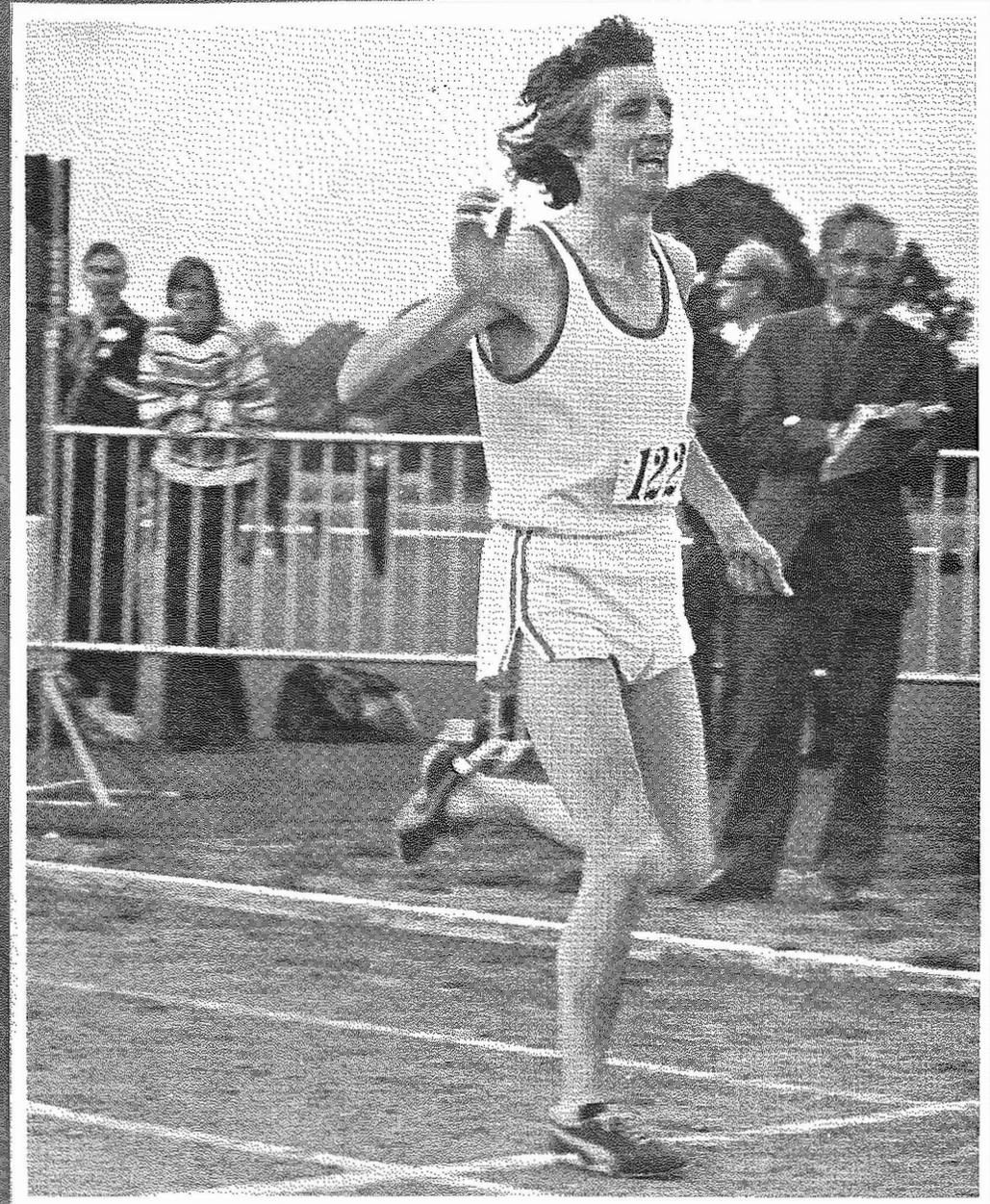
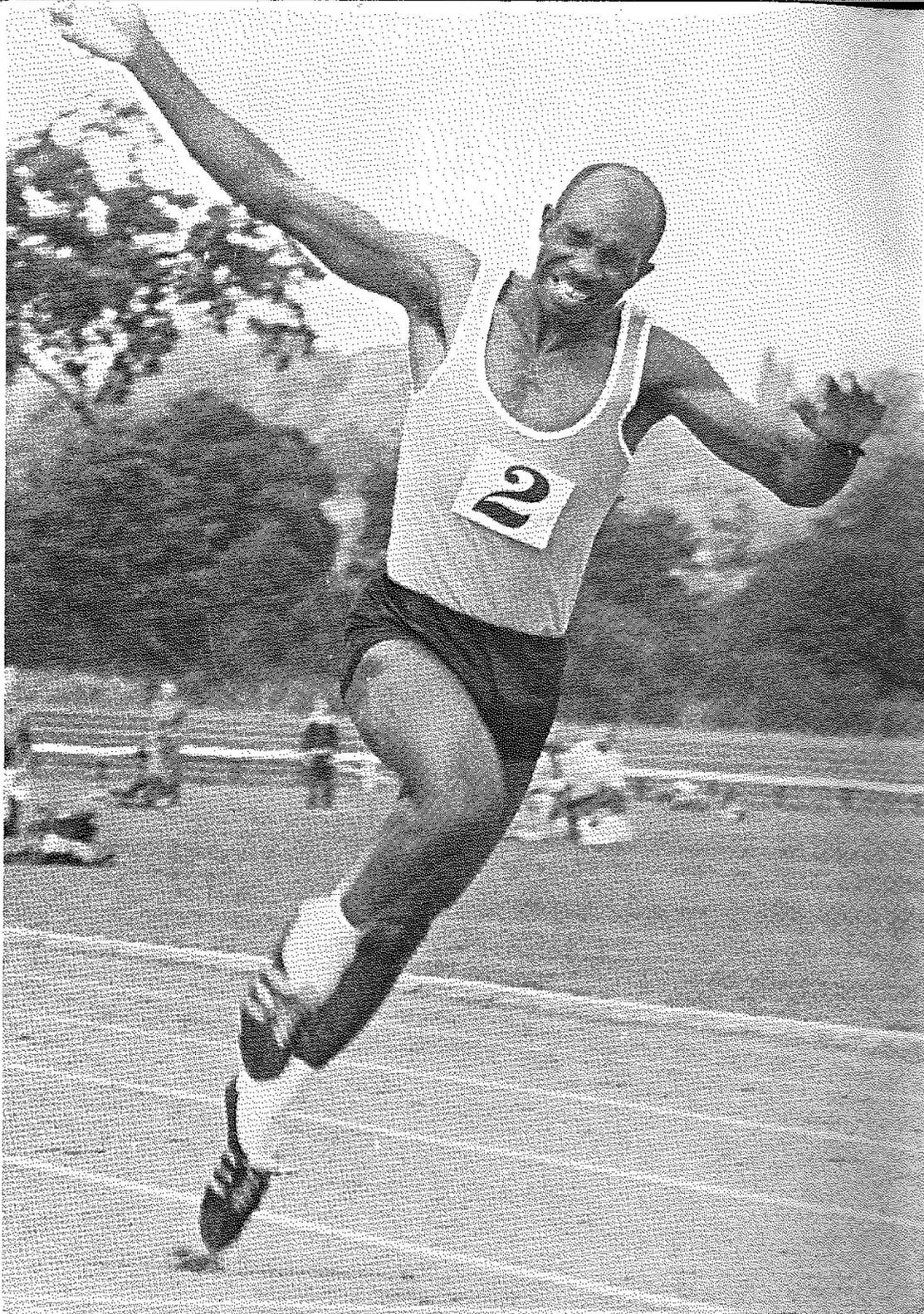


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THE MAGAZINE OF THE
Association of Veteran Athletes

October 1974: 30p



VETERIS

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The magazine of
The Association of Veteran Athletes

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FRONTISPIECE: (Photo: M.F. Jones) R. Taylor wins British Veterans 100m in 11.1 secs.
FRONT COVER: (Photo: B. Bickerton) L. O'Hara completes 1500/5000 double in British Champs.

FIXTURES

Nov 16 Epsom 10 Vets over 40 & over 50. Vets Team race for Dennis McQuillin Trophy.

Nov 16 A.A.U. Masters Cross-Country Champs., Los Angeles, California

Dec 20-31 U.S.M.I.T.T. Christmas Tour - Florida and Jamaica. Tour extension to Jan 12 Details from David Pain,

1975

Jan 11 Mitcham 15. Vets over 40, 50 & 60 plus Vets Handicap. Entries 20p per individual to Jack Fitzgerald.

Jan 12 Northern Vets A.C. Cross Country Champs. Venue to be announced later.

Jan 18 Veterans AC Cross-country Championships, Wimbledon.

Jan 19 Northern Veterans cross-country championships at Cleveland, Middlesborough.

Jan 26 S.C.V.A.A.A. Cross-country Champs, from "Dysart Arms", Petersham, Richmond Pk. 12.00 start. Two races, 40-49 and 50+. Entries to George Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts. Fee: 25p per individual. Awards to affiliated clubs only.

Feb 23 National Vets Cross Country Champs at Graves Park Sheffield.

Mar 29-30 New Zealand Veterans Track & Field Championships, Q.E.II Park, Christchurch.

May 23 } M.S.A. tour to London & Midlands.
June 1 } Track meetings provisionally planned for Leamington & Parliament Hill Fields. Midweek Cross Country at Parliament Hill Fields.

July 13 Southern Veterans A.A.A. Track & Field Championships - Cophall Stadium, London.

Aug 1/2/3 U.S. Masters Track & Field Championships, New York.

Aug 11-16 First World Masters Track & Field Champs. Toronto *

Aug 17 Marathon & 25Km Walk, Toronto Island, Canada. *

* Details of touring parties from Jack Fitzgerald.

Sept 15 Eighth World Best Long Distance Runners Race over 25 Km at Lake Yamanaka, Yamashashi Prefecture, Japan. Entries 3000 Yen (approx £4) to Nippon Turtle Association Tokyo C.P.O. Box No 1137, Japan by 20th July Details of touring party from Bryan Doughty. "Sea View Cottage", Shore Road, Port St. Mary, Isle of Man. (S.A.E. please.)

1976

Aug 15 9th World Best Veteran Long Distance Runners Marathon Championships at Coventry U.K. Details from Jack Selby 15 Tamworth Road, Coventry.

AREA & NATIONAL ORGANISERS

GREAT BRITAIN

Southern Vets: Fred Cuthbert, 37 The Meadway, Cuffley, Potters Bar, Middlesex.

Midlands Vets: Jack Selby, 15 Tamworth Road, Coventry, Warwicks.

Northern Vets: Norman Ashcroft, 16 Davids Ave., Lane Ends, Warrington, Lancs.

Scottish Vets: Walter Ross, 10 Thornley Ave., Glasgow, W3.

N. Ireland Vets: E. Johnston, 126 Ballygomartin Rd., Belfast 13-3NE

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Editorial

We apologize for the late appearance of this issue but your Editor has suffered almost every conceivable set-back during its preparation and, as with all spare-time ventures, it has not been possible to make up lost ground. However, the January issue stands every chance of being in your hands by the end of that month. The same cannot be said for subsequent issues, but for a different reason—that of cost.

Unless we double our circulation within the next twelve months our survival is doubtful. We therefore appeal to our readers to sell one subscription each. By this means you will be helping to ensure continuity of the only magazine produced by veterans for veterans.

Despite the hopes of many veterans/masters that the I.A.A.F. would exempt all over-40 athletes from the amateur status rules, the I.A.A.F. Congress, meeting in Rome last August, decided on only minor adjustments to the rules. Nevertheless, they are a beginning. A professional in another sport is not now automatically excluded from amateur athletics. A few veterans may benefit from this amendment.

The I.A.A.F. are in a difficult position. To produce a rule book to cover every single situation would bog down the administration of the sport. Furthermore, every new rule is likely to have loopholes, and the one sought by veterans would probably be riddled with them and exploited by the mainstream of track and field athletes. We have reason to suppose that the I.A.A.F. view the veteran movement with understanding, that discretion is exercised in the interpretation of rules, and that application for reinstatement by veterans is sympathetically considered.

With the first World Championships only ten months away, it is surely preferable to keep this amateur controversy in low key, rather than to engineer a confrontation. The latter would do no one any good—the former could well give us what we want anyway. Let the I.A.A.F. make the moves, if any.

More and more major races and meetings are using the five year age groupings. Unfortunately, this is tending to dilute the quality of competition at certain meetings, particularly in track and field where in some events each competitor is a winner. It would seem logical to use five year groupings only when entries warrant it. Even then the value of such splits is questionable—as Roger Ruth mentions in our "Postbag" column. The mixtures of five-year and ten-year classes can also be confusing, particularly when some organisers number the classes, or divisions, as they come. We appeal to all organisers to adhere to the 10 year divisions in numbering their classes, with A and B suffixes where 5 year splits are used—1A, 1B, 2A, 2B, 3, 4, 5 etc. Sub-master/Pre-Vet categories may be A, 0B. When necessary, results will be converted to this form prior to publication.

Readers wishing to obtain photographs of the British Veterans Track & Field Championships, held at Cophall Stadium on August 11th, are invited to contact GREG MEADE, 30 Colborne Way, Worcester Park, Surrey. Tel: 01-330 1139.

APPEAL

Thanks to the generosity of our readers we are still able to maintain the standard of VETERIS. Since our last acknowledgement list, the following have generously contributed to income.

D. Bareford	N. Donachie	R. Horsley	R. Torregiani
E. Daley	G. Eastwood	B. Jenkins	J. Walker
J. Daniel	J. Hobart	K. Keen	F. Webb

TOURS TO CANADA & JAPAN

The arrangements for the above tours are in hand. Jack Fitzgerald is hoping to arrange two tours with three options according to support promised to date. Tour One would be flying from London to New York, probably on August 6th, and will allow participation in the U.S. Masters track and Field Championships provisionally scheduled for White Plains (a suburb of New York City) before flying to Toronto on August 11th. This tour would return to London via New York on either August 20th or 27th. Tour two would be a straight 14 days in Toronto from 10-24th August. Norman Ashcroft is hopeful of two tours from Manchester to Toronto from August 4th or 11th to 25th. Accommodation in the University of Toronto has been quoted at 44 dollars for a single room and 33 dollars for a shared double room plus 7% tax per week, and current (1974) meal prices are about 50p for breakfast, 65p for lunch and up to a pound for Dinner, but these prices could increase at the present rate of inflation. For those who prefer hotel accommodation there is a full list of central hotels ranging from £2 a day for a shared triple room up to £13 a day for a single room. Current Charter Air Fares are £102 from London to Toronto, £105 from Manchester to Toronto. The fare to New York is slightly cheaper, but this cost will be offset by the Air Fare from New York to Toronto. However, there is a possible further increase of 15% on Charter Flights in the pipe line from November 1st, so firm overall prices cannot be quoted until that date. The New York tour would depend on a party of at least 30.

Bryan Doughty's tour to Japan, which he hopes will be a joint Scandinavian/British party, would probably cost in the region of £300 at medium class Hotels with possible stops en route at Hong Kong and/or Bangkok. The Germans are running two trips. one direct to Japan at about £250 and the other Via Hong Kong at about £320. They have about 200 booked already with £100 deposits paid, while the French have about 50 so far.

A PLEA FOR BETTER ORGANISATION IN RECORDING

by John Emmett Farrell

World's best marks for specific age groups are most interesting, and are an incentive for veteran athletes to attain standards, but to have credibility they must be accurate to preserve historical truth. I have long got over my bitter disappointment at Cologne in 1972, but I must cite my experience as an example.

At the last minute the organisers put the over 50's and over 60's in the one race, and as it was a large field there was a lot of lapping. A humorous aside was that they had me on the programme as Adolf Farrell aged 51. I was in fact 63 years old at the time! In brief, the officials lost control of the race. During the race my colleagues informed me that only Norman Bright of the over sixties was in front of me. I soon passed him and settled down in the knowledge that I was now leading my category, but with 1½

laps to go there was a frenzied shout that Jensen of Sweden was ALSO over 60 and was leading me by some 40 yards. Over the last lap I made a supreme effort, flew past Jensen just before the straight and caught up with a ruck of runners at the tape, and in fact passed some of them. My colleagues assured me I had won the over sixty class, but the official result was given as follows. 1. Kruzicky. 35:57.4. 2. Jensen. 36:04.6. 3. Adolf Farrell. 36:05.4. Now as everyone saw me run clean away from Jensen, how could he have beaten me and had a faster time? Again, we ran a lap short. Eban Wallace of Wirral, also an entrant, endorsed this. I would like to think I could do the time given, but I have to be honest and say something was wrong. It was a short lap, between 410-420 yards, but even with another lap to run, the times would have been fast for sixty year plus runners, perhaps 37.10-37.20, faster than I have done since joining the over sixty ranks. The times which have appeared in print are therefore not fair to John Wall and Bill Andberg, who have legitimate times of around 37.30, very good and much more realistic for their age group.

The moral is - with both the Cologne experience and the Canadian Masters mixup this year (Sub Masters ran with over sixties), it should be emphasised to organisers of future races, especially the first official Worlds Championships at Toronto, to see that bona fide results and times are ensured. If they insist in splitting up into five year age groups, this may cause some time problems, but at least they should run contingent groups together e.g. 60-64 and 65-69.

We runners love the sport for its own sake and the exhilaration it provides, plus the camaraderie enjoyed. The competition element is an added bonus. However, many runners make a very high financial sacrifice to compete (especially abroad), and I feel it should be emphasised to Toronto officials the importance of first class recording arrangements, and a realistic classification of runners in groups. We would not wish this first official World Championship to be a shambles, but a true and fair competition between Veteran Athletes and sportsmen.

PARIS TEE SHIRTS

Only 40 medium and large shirts from the World Veterans Marathon in Paris last May remain unsold. The white shirts show a runner against the background of the Eiffel Tower encircled with the words "World Veterans Marathon, Paris 1974" - all in bright red and blue.

Send now to George Harrison, 75 Gallows Hill Lane, Abbots Langley, HERTS. Price: £1.50.

THE PARIS MARATHON

George Letellier of 15, Allee Romain Rolland, 95100, Argenteuil, FRANCE, has requested us to publish the following statement:-

"The Association of Veterans Paris want to inform everybody that the World Marathon and 10Km championships at Draveil was not their organisation".

V E T S IN THE N E W S

New Zealand's Jack Foster (41) proved that age and distance from home was no liability in thrashing Boston Marathon champion, Neil Cusack (Ireland) and Ian Fleming (NYAC) in the inaugural running of the "Marathon of the Times," sponsored by the Los Angeles Times, on June 22, 1974.

Foster's winning 2.18.24.8 was one minute faster than Cusack's 2.19.23.2, nearly four minutes up on 3rd place finisher, Fleming.

The performance was comparable to a 2.15, or better, according to Foster, who was distressed by the 75° heat and four-hill course.

The first 10 miles was run by these three in better than a five minute pace, and nearly that fast for the 20, where Fleming dropped back. Cusack lasted to 24½, when the heat and pace got to him, and Foster

The late additions to the 1973 Lists throw up several interesting performers worth commenting on:-

SVERE STRANDLI (Nor.) Now 48, this athlete was the first performer on the world Hammer stage to beat the 'imperial' magic 200' when in 1951 at the Bislet Stadium, Oslo he set a world record of 200'11" (61.25).

RICARDO HEBER (Arg.) 46. Holder of the Argentinian javelin record in the early fifties (233'11" 71.04 3-11-51) - Heber competed in the '48 Olympiad and reached the final round of the '52 Games.

PAUL COLNARD and GUY HUSSON (44 & 42) Two of France's all time greats are still throwing with distinction - Colnard was only just over 7' (2m) below his 1970 record of 64'10" (19.77) and Husson in the Hammer about 23' (7m) under his '67 record of 227'8" (69.40).

ERIK KRUCZYCKI (Ger.) At 63 not only did this runner set a class 3 5000m. record (1.7m23.0) but went close to his 10000m. record also with 36m10.

GERMANY: The German Lists for 1973 are most impressive - with pride of place going to the LONG JUMP - In the Munich Meeting during early September five of their ranks went out better than 6m (19'8"). In Messrs Strauss, Probst, Schwanker, Brunner, Huber, Kistner and Quill they have seven of the top 13 performers of '73.

JANUSZ SIDLO (Pol.) (40) A better mark than the 'record' throw listed in the 1973 Lists has come to light - a magnificent 74.48 (244'4") in Warsaw on 29-9-73 - but perhaps such a throw could be expected from one who still holds his country's record set at 86.22 (282'10½") in 1970 at the age of 37.

coasted in the winner.

Run-For-Charity. Some 60 entrants paid \$100 (U.S.) for the privilege of losing to Foster and flogging themselves for 26 miles. In beating Cusack, Foster demonstrated that he is one of the world's top marathoners active today and that his 2.11 in Christchurch was no fluke.

Foster acknowledged he planned to compete in the World Masters meet next August in Toronto, and that he would abandon the marathon for the 10,000 and steeple.

GORDON PORTEOUS (60+) set about the over-60 lists for marathons at Edinburgh on June 22nd when he finished 24th in the Scottish A.A.A. marathon championship with the fine time of 2:53:04. This makes him the fastest over-60 Briton of all time and places him just ONE SECOND(!) behind Monty Montgomery's world mark of 2:53:03.

After five weeks on the sidelines through injury sustained in a motoring accident, Elgin born ALISTAIR WOOD made a successful comeback on July 20th, appropriately in his home town, during the Elgin Highland Games which incorporated the North of Scotland Championships, when he was the runaway winner of the 14 mile road race, finishing several minutes ahead of the second man home. While admitting that he still felt "a bit sore", the world veteran marathon champion made light of his injuries by dismissing them as merely "a pain in the neck"! (and in the back, head and arms).
With acknowledgements to Athletics Weekly.

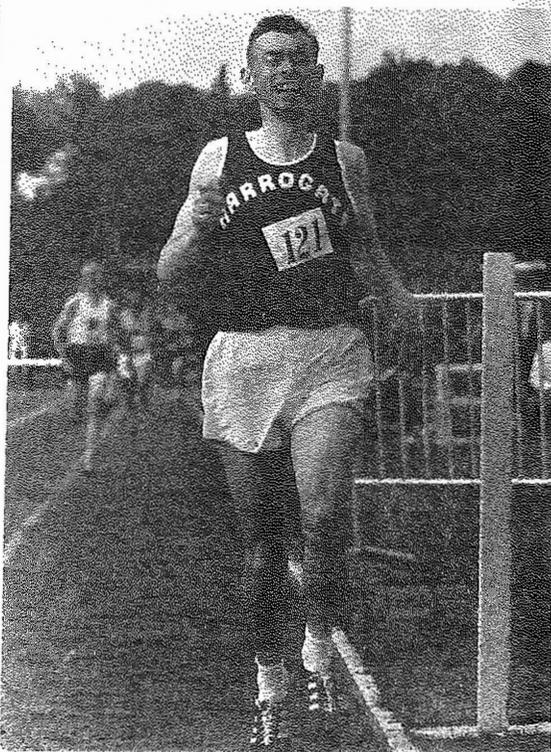
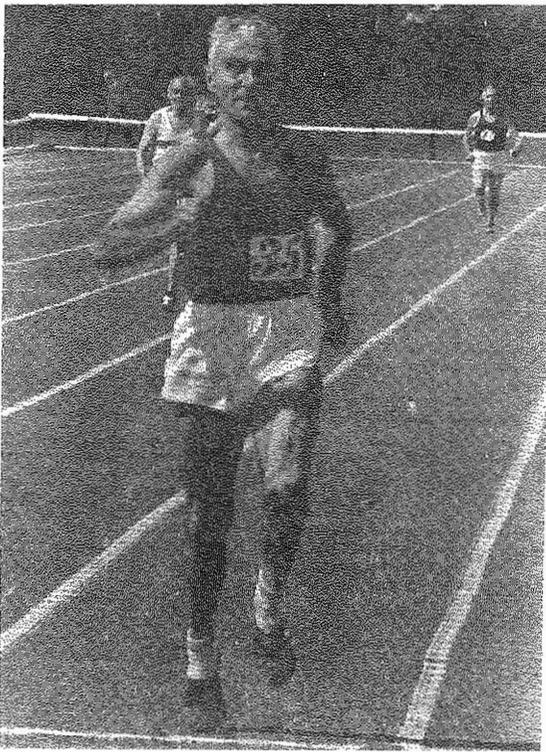
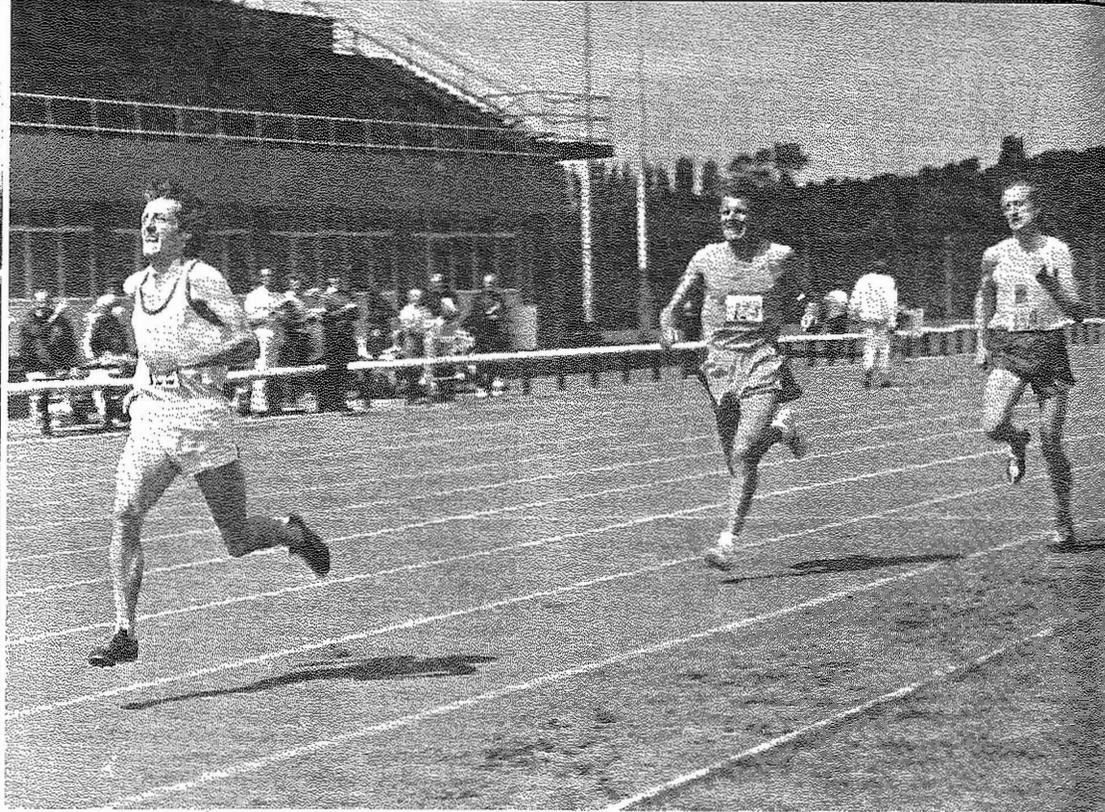
MATT CULLEN (GB) Claims an age record for a 71 year old for at Swansea on June 3rd. he threw the 1K. Discus 98'5" (30m) - and the discus was overweight, for the West Glamorgan Weight Office recorded the platter at 1k37g.

ARTHUR DYSON (Can.) Over-looked on the 1973 Lists this seventy year old had cause to write to us for his 3h58.01 marathon in the Alberta Race ranked him No. 1 in the world.

RON ALLEN GB (29-12-33) A newcomer from Yorkshire swept down south to win two Vets events including the National title - both in around 2min. and running from the front. To confirm his obvious class Ron in mid Aug. ran 1m57.9, and then on 5th September almost took Bullen's Record with a fine 1m57.3. Way back in '61 this athlete's best was 1m51.4.

JOHN SALISBURY (GB) The silver medal winner at the 1958 European Games (46.7) is now within our ranks and it is rumoured that he is getting fit - just for a test it is reported that in a 400m. relay he returned around 51.0, 1975 could be interesting!

JOHN GILMOUR (Aus.) 54/55yrs. On 2nd February last this renowned vet indicated he was far from losing his form when he clocked up an improvement on his own Cl.2 3000m. record of 15.6sec. (9m30.6) and thus should have found a place on the '73 Open List with the younger runners. Since that occasion John has passed the age of 55 years and is knocking out a stream of 'class' results that should make a few more younger men get their shoes off the shelf - for during the month of August his races have gone as follows:-
Mon. 5th - 10,000m. Track 4th. in open race 33m40.0 Age Rec.
Sat. 10th - Marathon (W. Aust. Champs.) 2h44m12.6
Sat. 24th - 10m Road (: - :) 55m37.0
Sat. 31st - 15m Road (; ;) 84m15.0



THE BRITISH TRACK & FIELD CHAMPIONSHIPS

August 11th, Cophall Stadium, London.

World Marks for Kyle (61.7) and Maksimczyk (14.47)
Taylor 11.1/22.5, Lane 57.8, Payne 62.00, Smith 52.5

The sun truly shone on this year's National Championships. It rained the day before and the day after, but for the occasion itself the clouds parted and over 200 veteran athletes were inspired to push their champions to top quality performances.

From the 10,000 metres at Noon to the last 400 metre final at 6.15 p.m., the programme was packed with action. Payne, Clark and Maksimczyk were the centre of interest on the field while every track performance from Taylor's brilliant sprint double (11.1/22.5) through Thorpe's classy 3,000 metres walk (13:33.6) to U.S. Master Gerry Smartt's convincing 10,000 win (32:30.8) were exciting to say the least.

And the ladies were there too — the irrepressible Maeve Kyle taking away a hat-trick of titles from four well supported events.

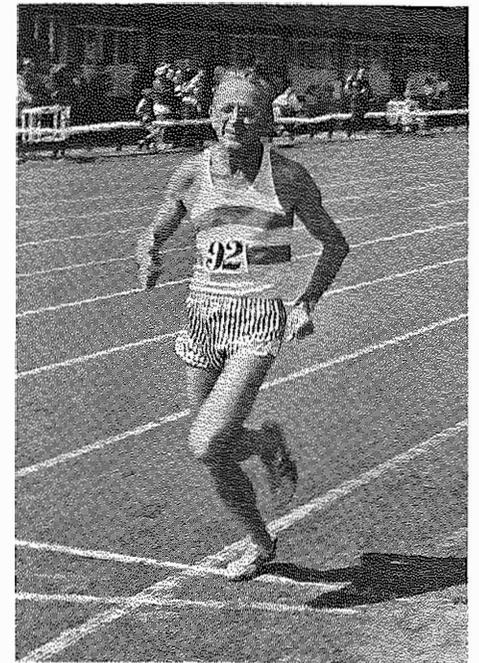
Although not necessarily the finest win of the day, Fred Smith's 400 win (52.5) deserves special mention, for his victory meant that he is the current U.S., Canadian and British Champion. But for Smith, Verlea's Bill Lane would have pulled off a notable double, having won the 400 hurdles title in 57.8 (no Jim Dixon) before finishing behind Smith with 53.2.

