U.S. Masters at San Diego as opposed to the 1½ Kilo Discus thrown by over-70's at Crystal Palace, so please bear with us. Duncan MacLean is already twisting my arm for an over-80 ranking list, but by the time this research has been carried out he will be putting up over-90 records, so where does it all end?

by JACK FITZGERALD

## LEADING OVER-60 ALL TIME BEST MARATHON PERFORMERS.

1 M. Montgomery USA	2:53:03(Culver C.2.12.71)	7 N. Bright USA	3:08:23(Burlingame 3.71)
2 J. A. Kelly USA	2:58:40(Boston 19.4.69)	8 A. Hohne GER	3:08:33(Wether 17.4.71)
3 T. Jensen SWE	3:02:24(Bensberg 28.9.72)	9 K. Weichert GER	3:11:03(Bensberg 13.9.72)
4 J. Montana USA	3:04:31(Culver C.25.6.72)	10 J. A. Farrell GBR	3:11:47(IOW 16.5.70)
5 U. Miller USA	3:05:56(Bensberg 25.9.72)	11 Dr Petelety CSR	3:13:44(Skovde 17.5.70)
6 S. Lee GBR	3:06:46(Maxol 4.6.72)	12 R. Protzel GER	3:15:41(Braunlingen 10.71)

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Art Wright, who is 70 plus years young, put weather and field conditions aside and punched out two new world age marks 62'-0½" in the hammer and let go with a 53'-8¼" flight with the javelin.

Four other field events failed to hold up to this wholesale assault as Charles Barg erased the discus mark with a 78'-1" throw. George Braceland sent the discus mark to a new 80'-11", Larry Gregory stretched the long jump to a new 17'-3½" and Marcus Neuhoof equalled the existing high jump record with a leap of 4'-8".

21st July 1973  
Results of the Fifth Annual Eastern Masters Track & Field Championship  
Weather: Raining with puddles on the track.

### 100 Yards

Class 1	
1 R. Thomas (NYPC)	10.5
2 T. Brooks (NYPC)	11.0
3 N. Giacinto (UNAT)	11.0
4 E. McPherson (SKY)	11.1

### Class 2

1 K. Jack (NYPC)	11.8
2 R. Valentine (NYPC)	12.0
3 J. Hutchinson (TTC)	12.3
4 R. Gordon (PVSTC)	NR
5 E. Albert (UNAT)	NR

### Class 3

1 C. Hills (PENN)	13.5
2 R. Lacey (UNAT)	13.9
3 S. Adams (UNAT)	14.2

### 220 Yards

#### Class 1

1 R. Thomas (NYPC)	23.3
2 M. Parker (NYPC)	24.9
3 R. Seelig (UNAT)	25.6
4 N. Giacinto (UNAT)	25.7
5 A. Pappas (STC)	26.3
6 M. Lentzer (BRUCE)	27.6
7 D. Hoadley (CJTIC)	28.0
8 E. Barron (PVSTC)	29.3

#### Class 2

1 J. Hutchinson (TTC)	27.7
2 E. Albert (SGTC)	29.8
3 C. Zayas (UNAT)	30.9

#### Class 3

1 R. Lacey (UNAT)	31.2
2 C. Hills (PENN)	32.2
3 S. Monastero (PENN)	33.4

### 440 Yards

#### Class 1

1 M. Parker (NYPC)	54.8
2 S. Thompson (NYPC)	56.5
3 R. Jones (PVSTC)	57.2
4 R. Clarence (NYPC)	58.0
5 R. Seelig (UNAT)	58.5
6 R. Parsons (UNAT)	60.6
7 G. Brown (UNAT)	62.6
8 V. Fandetti (HART)	64.8
9 C. Hartwell (NYPC)	66.6

#### Class 2

1 P. Gordon (PVSTC)	58.2
2 K. Jack (NYPC)	59.2
3 C. Zayas (UNAT)	69.3

### Class 3

1 R. Lacey (UNAT)	68.7
2 S. Monastero (PENN)	71.6
3 C. Hills (PENN)	73.2
4 T. Cash (SHORE)	75.5

### 880 Yards

#### Class 1

1 J. Moran (UAA)	2:08.3
2 R. Jones (PVGTC)	2:08.1
3 D. Colton (NVTC)	2:10.6
4 R. Fine (NYPC)	2:14.0
5 R. Parsons (UNAT)	2:15.8

#### Class 2

1 G. Sheehan (SHORE)	2:17.2
2 E. Newell (UNAT)	2:27.0
3 E. Foster (PVSTC)	2:34.5

### Class 3

1 R. Lacey (UNAT)	2:46.4
2 R. Bredenback (SDTC)	2:47.7
3 S. Monastero (PENN)	2:48.6
4 W. Brobston (UNAT)	2:50.0
5 T. Cash (SHORE)	2:51.0