Allen of Harrogate made the crowd gasp as he set about demolishing the 800 field right at the start. Ten metres clear at 200 (27 secs) he was through the bell in 57 secs, but on the last 200 his solo effort began to pay and he finished in an exact 2 minutes — a remarkable display of front running. Canada's Ed Whitlock got the best of the rest (2:05.5) having earlier run in an interesting 1500 against O'Hara and Hughes. O'Hara was obliged to take the lead in this race, after a 200 metre doddle had made it clear that no one was going to give him a ride and be jumped at the finish. Laurie raised the pace to a smart level but, to everyone's surprise, was jumped at the bell by Whitlock and Hughes. But O'Hara tagged on and as they hit the finishing straight won with his kick after all (4:13.6). Tactics were also the order of the day in the 5,000 where O'Hara met a fresh, highly tuned George Brown who had a recent 3,000 clocking of 8:38 to his credit. Brown tried a different ploy, crashing-in the first 2,000 metres in an effort to shake off his rival. And he nearly did. Three metres of daylight appeared for a spell but George couldn't maintain the effort, the pace slowed, O'Hara recovered

and a 64 seconds final circuit gave him a comfortable finish (15:14.0).

Commonwealth Games silver-medallist Roy Thorpe led from start to finish in the 3,000 track walk, but he didn't have an easy time of it. George Chaplin stuck fast and close, within striking distance all the time, and pushed Thorpe to a brisk 13:33.6 to Chaplin's 13:39.2. Bob Roberts (73) also showed his pace in this one with 17:15.0.

The general theme of exciting tussles extended through to the steeplechase where Maurice Morrell (Javelin, triple-jump, long-jump and 1500 already behind him) was involved in a close race with Clive Shippen. They cleared the final hurdle together but a tired Morrell gave way to a faster finish (10:12.4). Maurice thus ended the day with three seconds, a fourth and a fifth.



PHOTOS: TOP (Ben Bickerton), O'Hara wins the 1500 from Hughes and Whitlock
BOTTOM LEFT (Greg Meade), Len Batt, 100/200/400 winner in Class 3. (Over 60)
BOTTOM RIGHT (Greg Meade), Ron Allen wins the 800 metres, having led from gun to tape.
THIS PAGE (Ben Bickerton), Ken Hall on his way to a class 2A 5000 metres win.

BRITISH CHAMPS:

U.S. Master Gerry Smartt, on his way home to the States from Iran, broke his journey to compete here — and it was well worth the effort. He lapped all but the runner-up Dave Case (who, oddly, chose to race the Shaftesbury '10' the previous day) and his lap times showed a remarkable consistency. He would surely have run sub-32 in a close race. Dave Dellar, despite a muscle pull, won the 45-49 race; and the evergreen Bob Pape took the over-50's with 35:43.0. Talking of evergreen runners, Ken Hall (17:00.0)



PHOTO (Greg Meade): Gerry Smartt (U.S.) had the fastest knotted handkerchief of the day over 10,000 metres, lapping all but one of the field.

and Tom Buckingham (18:10.8) won their 5,000 metre races, while Sam Lee (20:13.8) had to just give best to Ed Wallace (20:13.8) in the Over 60 class. And then there was Kettering's Fairley (56) producing a scintillating 12.4/26.5 sprint double, followed by 400 record holder Len Batt (61) plumping this time for the shorter double (13.6/28.7). Last, but by no means least, of the truly grey-haired gentlemen was Duncan MacLean. Yes, the "Tartan Flash" was present once again, talking of his up-coming 90th birthday (December) and bemoaning his luck that he always has to mix it with the 60 years old "boys". He wasn't too happy with his 19.9/47.5 times either — always looking for improvement! — but he enjoyed getting more applause than the winner.

With 5 year age groups, the meeting was a statistician's delight; but the VETERIS statistician had good reason for being more delighted than the rest as he, John Hayward, went away with two titles in the 45-49 class; the 400 metres in 57.1 and the 800 in 2:10.6.

Only one athlete achieved the distinction of taking four titles, and he went largely un-noticed. The high hurdles (18.2), high jump (1.61), triple jump (11.78) and Javelin (47.70) all went to J. Phillips of Trowbridge — an unusual quadruple for sure.

The "heavies" really enjoyed themselves too. Howard Payne won the hammer and discus and was second in the group 1 shot behind Sid Clark. But that's just the bare result. Konstanty Maksimezyk made it much more interesting — ask Howard Payne! The 60-years old doctor made Howard play the young man for once in the shot and discus and, after a highly exciting contest, settled for one victory apiece in their personal "match". Howard took the discus with 40.76 to 40.44(!) while Konstanty 'won' the shot with a class 3 world record of 14.47 to 12.07, nearly frightening Sid Clark to death who could find only 9 cms more to win the group 1 title. Payne, of course, had no trouble in the hammer (62.00), but helped to pull D. Bayes to a useful 51.82/170'0".

The Ladies' form was also good — in more ways than one! E. Wheeler won the 100 in a swift 13.0 and Maeve Kyle led all the way in the 400 metres to better her existing world record by three tenths of a second with a brilliant 61.7. She also annexed the long jump (5.13) and discus (25.00). Pat Jones's 64.3 is also worthy of mention, as this time is normally good enough to win.

The meeting had been well planned by George Harrison and Fred Cuthbert and it was in no small part due to them and the host of officials (52) who ran the meeting that the 1974 Championships were a resounding success.

Clive Shippen

BRITISH CHAMPS:

100 Metres

(40-44)

HEAT 1

1	R. Taylor (Birch)	11.5
2	C. Williams (V.A.C.)	11.5
3	K. Scott (Newby)	11.7
4	C. Rains (Unatt)	12.0

HEAT 2

1	F. Smith (Woodf)	12.1
2	F. Blackman (Southgate)	12.3
3	P. Holden (Verlea)	12.7
4	C. Torreggani (Lough)	13.1
5	M. Burrows (F.V.H.)	14.4

FINAL

1	R. Taylor (Birch)	11.1
2	A. Blackman (Southgate)	11.5
3	C. Williams (V.A.C.)	11.6
4	F. Smith (Woodf)	11.6
5	K. Scott (Newby)	11.7
6	P. Holden (Verlea)	12.8

(45-49) FINAL

1	M. Gray (Southampton)	12.0
2	K. Williams (Mitcham A.C.)	12.5
3	J. Malloy (Gosforth)	12.9
4	D. Green (Unatt)	13.0
5	R. Hamilton (Unatt.)	13.8

(50-54) FINAL

1	J. Pritchard (Blackpool)	12.6
2	S. Stein (Highgate H)	12.8
3	T. Culverhouse (Unatt)	13.2
4	G. Smith (Chelmsford)	13.5
5	J. Willacy (G. Yarmouth)	14.1
6	S. Tilley (V.A.C.)	14.6
7	R. Davenport N & L Vets	15.0

(55-59) FINAL

1	C. Fairley (Kettering)	12.4
2	A. Dunn (Haringey)	12.8
3	G. Brooks (Brighton)	13.2
4	G. Norman (City of Hull)	13.4
5	G. Valongo (Blackpool)	14.1

(Over 60) FINAL

1	L. Batt (Highgate H)	13.6
2	J. Williams (Brighton)	14.4
3	B. Busby (V.A.C.)	14.7
4	A. Sutherland (Surrey)	15.5
5	J. Searle (V.A.C.)	15.5
6	J. Barrs (Ply.)	18.6
7	D. MacLean (89) (V.A.C.)	19.9

200 Metres

(40-44) FINAL

1	R. Taylor (Birch)	22.5
2	A. Blackman (Southgate)	23.4
3	F. Smith (Woodf)	23.5
4	K. Scott (Newby)	23.8
5	C. Williams (V.A.C.)	23.9
6	G. Gowland (Rowntrees)	27.2
7	L. Allen (Unatt)	27.2

(45-49) FINAL

1	M. Gray (Southampton)	25.1
2	S. Brooks (Epsom)	25.7
3	K. Williams (Mitcham)	25.9
4	R. Archbold (Norfolk)	26.0
5	E. Allen (Burn Rd)	26.3
6	J. Malloy (Gosforth)	27.3
7	R. Hamilton (V.A.C.)	28.3

(50-54) HEAT 1

1	S. Stein (Highgate)	28.1
2	A. Huggins (Norwich)	28.1
3	B. Willis (Barnet)	29.2
4	J. Willacy (Gt. Yarmouth)	29.3
5	H. Humphreys (Woodf)	29.9

HEAT 2

1	P. Munn (Mitcham)	27.9
2	J. Pritchard (Blackpool)	28.2
3	T. Culverhouse (Unatt)	28.2
4	G. Eastwood (Woodf)	28.6

FINAL

1	J. Pritchard (Blackpool)	26.3
2	P. Munn (Mitcham)	26.4
3	S. Stein (Highgate H)	26.9
4	A. Huggins (Norwich)	27.0
5	B. Willis (Barnet)	28.5
6	T. Culverhouse (Unatt.)	29.1

(55-59) FINAL

1	C. Fairley (Kettering)	26.5
2	G. Brooks (Brighton)	26.7
3	A. Dunn (Haringey)	27.0
4	G. Norman (City of Hull)	30.0

(Over 60) FINAL

1	L. Batt (Highgate)	28.7
2	J. Williams (Brighton)	29.2
3	B. Busby (V.A.C.)	30.9
4	A. Sutherland (V.A.C.)	34.4
5	J. Barrs (Ply. A.C.)	42.8
6	D. MacLean (89) (V.A.C.)	47.5

400 Metres

(40-44) FINAL

1	F. Smith (Woodf)	52.5
2	W. Lane (Verlea)	53.2
3	K. Scott (Newby A.C.)	54.2
4	K. Whitaker (Airedale)	55.7
5	L. Allen (Unatt.)	59.9
6	G. Gowland (Rowntrees)	63.2

(45-49) FINAL

1	J. Hayward (Woodf)	57.1
2	E. Allan (Burn Rd.)	57.6
3	F. Thompson (Clayton)	57.9
4	R. Archbold (Norfolk)	58.7
5	J. Dean (Nth. Vets)	59.4
6	B. Bickerton (Scots. Vets)	61.2
7	R. Hamilton (V.A.C.)	62.2

(50-54) FINAL

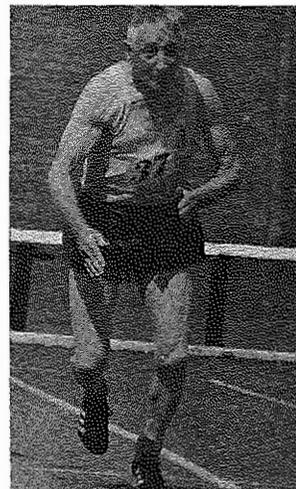
1	P. Munn (Mitcham)	58.7
2	A. Huggins (Norwich)	60.0
3	B. Neilson (Hillingdon)	62.3
4	S. Stein (Highgate H)	67.4
5	T. Culverhouse (Unatt)	68.1
6	P. Minchin (Scots Vets.)	72.6

(55-59) FINAL

1	G. Brooks (Brighton)	61.6
2	A. Dunn (Haringey)	63.4

(Over 60) FINAL

1	L. Batt (Highgate H)	63.4
2	B. Busby (V.A.C.)	69.0



PHOTOS by Greg Meade:

Left: Phil Munn (Mitcham) wins the Class 2A 400 metres final in 58.7 secs

Right: Duncan Maclean (The Tartan Flash) ran 19.9 four months before his 90th birthday.

BRITISH CHAMPS:

800 Metres
(40-44) FINAL

1	R. Allen (Harrogate)	2:00.0
2	E. Whitlock (Canada)	2:05.5
3	T. Clowry (Cardiff)	2:07.4
4	M. Blagrove (Ealing)	2:09.9
5	J. Phelan (Hercules)	2:12.2
6	D. Hunt (Harringey)	2:13.6

(45-49) FINAL

1	J. Hayward (Woodf)	2:10.6
2	R. Hunt (Surrey)	2:11.3
3	F. Wrigley (Michelin)	2:11.3
4	G. Smith (Eton Manor)	2:11.8
5	F. Thompson (Clayton)	2:13.1
6	B. Bickerton (Scots. Vets)	2:14.7
7	J. Dean (Northern Vets)	2:25.3

(Over 50) FINAL

1	B. Neilsen (Hillingdon)	2:19.6
2	L. Burnett (Woodf)	2:27.4

1500 Metres
(40-44)

1	L. O'Hara (Bels.)	4:13.6
2	A. Hughes (Rochdale)	4:14.6
3	E. Whitlock (Canada)	4:15.0
4	M. Morrell (Wirral AC)	4:30.2
5	J. Atkinson (Barnet AC)	4:38.1
6	P. Maffia (Highgate H)	4:41.4
7	M. Payne (Cam H.)	5:13.2

(45-49)

1	F. Wrigley (Michelin)	4:32.4
2	G. Phipps (Leamington)	4:33.2
3	G. Smith (Eton Manor)	4:36.6
4	B. Motley (Ilford)	4:45.5
5	R. Hunt (Surrey)	4:49.3
6	B. Bickerton (Scots. Vets)	4:50.5

(50-59)

1	E. Joynson (Nth Vett)	4:48.7
2	K. Hall (Wirral)	4:49.4
3	Lt/Com R Pape (Royl. N)	4:51.5
4	R. Salisbury (Wirral)	5:13.7
5	J. Beattie (Kettering)	5:54.2

(Over 60)

1	J. Harris (Watford)	6:27.0
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3000 Metres Steeplechase
(40-49)

1	C. Shippen (Bels.)	10:12.4
2	M. Morrell (Wirral AC)	10:14.4
3	R. Curtis (Tonbridge)	10:22.4
4	G. Morralee (Ports AC)	10:38.2
5	G. Lowe (Watford)	11:29.1
	C. Wilson (SLH)	d.n.f.
	W. Hill (Blackheath)	d.n.f.

5000 Metres
(40-44)

1	L. O'Hara (Bels.)	15:14.0
2	G. Brown (Verlea)	15:26.8
3	R. Balding (Heaton)	16:14.8
4	J. Phelan (Hercules)	16:54.8
5	J. Atkinson (Barnet AC)	17:26.8
6	E. Andrews (Having AC)	17:39.2
7	S. Izzard (Highgate H)	17:56.2

(45-49)

1	W. Marshall (Scots Vets)	16:31.8
2	S. Charlton (T.V.H.)	16:39.2
3	G. Phipps (Leamington)	16:43.4
4	E. Hefford (Orion H)	17:53.8
5	B. Hughes (Woodf)	18:15.0

(50-54)

1	K. Hall (Wirral)	17:00.0
2	E. Joynson (Gateshead)	17:30.8
3	J. Fitzgerald (Mitcham AC)	17:47.6
4	Lt/Com R. Pape (R. Ny)	18:05.0
5	G. Scutt (Portsmouth)	19:18.4
6	F. Dyter (BlackHth)	20:00.0
7	W. Obree (Nth Vets)	22:32.2

(55-59)

1	T. Buckingham (Leamgtn)	18:10.8
2	A. Cove (Folkstone)	24:12.0

(Over 60)

1	E. Wallace (Wirral)	20:03.0
2	S. Lee (Norwich)	20:13.8
3	J. Harris (Watford)	23:27.2
4	C. Bendig (VAC)	25:06.8
5	E. Peacock (VAC)	26:01.0
6	Morris	27:08.0

10000 Metres FINAL
(40-44)

1	J. Smart (Beverly HS)	32:30.8
2	D. Case (Ealing AC)	33:44.2
3	S. Izzard (Highgate H)	36:33.6
4	A. Kimber (Mitcham)	37:02.6
5	A. Rockall (Highgate H)	37:38.2
6	R. Gibbons (Newham)	37:43.6
7	D. Jones (Ilford AC)	38:18.0
8	L. Blackaby (Camb.H)	38:38.2

(45-49)

1	D. Dellar (Camb.H)	34:56.0
2	R. Blois (Basildon)	37:45.0
3	A. Betteridge (VAC)	41:28.2
4	M. McDowell (Ranalah)	44:20.0

(Over 50)

1	Lt/Com. R. Pape (R. N.)	35:43.0
2	L. Blackaby (Camb.H)	38:38.2

110 Metres Hurdles
(40-49)

1	J. Phillips (Unatt.)	18.2
2	P. Field (Dartford)	18.7
3	C. Knowles (Vale of Ayles)	19.0
4	J. Day (Blackheath N.)	20.0

400 Metres Hurdles
(40-49)

1	W. Lane (Verlea)	57.8
2	K. Whitaker (Airedale)	62.7
3	E. Shirley (Hillingdon)	63.1
4	P. Field (Dartford)	64.8
5	C. Knowles (Aylesbury)	65.4

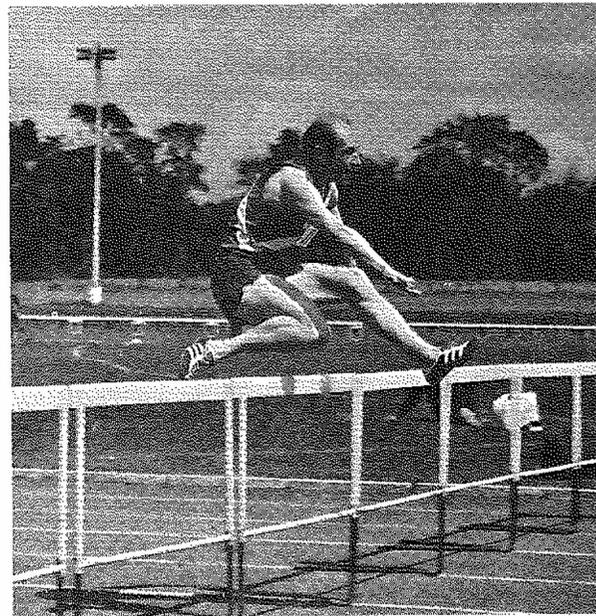


PHOTO by Ben Bickerton:
Bill Lane hurdles his way to an impressive 57.8.

BRITISH CHAMPS:

3000 Metres Walk
(40-49)

1	R. Thorpe (Shef. Untd.)	13:33.6
2	G. Chaplin (Coventry G)	13:39.2
3	E. Livermore (B.Enf)	14:17.2
4	R. Purkiss (Stevenage)	14:43.4

(50-54)

1	D. McMullen (Bel.H.)	14:40.2
2	J. Todd (F. Antrim)	15:20.8
3	A. Parsons (Herne Hill)	19:35.8

(55-59)

1	F. Nickolls (VAC)	16:45.8
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(Over 60)

1	A.G. Roberts (72) (H.H.)	17:15.0
2	S. Smith (Stockport)	18:34.6
3	A. Welling (VAC)	21:49.6

HIGH JUMP
(40-44)

1	J. Phillips (Unatt)	1.61
2	B. Lewis (Hillingdon)	1.58
3	H. Payne (Birch)	1.58
4	C. Knowles (V. of Ayles)	1.50
5	R. Torreggiani (Lough)	1.30

(45-49)

1	J. Dean (North Vets)	1.35
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(50-54)

1	G. Smith (Chelmsford)	1.35
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(55-59)

1	G. Valongo (Blackpool)	1.30
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(Over 60)

1	J. Searle (VAC)	1.25
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LONG JUMP
(40-44)

1	R. Taylor (Birch)	6m 29
2	C. Knowles (V. of Ayles)	5m 46
3	D. Johnson (Leamgtn)	5m 18
4	J. Day (Blackheath)	5m 16
5	M. Morrell (Wirral)	5m 13
6	J. Christie (Scotts Vets)	5m 03
7	G. Gowland (Rowntrees)	4m 54
8	M. Burrows (TVR)	4m 27
9	C. Torreggiani (Lough)	4m 16

(45-49)

1	C. Guardia (Arquiteco)	6m 08
2	D. Green (Unatt.)	5m 49
3	A. Kalirai (Unatt)	5m 13
4	R. Hamilton (VAC)	4m 52
5	A. Hitchens (Welsh V.)	4m 48
6	J. Dean (North Vets)	4m 47

(50-54)

1	P. Munn (Mitcham)	4m 71
2	H. Trafford (Newcastle)	4m 68
3	J. Willacy (G. Yarmouth)	4m 21
4	R. Davenport (N.Vets)	4m 17
5	P. Minchin	3m 73

(55-59)

1	C. Fairley (Kett.)	4m 60
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(Over 60)

1	A. Sutherland (Surrey)	3m 84
2	J. Searle (VAC)	3m 69

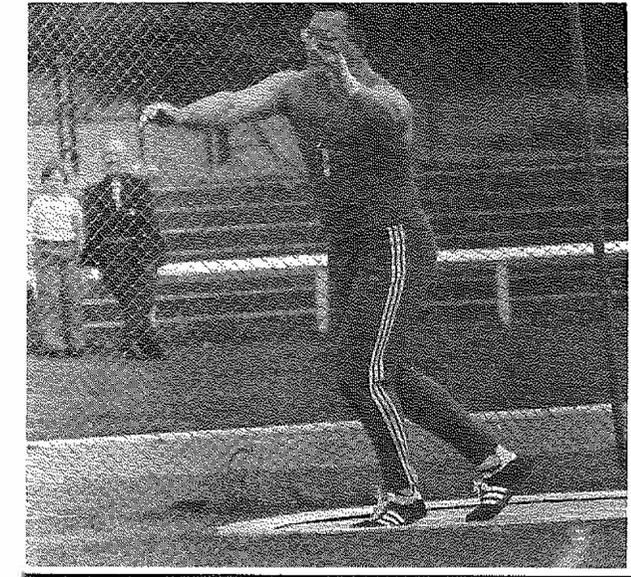


PHOTO by Greg Meade:
Howard Payne had tough opposition in the shot, discus and high jump but was in a class of his own when it came to the hammer.

TRIPLE JUMP
(40-44)

1	J. Phillips (Trowbridge)	11.78
2	M. Morrell (Wirral)	11.13
3	P. Holden (Verlea)	11.06
4	C. Knowles (V. of Ayles)	10.89
5	J. Day (Blackth)	10.27

(45-49)

1	G. Guardia (Arquiteco)	13.01
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POLE VAULT
(40-49)

1	J. Day (Blackheath)	3.30
2	B. Lewis (Hillingdon)	2.40
3	J. Daniels (V.P.H.)	2.00

SHOT PUTT
(40-44)

1	S. Clark (Woodford)	14.56
2	H. Payne (Birch)	12.07
3	B. Lewis (Hillingdon)	10.81
4	W. Mann (Nth.Vets)	10.33
5	J. Hobson (Sheff.)	9.55
6	B. Tyndall (S.L.R.)	8.80
7	W. Burrage (Barnet)	8.33
8	P. McEvoy (London Irish)	7.80
9	J. Day (Blackheath)	7.00

(45-49)

1	W. Kingsbury (Rhondda)	10.35
2	J. Coughlan (Highgate H)	7.93

50-54

1	H. Trafford (Newcastle)	11.13
2	R. Davenport (Nth Vets)	6.40

(Over 60)

1	K. Maksimczyk (Westh'y)	14.47 W.R.
2	M. Cullen (Welsh Vets)	7.06

DISCUS
(40-44)

1	H. Payne (Birch)	40.76
2	F. Hobson (Sheff.)	34.40
3	D. Burrage (Barnet)	30.80
4	W. Mann (N & L Vets)	30.68
5	B. Lewis (Hillingdon)	30.04

(50-54)

1	B. Willis (Barnet)	31.16
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(Over 60)

1	K. Maksimczyk (Westh'y)	40.44
2	M. Cullen (Welsh Vets)	26.06

JAVELIN
(40-44)

1	J. Phillips (Trowbridge)	47.70
2	M. Morrell (Wirral)	46.48
3	T. Clowry (Cardiff)	38.14
4	W. Mann (Nth. Vets)	38.14
5	F. Hobson (Sheff.)	31.34
6	D. McEvoy (London Irish)	25.80

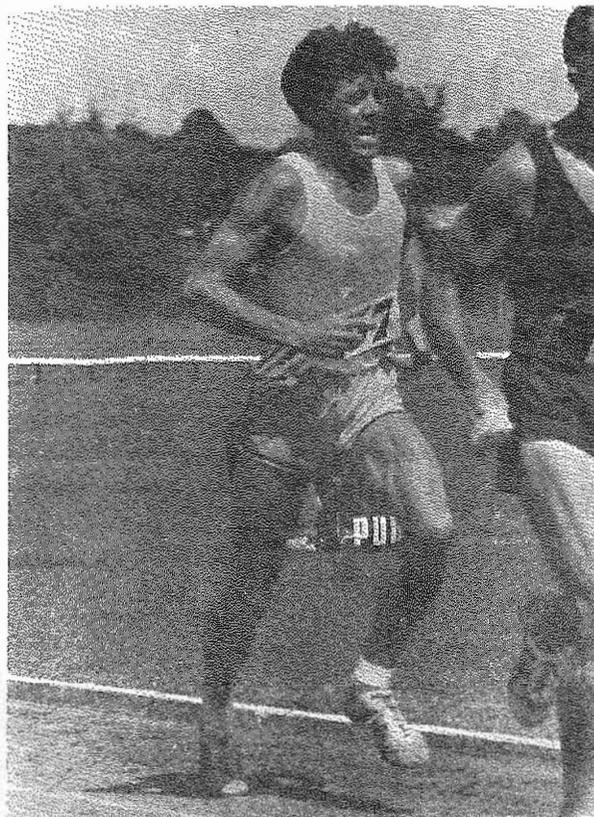


Photo: Greg Meade



Photo: Ben Gickerton

14 TOP: Dave Case (10,000m). BOTTOM: Maeve Kyle (400m)

Javelin (Cont'd.)

(45-49)		
1	W. Kingsbury (Rhondda)	36.84
2	D. Green (Umatt.)	34.94
3	M. Douthwaite (Halls.)	33.30
4	J. Coughlan (Highgate H)	28.32

(Over 60)		
1	E. Bennechie (Welsh.Vets)	24.16
2	M. Cullen (Welsh Vets)	22.24

HAMMER		
(40-44)		
1	H. Payne (Birch)	62.00
2	D. Bayes (VAC)	51.82
3	B. Lewis (Hillingdon)	43.10
4	P. Barber (Camb. N)	36.74
5	D. Burrage (Barnet)	33.20
6	P. McEvoy (London Irish)	30.90
7	B. Tindell (S. London H.)	30.12
8	F. Hobson (Sheff II.)	26.58

(45-49)		
1	Cpt. R. Nicholl (APTC)	41.46
2	J. Coughlan (Highgate)	22.10

(Over 60)		
1	K. Maksimczyk (Westbury)	28.44

WOMEN		
100 Metres		
1	E. Wheeler (LOAC)	13.0
2	J. Lindsay (Middx AC)	14.1
3	P. Jones (Ilford)	14.3
4	S. Parker (Parkside)	14.5
5	H. Rider (Gamb. AC)	15.0

400 Metres		
1	M. Kyle (Balymena AC)	61.7
2	P. Jones (Ilford)	64.3
3	H. Rider (Camb. H)	68.5
4	J. Lindsay (Middx. LAC)	74.8
5	E. Wheeler (LOAC)	82.8

LONG JUMP		
1	M. Kyle (Balymena AC)	5m 13
2	J. Lindsay (Middx. LAC)	4m 66
3	P. Jones (Ilford)	4m 15
4	S. Parker (Parkside)	4m 10
5	H. Rider (Camb.)	3m 58
6	E. Wheeler (LOAC)	3m 28

DISCUS		
1	M. Kyle (Balymena AC)	25.00
2	H. Rider (Camb H.)	22.18
3	J. Lindsay (Middx LAC)	19.42
4	E. Wheeler (LOAC)	17.72
5	P. Jones (Ilford)	14.76
6	S. Parker (Parkside)	12.62



Photo: Greg Meade

KONSTANTY MAKSIMCZYK (60)
14.47m world record with 2Kg discus

In Japan they beat dummies with bamboo sticks...



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SPOTLIGHT ON FRED SMITH

by John Hayward

Born: 15.4.1934
Place: London, England.
Height: 5'-6½"
Weight 129 lbs.
Pulse: 54
Occupation: Insurance
Club: Woodford Green A.C.

Personal Bests	Under 40	at 40 years
100m	11.0 1960	11.2
200m	22.5 1958	23.2
400m	49.5 1960	51.0
800m	1:56.8 1965	—
L.J.	21'0" 1951	—
T.J.	44'0½" 1951	—
H.J.	5'3" 1951	—

Some two years ago Fred Smith found a sagging interest in track and field athletics rekindled by the sudden surge of activity within the veteran ranks of the sport and such occasions as the Crystal Palace Meeting where he officiated and was inspired by what he saw.

At that time he became quietly determined that in his first year as a veteran he would aim to return a performance something better than the then World Age Best of 51.7 for the 400m.

This year he achieved that silent ambition by returning 51.0 — a time certainly worthy of note for one whose best ever was 49.5 some 14 years previously. But that was not all. Travelling extensively, he notched the Masters' titles of Canada (a record 51.8) the USA (a record 51.0) and the UK (52.5) — victories worthy of a SPOTLIGHT on this quiet and unassuming character who has become a triple champion in his first year as a veteran.

To underpin his 400m. form, Fred can claim also to have run 11.2 for the 100m (within point two of his best) and 23.2 for the 200m. (23.0 straight away) which is within point seven of a second of his best. When one is told that five weeks before the departure of the American Tour he had serious thoughts about calling it off — for hamstring trouble had plagued him for several weeks during his spring training — one can be excused from wondering what performances may have been achieved with a trouble free approach. Fred thinks he could have been near a sub 50.0 for the 400m and certainly under 23.0 for the 200m — "especially in the States where weather conditions seem far more conducive to fast times than in Britain. We can wait all summer for one day that is the norm for them". In support of this belief Fred would point to the fact that both he, this year, and Keith Whittaker last year, won the American Masters 400m titles in record times and about one second faster than anything they did in the same season back in Britain.

Born in London in 1934, Fred recalls enjoying all sport, in his early school days — with athletics evolving as his main event during High School pre 1950. A reasonable flair for football was shown then and the school team was made, but in the end he looked like

becoming a jumper when as a junior (17 years) he achieved, for those days, outstanding marks of 21'0" in the long jump and 44'0½" in the triple. Allied to good sprint times it looked as if he could go places. Unfortunately the speed didn't improve much and the jumps constantly aggravated his hamstring muscles — trouble that has been his most common athletic injury and to which he seems even more prone as he gets older. Thus he moved up a stage to the 400m.

To some observers his training methods, which have been constant since turning to the 400m, could contribute to his hamstring problem, for Fred is a great believer in quality speed work all the year round. He has never raced over the country or road, and track work-outs predominate.

At his pre-vet peak it would have been common to race or train 6 days a week but as a veteran he feels "experience enables maximum performance from minimum effort" and finds four sessions a week enough. He admits that the winter period has been supplemented or replaced by Squash since 1960 — and finds it necessary, "for squash is all pleasure, where as athletic training is hard and often painful" — a point all those with experience would understand when looking at his typical peak pre-season (March — April — May) track work-outs.

Pre Vet.

3 x 300m. with 300m. jog in 41.0
Short rest.
3 x 300m. with 300m. jog in 40.0
Short rest
3 x 300m. with 300m jog in 39.0
3 x 200m. with 400m walk in 23.0

At forty years

3 x 300m. with 300m walk in 40/41
Rest
3 x 300m. with 300m walk in 40/41
3 x 200m. (with 400m walk) in 24.0

Some times these work outs have been done in groups but he doesn't worry if they have to be done alone for Fred admits to being a loner.

His devotion to athletics finds no objection from his wife for she is quite happy to admit "it's some-



thing he has always done" ever since she has known him. She enjoys watching him compete in the summer and will at times join him in home exercise work-outs in winter.

Fred joined his club — Woodford Green A.C. in the mid-fifties and became their track captain in the early sixties. His most pleasing moments (other than the tour to America this year) were in being part of the club team that won the National 4 x 400m. in 1965 and especially part of the team that retained the National Indoor 4 x 1 lap Relay at Wembley in 1963. On that occasion he had to replace one of his club's three internationals that formed the backbone of the squad. The delight being not in just winning but in setting a record that remained unbeaten until Wembley Arena closed.

On the lighter side he will always remember helping Peter Snell run a then personal best of 48.0 for 400m. when the Olympic Champion visited the club track after the 1960 Games — and coming face to

face with that all time great Jesse Owens in the very Stadium where he won those four gold medals during the 1936 Olympics. This was in 1964 when Fred took his club team to Berlin for an International Inter Club match — the team was housed in the Stadium and Owens was there to make an appeal film for the American Olympic Fund drive.

Fred mentions reading and photography as other interests and when asked about possible retirement comments "as long as I am enjoying it like I have over the past twentyfive years — there can be no deadline."

He has great admiration for many of the older athletes and is particularly impressed with Alf Guidet who in his mid fifties still performs and returns remarkable sprint times (11.6 — 23.6 last year). If his speed doesn't hold out as long as Alf's — then perhaps he will turn to the mile. An event to which many tell him his small and light frame are more suited — what an interesting prospect!

coroebus says...

When 54 years old Sylvester Stein ran a U.K. Class 2 record of 25.9 for 200 metres, few onlookers realised that eighteen months earlier he had no more thought of sprinting than going to the moon. But the veterans movement attracted him and he remembered how well he could sprint during his university days in South Africa. So he returned to the fold and showed good form very quickly, just as he had done in 1935 when he won the Boys 100 yds trophy at Durban High School. Memories of Durban came back even more vividly than he had expected when he learned that two other athletes on the Cophthall programme had connections with that far distant city. One was a former student at Sylvester's old school, and now competing as a class 1 veteran, Colin Knowles. The other was none other than Duncan Maclean who was already a class 2 vet when Sylvester won that boys race; and 30 years before that Duncan was sprint champion of Durban and South Africa. Now the boy is a class 2 veteran, and Duncan is about to become something of a one-man Class 6 band!



Photo: Al Rockall

SYLVESTER STEIN

LAURIE O'HARA (42) has set many records during his veteran career, but the one he will surely cherish most of all is that of receiving his first ever S.C.A.A.A. vest at the age of 42 years. His frequent appearances in open competition and his remarkable consistency eventually persuaded the Southern Counties A.A.A. that he would be a worthy representative for them in a major match. Such vests are usually awarded to up and coming young athletes, so it was particularly noteworthy that he should be recognised at such a late age. The match in question was the Great Britain under-20 team v. S.C.A.A.A. at Crystal Palace on Monday 26th August (public holiday), and the event was Laurie's favourite 3,000 metres. The small field ran a tactical race, with a long run in, which left Laurie in 6th place and a final time of 8:33.6. He was rather disappointed with the time (six seconds outside his season's best) as he had dearly hoped that the 8:22 mark shared by himself and the great Alain Mimoun would be cracked this year. Can you imagine any other veteran being disappointed with 8:33.6?

When GERRY SMARTT (43) of the Beverley Hills Striders stopped off in London last August, following a tour of coaching duty to the Iranian national team, he chose the right time to make his mark with the British veterans. Looking very fit and tanned, and wearing the knotted handkerchief which is his trademark, he ran out a convincing winner of the British Veterans 10,000 metres in a fine 32:30 — and this a distance on which the British pride themselves! Two days later Gerry appeared at the quaint Battlebridge track, just South of London, where the cows munch away at the hedges, and weeds have a liking for the fourth lane. Although the evening was damp and cold the handkerchief still made it's appearance. The younger competitors smiled, but after two laps of the 3,000 metres all but two had lost their smile. When the pace dropped slightly on the fourth circuit the veteran moved up alongside the two young pacemakers and barked with great authority "Come on you guys, let's go. I'm 43 years old and want a good time tonight" (he was after the US Masters record). "I'm the one who needs the help" grunted one, while the other almost snapped to attention before obediently stepping up the pace. Well, they outkicked Gerry on the last lap, but he didn't mind. His computer-like mind had checked out every lap and he knew he would make his target, which he did, in 8:55.6. A certificate of authenticity was obtained but on his return to the States he

discovered that Ray Hatton had already achieved a superior time. Disappointing maybe, but he'd left his mark on the British scene.

How good it is to see Australia's Cliff Bould running so well. Now 59 years old, he ran a marathon recently in 3:02. Cliff is particularly well known in Britain where much of his career was spent at the Middlesex hospital and as a member of Queens Park Harriers. For many years he was Honorary Physiotherapist to the B.A.A.B. and A.A.A. and accompanied the National teams far and wide. He held a special place in the hearts of countless athletes who had benefitted from the unrivalled skill of this running physiotherapist.

Before emigrating to Australia in the early 1960's Cliff wrote a very useful book entitled "Hints on Athletic Injuries". The book carried an appreciation note from 35 international athletes, and began "Cliff Bould, that simple utterance brings new hope to hundreds of athletes in Britain every year". Cliff is now secretary of the newly formed West Australian Club. If he is as successful there as he was here then the W.A. Club has a promising future.

A renewal of British — U.S. rivalry in track and field is scheduled for 1975. The New York Masters Association are planning a week's tour to London next spring (May 23rd to June 1st) and will take in a track and field meeting in the Midlands (Leamington) and a similar meeting, plus a cross-country match, at Parliament Hill Fields, London. The visit is the brain-child of Bob Fine, the very active past president of the M.S.A. Some sub-master events will be staged and I hear that the London organisers are expecting a heavy response from London veterans. The dates are well worth pencilling in your diary.

The war against disease has achieved many a praiseworthy victory, but the "battle" for positive health is fought with rather less fervour. It is less glamorous, and almost completely unnewsworthy. To be picked up and patched up makes news. But merely to be kept going with top vitality and efficiency is scarcely deemed worthy of mention. *Good Health.*

The philosophical among osteopaths and chiropractors—and perhaps other manipulators and adjusters too—constantly tell us that it is since man evolved from all-fours to the upright position that he has had to suffer back trouble.

Four legs, one supposes, are better than two at supporting our spinal columns. And they go on to tell us that it is because we do not "stand properly" that we put undue pressures on our spines.

But what is good posture and how is it achieved? Is it walking about as though one had a stack of books balanced on one's head? Is it a sub-conscious striving towards the ceiling? Straightening the shoulders, perhaps? Or the old-fashioned chin-in, chest-out routine?

Well, an American doctor thinks he may have come up with a clue to it all. George Sheehan, M.D., of

New Jersey, who is as well known as a Class 2 Master runner*, as a doctor, has noticed all the back experts make very little mention of feet. And all the feet experts make very little mention of backs. The shoe manufacturers who provide us with the platforms that we walk on seem to know less than anybody else.

Dr. Sheehan, writing in the American medical journal *Medical Times* (July 1973) draws attention to the interesting independent findings of a Danish yoga teacher, a Michigan engineer and a Californian orthoped (foot expert) that, as the heels are lowered in relation to the toes, your pelvis rotates forward, your stomach flattens, and your spine and neck form a vertical line—all in all a "good posture" and, therefore, no strain on the back. Try it and see.

Can it be that a health shoe should have the heel lower than the sole—rather like the foot print you leave when walking barefoot on sand? Perhaps, but then your troubles might well switch from the back to the achilles tendons! Some say you can't win, but George Sheehan's views command much respect in running circles and he is convinced that most athletic injuries stem from the feet. So don't let those shoes wear down too far, and try seeing a podiatrist if injuries persist for long periods.

*George recently lowered his own 55 years age record when winning a 2 mile race in 10:56.

B.B.C. Television has given much viewing time recently to the question of heart disease. A programme entitled "Cross your heart and hope to live" gave five main causes as, smoking, blood pressure, high blood fats, heredity and lack of exercise—the latter added almost as an afterthought. Much time was spent on the blood fats question.

A later programme in the "Controversy" series featured a studio full of "experts" arguing whether high sugar consumption or high polysaturated fat consumption was the principal cause of heart disease. And although it is recognised that cholesterol and other lipids are necessary in the blood, and that coronary heart disease is caused only by the accumulation of these lipids on the artery walls, no one knew what the mechanism was which deposited the fat on the walls; nor why women prior to the menopause are virtually immune.

My thoughts turned to the unaccepted merits of acupuncture, osteopathy, hypnotism and naturopathy—and of the many aspects of medicine now accepted but once decried by the medical profession. There was no mention in the programme of exercise and whether it was advantageous to have arteries like pipes rather than deformed spaghetti; or the effects of modern day stress in heart disease and the stress release provided by exercise. Will this answer also come from outside the profession?

Finally, the American Medical Journal recently reported that researchers had concluded that much of Western man's diseases are due to lack of indigestible fibre in our diet and that many of Western man's diseases are exceedingly rare in native populations. It

(Cont'd. on page 22)

The following amendments and additions indicate how incomplete our Lists were when going to print. As mentioned before — while contacts are being built up the Lists will always fall short of a 'statistician's perfection' — so in the mean time we can only stress once more PLEASE HELP US BY SENDING YOUR YEAR'S BEST PERFORMANCE IF YOU THINK IT IS WORTH RANKING.

SEND THEM AS SOON AFTER THE END OF THE YEAR AS POSSIBLE.
J.L. Hayward 128 Princes Road, Buckhurst Hill, Essex. (New address).

1973 Ranking Lists AMENDMENTS & ADDITIONS

100m Class 1		
11.5	H. Schlegel (GER) 40	18.8
11.7	L. Plasmann (GER) 42	3.6
11.7	K. Schwankner (GER) 43	22.7
100m Class 2		
12.4	J. Humbeach (GER) 56	18.8
12.5	H. Wiczorek (GER) 52	18.8
12.6	W. Rennschuh (GER) 55	8.9
12.6	M. Riesbell (GER) 50	13.10
12.6	H. Brysch (GER) 50	14.7
12.7	W. George (GER) 51	12.8
200m Class 1		
24.3	T. Farrell (GBR) 40	21.7
200m Class 2		
26.1	H. Brysch (GER) 50	6.1
26.8	H. Wortmann (GER) 50	21.8
400m H. Class 1		
56.7	T. Farrell (GBR) 40	21.7
800m Class 1		
2.01.2	L. Hugen (GER) 42	12.9
2.02.3	H. Guthoff (GER) 40	9.10
1500m Class 1		
4.01.4	H. Guthoff (GER) 40	17.7
4.11.6	L. Hugen (GER) 42	12.9
3000m Open		
8.54.0	L. Reinshagen (GER) 40	22.9
9.08.4	J. Goritz (GER) 44	25.7
9.10.4	H. Gutthoff (GER) 40	9.6
9.12.2	W. Grunfelder (GER)	9.6
9.17.0	L. Hugen (GER) 42	22.9
9.17.0	G. Harrison (GBR) 40	16.6
9.18.0	P. Newell (GBR) 41	16.6
9.19.0	G. Schlittenb (GER) 40	19.9
9.20.8	E. Schulz (GER) 46	22.9
9.24.4	C. Bornhoft (GER) 44	5.9
5000m Class 1		
14.26.4	K. Harland (GBR) 40	
14.45.2	M. Bernard (FRA) 41	24.6
5000m Class 2		
16.38.8	W. Holzermann (GER) 50	1.7
17.13.0	P. Lutz (GER) 51	8.9
17.16.0	G. Pauls (GER)	8.9
17.23.0	O.E. Kruczycki (GER) 63	8.9
10000m Class 1		
30.33.4	A. Wood (GBR) 40	
31.35.6	R. Gomez (FRA) 41	19.5
10000m Class 2		
34.38.0	W. Holzermann (GER) 50	30.6
10000m Class 3		
36.10.0	O.E. Kruczycki (GER) 63	8.9

FIELD EVENTS

High Jump Class 1			
1.70	5'7"	W. Reinhardt (GER)	22.9
1.60	5'3"	K. Brunner (GER)	14.7
Long Jump Class 1			
6.43	21' 1¼"	H. Strauss (GER) 42	23.6
6.34	20' 9½"	H. Probst (GER) 41	8.9
6.31	20' 8½"	S. Schwankner (GER) 41	8.9
6.23	20' 5¼"	K. Brunner (GER) 43	8.9
6.16	20' 2½"	H. Huber (GER) 41	19.5
6.08	19' 11½"	H. Kistner (GER) 42	8.9
6.08	19' 11½"	R. Quill (GER) 40	8.9
Long Jump Class 2			
5.55	18' 2¼"	R. Schutz (GER) 51	8.9
5.39	17' 8¼"	H. Wiczorek (GER) 52	8.9
5.38	17' 7¾"	A. Hunner (GER) 55	28.6
5.38	17' 7¾"	H. Schneider (GER) 59	7.9
5.37	17' 7½"	A. Koch (GER) 56	8.9
Triple Jump Class 1			
13.25	43' 5¾"	H. Strauss (GER) 42	15.5
Triple Jump Class 2			
10.87	35' 8"	A. Hunner (GER) 55	1.8
Pole Vault Class 1			
4.00	13' 1½"	R. Seidler (GER) 40	3.6
Shot Class 1			
17.51	57' 5½"	P. Colnard (FRA) 44	4.8
16.16	53' 9¼"	H. Hombrecher (GER) 48	15.9
14.26	46' 9½"	E. Helf (GER) 41	25.8
14.15	46' 5"	H. Bauer (GER) 43	28.7
14.13	46' 4½"	S. Haugen (NOR) 40	15.9
13.48	44' 2¼"	B. Lunde (NOR) 46	13.9
13.08	42' 11"	Rempe (GER) 42	26.5
Shot Class 2			
12.38	40' 7½"	W. Steitz (GER) 50	1.55
Discus Class 1			
49.50	162' 5"	L. Dupuy (FRA) 41	22.7
48.96	160' 7"	T. Pflieger (GER) 40	12.5
48.38	158' 9"	G. Husson (FRA) 42	1.7
47.42	155' 7"	H. Theisen (GER) 40	18.8
47.10	154' 6"	S. Hangen (NOR) 40	4.9
45.22	148' 4"	A. Gonzalez (ARG) 43	12.8
43.98	144' 3"	E. Palinski (FRA) 42	24.6
Discus Class 2			
39.76	130' 5"	E. Figgen (GER) 55	19.7
Javelin Class 1			
55.94	183' 6"	R. Heber (ARG) 46	25.8
50.60	166' 0"	J. Strizik (GER) 41	8.9
50.54	165' 10"	S. Swankner (GER) 41	8.9
49.20	161' 5"	H. Huber (GER) 41	13.5
48.05	157' 7"	L. Kaseder (GER) 47	14.7
47.08	154' 5"	K. Heinmann (GER) 41	2.6

(Cont'd. on page 22)

THE SURYA STANDING START

by V. Suryanarayana, Patiala, India

"Al Guidet (55), top U.S. Master sprinter, chopped two tenths off his times when he adopted the standing start, whilst Jack Williams (GB) also turned to this method when he became a Class 3 veteran. The standing start may have been turned down by open class sprinters but it could well be particularly suitable for veteran sprinters.

Introduction

Ever since the ancient Greeks introduced the stadium race, sprinters have been looking for the ideal start which can mean the difference between winning or losing in a tight finish. Charles H. Sherrill of Yale University used the crouch start for the first time in competition on May 12, 1888. Before this new technique was born the "food racers" were using different starts like the "Lunge", the stand-up crouch and the "Dab". Only one of the 100-meter finalists at the first modern Olympic Games in 1896 used the conventional crouch start.

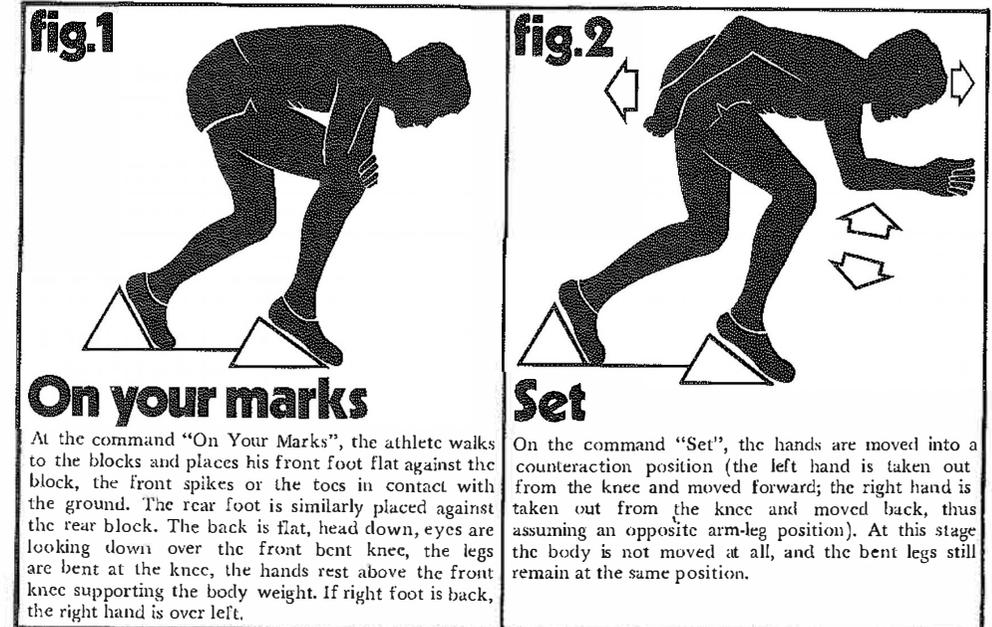
The most recent advancement in starting resulted from experiments with a standing start conducted by South African coach Major John Short and world-class sprinter Paul Nash in 1969. Nash dashed 10.1 for 100-meters while using a standing start.

The technique

The "Surya standing start" is simple and doesn't have any complications found in other starts like the so-called Bunch, Bullet, the long, the medium and the Jet. Like the conventional crouch start, the standing start has three commands: (1) "On your marks", (2) "Set", and (3) "Go" or the Gun.

THE PLACEMENT OF BLOCKS

The front block is at an angle of 40-45 degrees and placed two to three inches from the rear edge of the starting line. The rear block is at an angle of 80-90 degrees and placed about two to four inches (5-10 cm) to the side and about two feet (60 cm) behind the front block. It is advisable to mark blocks with paint when angles and distances have been established which suit comfort and balance.



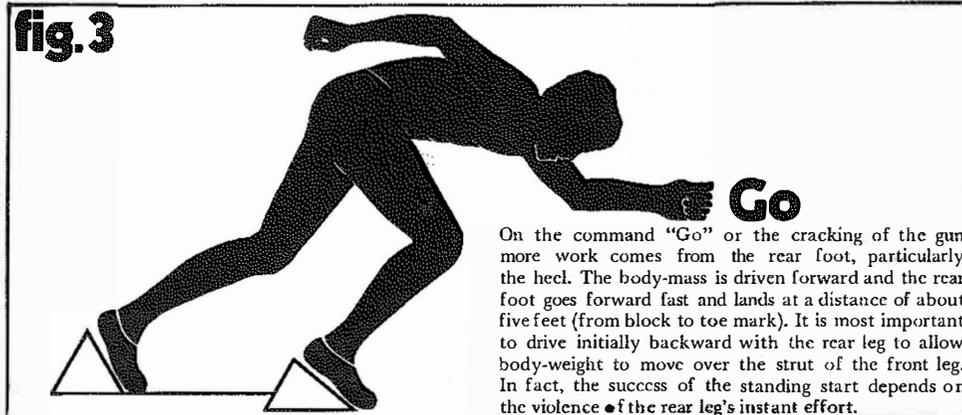
On your marks

At the command "On Your Marks", the athlete walks to the blocks and places his front foot flat against the block, the front spikes or the toes in contact with the ground. The rear foot is similarly placed against the rear block. The back is flat, head down, eyes are looking down over the front bent knee, the legs are bent at the knee, the hands rest above the front knee supporting the body weight. If right foot is back, the right hand is over left.

Set

On the command "Set", the hands are moved into a counteraction position (the left hand is taken out from the knee and moved forward; the right hand is taken out from the knee and moved back, thus assuming an opposite arm-leg position). At this stage the body is not moved at all, and the bent legs still remain at the same position.

fig.3



On the command "Go" or the cracking of the gun more work comes from the rear foot, particularly the heel. The body-mass is driven forward and the rear foot goes forward fast and lands at a distance of about five feet (from block to toe mark). It is most important to drive initially backward with the rear leg to allow body-weight to move over the strut of the front leg. In fact, the success of the standing start depends on the violence of the rear leg's instant effort.

THE LEG ANGLES

At the command "On Your Marks", the legs take semi-bent position, the front leg making an angle of 90-95 degrees and the rear between 115-130 degrees.

POINTS TO STRESS

1. In the "Set" position the trunk should be low. 2. In the "Set" position only, the arms move to opposite arm-leg position. 3. In the "Set" position, as most weight is borne by the front leg and thigh, much work must be done to keep the athlete "dead still" in this position. Stop watch timing of four to 10 seconds should be a part of early practices to hold the athlete still. 4. When the drive with the front leg is initiated, the head should be raised, the eyes looking some 20-yards to the front. 5. In the early stages, do not practice with the starting gun. Athletes must be introduced to this technique gradually. Otherwise, there is a tendency to either dwell, rock back, or alternatively jump from the blocks if the stimulus is sudden. 6. Guard against athletes "easing into" the "set" position by keeping the arms moving. This should be stopped immediately, otherwise a pattern may be established of moving into the start. "Set" position is attained quickly and held. 7. When the starting gun is used, it should be varied, sometimes fired late but never fired early. 8. It is recommended that for the first few weeks of the season, all sprinters practice at least three times a week with the blocks, sprinting some 50-yards each time. 9. Make absolutely sure that there is no "rolling" in the "set" position. There is no pleasure in disqualifying an athlete. 10. Make absolutely sure that the athlete assumes the most comfortable and natural running action (opposite arm-leg position) in the "set" command. As initially the arms are kept in the running attitude, they can be used more vigorously.

ADVANTAGES

1. The athlete runs less distance in the standing start by starting closer to the line. 2. The body position is initially in a nearer-running posture. 3. As the arms move vigorously, the athlete immediately gets into effective running action. 4. The lower limbs are mechanically correctly angled for efficient pulling of

the muscles into the run. 5. The opposite arm-leg position is more natural and comfortable to get into nearer-running form at once. 6. The athlete reaches peak speed much quicker than in crouch start. 7. Experiments show faster times over the first 50-yards mark, by no less than two to three-tenths of a second. 8. In hurdling the advantages are obvious and may make it possible to achieve a seven-stride rather than an eight-stride approach to the first barrier. 9. The standing start for any track event can be used more successfully by a middle and long distance runner without using the starting blocks. Drive the front spike into the surface of the track and assume the position.

COROEBUS (Cont'd from page 19)

seems to me that there is little stress in primitive societies and much more exercise. But Jack Pennington puts it more bluntly when he says "I'm no medical man, but how is it that the Masia tribe of Africa have no cardio-vascular disease and yet they live on milk, meat and blood? Why is it that the medical profession are all cheap imitations of Nelson? They cannot see, or will not admit, that a common denominator in people who have no heart disease is physical activity. The medics who have recognised this factor are connected with Veteran athletics and can be counted on one hand."

AMENDMENTS (Cont'd from page 20)

Javelin Class 2			
46.04	151'0"	B. Wunsch (GER)	19.5
43.76	143'7"	N. Barth (GER)	19.
43.63	143'1"	H. Schneider (GER)	31.5
Hammer Class 1			
62.30	204'5"	G. Husson 42 (FRA)	18.8
55.00	180'5"	S. Strandi (NOR)	3.6
51.56	169'2"	J. Galaska (FRA)	11.7
49.72	163'1"	H. Koop (GER)	45
49.28	161'8"	E. Sandnes (NOR)	40
47.84	156'11"	G. Lefrancois (FRA)	42
44.50	146'0"	W. Klee (GER)	41
Hammer Class 2			
39.02	128'0"	A. Hunner (GER)	55
			27.10

WORLD NEWS AND RESULTS

Australia

Jack Pennington, Editor of "THE VETERAN ATHLETE" writes:-

In Australia we have two Giants of sport, separated by 3,000 miles. They are the World's best over-50 distance runners, though it is not yet determined who actually is the best, for they have never met.

In West Australia, John Gilmour aged 55 has run a World age record 10,000m of 33m40s, in the "John Gilmour" annual event held on the University of West Australia's grass track. The enormity of John's run is that he has taken over two minutes off the best time for his age. John's time came on August 5th, 1974, and the following week he went for a training spin in the State marathon, finishing 5th in 2 hrs 44m 12s.

Earlier in the season he had finished 14th in the State 10Km cross-country, and on July 17th ran 10,000 at Perry Lakes Stadium, in 34m15s.

On the east side of the Continent, George McGrath aged 54 who in his first track season, began running times similar to John. On 7th July George beat all the Veterans over 15 Km cross-country. His time was 53min38s. The following week George ran 10th in the State Marathon (his first) in 2 hrs 43m13s and two weeks later on the 27th July he ran another in 2hrs 45m in windy weather. On August 11th came his finest hour - 80th in a field of 5,700 in the annual 15km "City to Surf Race" (the course was 60% hilly, John Farrington won in 43m21s). George's time was almost unbelievable, 50min58s, nearly five minutes ahead of his age group rivals Frank Warnock and Jack Pennington. (Jack says at about the mile mark they said "good day" and that was the end of the conversation.)

There must be something very special about these two modest men. John has a history in athletics, and he has overcome the handicap of severe malnutrition and the privations of a war-time prison camp. He looks

every bit a runner, with a relaxed long stride, whereas George is a comparative novice, and not a bit like the orthodox running machine; in fact he is more like a walker who is "lifting", probably an ideal style for the marathon, a deceptive style, because he can run 1,500m with the best of his age group. George has no preconceived ideas, he runs for the fun of it, he would have no idea what his best distance is, nor for that matter what times he could run in the atmosphere of the "Games".

In a similar position are Theo Orr and Jack Ryan both "Johnny come lately's" and both now superior to the better known Wal Sheppard, over 1,500m. So three of the World's best runners in the over 50 div, (no one outside Australia is within coo-ee) are from sports which required little running talent, (cricket, surfing and football), they have only appeared on the scene with the advent of "Fun runs" and "Veterans". These 50 to 55 years athletes have now run, 1,500 m in 4m15s, 5000 m in 16m05s, 10,000 m in 33m40s, 15 km in 50m58s and the Mara in 2hrs43min. All are capable of improving on these times in Toronto. John incidentally, is the coach of 19 year old Dave Eltringham, who won the West Australian Mara in 2hrs28m27s (11th in the National last year in 2h2807) and of Mike Hill who is now Aussie Junior record holder for 10,000 m.

Wal Sheppard writes from Victoria:-

Geoff Warren, although training strongly, has not been able to compete very often but made a welcome appearance in the Marathon on August 10th. He and Theo Orr had quite a battle with Geoff pulling away towards the finish. In view of Theo's time (2 hours 44 mins 41 secs) it is apparent he has recovered from his injury and if he makes it to Toronto should give the over 50's some competition.

The National Cross-Country was held on a course which, although firm underfoot, was extremely hilly and accordingly times were not fast. The comment was made that the course was so hilly it was fit only for goats and perhaps we were.

Nevertheless the race was well organized by the host State, South Australia, as was the presentation dinner held at a nearby hotel. Some athletes performed better at the latter venue.

Athletes are looking forward to the coming track season and the keen competition which will be evident as they vie for selection in the Australian team for Toronto.

Kelly wins National X-Cty

The National cross-country championship was held over the South Australian Club's course on 16th June and was remarkable in that four class winners occupied the first four places. Overall victor was Tom Kelly who finished almost 1½ minutes ahead of the field on a course which included severe hills. The

Aussie Vets President, Ron Neil, was second just 15 seconds ahead of the remarkable John Gilmour (55).

Australia's great strength in the Class 2 category was illustrated once again with 4 in 8. Stan Nicholls (60+) was also well up in 12th position.

(Continued overleaf)

Australia Cont'd

Class 1A

1	Tom Kelly (Vic)	38:34
2	Trevor Read (SA)	43:28
3	Bill Kirkwood (SA)	43:41
4	Roy Sutcliffe (SA)	43:52
5	Len Hart (SA)	47:16
6	Brian Fiesert (SA)	48:45
7	Des Paul (SA)	50:10
8	Rowley Ferris (SA)	51:03
9	Ray Beaumont (SA)	63:18
10	Bruce Auld (SA)	64:25

Class 1B

1	Ron O'Neill (SA)	39:59
2	Bob Clarke (SA)	42:48
3	Reg White (SA)	44:47
4	Reg Sara (SA)	47:30
5	John Bryson (SA)	47:35
6	Mike Porter (Vic)	50:23
7	Bob Cartwright (NSW)	59:41

Class 2A

1	Wally Beames (SA)	41:39
2	Colin Junner (WA)	43:05
3	Keith Routley (Vic)	43:34

4	Bill Caudie (SA)	47:02
5	Wally Sheppard (Vic)	47:23
6	Peter Colthup (Vic)	47:26
7	Joe Lovatt (SA)	47:34
8	Brian Williamson (SA)	49:47
9	Dave Kimber (SA)	50:45
10	Bill Fischer (SA)	67:33

Class 2B

1	John Gilmour (WA)	40:14
2	Al Digance (SA)	57:58

Class 3

1	Stan Nicholls (Vic)	45:40
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RESULTS Victoria

1st June, 1974 10,000M C.C. Bundoora

T. Kelly (43)	35:22
G. Wise (41)	37:00
B. Sawyer (40)	37:11
L. Hooper (47)	38:41
K. Lodge (43)	39:41
R. Young (43)	40:39
R. Lynch (46)	41:11
T. Davison (42)	41:59
N. Anderson (49)	42:04
S. Nicholls (63)	42:24
R. Jennings (41)	42:48
R. Barratt (45)	43:02
P. Colthup (53)	43:41
G. Wheeler (43)	44:11
B. Young (41)	44:50
N. Le Rossignol (52)	45:43
J. Johnston (51)	46:33
W. Burke (-)	47:24
J. Penaluna (-)	48:36
J. Tennant (52)	49:20
J. Tutton (60)	50:42
G. Wilson (62)	54:34

8th June, 1974 Victoria Annual Veteran road races; undulating course, Yara Glen.