### 1 Mile

#### Class 1

1 H. Snyder (UNAT)	4:46.7
2 M. Uher (NVTC)	4:56.7
3 R. Glatz (UNAT)	4:56.8
4 T. Foy (MFK)	4:59.0
5 L. Lieberman (UNAT)	4:59.2
6 W. McConnell (CJTIC)	NR
7 J. Kernan (NYPC)	5:09.0

#### Class 2

1 R. Horman (PVSTC)	5:15.7
2 W. Tirbou (HART)	5:19.0
3 A. Hossack (UNAT)	5:20.6
4 E. Newell (UNAT)	5:35.0
5 J. Woods (PVSTC)	6:06.0

### Class 3

1 W. Steiner (MILL)	6:54.0
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### 2 Miles

#### Class 1

1 H. Snyder (UNAT)	10:04.4
2 D. Colton (NVTC)	10:14.7
3 J. Burns (UAA)	10:17.5
4 T. Sapienza (BAA)	10:21.1
5 W. McConnell (CJTIC)	10:24

#### Class 2

1 R. Horman (PVSTC)	11:04.0
2 A. Hoswack (UNAT)	11:12.6
3 W. Tirbou (HART)	11:27.7
4 E. Newell (UNAT)	11:44.5

### Class 3

1 O. Essig (SYMCA)	12:49.0
2 R. Bredenback (SDTC)	12:50.8
3 W. Brobston (UNAT)	12:53.4

### Long Jump

#### Class 1

1 J. Washington (PHP)	19' 7"
2 E. McPherson (SKY)	17' 5¼"
3 L. Gregory (PHP)	17' 3½"
4 W. Purnell (UNAT)	16' 4¾"
5 H. Colen (NYPC)	15' 10¼"

#### Class 2

1 R. Valentine (NYPC)	17' 10"
2 J. Hutchinson	17' 5"
3 M. Jaffe	15' 8½"
4 R. Szymanski	10' 6¼"

### Class 3

1 H. Moody (UNAT)	14' 8½"
2 C. Hills (PENN)	13' 7½"
3 P. Partridge (NYPC)	11' 1½"
4 C. Barg (UNAT)	9' 1¾"

### Shot Put

#### Class 1

1 L. Olsen (NYAC)	39' 10"
2 E. McPherson (SKY)	29' 2"
3 J. Washington (PHP)	28' 0"
4 W. Purnell (UNAT)	27' 10"

#### Class 2

1 W. Sorlingas (UNAT)	30' 1"
2 R. Szymanski (UNAT)	27' 7"
3 A. Kula (YONK)	27' 7"
4 S. Patterson (UNAT)	25' 5"

### Class 3

1 P. Partridge (NYPC)	25' 3½"
2 H. Moody (UNAT)	24' 8"
3 C. Barg (UNAT)	22' 8"
4 A. Wright (UNAT)	18' 11"

### High Jump

#### Class 1

1 E. McPherson (SKY)	5' 0"
2 J. Washington (PHP)	4' 10"
3 R. Clarence (NYPC)	4' 10"
4 H. West (UNAT)	4' 6"
5 L. Olsen (NYAC)	4' 6"
6 H. Colen (NYPC)	4' 0"

#### Class 2

1 M. Neuhoof (UNAT)	4' 8"
2 C. Braceland (PENN)	4' 6"
3 R. Szymanski (UNAT)	4' 0"

### Class 3

1 C. Hills (PENN)	4' 0"
2 H. Moody (UNAT)	3' 10"

### Hammer

#### Class 1

1 L. Olsen (NYAC)	120' 7½"
2 A. Phillips (UNAT)	119' 3½"

#### Class 2

1 S. Patterson (NUAT)	113' 1¼"
2 R. Szymanski (UNAT)	107' 0"
3 W. Sorlingas (UNAT)	79' 3"

### Class 3

1 P. Partridge (NYPC)	83' 2¼"
2 A. Wright (UNAT)	62' 0½"

### Javelin

#### Class 1

1 L. Olsen (NYAC)	128' 5¼"
2 W. Purnell (UNAT)	106' 5"
3 J. Jacobs (UNAT)	81' 11"
4 H. West (UNAT)	78' 11¼"

#### Class 2

1 J. Hutchinson (TTC)	96' 2"
2 R. Szymanski (UNAT)	86' 1½"
3 G. Braceland (PENN)	83' 11"

### Class 3

1 P. Partridge (NYPC)	121' 8"
2 C. Hills (PENN)	91' 9½"
3 H. Moody (UNAT)	84' 0"
4 C. Barg (UNAT)	80' 0½"
5 A. Wright (UNAT)	53' 8¼"