10,000m 40-49	
N. Anderson	38:11
Ron Young	38:25
Mike O'Neil	39:12
Ivan Carter	39:32
D. Grinstead	39:42
Mike Porter	42:07
M. Meiselbach	43:09
P. Key	43:34
N. MacLeish	44:49

10,000m 50-59	
Jack Ryan	36:14
Wal Sheppard	40:14
P. Colthup	40:21
D. Colclough	40:34
A. Smith	48:55

10,000m 60+	
George Wilson	52:40
George Simpson	62:42

25Km:

Tom Kelly	91:55
Gerry Riley	98:50
Keith Routley	101:05
Hal Dalheim (Aged 57)	102:01

22nd June, 1974 5000M Road

T. Kelly (43)	16:03
D. McLean (40)	16:48
N. Duff (43)	17:09
D. Elliott (42)	17:22
L. Hooper (47)	17:30
L. Sykes (41)	17:32
K. Routley (50)	17:42
B. Sawyer (40)	17:50
A. De Ville (51)	17:57
A. Lynch (46)	18:00
N. Anderson (49)	18:12
R. Young (43)	18:15
T. Robbins (46)	18:26
D. Grinstead (49)	18:29
R. Barratt (45)	18:31
W. Warr (45)	18:34
M. O'Neill (48)	18:35
S. Nicholls (63)	18:39
P. Colthup (53)	18:55
J. Roy (-)	19:00
F. Lester (51)	19:13
H. Birch (40)	19:24
J. Penaluna (-)	19:37
T. Breen (56)	19:38
N. Le Rossignol (52)	19:55
J. Johnson (51)	20:02
E. Gamble (59)	20:13
H. Meiselbach (45)	20:26
D. McNair (-)	20:36
J. Tennant (52)	20:46
J. Trinkhaus (45)	20:47
W. Riley (51)	21:01
W. Burke (-)	21:29
F. Barry-Brown (-)	21:44
W. Tatt (54)	22:02
G. Wilson (62)	25:24
G. Simpson (67)	28:22

6th July, 1974 15,000 CC. Sunbury

T. Kelly (43)	56:31
B. Sawyer (40)	57:01
D. Elliott (42)	57:36
J. Ryan (52)	60:35
L. Sykes (41)	61:08
K. Onley (40)	63:45
R. Young (43)	63:52
R. Jennings (-)	63:54
P. Colthup (53)	66:43
K. Routley (50)	67:44
B. Young (41)	68:30
A. Cook (38)	70:04
J. Tierney (44)	70:27
H. Meiselbach (45)	70:53
N. Le Rossignol (52)	72:20
H. Ward (-)	75:32
D. McNair (-)	81:09

6th July, 1974 15,000M Road

N. Duff (43)	50:42
J. Ryan (52)	53:38
L. Sykes (41)	54:33
D. McLean (40)	55:13
K. Routley (50)	55:15
G. Riley (44)	56:04
L. Hooper (47)	56:27
N. Anderson (49)	56:51
K. Onley (-)	57:13
T. Davison (-)	58:11
W. Sheppard (52)	58:16
D. Grinstead (49)	58:14
P. Colthup (53)	60:16
D. Coleclough (50)	62:46
J. Tierney (44)	63:20
N. Le Rossignol (52)	63:27
J. Jack (-)	64:03
H. Meiselbach (45)	64:30
H. Ward (-)	65:51
J. Sheppard (49)	70:22
D. McNair (-)	70:36
G. Wilson (62)	77:45
T. McConnel (46)	81:31

10th August, 1974 Victoria Marathon

G. Warren (43)	2:43:53
T. Orr (50)	2:44:41
G. Riley (44)	2:59:58
J. Conway (44)	3:07:08
I. Carter (47)	3:14:42
R. Barratt (45)	3:25:54

24th August, 1974 25,000M Road

N. Duff (43)	89:25
T. Kelly (43)	90:32
D. Elliott (42)	95:25
L. Sykes (41)	98:44
J. Willis (40)	99:09
K. Onley (40)	100:12
K. Routley (50)	101:01
G. Riley (44)	101:32
W. Sheppard (52)	102:13
R. Jennings (42)	102:26
T. Davison (42)	102:31
N. Anderson (49)	102:43
R. Barratt (45)	105:57
J. Tierney (44)	112:37
N. Le Rossignol (52)	114:44
R. De Castella (50)	122:20
H. Ward (-)	122:53
J. Sheppard (49)	125:11
G. Wilson (62)	135:27

Australia Cont'd South Australia

1st June, 1974 10 miles Road Championship S.A.

1	Gerry Hicks	56:55
2	Wally Beames	58:35
3	Bob Clarke	60:48
4	Roy Sutcliffe	62:29
5	Reg White	65:58
6	Al Gottschalk	67:32
7	Len Hart	68:10
8	Rowley Ferris	69:50
9	John Bryson	69:50
10	Brian Fiegert	70:26
11	Dave Kimber	75:17
12	Al Digance	78:17

11	Peter Wade	36:13
12	Des Paul	36:13
13	Dave Kimber	36:53
14	Rowley Ferris	37:05
15	Brian Williamson	37:25
16	Al Digance	41:46
17	Alex Lampard	44:57

3rd August, 1974 State marathon Championship:

G. Hicks	2:46:25
T. Read	2:59:54
W. Beames	3:09:51
R. Clarke	3:18:26
F. Busch	3:25:41
H. Barnes	3:57:43

10th August, 1974 10,000 meter

1	Ron O'Neil	38:44
2	R. Clarke	40:40
3	R. White	42:08
4	P. Wade	42:55
5	P. Stone	43:10
6	W. Rust	47:44
7	B. Fiegert	48:01
8	J. Bryson	48:19

(Cont'd. on page 31)

Canada

Entry forms will shortly be published for next year's big event in Toronto.

The following events have been added to the programme.

- For ladies in their three age groups (OW, 30-39; 1W, 40-49; 2W, 50+) 100m, 400m and marathon in addition to the existing 1500m and 5000m. It is

probable that ladies will be accepted for one of the walks.

- In addition to the regular 4 x 100m and 4 x 400m relays in three Masters age classes (1, 2 and 3) there will be a special National 4 x 400m relay comprising two class 1, one class 2 and one class 3 runner, running in the order 40+, 50+, 60+, 40+. Only runners who have not competed in the regular relays may run in this event.

1st Canadian Masters Track & Field Champs.

The first Canadian Masters Track and Field Championships - Don Farquharson writes:-

On June 26th, Duncan McLean, the 89 year old "tartan flash" dropped in at Toronto en route to Vancouver. With him came Ed Sears (66) and Fred Smith (41) and this trio, later joined by Keith Whitaker in Vancouver, comprised the British team to our first Canadian Championships.

After a couple of pleasant days highlighted by a send-off party at Elwyn and Lynn Davies' home, they continued westbound joined by about 30 Ontarians

and a group of N. Eastern U.S. Masters including our old friend, John Hutchinson, now also a member of C.M.I.T.T. Unhappily we lacked such stars as Bill Allen, Arthur Taylor, Roy Cowell, John Doyle, Bryan Martindill, Bob Bowman and Ron Wallingford, as well as receiving the news that Quebec's Ed Whitlock could not make it either.

Following a brief afternoon scout around Vancouver during the Friday afternoon, we attended a welcoming wine and cheese party at the Richmond Track & Field Clubhouse and the chance to look over the adjacent Minours Park track. The evening was a great

Canada

success as it gave us the chance to meet many CMITT members from B.C. hitherto just names. It was a treat for me to meet Doug Clement, John Pavelich, Ken Richardson, Bill Henderson and the many others who had made the championship possible.

Competition started the next day and it was obvious that David Pain's U.S. Masters were strongly represented in almost all events. Partially offsetting this were the usual fine performances of Roger Ruth, John Pavelich and Doug Clement, augmented by the good efforts of Jim Conway, M. Dumont, David Hambleton, Al Fisher and others especially a new "find" in the

person of Hal Werner (45) who won the javelin throw in a great 56.34 (184'8") which he eclipsed a few days later at Gresham (188'4"). This effort will doubtless put Hal amongst the world veteran ranks this year.

Needless to say the Canadian record books were virtually rewritten and it will take some time for this to sink in.

There were many thrilling contests but perhaps none caught the imagination as much as the 1600M relay in Class 1. A Canadian team of Brian Oxley; John Kendall and George Gluppe were joined by Britain's 400M winner, Fred Smith, and raced the whole distance shoulder to shoulder against a U.S. team augmented by Fred's team-mate, Keith Whitaker. Fred underlined his great 51.8 win by again getting his shirt in front in the last stride.

100 Metres

Class 1A

1	F. Parish (USA)	11:8
2	F. Smith (GB)	11:8
3	D. Martin (USA)	12:0
4	R. Duke (Victoria)	12:1
5	W. Frederickson (USA)	12:2
6	P. Schlegal (USA)	12:2
7	J. Coy (USA)	12:6
8	H. Lochhead (USA)	12:7

Class 1B

1	J. Greenwood (US)	11:8
2	L. Spanjers (USA)	12:3
3	J. Rowe (Victoria BC)	12:7
4	F. Klassen (Ont)	13:0
5	C. Parish (US)	13:3
6	E. Grimm (USA)	15:7
7	B. Harder (Courtenay BC)	15:7

Class 2A

1	A. Guidet (USA)	11:9
2	W. Buchanan (USA)	12:8
3	D. Mackenzie (BC)	13:4
4	H. Kiefers (BC)	14:0
5	Johnson	14:0
6	M. Pickl (Ont)	14:3

Class 2B

1	B. McDonald (USA)	12:5
2	B. Bowers (USA)	13:2
3	B. Morales (USA)	13:2
4	J. Hutchinson (USA)	13:2
5	H. Warwas (Ont)	13:4

Class 3A

1	R. Niblock (USA)	13:2
2	R. Edwards (USA)	13:4
3	G. Braceland (USA)	13:7
4	O. Nicholls (USA)	13:9
5	C. Hills (USA)	14:0
6	J. Caruso (USA)	14:8

Class 3B

1	J. Puglizovich (USA)	14:3
2	A. Brosz (ont)	15:5
3	C. Shinkosky (USA)	15:7
4	B. Till (Ont)	15:7
5	B. Stout	27:4
6	K. Carnine	44:5

Class 4

1	S. Lum (USA)	15:3
2	F. Pernock (USA)	16:8
3	D. MacLean (GB)	20:0

200 Metres

Class 1A

1	F. Smith (GB)	23:2
2	K. Whitaker (GB)	23:8
3	G. Gluppe (Ont)	24:0
4	W. Frederickson (USA)	24:6
5	D. Martin (USA)	24:9
6	H. Lochhead (USA)	25:6
7	A. Afremow (USA)	25:6

Class 1B

1	J. Greenwood (USA)	24:0
2	L. Spanjers (USA)	25:6
3	G. Puterbaugh (USA)	25:8
4	J. Rowe (BC)	26:0
5	F. Klassen (Ont)	26:5
6	G. Weber (USA)	26:6

Class 2A

1	W. Buchanan (USA)	25:9
2	H. Hunter (USA)	26:3
3	J. Hutchinson (USA)	27:4
4	D. MacKenzie (BC)	27:7
5	H. Keefers (BC)	28:6
6	A. Bryant (USA)	29:7

Class 2B

1	A. Guidet (USA)	24:7
2	A. Bowers (USA)	26:2
3	B. McDonald (USA)	27:2
4	H. Warwas (Ont)	27:8
5	M. Pickl (Ont)	28:1
6	H. Elrick (USA)	30:5

Class 3

1	F. Sjostrand (USA)	26:7
2	R. Edwards (USA)	27:8
3	J. Sath (USA)	27:9
4	G. Braceland (USA)	27:9
5	C. Hills (USA)	30:1
6	F. Hicks (USA)	33:0
7	B. Till (Ont)	33:1
8	R. Barrand (Ont)	34:0

Class 4

1	H. Chapson (USA)	31:0
2	S. Lum (USA)	31:2
3	D. MacLean (GB)	44:8

400 metres

Class 1A

1	F. Smith (GB)	51:8
2	K. Whitaker (GB)	52:4
3	D. Clement (BC)	53:2
4	G. Gluppe (Ont)	53:4
5	B. Oxley (Ont)	57:5

Class 1B

1	G. Puterbaugh (USA)	56:0
2	J. Rowe (BC)	57:9
3	G. Webber (USA)	59:0
4	D. Farquharson (Ont)	64:2
5	P. Pulte (BC)	67:3
6	W. Hall (USA)	75:0

Class 2

1	A. Guidet (USA)	57:2
2	B. McDonald (USA)	58:5
3	W. Bowers (USA)	59:2
4	J. Hutchinson (USA)	61:1
5	W. Buchanan (USA)	61:2
6	A. Bryant (USA)	61:4
7	J. Young (Ont)	79:7

Class 3

1	F. Sjostrand (USA)	60:1
2	R. Niblock (USA)	60:5
3	G. Braceland (USA)	62:8
4	B. Deacon (USA)	63:5
5	F. Bierlein (USA)	71:6
6	F. Hicks (USA)	74:3
7	B. Till (Ont)	75:9
8	E. Sears (GB)	76:4

Class 4

1	H. Chapson (USA)	67:3
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800 metres

Class 1A

1	P. Dougherty (USA)	2:04.3
2	J. Kendall (Ont)	2:07.0
3	B. Oxley (Ont)	2:17.7

Class 1B

1	G. Puterbaugh (USA)	2:11.2
2	C. Salmond (Vic. BC)	2:14.9
3	L. Cullen (BC)	2:16.1
4	J. Hutchinson (USA)	2:20.1
5	D. Farquharson (Ont)	d.n.f.

Canada Cont'd

Class 2

1	A. Bryant (USA)	2:17.5
2	B. McDonald (USA)	2:19.2
3	A. Waterman (USA)	2:23.1
4	H. Perry (USA)	2:26.6
5	H. Elrick (USA)	2:31.0
6	W. Buchanan (USA)	2:43.3

Class 3

1	B. Andberg (USA)	2:30.4
2	F. Bierlein (USA)	2:48.9
3	R. Barrand (Ont)	2:53.0
4	E. Sears (GB)	3:14.4

Class 4

1	H. Chapson (USA)	2:39.6
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1500 Metres

Class 1A

1	L. Meyer (USA)	4:11.6
2	P. Dougherty (USA)	4:15.2
3	J. Kendall (Ont)	4:21.7
4	J. Livesay (USA)	4:26.0
5	B. Oxley (Ont)	5:04.1

Class 1B

1	D. Beatty (Ont)	4:26.9
2	G. Puterbaugh (USA)	4:30.2
3	C. Salmond (BC)	4:38.8
4	J. Hutchinson (USA)	4:44.2
5	B. Henderson (BC)	4:55.0
6	D. Farquharson (Ont)	5:12.7
7	B. Harder (BC)	5:39.7

Class 2

1	M. Hernandez (USA)	4:37.1
2	A. Bryant (USA)	4:39.5
3	A. Waterman (USA)	4:51.7
4	H. Perry (USA)	5:00.6
5	D. Stiles (Ont)	5:03.8
6	A. Stuart (BC)	5:14.2
7	H. Elrick (USA)	5:15.3
8	K. Hignell (Ont)	5:52.5

Class 3

1	B. Andberg (USA)	4:53.7
2	Bud Deacon (USA)	5:15.7
3	R. Barrand (Ont)	5:47.2

Class 4

1	H. Chapson (USA)	5:33.2
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5000 metres

Class 1A

1	R. Hatton (USA)	15:23.4
2	J. Livesay (USA)	16:32.4
3	Y. Dumont (Quebec)	17:05.8
4	A. Fisher (BC)	17:11.8
5	W. McConnell (USA)	17:18.2
6	F. Ryan (USA)	17:25.8
7	L. McDonald (BC)	18:41.2
8	J. Yeomak (BC)	18:58.6
9	D. Richmond (BC)	20:46.8

Class 1B

1	P. Mundle (USA)	15:47.8
2	R. Smith (USA)	17:03.0
3	D. Beatty (Ont)	17:26.4
4	S. Clarke (USA)	17:43.2
5	J. O'Neil (USA)	17:59.0
6	B. Henderson (BC)	19:22.2
7	T. Maidman (Ont)	19:24.6
8	Paul Pulte (BC)	20:19.4
9	D. Newton (BC)	d.n.f.

Class 2A

1	M. Hernanz (USA)	17:31.4
2	J. Houlden (Manitoba)	19:58.3
3	D. Pain (USA)	19:15.4
4	A. Stuart (BC)	19:15.8
5	S. Baldry (BC)	19:49.4
6	K. Richardson (BC)	20:47.4
7	E. Gautschi (BC)	21:22.0
8	K. Hignell (Ont)	22:14.6
9	C. Hill (BC)	22:15.0
	T. Clark (Ont)	d.n.f.
	G. Homes (Ont)	d.n.f.

Class 2B

1	J. Lafferty (USA)	18:12.0
2	J. Olson (USA)	18:26.2
3	D. Stiles (Ont)	19:17.4

Class 3

1	J. Wall (USA)	18:20.6
2	B. Andberg (USA)	18:22.0
3	J. Farrell (Scotland)	19:35.6
4	U. Miller (USA)	20:45.8
5	A. Green (Vic. BC)	21:25.0
6	R. Macternahan (USA)	23:05.8

Class 4

1	P. Hobe (USA)	27:09.6
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10,000 Metres

Class 1A

1	R. Hatton (USA)	32:30.0
2	J. Conway (BC)	34:27.2
3	Y. Dumont (Quebec)	34:31.8
4	A. Fisher (BC)	35:45.4
5	F. Ryan (USA)	35:51.6
6	D. Hambleton (BC)	36:10.0
7	K. Fiddes (BC)	36:47.8
8	S. Fell (BC)	37:01.8
9	L. MacDonald (BC)	37:27.8
10	L. Yarmak (BC)	38:01.8
11	G. Swan (BC)	41:33.8
12	W. Hutchinson (BC)	41:53.6

Class 1B

1	R. Smith (USA)	33:09.6
2	S. Clarke (USA)	36:49.0
3	J. O'Neil (USA)	37:15.4
4	D. Lucero (USA)	39:33.8
5	R. Herman (USA)	41:12.6
6	T. Maidman (Ont)	41:50.6

Class 2

1	J. Lafferty (USA)	38:02.2
2	J. Olson (USA)	38:07.5
3	J. Houlden (Manitoba)	40:07.6
4	T. Clark (Ont)	42:20.4

Class 3

1	J. Wall (USA)	40:37.6
2	J. Farrell (Scotland)	40:51.0
3	U. Miller (USA)	41:05.0
4	A. Green (Vic. BC)	41:30.0
5	R. Macternahan (USA)	41:37.0
6	N. Tamanaha (USA)	41:49.0

Class 4

1	Paul Hobe (USA)	68:03.0
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3,000 metres Steeplechase

Class 1

1	L. Meyers (USA)	10:13
2	W. McConnell (USA)	10:50
3	J. Houlden (BC)	14:52

Class 2

1	A. Bryant (USA)	12:07
2	A. Waterman (USA)	12:29
3	J. Houlden (Manitoba)	13:23
4	K. Richardson (BC)	13:36

Class 3

1	S. Thompson (USA)	16:30
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110M Hurdles

Class 1

1	J. Greenwood (USA)	15.9
2	L. Wilson (BC)	21.0

Class 2

1	A. Quidet (USA)	18.7
2	B. Morales (USA)	19.9
3	J. Hutchinson (USA)	20.6
4	M. Pickl (Ont)	21.3

Class 3

1	B. Deacon (USA)	20.0
2	G. Braceland (USA)	20.7
3	C. Hills (USA)	21.4
4	S. Thompson (USA)	22.0
5	T. Hatlen (USA)	22.3
6	A. Brosz (Ont)	27.0

400M Hurdles

Class 1

1	J. Greenwood (USA)	58.1
2	K. Whitaker (GB)	62.3
3	M. Waerle (Ont)	71.3

Canada Cont d



DOUG BEATTY wins 1500 (1B) from GEORGE PUTERBAUGH (US)

Long Jump

Class 1	
1 R. Ruth (BC)	5:79
2 P. Schlegel (USA)	5:68
3 V. Parish (USA)	5:52
4 M. Woerle (Ont)	4:62
5 F. Klassen (Ont)	4:58
7 K. Buchanan (Ont)	4:21

Class 2	
1 B. Morales (USA)	5:06
2 J. Hutchinson (USA)	4:77
3 H. Hunter (USA)	4:76
4 H. Husany (USA)	4:59
5 M. Pickl (Ont)	4:46
6 H. Keefers (BC)	4:36
7 D. Brown (USA)	4:23
8 W. Buchanan (USA)	4:19

Class 3	
1 B. Deacon (USA)	4:48
2 G. Braceland (USA)	4:39
3 O. Nicholls (USA)	4:37
4 C. Hills (USA)	4:37
5 S. Thompson (USA)	4:10
6 J. Cruso (USA)	3:79
7 J. Dick (USA)	3:68
8 J. Puglizevich (USA)	3:64
9 A. Brosz (Ont)	3:26

Class 4	
1 F. Pennock (USA)	2:68

Triple Jump

Class 1	
1 R. Ruth (BC)	38'6½"
2 P. Schlegel (USA)	28'8½"
3 H. Wallace (USA)	14'0"

Class 2	
1 H. Rusany (USA)	33'11¼"
2 J. Hutchinson (USA)	33'6"
3 B. Morales (USA)	31'5½"
4 O. Gillett (USA)	30'10"
5 M. Pickl (Ont)	30'8¼"

Class 3	
1 V. Deacon (USA)	30'5¾"
2 C. Hills (USA)	29'5"
3 S. Thompson (USA)	28'8"

4 O. Nicholls (USA)	28'5"
5 J. Dick (USA)	28'4"
6 G. Braceland (USA)	27'0"
7 J. Garuso (USA)	26'11¾"
8 A.E. Vesco (USA)	23'7"
9 A. Brosz (Ont)	20'9"

Pole Vault

Class 1	
1 R. Ruth (BC)	4.20
2 J. Donley (USA)	3.51
3 M. Woerle (Ont)	2.35
4 L. Wilson (BC)	
5 H. Wallace (USA)	

Class 2	
1 O. Gillett (USA)	3.20
2 D. Brown (USA)	3.20
3 J. Hutchinson (USA)	no height

Class 3	
1 B. Deacon (USA)	2.80
2 S. Thompson (USA)	2:64
3 G. Braceland (USA)	2:49
4 C. Hills (USA)	2:35
5 A. Brosz (Ont)	1:90

Discus

Class 1 (2 Kg)	
1 J. Pavelich (BC)	42:74
2 T. Wassam (USA)	36:28
3 H. Wallace (USA)	32:42
4 E. Phillips (USA)	27:80
5 M. Woerle (Ont)	27:04

Class 2 (1.6 Kg)	
1 G. Kerr (USA)	44:43
2 B. Bangert (USA)	38:97
3 D. Aldrich (USA)	38:44
4 O. Gillett (USA)	32:71
5 S. Patterson (USA)	32:69
6 J. Kilbuck (USA)	31:33

Class 3 (1 Kg)	
1 K. Carmine (USA)	30:45
2 J. York (USA)	29:38
3 J. Puglizevich (USA)	25:78
4 R. Hubbell (USA)	25:73
5 J. Dick (USA)	25:63
6 A. Vesco (USA)	25:44
7 G. Braceland (USA)	25:19
8 R. Nicholls (USA)	23:98
9 C. Hills (USA)	23:53
10 P. Hicks (USA)	21:75
11 A. Brosz (Ont)	21:31

Class 4 (1 Kg)	
1 S. Herrmann (USA)	27:05
2 F. Pennock (USA)	18:46

Javelin

Class 1 (800G)	
1 H. Werner (BC)	56:34
2 B. Flaherty (USA)	50:48
3 J. Pavelich (BC)	44:66
4 E. Phillips (USA)	43:54
5 H. Wallace (USA)	43:42
6 M. Woerle (USA)	32:98

Class 2	
1 B. Morales (USA)	48:48
2 H. Hunter (USA)	45:74
3 D. Aldrich (USA)	42:02
4 J. Kilbuck (USA)	41:44

5 J. Hutchinson (USA)	32:24
6 M. Pickl (Ont)	21:12
7 S. Patterson (USA)	18:96
8	

Class 3 (600G)	
1 O. Nicholls (USA)	38:44
2 J. Dick (USA)	36:74
3 B. Deacon (USA)	33:78
4 K. Carmine (USA)	33:54
5 G. Braceland (USA)	33:32
6 C. Hills (USA)	32:06

Class 4	
1 F. Pennock (USA)	22:28
2 S. Herrmann (USA)	21:00

Shot Put

Class 1 (16 lbs)	
1 T. Wassam (USA)	13:50
2 J. Pavelich (BC)	12:80
3 H. Wallace (USA)	9:92
4 R. MacLeod (BC)	9:11
5 M. Woerle (Ont)	8:77
6 E. Grimm (USA)	6:81

Class 2 (12 lbs)	
1 G. Kerr (USA)	15:85
2 B. Bangert (USA)	15:54
3 D. Aldrich (USA)	11:29
4 H. Warwas (Ont)	9:24
5 S. Patterson (USA)	8:71
6 T. Leister (BC)	7:31

Class 3 (8 lbs)	
1 J. York (USA)	12:20
2 R. Nicholls (USA)	11:12
3 A. Vesco (USA)	10:79
4 J. Dick (USA)	10:49
5 G. Braceland (USA)	10:48
6 F. Hicks (USA)	9:67
7 A. Brosz (Ont)	9:57
8 B. Stout (USA)	8:43

Class 4 (8 lbs)	
1 S. Herrmann (USA)	11:30

Hammer

Class 1 (16 lbs)	
1 J. Pavelich (BC)	37:08
2 M. Woerle (Ont)	19:52

Class 2 (12 lbs)	
1 S. Patterson (USA)	40:06
2 D. Aldrich (USA)	34:96
3 B. Bangert (USA)	30:68
4 M. Pickl (Ont)	16:64

Class 3 (12 lbs)	
1 R. Hubbell (USA)	32:34
2 A.E. Vesco (USA)	25:48
3 J. Dick (USA)	24:06
4 G. Braceland (USA)	22:90
5 A. Brosz (Ont)	20:58
6 R. Nichols (USA)	19:82

Sub Masters (16 lbs)	
1 G. Saimond	63:62
2 M. Cairns (BC)	55:24
3 S. Neilson	54:24
4 S. Hurton (BC)	33:16

20 Km Walk (Track)

Class 2B	
1 M. Gould	1:48:56.8
Winner of all divisions	
Other results not yet available	

Canada contd.

May 20th		
Thunder Bay Canadian '10'		
19 A. Ivan 46	59:43	

May 25th		
Lion's Gate Road Runners International		
Marathon		
22 L. Hambleton 41	2:54:18.4	
24 J. Herrick 43	2:54:35.8	
29 L. Soukup 40	2:58:37.0	
33 J. Yarmak 40	3:06:09.6	
34 L. McDonald 41	3:06:51.8	

June 8th		
Maritime 13 miles road run. (Temp. 84°F)		
8 C. Davenport	1:17:33	
20 F. Anderson	1:30:29	
24 M. Cloutier	1:31:44	

Calgary Marathon		
9 B. Wyllie 41	3:02:05	
12 F. Mantsch 47	3:35:24	
14 S. Lange 58	3:44:16	
16 A. Dyson 70	4:00:43	
17 B. Lovie 40	4:06:48	
18 G. Hankins 50	4:45:48	

June 15th		
City of PierreFonder T & F Meet		
1500:		
Ed Whitlock	4:07.6	
(Canadian Masters Record)		

June 26th		
Western Ontario Regional League		
100:		
2 R. Bowman 43	12.2	
6 J. Lauder 43	12.6	
800		
4 R. Bowman 43	2:03.5	
A. Taylor 47	2:14.0	
1500		
5 A. Taylor 47	4:16.7	

Ist July, 1974		
22 KM Quebec		
17 L. Brunel 40+	1:30:40	

July 14th		
Ronyn, P.Q.		
800:		
Ed Whitlock	2:01.1	
(Canadian Masters Record)		

July 17th		
Sarnia Track Meet		
1500:		
B. Bowman 43	4:17.5	
6 miles:		
B. Bowman	34:20.0	

Triangular Meet --Kingston		
10,000 metres		
J. Doyle (WindTC) 40	32:53.2	
W. Allen (EOOC) 43	33:55.1	
R. Bowman (Woods) 43	34:58.6	
C. Hall (Met.Fit.) 48	34:58.6	
D. Milne (Met.Fit.) 43	38:58.2	
W. Buck (Mart.M.) 40	39:03.2	
R. Latour (Mart.M.)	39:47.0	

NEW ZEALAND

Morrice Poulton Hon. Sec. Canterbury Vets T & F Committee writes:—

After the highly successful "Pre-Games" Veterans International Meeting in Christchurch, it was decided that the vets movement in N.Z. was well and truly launched.

In Christchurch itself the response has been so good that our committee decided a "National Champs" is a must.

Accordingly we have booked Q.E. II Park for the event to be held during Easter week-end 1975.

Already we have provisionally an entry of 48 people, including the possibility of a visit from 4 walkers from Sheffield United Harriers.

We would be delighted to receive entries from any overseas athletes.

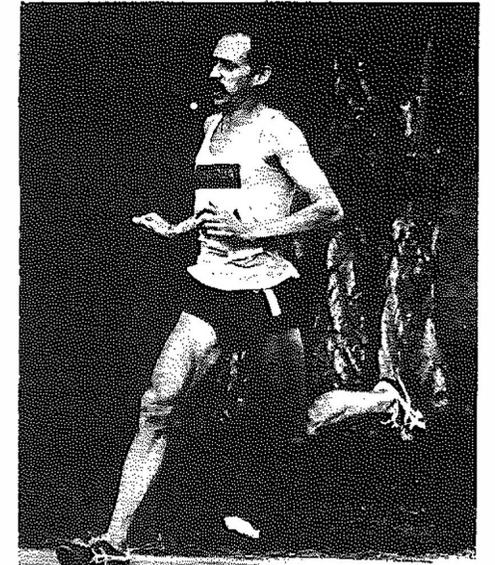
The only stipulation we must make, apart from the age qualification of course, is that athletes must be registered amateurs as the meeting is being conducted under NZAAA and I.A.A.F. rules.

Our kind regards go out to vets all over the world and we hope that we will see some of them during Easter 1975 or, indeed, any other time.

Runners in the inter-club 5-stage road relay at Port Hills on Saturday, August 24th, had to battle against severe weather conditions, besides the tough course itself.

At times the runners had to fight head on into a southerly gale, with sleet and snow driving down at intervals, and progress even downhill became difficult. John Macdonald and his veteran brother (J.D.) were members of the second placed handicap team.

The Sydney-to-Melbourne record holder D. Cameron (Baptist), aged 41, used the race as a build-



JACK FOSTER (41) won the inaugural "Marathon of the Times" in Los Angeles on June 22nd; beating Ireland's Neil Cusack in 2:18:25.

up for his forthcoming Bluff to Cape Regina record attempt. He jogged up the hill to warm up for the start of the second lap and, after taking fastest veterans time, he ran back to the start. This and a 10 miles run in the morning gave him a total of about 30 miles for the day. He was accompanied most of the distance by the second oldest man in the race, J. Drew, who ran the second lap for veterans and totalled 25 miles.

Macdonald wins Kiwi C.C.

New Zealand Veterans 5th National Cross Country Championship Whangarei, August 10th.

by John Drew

Canterbury's John Macdonald scored a fine win in this year's National Championship when he ran former Olympic representative Bill Baillie into second place over the 9,000 metres course. Last year's winner, Dick Chase (Auckland), who, like Baillie, is a former national champion, was about 300 metres behind Macdonald in third place.