Continued overleaf

<b>Discus</b>		<b>220 Yards</b>		<b>6 Miles</b>	
<b>Class 1</b>		<b>Class 1</b>		<b>Class 1</b>	
1 L. Olsen (NYAC) 117' 3"		1 O. Dawkins 23.96		1 Ray Hatton (Bend) 31:14.86	
2 W. Purnell (UNAT) 82'11"		2 T. Rademaker 24.16		2 Field Ryan (Brem) 33:03.65	
3 A. Phillips (UNAT) 74' 0"		3 Bill Fredrickson 24.43		3 Ray Gil (Lompoc) 35:01	
<b>Class 2</b>		<b>Class 2</b>		<b>Class 2</b>	
1 S. Patterson (UNAT) 114'10"		1 C. Boyd 25.88		1 Norman Hansen (UNAT) 36:23.00	
2 W. Sorlingas (UNAT) 102' 8½"		2 R. Miblock 29.80		2 Ken Hendrix (SSCT) 38:02	
3 R. Seymanski (UNAT) 92' 2"		3 H. McNeiece 31.28		3 Joe Mallon (PTC) 39:50	
4 A. Kula (YONK) 81'11"		<b>Class 3</b>		<b>Class 3</b>	
5 G. Braceland (PENN) 80'11"		1 V. McIntyre 28.00		1 Norman Tamanaha (Haw.) 41:27.00	
<b>Class 3</b>		2 B. Deacon 28.97		2 Robert MacTarnahan(Un) 41:40	
1 P. Partridge (NYPC) 105' 4"		3 M. Shine 31.39			
2 C. Barg (UNAT) 78' 1"		<b>440 Yards</b>		<b>120 Yards High Hurdles</b>	
3 C. Hills (PENN) 72' 3"		<b>Class 1</b>		<b>Class 1</b>	
<b>One mile Relay</b>		1 O. Dawkins 54.22		1 Dave Jackson (CDMTC) 15.09	
1 Phila. Pioneer Club 3:55.4		2 G. Puterbaugh 55.30		2 Ted Rademaker (SFOC) 16.32	
2 NY Pioneer Club 4:06.0		3 Rex Gilman 64.05		<b>Class 2</b>	
3 Patomic Valley STC 4:10.1		<b>Class 2</b>		1 Orval Gillette 18.96	
<b>2 Mile Walk</b>		1 C. Boyd 58.71		2 Howard McNeiece (LASTC) 23.21	
<b>Class 1</b>		2 R. Niblock 60.60		<b>Class 3</b>	
1 R. Fine (NYPC) 17:57.2		<b>Class 3</b>		1 Bud Deacon (HMTTC) 19.70	
2 R. Mimm (PENN) 19:07		1 V. McIntyre 64.76		<b>330 Yards Int Hurdles</b>	
3 M. Lentzer (BRUCE) 21:14.5		2 M. Shine 68.02		<b>Class 1</b>	
<b>Class 2</b>		3 H. Shinkosky 73.47		1 Ted Rademaker (SFOC) 42.60	
1 H. Johnson (SHORE) 17:31.5		<b>880 Yards</b>		2 Joel McNulty (Lake Osw) 44.75	
2 A. Coviello (UNAT) 19:14.5		<b>Class 1</b>		<b>Class 2</b>	
<b>Team Score</b>		1 Bill Fitzgerald (LASTC) 2:01.09		1 Howard McNeiece (LASTC) 57.91	
1 NY Pioneer Club 59		2 George Puterbaugh (UNAT) 2:06.80		<b>Class 3</b>	
2 NY Athletic Club 23		3 Doug Hansen (UNAT) 2:31.01		1 Bud Deacon 51.81	
3 Phila Pioneer Club 19		<b>Class 2</b>		2 John Dick 57.91	
4 Skyriders 15		1 Dean Schmidt (UNAT) 2:18.59		<b>2 Miles Walk</b>	
5 Nitany Valley TC 13		2 Augie Escamilla (SOTC) 2:18.81		<b>Class 2</b>	
6 Patomic Valley STC 11		3 Bill Gorman (ORRC) 2:23.21		1 Don Jacobs (PTC) 19:14.60	
7 Penn AC 9		4 Ray Mahannah 2:25.17		2 Joe Mallon (PTC) 20:36.21	
8 United-BOHAA 9		<b>Class 3</b>		3 Mike Castaneda (MMM) 21:12.79	
9 Torrington TC 7		1 Bud Deacon (HMTTC) 2:26.52		<b>Class 3</b>	
10 Shore AC 6		2 Sidney Madden (MS) 2:36.50		1 Bill Babnick (UNAT) 20:40.69	
11 Manhattan Flight Kings 6		3 Mel Shine (NCSTC) 2:39.66		<b>Triple Jump</b>	
12 Central Jersey TC 5		<b>1 Mile</b>		<b>Class 1</b>	
13 Boston AA 3		<b>Class 1</b>		1 B. Jackson 43' 4"	
14 Seniors TC 3		1 Bill Fitzgerald 4:35.77		2 P. Schiegal 36' 3"	
		2 Frank Newman (UNAT) 5:02.53		3 L. Cave 36' 3"	
		3 Ray Gil (STC) 5:03.93		<b>Class 2</b>	
		<b>Class 2</b>		1 Howard McNeiece (LASTC) 29' 8"	
		1 Augie Escamilla (SDTC) 5:09.74		2 Mike Castaneda 28' 1"	
		2 Dean Schmidt (UNAT) 5:16.28		3 Charles McMahon (SDTC) 24' 5"	
		3 Ray Mahannah (UNAT) 5:27.06		<b>Class 3</b>	
		<b>Class 3</b>		1 Bud Deacon (HMTTC) 32' 4"	
		1 Bud Deacon (HMTTC) 5:43.52		2 John Dick (UNAT) 28'11"	
		2 Sid Madden (MS) 5:52.03		<b>Long Jump</b>	
		<b>3 Miles</b>		<b>Class 1</b>	
		<b>Class 1</b>		1 Dave Jackson (CDMTC) 21' 5"	
		1 R. Hatton 14:59.30		2 Phil Schlegel (CDMTC) 19'10"	
		2 Field Ryan 16:32		3 Joel McNulty (PYMCA) 17'10"	
		3 Ray Gil 16:44		<b>Class 2</b>	
		<b>Class 2</b>		1 Orvall Gillett 16' 9"	
		1 A. Escamilla 17:21.00		2 Howard McNeiece (LASTC) 15' 9"	
		2 N. Hansen 17:48		3 Dave Brown (CDMTC) 15' 8"	
		3 K. Hendrix 19:14		4 Joe Mallon (PTC) 12' 9"	
		<b>Class 3</b>		5 Charles McMahon(SDTC) 11' 8"	
		1 Norm Tamanah N. T.			
		2 J. Dick 22:34			