The testing undulating course, including some steep inclines up to 40 metres in height, was slushy — in places to knee depth. Warm heavy rain fell in the middle stages of the race. Runners said the volcanic mud was very sticky, and although nearly everyone taped their shoes several shoes were lost in the mud.

Macdonald, the Canterbury 15,000 metres titleholder, took the lead with about 6000 metres to go after Chase fell at a culvert. From then on, he was never headed.

Baillie, running his usual crafty race, had kept close on the heels of Chase in third place. When he went after Macdonald, planning to use his pace in the closing stages, Macdonald's sustained power proved too much for him.

The Commonwealth Games silver-medallist Jack Foster was sidelined with a leg injury.

Harold Nelson (24th) was the first class 2 veteran home and Ansell Brown (62nd) the first class 3.

RESULT

Distance 9000 Metres								
1	J. Macdonald IA	30:29	27	D. Crosbye IB	35:17	54	R. Bearsley 2B	41:20
2	B. Baillie IA	30:53	28	I. Bennett IB	35:22	55	S. Taylor 2B	41:46
3	D. Chase IA	31:19	29	J. Somerville IA	35:49	56	C. Mallard IA	42:08
4	M. Taylor IA	31:39	30	G. Gibson IB	36:07	57	B. Loader IA	42:32
5	D. Calder IA	31:57	31	R. Buchanan IA	36:25	58	B. Bayliss 2A	42:44
6	R. Stevens IA	32:27	32	B. Webber IA	36:32	59	F. Hamlin 2A	42:51
7	M. Guerin IA	32:43	33	B. Hobbs IB	36:36	60	S. Smith IB	42:54
8	M. McGuire IA	32:46	34	G. Moller IB	36:41	61	L. Francis 2A	43:07
9	L. Field IA	32:52	35	I. Columbus IA	36:52	62	A. Brown 3	43:08
10	M. Hellier IA	32:55	36	D. Wilson IA	36:59	63	J. Regan IB	43:28
11	B. O'Brien IA	32:57	37	N. Read IA	37:13	64	G. Currie 2B	44:19
12	J. Hughes IA	33:10	38	A. Hadley IA	37:17	65	B. Van Asche IB	44:37
13	B. Rodger IA	33:18	39	R. Kiong IA	37:51	66	E. Warner IA	45:51
14	I. Mallowes IB	33:45	40	G. Shaw IA	37:58	67	C. Skudder IA	45:51
15	J. Daly IB	33:50	41	C. Clifton IA	38:06	68	B. Morton IB	46:46
16	J. Fenton IA	33:59	42	P. Williams IA	38:29	69	C. Green 2B	47:21
17	D. Collins IA	34:07	43	B. Heseltine IA	38:37	70	B. Holeham 2B	48:00
18	J. Parcell IA	34:12	44	W. McGuire IA	38:41	71	J. Cain IB	48:34
19	R. Cain IA	34:20	45	W. Anderton IA	38:51	72	R. Stevens 2A	48:54
20	A. McKernan IA	34:34	46	S. Purves 2A	38:57	73	M. Grace 2A	49:22
21	T. Cattermore IA	34:44	47	F. Woods 2B	39:21	74	T. Cairns IB	50:17
22	A. Carter IA	34:48	48	C. Southwick 2A	39:45	75	T. Thomson 3	51:29
23	L. Wilson IA	34:51	49	T. Guy IA	40:09	76	H. Kerr 2B	51:59
24	H. Nelson 2A	34:57	50	P. Josland IB	40:17	77	B. Trail 2B	56:02
25	B. Harrison IA	35:09	51	D. Dowland IB	40:36	TEAMS:		
26	L. Maxted IA	35:13	52	B. Rollo IB	40:40	Provincial — Auckland 18 Canterbury 54		
			53	J.B. Cornwall IA	41:09	Club — Lyndale 23, Olympic 61		

John Macdonald

Some veteran athletes gather prowess as they grow older.

That's what has happened to New Zealand's tall, rangy, long striding John Macdonald who won the national cross country veterans championship at Whangarei New Zealand on August 10.

John one of Canterbury's top road runners gave it away for about six years when about 30. Now he has made a come back and is beating men like the Olympic Games representative Bill Baillie whom he could never have got anywhere near when they were both in their prime. Yet Bill Baillie has never given up competitive sport for any duration at any time since he began competitive running at 17.

John Macdonald gave notice of his renewal of form when he won the Canterbury open all-comers 15000 metres road championship last season on the eve of turning 40. And he will be giving all-comers a shake up in the national championships over the same distance this season judging from his present form. He is top veteran pick anyway.

TRANS TOURS N.Z. LTD.

In association with Canterbury Veterans Club cordially invite you to join them in the first ever

N.Z. VETERANS NATIONAL TRACK AND FIELD CHAMPIONSHIPS

The dates for this event are March 29 (Sat) and March 30 (Sun) 1975

The venue for this unique Easter Sports Festival is fabulous

Q.E. II PARK, CHRISTCHURCH.

It is the committee's intention to put on a full range of events to cover all age groups, as in the highly successful Pre-games Veterans International Meeting, also at Christchurch.

At this stage we would like to know if you think you will be able to attend and, if so, to indicate your age plus the events you would take part in.

LADIES. For this meeting the veterans age has been set at 35, as opposed to 40 for men. We would appreciate your opinion on this. To get a true picture, we would ask that only the ladies directly involved or affected offer their opinion.

Australia Cont'd

10 miles Tartan		G. Hodges		64:38
		R. Hall		65:26
		J. Bowes		72:34
		N. Fletcher		73:56
		R. Cartwright		80:02
		Over 60		
		H. Batterham		70:24
		L. Williams		80:02
		11th August, 1974		
		City to Surf Race, Sydney		
		Over 4,600 finished this famous race		
		over a tough 15Km course from		
		Sydney Town Hall to Bondi Beach.		
		The race was won by Terry Manners		
		(NZ) in 43:21. Veteran and pre-vet		
		times:--		
		Dave Power (46)		47:12
		Alby Thomas (39)		47:29
		Doug Worling (39)		49:56
		George McGrath (54)		50:58
		P. Versteegen		51:24
		K. Ollershaw		51:50
		Peter Piper		52:24
		Robin Clyne		52:28
		Tony Visalli		53:42
		Adolf Blenner		53:44
		Graham Kent		53:58
		Frank Warnock (50+)		55:24
		Jack Pennington (50+)		55:34
		Keith Ferguson		55:52
		H. Batterham (63)		63:24
		Tom Millard (71)		82:04
		40-49		
		T. Visalli		55:47
		P. Piper		56:50
		B. Adam		57:26
		R. Piper		59:04
		F. Devlin		60:44
		J. Collins		62:15
		50-59		
		G. McGrath		53:38
		R. Payne		65:01
		K. Cravino		67:25
		J. Baker		67:51
		Over 60		
		L. Williams		51:21
		40-49		
		T. Visalli		55:47
		P. Piper		56:50
		B. Adam		57:26
		R. Piper		59:04
		F. Devlin		60:44
		J. Collins		62:15
		New South Wales		
		10 km CCC Centennial Park, very		
		cold and wet.		
		George McGrath age 54 actually		69:22
		finished a close 2nd to Peter Piper in		72:02
		the Open over 40.		80:52
		50-59		
		S. Delamotte		69:22
		J. Baker		72:02
		R. Goodscil		80:52
		7th July, 1974		
		15 km CCCat Centennial Park		
		cold and sunny;		
		Again George McGrath, out classed the		
		whole field, with another World class		
		run, narrowly defeated by the		
		35-39 winner.		
		40-49		
		F. Piper		36:41
		T. Visalli		37:36
		R. Clyne		37:56
		B. Adam		38:45
		E. Ethernon		39:15
		R. Piper		39:26
		R. Witham		39:28
		G. Page		41:27
		D. Williams		44:17
		N. Fletcher		47:21
		Over 60		
		L. Williams		51:21
		50-59		
		G. McGrath		53:38
		R. Payne		65:01
		K. Cravino		67:25
		J. Baker		67:51
		40-49		
		T. Visalli		55:47
		P. Piper		56:50
		B. Adam		57:26
		R. Piper		59:04
		F. Devlin		60:44
		J. Collins		62:15
		K. Cravino		48:20

ROY FOWLER-SUPERVET

by CLIVE SHIPPEN



"Sweat Shop" said the notice on a van, parked near the start of the Chris Vose 7 miles - 385 yards road race at Darrington on September 28th. It was a timely warning of things to come. Roy Fowler, one of England, always of Stoke, made the event a torture chamber for the vast field.

Fowler was involved earlier in the week in a car crash and lost his nerve to drive; he should have competed for the Midlands in an area cross-country match but could not find a chauffeur. His clubmates drove him to Warrington and that was the last they saw of the amazing 40 years-old. He took an early lead from international Alan Rushmer and at the halfway stage Fowler was well on the way to a double - the veterans prize and the individual award. The field was chasing from 60 yards behind and making no impression.

Rushmer started to put on the pressure, 60 yards, 30 yards, 20 yards. When the route came on the playing fields leading to the finish, the Stoke evergreen turned on more magic. He unleashed the same sort of sprint that brought him the International Cross Country Championship many years ago.

Ron Hill, warming up for the Kosice marathon 8 days later (he won Hungary's Szeged Marathon in 2:19:28 two months earlier) whistled through the field in the later stages to finish sixth." Vet. Result: 1. R. Fowler (Stoke) 34:49; 31. A. Walsham 44 (Salf.) 37:22.

With acknowledgements to "Athletics Weekly" and Joe Lancaster.

When you have been involved in athletics for nigh on 30 years it is difficult to recall in detail the wealth of talent which has made it's way down memory lane. As each generation plays it's part on the athletics stage, succeeding generations wait in the wings to emerge and obliterate the standards of their predecessors—but this does not make us forget their forbears.

Fortunately, it is something more than time, height or distance that makes a name linger in the mind. Is it, just being different? The form of being different has a thousand facets, many existing only in the eye of the beholder, but they can make an impression which will never fade.

Roy Fowler's win in the "Chris Vose 7" brought into sharp relief my recollections of a runner who would never say die. Such runners come and go in every age but this one comes and goes and comes and goes and comes and goes ad infinitum. His reputation for come-back's, and the sheer quality of them, was such that the cry "Fowler's running!" was enough to produce a tingle of excitement in White City fans during the 1960's - and a corresponding feeling of despair in the A.A.A. six-milers as they lined up alongside a man they had continually written off.

Now he is a Veteran. This recent exploit suggests that he has given notice to all mature athletes that he has no intention of abdicating his title of - SUPER VET

Roy Fowler, born in 1934, started running when he was 16 but first entered the British ranking lists as late as 1960 when he recorded 14:11.8 for 3 miles at the age of 26. By the following season he had burst through to 13:39.8; with a 28:18.0 six miles thrown in for good measure.

Roy had made his mark quite suddenly, but this freckled, fair haired athlete of slight build (he is only

5'3") had also embarked on a career of injuries for which he became as noted as for his running. Injury caused him to draw a blank the following winter, but anyone who had written off this determined Staffordshire man was in for a shock in 1962 when Roy, now 28, finished 4th behind Tulloh, Ibbotson & Strong in the Inter Counties '3' at the White City with 13:30.0. It was no freak performance either,

simply a warm-up for the A.A.A. Championships of this European and Commonwealth Games year.

Roy was after a berth in the British team at 6 miles and, with this in mind, he dogged the heels of the A.A.A. leaders in one of the fastest races on record. At 5 miles he was still there with favourites Hyman and Bullivant. Mel Watman wrote in Athletics Weekly "Five yards covered the four at 5 miles (23:18.6) and 5/4 miles (24:30.6). The first to make his bid for victory was Hyman who lapped in 64.6. Bullivant and Fowler kept close but Batty found the hotted up tempo too much. The bell rang in 26:49.0; Hyman and Fowler together, Bullivant 3rd, Batty 4th. Bullivant struck early, Hyman repassed him 250 yards out but around the final turn it was Fowler, all 5'3" of him, who ripped ahead. Bullivant, a lanky six footer, went with him and struggled mightily to get on level terms down the finishing straight. But the little man was not going to let himself be passed at this late stage and he held off his persistent challenger, by a few obstinate inches, all the way to the tape. It was a marvellous finish and so fitting that both men should be rewarded with a Commonwealth and U.K. record of 27:49.8. Only Sandor Iharos, the world record holder at 27:43.8, has ever run faster".

As usual, injury followed quickly on success and Roy had, after all, gone half a track season without trouble. This time it was a groin injury which he had to fight off in his run up to the European Championships in Belgrade and there was speculation that this was the reason he allowed Bolotnikov and Janke to break clear of the field early on. At 6,000 metres the chasing group were 50 metres behind the leading pair, but in a passionate 3 way battle with Hyman and Bogey (FRA) Fowler sprinted to Bronze in 29.02, just a stride behind Janke. Once again he had shown this ability of overcoming adversity and coming good on the day. He was still Britain's No. 1.

Then came the foot injury. This time it was too close to the race - the Commonwealth '6' at Perth, Australia - and Roy limped home 8th in the 85° heat.

Three months later he appeared in the British National cross-country championships at Cambridge and finished a brilliant second to Basil Heatley - prompting Jimmy Green to write "Roy Fowler made a gallant attempt to hold Heatley and chased him all the way to the finish, but the Godiva man was just too strong and went on to gain his third National success in Four years. Fowler once again proved that he can be the man for the big occasion and ran a great race; it was bad luck for him that he found Heatley at his best."

Two weeks later Fowler appeared before a 30,000 crowd at the International cross-country championships at San Sebastian, Spain. It was one of his finest performances. He was in contention the whole way as Roelants, Arizmendi, Haro, Gammoudi, Heatley, Bogey and Alistair Wood spearheaded the field at various times. Athletics Weekly wrote: "The finish was a real cracker. Fowler led Roelants out of the orchard for the last time but was overtaken with 250 yards to go. He again overtook Roelants, who came again and passed Fowler. But Fowler was not beaten and with 50 yards to go overtook the Belgian

once more, at which point Roelants cracked and all but walked over the line."

Roy had reached the pinnacle of his career, but injuries occurred with frustrating regularity. So much so that he had both legs in plaster during 1964 and 1965 and was out of competition for two years. It was during this period that he showed what a great fighter he is. He stubbornly refused to give up the sport he loves so dearly and resumed training at the end of 1965.

Now 31, he re-appeared at the Inter-Counties cross-country championships at Blackpool in 1966 and displayed all his old magic to record a sensational win over Ron Hill. Two months later, Hill turned the tables by winning the National title, pushing Roy back to eighth where he just scraped into the England team (first 9).

That year the international was held at Rabat, Morocco where El Ghazi won before his home crowd. But who was there in the chasing group? Yes, England's so-called eighth string Roy Fowler. Leaving Jazy and Hill well in his wake he scampered home 4th just 11 seconds behind the winner and first again for England. "Not bad for an old 'un of 32 eh?" was his comment after the race.

Despite this remarkable ability to come back, quite out of the blue, Athletics Weekly did not consider Roy Fowler even worthy of inclusion in their preview of the 1966 A.A.A. Championships 6 miles at White City - probably because it was his first distance track race for three seasons. Yet he nearly frightened them all to death, for with just 2 laps to go he was still there with Gammoudi, Mecser, Hill, Alder and Tulloh. The last lap burn-up saw him finish 4th in 27:24.8, ten yards behind winner Gammoudi, and 25 seconds faster than his previous best of four years earlier. He finished with badly bruised ribs from Gammoudi's elbows and his usual severely blistered feet from the White City track. His ability to rise to the occasion was quite remarkable. Incidentally, his fastest twelve quarters in this race added up to a three mile time of 13:21!

Any hopes Roy might have had for a medal in the Commonwealth Games in Jamaica that year were dashed when gastro-enteritis kept him from the line. It was his last real chance.

Injury ruled out yet another year (1967) and Roy Fowler (now 34) had become a name of the past when the 1968 season came round. But, sensationally, he just would not fade away, finishing 3rd in the 'National' and 3rd in the International behind old rivals Gammoudi and Hill - only 6 seconds covering the three. He was not interested in making a bid for Mexico, and in any case he was experiencing trouble with an achilles tendon when the track season came round. Nevertheless, he still clocked a praiseworthy 27:43.0 for sixth in the A.A.A. '6', but had to accept that a new generation of runners had appeared against which "come-backs" were virtually impossible. His achilles got worse and brief appearances in 1969 and 1970 were followed by almost total absence in 1971 when he underwent surgery on the tendon.

He re-appeared fleetingly in 1972 to finish 44th in the National cross-country and again last year to

(Cont'd. on page 36) 33

'FOURSOME AND JET-SOME'

by Fred Smith

In June, a four-strong party of British Veterans travelled to Canada and the U.S.A. to compete in the Masters Championships of each country. Included in that party were two outstanding one-lap specialists, Keith Whitaker who was the current holder of the U.S. Masters title, and FRED SMITH who was not only destined to take Keith's title but was to go on and achieve a remarkable treble by annexing the Canadian and British titles also. Fred recounts here his non-athletic memories of that trip and the hospitality enjoyed by that fortunate quartet.

It was a greygreen depressing morning at Gatwick, with the rain looking set for the day — a good time to leave England. I had not been looking forward to the seven hour flight and it was not the best way to start by having to keep our seat-belts fastened for 50 minutes before we eventually climbed clear of the dense cloud floating below like a huge field of cotton wool. However, the DC-10 Jumbo provided a pleasant and smooth journey and it did not seem long before we were through customs at Toronto and being greeted by Don Farquharson and Elwyn Davies, unmistakable and resplendent in their red Canadian Masters blazers.

Toronto was bustling and sprawling, but Don's house was some way out in a quiet, spacy and green area, with his back balcony over-looking Lake Ontario just half-mile distant. This was where Duncan MacLean, Ed Sears and myself were to spend a couple of nights before joining up with the main Canada/U.S.A. party flying to Vancouver. We did, in fact, meet some of the party later that evening at a Hamburger barbecue kindly hosted by Elwyn Davies and his wife Lynn. Memories of this are unfortunately a little hazy as we had lost five hours somewhere over the Atlantic and the jet-lag was having its effect.

The next day saw our final training session at the University of Toronto ground, followed by a whistle-stop tour, by chauffeur-elite Elwyn, which was to include horse-racing, the health-club, where we had a "whirly-jet-spray" massage and a visit to the Sky-hotel block, imposing and exciting, with its Wild-West bars and waitresses, traditionally dressed as old-time girls. The hectic day wound up at the house of Max Pickl, the first of many interesting athletic characters we were to meet on this trip. Max had the most wonderful display of trophies I have ever seen, ranging from Cologne to Hawaiian garlanded medals,

which made us poor lowly Britons quite envious of scope of Masters track-meets (indoor and out) available in North America.

Came Friday and another five hour flight to Vancouver, losing three more hours, and I was beginning to write off my chances in the Canadian Championships, which began next morning with heats in the sprints at 10.50 am! The evening found us inspecting the track at Minoru Park and wondering about the hard black surface seemingly composed of rubber, bitumen and wood-shavings. It was here that we met up with Keith Whitaker, the fourth member of this year's mini G.B. team. We checked in for our events during a cheese and wine get-together, but this foreign sabotage had been duly anticipated so it was orange-juice for four!

The next two days saw us enjoying extremely pleasant competition in sunny warm conditions and in front of a low mountainous backcloth. Also, it seemed almost uncanny to race without wind interference. The results of this and the later U.S. Masters Meet are printed elsewhere, but suffice to say that the 'fearsome four' emerged with a goodly supply of bullion.

We experienced another barbecue — this time oysters! — kindly arranged at the home of Roger Ruth and his wife and we were honoured guests together with several of the U.S.A. and Canadian Masters and families. Roger was featured in the July issue of "Veteris".

Neither shall we forget the lush accommodation on the 9th floor of the University of British Columbia, where we looked out on to the Straits of Georgia, start of the Pacific, and snow-capped mountains not too distant. The active weekend drew to a close with a banquet arranged by the Province of British Columbia. Our Canadian friends had indeed done us

Foursome & Jet-some

proud with their hospitality.

Meanwhile our Duncan was beginning to make himself known and was always quick to take advantage of a chance to publicise the image of Veterans (or Masters) Athletics. His photograph and articles became familiar in the local press and often were the times we heard "mutterings" to the effect that "the 'Tartan Flash' has hit town" and "watch out for The Tartan Flash". And his natty little songs, all written by himself, became very popular, to the extent of receiving a standing ovation on one big occasion. How does he retain such strength of voice at the age of 89?

Dominion Day found us ferrying to Victoria on Vancouver Island. I really have never before seen such a clean and charming city, with its gorgeous hanging baskets of cascading flowers. And we saw the famous Butchart Gardens. Nearing our motel we chanced upon a colourful military tattoo so we all scrambled into the stadium, either to watch the parade or buy a hot-dog, depending upon which 'turned you on'. The star of the show was obviously the Labrador mascot. Each time he did an about-turn at my end of the stand, his head turned to look straight at me in the crowd and I am sure that on each occasion he said to his handler "look, there's Fred Smith up there!" Next day we saw more of the pleasures of Victoria from a good old London double-decker bus. Thunderbird Park was delightful, with its collection of totem poles, and the adjoining museum depicting the Gold-Rush days and beautiful stuffed wild animals of the Americas with growling and snorting sound effects, was unusually entertaining. A British snack of tea and muffins was followed later by the more serious business of training at the local University track, which looked, and indeed felt, no different from the asphalt approach road. To train and race there and still avoid injury must be like trying to walk on black ice!

And so we left Canada via another ferry which quickly transferred us to the U.S. of America at Port Angeles. There was an amusing and inexplicable moment at Customs. Duncan was at the head of the G.B. party and was asked where he came from, to which he replied "Scotland". This magic word was sufficient for him to pass without further ado, but when the rest of us said "England" this prompted a firm invitation into a side-room, further questions and form filling! One can only assume that the Customs fellow had never heard of Scotland and did not wish to show his ignorance with further discussion!

Our mixed party of Americans, Canadians and (from then on) four Scots continued its tour in two Greyhound Buses. The superb scenery viewed over the next two days whilst travelling towards Portland, Oregon, was quite unexpected.

Olympic National Park is a 1400 square-mile expanse of wild forest, glacier-studded mountains, lakes and streams and we saw a good cross-section. The Rain Forest truly lived up to its name the afternoon we were there, because it poured so heavily that we were prevented from trekking into the interior



FRED SMITH

Photo: Mike Street

on foot. A few of the eccentric (for want of a better word) members went for a run, including that dour Yorkshireman who shall remain nameless! However, we were able to observe the dense vegetation and regard the Douglas-fir and Sitka spruce reaching up to heights of nearly 300 feet. We did not see bear, raccoon or beaver, but we did manage to photograph wild Roosevelt elk. Further on came the highlight of this scenic tour. The buses climbed slowly into thick patches of cloud, with sudden glimpses of snow-capped mountains coming ever nearer. Finally we broke through into sun, blue skies and snow covered mountains. This was Hurricane Ridge and we celebrated with a friendly game of snowballs.

Continuing our journey we finally arrived at the Portland Motor Hotel, Oregon where we were to stay for the three-day period of the U.S. Masters Championships in Gresham. Once again we were blessed with very warm and windless conditions and track similar to Vancouver. The meeting, under the direction of Jim Puckett, was excellently presented and naturally, with the usual hospitality and friendliness, very enjoyable. There was nothing lacking, even National T.V. were there, apart from radio and local press, and upon returning to our hotel rooms in the evenings we were able to watch excerpts from the days events.

I was tremendously impressed by some of the older stars. How does Jack Greenwood keep so supple and looking 38 rather than 48? And Al Guidet

seemed to be not only in every other race, but winning them all by a street! Bud Deacon and Claude Hills hurdled, triple-jumped and pole-vaulted in the over 60's with more enthusiasm than schoolboys. And I was especially delighted when the friendly and charming Jon Hutchinson won his Gold in the Pentathlon (50/55).

The four Britons were taken to the Benihana of Tokyo Restaurant on our last night and treated in the Company of several of our new friends to a most delightful Japanese meal. I believe Jon and also Dan Aldrich were mainly responsible, and our grateful thanks goes to them and all the other members of that party.

During this hectic weekend Duncan managed to gain some further notoriety in an unexpected fashion.

Whilst he was walking alone in the local streets of Portland one morning, a police-car drew up and an officer climbed out to enquire if he was in the presence of Mr. Duncan MacLean. The latter replied in the affirmative, wondering what heinous crime he may have committed, such as crossing the road when it says 'Don't Walk', as we Britons had been fiendishly doing all weekend. The officer then proceeded to explain that he had been looking all over for Duncan, having seen his picture in the paper, and wanted to meet him! The 'Tartan Flash' was then whisked off to local headquarters to meet the Chief, who promptly despatched one of his junior officers to purchase a further copy of the local "Oregonian"! No charges were preferred on this occasion.

We now came sadly to the parting of the ways. The main group went on to Calgary and the Rockies. Keith flew home direct from Vancouver, and Ed, Duncan and I flew back to Toronto via Seattle, Vancouver and Calgary. The following day I bade farewell to Ed and Duncan who flew home.

I had planned to visit Niagara Falls before spending a week in Philadelphia and I was fortunate enough to obtain a lift from Claude Hills and his wife Signe who were driving home to Philadelphia via Niagara! In the end I finished up staying the week with Claude and his family.

SUPER VET Cont'd

clock 30:08.6 for 10,000 metres at the age of 39, but he was unhappy with his form.

This year (1974) he finished 24th in the Inter-Counties cross-country and, within days, seriously tore the belly of his hamstring. He was out for six weeks and had to embark on yet another come-back this summer. Once again his heavy training boots came out and he built up again with even more determination. He tried himself out in the Linotype '5' and finished a good 10th, only 44 seconds behind Mike Tagg. He knew he would be ready for the "Chris Vose 7" -- and how ready he was! It was a race which bore the stamp of the Roy Fowler of old -- and how interesting to see his old rival Ron Hill chasing him home again.

Last year he had reckoned himself good enough to make the international team again. Who would have believed him? Yet his recent form does not rule it out by any means. He carried his fern to the National A.A.A. Road Relay at Wimbledon on October 19th

We approached the outskirts of Philadelphia via the mile-long Tunnel which cuts through the Appalachian Mountains and suddenly it became so hot and humid that I thought Signe had turned the heater on by mistake! The 95° temperature and high humidity had caught me unawares and for the rest of the week I was rather lethargic unless I was indoors with the benefit of the air-conditioning. The night we arrived I was invited to run in a local Philadelphia Masters track meet and by the time I had run three sprints and a relay I had lost several pounds in perspiration! Once again, however, the enthusiasm and friendliness of the local athletes made for a very enjoyable evening. The straight 200 metres was a pleasant change and brought back memories of Hurlingham in the late '50's. It was here that I met another of the amazing 60 year old all-rounders -- George Brace land, friend and rival of my host.

Highlights of this week included visits to the Dutch Country, the Delaware River, and a farm in the country belonging to friends I met in Europe last year, the latter being the main reason for prolonging my trip in the first place.

Worth mention is the University of Pennsylvania Stadium where we trained on the superb tartan track, which is left open to the public. After a few sprints I began to understand why some very fast times had been performed here including a recent 3.53.0. mile.

A chicken-barbecue provided by the Hills family brought my eventful trip to a grand finale.

Next day, after another seven hour jet flight the DC-10 landed on time and suddenly it was all over. Nothing had changed. Gatwick was still very grey and cloudy, and very wet.

We had met many wonderful people and on behalf of the foursome I would like to thank Don Farquharson and his colleagues and David and Helen Pain for allowing us to join their splendidly organised tour. There are many other names I could mention, but not wishing to risk a single omission, I shall merely say that we know you all sincerely did your very best to see that we had a memorably happy time and, by golly, how you succeeded!

and recorded 11th fastest time of the 150 runners with 17:09; only internationals Dave Black and Keith Penny broke 17:00!

Will he hold out for the major cross-country championships in Feb/Mar? It clearly depends on his keeping free from injury.

Peter Goodfellow (41), a clubmate of Roy's says "Fowler will be a world beater as a Veteran, when he turns out. Unfortunately, his enthusiasm does not allow him to benefit from his years of experience with injuries. Sometimes his training methods make me weep!" Well, the results of those methods have made others weep too -- and as long as Roy ploughs his masochistic way through the athletics scene there will be many more "casualties" besides himself. His appearance alone can be certain to produce excitement.

Will we be seeing a lot more of Roy now he is a veteran? Who can say? Of one thing we can be certain, you can never rule him out. And should he quietly appear at the line in Toronto well, even if my name was Jack Foster I'd be a very worried man!

U.S.A.

Jack Greenwood (46) and Thane Baker (42) met recently in a Masters Meet at Kansas State University. Jack ran a most commendable 10.5 (100yds) but was left far down the track as Thane blasted 9.8. This breaks the Masters 40 age group record of 9.9 set in 1973 by Robert Thomas (N.Y.P.C.).

Since Thane is now 42, he also broke George Rhoden's 1969 age record of 10.4. Thane completed the day's work by winning the 220yds in 22.3!



JACK GREENWOOD

Browning Ross, two-time Olympian, who is returning to competitive running at the age of 50, finished a strong third in a two mile race at Cape May N.J. in 11:04.

For field enthusiasts, we have noted a definite weakness in Masters' High Jump efforts, seldom exceeding 5'. They say the legs are the first to go. Two sub-Masters (30-35), F. Costello on the East Coast and J. Dubrath, on the West, have recently done 6'9½" and 6'10¼", respectively, in Masters meets. Hopefully, they will continue in the sport and set Masters records on reaching 40. Incidentally, Jack Ruzatto set our U.S. Masters record in 1970 with a 6'0" leap, equalled in '72 by Phil Mulkey. Jack reinjured a bad knee on the day he set the record and has never returned to compete.

Frank Stranahan (51) N.Y.C., an entry in the Eastern Regional Masters and a member of the New York Road Runners Club, is none other than the person of considerable golfing fame some years ago.

The first combined effort between the U.S. and Canadian Masters to coordinate their respective national championships has taken place and proved an unqualified success. As a result of cooperative scheduling, the Canadians set their 1st Masters Championships to coincide with the U.S. Masters, that is, one week apart. With the two meets separated only by the distance between Vancouver, British Columbia and Gresham, Oregon, the Masters of both countries were enabled to participate in the two events at a minimum of expense and time. The venues also permitted those who participated to enjoy the dramatic scenery of the Pacific northwest, as well.

For those flash-in-the-pan Masters who appear for a year or two, compete and then drop out, we are compelled to refer to the record of Bill Fitzgerald (49), who has competed in all seven Masters. His performances are a picture of improvement and dedication.

	440/400m	880/800m	Mile/1500m
1968	54.4	2:04.4	—
1969	52.3	2:14.1	4:37.0
1970	54.0	2:01.4	4:48.0
1971	—	2:00.9	4:33.6
1972	—	—	4:14.3
1973	—	1:58.1	4:12.1
1974	—	1:59.5	4:12.8

Ruth Anderson (45), San Francisco, was the only woman entrant in the Masters Marathon and ran 3:22:45, a time most 45+ males would be happy to settle for.

U.S. Masters Champs.