<b>Class 3</b>		<b>Discus</b>		<b>Class 1</b>	
1 Virgil McIntyre (STC) 15' 9"		<b>Class 1</b>		1 Lee Schroder (NCSTC) 134'11"	
2 B. W. Deacon (HMTTC) 15' 3"		2 Lee Cave 109' 3½"		2 Lee Cave 109' 3½"	
3 John Dick (UNAT) 14' 1"		3 Phil Walden 93' 6½"		3 Phil Walden 93' 6½"	
4 J. J. Puglizevich(NCSTC) 12'10"		<b>Class 2</b>		<b>Class 2</b>	
<b>High Jump</b>		1 Mike Castanada 116' 2"		1 Mike Castanada 116' 2"	
<b>Class 1</b>		2 Charles McMahon 110' 7"		2 Charles McMahon 110' 7"	
1 Dave Jackson (CDMTC) 5' 1½"		3 Orval Gillett 110' 7"		3 Orval Gillett 110' 7"	
2 Lee Schroder 4'10¼"		<b>Class 3</b>		<b>Class 3</b>	
3 Phil Walden 4'10¼"		1 John Dick (UNAT) 127' 1"		1 John Dick (UNAT) 127' 1"	
4 Bill Fix 4' 6½"		2 Larry O'Neil (MAAU) 106' 2"		2 Larry O'Neil (MAAU) 106' 2"	
<b>Class 2</b>		3 A. J. Puglizevich (NCSTC) 105' 8½"		3 A. J. Puglizevich (NCSTC) 105' 8½"	
1 Orval Gillett 5' 6½"		4 R. L. Nichols 105' 6"		4 R. L. Nichols 105' 6"	
2 Dave Brown (CDMTC) 4'10¼"					
3 Howard McNeiece (LASTC) 4' 2½"					
4 Charles McMahon (SDTC) 3' 8"					
<b>Class 3</b>		<b>27th July 1973</b>		<b>Summer Speed Program at Van Cortlandt Park Weekly July Two Miles on Track</b>	
1 Bud Deacon (HMTTC) 4' 6"		All Comers Championships (Pierce) (masters events)		1 Joe Burns 10:33.6	
2 John Dick (UNAT) 4' 6"		100 Yards		2 Art Kikek 11:32.7	
3 Virgil McIntyre (STC) 4' 4¼"		1 D. Jackson (CDM) 10.8		3 Geo Haller 11:49	
<b>Pole Vault</b>		2 Dave Peterson (BHS) 11.2			
1 Orval Gillett 10' 6"		3 Bill Adler (BHS) 11.6		<b>25th August 1973</b>	
2 Dave Brown (CDMTC) 9' 8"		<b>220 Yards</b>		San Diego All Comers Championships (SDSU)	
3 Charles McMahon (SDTC) 8' 0"		1 D. Peterson (BHS) 25.8		Open Hammer Throw	
<b>Class 3</b>		<b>440 Yards</b>		1 Hal Connolly (BHS) 197' 1"	
1 Bud Deacon (HMTTC) 10' 6½"		1 Al Sheahan (UNAT) 56.9		<b>25th August 1973</b>	
2 Robt MacConaghy (UNat) 8' 0"		2 D. Peterson (BHS) 58.8		San Diego All Comers Championships (SDSU)	
3 John Dick (UNAT) 4' 6"		<b>1 Mile</b>		Open Hammer Throw	
<b>Shot Put</b>		1 W. Williams (STC) 4:27.8		1 Hal Connolly (BHS) 197'1"	
<b>Class 1</b>		2 Tom Sturak (BHS) 4:39.5		<b>Masters Mile</b>	
1 Lee Schroder (NCSTC) 44' 2½"		<b>28th July 1973</b>		1 Tom Sturak (BHS) 4:50.7	
2 Lee Cave 41' 7½"		National AAU Hour-run Championship (Postal and SPAAAU Hour-run Championships, Santa Barbara)			
3 Phil Walden 34' 0½"		24 Hal Higdon (Ind. Striders) 11m 677		<b>26th August 1973</b>	