David Pain writes:—

EXCEPTIONAL PERFORMANCES ENHANCE AAU MASTERS

Outstanding athlete awards were given to the top track and field athletes in each 5-year division. The selection committee, in some instances, had little difficulty in making their selection and in others, the contrary was true.

In Division 1-A, the track award went to Ray Hatton, (42), who competed so well in 1972. Ray won both the 5 and 10km events, traditionally the toughest events to win in the Masters. His 15:09.0 5 km broke O'Hara's effort by 3 seconds. Ray had no one to push him, otherwise his times might have been even better.

Dave Jackson, (42), took the prize in the field events, winning the 1-A Long Jump — 21'6" — and the Triple Jump — 45'7", a U.S. age group record.

In 1-B, any doubt in the selectors' minds vanished after Jack Greenwood's anchor leg in the 4 x 400 Relay, in which he made up 5 yards on Fred Smith (who, earlier, broke the Masters 400m record at 51:02) and edged him by a whisker at the tape — 3:33.1 to 3:33.4 in an unofficial 50.8 400. Jack was overall winner of the 400m Inter-mediate in 57:43 and the 110's in 15.39, 2nd in the High Jump — 5'0"; 1st in 100 at 11.8; and 1st in 200 in 23.53.

Roger Ruth, (46), earned the 1B field event award with a winning 5'1" High Jump and a 14'¼" Pole Vault. In Division 2-A, Avery Bryant, (50), walked off with the track prize for his gritty performances in the 800, 1st at 2:15.20; 2nd in 1500 — 4:37.93; 1st 5km — 17:57; 1st to win 10 km — 36:14; and 1st in Steeple 11:48.42. In each case, he ran against fresher competitors and still came up with that final sprint.

George Ker, (51), manhandled the 2-A field award with his 1st in the Discus, 148'7½"; and 1st in the Shot — 53'5½".

In the 55-59 division, Al Guidet, (56), announced early that he was staking claim to the track honors by creaming his opposition in the sprints 11.91 1st 100m, 24:84 1st 200m, 56.29 1st 400m, 18.1 1st 110m Hurdles, 1:06.7 1st 400m Intermediate Hurdles, plus a couple of fine relay legs. We can't recall Al running any better than in Gresham. He now holds all the age group records from age 52-56. In the field, it was Bill Morales, (57), who performed well in the Javelin, Hurdles, and Jumps. In Division 3-A, it was tougher, as the 60-year olds became more competitive. Bill Andberg, (63), ran off with the gold ring, but not without a tussle from John Wall, (60). Andberg took the measure of Bud Deacon twice, winning the 1500 — 4:53.0; and the 800 2:24, both meet and age group records. He was 2nd to Wall in the 5km, who also won the 10km.

In the 3-A Field Shot, we inserted perapatetic Bud Deacon, (63) for setting a 63 age group record in the Pole Vault, — 10'-0½", plus 1st in Triple Jump — 30'2"; 1st in High Jump — 4'6"; 3rd in Javelin —

108'8"; 1st in 400m Intermediate Hurdles (30") — 1:10.22; 1st in 110m Hurdles (33") — 18:76; 2nd in 1500m — 5:20.15; 2nd in 800m — 2:24.56 (broke his age group record).

Special mention should go to both Russ Niblock (60), and Fritof Sjostrand, (60), for their excellent spring efforts and World Records 400m times of 59.10 and 59.75, respectively. To our knowledge, this is the first time any 60-year old has bested his age in the 400m, and no one under 60 has ever accomplished this feat.

For those moving in the 65-69 division, 3A "Pug" Puglizevich, (66), rounded back into the form he showed 5 years ago as a 60-year old. Pug scored a 1st in the 100 — 14.30 (a U.S. age group record); 1st in 200 — 29.48 (an age group record), 2nd in Long Jump — 12'4½"; and 1st in the Shot, 40'9½". (9 lbs) Unfortunately, Ken Carnine was injured, otherwise Pug might not have done quite so well, but at 65+, just staying in one piece is an accomplishment.

The 3-3A field award went to Win McFadden, (69) who scored in his specialties; 1st, Triple Jump — 28'5½"; 1st in Long Jump 14'0"; 1st High Jump — 4'0"; 2nd in the 200m at 30.49, in which race he came from last to 2nd, and in so doing set an age group record.

Special mention should go to Walt Frederick, (66), who ran in the 5km, 10km (a 2nd to Otto Essig) the 110m Hurdles and the 400m Hurdles, and the High Jump. He appeared a little slower than in years past. We were reminded, however, that earlier, on the 3rd day of competition when he ran in four events, he had that morning run a 3:38:23 marathon. Unfortunately, we did not have a prize for iron-man performances, otherwise Walt would have earned it.

With some meaningful competition in the Division 4, (70+) for the first time, with 10 entries, one being Duncan McLean (89), so many age group records were broken we can't list them all. Herc Sing Lum, (70) pressed Harold Chapson (72) for the top track award, but lost out due to Harold's fine efforts against 65-year olds in the middle distances, where he bested most of them. Chapson was 2nd to Lum in the 100m in 15.26; 1st in the 400m — 1:09.18 (a 72 age group record); and 2nd in the 1500m — 5:49.25 (another record).

Former open-weight man, Stan Herrmann (70), easily earned the Division 4 field award, as he was 1st in Hammer, (12 lbs); and 3rd in the Javelin, (600gm). Most of his efforts were either meet records and/or age group records.

As for Duncan McLean, (89), we can only hope that at 89 we can still do a 20 second 100m and a 44 second 200.

There were many other fine individual performances throughout the meet which space prevents listing. They will remain with us for a long time, however.

U.S. Masters

RESULTS

100 METER FINALS

Division 1-A

BAKER, Thane	UN	11:07
PRESEBER, Philip	UN	11:20
KNOX, Percy	COM	11:20
PARISH, Vandolph	NCSTC	11:24
SMITH, Frederick	GB	11:28
LINGEL, James	BAS	11:34

Division 1-B

GREENWOOD, J.	LASTC	11:88
WASHINGTON, H.	BAS	11:88
JONES, Rudy	SS	12:17
PARKER, Milford	NYPC	12:25
SOABHARSM, K.	USMITT	12:31
AMBROSE, Wayne	CDM	12:36

Division 2-A

COOPER, Robert	NCSTC	12:37
ORRMINS, Norm	CTC	12:53
BUCHANAN, W.	SEVTC	12:58
WILLIAMS, M.	BRTC	12:70
BOYD, Calvin	UN	12:71
HUNTER SR., H.	UN	12:79

Division 2-B

GUIDET, Alfred	BAS	11:91
McDONALD, Bob	SDTC	12:82
MORALES, Bill	CDM	13:10
WARWAS, Hans	OSC	13:23
HOOVER, Sam	NCSTC	14:09
WILSON JR., A.	ORR	14:17

Division 3-A

SJOSTRAND, F.	BHSTC	13:05
NIBLOCK, Russ	UN	13:18
EDWARDS, Ray	NYM	13:20
SATTI, John	HSTC	13:43
WHITE, Fred	SDTC	13:50
CARUSO, Joe	CSTC	14:49

Division 3-B

PUGLIZEVICH, A.J.	NCSTC	14:30
BROSZ, Albert	TSC	15:56
THOMASSEN, P.	UN	15:63
BREDEBECK, R.	SDTC	15:70
HILL, Blair	MTFC	15:74

Division 4

LUM, Sing	UN	14:72
CHAPSON, Harold	HMTC	15:26
PENNOCK, F.	NCSTC	16:88
MACLEAN, D.	GB	19:22

200 METER FINALS

Division 1-A

BAKER, Thane	UN	22:52
UNGEL, James	BAS	23:07
SMITH, Frederick	GB	23:44
WHITAKER, K.	GB	23:71
KNOX, Percy	CDM	24:18
PARISH, Vandolph	NCSTC	24:43

Division 1-B

GREENWOOD, J.	LASTC	23:50
WASHINGTON, H.	BAS	24:20
PARKER, M.	NYPC	24:88
JORDON, Bob	NCSTC	25:19
JONES, Rudy	SS	25:34
SPANJARS, L.	USMITT	25:49

Division 2-A

UPHAM, James	DSMTC	25:35
BACHANAN, W.	SFUTC	25:60
BOYD, Calvin	UN	25:97
COOPER, Robert	NCSTC	26:08
JAN, Dewey	FJC	28:20

Division 2-B

GUIDET, Al	BHS	24:84
BOWERS, Bill	SDTC	26:13
McDONALD, Bob	SDTC	27:13
FAIRBANK, H.	SRC	27:43
WARWAS, Hans	OSC	27:80
HOOVER, Sam	NCSTC	29:12

Division 3-A

SJOSTRAND, F.	BASTC	26:59
SATTI, John	HSTC	27:70
EDWARDS, Ray	UN	28:25
WHITE, Fred	SDTC	28:56
NICOLAS, Orville	BAC	29:67
PIKE, Warren	UN	31:97

Division 3-B

PUGLIZEVICH, A.J.	NCSTC	29:48
McFADDEN, W.	SDTC	30:49
SHINE, Mel	NBSTC	30:80
BREDEBECK, R.	SDTC	31:96
TILL, Blaine	MTFC	32:68

Division 4

LUM, Sing	UN	31:66
ANDERSON, H.	UN	34:18
MACLEAN, D.	GB	44:76

400 METER FINALS

Division 1-A

SMITH, Frederick	GB	51:02
WHITAKER, K.	GB	52:03
CLARK, M.	BAS	52:85
UNGEL, James	BAS	53:56
GLUPPE, George	MTF	53:57
PARKS, James	CSTC	53:78

Division 1-B

WASHINGTON, H.	BAS	54:23
PARKER, Milford	NYPC	54:54
PUTERBAUGH, G.	LASTC	55:57
HANNULA, Dick	UN	55:95
WEBER, George	PTC	57:35
FRAITAG, David	SDTC	57:91

Division 2-A

UPHAM, James	DSMTC	57:02
BUCHANAN, W.	SFUTC	58:69
BOYD, Calvin	UN	58:93
PERRY, Mode	SOYC	1:04:38

Division 2-B

GUIDET, Al	BHS	56:29
McDONALD, Bob	SDTC	56:82
BOWERS, Bill	SDTC	58:59
FAIRBANK, W.	SRC	1:00:91

Division 3-A

NIBLOCK, R.A.	UN	59:10
SJOSTRAND, F.	BHSTC	59:75
SATTI, John	IISTC	1:01:42
BIERLEIN, Fred	UN	1:10:67

Division 3-B

SHINE, Mel	NCSTC	1:07:81
MADDEN, Sid	BHS	1:08:19
BREDEBECK, R.	SDTC	1:12:59
SEARS, E.A.	GB	1:13:78

Division 4

CHAPSON, Harold	HMTC	1:09:18
ANDERSON, H.F.	UN	1:14:92

800 METER FINALS

Division 1-A

PRATT, David	UN	1:58:17
FITZGERALD, B.	STC	1:59:46
KUPCZYK, H.K.	NASH	2:00:45
WEJDY, John	ARR	2:08:28
PETERSON, D.	UCTC	2:08:50
GUSTAFSON, Ed	UN	2:09:69
JANCH, Wayne	ORR	2:11:80

Division 1-B

PUTERBAUGH, G.	LASTC	2:06:86
COBEN, Stanley	BHS	2:09:03
BEATTY, Doug	UN	2:10:44
HUTCHINSON, J.	NCSTC	2:14:42
ANSPACH, R.	KETS	2:15:70
FRAITAG, David	SDTC	2:15:93
FIX, William	SSTC	2:19:03

Division 2-A

BRYANT, Avery	CSTC	2:15:20
HERNANDEZ, M.	SMTC	2:15:95
UPHAM, James	DSMTC	2:16:35
GORMAN, William	UN	2:24:53
PERRY, Harry	SDTC	2:25:80
SMITH, Emmett	NCSTC	2:28:69
BUCHANAN, W.	SFVTC	2:43:06

Division 2-B

McDONALD, Bob	SDTC	2:18:02
WATERMAN, A. Jr.	SRC	2:19:99
DELLWO, R.	SSTC	2:20:01
MAHANNAH, R.	SDTC	2:23:70
ELRICK, H.	SDTC	2:28:77
DAVIES, Clive	ORR	2:29:03
STILES, Don	CMITT	2:31:02

Division 3-A

ANDBERG, W.	MUSM	2:24:00
DEACON, Bud	HMTC	2:24:56
WALL, John	USNR	2:31:04
SMITH, Catherine	PAM	3:02:94

(Cont'd. overleaf)

Division 3-B			
MADDEN, Sid	BHS	2:35:58	
SHINE, Mel	NCSTC	2:39:35	
BREDENBECK, R.	SDTC	2:49:57	
SEARS, E.A.	GB	3:07:10	
BANNING, Lloyd	ASC	3:43:03	

Division 4			
CHAPSON, H.	MHTC	2:38:97	
ANDERSON, H.	UN	3:06:20	

1,500 METER FINALS

Division 1-A			
KUPCZYK, Henry	NASH	4:10:21	
MEYER, Dennis	SNTC	4:11:97	
FITZGERALD, B	SFC	4:12:82	
DOUGHERTY, P.E.	USA	4:14:12	
WELDY, J.W.	ARR	4:27:70	
PETERSON, D.	TCTC	4:28:84	

Division 1-B			
COBEN, Stanley	BHS	4:35:02	
ANSPACH, R.	KETS	4:35:48	
HUTCHINSON, J.	NCSTC	4:41:64	
FIX, William	SSTC	4:42:17	
GIL, Ray	LSTC	4:43:23	
BETTENCOURT, J	NCSTC	5:06:63	

Division 2-A			
HERNANDEZ, M.	SMTC	4:36:96	
BRYANT, Avery	CSTC	4:37:93	
SMITH, Emmet	NCSTC	4:59:52	
GORMAN, William	UN	5:01:17	
STEPHENSON, J	SFOC	6:06:50	

Division 2-B			
DELWO, R.	SSTC	4:46:14	
WATERMAN, A. Jr	SRC	4:48:27	
MAHANNA, Ray	SDTC	4:54:11	
ELRICK, Harold	SDTC	5:11:66	

Division 3-A			
ANDBERG, W.	MUSM	4:53:49	
DEACON, Bud	HMTc	5:20:03	
SEARS, E.A.	EBE	6:37:25	

Division 4			
CHAPSON, Harold	HMTc	5:49:25	
FREDERICK, W	UN	6:40:42	
HOBE, P.G.	UN	6:58:40	

5,000 METER FINALS

Division 1-A			
HATTON, Raymond		15:09	
SLOCOMB, Don		16:28	
SHETTLE, Jim		16:28	
STAYTON, John		16:36	
STOCK, William		16:39	
NEAL, Mike		16:49	
McCONNEL, Walter		16:54	
PETERSON, Duane		16:56	
RYAN, Field		17:31	
BECKWITH, William		18:00	
THOM, Donald		18:51	

Division 1-B			
MUNDLE, Peter		15:37	
ROBERTS, Lew		16:57	
CLARKE, Samuel Jr.		16:58	
O'NEIL, James		17:12	
ANSPACH, Roland		18:09	
GIL, Ray		18:30	
BARD, Robert		18:54	
MAIDMAN, Edward		19:04	
REALE, Pax		19:20	
HERMAN, Robert		20:00	
HANSON, Francis		20:20	
BETTENCOURT, Jack		20:36	
WEIDKAMP, Ken		22:10	
CIUMAN, Ted		22:20	

Division 2-A			
HERNANDEZ, Mauro		17:38	
BRYANT, Avery		17:40	
SHANK, Willard		18:19	
PERRY, Harry N.		18:41	
MALLON, Joseph		19:04	
PAIN, David		19:05	
BROWNLOW, Rodger		20:16	

Division 2-B			
PRESTON, Ed		17:40	
STILBS, Don		19:39	
PALMER, R. Merle		22:42	
YOUNG, John		25:00	

Division 3-A			
WALL, John E.		18:01	
ANDBERG, William		18:31	
CLARK, Albert M.		21:24	
MacTARNAHAN, R.		21:25	

Division 3-B			
ESSIG, Otto		20:26	
TAMANAH, Norman		21:25	
FREDERICK, Walt		24:20	

Division 4			
HOBE, Paul		24:48	

3,000 METER STEEPLECHASE

Division 1-A			
MEYER, Dennis	SNTC	9:56:37	
SHETTLE, J.	WVTC	10:16:15	
SLOCOMB, Don	TTC	10:20:07	
STOCK, Bill	SDTC	10:30:84	
McCONNEL, W.	JSTC	10:38:41	
COFFEY, Robert	FWR	10:47:04	
RYAN, Field	BUSM	11:46:00	
HARADEN, M.	SDTC	11:08:00	

Division 1-B			
ROBERTS, Lew	SDTC	10:40	
ANSPACH, R.	KET	10:58	
FIX, William	SSTC	11:58	
BETTENCOURT, J	NCSTC	12:19	
HERMAN, Robert	LATC	12:23	

Division 2-A			
BRYANT, Avery	CSTC	11:48:42	
PETERS, Chester	MTC	12:27:11	
LOWELL, Ed	CSTC	12:54:50	
MALLON, J.	ORR	13:14:00	

Division 2-B				
WATERMAN, A. Jr	SRC	11:58:80		
FAIRBANK, R	SRC	12:37:59		
LONG, Robert	BHMS	12:54:48		

Division 3-A				
BRIGHT, Norm	SNOH	13:20		
MacTARNAHAN, R	ORR	15:33		
BAGBY, Kelly	MHC	20:27		

Division 3-B				
GARMICHAEL, P	SFOC	18:14		

10,000 METER FINALS

Division 1-A				
HATTON, Ray	HDAC	31:32		
LIVESAY, Joseph	ARR	33:01		
BEALE, Pax	CIIMC	34:53		

Division 1-B				
MUNDLE, Peter	SMTc	32:31		
SMITH, Ross	WVJS	34:25		
WILCOX, Rodger	SCS	35:10		
RATELLE, Alex	TCTC	35:22		

Division 2-A				
BRYANT, Avery	CSTC	36:14		
HANSEN, N.	ORR	37:05		
HARRANG, J.	UN	37:16		
ERTEL, Bernie	ORR	38:36		
MALLON, Joe	ORR	38:51		
SHANK, Willard	NCSTC	38:55		
STEPHENSON, J.	SFOC	44:36		

Division 2-B				
LAFFERTY, John	SDTC	36:19		
PRESTON, Ed	NCSTC	36:39		
OLESON, James	SMTc	36:58		
DAVIES, Clive	ORR	37:14		
PRINGLE, Ben	ORR	42:40		

Division 3-A				
WALL, John	USNR	37:18		
MacTARNAHAM, R.	ORR	40:32		
BAGBY, Kelly	MAC	56:18		

Division 3-B				
ESSIG, Otto	UN	41:13		
FREDERICK, Walt	CSTC	43:03		
TAMANAH, N.	HMTc	43:46		
MARINONI, Ernest	KHH	44:18		
BANNING, Lloyd	ASC	46:22		

Division 4				
HOBE, Paul	UN	45:18		

5,000 METER WALK

Division 1-A				
AMOROSO, C.	CTC	22:32		
BOIES, L. Jr	TCTC	27:33		

U.S. MASTERS cont'd

Division 1-B			
GERSHUNY, J.	UN	27:34	

Division 2-A			
LUNDMARK, G.	CTC	29:46	

Division 2-B			
GOULD, Max	TMF	25:30	
JOHNSON, Don	SAC	26:33	
MOOERS, Philip	WVTC	30:48	
JACOBS, Donald	PTC	31:14	

Division 3-A			
MEDEIROS, A.	NMTC	28:16	
DICK, John	UN	39:14	

Division 3-B			
O'NEIL, L.	MAUU	30:18	

110 METER HURDLE FINALS

Division 1-A			
ANDREWS, M.	BAS	16:39	

Division 1-B			
GREENWOOD, J.	LASTC	15:39	
AMBROSE, W.	COM	20:66	

Division 2-B			
GUIDET, Al	BHS	18:1	
REINER, Edwin	SDTC	19:6	
McNIECE, H.	LASTC	20:5	
MORALES, W.	CDM	20:35	

Division 3-A			
DEACON, B.W.	HMTc	18:75	
HILLS, Claude	UN	20:17	

Division 3-B			
MacCONAGHY, R.	CBM	22:85	
FREDERICK, W.	CSTC	23:89	
BROSZ, Albert	TSC	25:05	

400 METER HURDLE FINALS

Division 1-A			
WHITAKER, K.	GB	1:01:64	
McNULTY, Joel	PTC	1:02:11	

Division 1-B			
GREENWOOD, J.	LASTC	57:43	

Division 2-A			
SPENCER, R.	SDTC	1:11:56	
LOWELL, Ed	CSTC	1:23:32	

Division 2-B			
GUIDET, Al	BHS	1:06:67	
WATERMAN, A. Jr	SRC	1:12:04	

Division 3-A			
DEACON, Bud	HMTc	1:10:22	

Division 3-B			
FREDERICK, W.	CSTC	1:29:91	
BROSZ, Alvert	TSC	2:03:62	

400 METER RELAY FINALS

Division 1-A			
CORONA DELMAR	44:76		
NORTHERN CALIF' TRACK C.	45:56		
BAY AREA STRIDERS	59:35		

Division 2-A			
SAN DIEGO TRACK CLUB	51:08		
CORONA DEL MAR	51:13		

Division 3-A			
BISHOP ATHLETIC	56:60		

Division 3-B			
NORTHERN CALIF STRIDERS	1:00:65		

1,600 METER RELAY

Division 1-A			
SENIOR TRACK CLUB (L.A.)	3:33:1		
METRO TORONTO F.C.	3:33:4		
BAY AREA STRIDERS	3:43:3		

Division 1-B			
SAN DIEGO	4:14:1		
SAN DIEGO II	4:25:6		

20 KILOMETER WALK

Division 1-A			
AMOROSO, C.	CTC	1:46:51:1	
BOIES, L. Jr	TCTC	1:58:36:0	
LEUTHOLD, D.A.	CTC	2:02:32:0	

Division 1-B			
GERSHUNY, J	UN	1:58:08:0	

Division 2-A			
LUNDMARK, G.V	CTC	2:04:49:0	

Division 2-B			
GOULD, Max	TMF	1:46:51:1	
JOHNSON, Don	SAC	1:53:57:6	
MOOERS, P.C.	WVTC	2:13:38:0	
JACOBS, David V.	PTC	2:19:16:0	

Division 3-A			
MEDEIROS, A.	NMTC	2:00:12:0	

Division 3-B			
O'NEIL, L.	MAUU	2:19:16:0	

MARATHON

Division 1-A			
BASTRICK, P.	UN	2:31:21.6	
BARTEK, R.	SBAA	2:31:40	
RUDBERG, John	STC	2:41:24	
PARKER, David	LASTC	2:46:38	
HERRICK, James	UN	2:49:44	
VANCE, Joseph	UN	2:50:45	
DAILEY, Richard	UN	2:51:22	
DENBELL, John	UN	2:51:50	
NICHOLSON, J	NCSTC	2:53:20	
MAHAFFEY, D.	SHTC	2:54:38	
AKERS, Russ	WWRR	2:56:43	
FLEMING, R.	SDTC	2:58:29	
ECKSTEIN, C.	ORR	3:01:28	
JACOBS, James	NCSTC	3:02:54	
GREEN, Miles	UN	3:04:31	
KREGAL, Jesse	BPAC	3:09:59	
DUGAN, Gordon	HM	3:13:32	
MILLER, Wendel	TCN	3:22:37	
HURST, James	UN	3:24:36	
POTTS, Byron	BHS	3:25:23	
WALKER, Keith	NCSTC	3:28:06	
COX, Donald	ORR	3:29:04	
GRAYBEAL, Dick	SETC	3:31:24	
CHAMBERLAIN, J	NCSTC	3:33:58	
TAYLOR, Edward	UN	3:36:25	
SCHAUBBER, Al	ARR	3:44:28	
FROST, Jess	ORR	3:47:22	

Division 1-B			
MILLER, Howard	SNOH	2:36:36.4	
WILCOX, Roger	SCS	2:43:32	
FREEMAN, Brian	SUTC	2:43:42	
RATELLE, Alex	TCTC	2:44:11	
FREY, John	ORR	2:49:38	
FREEDMAN, W.	SUTC	2:54:27	
LUCERO, Don	UN	3:02:22	
MACY, Bob	ORR	3:07:59	
SHERRY, Leo Jr	ORR	3:14:16	
WAGNER, Dick	ORR	3:21:40	
ANDERSON, Ruth	NCSTC	3:22:45	
HOGG, E.W.	UN	3:27:46	
LEE, Leonard	ORR	3:36:14	
GARRETT, Cal	SDTC	3:43:08	
LANKY, Jim	UN	3:45:14	
GILLMAN, Rex	ORR		

U.S. MASTERS cont'd

HIGH JUMP FINALS

Division 1-A

AUSTIN, Ed	CDM	5'- 8 1/4"
DOUGLASS, D.	BHS	4'- 6"

Division 1-B

RUTH, Rodger	VBCO	5'- 1"
GREENWOOD, J.	LASTC	5'- 0"
HASSON, Fred	UN	5'- 0"

Division 2-A

GIST, Burt	SDTC	5'- 3 1/2"
WITNEY, Ralph	UN	4'- 11"
BROWN, Dave	CDM	4'- 11"
SHERIDAN, Rob	UN	4'- 7"
EKELOF, Carl	UN	4'- 5"

Division 2-B

GILLET, Orville	CDM	4'- 11"
MORALES, W.	CDM	4'- 9"
PIRKL, Max	UN	4'- 5"
YOUNG, John	MTF	3'- 11"

Division 3-A

DEACON, Bud	HMTC	4'- 6"
DICK, John	UN	4'- 4"
BIERLEIN, Fred	UN	4'- 4"
HATLEN, Theodre	CSTC	4'- 2"
PIKE, Warren	UN	3'- 10"

Division 3-B

McFADDEN, W.	SDTC	4'- 0"
BROSZ, Albert	TSC	3'- 10"
FREDERICK, Walt	CSTC	3'- 10"

Division 4

PENNOCK, F.	NCSTC	4'- 0"
CRANE, Buell	UN	4'- 0"
HERRMANN, Stan	LASTC	3'- 6"

TRIPLE JUMP FINALS

Division 1-A

JACKSON, Dave	CDM	45'- 7"
PRESBER, P.	UN	40'- 3 1/2"
DAVISSON, S.	CDM	38'- 6 1/2"

Division 1-B

RUTH, Rodger	VBCO	37'- 11 1/4"
WASHINGTON, H.	BAS	35'- 6 1/2"
VROOM, Dewey	CSTC	34'- 6 1/2"

Division 2-A

HUTCHINSON, J.	TTC	34'- 2"
HUSENY, H.	CYMCA	33'- 6"
SPENCER, R.	SCTC	31'- 4 1/2"

Division 2-B

FARRELL, G.	CDM	38'- 3"
PIRKL, Max	UN	31'- 1 1/2"
GROSS, Joe	UN	30'- 5 1/2"
McNIECE, H.	LASTC	29'- 3 1/4"

Division 3-A

DEACON, Bud	HMTC	30'- 2"
NICHOLS, Orville	BAC	27'- 11 1/4"
DICK, John	UN	27'- 8 1/4"
HILLS, Claude	UN	25'- 11"
CARUSO, Joe	CSTC	25'- 0 1/2"

Division 3-B

McFADDEN, W.	SDTC	28'- 5 1/2"
McCONNAGHY, R.	CDM	24'- 1 1/2"
BROSZ, Albert	TSC	23'- 4 1/2"

Division 4

CRANE, Buell	UN	22'- 0 1/2"
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LONG JUMP FINALS

Division 1-A

JACKSON, Dave	CDM	21'- 6"
PRESBER, P.	UN	20'- 7 1/2"
DAVISSON, S.	CDM	20'- 6"
ANDREWS, M.	BAS	18'- 8"

Division 1-B

WASHINGTON, H.	BAS	18'- 8 1/2"
VROOM, Dewey	CSTC	18'- 1 1/2"
AMBROSE, Wayne	CDM	15'- 6"

Division 2-A

SPENCER, R.	SDTC	16'- 6 1/2"
HUTCHINSON, J.	TTC	16'- 5"
HUSENY, H.	CYMCA	15'- 11"
HUNTER, H.Jr.	UN	15'- 3"

Division 2-B

FARRELL, G.	CDM	16'- 10"
MORALES, W.	CDM	16'- 8 1/4"
McNEICE, H.	LASTC	15'- 8"
PIRKL, Max	UN	15'- 1/2"

Division 3-A

SATTI, John	HSTC	16'- 4 1/4"
WHITE, Dr. Fred	SDTC	15'- 5"
DEACON, Bud	HMTC	15'- 2"

Division 3-B

McFADDEN, W.	SDTC	14'- 0"
PUGLIZOVICH, AJ	NCSTC	12'- 4 1/4"
BROSZ, Albert	TSC	11'- 6 1/2"

Division 4

CRANE, Buell	UN	11'- 2 1/4"
PENNOCK, F.	NCSTC	9'- 6 1/4"

POLE VAULT

Division 1-A

DONLEY, Jerry	USMITT	11'- 6"
HATFIELD, T.	UN	9'- 6"
DOUGLASS, D.	BHS	9'- 6"

Division 1-B

RUTH, Roger	VBCO	14'- 1/4"
GROSH, Don	CDM	11'- 0"
WALLACE, Hal	ORR	5'- 1/2"

Division 2-A

BROWN, Dave	CDM	11'- 2"
EKELOF, Carl	UN	8'- 0"

Division 2-B

VERNON, Jim	CSTC	10'- 0"
GILLET, Orville	CDM	10'- 0"

Division 3-A

DEACON, Bud	HMTC	10'- 1/2"
HILLS, Claude	UN	7'- 0"

Division 3-B

MacCONAGHY, R.	CDM	9'- 1 1/2"
BROSZ, Albert	TSC	6'- 0"

SHOT PUT FINALS

Division 1-A

WASSAM, Ted	NCSTC	45'- 7"
FRAUNDORFER	CUN	44'- 3"
SCHRODER, Lee	NCSTC	39'- 1/2"

Division 1-B

LAUT, Jim	CDM	39'- 4 1/4"
WALLACE, Hal	CSTC	34'- 3 1/2"

Division 2-A

KERR, George	CDM	53'- 5 1/2"
PATTERSON, S.	SCITT	30'- 7 1/2"

Division 2-B

THATCHER, J.	CDM	41'- 7 1/2"
ALDRICH, Dan	CDM	40'- 0 1/2"
WARWAS, Hans J.	OSC	34'- 4 1/2"

Division 3-A

YORK, James	NCSTC	44'- 1"
VESCO, Art	SMTC	38'- 9"
NICHOLS, R.	BAC	37'- 3 1/2"
DICK, John	UN	36'- 6 1/2"

Division 3-B

PUGLIZEVICH, AJ	NCSTC	40'- 9 1/2"
CARNINE, K.	NCSTC	40'- 8 1/4"
BROSZ, Albert	TSC	32'- 5"

DISCUS

Division 1-A

MAUER, Donn	SDTC	138'- 4"
BRADY, Phil	UN	136'- 3 1/2"
FRAUNDORFER	CUN	135'- 5 1/2"
SCHRODER, Lee	NCSTC	129'- 11"

Division 1-B

HAWKE, Harry	SDTC	128'- 9 1/2"
STRAUB, R.	SDTC	117'- 4 1/2"
WALLACE, Hal	CSTC	105'- 7 1/2"

Division 2-A

KERR, George	CDM	148'- 7 1/2"
PATTERSON, S.	SDITT	113'- 3 1/2"
KILBUCK, John	UN	103'- 8 1/2"

U.S. MASTERS cont'd

Division 2-A

HUNTER, H. Jr.	UN	145'- 10"
KILBUCK, John	UN	134'- 11"
HAZEN, Jack	UN	133'- 7"

Division 2-B

MORALES, W.	CDM	164'- 3"
ALDRICH, Dan	CDM	140'- 8"
GROSS, Joe	CDM	100'- 9"

Division 3-A

DICK, John	UN	120'- 6"
NICHOLS, O.	BAC	119'- 4"
DEACON, Bud	HMTC	108'- 8"
NICHOLS, R.	BAC	98'- 10"
HILLS, Claude	UN	97'- 9"

Division 3-B

CURTICE, E.	UN	120'- 9"
CARNINE, Ken	NCSTC	114'- 4 1/2"
MacCONAGHY, R.	CDM	108'- 1"
HUBBELL, R.	LASTC	105'- 7"
BROSZ, Albert	TSC	58'- 6 1/2"

Division 4

HERRMANN, S.	LASTC	49'- 2 1/4"
CRANE, Buell	UN	31'- 4 1/2"
MOWRER, Gentry	UN	30'- 7 1/2"

HAMMER THROW

Division 1-A

STEELE, Chester	NCSTC	118'- 5"
DOUGLASS, Dave	BIIS	107'- 7"
WOORLE, Max	CMITT	65'- 5 1/2"

Division 2-A

PATTERSON, S.	SDITT	132'- 8 1/4"
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Division 2-B

ROCHAMBEAN, G	SDTC	130'- 2 1/4"
ALDRICH, Dan	CDM	123'- 4"

Division 3-A

VESCO, A.E.	SMTC	90'- 3 1/2"
DICK, John	UN	72'- 7 1/2"
YORK, James	NCSTC	70'- 5 1/2"
NICHOLS, R.	BAC	65'- 9 1/4"

Division 3-B

HUBBELL, R.	LASTC	94'- 11 1/4"
BROSZ, Albert	TSC	70'- 10 1/2"

Division 4

ANDERSON, H.	UN	82'- 7"
CRANE, Buell	UN	77'- 1"
HERRMANN, S.	LASTC	71'- 1/2"
MOWRER, Gentry	UN	68'- 3"
PENNOCK, F.	NCSTC	64'- 11"

DECATHLON

Ed Phillips	1A	NCSTC	1767
Tinker Hatfield	1A	UN	1678
Max Woerle	1A	CMITT	1552
Marshall Haraden	1A	SDTC	1087

Harry Hawke	1B	SDTC	2454
Bill Sleeth	1B	SDTC	1625
Hal Wallace	1B	CSTC	1375
Ken Bernard	1B	SDTC	1056

John Hutchinson	2A	TTC	1722
Ralph Hassman	2A	SRRC	1252
John Kilbuck	2A	UN	1044
Ted Clark	2A	UN	669

William Morales	2B	CDM	1682
Hans Warwas	2B	OSC	794

Claude Hills	3A	UN	992
John Dick	3A	UN	764
Wilbur Arnold	3A	UN	736

Albert Borsz	3B	TSC	325
Walter Frederick	3B	CSTC	282

Herbert Anderson	4	UN	152
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AGEING

At a recent conference organized by the Royal Society of Health, Dr. Thomas Judge of the department of geriatric medicine, Glasgow University, said that a scientific study in Russia had discovered that there was an increase in the efficiency of the heart in healthy ageing. This showed for the first time that ageing, like growth and development might be a process of adaptation.