4 Doug Hansen (UNAT) 28' 2"		84 Jerry Smart (BHS) 10m 1302		Santa Monica Marathon 26.22miles	
<b>Class 2</b>		100 Tom Sturak (BHS) 10m1078		Masters 40+	
1 Mike Castanada 39' 5"		152 John Storm (BHS) 10m 546		1 Dave Parker (STC) 2:54:03	
2 Charles McMahon (SDTC) 35' 3½"		175 Ed Keysar (STC) (1st 50+) 10m 273		2 Don Jones (STC) 2:56'29	
3 Orval Gillatt 34' 9"		351 R. S. Boal(N.C.) (1st 60+) 8m1724		3 Larry Carter (BHS) 3:05:13	
4 Howard McNeiece (LASTC) 33' 4"		<b>Class 3</b>		<b>2nd September 1973</b>	
<b>Class 3</b>		1 William Babnick (UNAT) 43' 9¼"		Santa Monica Sports Festival 6.1 miles	
1 Bill Babnick (UNAT) 20:40.69		2 James York (NCSTC) 43' 2"		Pete Mundle 45 (SMTC) 31:55	
<b>Triple Jump</b>		3 A. J. Puglizevich (NCSTC) 39' 5½"		Owen Gorman (STC) 34:33	
<b>Class 1</b>		4 John Dick (UNAT) 35' 2"		Tom Sturak (BHS) 34:39	
1 B. Jackson 43' 4"		5 R. L. Nichols 35' 0½"		Ruben Heredia (BHS) 38:35	
2 P. Schiegal 36' 3"					
3 L. Cave 36' 3"		<b>29th July 1973</b>		<b>2nd September</b>	
<b>Class 2</b>		2nd Annual Road Runners Club (NY) Pentathlon		Mt Baldy 8 miles (uphill, 6500-10,000')	
1 Howard McNeiece (LASTC) 29' 8"		<b>Javelin</b>		<b>Class 1</b>	
2 Mike Castaneda 28' 1"		<b>Class 1</b>		1 Conrad Erocn (STC) 80:07	
3 Charles McMahon (SDTC) 24' 5"		1 Hiram Crane 180' 9"		2 John Storm (BHS) 81:08	
<b>Class 3</b>		2 Hal Warner 177' 5"		3 Cliff Cummins (BHS pros) 91:58	
1 Bud Deacon (HMTTC) 32' 4"		<b>Class 2</b>		<b>Class 2</b>	
2 John Dick (UNAT) 28'11"		1 Charles McMahon (SDTC) 135' 0"		1 Ed Keysar (STC) 92:55	
<b>Long Jump</b>		2 Orval Gillett 95' 8"		2 Bob Long (BHS) 93:08	
<b>Class 1</b>		<b>Class 3</b>		<b>Class 3</b>	
1 Dave Jackson (CDMTC) 21' 5"		1 John Dick (UNAT) 129' 3"		1 John Montoya (STC) 94:20	
2 Phil Schlegel (CDMTC) 19'10"		2 Bud Deacon (HMTTC) 119' 3"		<b>8th September 1973</b>	
3 Joel McNulty (PYMCA) 17'10"		3 Robt. MacConaghy(UNat)108'10"		CCAC 15km Cross-country, Will Rogers-Park (hilly, cool)	
<b>Class 2</b>		4 R. L. Nichols 107' 9"		25 Pete Mundle (SMTC) (40+) 56:20	
1 Orvall Gillett 16' 9"				45 Augie Escamilla (SDTC)(50+) 60:27	
2 Howard McNeiece (LASTC) 15' 9"				130 Al Bufton (STC) (60+) 79:53	
3 Dave Brown (CDMTC) 15' 8"					
4 Joe Mallon (PTC) 12' 9"					
5 Charles McMahon(SDTC) 11' 8"					
<b>440 Yards Relay</b>					
<b>Class 1</b>					
1 Northern California TC 45.85					
2 Corona Del Mar TC 49.23					

MSA Cross-country Championships  
6 Miles, Van Cort. Park

Class 1

1	Walt McConnell	35:31
2	Joe Burns	36:03
3	Joe Bessel	36:51
4	Tom O'Brien	37:34
5	Dan Dougherty	38:35
6	Kay Campbell	38:56
7	John Toby	39:16
8	Bob Fine	40:26
9	Joe Kiernan	40:44
10	Amer Frezzi	40:53
11	Tony Talbert	41:05
12	Russell Glatz	41:12
13	Arthur Kezek	41:17
14	Arnold Frieman	41:39
15	Paul Keill	42:02
16	Don Spitzer	42:05
17	Keath Levitt	42:12
18	Joseph Caldwell	42:20
19	Leslie Clark	44:49
20	James Fixx	44:59
21	B. Zinman	46:24
22	Joseph Doherty	46:26
23	Henry Price	46:44
24	Alan Druckman	48:00

Class 2

1	George Sheehan	40:51
2	Abe Schwartz	48:57
3	Wes Westerholm	48:59

Eastern Masters Cross-country  
Championships, 6 Miles  
Van Cort. Park

1	Kandschur (Hartford)	34:04
2	Burns	34:43
3	Smith	34:59
4	McConnell (CJTC)	35:22
5	Bessel	35:58
6	O'Brien (Pioneer)	36:12
7	Vandetti (Hartford)	36:17
8	Hack	37:46
9	Tobey (Pioneer)	37:53
10	Boyajian	37:54
11	Gardner (Hartford) (2)	38:02
12	Mather (CJTC)	38:10
13	Campbell (CJTC)	38:14
14	Fite	38:19
15	Henriques	38:20
16	Tribou (Hartford) (2)	38:23
17	Edgerly (Hartford)	38:26
18	Williams (Pioneer)	38:27
19	Lord (Hartford)	38:28

☆☆☆

SOUTH AFRICA

From J. G. Lister, a Briton temporarily resident in Durban, comes an enquiry requesting information on how his practice times on a grass track compare with others of his age. Mr. Lister was 57-years-old (17.11.15) when this summer he was timed at 24.5 over 200m and 55.0 over 400m!! If these were upheld in competition they would be World Age Records and place him with the best in his class.

His training revolves around repetition sprints in about 13sec over 100m with 90sec jog walk between. Early season 4 to 5 are achieved with 15 coming after a build up over several weeks. On his return to Britain this

50

20	Logan (Hartford)	38:36
21	Shanakee	38:52
22	Glutz (Jersey)	39:04
23	Frezza ( Jersey)	39:09
24	Bernard	39:33
25	Kernan (Pioneer)	39:41
26	Kijek	39:43
27	Fine (Pioneer)	39:46
28	Sheehan (2)	39:47
29	Malkasian	39:48
30	Maiden	40:43
31	Chenniak	41:04
32	Keavey	42:08
33	Vanderzandt	41:22
34	Cauldwell	41:27
35	Lyon	41:34
36	Foster	41:49
37	Leavitt	42:04
38	Wallace	42:36
39	Ross	42:42
40	Mauro	42:57
41	Yates (Jersey)	43:40
42	Glass	43:54
43	Clark	44:02
44	Doherty	44:13
45	Price (2)	44:16
46	Capusso	44:30
47	Grenda	46:28
48	Schwartz (2)	47:10
49	Westerholm (2)	48:13

Team		
Hartford TC	1,4,6,9,10,(12-13)	30pts
Central Jersey	2,7,8,14,15	46
NY Pioneer	3,5,11,16,17	52

Age Graded Performance Ratings for  
Berkshire 5 mile Road Race.  
Westfield, MA.  
16th September 1973  
The following are the age graded results  
of the Berkshire 5 Mile Road Race held  
in September 1973. These ratings are  
based on Ken Young's computerized age  
grading tables as mentioned in the  
November 1972 Runner's World, and were  
computed for us by Bob LaBelle of Phelps,  
New York. This system is an attempt to  
evaluate each runner's performance as it  
relates to elapsed time and age, indicating  
to him his relative ranking in the overall  
result of the race. Any such system being  
devised, particularly in its early stages, will  
have some flaws and many disadvantages  
as well as advantages. In any event, we  
hope the rating will be of interest to you  
and we know that Bob LaBelle would  
appreciate your comments and suggestions.

☆☆☆

athlete will certainly be encouraged to compete in the native ranks where, if he gets near his performances mentioned above, he will be a force to be reckoned with in Canada in 1975.

SPAIN

A Veterans Meeting was held at Sevilla on 13th October with class splits of 36-45 and over 45. Most events were over odd distances with the best performance coming from MANUAL ALONSO a 43-year-old who won the 3000m in 8:51.2. This athlete was a Spanish Record Holder over 5000m in 1958 (14:16.6) and the 3000SC in 1961 (8:48.6)

His Address is 149 Ontario Street,  
Phelps, New York 14532.