RESULTS

2nd June, 1974	Yonkers Marathon. AAU Champs.
29	P. Bastick (40) 2:34:42
58	J. McDonagh (50) 2:48:07
69	T. Corbitt (53) 2:50:53

European Champs:-
H. PAYNE 67.44/221'3" just missed out on the final pole in what proved to be a competition of very high standard.
GERHARD WELDNER W. Ger. 7th. in the 50 k.m. Walk - 4h10m52.4 in very hot and humid conditions.

TRAINING DAYS

Gordon Daborn, veteran sprinter and Hertfordshire County Coaching Secretary, is organising training days for all track athletes at the Teachers Centre, Six Hills Way, Stevenage, Herts. on 24th November and 15th December. Veterans are welcome and should bring a packed lunch, notebook, indoor and outdoor training shoes. Time: 09.30 for 10.00 to 16.00 hours. Only track events will be covered on these two dates but jumps will be dealt with on March 23rd at a venue to be announced.

10th Anniversary of the Association of Veteran Long Distance Runners

A 20 Kilometres road race for veteran runners will be held at Bensberg - Refrath, near Cologne, West Germany on Saturday 23rd November 1974 to commemorate the 10th anniversary of the Association of Veteran Long Distance Runners.

Belgium

26th May 1974

Herent Half Marathon

1	E. Demeyer (War)	1:13:06
2	G. Teras (Waregem)	1:16:43
3	Van Steenkiste (Kort)	1:19:34
4	R. Bocklandt (Hamme)	1:24:05

8th June, 1974

40Km 900, Nivelles

5	R. Monseur GABW	2:24:37
12	R. Michant (FRA)	2:36:19

22nd June, 1974

Baulers (Nijval) 8.5 Km

1	JOURET Denis (Asa Ren.)	29:00
2	Monseur Roger (CABW)	29:26
3	Goossens E. (AC Lebbeke)	29:40
4	Duthye Pol (Asa)	30:15
5	Moermen Joseph (A'aerde)	30:32
6	Wayact Robert (O.E. Halle)	31:00
7	Limbourg Jules (USA)	31:10
8	Denix (Grammont)	31:40
9	Gaillau G. (Asa)	31:52
10	Poulin Georges (CABW)	31:58
11	Somville René (Ixelles)	32:22
12	Andries René (USA)	32:30
13	Serruys J. (Ol. Brugge)	33:18
14	Smet Léon (A.C. Vilvoorde)	33:36
15	Moyaert J. (J.S.V.)	34:18

23rd June, 1974

Vilvoorde - 10Km Road Race

1	GADISSEUR (Olse AC)	30:56
2	Monseur (Brab. Wailen)	32:06
3	De Meyer (AD Waregem)	32:47
4	Jouret D. (Asa Ronse)	33:21
5	Moermans (AS Oudenaarde)	33:48
6	De Hoef (ULA Arlon)	34:21
7	Denix (AC Geraardsbergen)	34:50
8	Wauters (RC Mechelen)	34:56
9	Van Steenkiste (Kortrijk Sp.)	34:59
10	Diericx (Antwerp AC)	35:04
11	Duthye (Asa Ronse)	35:26
12	Van Hansbeek (AC Denderl)	35:30
13	Van Daele (AC Baastode)	35:34
14	Lessis (Racing Tienen)	35:42
15	Goossens (Vlierzele AC)	35:42
16	Andries R. (USA)	35:55

7th July, 1974

Chassart Road Race

1	MONSEUR R. (Nijvel)	1:00:44
2	Moerman J. (Oudenaarde)	1:01:57
3	De Hoef R. (V. Lorraine)	1:02:30
4	Engels J. (Bertrix)	1:02:54
5	Logiste R. (Leuven AC)	1:03:30
6	Limbourg J. (Labor)	1:04:02
8	Nicolas M. (Bertrix)	1:04:58
8	Somville R. (Ixelles)	1:05:07
9	Smets A. (Vilvoorde)	1:06:02
10	Duchauffour G. (Frankrijk)	1:06:54
11	Andries R. (Labor)	1:07:08
12	Sotteau E. (Nijvel)	1:07:26
13	Blocier R. (Metro-Paris)	1:08:15
15	Merveille J. (Jambes)	1:09:16

7th July, 1974

18Km Sombrefe - Byne

1	Monseur (43)	60:44
2	Moerman	61:57
3	De Hoef (44)	62:30
4	J. Nicolas (41)	62:54
5	Logiste (44)	63:30
6	Limbourg (56)	64:02
7	M. Nicolas (42)	64:58
8	Somville (40)	65:07
9	L. Smets (45)	66:02
10	Duchauffour (44)	66:54
42	Bastien (65)	84:30

Nijval International Marathon

Emiel Kickens 2:40:04

14th July, 1974

Kersbeck-Miskom 12 Kms

14	Laermans J. (RCT)	50:54
15	Maghe G. (Marchienne)	50:58
16	Mathues G. (Arendonk)	54:15

14th July, 1974

Kortemark Marathon

16 W. Vergison 2:34:44

28th July, 1974

22.5 Km, Bertrix

10 R. Wambst 45 (FRA) 1:20:48

11th August, 1974

Sierre-Zinal Mountain Course Switzerland

26	E. Demeyer	3:14:04
144	R. Fockedey	3:58:02
255	G. Valcke	4:30:40

24th August, 1974

Geraardsbergen 10Km.

1	VANTIEGHEM J. (AC Aalter)	32:52
2	Vergison Willy (Ol. Brugge)	32:52
3	Van De Wattijne M. (Asa)	33:37
4	Moerman Jozef (KASVO)	34:38
5	Kiekens Emiel (E. Aalst)	34:40

24th August, 1974

Nijvel Road Race

1	MONSEUR (CABW)	24:25
2	Dehoef (Arlon)	25:50
3	Van Ransbeek (Denderland)	26:15
4	Van Herreweghe (Denderland)	27:00
5	Sotteau (CABW)	27:13
6	Van Dembroeck (White Star)	27:17
7	Andries (USA)	27:29
8	Cresis (RC Tienen)	27:43
9	Gaillau (Asa Renaix)	28:00
10	Smets (Vilvoorde)	28:18

25th August, 1974

R.O.V.S. Grand Prize 1974 10 Km.

1	GOOSSENS E.	32:22
2	Van Ransbeek F.	33:36

3	Duthye P.	34:06
4	Van Herreweghe A.	35:52

Class 2

1	VAN DE WATTYNE M.	34:18
2	Andries R.	36:04
3	De Berger J.	37:06
4	Vander Welk H.	37:44
5	Aelvoet G.	39:46
6	De Pauw A.	42:38

31st August, 1974

Chapelle Half Marathon

Class 1

1	MONSEUR R. (Ent. Niv)	1:13:40
2	De Hoef Rik (VA Lorr.)	1:18:07
3	Denix Omer (AG C'mont)	1:18:30
4	Smets Leon (Sasja Vilv.)	1:20:30
5	Sotteau René (Ent. Nivel.)	1:21:55
6	Gillis Alfons (Sasja Vilv.)	1:22:15
7	Leemans (SV Halle Sport)	1:23:05
8	Verly A. (Ent. Nivelloise)	1:24:40
9	Paul P. (Vallée du Hain)	1:25:15
10	Clemeat A. (Vlierzele)	1:25:55
11	Branders Cl. (Schaarb. AC)	1:28:00
12	Audiart A. (Shapelle SMJ)	1:28:15

Class 2

1	LIMBOURG J. (S. AC)	1:18:23
2	Alvoet G. (Ev. Oudergem)	1:25:00
3	Bastien H. (Gembloux)	1:41:15
4	Boulard Jean (Dour Sport)	1:50:45

European Miscellany

28th April, 1974

Miroslav Nedobite Memorial 25 Km Czechoslovakia

Veterans Event

1	Hagen 41 (AUT)	1:25:03
2	Jockel 45 (DDR)	1:28:24
3	Van De Wattijne M. (Asa)	33:37
4	Moerman Jozef (KASVO)	34:38
5	Kiekens Emiel (E. Aalst)	34:40
20	Lunak 72 (CSR)	2:05:34

18th May, 1974

Chene 15Km, Switzerland

6	F. Eder 40+	55:15
16	H. Ecoeur 40+	59:33
20	P. Boimond 50+	60:55

May 26th

Switz v Belg. v Lux. v Denmark

35 Km Walk: 4 C. Sowa (Lux) 3:04:06

2nd June, 1974

Moscow 30Km, U.S.S.R.

86	I. Burkov 41.	1:37:52
197	Hagen 41. (AUT)	1:46:48



Spiridon

ACQUARONE (44) of Italy wins the Marseille Provincial Marathon in 2:26:40

2nd June, 1974

8.2 Km Wohlen, Switzerland

Veterans Race

1	Diethelm (Buchs)	28:16
2	Sterki (Biberist)	28:46
3	Leutwyler (Zurich)	29:19
4	Suiser (Sevelen)	29:20
5	Scharer (Fricktal)	29:30
9	Frank 50+ (Kloten)	30:21

7th/8th June, 1974

100Km Bienne, Switzerland

Veterans result

1	W. Zitterdi 54	8:32
2	E. Morscher 45	8:37
3	H. Anthoni 44 (FIN)	8:51
4	P. Kummer 43	8:54
5	R. Serafin 40 (GER)	8:58
6	E. Schumacher 47	9:01
7	P. Boimond 51	9:17
8	F. Kropf 43 (AUT)	9:32
12	H. Stussi 58	9:51
18	W. Tschiedel 60	10:04
33	H. Kuckler 63 (GER)	10:42
46	R. Piotzel 64 (GER)	11:13
76	F. Roll 65 (GER)	12:14
	J. Salobert 67 (FRA)	12:53
	A. Weidman 73 (GER)	14:50
	Rottenschweiler 75	14:55

WOMEN

1	E. Holdener 42	9:52
2	E. Fendt 43 (AUT)	10:19
3	E. Westphal 55 (GER)	11:30
4	M. Trekay 51	13:27
10	A. Frey 76	15:35
14	R. Vogeli 74	16:02

9th June, 1974

21.1 Km St. Maurice, Switzerland

Veteran Result

1	E. Friedli	1:10:35
2	F. Eter	1:14:25
3	G. Granger	1:18:02
4	J.F. Doré	1:18:35
24	J. Dingler (61)	1:38:51

9th June, 1974

The Ferte-Bernard 100Km, France

MEN

13	L. Duquesnoy (55)	10:43:12
40	G. Huard (48)	14:53:25

WOMEN

16th June, 1974		
Chateau-Landon, France		

7.5Km (40-54)

1	Martins (Portugal)	26:03
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2	Zamy (Metro)	26:28
3	Feleand (Massy)	27:00
4	Martinez (Gagny)	27:12
5	Liot (Casg)	27:16

5Km (55+)

1 Michon (A.S. Beurse) N.T.

22nd June, 1974

Onex Marathon, Switzerland

5	A. Sidler (40)	2:33:59
13	F. Eter (45)	2:47:53
40	P. Boimond (51)	3:12:19

28th June, 1974

Häverödal Marathon, Sweden

8	E. Ostbye (53)	2:50:57
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30th June, 1974

15Km Troistorrents, Switzerland

2	Granger (41)	58:51
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5th/6th July, 1974

100Km, Hartola, Finland

3	Ron Bentley 43 (GBR)	7:27:40
5	Parkkonen 40+ (FIN)	8:06:04
6	Anthini 40+ (FIN)	8:30:15
11	A. Tognetti 40+ (SUI)	9:19:05
18	E. Holdener 40+ (SUI)	
	- Lady!	9:37:03
26	E. Borgeand 50+ (SUI)	11:57:58
43	F. Caviglioli 60+ (GBR)	14:06:47

6th July, 1974

9Km, Muri, Switzerland

4	Sidler 40+ (Lucerne)	28:55
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7th July, 1974

Les Plans - Cab. Plan Neve, Switzerland

1	Granger 41 (3-Torr)	52:42
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13th July, 1974

Domazlice Marathon, Czechoslovakia

22	Chudomel (42)	2:40:37
58	Strupp (58)	2:58:05

14th July, 1974

Lourtier - Mauvoism, Switzerland

12.3 Km (1.12 Km ascent)

32	J. Fontaine 50+	64:22
42	H. Ecoeur 40+	66:07
44	M. Vallotton 40+	66:26
62	H. Sarrasin 50+	70:32

21st July, 1974

23.5Km, Marvejas - Mende, France

Open Race

2	Alcade 40 (FRA)	1:25:31
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Veterans Race

1	Bonnean (FRA)	1:35:40
2	Monnot (FRA)	1:39:52
3	Peitand 50+ (FRA)	1:40:06
4	Zurcher (SUI)	1:43:22
5	Deutsch (FRA)	1:46:18
6	Martins (POR)	1:46:28

WALKING

For other U.K. Walking results see pages 48-54

ACCOLADE 8 HOURS TRACK WALK

Ray Middleton (38) achieved five world-best marks at Haringey, London, on September 29th. They were
40 miles in 5:56:29
50 miles in 7:31:06
40mls 581yds (64,905m) in 6 hrs.
46mls 1263yds (75,187m) in 7 hrs.
53mls 352yds (85,618m) in 8 hrs.

Harold Whitlock (70), who set the former marks before Ray was born, was a spectator and very happy to present the cup he received in 1935.

Ray set the pace from the start, but didn't take the lead for the final time until the half way mark. As he raced away to a convincing lead, two veterans, Ken Harding (45) and Charlie Fogg (40), fought it out for the minor placings — the former finishing stronger than anyone to gain a well-earned second place.

Result

- 1 Ray Middleton 38 (Belgrave Harriers) 53m-352yds/85,618m
- 2 Ken Harding 45 (Royal Sutton Goldfield) 52m-645yds/84,277m
- 4 Charlie Fogg 40 (Enfield Harriers) 51m-913yds/83,029m

Since turning 40 Logan Irwin, Secretary of the Randwick-Botany Club New South Wales, has been setting club records in the walks and in doing so has been beating Peter Waddell the National Champion.

His marks this year include a 1:44:52 20 Kilos, a 2:51:32 30 Kilos and a 50:43 track 10,000 metres.

In Veteris No 4, Vol 1 Coroebus pondered the likely rate of decline with age.

Comparing absolute World Records with age records and taking distances between 300m and 100Km, the following averages percentages arise.

	RUNNERS	WALKERS
40-49	+ 12%	+ 4%
50-59	+ 20%	+20%
60-69	+ 35%	+31%
70-79	+ 58%	+39%
80 and over	+100%	+63%

(insufficient data but probably around)

For those who like straight line graphs, this can almost be achieved for runners by adding 70% to each group's decline (e.g. 12% + further 70% = 20.4% and 20% + 70% = 34%).

When one turns to walkers however, a much more favourable expectancy arises.

Thanks to Gerhard Weidner (40) and his absolute world record at 50Km and the fact that walkers at the longer distances are often at their best up till their middle forties, the 40 to 49 range showed only a 4% deterioration.

Assuming that true decline in walkers commences only after 50 we get an additional percentage decline of around 45% per 10 year group. (e.g. 20% + further 45% = 29%).

In general it would seem that walkers can expect to deteriorate at about 2/3rds the rate for runners. F.N.

Max Gould (57) has set a string of Masters walking records these last few months. In the space of 11 days (June 30th to July 10th) he notched the Canadian Masters 20 Km track walk in 1:48:56.8, the U.S. Masters 5 Km track walk in 25:29, the Sauc Island 20 Km road walk (Oregon) in 1:46:51.1 — all U.S. and Canadian Masters records — and finally the U.S. Masters Kalispell Mountain 35Km in a record 3:41:29!

Obviously dismayed at his non-selection for the European Championships, Roy Thorpe (40) did enough to win and set a championship best of 13:33.6 at the National Veterans Championships at Cophthall, Hendon, on August 11th; but he was well outside the UK Vets best of 13:00.6 set by George Chaplin in 1972.

George himself made a rare competitive appearance this year to finish second only 5.4 seconds down on Thorpe.

Very good group wins in this 3,000 metres event came from Dave McMullen (50-54) and Fred Nickolls (55-60), while Arthur "Bob" Roberts continued to amaze at the age of 72 by taking the over-60 title. C.Y.

B. Jones (over 70) turned in two useful walking performances this year in N.S.W. Australia. He recorded 2:40:52 for 20 Kilos and 75:17 for a track 10,000 metres.

June 2nd Southern RWA Track League 10,000 W	49:09
3 C. Fogg 40 (Enf.)	
June 22/23 W. Germany v France v Switz v Belgium 50 Km Walk	
1 G. Weidner 40 (WG)	4:18:22
July 26th West German Champs 20Km Walk	
2 G. Weidner (40)	1:29:53

GEORGE CHAPLIN

Colin Young writes:—

Standing head and shoulders (he is 6'5"+) over the rest, George Chaplin has been a regular face in the front ranks of race walking at all distances for the past 25 years. I first saw him finish 2nd in the Junior mile at the Highgate St. Dunstan's meet back in 1947. Always a versatile and consistent performer George was reserve at 50 Kms for both the Melbourne and Rome Olympics and reserve at 20 Kms at Tokyo; each time being very unfortunate to be left out. Trying the longer stuff he was placed in the 'Brighton' behind Don Thompson and Tom Misson, and finished 3rd behind that redoubtable duo in the famous Milan 100-Kms classic.

Never a National champion his many placings at all distances have always made him a man to be reckoned with and even as late as 1972 he was representing his country at 50 Kms in a match with West Germany. In the same year he so very nearly defeated Paul Nihill at Leicester in a track 50 Kms.

George's 3 Kms veteran best of 13:00:6 will be difficult to beat even for current International Roy Thorpe, who beat George in this year's championships at Hendon.

A man who rarely receives a second look from the judges, George has with those other vets, George Colman and Bryan Hawkins, been a stalwart of the sport. All three are just as enthusiastic now as when they were at the top; truly inspiring to all who attempt to follow in their footsteps.

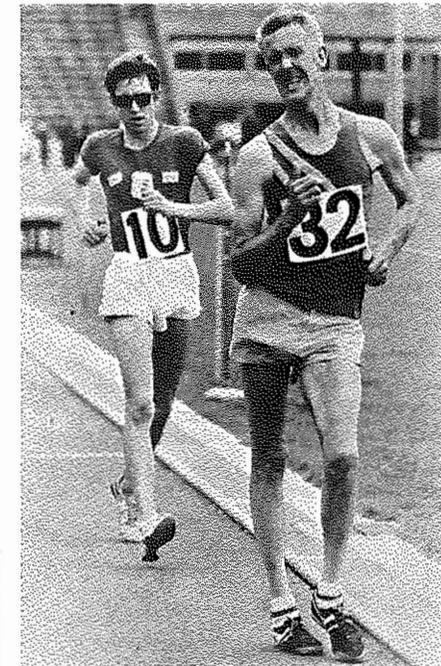


Photo: Ed Lacey

GEORGE CHAPLIN leads the late PHIL EMBLETON in the inter-counties 10,000 metres at Crystal Palace in 1969

RESULT of 1974 "LESTER" POINTS CUP — Veterans AC (based on handicap points over five 5ml Road Walks)

1 C. Speechley	110 pts
2 F.G. Nickolls	100 pts
3 A. East	99 pts

Charlie Speechley improved progressively in each race to keep ahead of the handicapper, in spite of his 86 years.

July 21st
Bristol RWC '7' Road Walk

4 J. Bromley (Nomads)	57:43
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4th National Veterans Champs.
3,000m Walk, Cophthall, Hendon.

11-8-74	
1 R. Thorpe	13-33-6
(Group Winner 1,40-44, Champ best perf.)	
2 G. Chaplin	13-39
3 K. Livermore	14-17
4 D. McMullen	14-40
(3,50-54)	
5 R. Purkis	14-43
6 J. Todd	15-21
7 F.G. Nickolls	16-45
(4, 55-59)	
8 A. Roberts	17-15
(5, over 60 (actually 72))	
9 S. Smith	18-34
10 A. Parsons	19-35
11 A. Welling	21-49

5 mile Road Walk Battersea Park VAC 25-6-74

1 J. Bromley	40-45
2 D. Vale	41-52
3 F. Butler	47-16
4 F.G. Nickolls	47-33
5 W. Symes	49-35
6 T. Cook	49-32
7 A. Flavell	52-32
8 A. East	52-38
9 W. Garratt	54-13
10 C. Speechley (2 lap = 3 1/2 mls)	43-34
(86 yrs)	
Handicap: 1st Bromley 37-15 off 3-10	

June 18th
Verlea 5 miles Road Walk

4 J. Bromley (Bel)	40:40
5 P. Worth (Ver)	41:12

3,200m Track Champs. VAC Battersea 7-7-74

1 K. Livermore	15-09
2 D. McMullen	15-30
3 D. Maynard	15-35
4 J.F. Turner	15-51
5 J. Bromley	15-59
6 R. Purkis	16-15
7 K. Easlea	16-41
8 F.G. Nickolls	18-12
9 T. Cook	19-19
10 A. East	20-06
11 B. Hobart	23-29
12 C. Speechley	25-29
(World age record 86 years)	

5 mile Road Walk VAC Battersea 6-8-74

1 K. Livermore	40-04
2 K. Easlea	41-21
3 P. Worth	42-17
4 M. Marshall	45-30
5 F. Butler	47-15
6 A. Roberts	47-24
7 R. Rudd	47-45
8 T. Cook	47-52
9 F.G. Nickolls	48-18
10 A. East	52-14
11 W. Garratt	54-17
12 B. Hobart	59-08
13 C. Speechley (2 laps = 3 1/2 m)	42-40
Handicap 1st T. Cook 38-52 off 9-20	

(Over 55 Championship 1st F.G. Nickolls 18-12)

5 mile Road Walk VAC Battersea 16-7-74

1 F. Turner	40-26
2 K. Easlea	41-20
3 P. Worth	42-15
4 F. Butler	46-58
5 F.G. Nickolls	47-33
6 A. Roberts	47-36
7 T. Cook	48-21
8 W. Symes	49-40
9 E. Winn	50-09
10 A. East	51-05
11 W. Garratt	54-20
12 C. Speechley (2 laps = 3 1/2 m)	43-08
Handicap 1st East 38-25 off 12-40	

Veterans AC Track Champs.

July 7th - Battersea

200 metres

40-54 Final		
1	A. Blackman	23:2
2	K. Scott	
3	C. Williams	

(Over 55) Final

1	C. Fairley	27:5
2	G. Brooks	
3	L. Batt	

400 metres

40-54 Final		
1	G. Daborn	56.5
2	J. Daniel	
3	J. Hayward	

(Over 55) Final

1	L. Batt	62.0
2	R. Hopcroft	
3	J. Clements	

100 metres:

40-54 Final		
1	A. Blackman	11.5
2	A. Williams	
3	K. Scott	

(55-64) Final

1	C. Fairley	13.2
2	G. Brooks	
3	L. Batt	

(Over 65) Final

1	N. Marton	15.4
2	J. Searle	
3	A. Sutherland	

800 metres

Over 40		
1	R.A. Hunt	2:07.0
2	J. Hayward	
3	G. Smith	

1500 metres

Over 40		
1	L. O'Hara	4:07.7
2	C. Shippen	4:23.4
3	P. Newall	4:24.4

5,000 metres

Over 40		
1	D. Dellar	16:15.0
2	S. Charlton	
3	J. Fitzgerald	

3200 metres Walk (Over 40)

1	K. Livermore	15:09.0
2	R. McMullen	
3	D. Maynard	

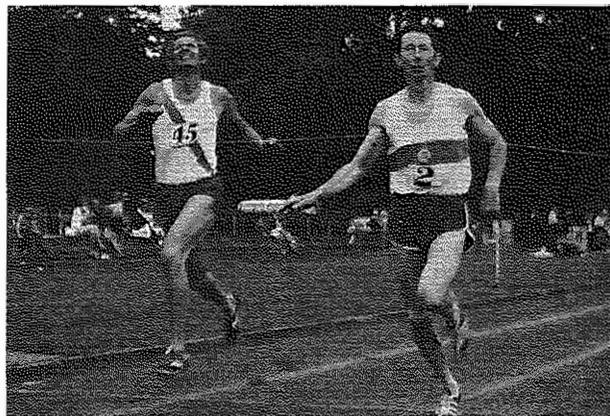


Photo: J.L. Hayward

Gordon Daborn (2) wins 400 from John Daniel (45)

July 26/27

G.B. v Czechoslovakia		
Hammer:		
2	H. Payne 43	69.06/226'7"

July 20th

Belgrave '20' Road Race		
9	D. Case 40 (E&S)	1:54:15
17	G. McEntyre 43 (E&E)	1:57:45
25	M. Caudwell 40 (Croy)	2:01:16
27	I. McKenzie 41 (MP)	2:06:01
29	S. Charlton 45 (TVH)	2:06:43
30	W. Anderson 43 (MP)	2:07:05
32	T. Buckingham 55 (Leam)	2:08:33

July 21st

Pye Gold Cup Semi-Finals		
Shot:		
1	S. Clark 40 (W.Gm)	16.47/54'0 1/2"

July 14th

Pye Gold Cup - 1st Round		
Discus:		
2	H. Payne 43	42.22/138'6"
Hammer:		
1	H. Payne 43	62.30/204'5"

July 16th

Invitation Hammer Competition, Warley		
2	H. Payne 43	66.14/217'0"

July 17th

Inter-Services T&F Champs.		
Hammer:		
5	S. Robinson (RN)	153'10"
6	D. Valentine (RN)	151'2"

July 27th

Woodford to Southend (37.4 miles)		
4	R. Bentley 43 (Tip)	4:05:53
12	D. McWhirter (Tip)	4:28:10
15	T. Buckingham 55 (Leam)	4:40:47
16	E. Hefford (Orion)	4:44:24
22	J. Fitzgerald 50 (Mit)	4:57:32
26	J.H. Fenn (Orion)	5:11:52

July 30/31

G.B. v Sweden		
Hammer:		
1	H. Payne 43	69.52/227'5"

August 3rd

Sale '15' Road Race		
13	K. Hodgkinson 42 (Salf)	79:34
21	R. Franklin 46 (TVH)	82:48
27	R. Kernighan (LP)	84:52

July 23rd

Verlea 3,000m Track Walk		
1	K. Livermore (Enf)	14:09
3	P. Worth (Ver)	14:37

July 20th

National RWA 50 Km Walk		
3	R. Thorpe 40 (Sheff)	4:24:08
7	K. Harding 43 (RSC)	4:37:59
9	C. Fogg 40 (Enf)	4:39:03

July 20th

Gourok Highland Games '14'		
3	W. Stoddart 42	75:49

August 3rd

20 Km Walk Trial		
11	R. Thorpe 40 (Sheff)	95:10
23	C. Fogg 40 (Enf)	100:22
30	E. Livermore (Eng)	103:59

July 27th

Northern Vets 10 Miles Champs. (40-44)		
1	D. Balding (HeatonH)	55:15
2	R. Kernighan (Pemb)	56:01
3	T. Rooke (M'Boro)	57:09

(45-49)

1	S. Smith (Pemb)	56:58
2	J. Caddy (M'Boro)	60:04
3	J. Lawton (Leeds)	60:17

(50-59)

1	E. Joynson (Gateshead)	60:39
2	A. Lawton (Leeds)	62:47
3	N. Ashcroft (Sutton)	64:42

(60+)

1	S. Lee (Horwich)	71:08
2	E. Harrison (Lincoln)	71:08
3	E. Johnson (Sutton)	74:38

Teams:

1	Pembroke (18,22,52)	92
2	Midd'bro' (23,41,65)	129
3	Gateshead (46,51,54)	151
4	Bolton (53,55,57)	163

August 7th

Vets A.C. 100m Handicap		
1	S. Stein 54 (off 2m)	12.8
2	L. Batt 61 (off 4m)	13.0
3	A. Welling (off 34m)	14.8

August 10th

Kirkintilloch Highland Games		
'Haig' 10+ Road Race.		
5.	W. Stoddart (42)	59:45

August 10th

Welsh AAA v S.W. Counties		
400H:		
4	J. Dixon 41 (SW)	56.6
3,000 W		
2	C. Fogg 40 (SW)	13:59.2

August 10th

Open 10,000 Track Walk, Coventry		
2	G. Chaplin 44 (Cov)	49:30

August 10th

Shaftesbury (10) Road Race		
29	D. Case 40 (E&S)	53:40
36	R. Franklin 46 (TVH)	54:03
44	R. McEntyre 43 (E&E)	54:35
57	W. Anderson 42 (MP)	55:48
64	A. Horne 40 (Ran)	56:16

August 10th

British Games, Crystal Palace		
Hammer		
2	H. Payne 43	68.74/225'6"

24th August, 1974

Preston-Morcambe "Milk" Marathon		
5	K. Hodgkinson (42)	2:27:18
9	A. Walsham (43)	2:31:05
15	R. Kernighan (41)	2:37:18

25th August, 1974

A.A.A. Juniors v S.C.A.A.A. Crystal Palace		
5,000:		
6	L. O'Hara (42)	8:33.6

27th August, 1974

Stretford League		
800:		
1	R. Colson (42)	2:04.7

August 31st

Hford 1 Hour Walk		
2	C. Fogg 40 (Enf)	12,282m
7	K. Livermore (Enf)	11,737m
12	P. Worth (Ver)	11,237m

1st September, 1974

Vancouver Trophy Meeting		
Shot:		
1	S. Clark (W. Grn)	52'1'0 1/4"

August 13th

Vets A.C. 5 miles Road Handicap		
1	W. Smith (30.40)	23:10
2	C. McDowell (13.00)	23:55
3	A. Wells (43.30)	24:05
Fastest: L. O'Hara (42) 26:00		

August 17th

Edinburgh Highland Games		
Hammer:		
2	H. Payne (43)	224'9"

August 14th

Scottish Vets H.C. 10,000m		
Track Championship—Glasgow		
(Conditions: Torrential rain, strong winds)		
1	C. McAlinden	32m 55
2	W. Stoddart	33m 00
3	W. Ramage	34m 30
4	R. Calderwood	34m 35
5	J. Moore	35m 44
6	A. White	36m 13
7	B. Bickerton	37m 30
8	G. Porteous	39m 29
9	A. Galbraith	39m 39
10	T. Harison	39m 43
11	M. Philips	40m 15
12	R. Kane	40m 21
13	W. Ross	40m 23
14	P. Livingston	40m 30
15	T. Fletcher	40m 35

July 17th

Beverley Exter. Trophy Meeting		
Shot		
1	S. Clark (W.Gn)	16.26/53'4 1/4"

July 20th

Brockman Trophy Meeting		
Discus		
5	E. Brewer 59 (SLH)	119'5"

August 11th

Barnsley '6' Road Race		
49	K. Hodgkinson (42)	33:48
57	A. Walsham (43)	34:07
88	T. Kilmartin (42)	35:09
0/50: A. Lawton (Leeds)		
0/60: T. Johnson (Sutton)		
0/70: W. Fellows (E. Ches)		

August 17th

Enderby '10' Road Walk.		
1	R. Thorpe (40)	74:48

August 17th

Isle of Man "IT" 37 1/2 miles Walk		
8	H. Holmes (Yorks)	6:40:00

August 17th

SCAAA Open Meet - C. Palace		
3,000:		
9	L. O'Hara (42)	8:28.8

August 24th

Two Bridges Race, Scotland (36 miles)		
3	A. Wood (Aberdn AC)	8:32.43
11	R. Bentley (Tipton H.)	9:48.26
19	W. Russell (Scott Vets)	3:57.53
29	T. Buckingham (Leam)	4:07.24
30	D. MacWhirter (Tip)	4:08.17
35	J. McLean (Scott Vets)	4:13.16
34	J. Lowry (Scott Vets)	4:15.12
47	D. Logan (US Masters)	4:54.52
50	J. Peasdale (N. Vets)	5:13.31

August 24th

British League, Division 1		
Discus:		
5	H. Payne 43)	41.06/134'8"
Hammer:		
1	H. Payne	65.56/215'1"

13th September, 1974

Coca-Cola Meeting, C. Palace.		
1 mile Walk:		
7	K. Carter	6:41.7



SID CLARK

24th August, 1974.
British League, Division Three.

Shot:		
2	S. Clark	15.78/51'9 1/4"

Pole Vault:		
1	R. Brown	3.81/12'6"

24th August, 1974		
Scottish 10 Km Track Walk		
1.	R. Thorpe (40)	46:51.2

25th August, 1974
Northern Vets 10,000m (Road)

1	A. Hughes (Rochdale)	32:02
2	J. Wild (E.C.H.)	32:48
3	S. Smith (Pembroke)	32:57
4	T. Smyth (Rochdale)	33:34
5	P. Goodyear (Y.M.C.A.)	33:47
6	M. Robson (Gateshead)	35:00
7	J. McAloon (Pembroke)	35:05
8	J. Sale (Rochdale)	35:35
9	S. Robson (Gateshead)	35:37
10	F. McGrath (Airedale)	35:40
11	A. Hardman (Altrincham)	35:47
12	B. Crook (Rochdale)	35:55
13	J. Betney (Clayton)	36:00
14	N. Ashcroft (Sutton) 50+	36:08
15	J. Moorhouse (Rochdale)	36:13
16	K. Brun (Pembroke)	36:22
17	L. Whitehead (Pembroke)	36:24
18	W. Midgeley (Airedale)	36:28
19	D. Howarth (Leigh)	36:37
20	J. Smith (Airedale)	36:46
21	J. Thomson	36:51
22	R. Pocklington (E.C.H.)	37:25
23	J. Williamson	37:25
24	M. Porter (Stretford) 50+	38:16
25	H. Smith (Clayton)	38:33
26	R. Salisbury (Wirral) 50+	38:41
27	W. Brown (E.C.H.)	38:56
28	E. Harrison (Lincoln) 60+	39:15
29	H. Thornton (Spenboro)	39:32
30	S. Lee (Horwich) 60+	39:48
31	P. Shillito (Pembroke)	40:00
32	L. Heald (E.C.H.)	40:20
33	C. Black (Pembroke)	40:49
34	E. Johnson (Sutton) 60+	40:53

15th September
"Running of the Walls", Berwick
on-Tweed.

Sponsored by Bank of Scotland. Six
races watched by thousands of
spectators and shown on Border TV.
Many internationals. Trophy for best
performance by local athlete won by
Veteran Norma Campbell.

Veteran result

Men

- | | | |
|---|-----------------------|--|
| 1 | R. Balding (Heaton) | |
| 2 | P. Pattison (Gosport) | |
| 3 | J. McMahon (Durham) | |

Women

- | | | |
|---|--------------------|-------|
| 1 | P. Jones (Ilford) | 26:02 |
| 2 | E. Cook (W & B) | 27:01 |
| 3 | N. Campbell (Blay) | 27:29 |

**11th/17th September, 1974
Coventry Godiva Track Walks**

- 3,000m:**
1 G. Chaplin 13:25

- 10,000m:**
1 G. Chaplin 47:38

**15th September, 1974
Salisbury "Round the Houses" 5.**

- Veteran:**
Bradshaw (Salisbury) 26:13

**28th September, 1974
British Police '10' Road Race**

- | | | |
|----|---------------------|-------|
| 14 | M. Morrell (Mersey) | 54:10 |
| 18 | I. McKenzie (Met) | 54:34 |
| 20 | W. Anderson (Met) | 54:39 |

**4th September, 1974
Linotype '5', Altrincham**

- | | | |
|----------------|---------------------------|-------|
| 10 | R. Fowler 40 (Stoke) | 24:12 |
| 34 | A. Walsham 44 (Salf) | 25:34 |
| 42 | K. Hodgkinson 42 (Salf) | 25:50 |
| 100 | T. Prescott 44 (Sutton) | 29:40 |
| 110 | K. Jordan 50+ (Barnsley) | 30:38 |
| 111 | M. Porter 50+ (Stretford) | 30:41 |
| 114 | T. Deighton 43 (Stoke) | 30:52 |
| 116 | R. Rawlinson 41 (Sale) | 31:01 |
| 120 | H. Thornton 41 (Spenbro) | 31:32 |
| 121 | E. Forshaw 44 (Pilk) | 31:35 |
| (134 finished) | | |

**8th September, 1974
Northern Vets 10,000 (Grass)**

- Class 1**
- | | | |
|----|-------------------------|-------|
| 1 | A. Walsham (Salford) | 32:22 |
| 2 | K. Hodgkinson (Salford) | 32:39 |
| 3 | A. Hughes (Rochdale) | 33:43 |
| 4 | R. Allen (Harrigate) | 33:48 |
| 5 | T. Rooke (Middlesboro) | 34:17 |
| 6 | T. Smythe (Rochdale) | 34:21 |
| 7 | J. Sale (Rochdale) | 34:37 |
| 8 | S. Smith (Pembroke) | 34:44 |
| 9 | P. Madden (Blackburn) | 34:48 |
| 10 | R. Kernighan (Pembroke) | 35:18 |
| 11 | F. Wrigley (Michelin) | 35:26 |
| 12 | M. Weston (Bury) | 36:08 |
| 13 | A. Byers (Borner) | 36:17 |

**August 31st
Crawley '10' Road Race
Incorporating the Southern Counties
Veterans AAA Championships**

L. O'Hara led all the way going through
five miles in a fast 24:57 followed by
J. Luxford of Horsham Blue Star in
26:36 and in third place was A. Horne
of Ranelagh in 27:06. On the second
lap the order of the first three remained
unchanged. L. O'Hara slowed slightly
on the second lap but still ran out a
very good winner in 50 mins 41 secs.
This was 37 secs outside his record of
last year of 50:04.

The 50 to 60 group was led by
Jack Fitzgerald of Mitcham A.C., who
took 13th place over all in 58:26
followed by E. Leal of Ryde Harriers
in 60:41 and K. Bakeby of Cambridge
Harriers third in 61:43.

60 to 70 group was won by Sam
Lee of Horwich in 66:48, second F.
Woolford of S.L.H. in 77:29 and third
E. Peacock of Vets A.C. in 85:20. While
"Chalky" White took the over 70's
from Goddard and Sullivan.

- | | | |
|----|----------------------------|-------|
| 1 | L. O'Hara (Belgrave H.) | 50:41 |
| 2 | J. Luxford (Horsham BS) | 54:13 |
| 3 | A. Horne (Ranlagh) | 55:06 |
| 4 | R. Coxon (Woodford G) | 55:15 |
| 5 | D. Bradshaw (Salisbury) | 55:40 |
| 6 | M. Baker (Horsham B.) | 56:21 |
| 7 | D. Deller (Cambridge H) | 56:28 |
| 8 | E. Andrews (Havering) | 56:34 |
| 9 | G. Morrall (Portsm) | 56:46 |
| 10 | T. Ford (Victoria Pk) | 57:27 |
| 11 | R. Johnson (LVH) | 58:13 |
| 12 | E. Hefford (Orion) | 58:16 |
| 13 | J. Fitzgerald (Mitcham AC) | 58:26 |
| 14 | J. Cook (Crawley AC) | 58:34 |
| 15 | J. Doggett (Southampton) | 58:47 |
| 16 | D. Maynard (Cambridge H) | 58:51 |
| 17 | A. Kimber (Mitcham AC) | 59:28 |
| 18 | R. Curtis (Crawley AC) | 59:48 |
| 19 | F. Byrne (Cambridge H) | 59:54 |

- | | | |
|----------|-----------------------|-------|
| 14 | J. Lawton (Leeds) | 36:25 |
| 15 | J. Haslam (Bolton) | 36:58 |
| 16 | B. Crook (Rochdale) | 37:01 |
| 17 | B. Gomersall (Leeds) | 37:15 |
| 18 | J. Betney (Clayton) | 37:20 |
| 19 | P. McAloon (Pembroke) | 37:22 |
| 20 | J. Dawson (Clayton) | 37:40 |
| (39 ran) | | |

- Class 2**
- | | | |
|----------|-----------------------|-------|
| 1 | K. Hall (Wirral) | 35:24 |
| 2 | J. Caddy (Middlesbro) | 36:33 |
| 3 | N. Ashcroft (Sutton) | 38:31 |
| 4 | R. Salisbury (Wirral) | 39:10 |
| 5 | W. McMinnis (Sutton) | 39:53 |
| 6 | A. Lawton (Leeds) | 40:20 |
| 7 | S. Lee (Horwich) | 40:22 |
| 8 | L. Heald (East Ches) | 41:20 |
| 9 | B. Wallace (Wirral) | 41:28 |
| (18 ran) | | |

**15th September, 1974
Basildon 10 miles road race**

- | | | |
|----|-----------------------|-------|
| 24 | A. Hughes (Roch) | 54:10 |
| 26 | R. Coxon (W. Gn) | 54:17 |
| 28 | D. Case (E & S) | 54:43 |
| | R. Pape 50+ (RN) | 56:14 |
| | F. Devenald 60+ (Ilf) | 66:50 |

- | | | |
|----|---------------------------|--------|
| 20 | E. Leal (Ryde H) | 60:14 |
| 21 | P. Kearsey (Eton Manor) | 60:39 |
| 22 | S. Bollen (Portsmouth) | 61:27 |
| 23 | L. Opper (Vellea) | 61:36 |
| 24 | K. Bakeby (Camb. H) | 61:43 |
| 25 | J. Fenn (Orion) | 61:50 |
| 26 | R. Gibson (Woodford G.) | 61:53 |
| 27 | H. Bettney (Clayton L.) | 62:16 |
| 28 | G. Scutt (Portsmouth) | 62:34 |
| 29 | L. Bott (Mitcham AC) | 64:35 |
| 30 | D. Hopgood (Blackh H.) | 64:56 |
| 31 | E. Birdseye (Unattached) | 65:29 |
| 32 | A. Weeks-Pearson (Crw.AC) | 66:09 |
| 33 | M. Carr (Woodford G.) | 66:21 |
| 34 | M. Payne (Camb H.) | 66:30 |
| 35 | E. Dodds (Verlea) | 66:41 |
| 36 | S. Lee (Horwich) | 66:48 |
| 37 | E. Mactravers (Vets AC) | 67:15 |
| 38 | F. Dyter (Blackh H.) | 67:41 |
| 39 | K. Till (Crawley AC) | 68:14 |
| 40 | A. Bennett (Tooting B) | 68:43 |
| 41 | D. Devers (Southmpt) | 69:31 |
| 42 | R. Reed (Southampton) | 69:37 |
| 43 | A. Fox (Croydon) | 70:03 |
| 44 | G. Hoggatt (High H.) | 72:23 |
| 45 | J. Hardy (Tooting B) | 72:36 |
| 46 | M. Day (Crawley AC) | 72:39 |
| 47 | P. Munn (Mitcham) | 75:27 |
| 48 | C. McDowell (Ranelagh) | 75:37 |
| 49 | F. Toye (Crawley AC) | 76:20 |
| 50 | W. Scott (AF & D) | 77:05 |
| 51 | F. Woolford (SLH) | 77:29 |
| 52 | D. Hardy (Tooting B.) | 79:30 |
| 53 | W. Reeves (Crawley AC) | 81:48 |
| 54 | R. White (Vets AC) | 83:30 |
| 55 | E. Peacock (Vets AC) | 85:20 |
| 56 | J. Goddard (Tooting B.) | 86:28 |
| 57 | P. Smith (Epsom) | 89:22 |
| 58 | L. Knight (Epsom) | 91:21 |
| 59 | D. Sullivan (Leam) | 136:00 |

- TEAM RACE**
- | | | |
|---|--------------------|-----|
| 1 | Cambridge Harriers | 42 |
| 2 | Portsmouth | 59 |
| 3 | Mitcham | 59 |
| 4 | Crawley AC | 64 |
| 5 | Southampton | 98 |
| 6 | Crawley AC (B) | 134 |

**14th September, 1974
Coatbridge '5'**

- | | | |
|----|--------------------|-------|
| 16 | C. Spence (Spango) | 24:49 |
| 21 | A. Wood (Aberdeen) | 25:29 |

**14th September, 1974
London Marathon, incorporating the
S.C.V.A.A.A. Championship.**

- | | | |
|----|------------------------|---------|
| 1 | D. Case 40 (E & S) | 2:31:42 |
| 9 | I. McKenzie 41 (M.P.) | 2:48:15 |
| 16 | P. Pringle 42 (Bels) | 2:56:08 |
| 19 | E. Hefford (Orion) | 3:06:03 |
| 20 | J. Fitzgerald 51 (Mit) | 3:07:33 |
| 21 | L. Opper (Verlea) | 3:12:39 |
| 23 | J. Fenn (Orion) | 3:14:36 |
| 26 | D. Coffey (Camb) | 3:25:31 |
| 28 | J. Atkinson (Barnet) | 3:36:31 |

**14th September, 1974
Carshalton 'Trophies Veterans Mile**

- | | | |
|----------|-------------------------|--------|
| 1 | M. Barratt 41 (E & S) | 4:39:5 |
| 2 | K. Humphrey 43 (E & E) | 4:52:6 |
| 3 | A. Kimber 40 (Mitcham) | 5:07:0 |
| 4 | J. Sharman 41 (Crawley) | |
| 5 | P. Munn 51 (Mitcham) | |
| (10 ran) | | |

POSTBAG

The following is an extract from a letter received from Mike Agostini, who was a finalist (with Thane Baker) in the 1956 Olympic 100 and 200 metres.

Dear Editor,

It may be of interest for you to know that I am training once again in the hope of competing in the veterans championships in Canada next year, provided I can get fit enough. I once competed for my native Trinidad in both Olympic and Commonwealth Games competition. I now coach (amateur) several athletes including Commonwealth Games 1974 relay gold medallists Andrew Ratcliffe and Robyn Boak. This of course gives me ample opportunity to retain my own interest and some degree of training.

I have also written several books on athletics and on jogging, and now am planning to do a book on training for the veterans based on my own experiences. I find this level of running much more fun than the tough Olympic class of competition and only wish that one could reinject some of the same degree of pleasure into today's top meets. Maybe it is a sign of age when one feels that the top young athletes of today do not have as much fun from their involvement in sport as one did at the same stage, but the competition and amount of training necessary must detract from the essential qualities of pleasure and recreation.

Yours sincerely,
Mike Agostini,
PO Box 109,
Rose Bay,
NSW 2029.

Dear Editor,

The statistical coverage in your last issue was excellent: nice work. This assumes greater importance with the unfortunate decision of *Age Records* to delete date and venue of record performances. I hope you are presenting to your advertisers the argument that the statistical sections of *Veteris* ensure that copies will be read, filed and re-read for years, so that an advertisement has *continuing* effect.

STATISTICS. I would hope that *VETERIS*, as the primary source of information on performances, would move quickly toward requiring authentication — i.e., date, venue, wind conditions, sanctioned competition, number of competition, accurate measure of nominal heights, etc. — at least for claimed improvements on category records.

MASTERS/VETERANS. A problem Europeans may not share is the North American connotation of "veteran" as meaning Veteran (serviceman) of World War II. A secondary North American meaning is "experienced," and it can apply to any well-known competitor, even if only in his mid-twenties. For these reasons, although it is the description I prefer, "veteran" will always have an ambiguous — and, for some, uncomfortable — connotation.

AGE GROUPINGS. Don't let's kid ourselves: the

range of classifications is related to ego needs; not to physiological potential. One has only to look at *VETERIS'* annual rankings to observe that the best of each ten year category compares favourably with the preceding category. Dave Pain applauds the five-year intervals of this year's Canadian and U.S. Masters meets as giving opportunity to entrants who otherwise would have gone without recognition. I would respond that the reduced numbers of competitors in each category gave recognition to many participants whose performances did not merit it.

AGE CLASSIFICATION. With a late December birthdate, I probably should be disenfranchised from an opinion of this; but my two principal competitors have July birthdates, and each season have chances to confront my records at two age levels (and two seasons for each age level). Since the competitive season is effectively May/September each competitor should be considered to maintain the same age/category throughout that season.

IMPLEMENTS AND APPARATUS. No opinion, save that it seems unfortunate that lesser standards (in the hurdles and weights) may cheapen the accomplishments of such as Don Finlay and Pierre Colnard, who made their mark in the real world.

Yours sincerely,
Roger Ruth,
Canada.

Dear Editor,

The following are my answers to the questions set down in your Editorial in "*Veteris*" July 1974.

1. Veterans.
2. Entry age 40 — NO provision to be made for 'pre-Vet' or 'sub-Master' groups.
3. Classes ;5 year groupings; as now.
4. Exact date of birth — birth certificate should be checked and recorded by national body prior to athletes first Vet (40) meeting.
5. Events should follow the Olympic programme. All events advertised, entries to decide programme. Senior hurdle heights and implements weights should obtain.
6. Yes. All events. Entries to decide — events and age groups competing.
7. More often than Olympics — every 2 years? venue to be decided in plenty of time for competitor and organiser arrangements.
8. Veterans should be catered for by the I.A.A.F. or national body in much the same way as juniors — that is to say, as a recognised class of competition.
9. As now in normal I.A.A.F. or national body competitions.

10 Our 'brief' is surely only for athletics. Other sports veterans bodies must organise themselves if they so desire and apply to join Olympic type festivals if they so desire.

Personal comment in conclusion — we must not become too casual in our attitudes to competition and range of events. It is not good to see a Vet stagger through an event — a good performance should still

(Cont'd. overleaf) 53

be the aim.

Yours faithfully,
 Joe Phillips
 13 Yeatmans Close,
 SHAFTESBURY, Dorset SP7 8LU.

Dear Editor,

May I, through Veteris, question some of the standards set for the world veterans championships next year. The most glaring error is in the over 70's 1500 and 3000 metres where the 3000 metres men are expected to run, in relation to Class I standards, 8 seconds per lap faster than their 1500 metres compatriots. The whole theory seems to be in doubt. Taking speed per 100 metres for distances up to 10,000 metres as a criterion.

In Open competition (European 1974) speeds vary from 10 to 16.5 seconds.

Grade I 1974 performances 10.8 to 18.5 seconds
 Grade I standard (Toronto) 13.2 to 26 seconds

Grade II 1974 performances 11.4 to 19.5 seconds
 Grade II standard (Toronto) 14.3 to 28.2 seconds.

Indeed if all speeds are plotted on a graph it can be seen that veteran performances are slower than open ones but be parallel with them as speed varies with distance. This is not the case with the Toronto standards, however, as they become progressively easier as distance increases. I wonder why this is. If the idea is to increase the number of participants why have standards at all?

Secondly, one comes to the vexed question of professionals. Having never been in the position where I have been offered money to run I have never been tempted, but if professionals are allowed in, in defiance of IAAF rules, then anyone who hopes to compete for their country will have grave doubts about attending. Which means that the world championships will not have the best performers

present. Unless the I.A.A.F. rules are changed then there seems no way out of the impasse.

Yours sincerely,
 John C. Moore
 69 Daventry Road, Barby, Nr. Rugby, Warks.

Dear Editor

I've just received my first copy of Veteris. You are certainly to be commended for such great coverage.

There is only one comment I'd like to make. Why does the Veterans program begin at age 40? Why not age 30? (or even age 25 as in swimming—surely we aren't going to let the swimmers get the jump on us).

There seems to be a great void of competition for age 30-39 which would seem to hurt the over 40 program by not keeping the younger people active and interested. You had two favorable comments on pre-vets on pages 37 and 40 in your April issue. There is an equal amount of interest in U.S. and Canada for pre-vet competition.

Pre-vets have out-numbered the over 70 class at all major meets in U.S. and Canada where there has been a full schedule of events for both classes. In fact, the 30-39 group equals the 60-69 group in most meets. Fortunately nearly all meets have a pre-vet schedule except the big meets. Why not drop the minimum age of a master (or veteran) to 30? Then the pre-vets could also be shown on your world ranking list. By the way, are you going to include relay times on your world ranking lists?

Keep up the good work. We in Oregon, U.S.A. appreciate your efforts.

Yours sincerely,

Lynn Eves
 Portland Track Club, Masters & Sub Masters Divisions,
 14771 S.W. Rainbow Drive
 Lake Oswego, Oregon 97034.

Southern Veterans

Top quality "T" shirts in orange with the new SVCAA symbol in blue. Price £1.50. Available from G. Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts.

U.K. Results cont'd.

15th September, 1974
 Scottish Veterans H.C. 7½ Road Race
 Mount Blow, Dalmeir.

1	R. Calderwood	40:08
2	W. Ramage	41:37
3	J. McLean	42:53
4	J. Moore	43:22
5	B. Bickerton	44:11
6	A. Galbraith	45:12
7	G. Porteous	45:49

8	A. Forbes	47:47
9	C. Forbes	47:47
10	W. Kelly	47:56
11	M. Philips	48:05
12	R. Thomson	48:13
13	J. Brownlie	48:17
14	W. Ross	50:24
15	H. Ewing	50:42

22nd September, 1974
 Northern Marathon - Rotherham

12	G. Spink (Bingley)	2:48:08
----	--------------------	---------

Sept 8th
 Woodford Green Athletic Club
 5,000m Paarlau Race for two Veterans
 with an average combined age of 100yrs.
 or more

Ashton Playing Fields 'All weather Track'
 Woodford Bridge. Weather:— Mild,
 sunny intervals, very strong winds.

1	G. Harrison & L. Batt (Highgate Harriers) 103	15:30.8
2	K. Bray & E. Flowers (VetsAC) 101	15:37.0
3	R. Johnson & R. Bott (Vets AC) 102	15:45.0
4	J. Hayward & L. Burnett (Woodford Green) 100	15:48.0

5	P. Vivian & R. Hopcroft (Thames Valley) 101	15:55.0
6	J. Fitzgerald & P. Munn (Mitcham AC) 102	16:05.0
7	J. Daniels & J. Flowers (Victoria Park) 100	16:09.4
8	H. Humphreys, & G. Eastwood (W. Green) 104	16:51.8
9	D. Steward & Sears 108	18:27.2
GUESTS		
	D. Hardy & A. Lewis (Wood. Green) 88	15:24.6
	J. Baker & R. Gibson (Woodford Green) 82	15:46.4
	A. Kimber & K. Williams (Mitcham AC) 89	15:59.4

21st September, 1974
 Langdale Fell Race (Cat: A/16m)

24	D. Hodgson (Leeds)	2:34:50
27	E. Roberts (Kendal)	2:36:59
	C. Ratcliffe (Ross)	2:43:12

28th September, 1974
 Bernie Hanes Half Marathon

8	D. Case (E & S)	71:41
13	R. Coxon (W. Gn)	73:55

29th September, 1947
 LONDON TO BRIGHTON (52½mils)

6	R. Bentley 44 (Tip)	5:37:52
15	D. Funnell 47 (E & E)	6:04:28
26	D. McWhirter	6:22:14

21st September, 1974
 Nuneaton '10'

13	C. Simpson 46 (S. Hth)	53:56
29	G. Phipps 46 (Learn)	55:30

5th October, 1974
 Lake '15' Road Race

18	D. Davies (Chelt)	1:27:39.8
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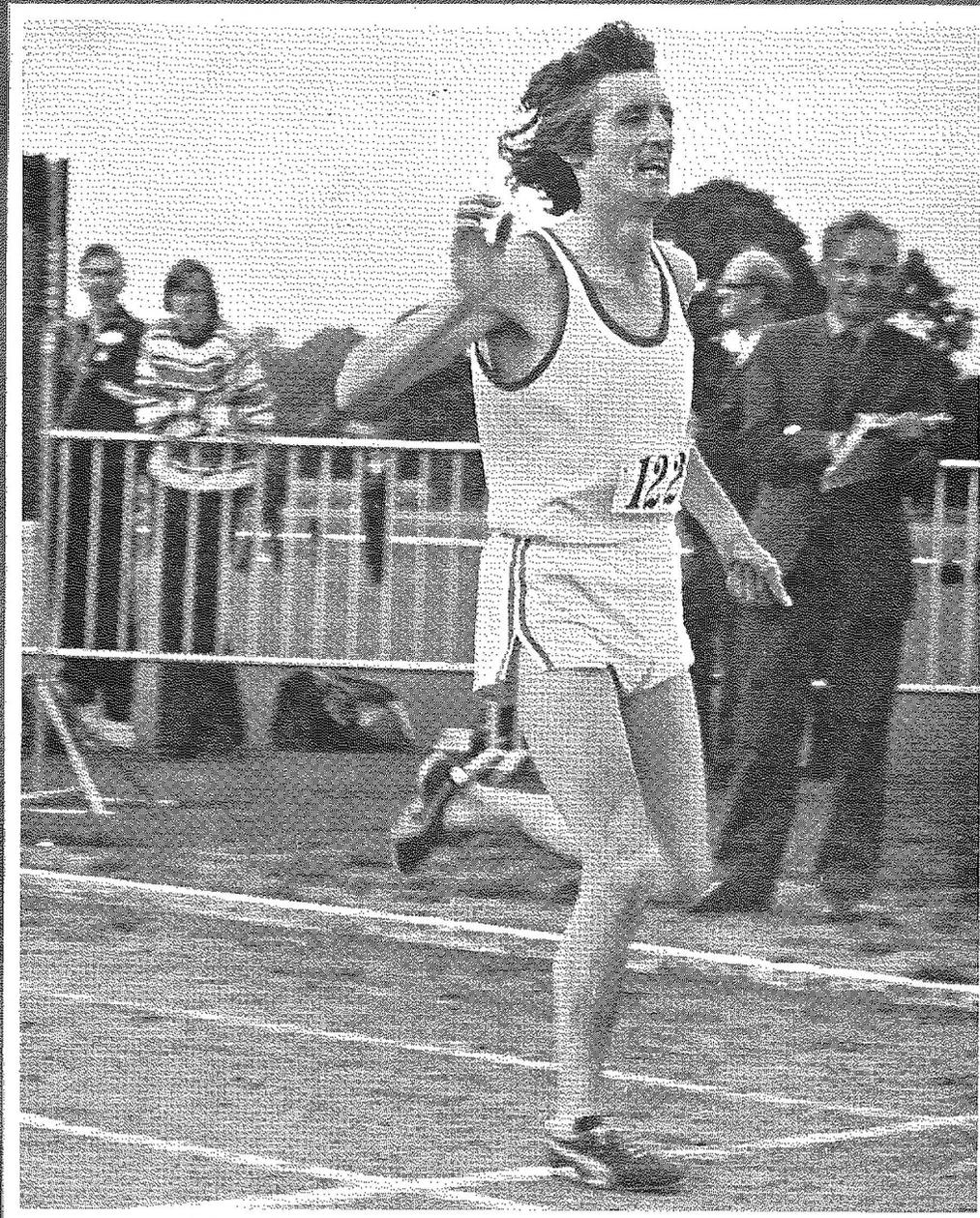
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