1	J. Wall	60	863	30:41
2	M. Kandschur	43	814	26:32
3	O. Essig	67	794	34:50
4	W. McConnell	42	793	26:41
5	E. Osborn	56	788	30:55
6	L. Pawson	68	788	35:23
7	R. Gardner	51	774	29:34
8	G. Fortier	40	770	26:38
9	W. Tribou	53	768	30:20
10	J. Hartshorne	50	758	29:36
11	A. Hossack	51	755	29:58
12	C. Hanson	44	748	28:02
13	W. Brobston	60	745	33:23
14	A. Sapienza	44	744	28:06
15	W. McCaffrey	47	738	29:04
16	C. Hammen	50	738	30:00
17	G. Faucher	51	731	30:30
18	J. Carroll	64	726	35:27
19	H. Snyder	41	725	27:43
20	G. Reuter	53	723	31:21
21	F. Kelley	51	718	30:47
22	V. Fandetti	42	717	20:08
23	R. Packard	45	712	29:02
24	C. Willberg	76	708	41:08
25	T. Diamond	44	706	28:53
26	E. Root	66	706	36:49
27	F. Moore	51	703	31:08
28	G. Rowe	53	701	31:52
29	R. Rubin	45	695	29:25
30	D. Geer	54	695	32:23
31	G. Brown	48	693	30:22
32	G. Harvey	40	683	28:19
33	J. Sullivan	41	681	28:37
34	M. Uher	41	678	28:41
35	R. Phinney	58	675	34:22
36	K. Campbell	45	672	29:54
37	F. Goodnow	60	670	35:21
38	E. Collins	42	665	29:12
39	R. Cummings	50	663	31:44
40	D. Green	51	663	32:05
41	D. Logan	59	659	35:15
42	L. Dyer	55	657	33:43
43	G. Grasso	40	655	28:55
44	J. Campbell	52	655	32:39
45	C. VandeZande	44	653	30:03
46	R. Edgerly	43	652	29:46
47	P. Chamberlain	52	649	32:47
48	B. Kowalski	47	642	31:14
49	E. Lord	45	639	30:40
50	E. Sienkiewicz	60	637	36:17
51	H. Devine	40	635	29:21
52	R. Fine	42	630	30:00
53	M. Cavanaugh	76	630	43:51

(183 finished)

☆☆☆

# POSTBAG

Dear Editor,

May I congratulate you on this magnificent magazine which has brought me great joy and consolation. Imagine a lone Veteran in Malta (3 July 1974-40yrs), no competitions, no standards to aim at—and all this after a lapse of 18 years from athletics.

Being the only Veteran in Malta makes it very hard as it is difficult to compete with twenty year olds and less. Although I am still getting into shape the very fact that one cannot find competition is very frustrating. In point of fact I am a pure sprinter and can do very well at 60 metres with any of the young ones—but this distance is not used in Malta. However I am still improving over 100m and have just picked up the Javelin and Discus and two days ago took to training for Long Jump for the first time (13'10").

Should any Veteran happen to be in Malta I would be most glad to help in any way possible.

Yours sincerely,

Raymond Cassar Torreggiani

Hunters Lodge, New Road, Swieqi, St Julians, Malta.

☆☆☆

Dear Editor,

Congratulations on your fine magazine, and the results and ranking lists I found of special interest. These should show those approaching the veteran stage the competition and interest that lies ahead.

John Hayward has done a fine job on the ranking lists and poses a number of questions on these lists. To compare M. Bernard's 14.10 for 5,000 with other events the Decathlon Tables have been used and in the 800 the comparable time is 1.50, but if you analyse the British Athletics Ranking Lists for 1972, 14.10 ranks 54th but 1.50 is 14th. In 1971 48th and 11th, in 1970 36th and 14th. From this it would seem that it will be a long time before we may expect a 1.50 by a veteran; but I do think sub-1.55 will be here soon and 3.55 for 1500.

From this it would seem Bernard's time is the exception, being a few years ahead of what we may expect. Bernard's time was brilliant but I also think O'Hara's 14.28 was terrific.

The chance of the 800 and 1500 veteran times comparing with the 5,000 will be dependent on many more of these men continuing to the veteran ranks or taking the sport up again after a few years break. This brings me to what I think are the main reasons for these people not carrying on, and retiring earlier. The 800 and 1500 runners are in many cases purely track men and many have been used to a short break in the winter; thus it is that one year they don't start. Again their yardstick is the time they do and this gets slower and slower but the training harder and harder; plus they lose their place on the team and now have to look for races. It then reaches a stage where there is nothing much left for them and no pressure on them to stay. But your

5,000 runner is in a different position. His times go slower but he is still required for club road relays, cross-country teams etc. Training, while a little slower, is still comfortable. Over the years he has built up contacts for training and runs for twelve months without any long break and is still required for the teams. Thus the years go on. Finally, and some may disagree with this, the severity of the track training is such that one can feel shattered but yet realise that performances are not going to improve.

From some of the photographs in your magazine I wonder if the judging and timekeeping is as meticulous as it is in this country.

Yours sincerely,

Eddie Powell (64)

Stretford AC 7 BMC

7 Trinity Avenue, Sale, Cheshire.

☆☆☆

Dear Editor,

Congratulations on the over-all excellence of *Veteris*. Your depth of statistical coverage fills an evident gap that heretofore has limited interest in, and development of, veterans competition.

Jack Shepard's Age Records has told us, "How good is the best?". *Veteris* promises to answer the equally important question, "How good are the rest?"

Regarding the third of your expressed objectives, "to maintain contact with masters/veterans throughout the world," I would hope that some way might be found to establish a registry of veteran athletes that others could draw upon for information. (For example, I would like very much to be able to learn the addresses of vaulters Nicholai Ozolin, Herbert Schmidt, Manfred Preussger). I know this might be complicated and expensive to operate, but perhaps it could be handled by individuals establishing a fund with *Veteris* that could be drawn upon at the rate of, perhaps, 20 pence per inquiry.

A special thanks to John Hayward for his kind words about my vaulting in Europe, and for his accepting my post entry so I could compete in the triple jump against Ken Wilmschurt at Crystal Palace.

Cordially,

Roger Ruth

4566 Vantreight Lane, Victoria, B.C.

☆☆☆

Dear Editor,

I am a very keen runner and member of the Adelaide Harriers Club, which has been in existence 60 years. Recently I had occasion to visit a naturopath, who when I mentioned my interest in running laughed scornfully and wanted to know whether I really cared about my health, as I was in danger of impairing my physical and mental powers. I have been a little worried by this, as this chap is considered to be fairly knowledgeable. Would other vets be so kind as to let me know their opinions on this?

Yours sincerely,

R. Dowsett

43, Morley Road, Seaton, South Australia 5023.

# FIXTURES

- |       |       |   |  |       |   |
|-------|-------|---|--|-------|---|
| Dec   | 13    | US Masters South Pacific Tour Commences   | Mar  | 24    | Midland Veterans Cross Country Champs (11.00 start)   |
| "     | 19    | SCAAA Open meeting Crystal Palace*  | Apr  | 21    | Midland Veterans Road Relay (3x5km) Tipton  |
| "     | 22/23 | All Australian Veteran Track & Field Championships Melbourne  | "  | 27    | Walthamstow AC Veterans Road Race (Details: B. W. Hart, 23 St James's St., London, E.17)  |
| "     | 30    | Hawaiian Masters Meeting, Honolulu  | May  | 4     | Midland Veterans Marathon Champs Rugby  |
| "     | 20    | International Veterans Distance Run, Sydney, Australia  | May  | 19    | 7th World Best Veteran marathon Champs Draveil, Paris. Entry Forms & details available from December 1973, from M. Jesbera, 1, Rue des Epinetse, F.94410 Saint Maurice, France. |
| "     | 29    | International Veterans Distance Run, Auckland, New Zealand  | June   | 15    | Barnet Festival of Sport—Cophthall  |
| "     | 31    | New Years Eve Veterans Road Race, Honolulu  | "  | 16    | Inter-Counties Veteran Road Run Champs (10km) Leamington (12.00 start)  |
| 1974  |       |   | "  | 29/30 | Canadian Masters Track & Field Champs Vancouver   |
| Jan.  | 12    | Mitcham AC 25 Kilometre Road Race. Charshalton. Includes over 50, over 40, over 60 and Vets Handicap                  | Aug  | 11    | British Veterans Track & Field Champs Cophthall   |
| "     | 16    | SCAAA Open meeting, Crystal Palace*   |  |       |   |
| "     | 19    | Veterans AC Cross Country Champs. Wimbledon   | 1975   |       |   |
| "     | 21/23 | International Veterans Meeting. Christchurch, New Zealand   | Switzerland—World Vets 25 Kilometres Championships |       |   |
| "     | 29    | Southern Veterans Cross Country Champs Belgrave Headquarters, Wimbledon   | Aug 11-16  |       | First World Masters Track and Field Championships, Toronto, Canada  |
| (Sun) |       | Common (3 Classes, 2 Races, Noon start) Entries 25p each Individual to Bill Hazle, 5, Oak Hall Road, London, E.11 2JT |  |       |   |
| Feb   | 23    | British Veterans Cross Country Champs Tipton (2 pm and 3 pm starts) Details from: Jack Selby, 15 Tamworth Rd.         |  |       |   |
| Mar   | 2     | Scottish Veterans Cross Country Champs  |  |       |   |

\*Telephone AAA offices, London (01-580 3498) for information on veteran events to be included.

## THE SWEAT SHOP

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NB: These prices will *have* to go up soon due to rises in manufacturing costs, so it is an investment to buy now. Please add 15p postage and send foot outline to facilitate sizing. All sizes stocked from 4-12. Also an excellent range of track-suits, shorts and accessories—please send s.a.e. for full list.

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 (moving on Sept. 17th to 76 Broad Street, Teddington, Middlesex, TW11 8QT)



## VETERIS

the magazine of the

Association of

Veteran

Athletes

25p

Vol. 1 No. 3 December 1973

